

NCAA LIST OF BANNED SUBSTANCES

As an NCAA student-athlete, it is your responsibility to know about NCAA banned substances.
For more information regarding banned substances, please visit:

www.ncaa.org

and

www.drugfreesport.com

(a) Stimulants

amiphenazole	doxapram	nikethamide
amphetamine	ephedrine	pemoline
bemigrade	ethamivan	pentretrozol
benzphetamine	ethylamphetamine	phendimetrazine
bromantan	fencamfamine	phemetrazine
caffeine*	meclofenoxate	phentermine
chlorphentermine	methamphetamine	picrotoxine
cocaine	methylphenidate	pipradol
cropropamide	meclofenoxate	prolintane
crothetamide	methamphetamine	strychnine
diethylpropion	methylene-dioxymethamphetamine (Ecstasy)	
dimethylamphetamine	methylphenidate	^^and related compounds

(b) Anabolic Agents

anabolic steroids	dromostanolone	oxandrolone
androstenediol	fluoxymesterone	oxymesterone
androstenedione	mesterolone	oxymetholone
boldenone	methandienone	stanozolol
clostebol	Methenolone	testosterone**
dehydrochloromethyl- testosterone	methyltestosterone	^^and related compounds
dehydroepiandrosterone (DHEA)	Nandrolone	
dihydrotestosterone (DHT)	norandrostenediol	Other anabolic agents:
	norandrostenedione	clenbuterol
	norethandrolone	

(c) Diuretics

acetazolamide	ethacrynic acid	metolazone
bendroflumethiazide	Flumethiazide	polythiazide
Benzthiazide	Furosemide	quinethazone
Bumetanide	hydrochlorothiazide	spironolactone
Chlorothiazide	hydroflumethiazide	triamterene
Chlorthalidone	methylclothiazide	trichlormethiazide
		^^and related compounds

(d) Street Drugs

Heroin	THC
Marijuana***	(tetrahydrocannabinol)***

(e) Peptide Hormones and Analogues

chorionic gonadotrophin (HCG – human chorionic gonadotrophin)
corticotrophin (ACTH)
Growth hormone (HGH, somatotrophin)

All the respective releasing factors of the above-mentioned substances also are banned.
erythropoietin (EPO) sermorelin

(f) Definitions of positive depends on the following:

* For caffeine- if the concentration in urine exceeds 15 micrograms/ml.

** For testosterone – if the administration of testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this is due to a physiological or pathological condition.

*** For marijuana and THC – if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

^^The term “related compounds” comprises substances that are included in the class by 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.

Notice: Effective August 1, 2002, *phenylpropanolamine (PPA)* will be an NCAA banned substance under the category of stimulants. **This drug is an ingredient used in many over-the-counter (OTC) and prescription cough**

and cold medications as a decongestant and in OTC weight loss products. Advance notice is being given before the ban is implemented to provide an opportunity for athletes to remove products that contain PPA from their home supply of cough and cold medications.

Drug Class (example)	NCAA Status
Alcohol	Prohibited
Anabolic steroids	Prohibited
Beta2 Agonists (e.g., asthma meds)	Prohibited or Restricted
Beta Blockers	Prohibited in Riflery
Corticosteroids (e.g., prednisone)	Allowed
Dietary Supplements	WARNING*
Diuretics	Prohibited
Local Anesthetics	Restricted
Masking Agents	Prohibited
Peptide Hormones (e.g., growth hormone)	Prohibited
Stimulants (e.g., ephedrine)	Prohibited (except pseudoephedrine or phenylpropanolamine)
Street Drugs (e.g., marijuana)	Prohibited

Prohibited: drug class may not be used.

Restricted: drug class may be used under special circumstances defined by the NCAA.

Allowed: category may be used, assuming the use is legal, appropriate

A NOTE ABOUT DIETARY SUPPLEMENTS

The environment for today's student-athlete enables easy access to products, which are available over-the-counter at retail outlets and through the internet, but contain substances banned by the NCAA. Many student-athletes assume if these products can be easily purchased in retail stores and over the internet, then they must be allowed under NCAA rules. THIS IS NOT TRUE! Advice of a store clerk, the distributor at the gym or anyone who is not with the institutional athletics program has resulted in erroneous information regarding the presence of NCAA banned substances. Reliance on this erroneous information may result in positive drug tests. Appeals based on ignorance have not been successful in overturning positive drug-test penalties.

The student-athlete who uses a nutritional substance without checking the ingredients with the Sports Medicine Department or the Strength and Conditioning coach and tests positive for banned substances will be held in violation of Bylaw 18.4.1.5.1 (Ineligibility for Use of Banned Drugs). Student-athletes who test positive are subject to at least a one-year suspension and loss of eligibility.

TOBACCO PRODUCTS

the use of tobacco products is prohibited for coaches, game officials and student-athletes in all sports during practice and competition. A student-athlete who uses tobacco products during practice or competition is automatically disqualified for the remainder of that practice or game.

**You are solely responsible for what you consume.
If you use, you use at your own risk!**

IF YOU ARE TAKING ANY SUPPLEMENTS, PRESCRIPTION MEDICATION OR OVER-THE-COUNTER MEDICATION, IT IS IN YOUR BEST INTEREST TO FIND OUT ABOUT THEIR POSSIBLE INTERACTIONS. SOME ITEMS METABOLIZE TO BECOME BANNED SUBSTANCES ONCE YOU HAVE INGESTED THEM. YOU NEED TO DISCUSS ANY ITEMS YOU ARE TAKING WITH THE HEAD ATHLETIC TRAINER, THE TEAM PHYSICIAN, OR THE STRENGTH AND CONDITIONING COACH.