

Attachment E

2015-2016 NCAA Banned Drugs

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

The NCAA bans the following classes of drugs:

1. Stimulants.
2. Anabolic Agents.
3. Alcohol and Beta Blockers (banned for rifle only).
4. Diuretics and Other Masking Agents.
5. Street Drugs.
6. Peptide Hormones and Analogues.
7. Anti-estrogens; and
8. 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:

1. Blood and Gene Doping.
2. Local Anesthetics (under some conditions).
3. Manipulation of urine samples.
4. Beta-2 Agonists permitted only by prescription and inhalation.
5. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA/ Nutritional/Dietary Supplements Warning:

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

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.

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3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is **taken at your own risk**.

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient.

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class:

1. Stimulants:

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; etc.

3. Alcohol and Beta Blockers (banned for rifle only):

Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc. 2014-15 NCAA Banned Drugs Page No. 3 www.ncaa.org/ama/All Administrators/Samble, Jennifer/DIII 2014-15 Banned Drugs Educational_JNS:sr_060314

4. Diuretics (water pills) and Other Masking Agents:

Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs:

Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

6. Peptide Hormones and Analogues:

Growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens :

Anastrozole; tamoxifen; formestane; ATD, clomiphene etc.

8. Beta-2 Agonists:

Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

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

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