



2019-2020  
NCAA Year-Round  
Drug-Testing  
Site Coordinator Manual

**NCAA Year-Round Drug-Testing  
Site Coordinator Manual**

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**Drug Free Sport International™**

Drug Free Sport International (DFSI) is a worldwide leader in the sport drug-testing industry. DFSI administers comprehensive drug testing programs; manages national and international collections; develops drug-testing policies; and provides educational services to a wide range of colleges, universities and amateur athletics organizations around the world.

The National Collegiate Athletic Association (NCAA) has selected DFSI to administer all NCAA drug-testing programs. Please contact DFSI if you have any questions regarding administrative logistics about NCAA drug-testing programs.

Drug Free Sport International™  
2537 Madison Avenue  
Kansas City, Missouri 64108  
Phone: 816.474.8655  
[www.drugfreesport.com](http://www.drugfreesport.com)

**Drug Free Sport AXIS™**

Drug Free Sport AXIS is a trusted nutrition, health and wellness resource, combining scientifically-proven dietary information with the most up-to-date research on supplements and over-the-counter and prescription drugs. Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS for authoritative review of ingredients in medications and nutritional/dietary supplements.

Features include: Dietary supplement review, medication database, nutrition resources and drug education information.

Contact Drug Free Sport AXIS at 877.202.0769 or [www.dfsaxis.com](http://www.dfsaxis.com) (password ncaa1, ncaa2 or ncaa3).

**NCAA Sport Science Institute™**

In addition to its drug-testing programs, the NCAA offers health and safety resources to its members. For more information, visit [www.ncaa.org/sport-science-institute](http://www.ncaa.org/sport-science-institute).

**Committee on Competitive Safeguards and Medical Aspects of Sports**

**Purpose:** The mission of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) is to provide expertise and leadership to the Association in order to promote a healthy and safe environment for student-athletes through research, education, collaboration and policy development.

**Composition:** The association-wide committee is made up of 22 total members, with six positions allocated for men, six for women and 10 unallocated. Members include athletics administrators, coaches, sports medicine staff researchers, faculty and student-athletes. A complete list of the committee roster may be found on the NCAA's website.

**NCAA Drug-Testing Contacts at Drug Free Sport International:**

**Michelle Dorsey**, Vice President of Collegiate and Amateur Sport  
816.285.1416  
[mdorsey@drugfreesport.com](mailto:mdorsey@drugfreesport.com)  
*Contact for NCAA drug-testing results, appeals and medical exceptions.*

**Sherry Byler**, NCAA Drug Testing Senior Program Manager  
816.285.1420  
[sbyler@drugfreesport.com](mailto:sbyler@drugfreesport.com)  
*Contact for NCAA year-round drug-testing program and reinstatement tests.*

**Amanda Organ**, NCAA Drug Testing Program Manager  
816.285.1428  
[aorgan@drugfreesport.com](mailto:aorgan@drugfreesport.com)  
*Contact for NCAA year-round and championship drug-testing programs.*

**Drug Free Sport AXIS**  
877.202.0769  
[axis@drugfreesport.com](mailto:axis@drugfreesport.com)  
*Contact for supplement/banned substances inquiries and DFS AXIS and sport nutrition resources.*

**Josh Mittlestadt**, Manager of Information Technology  
816.285.1403  
[jmittlestadt@drugfreesport.com](mailto:jmittlestadt@drugfreesport.com)  
*Contact for IT assistance with SCAN® administrative website ([scan.drugfreesport.com](http://scan.drugfreesport.com)).*

**NCAA Drug-Testing Contacts at the NCAA Office:**

**LaGwyn Durden**, Director of Sports Medicine  
317.917.6343  
[ldurden@ncaa.org](mailto:ldurden@ncaa.org)  
*Liaison to the Committee on Competitive Safeguards and Medical Aspects of Sports.*

**NCAA Academic & Membership Affairs (AMA)**  
877.262.1492  
[rsro@ncaa.org](mailto:rsro@ncaa.org)  
*Contact for interpretation of student-athlete eligibility requirements.*



The year-round drug-testing program includes testing during the academic year and summer months. The following information should be used as a resource for athletic administrators.

### **Drug-Testing Personnel & Responsibilities**

The following individuals at your institution have key roles when NCAA drug testing is conducted on campus: Director of athletics, compliance administrator and drug-testing site coordinator.

#### **Director of Athletics**

Prior to the start of the academic year:

1. The director of athletics must appoint a drug-testing site coordinator for the academic year and the summer months. The drug-testing site coordinator is an individual from the institution who is assigned to assist the drug-testing crew with the organizational aspects of the program and assist the Doping Control Officer (DCO) during the drug test.
2. The director of athletics should read the current NCAA Drug-Testing Program booklet. The booklet is available at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).
3. The director of athletics should review the squad list/eligibility checklist requirements (see section on Squad List/Eligibility Checklist Requirements).
4. The director of athletics must update their contact information on SCAN<sup>®</sup> (see section on SCAN<sup>®</sup>).

When your institution is notified of NCAA drug testing:

1. Drug-testing information must be kept confidential at all times.
2. DFSI will send notifications via email to the director of athletics, compliance administrator and drug-testing site coordinator not earlier than two days before the day of testing.
3. The director of athletics, compliance administrator and drug-testing site coordinator will access the NCAA drug-testing notification and affirm receipt on SCAN<sup>®</sup>. To ensure notifications are received, add DFSI's email address, [ncaadrugtesting@drugfreesport.com](mailto:ncaadrugtesting@drugfreesport.com), to your email's safe-sender list. Contact your institution's IT department for assistance.
4. The institution will provide DFSI with a current and accurate squad list/eligibility checklist for each sport selected to be drug tested per divisional requirements (see section on Squad List/Eligibility Checklist Requirements).

#### **Compliance Administrator**

Prior to the start of the academic year:

1. Compliance administrators should read the current NCAA Drug-Testing Program booklet. The booklet is available at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).
2. Compliance administrators should review the squad list/eligibility checklist requirements (see section on Squad List/Eligibility Checklist Requirements).
3. Compliance administrators must update their contact information on SCAN<sup>®</sup> (see section on SCAN<sup>®</sup>).



When your institution is notified of NCAA drug testing:

1. Drug-testing information must be kept confidential at all times.
2. DFSI will send notifications via email to the director of athletics, compliance administrator and drug-testing site coordinator not earlier than two days before the day of testing.
3. The director of athletics, compliance administrator and drug-testing site coordinator will access the NCAA drug-testing notification and affirm receipt on SCAN<sup>®</sup>. To ensure notifications are received, add DFSI's email address, [ncaadrugtesting@drugfreesport.com](mailto:ncaadrugtesting@drugfreesport.com), to your email's safe-sender list. Contact your institution's IT department for assistance.
4. The institution will provide DFSI with a current and accurate squad list/eligibility checklist for each sport selected to be drug tested per divisional requirements (see section on Squad List/Eligibility Checklist Requirements).

**Drug-Testing Site Coordinator**

Prior to the start of the academic year:

1. The drug-testing site coordinator should read the current NCAA Drug-Testing Program booklet. The booklet is available at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).
2. The drug-testing site coordinator should review the squad list/eligibility checklist requirements (see section on Squad List/Eligibility Checklist Requirements).
3. The drug-testing site coordinator must update their contact information on SCAN<sup>®</sup> (see section on SCAN<sup>®</sup>). The drug-testing site coordinator must also review and update their institution's contact information, sport sponsorship lists and academic dates. Drug-testing site coordinators will be advised by DFSI when academic dates must be submitted.

When your institution is notified of NCAA drug testing:

1. Drug-testing information must be kept confidential at all times.
5. DFSI will send notifications via email to the director of athletics, compliance administrator and drug-testing site coordinator not earlier than two days before the day of testing.
2. The director of athletics, compliance administrator and drug-testing site coordinator will access the NCAA drug-testing notification and affirm receipt on SCAN<sup>®</sup>. To ensure notifications are received, add DFSI's email address, [ncaadrugtesting@drugfreesport.com](mailto:ncaadrugtesting@drugfreesport.com), to your email's safe-sender list. Contact your institution's IT department for assistance.
3. The institution will provide DFSI with a current and accurate squad list/eligibility checklist for each sport selected to be drug tested per divisional requirements (see section on Squad List/Eligibility Checklist Requirements).
4. The drug-testing site coordinator must contact the DCO assigned to the drug-testing event to discuss scheduling and other related items. The DCO's contact information is included in the Drug-Testing Notification Memorandum.
5. The drug-testing site coordinator must secure a parking pass for the drug-testing crew.
6. The drug-testing site coordinator must select the facilities required for drug testing (see section on Testing Schedule & Facilities).



7. The drug-testing site coordinator will supply beverages for student-athletes during the drug test. The beverages are for those student-athletes having difficulty providing a specimen (see section on Beverages).
8. After DFSI has selected student-athletes for drug testing, the drug-testing roster and NCAA Student-Athlete Notification Forms will be emailed to the director of athletics, compliance administrator and drug-testing site coordinator. Review the roster to ensure the student-athletes selected for testing are current members of the team with eligibility remaining.

**Contact DFSI as soon as possible if there are any issues with the drug-testing roster and/or notifying student-athletes. If after regular business hours, contact the DCO.**

9. Best practices for scheduling testing times with selected student-athletes:
  - The drug-testing site coordinator and DCO must **mutually agree** on the start time of the drug test, and student-athletes should not be scheduled until the start time has been determined.
  - **All student-athletes should be scheduled within the same time frame (extending no more than two hours for a large group (20-30 student-athletes) test, and one hour or less for a small group (10-15 student-athletes) test.**
  - The best time for testing to occur is in the early morning, however, testing may occur in the afternoon/evening of the test day or the evening prior to the scheduled test date.
  - **Do not schedule all student-athletes to arrive at the same time.** If too many or all student-athletes report to drug testing at one time, the DCO may not allow them to check-in.
  - Drug testing must not interfere with the student-athlete's academic obligations.
  - Only student-athletes selected for drug testing and their coaches should be notified of drug testing.
10. The drug-testing site coordinator or designee will print the NCAA Student-Athlete Notification Forms for each student-athlete selected and record the date, time and location of the drug test on each form. The notification forms are accessible from the drug-testing roster.
11. The drug-testing site coordinator or designee is responsible for notifying the student-athletes of their selection for drug testing and having them sign the NCAA Student-Athlete Notification Form. The institution must notify student-athletes in person or by direct telephone communication, of the date, time to report and location of the testing event. **Voice mail messages, text messages, and emails are not acceptable forms of notification.** The drug-testing site coordinator or designee must sign each notification form, verifying the student-athlete's notification of drug testing. The signed notification forms must be given to the DCO on test day.
12. The drug-testing site coordinator or designee must inform student-athletes to bring photo identification to the test site on test day. Also, remind student-athletes to refrain from drinking a lot of fluids or using the restroom prior to reporting to the test. **Over-hydrating and providing numerous dilute specimens will extend the student-athlete's time in testing and may be cause for follow-up drug tests.** The crew tests the specific gravity of the specimen; dilute specimens will delay the process.

Day before the test

If requested, the drug-testing site coordinator will meet with the DCO the day before the test to evaluate the adequacy of the drug-testing facility.



During and after the test

1. The drug-testing site coordinator or designee must be present at the drug test and available to the drug-testing crew until the completion of the drug test. If the drug-testing site coordinator cannot be available during the entire drug test, a designee must be appointed during the drug-testing site coordinator's absence.
2. The drug-testing site coordinator must provide the signed notification forms to the DCO prior to the start of the test.
3. The drug-testing site coordinator may be asked to help maintain security, traffic flow and testing protocol in the testing room. **Do not hire security personnel for this task.**
4. The drug-testing site coordinator may be asked to help verify student-athletes' identity.
5. The drug-testing site coordinator may submit an NCAA Drug-Testing Invoice for drug-testing related expenses (optional). **Invoices received 45 days after the drug test will not be processed.**

**Drug-Testing Collection Crews**

1. DFSI provides the collection crews for each drug-testing event.
2. Collection crews are comprised of a doping control officer (DCO) and if needed, doping control assistants (DCA), who assist the DCO.
3. DCOs and DCAs are specifically trained in sports drug-testing collections.
4. The DCO will make travel and lodging arrangements for the crew, and may ask the drug-testing site coordinator's assistance in selecting suitable accommodations.
5. Transportation of samples to the laboratory is the responsibility of the DCO.

**SCAN<sup>®</sup>**

SCAN<sup>®</sup> is DFSI's administrative website ([scan.drugfreesport.com](http://scan.drugfreesport.com)) used to collect institutions drug-testing contact information, and academic information for NCAA drug testing. Institutions are responsible for updating this information as changes occur.

If you have forgotten your password to SCAN<sup>®</sup>, please click on **Forgot Your Password** and enter your email address. You will receive an email from [scan.notifications@drugfreesport.com](mailto:scan.notifications@drugfreesport.com) with instructions on how to reset your password.

If you are new to NCAA drug testing and do not have a login or password, an individual from your institution with login permissions can add you to the system as a contact or you can contact DFSI for assistance.





**General Information**

1. Student-athletes competing in Divisions I and II sports are subject to year-round testing.
2. Institutions and student-athletes may be selected for testing multiple times each academic year.
3. The number of student-athletes selected for each drug-testing event may vary.
4. Notification of an NCAA testing event may be on short notice or no-advance notice.
5. DFSI selects the student-athletes tested for all year-round drug tests.
6. Institutions cannot request specific sport(s) or student-athletes to be drug-tested.
7. Student-athletes may be selected on the basis of position, athletics financial-aid status, competitive ranking, playing time, directed testing, an NCAA-approved random selection or any combination thereof.

**Squad List/Eligibility Checklist Requirements**

1. The following lists are required for NCAA drug-testing selections. For drug-testing purposes, athletic administrator signatures (director of athletics, compliance, head coach, etc.) are not required on these lists.

**Division I List Requirements:** The NCAA Squad List Form is required for student-athlete selection for drug testing. If your institution has not held its first outside competition for the sport(s) selected for drug testing, a complete roster may be accepted.

Institutions must designate on the football squad list all student-athletes receiving athletic aid.

**Division II List Requirements:** The NCAA Division II Eligibility Checklist Form is required for student-athlete selection for drug testing. If your institution has not held its first outside competition for the sport(s) selected for drug testing, a complete roster may be accepted.

2. Prior to sending the squad list/eligibility checklist to DFSI, the institution must designate on the list any student-athlete who falls into the following categories.

- C** = cut or dismissed from their team
- E** = exhausted eligibility in the sport
- G** = graduated
- M** = medical exemption resulting from career-ending injury or condition
- Q** = quit the team
- W** = withdrew from the institution

If the letter “O” (other) is designated on your institution’s list, please provide DFSI an explanation or assign the student-athlete one of the above designations.

All other student-athletes with remaining NCAA eligibility (including partial qualifiers, nonqualifiers, those with season-ending injuries and student-athletes who have expressed interest in transferring schools) are subject to testing.

For drug-testing purposes, all student-athletes that have exhausted their eligibility in the sport should be marked with an “E” on the list as these student-athletes will not be included in the random selection process.



3. Institutions must ensure information on the squad list/eligibility checklist is current and accurate prior to submitting to DFSI for student-athlete selections.
4. The NCAA requires any student-athlete who is no longer on the team (voluntarily or involuntarily) before notification of his or her selection for NCAA drug testing, and was on the institution's eligibility checklist or squad list without being identified as no longer being on the team, may not participate in NCAA competition until completion of an NCAA drug test. This test, administered by DFSI, will be at the institution's expense.

### **Testing Schedule & Facilities**

1. The drug-testing site coordinator or designee and DCO must **mutually agree** on the start time of the drug test, and student-athletes should not be scheduled until the start time has been determined.
2. **All student-athletes should be scheduled within the same time frame, extending no more than two hours for a large group (20-30 student-athlete) test, and one hour or less for a small group (10 student-athletes) test.** The best time for testing is in the early morning, however, testing may occur in the afternoon/evening of the test date or the evening prior to the test date.
3. Do not schedule all student-athletes to arrive at the same time. If too many or all selected student-athletes report to drug testing at the same time, they will not be allowed to enter the room until the DCO permits.
4. Drug testing must not interfere with the student-athletes academic obligations.
5. The collection site refers to the area(s) used to collect and process the urine specimen. The facility must allow for an adequate amount of privacy and respect for the student-athlete while providing the urine specimen; however, the collection site must meet certain requirements. **Please discuss the collection site requirements with the DCO.**
6. The drug-testing site coordinator is responsible for helping secure a location for the drug testing event.
7. The collection site must prevent unauthorized access that could compromise the integrity of the collection process or the specimen. Unauthorized access includes not only unauthorized personnel but also any unauthorized access to collection materials or supplies.
8. The collection site must have a suitable clean surface for specimen processing and packaging.
9. The collection site must not allow the student-athlete access to any items that could be used to dilute or adulterate the specimen.
10. Although most student-athletes provide a specimen in less than 20 minutes, adequate time should be given for facility reservation in the event testing takes longer than expected.
11. During the collection process, the room(s) should not be used for any function other than drug testing.
12. The space should facilitate the movement of the collection crew, 10 to 15 student-athletes and the drug-testing site coordinator.
13. Only the collection crew, drug-testing site coordinator, and student-athletes will be allowed in the collection site.
14. The drug-testing site coordinator should ensure the security of the room during the actual time of specimen collection.
15. The drug-testing site coordinator should supply tables, chairs, beverages, and large trash containers in the collection site.



16. Fully equipped restrooms must be in or adjacent to the collection site. Access to a shower is helpful.

### **No-Advance Notice Testing**

The CSMAS has endorsed drug-testing best practices that provide for more frequent testing and shorter notification to the institution and student-athletes. Procedurally, no-advance notice testing tends to involve fewer athletes than the standard year-round campus test.

1. No-advance notice testing will most likely be conducted either pre-practice or post-practice.
2. While the institution may receive notification on the day of the test, in most cases, the list of selected student-athletes will be provided by the DCO upon his/her arrival on campus.
3. The drug-testing site coordinator or designee should identify the most practical location for post-practice testing, assist the DCO with notifying the student-athletes and be present and available to the DCO until the completion of the drug test.
4. The DCO will be prepared to handle situations that could impact testing (e.g., academic classes, absence from practice, cancellation of practice, etc.).

### **Beverages**

1. NCAA drug-testing protocol states fluids and food provided to student-athletes must be from individual sealed containers; these containers are only opened and consumed in the station. These items must be caffeine-free, alcohol-free and free of all banned substances.
2. Liquids consumed prior to the student-athlete's arrival to the testing site are not the responsibility of the drug-testing crews.
3. The drug-testing site coordinator should provide no more than one to two, 12-ounce servings of fluid per student-athlete tested. The beverages are for those student-athletes having difficulty providing a specimen. Discuss beverage needs with the DCO prior to the testing event.
4. Drug-testing site coordinators/institutions may be reimbursed for fluids up to \$1.20 per student-athlete tested.

### **Invoicing**

1. Beverage expenses must be submitted for reimbursement to DFSI using the NCAA Drug-Testing Invoice. The invoice is located at the end of the manual and is also available on SCAN®.
2. The invoice **must be received within 45 days of the test date**. Invoices received by DFSI more than 45 days after the testing event will not be processed.
3. DFSI **will not** reimburse the drug-testing site coordinator or the institution for the following during year-round testing: site coordinator honorarium, set up, rental, transportation, security, food purchases, and parking passes for drug-testing crew.
4. Upon approval by DFSI, payment will be issued to the drug-testing site coordinator and/or institution (as directed by the drug-testing site coordinator) approximately 45 days from receipt of invoice.



### Year-Round Drug-Testing Frequently Asked Questions

**1. How should an institution prepare its student-athletes for NCAA drug testing?**

Review the NCAA Drug-Testing Program Booklet located at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).

**2. How and when are institutions notified of drug testing?**

DFSI will send notifications via email to the director of athletics, compliance administrator and drug-testing site coordinator not earlier than two days before the day of testing.

**3. How are student-athletes notified of their selection for drug testing?**

DFSI will select student-athletes for drug testing and provide the drug-testing roster of the selected student-athletes to the director of athletics, compliance administrator and drug-testing site coordinator.

The drug-testing site coordinator or designee is responsible for notifying the student-athletes of their selection for drug testing and having them sign the NCAA Student-Athlete Notification Form. The institution must notify student-athletes in person or by direct telephone communication, of the date, time to report and location of the testing event. **Voice mail messages, text messages, and emails are not acceptable forms of notification.**

Selected student-athletes are required to sign the NCAA Student-Athlete Notification Form.

**4. How are student-athletes tested and how long does it take?**

Student-athletes are drug tested through urinalysis and are observed providing their sample by a member on the drug-testing crew.

The length of the process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving at the testing facility, the entire process usually is completed in less than 20 minutes.

**5. Can student-athletes beat a drug test by consuming large amounts of fluids?**

No. NCAA drug-testing protocol requires each student-athlete's urine sample be analyzed onsite prior to sending it to the lab.

If the specimen is too dilute, the student-athlete will be required to provide additional specimens until an adequate specimen is collected. This could take several hours. A student-athlete who produces multiple dilute samples is subject to follow-up drug tests.

**6. What if a student-athlete has trouble providing an adequate specimen? Can the student-athlete leave and come back later?**

The DCO must release a student-athlete to meet academic obligations. The student-athlete is responsible for alerting the DCO of an academic obligation. The DCO may release a student-athlete from the collection station for the following reasons: sickness or injury; to return to competition; or for any compelling reason as approved by DFSI. In all cases, appropriate arrangements for having the student-athlete tested will have been made and recorded by the DCO.



**7. What does the NCAA test for during the year-round program?**

Generally, the NCAA tests for anabolic agents, hormone and metabolic modulators (e.g., anti-estrogens), diuretics and masking agents, and peptide hormones, growth factors, and related substances and mimetics, during the year-round testing program.

The NCAA may test for any banned substance at any time.

**8. How does our institution get results?**

The director of athletics, compliance administrator and drug-testing site coordinator are notified of negative NCAA drug-testing results availability via email. Positive results are sent via email to the director of athletics and the positive results designee.

**9. When does our institution get results?**

NCAA drug-testing results will be available approximately 15-20 business days after the drug test.

**10. What happens if a student-athlete tests positive?**

DFSI will provide your institution's director of athletics or designee the name of the student-athlete who tested positive and the substance found in his/her urine sample.

The institution/student-athlete has the option to be present at the lab for the opening of the B sample or a surrogate may be designated.

If the B sample is positive, DFSI will notify the director of athletics or designee and the student-athlete will be declared ineligible.

If the student-athlete tested positive for a substance for which a medical exception is warranted, the institution may request a medical exception. DFSI will assist with the medical exception process.

NCAA drug-testing program allows an institution to appeal a positive drug test on behalf of a student-athlete who has tested positive or who violated NCAA drug-testing protocol.



### 2019-20 NCAA Banned Drug Classes

*It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.*

**The NCAA bans the following drug classes.**

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and other masking agents.
5. Narcotics.
6. Cannabinoids.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators (anti-estrogens).
9. Beta-2 agonists.

**Note:** Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at [ncaa.org/drugtesting](http://ncaa.org/drugtesting). There is no complete list of banned substances.

#### **Substances and Methods Subject to Restrictions:**

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

#### **NCAA Nutritional/Dietary Supplements:**

**Warning:** Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) (password ncaa1, ncaa2 or ncaa3).



**Some Examples of NCAA Banned Substances in Each Drug Class**

***THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.  
DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.***

**Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); “bath salts” (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine) etc.  
*exceptions: phenylephrine and pseudoephedrine are not banned.*

**Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):**

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140); DHCMT (oral turanibol) etc.

**Alcohol and Beta Blockers (banned for rifle only):**

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

**Diuretics and Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.  
*exceptions: finasteride is not banned*

**Narcotics:**

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine

**Cannabinoids:**

marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

**Peptide Hormones, growth factors, related substances and mimetics:**

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.  
*exceptions: insulin, Synthroid are not banned*

**Hormone and metabolic modulators (anti-estrogens):**

anastrozole; tamoxifen; formestane; ATD, SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.

**Beta-2 Agonists:**

bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

***Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!***

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting Drug Free Sport AXIS, 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) password ncaa1, ncaa2 or ncaa3.**

***It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.***



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**NCAA Drug-Testing Invoice**

Name: \_\_\_\_\_ Institution: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Site Information:**

Institution/Host: \_\_\_\_\_ Site Number: \_\_\_\_\_

Event: \_\_\_\_\_ Test Date(s): \_\_\_\_\_  
(Year-Round, Summer, Championship)

**Drug-Testing Fees:**

**Make Payment To:**

	<u>Institution</u>	<u>Site Coordinator</u>
1. *Beverages: _____ _____	\$ _____	\$ _____
2. *Set up: _____ (Not applicable for year-round or summer tests)	\$ _____	\$ _____
3. *Rental: _____ (Not applicable for year-round or summer tests)	\$ _____	\$ _____
4. *Transportation: _____ (Not applicable for year-round or summer tests)	\$ _____	\$ _____
<b>Total Expenses:</b>	<b>\$ _____</b>	<b>\$ _____</b>

**Signature:** \_\_\_\_\_  
Required for reimbursement

**Date:** \_\_\_\_\_

In order to receive payment, Drug Free Sport International must receive completed invoices and any receipts within 45 days following the drug-testing event. Email invoice and receipts to [ncaadrugtesting@drugfreesport.com](mailto:ncaadrugtesting@drugfreesport.com).

\*Receipts are required for payment. Beverage reimbursement will be no more than \$1.20 per athlete tested for year-round drug tests. Championship reimbursement will be based on estimates recorded on the approved proposed budget.