2015-16 NCAA Banned Drugs

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

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. Street Drugs
f. Peptide Hormones and Analogues
g. Anti-estrogens
h. Beta-2 Agonists

Note: Any substance chemically related to these classes 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.

Drugs and Procedures Subject to Restrictions:

b. Gene Doping
c. Local Anesthetics (under some conditions).
d. Manipulation of Urine Samples.
e. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

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

- 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 dietary supplements.
- Many 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.

Check with your athletics department staff prior to using a supplement.
Supplement Advisory: Although many stakeholders request information from the REC regarding the safety of supplements, it is important to note that there are NO safeguards regarding the purity of supplements in the United States because of the Dietary Supplement Health and Education Act of 1994 (DSHEA). Each year, many student-athletes test positive for banned substances because they have ingested dietary supplements. **Student-athletes are advised to discuss the use of any over-the-counter product, including vitamin and mineral supplement products, with the appropriate athletics health care provider before consuming such products.**

The following are attached in this mailing:

1. The 2015-16 NCAA Drug-Testing Program book, which details the drug-testing process;

2. A copy of the NCAA banned drug information flier that is also attached to each student-athlete’s NCAA Drug Testing Consent form;

3. A copy of the NCAA Drug Policies brochure, which includes information about accessing the REC. 100 of these brochures are enclosed in the compliance coordinator’s package to disseminate to new student-athletes.

For additional information, please do not hesitate to contact Mary Wilfert (mwilfert@ncaa.org), or visit our website at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).

BH:clm

Enclosures

cc (electronic memo only): Presidents and Chancellors
Faculty Athletics Representatives
Senior Woman Administrators
Conference Commissioners