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

Need help for substance abuse? Visit samhsa.gov/find-help/treatment
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:

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.

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 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.

COCOAINE: Cocaine is a stimulant that can contribute to 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 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 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 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.