

2009-10 NCAA Banned Drugs**1. The NCAA bans the following classes of drugs.**

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. 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.

2. Drugs and Procedures Subject to Restrictions.

- a. Blood Doping;
- b. Local Anesthetics (under some conditions);
- c. Manipulation of Urine Samples;
- d. Beta-2 Agonists permitted only by prescription and inhalation; and
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

3. NCAA Nutritional/Dietary Supplements Warning.

- **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**
 - (1) Dietary supplements 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.

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

Some examples of NCAA Banned Substances in each class

[NOTE: There is no complete list of banned drug examples!]

Check with your athletics staff to review the label of any product, medication or supplement before you consume it!

1. **Stimulants.**
e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.
2. **Anabolic Agents.**
e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.
3. **Alcohol and Beta Blockers.**
e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. **Diuretics and Masking Agents.**
e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
5. **Street Drugs.**
e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.
6. **Peptide Hormones and Analogues.**
e.g., human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.
7. **Anti-Estrogens.**
e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.
8. **Beta-2 Agonists.**
e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, 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.]

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