2014-15 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.
7. Anti-estrogens; and

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:

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 product, 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.
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); methylhexaneamine, “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.
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](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!*

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](http://www.drugfreesport.com/rec) password ncaa1, ncaa2 or ncaa3.

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