




Drug-Testing Program 2009-10



What you don't know can hurt your eligibility

Nutritional/Dietary Supplements

- Are not strictly regulated
- May contain banned substances
- May not list all contents on label
- May be legal but still contain NCAA banned substances

Consult with your institution's sports medicine staff before taking any nutritional/dietary supplement.

Ignorance is no excuse!



www.NCAA.org/health-safety

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The Drug-Testing Program is reviewed annually by the
Committee on Competitive Safeguards and Medical Aspects of Sports.

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Chapter I

2009-10 NCAA Banned Drugs

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; and
- 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:

- Blood Doping.
- Local Anesthetics (under some conditions).
- Manipulation of Urine Samples.
- Beta-2 Agonists permitted only by prescription and inhalation.
- Caffeine – if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements

Warning:

- **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**
- Dietary supplements 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.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center (REC) at 877/202-0769 or www.drugfreesport.com/rec (password ncaa1, ncaa2 or ncaa3).**

Chapter II

Medical Exceptions

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, anabolic agents, beta blockers, anti-estrogens, diuretics, peptide hormones and beta-2 agonists.

Medical exception documentation shall be requested by the National Center for Drug Free Sport when it notifies the institution of the positive result of the A specimen. When the B specimen is confirmed positive, if documentation has been received and reviewed, a medical exception may be granted. If not, the student-athlete will be declared ineligible until such time documentation is received and reviewed and the exception is granted. If the exception is not granted, the student-athlete may then request an appeal.

NOTE: A medical exception for the use of anabolic agents and peptide hormones must be submitted to the NCAA and approved before athletics participation. Additional information regarding exceptions procedures can be found at www.NCAA.org/health-safety.



Chapter III

Alcohol, Tobacco and Other Drug-Education Guidelines

The NCAA is committed to prevention of drug and alcohol abuse. The following provides a framework for member schools to ensure they are conducting adequate drug education for all student-athletes. Each athletics department should conduct drug and alcohol education for all athletics teams, and target student-athletes who transfer mid-year. Athletics administrators, coaches, compliance officers and sports medicine personnel should also participate in drug education sessions. Campus colleagues working in alcohol and other drug prevention programs may provide additional support for your efforts.

In preparation for institution drug education programs, annually:

- Develop a written policy on alcohol, tobacco and other drugs. This policy should include a statement on recruitment activities, drug testing, disclosure of all medications and supplements, discipline, and counseling or treatment options.
- Review the NCAA, conference and institutional drug-testing program policies and update handbook materials accordingly.
- Include the NCAA list of banned drug classes and NCAA written policies in the student-athlete handbook.
- Identify NCAA, conference and institutional rules regarding the use of street drugs, performance enhancing substances, and nutritional supplements, and consequences for breaking the rules.
- Display posters and other NCAA educational materials in high-traffic areas.
- Include the following printed warning in the student-athlete handbook:

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at your own risk.*

Tasks and Timelines for Educating Student-Athletes

By July 1:

- Send out the NCAA list of banned drug classes, the above warning and REC* information to all returning student-athletes and known incoming student-athletes.

Orientation at Start of Academic Year:

- Ensure that student-athletes sign NCAA compliance forms.
- Provide student-athletes with a copy of the written drug policies as outlined above.
- Show the NCAA Drug Education and Testing video.
- Verbally explain all relevant drug policies with student-athletes and staff:
 - NCAA banned drug classes (note that all related compounds under each class are banned, regardless if they are listed as an example).
 - NCAA drug-testing policies and consequences for testing positive, including failure to show or tampering with a urine sample.
 - Risks of using nutritional/dietary supplements – read the statement from the handbook above.
 - NCAA tobacco use ban during practice or competition.
 - Conference and institutional drug-testing program policies, if appropriate.
 - Street drug use policies and institutional sanctions for violations, if appropriate.

Team Meetings:

- Repeat the information from the orientation at team meetings throughout the year.

Start of Each New Academic Term:

- Repeat the information from the orientation at the start of new academic terms to reinforce messages and to ensure transfer student-athletes are exposed to this information.

Throughout the Year:

- Provide additional drug education opportunities using NCAA resources found at www.NCAA.org/health-safety.

***For authoritative information on NCAA banned substances, medications and nutritional supplements, contact the Resource Exchange Center (REC) at 877/202-0769 or www.drugfreesport.com/rec (password ncaa1, ncaa2 or ncaa3).**

Chapter IV

NCAA Drug-Testing Program

With their approval of Proposal No. 30 at the January 1986 NCAA Convention and Proposal Nos. 52-54 at the January 1990 Convention, NCAA institutions reaffirmed their dedication to the ideal of fair and equitable competition at their championships and postseason certified events. At the same time, they took another step in the protection of the health and safety of the student-athletes competing therein. So that no one participant might have an artificially induced advantage, so that no one participant might be pressured to use chemical substances in order to remain competitive, and to safeguard the health and safety of participants, this NCAA drug-testing program was created.

The program involves urine collection on specific occasions and laboratory analyses for substances on a list of banned-drug classes developed by the NCAA Executive Committee.[†] This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. The drug classes specifically include stimulants (such as amphetamines and cocaine) and anabolic steroids, as well as other drugs.

[†]This list was approved initially by the 1986 NCAA Convention.

NCAA Drug-Testing Program Protocol 2009-10

1.0. Medical Code.

1.1. The presence in a student-athlete's urine of a substance and/or metabolite of such substance belonging to a class of drugs currently banned by the NCAA may be cause for loss of eligibility.

1.1.1. Related compounds are included in the class due to their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example, unless specifically exempted.

1.2. Evidence of presence of a banned substance and/or metabolite will be from analysis of the student-athlete's urine and confirmation by an NCAA-approved laboratory through mass spectrometry in combination with gas chromatography, liquid chromatography or isotope mass spectrometry. The method of testing for erythropoietin (EPO) is isoelectric focusing (IEF) with immunoblotting, and other approved methods.

1.3. The current NCAA list of banned-drug classes is available from the NCAA and at www.NCAA.org/health-safety. In addition, other substances may be screened to gather data



for making decisions as to whether additional drugs should be added to the list. The NCAA Executive Committee will be responsible for reviewing and revising the list of banned-drug classes.

1.3.1. The Executive Committee may limit testing to select banned-drug classes.

2.0. Organization.

2.1. The NCAA Executive Committee has final authority over the procedures and implementation of the NCAA drug-testing program.

2.2. The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports or a subcommittee thereof will recommend policies and procedures to the Executive Committee and will hear drug-testing appeals.

2.3. The National Center for Drug Free Sport, "Drug Free Sport," will support, coordinate and be responsible for the general administration of the drug-testing program.

2.3.1. Drug Free Sport will be responsible for administration of the program. This will include selection of and training of the crew chiefs who will take responsibility for respective drug-testing occasions and who will be responsible for appointing their crew members.

2.3.1.1. Drug Free Sport may use the services of outside collection agencies to conduct drug-testing specimen collection.

2.3.2. Crew chief assignments and determination of testing sites will be part of the administrative responsibility of Drug Free Sport.

2.3.3. No member of a drug-testing crew may concurrently serve at an NCAA championship in any other capacity.

2.3.4. Drug-testing crew members may not participate in

year-round testing at an institution at which they are employed.

2.4. The host institution for an NCAA championship or the involved institution(s) for a year-round testing event will designate an individual to serve as site coordinator with the NCAA and the crew chief assigned to that testing site.

2.4.1. The designated site coordinator at an NCAA championship may not concurrently serve in any other capacity at that championship (e.g., director of medical coverage).

2.5. The NCAA president or his or her designee will approve any contracts between the NCAA and drug-testing entities or consultants.

2.5.1. Any drug-testing laboratory(ies) will be required to demonstrate, to the satisfaction of the NCAA competitive safeguards committee, proficiency in detection and confirmation of the banned substance categories on the NCAA list of banned-drug classes. A periodic quality control check of the laboratory(ies) will be maintained.

2.5.2. Members of the NCAA competitive safeguards committee and/or its consultants may be called upon to interpret test results.

2.6. Specimen collection by organizations other than those authorized by the NCAA is not allowed at the site of NCAA championships or postseason bowl games.

3.0. Causes for Loss of Eligibility.

3.1. According to Bylaw 14.1.4.1., each academic year the student-athlete shall sign a form prescribed by the Committee on Competitive Safeguards and Medical Aspects of Sports in which the student-athlete consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form before practice or competition or before the Monday of the fourth week of classes, whichever date occurs first, shall result in the student-athlete's ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics

3.1.1. The institution shall administer the consent form individually to each student-athlete (including recruited partial qualifiers and nonqualifiers) each academic year. Details about the content, administration and disposition of the consent form are set forth in Bylaw 30.5.

3.2. All student-athletes found to be positive for a banned substance and/or metabolite are subject to loss of eligibility consistent with existing policies, as designated in NCAA Bylaw 18.4.1.5.

3.3. A student-athlete who refuses to sign the notification form or custody and control form, if any, fails to arrive at the collection station at the designated time without justification, fails to provide a urine sample according to protocol, leaves the collection station without authorization

by the crew chief before providing a specimen according to protocol, or attempts to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance other than a "street drug" as defined in Bylaw 31.2.3.

4.0. Championship, Institution and Student-Athlete Selection.

4.1. The method for selecting championships, institutions or student-athletes to be tested will be recommended by the NCAA competitive safeguards committee, approved by the Executive Committee or the president acting for the Executive Committee in advance of the testing occasion, and implemented by the assigned crew chiefs. All student-athletes are subject to testing.

4.1.1. Student-athletes competing in Divisions I and II sports are subject to year-round testing.

4.1.2. All student-athletes are subject to NCAA testing at NCAA championships or in conjunction with postseason bowl games.

4.2. At NCAA individual/team championships events, selection of student-athletes may be based on NCAA-approved random selection or position of finish. Crew chiefs will be notified which method or combination of methods have been approved by the Executive Committee or the president acting for the Executive Committee.

4.3. At NCAA team championships, student-athletes may be selected on the basis of playing time, positions and/or an NCAA-approved random selection. Crew chiefs will be notified which method or combination of methods have been approved by the Executive Committee or the president acting for the Executive Committee.

4.3.1. For championship and postseason bowl-game testing, student-athletes will be selected from the official travel party roster, official gate/credential list, championship participation sheets or official championship form.

4.4. In year-round testing events, student-athletes may be selected on the basis of position, competitive ranking, athletics financial-aid status, playing time, an NCAA-approved random selection or any combination thereof.

4.4.1. Student-athletes will be selected from the official squad list, or complete roster if the first outside competition has not yet occurred.

4.4.1.1. Student-athletes listed on the squad list who have exhausted their eligibility or who have career-ending injuries will not be selected. All other student-athletes with remaining NCAA eligibility (including partial qualifiers, nonqualifiers and those whose sports have been dropped by a member institution) are sub-

ject to possible testing through August 31 of the following year or until a subsequent consent form is executed.

4.5. Student-athletes who test positive will automatically be tested at any subsequent NCAA championship or postseason bowl game at which they appear and at which drug testing is being conducted or at any subsequent year-round NCAA testing event.

4.5.1. It is the responsibility of the institution to notify the drug-testing crew chief that a student-athlete who is present must be tested to satisfy the retesting requirement as outlined in Section 4.5.

4.6. Student-athletes may be tested before, during or after NCAA championships and postseason bowl games.

5.0. Championship, Institution and Student-Athlete Notification.

5.1. Tournament managers and drug-testing site coordinators for NCAA championships will be notified of drug testing as determined by the Committee on Competitive Safeguards and Medical Aspects of Sports.

5.2. For year-round drug testing, the director of athletics, director of compliance and site coordinator will be notified not earlier than two days before the day of testing.

5.2.1. According to Bylaw 30.5, for year-round testing events, the director of athletics or designee will be required to provide an accurate and current squad list to Drug Free Sport for student-athlete selection.

5.3. At NCAA team championship events, a separate collection site must be provided for each team. Immediately after any established cool-down period after the event, student-athletes selected for drug testing will be notified by a crew member. Each student-athlete will be instructed to read and sign the Team Championship Student-Athlete Notification Form. The notification form will instruct the student-athlete to report to the collection station within one hour, unless otherwise directed by the crew chief or designee.

5.3.1. An official institutional representative must be in the collection station to certify the identity of the student-athletes selected. The institutional representative must remain in the collection station until all student-athletes have completed testing.

5.3.2. At NCAA team championship events, when competition begins at 10 p.m. or later local time, an institution may defer testing until the next morning. Deferred testing must begin not later than 10 a.m. local time.

5.3.2.1. The institution must decide immediately after the game whether to defer testing.

5.3.2.2. An official institutional representative must be in the collection station at deferred testing to certify the identity of the student-athletes selected for testing.

5.3.2.3. The host institution will be required to provide collection sites for deferred tests.

5.3.2.4. If testing is conducted after a final round at team championships, testing may not be deferred.

5.4. At NCAA individual/team championship events, a student-athlete will be notified of selection for drug testing immediately after competition. Any student-athlete selected for drug testing will be handed a Student-Athlete Notification Form by an official courier. The notification form will instruct the student-athlete to accompany the courier to the collection station within one hour, unless otherwise directed by the crew chief or designee.

5.4.1. If a selected student-athlete is scheduled to compete in another event during that championship, the student-athlete may be tested immediately, may be directed to defer testing until the completion of his/her final event of that session or day or may be directed to defer testing until the completion of his/her final event of the championship.

5.4.1.1. The courier and selected student-athlete will obtain an official institutional representative's signature on the notification form if testing is deferred until completion of the student-athlete's final event of that session or day or completion of his/her final event of the championship, as noted on the form. An institutional representative must present the student-athlete to the collection station and certify identification of the student-athlete not later than one hour after completion of this final event of the session or day or final event of his/her championship.

5.5. The time of notification will be recorded and the student-athlete will read and sign the notification form.

5.5.1. Completed notification forms will be returned to the collection station and given to the crew chief (or designee). The student-athlete or institutional representative will be given a copy at the completion of the collection process.

5.6. A witness may accompany the student-athlete to the collection station.

5.6.1. The witness will be asked to remain during the entire collection process.

5.7. At NCAA year-round testing events, the student-athlete will be notified of and scheduled for

testing by the institution. The institution will notify the student-athlete, **in person or by direct telephone communication**, of the date and time to report to the collection station and will have the student-athlete read and sign any Student-Athlete Notification Form.

5.7.1. An institutional representative will be present in the collection station to certify the identity of student-athletes and will be responsible for security of the collection station.

5.7.2. Student-athletes shall provide picture identification when entering the drug-testing station.

5.8. At selected championships, postseason bowl games and year-round testing, alternative methods of student-athlete notification may be used.

6.0. Specimen Collection Procedures.

6.1. Only those persons authorized by the crew chief will be allowed in the collection station.

6.1.1. The crew chief may release a sick or injured student-athlete from the collection station or may release a student-athlete to return to competition or to meet academic obligations only after appropriate arrangements for having the student-athlete tested have been made and recorded by the crew chief.

6.2. Upon entering the collection station, the student-athlete will be identified by an NCAA courier, an institutional representative or through other appropriate identification methods, and then the student-athlete will be officially signed into the station.

6.2.1. The student-athlete will select a sealed beaker from a supply of such and attach a unique bar code to the beaker.

6.2.2. A crew member will require the student-athlete to rinse and dry his or her hands and will monitor the furnishing of the specimen by observation in order to ensure the integrity of the specimen.

6.2.2.1. The student-athlete is responsible for keeping the collection beaker closed and controlled.

6.2.3. Fluids and food given to student-athletes who have difficulty voiding must be from individual sealed containers (certified by the crew chief) that are opened and consumed in the station. These items must be caffeine-free, alcohol-free and free of any other banned substances.

6.2.4. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.

6.2.4.1. If the specimen is incomplete and the stu-

dent-athlete must leave the collection station for a reason approved by the crew chief, the specimen may be discarded at the discretion of the crew chief.

6.2.4.2. Upon return to the collection station, the student-athlete will complete the collection procedure.

6.2.5. Once a specimen (at least 85 mL) is provided, the crew member who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated, and a crew member will check the specific gravity and pH of the urine in the presence of the student-athlete.

6.2.5.1. If the urine has a specific gravity at or above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.

6.2.5.2. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will not be sent to the lab. The student-athlete must remain in the collection station until an adequate specimen is provided.

6.2.5.3. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be sent to the lab. The student-athlete must remain in the collection station until another specimen is provided. No more than three alkaline samples will be sent to the lab.

6.2.5.4. Final determination of specimen adequacy will be made by the laboratory.

6.2.5.4.1. If the laboratory determines that a student-athlete's specimen is inadequate for analysis, at the NCAA's discretion, another specimen may be collected.

6.2.5.4.2. If a student-athlete is suspected of manipulating specimens (e.g., via dilution), the NCAA will have the authority to automatically test a student-athlete at a later date, not to exceed two consecutive negative tests.

6.2.6. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the student-athlete will select a specimen collection kit and a uniquely numbered set of bar codes from a supply of such.

6.2.6.1. A crew member will record the specific gravity and pH values.

6.2.6.2. The crew member will pour approximately 60 mL of the specimen into the "A vial" and the remaining amount (approximately 25 mL) into the "B vial" in the presence of the student-athlete.

6.2.6.3. The crew member will place the cap on each vial in the presence of the student-athlete; the crew member will then seal each vial in the required manner under the observation of the student-athlete and witness (if present).

6.3. Vials and forms (if any) sent to the laboratory shall not contain the name of the student-athlete.

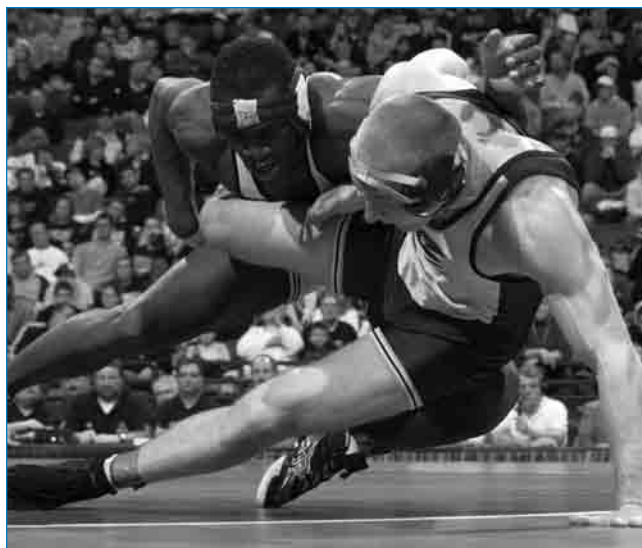
6.4. All sealed specimens will be secured in a shipping case. The crew member will prepare the case for forwarding.

6.5. The student-athlete, crew member and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded at that time. If deviations are alleged, the student-athlete will be required to provide another specimen.

6.6. After the collection has been completed, the specimens will be forwarded to the laboratory, and all copies of all forms, if any, will be forwarded to the designated persons.

6.7. The specimens become the property of the NCAA.

6.8. A student-athlete who refuses to sign the notification form or custody and control form, fails to arrive at the collection station at the designated time without justification, fails to provide a urine sample according to protocol, leaves the collection station before providing a specimen according to protocol, or attempts to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance other than a street drug as defined in Bylaw 31.2.3. The crew chief will inform the student-athlete of these implications (in the presence of a witness) and record such. If the student-athlete is not available, the crew chief will notify the NCAA official responsible for administration of the event or an institutional representative. The student-athlete will be considered to have withdrawn consent and will be ineligible on that basis.



7.0. Chain of Custody.

7.1. The crew chief or crew member will deliver the shipping case(s) to the carrier.

7.2. A laboratory employee will record that the shipping case(s) has been received from the carrier.

7.3. The laboratory will record whether the numbered bar-code seal on each vial arrived intact.

7.3.1. If a specimen arrives at the laboratory with security seals not intact, the NCAA may collect another specimen.

8.0. Laboratory Procedures, Notification of Results and Appeal Process.

8.1. The laboratory will use a portion of specimen A for its initial analysis.

8.1.1. Analysis will consist of sample preparation, instrument analysis and data interpretation.

8.1.2. The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in specimen A.

8.1.3. The laboratory will inform Drug Free Sport of the results by each respective code number.

8.2. Upon receipt of the results, Drug Free Sport will break the number code to identify any individuals with positive findings.

8.2.1. For NCAA individual/team championships, only positive test results will be reported to the institution. Positive results should be made available within approximately 30 days of the collection.

8.2.2. For student-athletes who have a positive finding, Drug Free Sport will contact the director of athletics or a designee by telephone as soon as possible. The telephone contact will be followed by "overnight" letters (marked "confidential") or e-mail to the director of athletics or designee. The institution shall notify the student-athlete of the finding.

8.2.2.1. Drug Free Sport will, during the telephone conversation, advise the director of athletics that specimen B will be tested. The student-athlete may be present at the opening of specimen B.

8.2.2.2. The institution and/or the student-athlete will be given the option to be represented at the laboratory for the opening of specimen B. Notification by the institution and/or the student-athlete of intent to be represented must be given to Drug Free Sport.

8.2.2.3. If the institution and/or the student-athlete desires representation, they must inform Drug Free Sport within 48 hours and present themselves at the

lab within two business days of the notification. If they cannot arrange for such representation, Drug Free Sport will arrange for a surrogate to attend the opening of specimen B.

8.2.2.3.1. The surrogate will not otherwise be involved with the analysis of the specimen.

8.2.2.4. The student-athlete, student-athlete's representative, the institution's representative or the surrogate will attest by signature as to the code number on specimen B, that the security seal has not been broken, and that there is no evidence of tampering.

8.2.2.5. Sample preparation for specimen B analysis will be conducted by a laboratory staff member other than the individual who prepared the student-athlete's specimen A.

8.2.2.6. Specimen B findings will be final. The laboratory will inform Drug Free Sport of the results.

8.2.2.6.1. For student-athletes who have a specimen B positive finding, Drug Free Sport will contact the director of athletics or a designee by telephone as soon as possible. The institution shall notify the student-athlete of the finding. At this point, normal NCAA eligibility procedures will apply.

8.2.2.6.2. Upon notification of the specimen B positive finding, the institution shall be required to declare the student-athlete ineligible, and the institution is obligated to withhold the student-athlete from all intercollegiate competition. In the event that a student-athlete tests positive for a substance for which the institution desires an exception (see Medical Exceptions), the eligibility of the student-athlete may be maintained while the exception request is under review.

8.2.2.7. A positive finding may be appealed by the institution to the NCAA competitive safeguards committee or a subcommittee thereof. The institution shall notify the student-athlete of the right to appeal.

8.2.2.7.1. The institution shall appeal if so requested by the student-athlete.

8.2.2.7.2. The request for an institutional appeal shall be submitted by the director of athletics or designee to Drug Free Sport within two business days of the confirmation of the positive drug test unless an extension is granted by Drug Free Sport. Required documentation must be submitted by the institution within 45 days of the confirmation of the positive drug test. Five business days before the scheduled appeal, the institution is required to submit to Drug Free Sport a written summary describing the institution's drug-educational

policy and practices and the grounds for the appeal. Additional information about the NCAA drug-test appeal procedures can be found at www.NCAA.org/health-safety.

8.2.2.7.3. If the student-athlete's next competition is imminent and if the institution so requests, the NCAA competitive safeguards committee or a subcommittee thereof shall make a good-faith reasonable effort to hear the appeal before the student-athlete's next contest or within 48 hours of the institution's notice of intent to appeal, whichever is longer.

8.2.2.7.4. Such an appeal will be conducted by telephone conference with the student-athlete and an athletics administrator required to participate therein. It is recommended that the head coach or designee also participate. The student-athlete may have others available to participate on the call on his/her behalf.

8.2.2.7.5. Copies of the report from the laboratory that contain results from the A specimen and B specimen will be forwarded to the director of athletics or designee before the appeal call.

8.2.2.7.6. Technical experts, including Drug Free Sport staff, may serve as consultants to the committee in connection with such appeals.

8.2.2.7.7. The crew chief, other crew members and Drug Free Sport staff may serve as consultants to the committee in appeal phone calls involving matters of collection protocol.

8.3. The NCAA will notify the institution's chief executive officer and director of athletics of the result of any appeal. This notification will be initiated by telephone to the director of athletics. This will be followed by an "overnight" letter (marked "confidential") to the chief executive officer and the director of athletics. It is the institution's responsibility to inform the student-athlete.

8.3.1. The NCAA may release the results of a student-athlete's final positive test to the involved institution's conference office upon the approval of the institution.

8.4. The NCAA competitive safeguards committee will send a report of aggregate findings to the NCAA Executive Committee. No report of aggregate data will be otherwise released without the approval of the NCAA Executive Committee.

8.5. The following is a recommended statement concerning a positive test that results in a student-athlete's ineligibility. If inquiries are received, this statement could be released:

"The student-athlete in question was found in violation of the NCAA eligibility rules and has been declared ineligible."

9.0. Restoration of Eligibility.

9.1. Student-athletes will be tested by the NCAA in order to be considered for eligibility restoration.

9.2. Student-athletes who are ineligible as a result of an NCAA positive drug test shall be subject to testing by the NCAA at any time during their period of ineligibility. In addition, these student-athletes shall be subject to a mandatory NCAA exit test not sooner than the start of the 11th month of their one-year suspension, or as designated by the NCAA for suspensions of less than one year. The results of the exit tests will be provided to the NCAA Student-Athlete Reinstatement Committee.

9.2.1 It is the responsibility of the institution to initiate the request for the exit test and to do so not sooner than the start of the 10th month of the period of ineligibility. Institutional requests for exit testing shall be submitted to Drug Free Sport. Drug Free Sport shall determine the date the student-athlete will be tested.

9.2.2. Institutional requests for reinstatement of a student-athlete's eligibility shall be submitted to the NCAA lead administrator of student-athlete reinstatement pursuant to Bylaw 14.12. Requests for reinstatement of eligibility will not be considered until after the student-athlete tests negative and the results have been received by the NCAA Student-Athlete Reinstatement Committee.

9.2.3. Exit tests for reinstatement of eligibility are conducted at the institution's expense.



Chapter V

Drug-Testing Legislation

The current drug-testing legislation can be found in the Divisions I, II and III Manuals and on the NCAA Web page at www.NCAA.org/health-safety. The versions included here are from the 2008-09 editions of the Manuals. The following asterisks apply below:

- * Refer to division Manual for wording specific to that division.
- ** Bylaw only applies to Divisions I and II.
- *** Bylaw only applies to Divisions II and III.
- **** Provision is listed under a different paragraph number in each Manual.

Constitution 3.2.4.6****

The active member shall administer annually a drug-testing consent form for each student-athlete (per Bylaw 12.02.5) pursuant to Bylaws 14.1.4 and 30.5. (Adopted: 1/10/92 effective 8/1/92; Revised: 4/24/03, 11/1/07 effective 8/1/08)

Constitution 3.2.4.6.1***

In sports in which the Association conducts year-round drug testing, the consent form shall be administered individually to student-athletes each academic year at the time the intercollegiate squad first reports for practice or before the Monday of the institution's fourth week of classes, whichever date occurs first. In those sports in which the Association does not conduct year-round drug testing, the form shall be administered individually to each student-athlete before the institution's first scheduled intercollegiate competition. Failure to sign the consent form by the deadline shall result in the student-athlete's ineligibility for practice or competition until the student-athlete has signed the form. Failure to complete and sign the form before practice or competition may result in the student-athlete's ineligibility for participation in all intercollegiate athletics. The consent form shall be kept on file in the office of the director of athletics, and such file shall be available for examination upon request by an authorized representative of the NCAA (see Bylaw 14.1.4.1). (Adopted: 1/10/92 effective 8/1/92; Revised: 1/16/93, 1/10/95 effective 8/1/95)

Bylaw 10.1* Unethical Conduct

(f) Knowing involvement in providing a banned substance or impermissible supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal laws. This provision shall not apply to banned substances for which the student-athlete has received a medical exception per Bylaw 31.2.3.4; however, the substance must be provided in accordance with medical licensure, commonly accepted

standards of care and state and federal law. (Adopted: 8/4/05; Revised: 5/6/08)

Bylaw 10.2 Knowledge of Use of Banned Drugs

A member institution's athletics department staff members or others employed by the intercollegiate athletics program who have knowledge of a student-athlete's use at any time of a substance on the list of banned drugs, as set forth in Bylaw 31.2.3.4, shall follow institutional procedures dealing with drug abuse or shall be subject to disciplinary or corrective action as set forth in Bylaw 19.5.2.2. In the case of use of medication containing a banned substance, the institution shall follow NCAA medical exception policy.

Bylaw 14.1.1.1* Ineligibility for Use of Banned Drugs**

A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance on the list of banned drugs, as set forth in Bylaw 31.2.3.4, shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in Bylaw 18.4.1.5.1. (Adopted: 1/10/90 effective 8/1/90; Revised: 4/29/04)

Bylaw 14.1.3.1* Student-Athlete Statement

Prior to participation in intercollegiate competition each academic year, a student-athlete shall sign a statement in a form in which the student-athlete submits information related to eligibility, recruitment, financial aid, amateur status, previous positive drug tests administered by any athletics organization and involvement in organized gambling activities related to intercollegiate or professional athletics competition under the Association's governing legislation. Failure to complete and sign the statement shall result in the student-athlete's ineligibility for participation in all intercollegiate competition. Violations of this bylaw do not affect a student-athlete's eligibility if the violation occurred due to an institutional administrative error or oversight, and the student-athlete subsequently signs the form; however, the violation shall be considered an institutional violation per Constitution 2.8.1. (Revised: 1/10/92 effective 8/1/92, 1/14/97, 2/19/97, 4/24/03, 11/1/07 effective 8/1/08)

14.1.3.2 Administration**

The institution shall administer this form individually to each student-athlete prior to the individual's participation in intercollegiate competition each year. Details about the content, administration and disposition of the statement are set forth in Bylaw 30.12.

14.1.3.3** Notification of NCAA**

The institution shall promptly notify in writing the NCAA vice president for educational affairs regarding a student-athlete's disclosure of a previous positive test for banned

substances administered by any other athletics organization. (Adopted: 1/14/97 effective 8/1/97)

Bylaw 14.1.4.1* Drug-Testing Consent Form

Each academic year a student-athlete shall sign a form in which the student consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form before practice or competition, or before the Monday of the institution's fourth week of classes, whichever date occurs first, in sports in which the Association conducts year-round drug testing shall result in the student-athlete's ineligibility for participation (i.e., practice and competition) in all intercollegiate athletics (see also Constitution 3.2.4.7). Violations of this bylaw do not affect a student-athlete's eligibility if the violation occurred due to an institutional administrative error or oversight, and the student-athlete subsequently signs the form; however, the violation shall be considered an institutional violation per Constitution 2.8.1. (Adopted: 1/10/92 effective 8/1/92; Revised: 1/16/93, 1/10/95 effective 8/1/95, 1/14/97, 4/24/03, 8/5/04, 11/1/07 effective 8/1/08)

14.1.4.2* Administration

The institution shall administer the consent form individually to each student-athlete (including recruited nonqualifiers) each academic year. Details about the content, administration and disposition of the consent form are set forth in Bylaw 30.5. (Adopted: 1/10/92 effective 8/1/92; Revised: 1/3/06)

Bylaw 15.5.11.3** Squad List**

Any student-athlete who signs a drug-testing consent form must be included on the institution's squad-list form, and any student-athlete who is included on the squad-list form must have signed a drug-testing consent form pursuant to Bylaw 14.1.4. (Adopted: 1/10/92 effective 8/1/92)

Bylaw 18.4.1.5* Ineligibility for Use of Banned Drugs

A student-athlete who is found to have used a substance on the list of banned drug classes, as set forth in Bylaw 31.2.3.4, shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in Bylaw 18.4.1.5.1. The certifying institution may appeal to the Committee on Student-Athlete Reinstatement for restoration of the student-athlete's eligibility if the institution concludes that circumstances warrant restoration. (Revised: 1/10/90 effective 8/1/90)

18.4.1.5.1 Duration of Ineligibility

A student-athlete who tests positive (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of a minimum of one season of competition in all sports if the season of

competition has not yet begun for that student-athlete or a minimum of the equivalent of one full season of competition in all sports if the student-athlete tests positive during his or her season of competition (i.e., the remainder of contests in the current season and contests in the subsequent season up to the period of time in which the student-athlete was declared ineligible during the previous year). The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the collection of the student-athlete's positive drug-test specimen and until the student-athlete tests negative (in accordance with the testing methods authorized by the Executive Committee) and the student-athlete's eligibility is restored by the Committee on Student-Athlete Reinstatement. If the student-athlete participates in any contests from the time of collection until the confirmation of the positive result, he or she must be withheld from an equal number of contests after the 365-day period of ineligibility. (Revised: 1/10/90 effective 8/1/90, 1/16/93, 1/9/96 effective 8/1/96, 1/14/97 effective 8/1/97, 4/28/05 effective 8/1/05, 11/1/07)

18.4.1.5.1.1 Breach of NCAA Drug-Testing Program Protocol

A student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no-show, tampering with sample) shall be considered to have tested positive for the use of any drug other than a "street" drug. (Adopted: 4/28/05 effective 8/1/05)

18.4.1.5.1.2** Appeals**

An institution may appeal the duration of ineligibility to the Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee). In all sports, the committee may reduce the legislated penalty to withholding the student-athlete from the next 50 percent of the season of competition or provide complete relief from the legislated penalty. If the committee requires the student-athlete to fulfill the legislated penalty or be withheld from the next 50 percent of the season of competition in all sports, the student-athlete shall remain ineligible until the prescribed penalty is fulfilled, the student-athlete tests negative and the student-athlete's eligibility is restored by the Committee on Student-Athlete Reinstatement. (Adopted: 4/28/05 effective 8/1/05)

18.4.1.5.1.3 Transfers

If the student-athlete transfers to another NCAA institution while ineligible, the institution from which the student-athlete transferred must notify the institution that the student-athlete is ineligible. If the student-athlete immediately transfers to a non-NCAA institution while ineligible and competes in intercollegiate competition within the 365-day period at a non-NCAA institution, the student-athlete shall be ineligible for all NCAA regular-season

and postseason competition until the student-athlete does not compete in intercollegiate competition for a 365-day period. Additionally, the student-athlete must test negative (in accordance with the testing methods authorized by the Executive Committee) and request that eligibility be restored by the Committee on Student-Athlete Reinstatement. (Revised: 4/28/05 effective 8/1/05)

18.4.1.5.1.4** Testing Positive on Second Occasion**

If the student-athlete tests positive a second time for the use of any banned drug, other than a "street drug" as defined in Bylaw 31.2.3.4, he or she shall lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive for the use of a "street drug" after having tested positive for the use of any banned drug, he or she shall be charged with the loss of a minimum of one additional season of competition in all sports and also shall remain ineligible for regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the period of ineligibility for any prior positive drug tests has expired. (Revised: 4/28/05 effective 8/1/05, 6/17/08)

18.4.1.5.2* Banned Drugs and Drug-Testing Methods

The Executive Committee shall adopt a list of banned drug classes and shall authorize methods for drug testing of student-athletes on a year-round basis. The list of banned drug classes and the procedure for informing member institutions about authorized methods for drug testing are set forth in Bylaw 31.2.3. (Revised: 1/10/90 effective 8/1/90)

18.4.1.5.3 Non-NCAA Athletics Organization's Positive Drug Test

The Executive Committee shall authorize methods for drug testing any student-athlete who has disclosed in the student-athlete statement (see Bylaw 14.1.3.1) that he or she has a positive drug test administered by a non-NCAA athletics organization. A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code shall not participate in NCAA intercollegiate competition for the duration of the suspension. (Adopted: 1/14/97 effective 8/1/97; Revised: 4/28/05 effective 8/1/05)

Bylaw 18.7.3 Postseason Game Drug Usage

The eligibility rules governing individual participation and drug usage shall be as demanding for participants in postseason games as those governing participation in NCAA championships. To attest to the eligibility of its stu-

dent-athletes (in conformity with this paragraph), each institution selected or qualified for a postseason game shall meet the certification-of-eligibility requirements set forth in Bylaws 14.10 and 30.12. (Revised: 1/10/95)

Bylaw 30.5* Drug-Testing Program

30.5.1 Responsibility of Institution

Each member institution is responsible for ensuring compliance with the following elements of the NCAA Drug-Testing Program: (Adopted: 4/28/05 effective 8/1/05)

- (a) Complete and forward drug-testing information (e.g., institutional calendar) to The National Center for Drug Free Sport by the date specified by the organization;
- (b) Respond to the initial drug-testing notification from Drug Free Sport upon receipt;
- (c) Complete and forward to Drug Free Sport a current and accurate institutional squad list (see Bylaw 30.13) upon receipt;
- (d) Provide adequate and secure drug-testing facilities as specified by Drug Free Sport;
- (e) Notify student-athletes who have been randomly selected for drug testing as instructed by Drug Free Sport and as indicated in the drug-testing protocol; and
- (f) Respond to additional requests for assistance in administering the NCAA drug-testing program as specified by Drug Free Sport.

30.5.1.1 Effect of Violations

Violations of this Bylaw 30.5 shall be considered institutional violations per Constitution 2.8.1; however, they shall not affect the student-athlete's eligibility. (Revised: 4/28/05 effective 8/1/05)

30.5.2 Drug-Testing Consent Form

The following procedures shall be used in administering the drug-testing consent form required in Bylaw 14.1.4 (see also Constitution 3.2.4.7): (Adopted: 1/10/92 effective 8/1/92)

- (a) The consent form shall be administered individually to each student-athlete by the director of athletics or the director of athletics' designee each academic year;
- (b) The director of athletics or the director of athletics' designee shall disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified that the list may change during the academic year, that updates may be found on the NCAA Web site (i.e., www.NCAA.org/health-safety) and informed of the



appropriate athletics department procedures for disseminating updates to the list; and (Adopted: 4/27/00)

- (c) The consent form shall be kept on file by the director of athletics and shall be available for examination upon request by an authorized representative of the NCAA. (Revised: 4/27/00)

30.5.2.1 Effect of Violations

Violations of the procedure set forth in Bylaw 30.5.2 shall be considered institutional violations per Constitution 2.8.1; however, a violation shall not affect the student-athlete's eligibility. (Revised: 4/28/05 effective 8/1/05)

Bylaw 31.2.3* Ineligibility for Use of Banned Drugs

Bylaw 18.4.1.5 provides that a student-athlete who is found to have used a substance on the list of banned drug classes, as a result of a drug test administered by the NCAA, shall be declared ineligible for further participation in postseason and regular-season competition during the time period ending one calendar year after the collection of the student-athlete's positive drug-test specimen. The student-athlete shall be charged with the loss of a minimum of one season of competition in all sports if the season of competition has not yet begun or a minimum of the equivalent of one full season of competition in all sports if the student-athlete tests positive during his or her season of competition (i.e., the remainder of contests in the current season and contests in the subsequent season up to the period of time in which the student-athlete was declared ineligible during the previous year). The student-athlete shall remain ineligible until the student-athlete tests negative (in accordance with the testing methods authorized by the Executive Committee) and the student-athlete's eligibility is restored by the Committee on Student-Athlete Reinstatement. If the student-athlete participates in any contests from the time of collection until the confirmation of the positive result, he or she must be withheld from an equal number of contests

after the 365-day period of ineligibility. (Revised: 1/16/93, 1/9/96 effective 8/1/96, 1/14/97 effective 8/1/97, 3/10/04, 4/28/05 effective 8/1/05, 11/1/07)

31.2.3.1 Breach of NCAA Drug-Testing Program Protocol

A student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no-show, tampering with sample) shall be considered to have tested positive for the use of any drug other than a “street” drug. (Revised: 4/28/05 effective 5/1/05)

31.2.3.2* Testing Positive on Second Occasion

If the student-athlete tests positive a second time for the use of any banned drug, other than a “street drug” as defined in Bylaw 31.2.3.4, he or she shall lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive for the use of a “street drug” after having tested positive for the use of any banned drug, he or she shall lose a minimum of one additional season of competition in all sports and also shall remain ineligible for regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the period of ineligibility for any prior positive drug tests has expired. Bylaw 18.4.1.5.2

also provides that the Executive Committee shall adopt a list of banned drugs and authorize methods for drug testing of student-athletes on a year-round basis. (Revised: 4/28/05 effective 8/1/05, 6/17/08)

31.2.3.3 Appeals

An institution may appeal the duration of ineligibility to the Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee). In all sports, the committee may reduce the legislated penalty to withholding the student-athlete from the next 50 percent of the season of competition or provide complete relief from the legislated penalty. If the committee requires the student-athlete to fulfill the legislated penalty or be withheld from the next 50 percent of the season of competition in all sports, the student-athlete shall remain ineligible until the prescribed penalty is fulfilled, the student-athlete tests negative and the student-athlete’s eligibility is restored by the Committee on Student-Athlete Reinstatement. (Adopted: 4/28/05 effective 8/1/05)

31.2.3.4 Banned Drugs

The following is the list of banned-drug classes. The list is subject to change and the institution and student-athlete shall be held accountable for all banned-drug classes on the current list. The current list is located on the NCAA Web site (i.e., www.NCAA.org) or may be obtained from



the NCAA national office. (Revised: 8/15/89, 7/10/90, 12/3/90, 5/4/92, 5/6/93, 10/29/97, 4/26/01, 2/10/06, 10/27/06 effective 8/1/07, 5/29/07)

- 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; and
- h. Beta-2 Agonists.

31.2.3.4.1 Drugs and Procedures Subject to Restrictions

The use of the following drugs and/or procedures is subject to certain restrictions: (Revised: 8/15/89)

- (a) **Blood Doping.** The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)
- (b) **Local Anesthetics.** The Executive Committee will permit the limited use of local anesthetics under the following conditions:
 - (1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)
 - (2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
 - (3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.
- (c) **Manipulation of Urine Samples.** The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)
- (d) **Beta-2 Agonists.** The use of beta-2 agonists is permitted by inhalation only. (Adopted: 8/13/93)
- (e) **Additional Analysis.** Drug screening for select non-banned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)

31.2.3.4.2 Positive Drug Test — Non-NCAA Athletics Organization

A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code shall not participate in NCAA intercollegiate competition for the duration of the suspension. (Adopted: 1/14/97 effective 8/1/97; Revised: 4/28/05 effective 8/1/05)

31.2.3.5 Medical Exceptions

Exceptions for categories (a), (b), (c), (d), (f), (g) and (h) under Bylaw 31.2.3.4 may be made by the Executive Committee for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. (Revised: 8/5/99, 9/26/06, 10/27/06 effective 8/1/07)

31.2.3.6 Methods for Drug Testing

The methods and any subsequent modifications authorized by the Executive Committee for drug testing of student-athletes shall be summarized and posted on the NCAA Web site. Copies of the modifications shall be available to member institutions.

31.2.3.7 Events Identified for Drug Tests

The Executive Committee shall determine the year-round and postseason competition for which drug tests shall be made and the procedures to be followed in disclosing its determinations.

31.2.3.8 Individual Eligibility — Team Sanctions

Executive regulations pertaining to team-eligibility sanctions for positive tests resulting from the NCAA drug-testing program shall apply only in the following situation: If a student-athlete is declared ineligible prior to an NCAA team championship or a certified postseason bowl game and the institution knowingly allows him or her to participate, all team-ineligibility sanctions shall apply (i.e., the team shall be required to forfeit its awards and any revenue distribution it may have earned, and the team's and student-athlete's performances shall be deleted from NCAA records). In the case of licensed postseason football contests, the team's and student-athlete's performances shall be deleted from NCAA records. (Revised: 1/10/90)

Chapter VI

Institutional Drug Testing

The following are suggested guidelines for consideration by NCAA member institutions contemplating a drug-testing program:

1. A member institution considering drug testing of student-athletes should involve the institution's legal counsel at an early stage, particularly in regard to right-to-privacy statutes, which may vary from one state and locale to another. With the use of proper safeguards such as those listed below, drug testing is considered legally acceptable; however, the legal aspects involved at each individual institution should be clarified.
2. Before initiating drug-testing activity, a specific written policy on drug testing should be developed, distributed and publicized. The policy should include such information as: (a) a clear explanation of the purposes of the drug-testing program; (b) who will be tested and by what methods; (c) the drugs to be tested for, how often and under what conditions (i.e., announced, unannounced or both), and (d) the actions, if any, to be taken against those who test positive. (It is advisable that a copy of such a policy statement be given to all student-athletes entering the institution's intercollegiate athletics program and that they confirm in writing that they have received and read the policy. This written confirmation should be kept on file by the athletics department.)
3. At many institutions, student-athletes sign waiver forms regarding athletics-department access to academic and medical records. It is recommended that specific language be added to such waiver forms wherein the student-athlete agrees to submit to drug testing at the request of the institution in accordance with the published guidelines. The NCAA Drug-Testing Consent covers NCAA drug testing only.
4. An institution considering drug testing should develop a list of drugs for which the student-athlete will be tested. The NCAA list of banned-drug classes may be used as a guide.
5. Any institution considering drug testing of student-athletes confronts several logistical, technical and economic issues. Among them are:
 - a. When and how samples will be collected, secured and transported.
 - b. Laboratory(ies) to be used.
 - c. How samples will be stored and for how long before analysis.
 - d. Analytical procedures to be used in the laboratory.
 - e. Cost.
 - f. Test validity.
 - g. How medical exceptions will be handled.
 - h. Who will get the results and how the results will be used.
6. The NCAA recommends that each institution considering drug testing of student-athletes appoint a committee of representatives from various relevant academic departments and disciplines (e.g., pharmacy, pharmacology, chemistry, medicine) to deal with the issues.
7. The question of where the samples will be analyzed is critical. No matter where the analyses are done, data on false-positive and false-negative rates for the specific tests to be used should be provided. If the laboratory cannot provide such information, another laboratory should be considered. The NCAA recommends that institutions use laboratories that are certified and/or accredited.
8. There is one important consideration that must be dealt with by institutions that are planning to use the results of drug testing as a basis for action involving the student-athlete who tests positive. No matter what screening methods may be used, including thin-layer chromatography and radioimmunoassay, there is a finite probability of a false-positive result (i.e., the test is positive even though the student-athlete is actually "clean"). The NCAA urges that before any action is taken on the basis of a positive result from such screening tests, the results should be confirmed by gas chromatography/mass spectrometry, with the latter test providing the definitive result.
9. The NCAA will continue to monitor guidelines and protocol in an effort to share new developments with the membership through the NCAA Web site at www.NCAA.org.





Know the Differences!



If you're a college student-athlete, be aware that sports organizations have different rules about banned/prohibited drugs.

Drug Class (example)	NCAA	USADA
Alcohol	Banned in-competition for rifle	Prohibited In-Competition for archery, bowling and other non-NCAA sports.
Anabolic Steroids/Agents**	Banned	Prohibited
Hormone Antagonist and Modulators, including all aromatase inhibitors and anti-estrogens*	Banned	Prohibited
Beta Blockers*	Banned in-competition for rifle	Prohibited In-Competition only for gymnastics, bowling, shooting, specified skiing disciplines, wrestling and other non-NCAA sports. Prohibited both In-and Out-of-Competition in archery and shooting.
Beta-2 Agonists* (e.g., asthma meds)	Banned or Restricted	Prohibited In- and Out-of-Competition. Requires a Therapeutic Use Exemption* (TUE), pulmonary function test (PFT) and medical documentation. Requires a Declaration of Use on the USADA Web site Declaration at the time the Use starts and on the Doping Control Official Record at the time of testing.
Dietary Supplements	WARNING: Use at your own risk.	Strict Liability: Use at your own risk.
Diuretics and other urine manipulators* (e.g., bumetanide, canrenone)	Banned	Prohibited
Glucocorticosteroids (e.g., prednisone)	Not banned	Prohibited In-Competition. Systemic use requires a TUE. Inhalation and localized injection requires a Declaration of Use on the USADA Web site Declaration at the time the Use starts and on the Doping Control Official Record (DCOR) at the time of testing. Topical use permitted but declare on the Doping Control Official Record at the time of testing.
Hormones and related substances (e.g., growth hormone, EPO)**	Banned	Prohibited, including Platelet Rich Plasma (PRP)
Local Anesthetics	Restricted	Permitted
Marijuana	Banned	Prohibited In-Competition; tested for In-Competition
Narcotics (except heroin)	Not banned	Specific substances prohibited In-Competition.
Prohibited Methods	Banned, e.g. blood doping, chemical and physical manipulation.	Prohibited: Enhancement of oxygen transfer (blood doping, RSR13), chemical and physical manipulation, gene doping.
Stimulants*	Banned (except pseudoephedrine and phenylephrine)	Prohibited In-Competition (except caffeine, pseudoephedrine & phenylephrine - See USADA for others)

BANNED or PROHIBITED:

Drug class may not be used as shown (USADA requires approved TUE).

RESTRICTED:

Drug class may be used under special circumstances defined by the organization.

NOT BANNED or PERMITTED:

Category may be used, assuming the use is legal, appropriate or medically justified.

- Therapeutic Use Exemption (TUE) - a complete and legible form must be submitted to USADA by the athlete prior to using the medication in sport. Additional documents such as medical file and test results may be required from the athlete. All medications must be declared on the DCOR. For more information, contact USADA as indicated below.

*Medication review for a positive drug test may be granted for NCAA.

**Medications containing these banned ingredients require pre-approval for use in competition for NCAA.

This information is for educational purposes only. This is not a complete listing. Contact the following organizations if you have any questions about specific drugs or supplement products. Information about dietary supplements is NOT available through USADA's Drug Reference Line™ and Drug Reference Online™ resources.



For a complete list of NCAA Banned Drug Classes, go to...

www.ncaa.org/health-safety



NCAA athletes contact:
877.202.0769 or
www.drugfreesport.com/rec



Olympic-sport athletes contact:
800.233.0393 or
www.usada.org/dro

Drug Free Sport™

"Know the Difference" is available free of charge from The National Center for Drug Free Sport, the official administrator of NCAA Drug Testing, at www.drugfreesport.com. Duplication is encouraged. Information is subject to change but is current as of January 1, 2009, which includes the WADA 2008 list.

The NCAA salutes the more than
400,000 student-athletes
participating in **23 sports** at
more than **1,000** member institutions

