

NCAA Drug Testing Program

The NCAA Drug Testing Program was created to protect the health and safety of the student-athletes and to ensure that no one participant might have an artificially induced advantage or be pressured to use chemical substances. Drugs generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete are banned by the NCAA. Any use of a substance banned by the NCAA may be cause for loss of eligibility. The use of a banned substance is determined by an analysis of a student-athlete's urine by an NCAA certified laboratory. Drug-testing legislation can be found at www.ncaa.org under Academics and Athletes, Health and Wellness.

Consent Form

Each 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. This form will be administered by a Compliance Office staff member during the beginning of the year team compliance meetings. Failure to complete and sign the form prior to practice will result in ineligibility for practice or competition.

Student-Athlete Selection

The method for selecting student-athletes to be tested will be recommended by the NCAA Competitive Safeguards Committee, approved by the Executive Committee/President in advance of the testing occasion and implemented by the assigned crew chiefs. All student-athletes are subject to testing at NCAA championships and in conjunction with post-season bowl games. All student-athletes are also subject to year-round testing. At individual team championships, selection of student-athletes for testing may be based on position of finish or random selection. At NCAA team championships they may be selected on the basis of playing time, positions, and/or random selection. For championship and postseason bowl-game testing, student-athletes will be selected from the official travel party roster, gate/credential list, championship participation sheets or official championship form. In year-round testing, selection may be based on position, financial aid status, playing time, random selection, or any combination thereof.

Refer to the NCAA Drug Testing Program Brochure or *NCAA Manual*, Constitution 3.2.4.7 and Bylaws 10.2, 14, 15.5.9.3, 18, 30.5, and 31 for more details.

NCAA Banned Drug Classes

The following is a list of banned-drug classes by NCAA legislation. **No substance belonging to the banned class may be used.** Any prescription and/or over the counter medication/item containing any of the following **could** result in a positive drug test. See **Ready Reference** or the *NCAA Manual*, Bylaw 31.2.3.4 for complete listing, and talk to your athletic trainer for more information. <http://www.ncaa.org/health-safety>.

- Stimulants
- Steroids and other anabolic agents
- Diuretics and other urine manipulators
- Street drugs
- Peptide hormones and analogues
- Anti-Estrogens

Over-the-Counter Drugs

Many over-the-counter products contain drugs found on the NCAA banned drug class list and **could result in a positive drug test**. Examples are cough syrups, lozenges, eye drops, cold medications, diet products, nasal sprays, and allergy medication. There may be occasions when these drugs are necessary for the proper treatment of a medical problem. **Ephedrine and bromantan were added to the list of banned drug classes in 1997. Ephedrine (ephedra) is contained in many supplement products and student-athletes need to be warned that the use of such products may result in a positive NCAA drug test.** Student-athletes must consult with the athletic training staff and/or staff physician before taking any drugs.

Drugs and Procedures Subject to Restrictions

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:

- **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 may be cause for action consistent with that taken for a positive drug test.
- **Local Anesthetics.** The Executive Committee will permit the limited use of local anesthetics under the following conditions:
 - That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine;
 - That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
 - That use is medically justified only when permitting the student-athlete to continue the competition without potential risk to his or her health.
- **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, or related compounds and epitestosterone administration.
- **Beta-2 Agonists.** The use of beta-2 agonists is permitted by inhalation only.
- **Additional Analysis.** Drug screening for select nonbanned substances may be conducted for nonpunitive purposes.

Penalty for Positive NCAA Drug Test

Student-athletes who tests positive for a substance belonging to a banned drug class 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. The certifying institution may appeal to NCAA Competitive Safeguards Committee.

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 and shall remain ineligible for a period of one calendar year (365 days).

If a student-athlete, who tested positive for any drug other than a “street drug” as defined in Bylaw 31.2.3.4, tests positive a **second time** for the use of any drug, other than a “street drug”, he or she shall lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive a **second time** for the use of a “street 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 at least through the next calendar year.

NCAA RANDOM YEAR-ROUND TESTING FOR ALL SPORTS

- WSU will be notified by the NCAA through Drug-Free Sport no more than two days prior to the testing date.
- WSU must immediately fax the NCAA Squad List to the Drug Free Sport who will select 26 athletes to be tested. They may be selected on the basis of position, athletics financial aid, playing time, randomly, or a combination thereof.
- WSU will notify the student-athletes of the time and place of the testing and administer the Student-Athlete Notification Form.
- Failure to report for testing will be treated as a positive test and the same consequences will result.

NCAA SUMMER DRUG TESTING

The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports has approved an expansion of the NCAA year-round drug-testing program to include summer testing for Division I and Division II student-athletes. Compliance does not take the summer off. And, drug testing is a compliance issue.

The summer site coordinator will need to obtain summer contact information for all returning student-athletes with eligibility remaining.

As with the rest of the year-round program, Drug Free Sport will conduct a random selection from the squad list and then notify the site coordinator of the selected student-athletes via email.

The summer site coordinator will notify the student-athletes directly, either by telephone or in person. Then collectors from Drug Free Sport will test the student-athlete without

regard for whether the student-athlete is on campus or off campus. Drug Free Sport has collection crews all across the country and can go to wherever a student-athlete is located.

All of the usual drug-testing protocols will be in effect, from the chain-of-custody requirements to the penalty for positive tests. As with all NCAA drug testing, the penalty for the first positive test is the loss of one year of eligibility. The penalty for the second positive test is a permanent loss of NCAA eligibility.

NCAA ADVISORY ON NUTRITIONAL SUPPLEMENTS AND POSITIVE DRUG TESTS

The NCAA Drug-Education and Drug-Testing subcommittee (DEDT) of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) has reviewed issues raised during drug-test appeals. Over the past several years, CSMAS has issued memoranda to NCAA members and published articles in *The NCAA News* regarding the risks involved with the use of nutritional supplements. Despite these efforts, the DEDT notes a significant number of positive drug tests of student-athletes who report the use of over-the-counter nutritional supplements during the appeal process. The DEDT is issuing this advisory to reemphasize the warning about the risks involved in the use of nutritional supplements. The environment for today's student-athlete is filled with easy access to products, which are legally available over-the-counter but contain substances banned by the NCAA. Many student-athletes assume if these products can be purchased at a health food store, they must be allowed under NCAA rules. **This is not true!** Reliance on the advice of the clerk at the store, the distributor at the gym, or anyone who is not with the student-athlete's athletics program has resulted in erroneous information about whether the product contains any NCAA-banned substance. This false information sometimes results in a positive drug test for banned ingredients contained in the product. Appeals based on this argument have not been successful in overturning a positive drug-test penalty.

Some common nutritional supplements are creatine, DHEA, andro-stenedione, 19-norandrostenedione, glucosamine, ma huang (ephedrine), amino acids, and ginseng. Many fat-burners and weight-gain products contain nutritional supplements. Nutritional supplements can come in pill, powder, liquid, and bars. Some are NCAA-banned substances and some are not. They are all legal and may be obtained at grocery stores, pharmacies, health food stores, on the Internet, and almost anywhere.

Both the student-athlete who uses a nutritional supplement without checking the ingredients with the athletics staff, and an athletics department that does not adequately educate current and incoming student-athletes about NCAA-banned substances as well as the risks of over-the-counter nutritional supplement use, will be held in violation of Bylaws 18.4.1.5.1 and 30.5 in the event the student-athlete tests positive for such substances. Student-athletes who test positive are subject to a one-year suspension and loss of eligibility.

NCAA STATEMENT ON NUTRITIONAL SUPPLEMENTS

NCAA Division I institutions should note that NCAA Bylaw 16.5.2-(g) (nutritional supplements) indicates that an institution may provide only nonmuscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances. Permissible nonmuscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. Pursuant to a July 26, 2000 official interpretation, it is not permissible for an institution to provide any nutritional supplement/ingredients to its student-athletes, unless the supplement/ingredient is a nonmuscle-building supplement and is included in one of the four classes identified specifically in Bylaw 16.5.2-(g). The following information is an updated list of examples of permissible and impermissible nutritional supplements/ingredients as developed by the NCAA Competitive Safeguards and Medical Aspects of Sports Committee (CSMAS). The list below is not exhaustive but should assist institutions in determining the types of nutritional supplements/ingredients that may be provided to student-athletes.

Permissible Categories

Vitamins and minerals
Energy bars (i.e. Balance Bar, Clif Bar, Luna Bar)
Carbohydrate/Electrolyte replacement drinks (i.e., Gatorade)
Calorie replacement drinks (i.e. Gatorade's Protein Recovery & Nutrition Shakes)

Impermissible Examples

Amino Acids (including amino acid chelates)	Glutathione
*Chondroitin	Glycerol**
Chrysin	Green Tea
CLA (Conjugated Linoleic Acid)	HMB Carnitine
Creatine (compounds containing Creatine)	Melatonin
Garcinia Cambogia (Hydroxycitric Acid)	MSM (Methylsulfonyl Methane)
Ginkgo Biloba	Protein powders
Ginseng	St. John's Wort
Glucosamine*	Tribulus
	Weight gainers
	Yohimbe

*It is permissible for an institution to provide Glucosamine and/or Chondroitin to a student-athlete for medical purposes, provided such substances are provided by a licensed medical doctor to treat a specific, diagnosed medical condition (as opposed to prescribing them for preventive reasons).

**Glycerine or glycerol as a binding ingredient in a supplement product is permissible. A supplement that contains protein may be classified as a nonmuscle-building supplement provided it is included in one of the four permissible categories, does not contain more than 30% of its calories from protein (based solely on the package label), and does not contain additional ingredients that are designed to assist in the muscle-

building process (see examples of impermissible supplements/ingredients). Nutritional supplements containing more than 30% of its calories from protein are classified as muscle-building supplements and may not be provided to student-athletes.

NATIONAL RESOURCES

For more information about nutritional supplements and NCAA-banned substances, contact the Resource Exchange Center (REC) toll free at 877-202-0769 or www.drugfreesport.com/rec. The REC is funded by the NCAA to provide a **confidential** resource for student-athletes and athletics staff who have questions about nutritional supplements.

You may also access the website for the **National Center for Drug Free Sport, Inc.**, at www.drugfreesport.com/rec.