

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.

- a. Stimulants.
- b. Anabolic agents.
- c. Alcohol and beta blockers (banned for rifle only).
- d. Diuretics and masking agents.
- e. Narcotics.
- f. Cannabinoids.
- g. Peptide hormones, growth factors, related substances, and mimetics.
- h. Hormone and metabolic modulators (anti-estrogens).
- i. 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. 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禁令

- Before consuming any nutritional/dietary supplement, contact the product manufacturer or 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, Concerta, Daytrana, orange); dimethylamylamine (MDA); methylbenzylamine, "bath salts" (mephedrone); octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octanoreline); tropine; etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

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

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 turanabol); 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); triamterene; trichlormethiazide; etc.

Exception: finasteride is not banned

Narcotics:

Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl; hydromorphone; morphine; oxycodone; oxymorphone; pentazocine; pentidine

Cannabinoids:

Δ₉-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; norcloclaurine; etc.

Additional examples of banned drugs can be found at 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 password ncaa1, ncaa2 or ncaa3.

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