



# DRUG-TESTING PROGRAM

2016-17



# Banned Drugs

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics/Masking Agents
- Street/Illicit Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

**Student-athletes, it is your responsibility to check with athletics staff before using any substance.**



[www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting)

for examples\* under each class.

\*Any substance that is chemically related to any of the classes above, even if it is not listed as an example, is also banned!

## Questions about medicines and supplements?

877-202-0769 or  
[www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)  
password ncaa1, ncaa2 or ncaa3.

## NCAA Nutritional/Dietary Supplements Warning:

- **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!

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The Drug-Testing Program is reviewed annually by the Committee on Competitive Safeguards and Medical Aspects of Sports.

Contact NCAA staff liaison Mary Wilfert.  
Photographs provided by: NCAAphotos.com

# Chapter I

## 2016-17 NCAA Banned Drugs

### 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/illicit drugs
- Peptide hormones and analogues
- Anti-estrogens and
- Beta-2 agonists

**NOTE:** Any substance that is chemically-pharmacologically 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. 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.

### Drugs and Procedures Subject to Restrictions:

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

### NCAA Nutritional/Dietary Supplements

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

- 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 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.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. For authoritative information about ingredients in medications and nutritional/dietary supplements, contact the **Drug Free Sport Axis™ (formerly the Resource Exchange Center [REC])** at [877/202-0769](tel:877/202-0769) or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) (password *ncaa1*, *ncaa2* or *ncaa3*).

**There is no list of NCAA-approved supplement products.**

# Chapter II

## Medical Exceptions Process

The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for treatment with the banned medication.

### Exceptions may be granted for substances included in the following classes of banned drugs:

- Stimulants
- Anabolic agents
- Beta blockers
- Diuretics
- Peptide hormones and analogues
- Anti-estrogens
- Beta-2 agonists

No medical exception review is available for substances in the class of street/illicit drugs.

### Procedures for Requesting a Medical Exception

- Alternative non-banned medications for the treatment of various conditions exist and should be considered before an exception is pursued.
- For the use of an anabolic agent or peptide hormone, the institution must seek approval by the NCAA before the student-athlete is allowed to participate in competition while taking these medications. The institution should submit to the NCAA the Anabolic Agent or Peptide Hormone Treatment Approval form (located at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting)) along with medical documentation from the prescribing physician supporting the diagnosis and treatment. (Contact [mwilfert@ncaa.org](mailto:mwilfert@ncaa.org).)
- For the use of a medication in the classes of stimulants, diuretics, anti-estrogens, beta blockers or beta-2 agonists, the institution should maintain documentation in the student-athlete's medical record on campus. The documentation should contain information

as to the diagnosis (including appropriate verification of the diagnosis), medical history and dosage information.

**NOTE for ADHD:** To request a medical exception request for a positive test involving stimulant medication to treat Attention Deficit Hyperactivity Disorder (ADHD), the NCAA requires the documentation be accompanied by the form, "NCAA Medical Exception Documentation Reporting Form to Support the Diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and Treatment with Banned Stimulant Medication," located at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting).

- The institution may request an exception at the time of notification of the positive drug test ("A" sample) by submitting documentation to The National Center for Drug Free Sport™. **NOTE:** If the institution fails to provide medical documentation to Drug Free Sport before the "B" sample is reported as positive to the institution, the student-athlete will be withheld from competition until such time that the documentation is received and reviewed, and the medical exception granted. (Contact [mbockelman@drugfreesport.com](mailto:mbockelman@drugfreesport.com).)
- Requests for exceptions will be reviewed by the chair of the drug-testing and drug-education subcommittee and the physicians of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. If additional documentation is required, the institution must provide the additional document within 90 days of notification.
- The NCAA will inform the director of athletics regarding the outcome of the exception request. In the event that the exception is not granted, the institution may appeal this action according to Section 8.0 of the drug-testing protocol.

Additional information regarding medical exceptions procedures, including for stimulant medications for ADHD, can be found at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting).

# Chapter III

## Alcohol, Tobacco and Other Drug-Education Guidelines

The NCAA is committed to prevention of drug and alcohol abuse. NCAA bylaws require the director of athletics or his or her designee to educate student-athletes about NCAA banned substances and the products that may contain them. As a best practice, athletics departments should conduct drug and alcohol-education for all athletics teams, target student-athletes who transfer mid-year, and include athletics administrators, coaches, compliance officers and sports medicine personnel. Campus colleagues working in alcohol- and other drug-prevention programs may provide additional support for athletics department efforts.

The following provides a drug-education framework for member schools to ensure they are conducting adequate drug education for all student-athletes.

### To assure adequate preparation to deliver drug education to student-athletes throughout the year, institutions should:

- Develop a written policy on alcohol, tobacco and other drugs. This policy should include statements on recruitment activities, drug testing, disclosure of all medications and supplements, discipline, and counseling or treatment options.
  - The written policy and student-athlete handbooks should include the following printed warning:  
“Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at your own risk.”
- Review the NCAA, conference and institutional drug-testing program policies and update handbook materials accordingly.
- Include the NCAA list of banned drug classes

and NCAA written policies in the student-athlete handbook.

- Identify NCAA, conference and institutional rules regarding the use of street/illicit drugs, performance-enhancing substances, and nutritional supplements, and consequences for violating rules.
- Display posters and other NCAA educational materials in high-traffic areas.

### Tasks and Timelines for Educating Student-Athletes

#### Orientation at Start of Academic Year:

- Ensure that student-athletes sign NCAA compliance forms.
- Provide student-athletes with a copy of the written drug policies as outlined above.
- Verbally explain all relevant drug policies with student-athletes and staff:
  - NCAA banned-drug classes (**NOTE:** All related compounds under each class are banned, regardless if they are listed as an example.).
  - NCAA drug-testing policies and consequences for testing positive, including failure to show or tampering with a urine sample.
  - Risks of using nutritional/dietary supplements – read the dietary supplement warning statement.
  - NCAA tobacco use ban during practice and competition.
  - Conference and institutional drug-testing program policies, if appropriate.
  - Street drug use policies and institutional sanctions for violations, if appropriate.

#### Team Meetings:

- Repeat the orientation information at team meetings throughout the year.

#### Start of Each New Academic Term:

- Repeat the orientation information at the start of new academic terms to reinforce messages and to ensure transfer student-athletes receive this information.



#### Throughout the Year:

- Provide additional drug-education opportunities using NCAA resources found at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting).

\*For authoritative information on NCAA

banned substances, medications and nutritional supplements, contact **Drug Free Sport AXIS (formerly the Resource Exchange Center [REC])** at 877/202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) (password [ncaa1](http://www.ncaa1.com), [ncaa2](http://www.ncaa2.com) or [ncaa3](http://www.ncaa3.com)).

# Chapter IV

## NCAA Drug-Testing Program

With their approval of Proposal No. 30 at the January 1986 NCAA Convention and Proposal Nos. 52-54 at the January 1990 Convention, NCAA institutions reaffirmed their dedication to the ideal of fair and equitable intercollegiate competition and at their championships and postseason bowl games. At the same time, they took another step in the protection of the health and safety of the student-athletes competing. So that no one participant might have an artificially induced advantage, so that no one participant might be pressured to use chemical substances in order to remain competitive, and to safeguard the health and safety of participants, the NCAA drug-testing program was created.

All NCAA member institutions are subject to NCAA drug testing. The drug-testing program involves urine collection and laboratory analyses for substances on a list of banned-drug classes

developed by the NCAA Board of Governors. This list consists of substances generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete. Notably:

- Student-athletes are held responsible for use of all banned substances at all times.
- NCAA year-round testing may test for anabolic agents, diuretics and masking agents, peptide hormones, beta-2 agonists and beta blockers. Stimulants and street/illicit drugs are generally not tested in NCAA year-round testing.
- NCAA championship and postseason bowl-game testing may test for all banned drug classes, and include tests for street/illicit drugs and stimulants.
- Other testing occasions, such as exit tests, follow-up tests and suspected manipulation, may include testing for all banned-drug classes.



# NCAA Drug-Testing Program Protocol 2016-17

## 1.0. Banned Drugs

**1.1.** The NCAA bans substances by drug class. Related compounds are included in the class due to their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used regardless of whether it is specifically listed as an example, unless specifically exempted.

**1.1.1.** The definition of positive for the following substances is: for caffeine, if the concentration in urine exceeds 15 micrograms/ml; for marijuana or THC, if the concentration in the urine of THC metabolites is equal to or greater than 5 nanograms/ml; for testosterone, if the administration of testosterone or use of any other substance or manipulation has the result of increasing testosterone, or the ratio of testosterone to epitestosterone, or results in an adverse finding on IRMS.

**1.1.2.** Evidence of presence of a banned substance and/or metabolite will be from analysis of the student-athlete's urine and confirmation by an NCAA-approved laboratory through mass spectrometry in combination with gas chromatography, liquid chromatography or isotope mass spectrometry, or other approved methods. The method of testing for erythropoietin (EPO) is isoelectric focusing (IEF) with immuno blotting, and other approved methods.

**1.2.** The current NCAA list of banned-drug classes is available from the NCAA and at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting). In addition, other substances may be screened to gather data for making decisions as to whether additional drugs should be added to the list. The NCAA Board of Governors will be responsible for reviewing and revising the list of banned-drug classes.

## 2.0. Drug-Testing Administration

**2.1.** The NCAA Board of Governors has final authority over the procedures and implementation of the NCAA drug-testing program.



**2.2.** The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports or a subcommittee thereof will recommend policies and procedures to the Board of Governors and will hear drug-testing appeals.

**2.2.1.** Members of the NCAA competitive safeguards committee and/or its consultants may be called upon to interpret test results.

**2.3.** The NCAA president or his or her designee will approve any contracts between the NCAA and Drug Free Sport. Drug Free Sport will support, coordinate and be responsible for the general administration of the drug-testing program, including training and certification of collectors and determination of drug-testing sites, and contracting with drug-testing laboratories.

**2.3.1.** Drug-testing collectors may not participate in testing at an institution at which they are employed.

**2.3.2.** Any drug-testing laboratory(ies) will be required to demonstrate, to the satisfaction of the NCAA competitive safeguards committee, proficiency in detection and confirmation of NCAA banned substances.

**2.4.** The host institution for an NCAA championship or the institution(s) involved in a year-round testing event will designate an individual to serve as site coordinator.

**2.4.1.** The site coordinator at an NCAA championship may not concurrently serve in any other capacity at that championship (e.g., director of medical coverage).

**2.5.** Specimen collection by organizations other than those authorized by the NCAA is not allowed at NCAA drug-testing events and postseason bowl games.

### 3.0. Causes for Loss of Eligibility

**3.1.** As required in NCAA bylaw, each academic year the student-athlete shall sign a form prescribed by the Committee on Competitive Safeguards and Medical Aspects of Sports in which the student-athlete consents to be tested for substances banned by the NCAA. Failure to complete and sign the consent form as required in Bylaw 3.1 shall result in the student-athlete's ineligibility for participation in practice and competition in all intercollegiate athletics. The drug-testing consent form remains in effect until a subsequent form is executed.

**3.1.1.** The institution shall administer the consent form individually to each student-athlete (including recruited partial qualifiers and nonqualifiers) each academic year. The signed consent form is in effect until a subsequent consent form is signed. Details about the content, administration and disposition of the consent form are set forth in legislation.

**3.2.** All student-athletes found to be positive for a banned substance are subject to loss of eligibility consistent with existing policies, as designated in NCAA Bylaw 18.4.1.5, and additional testing.

**3.3.** A student-athlete will be in breach of protocol and treated as if there was a positive test for a banned substance other than a street/illicit drug as defined in Bylaw 31.2.3 if the student-athlete:

- refuses to sign the notification form or custody and control form;
- fails to arrive at the collection station without justification as determined by Drug Free Sport;
- fails to provide a urine specimen according to protocol;
- leaves the collection station without authorization from the certified collector before providing a specimen according to protocol; or
- attempts to alter the integrity of the collection process.

The certified collector will inform the student-athlete of these implications (in the presence of a witness) and record such. If the student-athlete is not available, the certified collector will notify the NCAA official responsible for administration of the event or an institutional representative.

**3.4.** Tampering. A student-athlete who is involved in a case of clearly observed tampering with an NCAA drug-test sample, as documented per NCAA drug-testing protocol by a drug-testing crew member, shall be charged with the loss of a minimum of two seasons of competition in all sports and shall remain ineligible for all regular-season and postseason competition during the time period ending two calendar years (730 days) from the date of the tampering.

### 4.0. Drug-Testing Selections

**4.1.** The testing plan will be reviewed by the NCAA competitive safeguards committee. The selection of championship events at which drug testing will occur will be reviewed by the Board of Governors or the president acting for the Board of Governors and the NCAA chief medical officer.

**4.2.** Upon a published or official report involving charges for possession or distribution of banned drugs by a student-athlete, coach or athletics staff or those closely associated with the athletics program, or in a program in which multiple student-athletes have tested positive at an NCAA testing event, the NCAA may test any student-athlete of that institution for all banned substances.

**4.3.** Student-athletes who have tested positive or provide multiple dilute samples (three or more) at a testing event may be tested at any time, including, but not limited to, championship or postseason bowl game at which they appear and at which drug testing is being conducted and at any year-round NCAA testing event.

**4.3.1.** It is the responsibility of the institution to notify the drug-testing certified collector that a student-athlete who is present on site must be tested to satisfy Section 4.3.

**4.4.** Selection of Student-Athletes for Year-Round Testing.

**4.4.1.** Student-athletes competing in Divisions I and II sports are subject to year-round testing.

**4.4.2.** In year-round testing events, student-athletes may be selected on the basis of sport,

position, competitive ranking, athletics financial-aid status, playing time, directed testing, an NCAA-approved random selection or any combination thereof.

**4.4.2.1.** For selections of student-athletes during on-campus year-round testing, the institution is responsible for providing the official eligibility checklist or squad list, or complete roster if the first outside competition has not yet occurred.

**4.4.2.2.** For year-round summer drug testing, student-athletes will be selected from the official roster eligibility checklist or squad list, roster or other approved list.

**4.4.3.** Student-athletes who appear on one of the lists in 4.4.2.1 will not be selected for drug testing if they:

- have exhausted their eligibility;
- have career-ending injuries;
- are no longer on the team;
- are not enrolled; or
- withdrew from the institution.

All other student-athletes with remaining NCAA eligibility (including partial qualifiers, nonqualifiers, season-ending injuries and student-athletes who have expressed interest in transferring schools) are subject to testing.

**4.4.4.** If a student-athlete selected for NCAA drug testing is no longer on the team (voluntarily or involuntarily) before notification of his or her selection for drug testing, but whose name was on the institution's eligibility check list or squad list without being properly identified as no longer on the team, that student-athlete may not participate in any intercollegiate athletics until completion of an NCAA drug test. This test, administered by Drug Free Sport, will be at the institution's expense.

**4.5.** Selection of Student-Athletes at NCAA Championships and Postseason Bowl Games.

**4.5.1.** All student-athletes are subject to NCAA testing at NCAA championships or in conjunction with postseason bowl games.

**4.5.2.** Student-athletes may be tested before, during or after NCAA championship events and postseason bowl games.

**4.5.3.** At NCAA team championships and postseason bowl games, student-athletes may be selected on the basis of position, competitive ranking, athletics financial-aid status, playing time, random selection, or other NCAA-approved selection method.

**4.5.3.1.** For team championship and

postseason bowl-game testing, student-athletes may be selected from the official travel party roster, official gate/credential list, championship participation sheets or other approved form.

**4.5.4.** At NCAA individual championships events, selection of student-athletes may be based on competitive ranking, random selection, position of finish, or other NCAA-approved selection method.

### 5.0. Drug-Testing Notifications

**5.1.** Notification of Institutions for Year-Round Testing.

**5.1.1.** For on-campus year-round testing, Drug Free Sport will send notifications to the director of athletics, director of compliance and site coordinator not earlier than two days before the day of testing (see Drug-Testing Site Coordinator Manual for No Notice procedure). For off-campus summer testing, institutions will not receive notification.

**5.1.2.** According to NCAA legislation, for year-round testing events and upon request from Drug Free Sport, the director of athletics or his or her designee will be required to provide an accurate and current eligibility check list or squad list to Drug Free Sport for student-athlete selections.

**5.2.** Notification of Student-Athletes for Year-Round Testing.

**5.2.1.** For on-campus year-round testing events, student-athletes will be notified of and scheduled for testing by the institution. For off-campus summer testing, the student-athlete will be notified by the certified collector.

**5.2.1.1.** For on-campus year-round testing, student-athletes will be notified in person or by direct telephone communication, of the date, time to report and location of the testing event and will read and sign the Student-Athlete Notification Form.

**5.2.1.2.** Student-athletes shall provide picture identification when entering the drug-testing station, or will be identified by another approved method.

**5.2.2.** For on-campus year-round testing, an institutional representative will be present in the collection station to certify the identity of student-athletes, will assist with security of the collection station, and will remain in the testing station until testing has been completed.



**5.3.** Notification of Host Institutions/Local Organizing Committees (LOC) and NCAA Administrators for NCAA Team Championships Testing.

**5.3.1.** The championships event manager, championships event drug-testing site coordinator and the NCAA championships administrator will be notified before the first day of testing.

**5.4.** Notification of Competing Institutions for NCAA Team Championships Testing.

**5.4.1.** An institutional representative will be notified not earlier than two hours before the start of competition that drug testing will take place.

**5.4.2.** At NCAA team championship events, a separate collection site must be provided for each team. Immediately after any NCAA established postgame cool-down period, student-athletes selected for drug testing will be notified by a collector. Each student-athlete will be instructed to read and sign the Team Championship Student-Athlete Notification

Form. The student-athlete will be instructed to report to the collection station within one hour of notification, unless otherwise directed by the certified collector or designee.

**5.4.3.** An institutional representative must be in the collection station to certify the identity of the student-athletes selected. An institutional representative must remain in the collection station until all student-athletes have completed testing.

**5.4.4.** At NCAA team championship events, when competition begins at 10 p.m. or later local time, an institution may defer testing until the next morning. Deferred testing must begin not later than noon local time, and applies to all selected student-athletes on the team.

**5.4.4.1.** The institution must decide immediately after the game whether to defer testing.

**5.4.4.2.** The host institution/LOC will be required to provide collection sites for deferred tests.

**5.4.4.3.** If testing is conducted after a final round at team championships, testing may not be deferred.

**5.5.** Notification of Student-Athletes for NCAA Team Championships Testing.

**5.5.1.** The NCAA drug-testing certified collector or his or her designee will present to the institutional representative the list of selected student-athletes that will be tested.

**5.5.2.** The institutional representative and the NCAA certified collector or his or her designee will coordinate the notification of the student-athletes (e.g., in locker room, on field of play, etc.).

**5.6.** Notification of Host Institutions/Local Organizing Committees (LOC) and NCAA Administrators for NCAA Individual Championships Testing.

**5.6.1.** The championships event manager, championships event drug-testing site coordinator and the NCAA championships administrator will be notified before the first day of testing.

**5.7.** Notification of Competing Institutions for NCAA Individual Championships Testing.

**5.7.1.** Institutions will not be notified in advance whether testing will occur or not occur at individual championships.

**5.8.** Notification of Student-Athletes for NCAA Individual Championships Testing.

**5.8.1.** At NCAA individual championship events, student-athletes will be notified of selection for drug testing after competition. Any student-athlete selected for drug testing will be handed an Individual Student-Athlete Notification Form by an NCAA courier. The student-athlete will be instructed to accompany the courier to the collection station within one hour of notification, unless otherwise directed by the certified collector or designee.

**5.8.2.** The NCAA drug-testing administrator or his or her designee will direct the selected student-athlete to test immediately, to defer testing until the completion of his/her final event of that session or day, or to defer testing until the completion of his or her final event of the championship.

**5.8.3.** The courier and selected student-athlete will obtain an institutional representative's signature on the notification

form if testing is deferred until completion of the student-athlete's final event of that session or day or completion of his or her final event of the championship, as noted on the form. An institutional representative must present the student-athlete to the collection station and certify identification of the student-athlete not later than one hour after completion of his or her final event of the session or day, or final event of his or her championship.

**5.8.4.** The time of notification will be recorded and the student-athlete will read and sign the notification form.

**5.8.5.** A declared witness may accompany the student-athlete to the collection station; such witness must remain during the entire collection process.

## 6.0. Specimen Collection Procedures

**6.1.** Only those persons authorized by the certified collector will be allowed in the collection station.

**6.1.1.** The certified collector must release a student-athlete to meet academic obligations. The certified collector may release a student-athlete from the collection station for the following reasons: sickness or injury, to return to competition, or for other compelling reason as approved by Drug Free Sport. In all cases, appropriate arrangements for having the student-athlete tested will have been made and recorded by the certified collector.

**6.2.** Upon entering the collection station, the student-athlete will be identified by an NCAA courier, an institutional representative or through other appropriate identification methods, and then the student-athlete will be officially signed into the station.

**6.2.1.** The student-athlete will select a sealed beaker from a supply of such and attach a unique bar code to the beaker.

**6.2.2.** A collector will require the student-athlete to rinse and dry his or her hands.

**6.2.3.** A collector will monitor the furnishing of the specimen by observation in order to ensure the integrity of the specimen.

**6.2.4.** The student-athlete will be responsible for keeping the collection beaker closed and controlled.

**6.2.5.** Fluids and food provided by the certified collector to student-athletes must be from individual sealed containers; these containers

are only opened and consumed in the station. These items must be caffeine-free, alcohol-free and free of any other banned substances.

**6.2.6.** If the specimen is incomplete, the student-athlete must remain in the collection station unless otherwise directed by the certified collector. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled, unless otherwise directed by the certified collector.

**6.2.6.1.** If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the certified collector, the specimen may be discarded at the discretion of the certified collector.

**6.2.6.2.** Upon return to the collection station, the student-athlete will continue the collection procedure.

**6.2.7.** Once a specimen (at least 90 mL) is provided, the collector who monitored the

furnishing of the specimen by observation will sign that the specimen was validated, and a collector will check the specific gravity of the urine in the presence of the student-athlete.

**6.2.7.1.** If the urine has a specific gravity at or above 1.005, the specimen will be processed and sent to the laboratory.

**6.2.7.2.** If the urine has a specific gravity below 1.005, the specimen will not be sent to the lab unless otherwise directed by Drug Free Sport. The student-athlete must remain in the collection station until an adequate specimen is provided, unless otherwise directed by the certified collector.

**6.2.7.3.** Final determination of specimen adequacy is made by the laboratory.

**6.2.7.3.1.** If the laboratory determines that a student-athlete's specimen is inadequate for analysis, at the NCAA's discretion, another specimen may be collected.

**6.2.7.3.2.** If a student-athlete provides multiple dilute samples (three or more) in a testing event, or is suspected of breach of protocol (see 3.3), the NCAA will have the authority to test the student-athlete for all banned substances.

**6.2.8.** Once a specimen has been provided that meets the on-site specific gravity criteria, the student-athlete will select a specimen collection kit and a uniquely numbered set of bar codes from a supply of such.

**6.2.8.1.** A collector will record the specific gravity.

**6.2.8.2.** The collector will pour approximately 60 mL of the specimen into the "A" vial and approximately 25 mL into the "B" vial in the presence of the student-athlete.

**6.2.8.3.** The collector will place the cap on each vial in the presence of the student-athlete; the collector will then seal each vial under the observation of the student-athlete (and witness, if present)

**6.3.** Vials sent to the laboratory shall not contain the name of the student-athlete or the institution.

**6.4.** All sealed specimens will be secured for shipping by the collector.

**6.5.** The student-athlete and collector (and witness, if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded at that time. If deviations are alleged,

the student-athlete will be required to provide another specimen.

**6.6.** After the collection has been completed, the specimens will be forwarded to the laboratory.

**6.7.** All specimens are the property of the NCAA.

**6.8.** In cases of suspected manipulation, a student-athlete's sample may be tested for all banned substances.

## 7.0. Chain of Custody

**7.1.** The collector will deliver the shipping case(s) to the carrier or directly to the drug-testing laboratory.

**7.2.** A laboratory employee will record that the shipping case(s) has been received from the carrier.

**7.3.** The laboratory will record whether the numbered barcode seal on each vial arrived intact.

**7.3.1.** If a specimen arrives at the laboratory with security seals not intact, the NCAA may collect another specimen.

**7.4.** If chain of custody is broken at any point in the process, the NCAA may collect another specimen.

## 8.0. Laboratory Procedures, Notification of Results and Appeal Process

**8.1.** The laboratory will use a portion of sample A for its initial analysis.

**8.1.1.** The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in sample A.

**8.1.2.** The lab will inform Drug Free Sport of all results by specimen bar code number.

**8.2.** Upon receipt of the results, Drug Free Sport will break the specimen bar code to identify any individuals with positive findings.

**8.2.1.** For NCAA individual championships, only positive test results will be reported to the institution. Positive results should be made available within approximately 30 days of the collection.

**8.2.2.** For student-athletes who have a positive finding of sample A, Drug Free Sport will contact the director of athletics or his or her designee.

Drug Free Sport will send a letter (marked "confidential") or email the director of athletics or his or her designee. The institution shall notify the student-athlete of the finding.

**8.2.2.1.** Drug Free Sport will advise the director of athletics or his or her designee that sample B will be tested.

**8.2.2.2.** The institution and/or the student-athlete will be given the option to be represented at the laboratory for the opening of sample B. Notification by the institution and/or the student-athlete of intent to be represented must be given to Drug Free Sport.

**8.2.2.3.** In year-round testing and in championship testing when the team or the individual student-athlete is not advancing, if the institution and/or the student-athlete desires representation, they must inform Drug Free Sport within two business days of notification in 8.2.2 who will attend the opening of sample B, and present themselves at the lab as directed by Drug Free Sport. In championship testing when there is advancement in the tournament, the institution must inform Drug Free Sport within 24 hours of notification whether a representative will attend the opening of sample B and will present the representative as directed by Drug Free Sport. If they choose not to send a representative to be present for the opening of sample B, the institution or the student-athlete will give approval to Drug Free Sport to arrange for a surrogate to attend the opening of sample B.

**8.2.2.3.1.** The surrogate will not be involved with the analysis of the sample.

**8.2.2.4.** The student-athlete, student-athlete's representative, the institution's representative or the surrogate will attest by signature as to the bar code on sample B, that the security seal has not been broken, and that there is no evidence of tampering of the sample.

**8.2.2.5.** Drug Free Sport will inform the lab to proceed with the analysis of sample B.

**8.2.3.** Sample B findings will be final. The laboratory will inform Drug Free Sport of the results.

**8.2.3.1.** For student-athletes who have a sample B positive finding, Drug Free Sport will contact the director of athletics or his or her designee. The institution shall notify the student-athlete of the finding. At this point, normal NCAA eligibility procedures will apply.

**8.2.3.2.** Upon notification of the sample



B positive finding, the institution shall be required to declare the student-athlete ineligible, and the institution will be obligated to withhold the student-athlete from all intercollegiate competition. In the event that a student-athlete tests positive for a substance for which the institution desires an exception (see Medical Exceptions), and documentation has been submitted before the notification of the positive sample B, the eligibility of the student-athlete may be maintained while the exception request is under review.

**8.2.4.** A positive finding may be appealed by the institution to the NCAA competitive safeguards committee or a subcommittee thereof. The institution shall notify the student-athlete of the right to appeal. The student-athlete will remain ineligible pending the outcome of the appeal.

**8.2.4.1.** The institution shall appeal if so requested by the student-athlete.

**8.2.4.2.** The request for an institutional appeal shall be submitted by the director of athletics or his or her designee to Drug Free Sport within five business days of the confirmation of the positive drug test unless an extension is granted by Drug Free Sport. Required documentation must be submitted by the institution within 45 days of the notice to appeal. All required documentation, including a written summary describing the institution's drug-education policy and practices and the grounds for the appeal, must be submitted prior to scheduling the appeal. Additional information about the NCAA drug-test appeal procedures can be found at [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting).

**8.2.4.3.** If the student-athlete's next competition is imminent and if the institution so requests, the NCAA competitive safeguards committee or a subcommittee thereof shall make a good-faith reasonable effort to hear the appeal before the student-athlete's next contest or within 48 hours of the institution's notice of intent to appeal.

**8.2.4.4.** Appeals will be conducted by telephone conference with the student-athlete and an athletics administrator required to participate. The student-athlete and the institution may have others participate on the call.

**8.2.4.4.1.** An administrative review process may replace a telephone conference in

the case of subsequent positive tests after an appeal has been granted for a second positive test when it was determined that the test results were declining values of original drug use.

**8.2.4.5.** Copies of the lab report will be forwarded to the director of athletics or his or her designee before the appeal call.

**8.2.4.6.** Technical experts may serve as consultants to the committee in connection with such appeals.

**8.3.** The NCAA will notify the institution's director of athletics of the final outcome of a student-athlete's drug-testing case. It is the institution's responsibility to inform the student-athlete of the final outcome.

**8.3.1.** The NCAA may release the results of a student-athlete's final positive test to the involved institution's conference office upon the approval of the institution.

**8.4.** Student-athletes who are ineligible as a result of an NCAA positive drug test or a breach of protocol may be tested for all banned substances by the NCAA at any time during their period of ineligibility.

**8.5.** The following is a recommended statement concerning a positive test that results in a student-athlete's ineligibility. If the institution receives inquiries, this statement could be released: "The student-athlete in question was found in violation of the NCAA eligibility rules and has been declared ineligible."

## 9.0. Restoration of Eligibility

**9.1.** Student-athletes will be tested by the NCAA in order to be considered for eligibility restoration. This "exit test," which includes testing for all banned substances, shall be determined by and scheduled through Drug Free Sport.

**9.2.** The NCAA exit test shall not be conducted sooner than the start of the 11th month of a one-year suspension, or as designated by the NCAA for suspensions of less than one year.

**9.3.** The results of the exit tests will be provided to the NCAA student-athlete reinstatement staff.

**9.4.** It is the responsibility of the institution to initiate the request for the exit test and to do so not sooner than the start of the 11th month of the period of ineligibility for a one-year suspension, and not

sooner than six weeks from the end of a suspension of less than one year. Institutional requests for exit testing should be made in advance to allow for 2-4 weeks to schedule the test.

**9.5.** Institutional requests for reinstatement of a student-athlete's eligibility shall be submitted to the NCAA student-athlete reinstatement staff and will be considered once the exit test results have been received by the NCAA student-athlete reinstatement staff. NOTE: For initial positive tests conducted after August 1, 2016, the requirement to submit paperwork to SAR will no longer apply; a negative exit test will be required prior to reinstatement.

**9.6.** Exit tests for reinstatement of eligibility are conducted at the institution's expense.



# Chapter V

## Institutional Drug Testing

The following are suggested guidelines for consideration by NCAA member institutions contemplating a drug-testing program:

1. A member institution considering drug testing of student-athletes should involve the institution's legal counsel at an early stage, particularly in regard to right-to-privacy statutes, which may vary from one state and locale to another. With the use of proper safeguards such as those listed below, drug testing is considered legally acceptable; however, the legal aspects involved at each individual institution should be clarified.
2. Before initiating drug-testing activity, a specific written policy on drug testing should be developed, distributed and publicized. The policy should include such information as: (a) a clear explanation of the purposes of the drug-testing program; (b) who will be tested and by what methods; (c) the drugs to be tested for, how often and under what conditions (i.e., announced, unannounced or both); and (d) the actions, if any, to be taken against those who test positive. It is advisable that a copy of such a policy statement be given to all student-athletes entering the institution's intercollegiate athletics program and that they confirm in writing that they have received and read the policy. This written confirmation should be kept on file by the athletics department.
3. At many institutions, student-athletes sign waiver forms regarding athletics-department access to academic and medical records. It is recommended that specific language be added to such waiver forms wherein the student-athlete agrees to submit to drug testing at the request of the institution in accordance with the published guidelines. The NCAA Drug-Testing Consent Form covers NCAA drug testing only.
4. An institution considering drug testing should develop a list of drugs for which the student-athlete will be tested. The NCAA list of banned-drug classes may be used as a guide.
5. Any institution considering drug testing of student-athletes confronts several logistical, technical and economic issues. Among them are:

- a. When and how samples will be collected, secured and transported.
  - b. Laboratory(ies) to be used.
  - c. How samples will be stored and for how long before analysis.
  - d. Analytical procedures to be used in the laboratory.
  - e. Cost.
  - f. Test validity.
  - g. How medical exceptions and appeals will be handled.
  - h. Who will receive the results and how the results will be used.
6. The NCAA recommends that each institution considering drug testing of student-athletes appoint a committee of representatives from various relevant academic departments and disciplines (e.g., pharmacy, pharmacology, chemistry, medicine) to deal with the issues.
  7. Samples analysis is critical. Data on false-positive and false-negative rates for the specific tests to be used should be provided by the selected drug-testing laboratory. If the laboratory cannot provide such information, another laboratory should be considered. The NCAA recommends that institutions use laboratories that are certified and/or accredited.
  8. The NCAA recommends that before any action is taken on the basis of a positive result from screening tests, the results should be confirmed by gas chromatography/mass spectrometry, with the latter test providing the definitive result. By doing so, the institution reduces the risk of a false positive result.

### ARTICLE 10.2 KNOWLEDGE OF USE OF BANNED DRUGS

A member institution's athletics department staff members or others employed by the intercollegiate athletics program who have knowledge of a student-athlete's use at any time of a substance within the banned-drug classes, as set forth in Bylaw 31.2.3.1, shall follow institutional procedures dealing with drug abuse or shall be subject to disciplinary or corrective action as set forth in Bylaw 19.9.

# REPORT ALL MEDICINES

## DON'T PLAY WITH YOUR ELIGIBILITY



**Warning:** Some medications contain NCAA® banned substances. Report all over-the-counter and prescription medicines—including ADHD medications—to your athletic trainer. Visit [www.NCAA.org/drugtesting](http://www.NCAA.org/drugtesting) for more information.

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The NCAA equips student-athletes with skills to succeed  
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