

## The NCAA bans the following classes of drugs:

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|--|-----------------------------------|
| a. Stimulants  | e. Street Drugs                   |
| b. Anabolic Agents                                   | f. Peptide Hormones and Analogues |
| c. Alcohol and Beta Blockers (banned for rifle only) | g. Anti-estrogens                 |
| d. Diuretics and Other Masking Agents                | 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;
- Gene Doping;
- Local Anesthetics (under some conditions);
- Manipulation of Urine Samples;
- Beta-2 Agonists permitted only by prescription and a ratio

REVIEW ONLY

## NCAA Nutritional/Dietary Supplements Warning:

- **Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff! There are no NCAA approved supplement products.**
  - Dietary supplements, including vitamins and minerals, 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.**

**It is your responsibility to check with the appropriate athletics staff before using a supplement.**

NOTE TO STUDENT-ATHLETES: There is no complete list of banned substances. Do not rely on this list to rule out any label ingredient.

## Some Examples of NCAA Banned Substances in Each Drug Class

### Stimulants:

Amphetamine (Adderall), caffeine (guarana), cocaine, ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine; "bombs" (methamphetamine); octopamine; DMBA; phenethylamines (EAS).  
*exceptions: phenylephrine and pseudoephedrine are not banned.*

### 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; SARMS (ostarine); etc.

### Alcohol and Beta Blockers (banned for rifle only):

Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

### Diuretics and Other Masking Agents:

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

### Street Drugs:

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

### Peptide Hormones and Analogues:

Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

### Anti-Estrogens:

Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7, 17-dione); etc.

### Beta-2 Agonists:

Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://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!**

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

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