

## Appendix A

### 2024-25 NCAA Banned Substances

It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes.

1. Stimulants.
2. Anabolic agents.
3. Beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Peptide hormones, growth factors, related substances and mimetics.
7. Hormone and metabolic modulators.
8. Beta-2 agonists.

**Note:** *This is not a complete or exhaustive list. Any substance chemically/pharmacologically related to these classes also is banned. The school 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 [ncaa.org/drugtesting](http://ncaa.org/drugtesting). There is no complete list of banned substances.*

#### Substances and Methods Subject to Restrictions:

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

#### NCAA Nutritional/Dietary Supplements:

**Warning:** 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 substances not listed on the label.
- Any product containing a nutritional/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. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or [www.dfsaxis.com](http://www.dfsaxis.com) (password ncaa1).

Some Examples of Substances in Each NCAA Banned Drug Class.

**THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.  
DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.**

<b>Drug Classes</b>	<b>Some Examples of Substances in Each Class</b>
<b>Stimulants</b>	Amphetamine (Adderall), Caffeine (Guarana), Cocaine, Dimethylbutylamine (DMBA; AMP), Dimethylhexylamine (DMHA; Octodrine), Ephedrine, Heptaminol, Hordenine, Lisdexamfetamine (Vyvanse), Methamphetamine, Methylhexanamine (DMAA; Forthane), Methylphenidate (Ritalin), Mephedrone (bath salts), Modafinil, Octopamine, Phenethylamine (PEA) and its derivatives, Phentermine, Synephrine (bitter orange).  <i>Exceptions: Phenylephrine and Pseudoephedrine are not banned.</i>
<b>Anabolic Agents</b>	Androstenedione, Boldenone, Clenbuterol, Clostebol, DHCMT (Oral Turinabol), DHEA , Drostanolone, Epitrenbolone, Etiocholanolone, Methandienone, Methasterone , Nandrolone (19-nortestosterone), Oxandrolone, SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23], Stanozolol, Stenbolone, Testosterone, Trenbolone.
<b>Beta Blockers (banned for rifle only)</b>	Atenolol, Metoprolol, Nadolol Pindolol, Propranolol, Timolol.
<b>Diuretics and Masking Agents</b>	Bumetanide, Canrenone (Spironolactone), Chlorothiazide, Furosemide Hydrochlorothiazide , Probenecid, Triamterene, Trichlormethiazide.  <i>Exceptions: Finasteride is not banned.</i>
<b>Narcotics</b>	Buprenorphine, Dextromoramide, Diamorphine (heroin), Fentanyl and its derivatives, Hydrocodone, Hydromorphone, Meperidine, Methadone, Morphine, Nicomorphine, Oxycodone, Oxymorphone, Pentazocine, Tramadol.
<b>Peptide Hormones, growth factors, related substances and mimetics</b>	BPC-157, Growth hormone (hGH), Human Chorionic Gonadotropin (hCG), Erythropoietin (EPO), IGF-1 (colostrum; deer antler velvet), Ibutamoren (MK-677).  <i>Exceptions: Insulin, Synthroid and Forteo are not banned.</i>
<b>Hormone and Metabolic Modulators</b>	Anti-Estrogen (Fulvestrant), Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole], PPAR-d [GW1516 (Cardarine); GW0742], SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)].
<b>Beta-2 Agonists</b>	Albuterol, Formoterol, Higenamine, Salbutamol, Salmeterol, Vilanterol.

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

Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting Drug Free Sport AXIS, 877-202-0769** or [www.dfsaxis.com](http://www.dfsaxis.com) (password ncaa1)

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