

June 2011

NCAA Documentation Requirements for Student-Athletes Taking a Prescribed Medication Containing a Banned Substance

We realize that the majority of student-athletes are not affected by the medical exception policy but awareness is important and we ask that you continue to report all medications you are taking on the *DePauw Student-Athlete Medical Information Form* which you complete annually. Students who for legitimate medical reasons are taking a prescribed medication containing a banned substance in one of the categories below should review medical exception procedures to see what supporting medical documentation should be submitted to their DePauw Sports Medicine file.

Applicable Drug Classes Where a Prescribed Medication Could Contain a Banned Substance

- stimulants (most ADD/ADHD medications contain a banned stimulant)
- diuretics and other masking agents
- anti-estrogens
- peptide hormones and analogues
- anabolic agents (steroids)
- beta 2 Agonists (permitted by prescription and inhalation)

Drug Testing at NCAA Post-Season Championship Events

If a student-athlete tests positive at an NCAA post-season championship event for a banned substance in a prescribed medication and the athlete does not have the NCAA required medical documentation for Depauw to submit, their eligibility would be suspended by the NCAA for one year (there is an appeals process). Please consult with the DePauw athletic trainer assigned to your team for any questions pertaining to NCAA Medical Exception Policies and Procedures. **It is the responsibility of the student-athlete to work with their treating physician in completing the medical requirements and submitting the appropriate documentation (in advance for their DePauw Sports Medicine file) that would be needed to gain a medical exception if the student-athlete were to test positive at an NCAA Post-Season Championship Event.**

For the 2011-2012 school year, we have set a goal for each student-athlete to have the appropriate documentation in their sports medicine file by target dates specific to each sport. **It is the individual responsibility of each student-athlete to meet the requirements for a medical exception and submit all appropriate medical documentation to their file.**

CATEGORY #1 *Stimulants*

Primary examples for this category include but are not limited to medications for ADHD such as Concerta, Ritalin and Adderall (Strattera does not contain a banned substance)

Be aware that the NCAA has implemented stricter documentation guidelines (Medical Exception Procedures) affecting student-athletes who take an ADHD/ADD medication that contains a stimulant on the NCAA's banned drug list. If you are taking an ADHD/ADD medication you can access and print off the appropriate ADHD form for your treating physician from our sports medicine web site at: http://www.depauw.edu/univ/sports_med/ADHD%20Documentation.asp If this is the first time that you have submitted your documentation, please use the *Initial Documentation of Comprehensive Clinical Evaluation Form* which can be used by the physician who manages your ADHD care as a guideline for the medical documentation that should be submitted to DePauw Sports Medicine. It may also be helpful to you and your physician to print off and review the [*NCAA Medical Exception Policy and Reporting Guidelines \(Additional Information for Athlete and Physician\)*](#). We want to particularly emphasize to student-athletes taking a medication for ADHD/ADD that a key part of your documentation will be inclusion of an initial comprehensive clinical assessment report (past or present) establishing the diagnosis. Once the initial documentation of a comprehensive clinical evaluation is on file with DePauw Sports Medicine, then only documentation of an annual follow-up each year thereafter with the treating physician will need to be submitted. The [*Documentation of Annual Physician Follow-Up Form*](#) can be used by your treating physician as a guideline for completing and documenting an annual follow-up. We encourage you to submit all required documentation at your earliest convenience but we recommend that you complete submission of all required documentation by the dates below which are based on the season in which you participate and the specific guidelines pertinent to the stimulant category:

September 1st Fall Sport Athletes: Cross Country, Field Hockey, Football, Soccer, Volleyball

November 1st Winter Sport Athletes: Basketball, Swimming

February 15th Track, Baseball, Golf, Softball, Tennis

CATEGORY #2 *Diuretics and Masking Agents:* An example for this category is Finasteride (trade name Propecia and taken for male-pattern baldness) and

CATEGORY #3 *Anti-Estrogens*

If you are taking a medication with a banned substance in either of these categories, you will need to have appropriate documentation on file in your sports medicine medical file at DePauw that would include: diagnosis, medical history demonstrating need, course of treatment, current prescription, prescription history and documentation that the prescribing physician has considered an alternative drug that does not have the banned substance. We encourage you to submit all required documentation at your earliest convenience but we recommend that you complete submission of all required documentation by the dates below which are based on the season in which you participate and the specific guidelines pertinent to the categories #2 and #3:

September 1st Fall Sport Athletes: Cross Country, Field Hockey, Football, Soccer, Volleyball

November 1st Winter Sport Athletes: Basketball, Swimming

February 15th Track, Baseball, Golf, Softball, Tennis

CATEGORY #4 *Peptide hormones:* such as HGH and

CATEGORY #5 *Anabolic agents (steroids): such as Testosterone*

Any student-athlete taking a medication in this class of banned drugs for legitimate medical reasons must be approved by the NCAA before being allowed to participate. Once appropriate documentation is received from the student-athlete, the Director of Athletics at DePauw University will request an exception for use. Necessary documentation would include: diagnosis, medical history demonstrating need, course of treatment, current prescription, prescription history and that the prescribing physician has considered an alternative drug that does not have the banned substance. We encourage you to submit all documentation to Depauw Sports Medicine at your earliest convenience but we have established the following deadline for the 2011-2012 school year based on the requirement for pre-approval by the NCAA:

July 15th Fall Athletes

August 15th Winter and Spring Athletes

Thank-you for reviewing the information. Please consult with the staff athletic trainer for your sport if you have any questions or concerns. E-mail addresses for the staff athletic trainers are:

Rex Call	rcall	football, men's basketball, softball, Golf
Roger Doan	rdortch	soccer, swimming, track, Tennis
Kara Campbell	karacampbell	baseball, c. country, volleyball, f. hockey, women's basketball

NOTE: Another excellent source that you can use to determine whether a medication or a supplement contains a banned substance is the Resource Exchange Center (REC) which is offered by the National Center for Drug Free Sport. The REC is confidential and can be accessed at www.drugfreesport.com. The password is ncaa3. You can submit the name of the medication or supplement and the REC will e-mail you within a few days to tell you whether the medication or supplement does contain a banned substance.