University of Wisconsin-Stout
Intercollegiate Athletics
Substance Abuse Testing, Education and Counseling Program

Philosophy

Participation in athletics at the University of Wisconsin-Stout is a privilege, not a right, which carries with it responsibility to the team, the athletic program, the student body, the university, and the community. Student-athletes are expected to demonstrate good sportsmanship, honesty, integrity, respect for others, as well as to abide by all team and University policies. A student-athlete is defined as an individual who is enrolled full time at UW-Stout, is academically and athletically eligible under the Wisconsin Intercollegiate Athletic Conference and National Collegiate Athletic Association rules, and is on an official UW-Stout team roster. Participation in athletics demands abiding by the policies and regulations of the WIAC, NCGA (National Collegiate Gymnastics Association), NCHA (National Collegiate Hockey Association), and NCAA. UW-Stout prohibits the use of any drugs or substances listed on the NCAA List of Banned Substances (Appendix A) during intercollegiate athletics events, seasons, and any related athletic activities.

The University of Wisconsin-Stout is committed to developing and maintaining an environment that fosters competition free from the use of banned substances. This is the policy for the University of Wisconsin-Stout and is separate from the NCAA Drug Testing program. UW-Stout may amend this policy without any written notification to the student-athletes.

Objective

The objective of this policy is based upon the premise that banned substances and athletics are inherently incompatible and to maintain the integrity and character of the UW-Stout athletics program. The policy is intended to educate and counsel student-athletes, to promote the health and safety of student-athletes, and to enhance the quality of a student-athlete’s experience at UW-Stout.

Specific objectives include:

1. Encourage training and competition free from the use of banned substances by UW-Stout student-athletes.
2. Encourage a healthy lifestyle.
3. Educate and counsel student-athletes on the effects of commonly used drugs and nutritional supplements.
4. Provide resources to assist student-athletes with AODA problems.
5. Provide student-athletes with additional resources/references for those seeking this information.
6. Inform student-athletes of the content of the NCAA banned substance list.
7. Educate student-athletes of the NCAA and UW-Stout drug testing procedures.
8. Educate student-athletes of the NCAA and UW-Stout penalties for a positive drug or performance enhancer test.
Procedure

Each academic year each student-athlete will receive a copy of this policy to both educate the student-athlete about the drug-testing process and provide the student-athlete with a list of the substances banned by this program and the NCAA. Prior to participation in intercollegiate competition each academic year every student-athlete will be required to sign a consent form affirming that they have read and understand the policy. If a student-athlete chooses to not sign both the NCAA and UW-Stout’s consent forms he or she will be ineligible to participate in intercollegiate athletics. Counseling and educational programming will be conducted on an ongoing basis. Drug testing can happen at any time during a collegiate athletic career. If an athlete tests positive, the athletic director, coach, sports medicine team, and counseling services will be notified and the student athlete will be subject to the penalties contained within this policy. Testing for banned substances will be conducted through a urine sample obtained by a third party contractor retained by the University for this purpose. Any student-athlete that refuses to participate in a test will be treated as if they had tested positive for a banned substance.

If an otherwise banned substance is being used at the prescription from a physician, the student-athlete may continue to participate in athletics under the guidance of the his/ her physician, unless the physician notifies the Director of Athletics or his or her designee in writing that the specified athletics activity may not be safely undertaken. A student-athlete taking a banned substance at the prescription of a physician must notify the Director of Athletics or his or her designee of such fact, including the name of the prescribing physician, to avoid a positive test for the substance being treated as a positive result under this policy.

Drug Testing Procedures

All student-athletes at UW-Stout are subject to drug testing pursuant to this policy.

Methods of Testing:

- **Unannounced Random testing** – All student-athletes who have signed the institutional drug testing consent form and are listed on the institutional roster are subject to unannounced random testing at any time. This will be done by an agency that is contracted by UW-Stout. The agency will do the random selection. A student-athlete, a percentage of the members of a team, or an entire team may be subject to unannounced testing.

- **Team Testing**
  All student-athletes who have signed the institutional drug-testing consent form and are listed on the institutional squad list are subject to unannounced random team testing at any time. The Director of Athletics or his/her designee will select an entire team. The agency contracted by UW-Stout will do the testing.

- **Testing in Response to Reasonable Cause**
  A student-athlete may be subject to testing at any time when the Director of Athletics or his/her designee determines there is reasonable cause to believe the participant is using a prohibited drug. Such reasonable cause exists if a reasonable person would conclude, based on the available information deemed to be reliable, that there is a basis for the suspicion that the student-athlete is
using a prohibited or banned substance. As appropriate, the Director of Athletics or his/her designee may concur with legal counsel and medical authorities to determine whether reasonable cause exists.

Reasonable cause may include, without limitation,
1) observed possession or use of substances appearing to be prohibited drugs,
2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or
3) observed abnormal appearance, conduct or behavior, including unusual patterns of behavior or absence from training or competition, reasonably interpretable as being caused by the use of prohibited drugs or substances; or
4) Abnormal weight change.

Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement.

If reasonable cause is found, the Director of Athletics or his/her designee will notify the student-athlete. The student-athlete must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced for the third party contractor retained by the University. If reasonable cause is found to exist, the student-athlete shall be asked to sign an acknowledgment form.

• **Re-entry Testing**

A student-athlete, who has had his or her eligibility to participate in intercollegiate sports suspended as a result of a drug and/or alcohol violation, may be required to undergo re-entry drug and/or alcohol testing prior to regaining eligibility. The Director of Athletics or his/her designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete's case indicates that re-entry into the intercollegiate sports program is appropriate.

• **Follow-up Testing**

A student-athlete who has returned to participation in intercollegiate athletics following a positive drug test under this policy may be subject to follow-up testing throughout the remainder of their athletic eligibility. Testing will be unannounced and will be required at a frequency determined by the Athletic Director or his/her designee in consultation with the counselor or specialist involved in the student-athlete's case.

### Notification and Reporting for Collection

1. Upon determination of need for collection, site, day, and time, unofficial rosters will be submitted to the collection contractor.
2. The testing can be done at any time and is up to the discretion of the Athletic Director.
3. Student-athletes will be notified either in person or by phone. Voicemail, email or other electronic methods of communication will not be used. The student will sign a notification form which identifies the time and method of notification and the time and place of the test. (Appendix D)
Urine Specimen Collection Procedures

1. An Athletic Program representative will coordinate with the third-party contractor collecting the specimen and will be responsible for preparing the collection site for security, confidentiality, and efficiency of collection. The site may vary due to facilities or other relevant factors.

2. Upon entering the collection station, the athlete will provide photo identification and/or the director of athletics or his or her designee will identify the athlete and the athlete will be officially signed into the station.

3. The athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker’s lid or attach a unique bar code to the beaker.

4. The athlete will be required to wash his or her hands with water only. No soap is to be used.

5. A collector, serving as validator, will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a volume of approximately 85 ml is provided (volume may vary and is dependent upon client protocol and drugs being tested).

6. Only members of the drug-testing crew should serve as validators. Validators who observe the voiding process must be of the same gender as the athlete. The procedure does not allow for validators to stand outside the immediate area or outside the restroom. The athlete must urinate in full view of the validator (validator must observe flow of urine). The validator must request the athlete raise his/her shirt high enough to observe the midsection area completely to rule out any attempt to manipulate or substitute a sample.

7. Validators and other collectors must never handle the athlete’s beaker or specimen until after the specimen is enclosed in the appropriate vials.

8. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the crew chief for documentation.

9. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled.

10. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be free of caffeine, and of alcohol and any other banned substances.

11. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.

12. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, specimen must be discarded. Upon return to the collection station, the athlete will begin the collection procedure again.

13. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and a collector will check the specific gravity and if in range measure the pH of the urine in the presence of the student-athlete.
14. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.

15. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.

16. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.

17. The laboratory will make final determination of specimen adequacy.

18. If the laboratory determines that an athlete’s specimen is inadequate for analysis, at the agency’s discretion, another specimen may be collected.

19. If an athlete is suspected of manipulating specimens (e.g., via dilution), the client, from the agency hired, will have the authority to perform additional tests on the athlete.

20. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form or set of Specimen Bar Code Seals from a supply of such.

21. A collector will record the specific gravity and pH values.

22. The collector will pour approximately 60 mL of the specimen into the “A vial” and the remaining amount (approximately 25 mL) into the “B vial” in the presence of the athlete

23. The collector will place the cap on each vial in the presence of the athlete; the collector will then seal each vial in the required manner under the observation of the athlete and witness (if present).

24. Vials and forms (if any) sent to the laboratory shall not contain the name of the athlete. Each specimen will be coded with a unique number.

25. All sealed specimens will be secured in a shipping case. The collector will prepare the case for forwarding. The laboratory will record that the shipping cases have been received from the carrier and will record whether the sealed containers arrived intact.

26. The athlete, collector and witness (if present) will sign certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.

27. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.

28. The specimens become the property of the (University).

29. If the athlete does not comply with the collection process, the collector will notify the Director of Athletics or his designee and third-party administrator responsible for management of the drug-testing program.
30. On occasion, the Athletic Director may choose to test using a single specimen kit. The collector will follow the split specimen procedures up to the point where the athlete selects a sealed kit. With a single specimen kit, the collector beaker may serve as the secured vial for transporting the specimen to the laboratory. The collector will instruct the athlete to provide at least 35 mL of urine allowing for a 5 mL pour-off to measure specific gravity and pH on site. A single vial will be processed and transported to the laboratory for analysis.

31. Results will be faxed or via the web to the Athletic Director.

32. The Athletic Director or an athletic representative will contact the student-athlete if they have tested positive.

Refusal to Test

If a student-athlete refuses to participate in a test they will be treated as having tested positive and will be ineligible to compete in all athletic events for one calendar year from the date of refusal. The student-athlete will be subjected to a re-entry test and to follow-up testing throughout the rest of their collegiate career.

Cheating the Testing Process

If a student-athlete tries to cheat the testing process by substituting, adulterating, or intentionally diluting their specimen they will be treated as having tested positive. The student-athlete will be ineligible to compete in all athletic events for one calendar year from the date of “cheating”. The student-athlete will be subjected to a re-entry test and to follow-up testing throughout the rest of their collegiate career.

Penalties for use of:

Performance Enhancers: anabolic steroids, beta-blockers, peptide hormones, and stimulants.

1. The student-athlete will be required to meet with the Athletic Director and hearing committee to discuss details on the situation. The hearing committee will be selected by the Director of Athletics.

2. If a student-athlete tests positive for a NCAA banned performance enhancer (see appendix A) they will automatically lose one year of eligibility from the day the lab confirms it is a positive test. The student-athlete will be subjected to a re-entry test and to follow-up testing throughout the rest of their collegiate career. If the athlete tests positive on any re-tests then they will be dismissed from all athletics at UW-Stout.

3. The student-athlete will also be required to attend all practices during his or her suspension. The team physician may withhold approval of student-athlete’s participation for associated health reasons.

4. The student-athlete will be required to attend an Alcohol and other Drug (AOD) assessment through UW-Stout’s Counseling Center or outside agency, and to follow all recommendations given as a result of the assessment. Failure to comply with mandated sessions will result in immediate suspension from all athletics at UW-Stout. (Appendix C)

5. The student-athlete may appeal any penalty as provided in this policy.
NCAA banned substances other than performance enhancers:

1. If a student-athlete tests positive for any NCAA banned substances other than steroids and other performance enhancing drugs, the student-athlete will be ineligible for a total of 30% of the current regular season’s total number of competitions (post-season games not included in the total). The 30% suspension will include post-season competition, if any. Regardless of whether the student-athlete is a multi-sport participant, the suspension will continue into the next season. Since the suspension will be effective for all sports in which the student-athlete is involved, he or she cannot join a new sport to fulfill their suspension.

   EXAMPLE: A football player tests positive for an NCAA banned substance. Since football has a 10-game season, the 30% rule dictates that the athlete must miss a total of 3 games. The athlete would be ineligible for the next 3 competitions in that sport including any post season competition. Any remaining suspension time following regular and post season play will be carried over to the next season of competition. This could be second sport or the sanction could carry over to following year of competition in the sport in which the violation occurred. (an athlete may NOT join a second sport following a positive test to fulfill their suspension)

2. Before participating after the suspension has been fulfilled the athlete must pass a re-entry drug test. If the athlete fails the re-entry test or any future drug test they will be dismissed from athletics.

3. The athlete will be required to attend all practices during his or her suspension.

4. The student-athlete will be required to attend an Alcohol and other Drug (AOD) assessment through UW-Stout’s Counseling Center or outside agency, and to follow all recommendations given as a result of the assessment. Failure to comply with mandated sessions will result in immediate suspension from all athletics at UW-Stout. (Appendix C)

5. The student-athlete may be withheld from practice and competition if deemed necessary by the team physician for health reasons.

Student-athletes that are charged with alcohol or drug violations under the UW System Administrative Code will be handled by the Dean of Students office. The head coach will be notified and will take action according to that sports specific alcohol policy.

Appeal Process

Student-athletes who test positive for a banned substance by the laboratory retained by the University may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete’s request for additional testing of the sample, the Director of Athletics will formally request the laboratory retained by the University to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.

Student-athletes who test positive under the terms of the Intercollegiate Athletics Alcohol, Tobacco and Other Drug Education and Testing Policy will be entitled to a hearing with the Director of Athletics or his/her designee prior to the imposition of any sanction. Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics.
The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case. The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or the other parties involved may request an extension of time to the Director of Athletics, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. Once the student-athlete is allowed due process to present his/her case, the ruling of the appeal will be final.

**Safe Harbor Program**

A student-athlete eligible for the UW-Stout Safe Harbor Program may refer himself or herself to the Program for voluntary evaluation, testing and counseling. A student is not eligible for the Program after he or she has been informed of an impending drug test or after having received a positive UW-Stout or NCAA drug test.

UW-Stout will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative sanction as long as the student-athlete follows the rules of the program and successfully complies with it. The team physician may suspend the student from play or practice if medically indicated. A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference postseason competition. A student-athlete will only be permitted to enter the Safe Harbor Program one time during their athletic eligibility at UW-Stout.

If a student-athlete is determined to have new substance use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to the investigation and sanction process detailed above: the first test taken upon entering the Safe Harbor Program will be treated as a positive test as it relates to sanctions and any positive test after the initial Safe Harbor Program test will be treated as the next subsequent positive.

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by UW-Stout. Students in the Safe Harbor Program may be selected for drug testing by the NCAA.

The Director of Athletics, the Athletic Director for Student and Academic Services, the Head Athletic Trainer, the student-athlete’s Head Coach and the Team Physician may be informed of the student’s participation in the Safe Harbor Program. The athletic trainer assigned to that sport also may be notified, if medically appropriate. The assistant coach(es) also may be informed at the discretion of the head coach. Other university employees may be informed only the extent necessary for the implementation of this policy.

**Administration Responsibilities**

The UW-Stout Drug Testing program involves the participation of the Athletic Director, Coaches, Sports Medicine team, Medical community, the Dean of Students Office, University Counseling and Testing Center and Drug Free Sport. Specific duties of program members include:
**Director of Athletics and appointed representatives**

1. Oversee the program and the appointed committee.
2. Coordinate efforts for student-athletes to provide specimens to the agency or lab that does the testing.
3. Be available for student-athletes as a resource.
4. Ensure that funding is available to administer this program.
5. Coordinate efforts to notify student-athletes who have been chosen for testing.
6. Receive results of drug testing via fax or secure internet access.
7. Coordinate efforts to enforce the penalties associated with violation of the UW-Stout Department Drug Testing Program.
8. Coordinate efforts with committee to obtain services of a collection contractor that will administer the testing process.
9. Keep on file signed institutional consent forms on all student-athletes subjected to drug testing.
10. Select the panels for the collection contractors to test for.

**Coaches**

1. Inform student-athletes of educational program date(s) and time(s), and consequences for not attending the program(s).
2. Understand that student-athletes may miss practice and/or competition if selected to be screened or as the result of a positive test result.
3. Communicate support of the Drug Testing Program to student-athletes.
4. Refer student-athletes for drug testing based on reasonable suspicion.
5. Release student-athletes from practice for testing, counseling, or educational purposes.
6. The University of Wisconsin-Stout Department of Intercollegiate Athletics will not retain any staff or employee that encourages the use of a banned substance. They are also prohibited from encouraging the use of or providing any NCAA banned substance (including alcohol, certain nutritional ergogenic aids and supplements) to any student-athlete. Any employee of the Department of Intercollegiate Athletics who recommends or distributes any of the drugs/substances deemed illegal by this program would be subject to disciplinary action or termination of employment.

**Counseling and Testing Services**

1. Be available to counsel any student-athletes who wish counseling.
2. Counsel athletes who have tested positive for banned drugs.
3. Encourage student-athletes to voluntarily seek counseling at any time.
4. Work with coaches in cases involving one of their student-athletes.
5. Maintain confidentiality of forms.
6. Inform the Athletic Director of missed counseling session. The absence of a missed counseling session will be viewed as a second violation and the student-athlete will be dismissed from all athletics at UW-Stout.

**Student-athletes**

1. Receive, read, understand and follow the procedures outlined by the NCAA and UW-Stout Athletic Department Drug testing Program.
2. Check out any supplement prior to use because supplements are not well regulated and may contain banned substances.
3. Attend all educational programs provided for the student-athletes.
4. Sign all UW-Stout and NCAA Drug Consent Forms.
5. Submit to drug testing and provide a urine specimen.
6. If selected for drug testing bring proper I.D. card.
7. Seek information and/or counseling any time it is necessary.
8. If a drug education presentation is missed then a report of the presentation must be made to fulfill the obligation. Presentations will be video taped. Presentation must be viewed and report written within one week or the student-athlete may not practice or compete. (Must be deemed acceptable by coach and A.D.)

**Drug Education**

- Educational presentations on the harmful effects of commonly used drugs will be presented at least once a year. Attendance at the meeting is mandatory for each student-athlete. A videotape will be made. Student-athletes that have missed the mandatory meeting are required to view the taped presentation. The taped presentation will be scheduled through the Athletics Office. The absence must be pre-approved by the coach and due to an emergency, class or severe illness. The student-athlete will be permitted to practice and compete during the first week after they miss the session. After one week, a student-athlete will not be permitted to practice or compete until they have viewed the recorded presentation.

- General information about NCAA Drug Testing Program made available through Athletic Training Staff. This information and resources includes:
  1. Updated list of NCAA banned substances.
  2. Answer student-athletes’ questions regarding these banned substances.
  4. Questions on dietary supplements and banned substances can be located at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec).

- Review of NCAA and UW-Stout Drug Testing consent forms. These forms must be signed by each student-athlete each year in order to participate in intercollegiate athletics at UW-Stout.

- Review the NCAA Drug testing procedure and current list of banned substances & penalties for a positive test.

- Review of UW-Stout testing program
Appendix A
NCAA Banned-Drug Classes
2006-2007

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. 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.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic trainer for further information.

Bylaw 31.2.3. Banned Drugs
The following is a list of banned-drug classes, with examples of substances under each class:

(a) Stimulants:
- amiphenazole
- methylenedioxymethamphetamine (MDMA, ecstasy)
- amphetamine
- methamphetamine
- bemigride
- methylphenidate
- benzphetamine
- nikethamide
- bromantan
- pemoline
- caffeine1 (guarana)
- phentramine
- chlorphentermine
- phendimetrazine
- cocaine
- phenmetrazine
- cropropamide
- phenylpropanolamine (ppa)
- diethylpropion
- picrotoxine
- dimethylamphetamine
- pipradol
- doxapram
- prolintane
- ephedrine (ephedra, ma huang)
- strychnine
- ethamivan
- zhi shi, bitter orange
- ethylamphetamine
- and related compounds.
- fencamfamine
- The following stimulants are not banned:
- methamphetamine
- phenylephrine
- and related compounds.

(b) Anabolic Agents:
- methandienone
- methenolone
- clenbuterol
- methylestrogens
- nandrolone
- boldenone
- norandrosterone
- clobestol
- oxandrolone
- dehydroepiandrosterone (DHEA)
- oxymetholone
- dihydrotestosterone (DHT)
- stanozolol
- dromostanolone
- tetrahydrogestrinone (THG)
- epitrenbolone
- trenbolone
- fluoxymesterone
- and related compounds
- gestrinone
- mesterolone

Other anabolic agents
- methandienone
- methenolone
- clenbuterol

(c) Substances Banned for Specific Sports:
- Rifle:
- alcohol
- pindolol
- atenolol
- propranolol
- metoprolol
- timolol
- nadolol
- and related compounds

- Diuretics:
- acetazolamide
- bendroflumethiazide
- benzhexol
- metolazone
- chlorothiazide
- polythiazide
- chlorothalidone
- quinethazone
- ethacrynic acid
- spirinolacetonate (canrenone)
- furosemide
- trichlormethiazide
- and related compounds

- Street Drugs:
- heroin
- tetrahydrocannabinol
- marijuana3 (THC3)

(f) Peptide Hormones and Analogues:
- corticotrophin (ACTH)
- human chorionic gonadotrophin (hCG)
- luteinizing hormone (LH)
- growth hormone (HGH, somatotrophin)
- insulin like growth hormone (IGF-1)

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

(g) Definitions of positive depends on the following:
- 2 for testosterone—if the administration of testosterone or 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 ratio is due to a physiological or pathological condition.

31.2.3.4.1 Drugs and Procedures Subject to Restrictions.
The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:
- Revised: 8/15/89

(a) Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)
(b) Local Anesthetics. The Executive Committee will permit the limited use of local anesthetics under the following conditions:
(1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)
(2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
(3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(c) Manipulation of Urine Samples. The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing.

Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)

(d) Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only. (Adopted: 8/13/93)

(e) Additional Analysis. Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)