

The NCAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- 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; and
- Beta-2 Agonists permitted on a per trip basis in limited quantities.

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); pseudoephedrine (bitter orange); methylhexanamine; "bath salts" (mephedrone); octopamine; DMBA; phenethylamines (PEAs); etc.

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 (water pills) and Other Masking Agents:

Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; osmotic laxatives (polyethylene glycol); salicylates; spironolactone (canrenone); triameterene; trimethoprim; trimethoprim-sulfamethoxazole; 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.

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 password ncaa1, ncaa2 or ncaa3.**

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