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
   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 and Gene Doping
   b. Local Anesthetics (under some conditions)
   c. Manipulation of Urine Samples
   d. Beta-2 Agonists permitted only by prescription and inhalation

3. NCAA Nutritional/Dietary Supplements Warning:
   Before consuming any nutritional/dietary supplement product, review the product with appropriate athletics department staff!
   (1) Dietary supplements, including vitamins and minerals, 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.

Examples of NCAA Banned Substances in Each Drug Class

NOTE: There is no complete list of banned drug substances. Do NOT rely on this list to rule out any label ingredient. Check with your athletics department staff prior to using a supplement.

1. Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, “bath salts” (mephedrone) Octopamine; DMBA; etc. Exceptions: phenylephrine and pseudoepinephrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstrenetrione):
   androstenedione: boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone: etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine) etc.

3. Alcohol and Beta Blockers (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics (water pills) and Other Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs: heroin; marijuana; tetrahydrocannabinol (THC); and synthetic cannabinoids (e.g., Spice, K2, JWH-018, JWH-073).

6. Peptide Hormones and Analogues: growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

7. Anti-Estrogens: anastrozole; tamoxifen; forimestane; ATD;comiphene; SERMS (nolvadex); etc.

8. Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at: www.ncaa.org/drugtesting
Any substance that is chemically related to the class, 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 the Resource Exchange Center, 877/202-0769 or www.drugfreesport.com/rec — password ncaa1, ncaa2 or ncaa3.