



SPORT SCIENCE
INSTITUTE™

DRUG POLICIES

FOR YOUR HEALTH AND SAFETY



ncaa.org/drugtesting

MEDICAL EXCEPTIONS

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for medical use of a banned substance. Exceptions may be granted for substances included in the following classes of banned substances: stimulants (including those used to treat ADHD); beta blockers; beta-2 agonists; diuretics; peptide hormones, growth factors, related substances and mimetics; anabolic agents; hormone and metabolic modulators; and narcotics.

- **Pre-approval is required for the use of anabolic agents; peptide hormones, growth factors, related substances and mimetics; and hormone and metabolic modulators.** The institution must submit required documents to the NCAA (ssi@ncaa.org) before the student-athlete competes while using medications containing these substances. A reporting form is available at ncaa.org/drugtesting.
- For banned substance classes for which a medical exception review is permitted (stimulants; beta blockers; beta-2 agonists; diuretics; narcotics), pre-approval is not required but the institution should maintain documents from the prescribing physician. If stimulants are prescribed to treat an athlete with ADHD, the ADHD reporting form (available at ncaa.org/drugtesting) must be completed.
- In the event that a student-athlete tests positive by the NCAA, the institution shall be notified of the positive drug test, and at that time, the director of athletics may request an exception by submitting required documents to Drug Free Sport™.
- Requests for exceptions will be reviewed by members of the Committee on Competitive Safeguards and Medical Aspects of Sports and reported back to the institution.
- NCAA policy does not provide for a medical exception for cannabinoids or medical cannabis.

For more information, visit ncaa.org/drugtesting

APPEALS

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

- The institution must submit in writing the grounds for the appeal and a summary of the institutional drug education program.
- At least three members of the NCAA Drug-Test Appeal Subcommittee will oversee appeals.
- Appeals are conducted by telephone conference.
- The director of athletics or their designee and the student-athlete must be on the appeal call.
- The NCAA does not restrict the nature of the appeal, meaning that the NCAA will not restrict access for any reason to an institution that wishes to appeal and has satisfied the appeal procedures.
- If the appeal is granted, no further action regarding the student-athlete's eligibility need be taken. However, if the student-athlete tested positive for a banned substance, the student-athlete must test negative on an NCAA-administered drug test before returning to competition. In the event that the subcommittee denies the appeal, the provisions of Bylaw 18.4.1.4 (Division I) or 18.4.1.5 (Divisions II and III) will be applicable.

Need help for substance abuse?
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2020-21 NCAA BANNED DRUG CLASSES

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic agents
- c. Alcohol and beta blockers (banned for rifle only)
- d. Diuretics and other masking agents
- e. Narcotics
- f. Cannabinoids
- g. Peptide hormones, growth factors, related substances and mimetics
- h. Hormone and metabolic modulators
- i. Beta-2 agonists

NOTE: Any substance that is chemically related to these classes is also banned. Examples in each banned substance class can be found at ncaa.org/drugtesting.

Substances and Methods Subject to Restrictions:

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

There is no complete list of banned substances. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned.

Student-athletes are responsible for anything they ingest.

SUPPLEMENTS

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

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

It is your responsibility to check with the appropriate athletics staff before using any substance.

There is no list of NCAA-approved supplement products.

Check a supplement product label at:



[Formerly the REC]

877-202-0769 or dfsaxis.com

Password ncaa1, ncaa2 or ncaa3

Commonly abused substances and their impact on athletic performance and eligibility

ALCOHOL: Alcohol is a nervous system depressant. At high dosages, effects include mood swings, impaired judgment and inability to control motor functions. Alcohol can impair an athlete's performance through dehydration, depleting vital nutrients and interfering with restful sleep and recovery.

TOBACCO: Tobacco contains nicotine, a stimulant, and a multitude of damaging chemicals. Smoking tobacco damages lung tissue and reduces lung capacity. Spit tobacco use contributes to soft-tissue inflammation in the mouth and increases the risk of oral cancer. Tobacco use in all forms is prohibited during practice and competition by student-athletes and game personnel, and may result in ejection from the game.

CANNABINOIDS: Cannabinoids include cannabis and **BANNED** cannabidiol (CBD). Cannabis use is linked to anxiety, panic reactions, respiratory damage, short-term memory impairment and a decreased focus on goals and personal achievement. Cannabinoids are **banned** by the NCAA and can result in suspension.

COCAINE: Cocaine is a stimulant that can contribute to **BANNED** agitation, elevated heart rate and increased blood pressure; toxic levels can result in respiratory failure and heart attack. Cocaine is an illegal substance and is **banned** by the NCAA.

ANABOLIC STEROIDS: Anabolic steroids are synthetic **BANNED** versions of the male hormone testosterone. Anabolic steroid use changes the body's hormonal balance, exaggerating male sex characteristics, and can contribute to increased acne, mood swings, secondary sex characteristic changes and violent behavior. Long-term heavy use has been implicated in organ damage. All anabolic steroids are **banned** by the NCAA.

NARCOTICS: Narcotics (pain killers) block pain and cause **BANNED** sleepiness, and at higher doses affect breathing, heart rate and blood pressure. Narcotics are controlled substances **banned** by the NCAA and should be obtained only from qualified medical personnel through a prescription.

STIMULANTS: This group of drugs includes a wide variety of **BANNED** chemicals, ranging from caffeine and ephedrine to Ritalin and Adderall (amphetamine). Stimulant misuse can cause anxiety, panic, paranoia and delusions. Stimulant use during exercise can contribute to increased body temperature and dehydration. Stimulants are **banned** by the NCAA — see "Medical Exceptions" for prescribed drugs.