**NCAA Banned Drug List**

**Why does the NCAA ban certain drug classes?**
The NCAA bans performance enhancing and street drugs to protect the health of student-athletes and ensure fair play. Sometimes student-athletes feel pressure to use performance enhancing substances, or might be tempted to use illegal drugs. NCAA drug testing provides one more good reason to stay drug-free. If students test positive, they can lose their eligibility to play certain sports.

**What are the NCAA banned drug classes?**
- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and other Masking Agents
- Street Drugs
- Peptide Hormones
- Anti-Estrogens
- Beta-2 Agonists

**What about Anabolic Agents / Steroids?**
These drugs can cause side effects such as injuries to tendons, ligaments, and muscles. They can also cause hormonal changes, meaning they can change sex characteristics in men and women. There is also a risk to mental health from steroid use such as uncontrolled aggression and depression with steroid withdrawal. Steroid products obtained over the internet without a legitimate prescription is a Federal offense!

**What about testosterone or supplement products that claim to raise testosterone levels naturally?**
Testosterone use in any form is banned. Testosterone boosters that contain steroids or other banned substances are banned too.

**What are Peptide Hormones?**
These are hormones that have the potential to enhance performance, but their use can cause serious health effects, and even death. Banned hormones (e.g., human growth hormone) and EPO have no place in college sports.

**How about Stimulants?**
Whether you take these to stay awake, help you study, lose weight, or heighten performance, it doesn’t matter: they’re still banned. Also, be aware that the use of stimulants during strenuous training and competition in hot weather can trigger heart and heat stress problems which can be fatal. Watch out for supplements, too, as many have banned stimulants like guarana, and synephrine in them.

Source: 2012-13 NCAA Banned Drugs (web link)
**What about the use of Diuretics and other urine manipulators or masking agents?**
Using these products for weight loss or to beat a drug test is NOT a smart move. Diuretics lead to dehydration, which negatively affects performance. If you are thinking about taking masking agents to help you beat a drug test, that’s cheating, and it won’t work. The NCAA tests for diuretics too.

**What are Anti-Estrogens**
These drugs may be prescribed for people undergoing fertility or cancer treatments, but also may be used to mask the side-effects of anabolic steroid use. Use without the documentation of a legitimate medical need can result in the loss of eligibility.

**How about Beta 2 Agonists?**
These drugs are used to treat asthma but also can be used to unfairly enhance performance. The NCAA allows the use of inhalers for asthma but otherwise bans the use of these substances.

**Does the NCAA test for street drugs?**
The NCAA tests for street drugs in the championship testing program. Not only are these harmful, they are also illegal.

**What about Alcohol?**
The NCAA bans the use of beta blockers and alcohol only in rifle competition.

Remember, you are responsible for anything you ingest. Check with your coach, athletic trainer, or physician before you take anything. If you aren’t sure if a substance is banned, check: www.drugfreesport.com/rec.

**What if I need to take a medication?**
Check out all medication, because even those purchased over the counter might contain banned substances. If a physician prescribes a medication, you still need to check it with your school’s athletic trainer or your team physician. All medication you take should be listed with your sports medicine staff. This will allow you to request an exception if you test positive for the use of banned medications. For health and safety reasons, your athletic trainer **must** know what medications you are taking.

**Dietary Supplement Warning:**
NCAA schools have chosen not to provide muscle building supplements to you. If you decide you want to purchase supplements, remember these are not well-regulated and might cause a positive drug test. Student athletes assume the risk that supplement products may be mislabeled or contaminated with an undisclosed banned substance. Ultimately, you are responsible for any substance you put in your body.

Source: 2012-13 NCAA Banned Drugs (web link)
NCAA schools have a ban on tobacco

All NCAA schools have a ban on tobacco use in practice and competition. This ban also covers coaches, athletics personnel, and game officials.

Drug-Testing Program

What are the goals of drug-testing programs?
The goals of the drug-testing program are to protect the health of student-athletes and to provide clean and equitable competition.

Consent Forms
At the start of every school year, all student athletes at NCAA member schools sign a consent form stating that they understand the NCAA drug-testing program and consent to be tested. Along with the Drug-Testing Consent Form, students will also sign other compliance forms, like the Student Athlete Statement, that ask other questions related to drug testing.

What if I don’t sign the consent form?
You must sign the consent form to participate in your sport. If you test positive in any other athletics organization, you have to report that positive test on your Student-Athlete Statement. If you are under suspension by any other athletics organization, you may not be allowed to participate in NCAA competition. Be sure to check with your school’s compliance director to make sure you are filling out the forms correctly.

How does the NCAA test for drugs?
The program involves urine collection at post-season events and on college campuses throughout the year. You might get selected to be tested because you won an NCAA championship event or you may be randomly selected. After you are officially notified that you have been chosen for a drug test, you must report to the drug-testing site at the designated time. You may bring along a witness to observe the drug-testing protocol or just to lend support. During championship testing, you will be given time to get your award, talk to reporters, or anything else you need to do after the championship before you come to the testing area. It is very important that you arrive on time or you may be penalized for failing to show up which is the same penalty as a positive drug test.

What happens next?
Once you get into the testing area, you will need to stay until you provide an adequate specimen. This mean there has to be enough urine at the right concentration. If you need additional fluids, there are approved drinks for you to have. Approved drinks do not contain caffeine, alcohol, or anything else that can show up on a drug test.