

# HEALTHY LIVING 2020-2021 NCAA Banned Drugs List

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes.

- Stimulants.
- Anabolic agents.
- Alcohol and beta blockers (banned for rifle only).
- Diuretics and masking agents.
- Narcotics.
- Cannabinoids.
- Peptide hormones, growth factors, related substances, and mimetics.
- Hormone and metabolic modulators (anti-estrogens).
- Beta-2 agonists.

**Note:** Any substance chemically/pharmacologically related to any classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) 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. Examples of substances under each class can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting). There is no complete list of banned substances.

## Substances and methods subject to restrictions:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering with urine samples.

## NCAA nutritional/dietary supplement

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is **taken at your own risk**.

**Check with your athletics department staff prior to taking 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 substances in each NCAA banned drug class:**

### Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); phenethylamine (orange); dimethylamylamine (DMAA, methylnhexanamine); "bath salts" (mephedrone); octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamine (EAS); dimethylhexylamine (DMHA, Octodrine); heptanol; etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

### Anabolic agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140); DHCMT (oral turanibol); etc.

### Alcohol and beta blockers (banned for rifle only):

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

### Diuretics and masking agents:

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

Exception: finasteride is not banned

### Narcotics:

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and morphine; meperidine; hydromorphone; methadone; morphine; nicotinic acid; oxycodone, oxymorphone; pentazocine; pethidine

### Cannabinoids:

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

### Peptide hormones, growth factors, related substances and mimetics

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.

Exceptions: insulin, Synthroid are not banned

### Hormone and metabolic modulators (anti-estrogens) :

anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; 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 one of the above classes, 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 Drug Free Sport AXIS, 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) password ncaa1, ncaa2 or ncaa3.

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