

**1. The NCAA bans the following classes of drugs.**

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. Beta-2 Agonists.

[Note: Any substance chemically related to these classes is also banned.]

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

**2. Drugs and Procedures Subject to Restrictions.**

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

**3. NCAA Nutritional/Dietary Supplements Warning.**

- **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**
  - (1) Dietary supplements are not well regulated and may cause a positive drug test result.
  - (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
  - (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
  - (4) Any product containing a dietary supplement ingredient is taken at your own risk.

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

### Some Examples of NCAA Banned Substances in Each Class

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

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

**1. Stimulants.**

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

*Exceptions:* phenylephrine and pseudoephedrine are not banned.

**2. Anabolic Agents.**

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

**3. Alcohol and Beta Blockers.**

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

**4. Diuretics and Masking Agents.**

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

**5. Street Drugs.**

e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.

**6. Peptide Hormones and Analogues.**

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

**7. Anti-Estrogens.**

e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.

**8. Beta-2 Agonists.**

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

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

**NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, [877-202-0769](tel:877-202-0769) or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) — password: ncaa1, ncaa2, or ncaa3**

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