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# ***NCAA Drug-Testing Program*** | 2022-23





## **BANNED SUBSTANCES CLASSES:**

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics/ Masking Agents
- Narcotics
- Cannabinoids
- Peptide Hormones, Growth Factors, Related Substances and Mimetics
- Hormone and Metabolic Modulators
- Beta-2 Agonists

**Go to [ncaa.org/drugtesting](http://ncaa.org/drugtesting) for examples\* under each class.**

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

## **NCAA NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:**

- Nutritional/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 nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at the student-athlete's own risk.

## **QUESTIONS ABOUT MEDICINES AND SUPPLEMENTS?**

**816-474-7321 or [dfsaxis.com](http://dfsaxis.com) (password *ncaa1*, *ncaa2* or *ncaa3*)**



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This resource is designed for athletics department staff at NCAA member schools with student-athlete drug-testing responsibilities. The Drug-Testing Program is reviewed annually by the Committee on Competitive Safeguards and Medical Aspects of Sports.

# 2022-23 NCAA Banned Substances

Highlighted text throughout the document indicates further clarification or new information.

### The NCAA bans the following classes of substances:

- a. Stimulants
- b. Anabolic agents
- c. Alcohol and beta blockers (banned for rifle only)
- d. Diuretics and other masking agents
- e. Narcotics
- f. Cannabinoids
- g. Peptide hormones, growth factors, related substances and mimetics
- h. Hormone and metabolic modulators
- i. Beta-2 agonists

**NOTE:** This is not a complete or exhaustive list. Any substance that is chemically/pharmacologically related to these classes also is banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-substance class regardless of whether they have been specifically identified. Examples of substances under each class can be found at [ncaa.org/drugtesting](http://ncaa.org/drugtesting). There is no complete list of banned substances.

### Substances and Methods Subject to Restrictions:

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

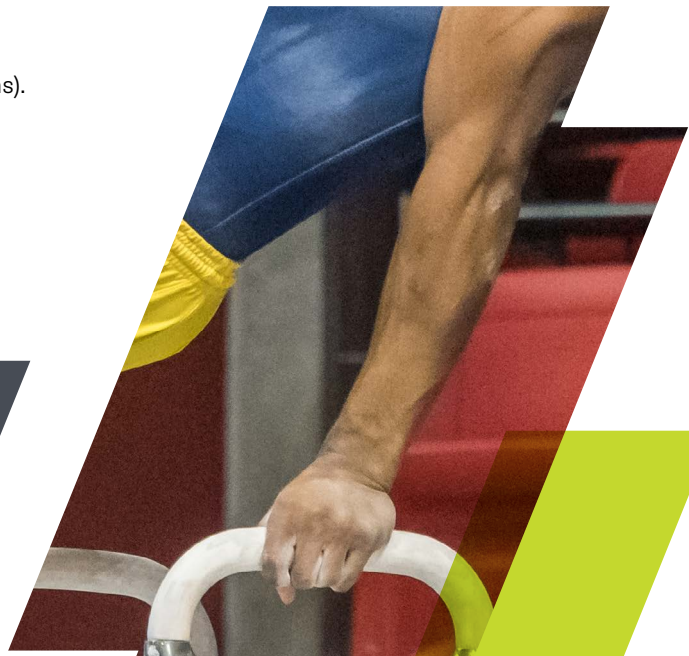
*Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.*

### NCAA Nutritional/Dietary Supplements

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff.

- Nutritional/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 nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at the student-athlete's own risk.

Athletics department staff should consider providing guidance to student-athletes about nutritional/dietary supplement use and the importance of having supplement products checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact **Drug Free Sport AXIS at 816-474-7321 or [dfsaxis.com](http://dfsaxis.com)** (password **ncaa1, ncaa2 or ncaa3**).



# Medical Exceptions Procedures

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 that demonstrates the banned substance is needed as part of an approved medical treatment or therapy plan.

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

- Stimulants
- Anabolic agents
- Beta blockers
- Diuretics
- Narcotics
- Peptide hormones, growth factors, related substances and mimetics
- Hormone and metabolic modulators
- Beta-2 agonists

**NOTE:** No medical exception review is available for substances in the class of cannabinoids.

### Procedures for Requesting a Medical Exception

1. Student-athletes are encouraged to explore and discuss the availability and appropriateness of alternative non-banned medications and therapies with their medical providers before an exception is requested by the institution.
2. The use of anabolic agents, hormone and metabolic modulators, or peptide hormones, growth factors or related substances and mimetics must be approved through the NCAA medical exception process before the student-athlete is allowed to participate in competition while taking these medications. The institution should submit the NCAA Medical Exception Documentation Reporting Form (located at [ncaa.org/drugtesting](http://ncaa.org/drugtesting)) to the NCAA along with medical documentation from the prescribing physician supporting the diagnosis and treatment. (Contact [ssi@ncaa.org](mailto:ssi@ncaa.org).)
3. For the use of a substance in the classes of stimulants, narcotics, diuretics, beta blockers or beta-2 agonists, the institution should maintain documentation that supports the medically-related

use of the medication 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, dosage and a prescription covering the date of the positive drug test.

**NOTE for ADHD:** To request a medical exception request for a positive test involving stimulant medication to treat Attention-Deficit/Hyperactivity Disorder, the NCAA requires the documentation be accompanied by the NCAA Medical Exception Documentation Reporting Form located at [ncaa.org/drugtesting](http://ncaa.org/drugtesting).

4. The institution may request an exception at the time of notification of the positive drug test ("A" sample) by submitting documentation to the NCAA-designated drug-testing agency.

**NOTE:** If the institution fails to provide medical documentation (including a prescription that would have been active as of the test date) to the NCAA-designated drug-testing agency before the "B" sample is reported as positive to the institution, the institution will be required to withhold the student-athlete from competition until such time as the documentation is received and reviewed, and the medical exception granted.

5. Requests for exceptions will be reviewed by the medical panel of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS). If additional documentation is requested by the committee, the institution must provide the additional document within 90 calendar days of the request.
6. The NCAA will inform the director of athletics regarding the outcome of the exception request. In the event the exception connected to a positive test result is not granted, the institution may appeal this action according to section 8.0 of the drug-testing protocol.

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

***There is no medical exception available for substances in the cannabinoids class.***

# Drug Education Guidelines

The NCAA is committed to supporting membership efforts to prevent drug and alcohol abuse. NCAA bylaws require the director of athletics or their designee to disseminate an annual list of banned drug classes to all student-athletes, including student-athletes who transfer mid-year, and to educate them about products that might contain banned substances. Schools should consider providing the same kind of education to 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 NCAA has published the Substance Abuse Tool Kit, a resource that provides recommended approaches and evidence-based resources that may help athletics administrators address alcohol, cannabis, prescription drug misuse and more. It is available [here](#).


The following considerations provide a sample drug-education framework that can help member schools conduct adequate drug education for their student-athletes.

### Athlete Drug Education Throughout the Year:

- Develop and update written policies that address alcohol, cannabis, tobacco and other recreational substances inclusive of, among other topics:
  - Drug testing.
  - Usage disclosures.
  - Discipline.
  - Counseling or treatment options.
  - The fact that nutritional/dietary supplements are not well regulated, that use may result in a positive test and they are taken at the student-athlete's risk.
  - The importance of consulting with athletics department staff prior to taking any nutritional/dietary supplement.
- Review NCAA, conference and institutional drug-testing program policies and incorporate necessary updates into department materials.
- Include the NCAA list of banned-substance classes and NCAA written policies as part of the student-athlete handbook or related materials.
- Identify NCAA, conference and institutional rules regarding the use of alcohol, cannabis, tobacco and narcotics, performance-enhancing substances and nutritional/dietary supplements, and consequences for violating rules as part of student-athlete educational materials.
- Display posters and other NCAA, conference and institutional educational materials in high-traffic areas.
- Repeat the verbal messaging delivered at the start of the academic year at the start of each academic term and periodically during team meetings throughout the year to reinforce messaging and underscore accessibility of information for all student-athletes.
- Provide student-athletes with access to supplemental drug-education materials and opportunities including those resources provided at [ncaa.org/drugtesting](http://ncaa.org/drugtesting).

### Start of Academic Year:

- Ensure that student-athletes sign drug-testing consent and other NCAA-required annual compliance forms.
- Provide student-athletes with a copy of the written drug-testing policies as outlined above.
- Verbally explain all relevant drug-testing policies with student-athletes and staff:
  - NCAA banned-substance classes and a reminder that 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, manipulation or tampering with a urine sample.
  - Warnings related to the risks of using nutritional/dietary supplements.
  - NCAA tobacco use ban during practice and competition.
  - Conference and institutional drug-testing program policies, as applicable.
  - Alcohol, cannabis, tobacco and other recreational substance use policies and institutional sanctions for violations, as applicable.



***NCAA legislation requires institutions to educate student-athletes about banned substances and the products that may contain them.***

# NCAA Drug-Testing Procedures

NCAA institutions have, since 1986, affirmed their dedication to the ideal of fair and equitable intercollegiate competition at their championships and postseason football games through their support of the NCAA drug-testing program. To facilitate the protection of competing student-athletes – specifically, so that no one participant might have an artificially induced advantage or feel pressured to use substances or methods to gain an unfair competitive advantage – the NCAA drug-testing program was created. This program provides for year-round, championships and postseason football games drug testing.

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

Board of Governors. This list consists of substance classes 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 their use of all banned substances at all times.
- While the NCAA may test for any banned substance at any time, it will generally test for anabolic agents, hormone and metabolic modulators, diuretics and masking agents, peptide hormones, growth factors and related substances and mimetics during the year-round testing program. In championships and postseason bowl games, the NCAA also will include testing for beta-2 agonists, beta blockers (in rifle), stimulants, cannabinoids and narcotics.
- Other testing occasions, such as reinstatement tests, follow-up tests and breach of protocol, may include testing for all banned-substance classes.



*Student-athletes are responsible for everything they ingest.*



# NCAA DRUG-TESTING PROGRAM PROTOCOL 2022-23

## 1.0. Banned Substances

**1.1.** The NCAA bans substances by class. Related compounds are included in the class due to their pharmacological action and/or chemical structure. No substance in a banned-substance 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 cannabinoids, if the concentration in the urine of THC metabolites is equal to or greater than **the threshold established by the World Anti-Doping Agency**; 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 in confirmation testing.

**1.1.2.** Evidence of the presence of a banned substance and/or metabolite in a student-athlete's urine will be determined by a WADA-accredited laboratory **for the analysis of human doping control samples.**

**1.2.** The current NCAA list of banned-substance classes is available from the NCAA and at [ncaa.org/drugtesting](https://ncaa.org/drugtesting). In addition, other substances may be screened to gather data for making decisions as to whether additional substances should be added to the list of banned-substance classes. The NCAA Board of Governors will be responsible for reviewing and approving all revisions to the list of banned-substance 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.** CSMAS will recommend policies and procedures to the Board of Governors and will hear drug-testing appeals.

**2.2.1.** Members of CSMAS and/or other **experts and stakeholders delegated by it may be called upon for consultation and input during an appeal.**

**2.3.** The NCAA president or **their** designee will approve any contracts between the NCAA and an independent drug-testing agency. **The current NCAA-designated drug-testing agency is Drug Free Sport International (Drug Free Sport)™.** The NCAA-designated drug-testing agency will support, coordinate and be responsible for the general administration of the drug-testing program, including the designation, training and certification of doping control officers (DCO) and determination of drug-testing sites, and contracting with NCAA-approved drug-testing laboratories.

**2.3.1.** DCOs 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 CSMAS, 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.** A site coordinator at an NCAA championship may not concurrently serve in any other capacity during drug testing (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 football games.

**2.5.1.** **Any individual or institution that requests drug testing outside of NCAA prescribed testing, (e.g., in order to certify world and national records) will be responsible for covering the costs and expenses related to such testing.**

## 3.0. Causes for Loss of Eligibility

**3.1.** As required in NCAA bylaws, each academic year, **each member institution shall administer the consent form to its student-athletes (including partial qualifiers and non-qualifiers) and each student-athlete shall sign a drug-testing consent form 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 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.

**3.2.** Student-athletes who test positive for a banned substance, or who breach **NCAA testing protocol requirements**, are subject to loss of eligibility. These student-athletes may be subject to additional testing for all NCAA banned substances by the NCAA at any time. Drug-testing penalties are legislated under NCAA Bylaws 18.4.1.4 (Divisions I and II) and 18.4.1.5 (Division III) Ineligibility for Use of Banned Drugs.

**3.3.** Breach of Protocol. **A student-athlete will be considered to be in breach of protocol and treated as if they tested positive** for a banned substance other than cannabinoids and narcotics if the student-athlete:

- Fails to arrive at the collection station without legitimate justification as determined by the NCAA-designated drug-testing agency;
- Fails to provide a urine specimen according to collection procedures;
- Leaves the collection station without authorization from the DCO before providing a specimen according to protocol; or
- Attempts to alter the integrity of the collection process.

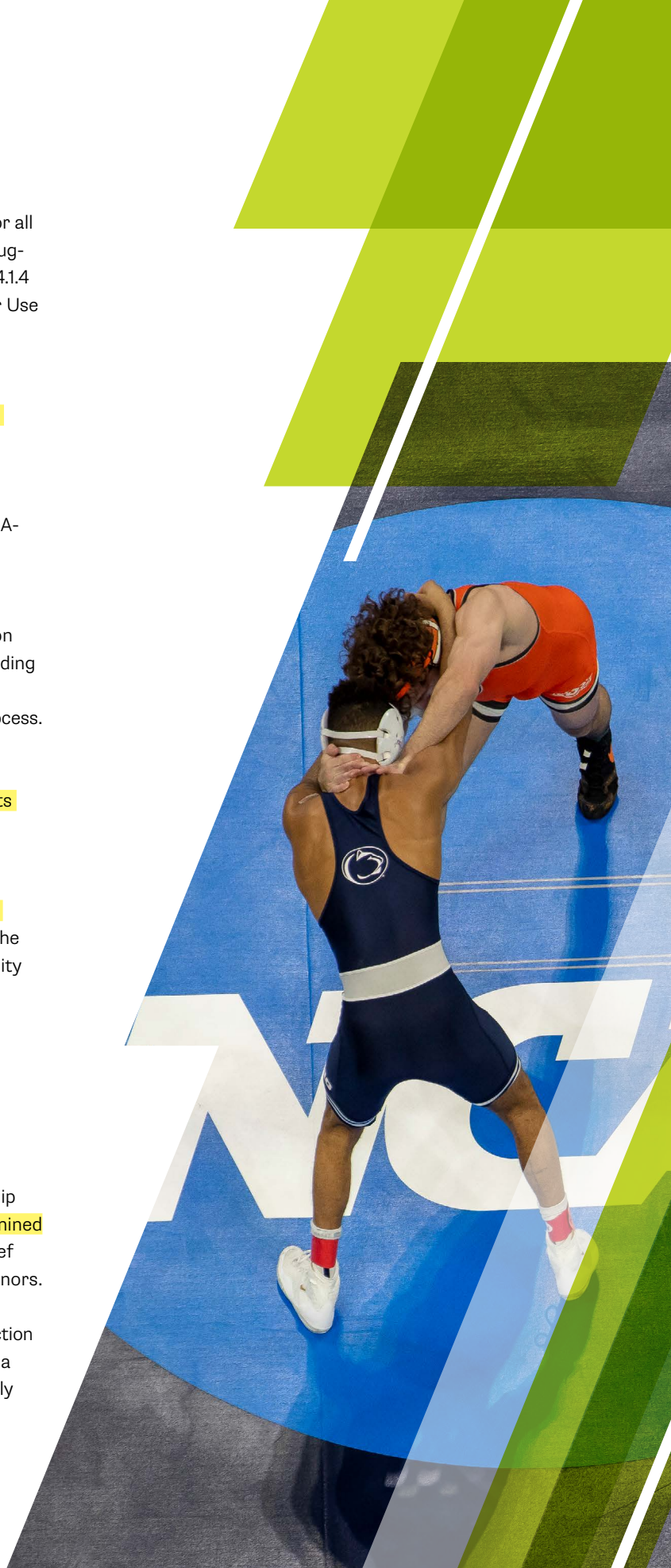
A breach of protocol will be documented by the DCO.

**3.4.** Tampering. **Where it is identified by the NCAA or its designated drug-testing agency that a student-athlete was involved in tampering (e.g., urine substitution or related methods) with an NCAA drug-test sample, and the incident is supported by student-athlete admission, clear observation or other highly irrefutable evidence,** the student-athlete shall be charged with the loss of eligibility as legislated under NCAA Bylaws 18.4.1.4.3.1 (Divisions I and II) and 18.4.1.5.3.1 (Division III) Tampering With a Drug-Test Sample.

## **4.0. Drug-Testing Selections**

**4.1.** The NCAA drug-testing plan will be reviewed by CSMAS **at least annually**. The selection of championship events at which drug testing will occur **shall be determined** by the Board of Governors or the president/NCAA chief medical officer acting on behalf of the Board of Governors.

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



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

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

**4.4.** 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.

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

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

**4.5.2.** In year-round testing events, the timing of testing and selection of tested individuals may be random or specific to sport, position, competitive ranking, athletics financial-aid status, playing time, directed testing or any other NCAA-approved selection method.

**4.5.2.1.** 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.

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

**4.5.3.** Student-athletes who appear on one of the lists in 4.5.2.1 will not be selected for drug testing if the testing agency is notified prior to the testing date that they:

- have been cut or dismissed from their team;
- have exhausted eligibility in the sport;
- have graduated;
- have a medical exception resulting from career-ending injury or illness;
- have quit the team; or
- have withdrawn from the institution.

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

**4.5.4.** A student-athlete who is no longer on the team (voluntarily or involuntarily) before notification of their selection for NCAA drug testing, and was on the institution's eligibility checklist or squad list without being identified as no longer on the team, may not participate in NCAA competition until completion of an NCAA drug test. This test will be administered by the NCAA-designated drug-testing agency in each case at the institution's expense.

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

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

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

**4.6.3.** At NCAA team championships and postseason bowl games, the timing of testing and selection of tested individuals may be random or specific to position, competitive ranking, athletics financial-aid status, playing time or any other NCAA-approved selection method.

**4.6.3.1.** 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 forms.

**4.6.4.** At NCAA individual championship events, timing of testing and selection of tested individuals may be random or specific to competitive ranking, random selection, position of finish or other NCAA-approved selection method.

**4.6.5.** Student-athletes in their final year of eligibility, who are listed in one of the criteria identified in 4.6.3 and 4.6.4, are subject to NCAA drug testing.

## 5.0. Drug-Testing Notifications

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

**5.1.1.** For on-campus year-round testing, the NCAA-designated drug-testing agency will send notifications to the director of athletics, compliance administrator and drug-testing site coordinator not earlier than two calendar days before the day of testing. For off-campus summer testing, institutions will not receive advance notification. For No Advance-Notice Testing, refer to the NCAA Year-Round Drug-Testing Site Coordinator Manual.



A student-athlete who is no longer on the team (voluntarily or involuntarily) before notification of their selection for NCAA drug testing, and was on the institution's eligibility checklist or squad list without being identified as no longer on the team, may not participate in NCAA competition until completion of an NCAA drug test. This test will be administered by the NCAA-designated drug-testing agency in each case at the institution's expense.

**5.2.** For year-round testing events and upon request, the director of athletics or their designee will be required to provide an accurate and current eligibility or squad list to the NCAA-designated drug-testing agency.

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

**5.3.1.** The institution is responsible for notifying all student-athletes about testing selection and details for on-campus year-round testing events. The designated DCO will be responsible for notifications for off-campus summer testing.

**5.3.1.1.** 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. Student-athletes must read and sign the NCAA Student-Athlete Notification Form.

**5.3.1.2.** Student-athletes shall be required to verify their identity by providing picture identification when entering the collection station.

**5.3.2.** For on-campus year-round testing, an institutional representative will be present in the collection station and remain until the completion of testing for purposes of verifying the identity of tested student-athletes and acting in the capacity as an institutional observer with respect to testing procedures.

**5.4.** Notification of Host Institutions/Local Organizing Committee (LOC) and NCAA Administrators for NCAA Team Championship Testing.

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

**5.5.** Notification of Competing Institutions for NCAA Team Championship Testing.

**5.5.1.** An institutional representative will be notified no earlier than two hours before the start of scheduled competition that drug testing will take place.

**5.5.2.** At NCAA team championship events, a separate collection site will 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 DCO or their designee. 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 DCO or their designee.

**5.5.3.** An institutional representative must report to and remain in the collection station for purposes of assisting with the verification of the identities of selected student-athletes. An institutional representative must remain in the collection station until all selected student-athletes have completed testing.

**5.5.4.** At any NCAA team championship event other than a final round, when competition begins at 10 p.m. or later local time, an institution may defer testing for all selected student-athletes until the next morning; provided such decision must be made and communicated to the DCO immediately after the game. Deferred testing must begin for all selected student-athletes no later than noon local time.

**5.5.4.1.** The host institution/Local Organizing Committee (LOC) will identify collection sites that can be used for deferred tests as part of the coordination of broader championship hosting activities.

## **5.6. Notification of Student-Athletes for NCAA Team Championship Testing.**

**5.6.1.** The DCO or their designee will present to the institutional representative the list of selected student-athletes who will be tested.

**5.6.2.** The institutional representative and the DCO or their designee will coordinate the location where notification of the student-athletes will occur (e.g., in locker room, on field of play, etc.).

## **5.7. Notification of Host Institutions/LOC and NCAA Administrators for NCAA Individual Championships Testing.**

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

## **5.8. Notification of Competing Institutions for NCAA Individual Championships Testing.**

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

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

**5.9.1.** At NCAA individual championships events, student-athletes will be notified of their selection for drug testing and will sign a Student-Athlete Championships Notification Form. The student-athlete will be instructed to accompany a courier to the collection station within one hour of notification, unless otherwise directed by the DCO or their designee.

**5.9.2.** The DCO or their designee will direct the selected student-athlete to test immediately, to defer testing until the completion of their final event of that session or day or to defer testing until the completion of their final event of the championship.

**5.9.3.** 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 their final event of the championship. An institutional representative must present the student-athlete to the collection station and certify identification of the student-athlete no later than one hour after completion of their final event of the session or day, or final event of their championship.

## **6.0. Specimen Collection Procedures**

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

**6.2.** Any student-athlete with an academic obligation that conflicts with a scheduled testing time may defer testing by notifying the DCO and requesting to reschedule. A student-athlete may also request to reschedule testing time, and the DCO may in their discretion agree to reschedule testing, for any reason previously approved by the NCAA-designated drug-testing agency, sickness, injury or a desire to avoid interruption of a previously scheduled competition event.

In all cases, the DCO will identify, document and communicate to the student-athlete and institution the arrangements for the rescheduled test.

**6.3.** Upon entering the collection station, the identification of the student-athlete will be verified by an NCAA representative with assistance from the DCO

and/or institutional representative as applicable.

**6.3.1.** The DCO will instruct the student-athlete to select a sealed specimen collection container and attach a unique barcode to the collection container.

**6.3.2.** The DCO will direct the student-athlete to rinse and dry their hands and to provide the specimen using the collection container.

**6.3.3.** The DCO will fully observe the provision of the student-athlete specimen.

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

**6.3.5.** The institution may elect to make food and/or hydration beverages available to testing student-athletes in the collection station; provided they are caffeine-free, alcohol-free and free of all banned substances and delivered in individual sealed containers. All such food/beverages must only be opened and consumed while the student-athlete is in the collection station.

**6.4.** In the event a tested student-athlete provides an incomplete specimen, they must remain in the collection station and retain the closed collection container until a complete specimen can be provided unless otherwise directed by the DCO.

**6.4.1.** If a student-athlete must leave the collection station for a reason approved by the DCO, the partial specimen may be discarded at the discretion of the DCO.

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

**6.4.1.2.** At individual championship events, if the student-athlete has produced a partial urine sample and must leave the collection station for a reason approved by the DCO, the DCO may temporarily defer the student-athlete's collection until they return. The student-athlete's partial sample will be securely packaged with tamper-evident seals and remain with the DCO in the

collection station. Upon return, the student-athlete will verify the integrity of the sample prior to resuming their collection.

**6.5.** Once a specimen is provided, the DCO, or their designee, who observed the provision of the specimen, will sign that the specimen was validated, and a DCO, or their designee, will check the specific gravity of the urine in the presence of the student-athlete.

**6.5.1.** If the specific gravity of the urine specimen is adequate, as determined by the DCO, the specimen will be processed and sent to the laboratory.

**6.5.1.1.** If the DCO determines the specific gravity of the urine specimen to be inadequate, it will not be sent to the lab unless otherwise directed by the NCAA-designated drug-testing agency. The student-athlete must remain in the collection station until an adequate specimen is provided, unless otherwise directed by the DCO.

**6.5.1.2.** Final determination of specimen adequacy is determined by the laboratory.

**6.5.1.2.1.** If the laboratory determines that a student-athlete's specimen is inadequate for analysis, the student-athlete may be required to provide another specimen.

**6.6.** Once a specimen has been provided that meets the on-site specific gravity criteria, the DCO or their designee will instruct the student-athlete to select a specimen collection kit and a uniquely numbered set of barcodes.

**6.7.** The DCO or their designee will record the specific gravity and the DCO or their designee will split the specimen into the "A" vial and the "B" vial in the presence of the student-athlete. The DCO or their designee will place the cap on each vial and then seal each vial under the observation of the student-athlete.

**6.8.** The DCO will secure all sealed vials for shipping.



**6.9.** Sealed vials shall only be identified via unique barcode numbers and will not contain student-athlete name, institution or any other personally identifiable information.

**6.10.** The student-athlete, DCO or their designee, and any participating permitted witness will sign the custody and control form, certifying that the procedures were followed as described in the Drug Testing Program document.

**6.10.1.** In the event that the tested student-athlete or a permitted witness alleges any deviation from the procedures, the DCO will document the alleged deviations and will instruct the student-athlete to provide another specimen.

**6.11.** After the collection has been completed, the DCO will forward the specimen(s) to the laboratory.

**6.12.** All specimens are considered to be the exclusive property of the NCAA.

## **7.0. Chain of Custody**

**7.1.** The DCO will deliver the completed test specimen(s) to the carrier or directly to the drug-testing laboratory.

**7.2.** A laboratory employee will record that the specimen(s) has been received.

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

**7.3.1.** If a vial arrives at the laboratory with security seals not intact, the student-athlete may be required to provide another specimen.

**7.4.** The laboratory will document the various procedural steps of specimen analysis that occur at the laboratory.

**7.5.** In the event of any deviation from standard chain of custody or laboratory procedure, the tested student-athlete may be required to provide another specimen.

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

**8.1.** Laboratory Procedures. Each vial containing urine will be referenced as sample A and sample B. The laboratory will use a portion of sample A for its initial analysis.

**8.1.1.** Any analysis result showing a banned substance and/or metabolite(s) in sample A will be reviewed and verified by the laboratory director or certifying scientist.

**8.1.2.** The laboratory will communicate all analysis results to the NCAA-designated drug-testing agency using specimen barcode numbers.

**8.2.** Notifications. Upon receipt of analysis of results, the NCAA-designated drug-testing agency will use the barcode information to identify any individuals with positive findings.

**8.2.1.** For NCAA individual championships, the NCAA-designated drug-testing agency will communicate all positive test results to the director of athletics and/or their designee at the applicable member institution within 45 days of specimen collection.

**8.2.2.** The testing agency will also notify the institution that sample B will be tested and will describe the options for student-athlete representation during applicable sample B testing procedures.

**8.2.3.** The institution shall, without delay, notify the student-athlete of the findings and secure the student-athlete's preference for representation during applicable sample B procedures. Permitted representatives include the student-athlete, an individual attending on the student-athlete's behalf and/or a lab surrogate.

**8.2.4.** The institution shall notify the NCAA-designated drug-testing agency of the student-athlete's sample B procedural representation preference in accordance with the following timelines:



- Year-round testing outside of championships/post-season playoff events: within two business days of institutional receipt of positive test results.
- Reinstatement testing: within two business days of institutional receipt of positive test results.
- Championship/Postseason playoff testing where team/student-athlete is not advancing: within two business days of institutional receipt of positive test results.
- Championship/Postseason playoff testing where team/student-athlete is advancing: within 24 hours of institutional receipt of positive test results.

**8.2.5.** The NCAA-designated drug-testing agency will provide the institution with sample B testing details and the institution will provide them to the student-athlete and any identified representatives.

**8.2.6.** In the event the institution does not inform the NCAA-designated drug-testing agency about the student-athlete's representation preference within the required time frame, the sample B procedures will be conducted in the presence of a lab surrogate representative.

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

**8.2.8.** The NCAA-designated drug-testing agency representative will direct the laboratory on how to proceed with the analysis of sample B.

**8.2.9.** Sample B findings will be considered final such that no additional specimen analysis will be permitted. The laboratory will inform the NCAA-designated drug-testing agency of all sample B findings.

**8.2.9.1.** In the event of a positive sample B finding, the testing agency will contact the director of athletics and/or their designee at

the applicable institution and the institution shall subsequently notify the student-athlete of the finding, declare the student-athlete ineligible, withhold the student-athlete from all intercollegiate competition and ensure the appropriate implementation of all other related NCAA eligibility procedures.

**8.2.10.** In the event that a student-athlete tests positive for a substance for which a medical exception may be granted (see Medical Exceptions) and the institution has properly submitted an exception request and all required documentation to the NCAA-designated drug-testing agency before it is notified of the sample B findings, the eligibility of the student-athlete may be maintained while the exception request is under review.

**8.3.** Appeals. The institution shall notify the student-athlete of the right to appeal a positive sample B finding. Within two business days of the institution's receipt of the positive sample B findings, its director of athletics and/or their designee must, upon request by the student-athlete, notify the NCAA-designated drug-testing agency of the student-athlete's intent to appeal. The appeal request will be reviewed and an outcome will be determined by CSMAS. The student-athlete will remain ineligible pending the outcome of the appeal. Unless an extension is previously approved by the Drug-Testing Subcommittee Chair, the institution must submit all appeal documentation to the NCAA-designated drug-testing agency within 45 calendar days of its delivery of the notice of intent to appeal. Appeal hearings will be scheduled as soon as practicable, taking into consideration impending dates of competition and other relevant NCAA, institution and student-athlete scheduling factors provided all required documentation as outlined in the **Drug-Testing Appeals Process** has been properly submitted. Copies of the lab results will be provided to the director of athletics and/or their designee as



part of the appeal process and prior to the date of appeal hearing. Any student-athlete who has tested positive for the same banned substance on subsequent occasions may request an administrative review in lieu of an appeal hearing where they believe the subsequent positive test can be attributed to declining values. The decision to conduct an administrative review in lieu of an appeal hearing shall be at the discretion of the Drug-Testing Subcommittee chair.

**8.3.1.** All appeals will start with a written review by at least three members from CSMAS Drug-Test Appeal Subcommittee. The members will review the school's submitted documentation (see checklist) and consider legislation, committee guidelines, policies and procedures, case precedent, asserted mitigation and other relevant information to render a final decision or to elevate the review to an oral hearing. Should the Drug-Test Appeal Subcommittee members elevate the review to an oral hearing it will be conducted by teleconference and arranged by the NCAA-designated drug-testing agency. Additional information about the NCAA drug-testing appeal procedures can be found at [ncaa.org/drugtesting](https://ncaa.org/drugtesting). CSMAS may consult or include third party subject matter experts during the appeal teleconference or other portions of the appeal process for purposes of evaluating the appeal request and related facts and information provided as part of the appeal documentation.

Once a decision is rendered, NCAA staff will notify the school's director of athletics or their designee of the final outcome of the student-athlete's appeal and the institution shall subsequently inform the student-athlete of the final outcome.

**8.3.1.1.** If an appeal is denied, the student-athlete remains ineligible.

**8.3.1.2.** If an appeal is granted, the student-athlete will be required to participate in a new NCAA-administered drug test, conducted at the institution's expense, and must produce a negative test result prior to being permitted to return to eligibility for competition.


**8.3.2.** Appeal decisions are considered final. In the event that new material information relevant to the student-athlete's responsibility for testing positive becomes evident, the institution may request that the Drug-Test Appeal Subcommittee reopen the appeal, in which case the chair of the appeal panel will determine, in their discretion, whether the new information is relevant material and could not have been reasonably ascertained prior to the time of the appeal call so as to warrant a justifiable need to reopen the appeal. As part of the review of a request to reopen, or in the event the appeal is reopened, the chair or any member of the appeal panel may request additional information from the student-athlete, the institution or any third party consultant.

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

## 9.0. Restoration of Eligibility

**9.1.** Student-athletes must participate in an NCAA-administered reinstatement drug test, at the institution's expense, and produce a negative test result in order to restore eligibility following a prior positive drug test.

**9.2.** This reinstatement test, which includes testing for all NCAA banned substances, shall be initiated by the institution by submitting a request to the NCAA-designated drug-testing agency not sooner than 6 weeks prior to the end of the applicable student-athlete eligibility suspension period. Reinstatement tests will be scheduled by the NCAA-designated drug-testing agency within 2-4 weeks of its receipt of a request.



An institution receiving inquiries concerning a positive test that results in a student-athlete's ineligibility may elect to consider the following response:

***“The student-athlete in question was found to be in violation of NCAA eligibility rules and has been declared ineligible.”***

# Institutional Drug Testing

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

1. Consider consulting with legal, risk management and other applicable campus departments at an early stage.
2. Consider developing, distributing and publicizing written policies that will govern testing procedures and that address relevant topics such as: (a) the purposes of the drug-testing program; (b) who will be tested and by what methods; (c) the substances to be tested for, how often and under what conditions (i.e., announced, unannounced or both); and (d) the actions to be taken in response to a positive test. Consider sharing a copy of the policy with all student-athletes entering the institution's intercollegiate athletics program and confirming that they have an adequate opportunity to read and ask questions about the policy.
3. Because the scope of the NCAA Drug-Testing Consent Form is limited to NCAA-conducted drug testing activities, consider and consult with legal, risk management and other applicable campus departments about the extent to which other student-athlete consents may be required and how best to implement and incorporate those activities into other institutional practices.
4. Consider proactively exploring the various logistical, technical and economic questions that can arise in connection with campus drug-testing including, among others:
  - a. When and how samples will be collected, secured and transported.
  - b. Which laboratory(ies) will be used and which certifications/accreditations will be required.
  - c. How samples will be stored and for how long before analysis.
  - d. Which analytical methods will be used in the laboratory.
  - e. Cost.
  - f. How will test results be reviewed and validated.
  - g. How medical exceptions and appeals will be handled.
  - h. Who will receive the results and how the results will be used.
5. Consider involving and soliciting input from stakeholders in various relevant academic departments and disciplines across campus (e.g., pharmacy, pharmacology, chemistry, medicine).

## ARTICLE 10.2 KNOWLEDGE OF USE OF BANNED SUBSTANCES

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-substances classes, as set forth in Bylaw 18 (Division I) and Bylaw 31 (Divisions II and III), shall follow institutional procedures dealing with substance misuse or shall be subject to disciplinary or corrective action as set forth in Bylaw 19.

# ***REPORT ALL MEDICINES***

***DON'T PLAY WITH YOUR ELIGIBILITY***



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

