

Some Examples of NCAA Banned Substances in Each Drug Class

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

Check with your athletics department staff before you consume any medication or supplement.

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 (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione).

e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blockers (banned for rifle only).

e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Other Masking Agents (water pills).

e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs.

e.g., heroin; marijuana; tetrahydrocannabinol (THC); (no other substances are classified as NCAA street drugs).

6. Peptide Hormones and Analogues.

e.g., growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens.

e.g., anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD); etc.

8. Beta-2 Agonists:

e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs is also banned (unless otherwise noted)!

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.

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

2010-11 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;
 - 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 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 the appropriate athletics staff before using any substance.