NCAA Championship Drug-Testing

What every NCAA member institution, athletic administrator and student-athlete needs to know about NCAA drug testing prior to leaving campus for a championship event.

How should an institution prepare its student-athletes for the possibility of NCAA championship drug testing?

- Review the NCAA drug-testing video. All institutions were sent a copy of the NCAA drug-testing video. The video is also available on the NCAA’s web site at www.ncaa.org/drugtesting. The video explains the process of NCAA drug testing and should be shown to all student-athletes. Contact NCAA education outreach if you do not have a current (2009) copy of the video.
- Review the NCAA Drug-Testing Program booklet located at www.ncaa.org/drugtesting.

When is drug testing conducted at the championship?

- Drug testing can occur at any phase of an NCAA championship (e.g., first round, second round, quarterfinals, semi-finals or finals).
- Drug testing can occur more than once at any championship (e.g., first round and finals).
- Participating institutions and student-athletes are not given any advance notice that drug testing is being conducted at the championship.

When will student-athletes be notified of their selection for drug testing?

- At team championships (baseball, basketball, bowling, field hockey, football, ice hockey, lacrosse, rowing, soccer, softball, volleyball, water polo), immediately after the game, an NCAA drug-testing crewmember will provide an institutional representative with a list of student-athletes who have been selected for drug testing.
- At individual/team championships (cross country, fencing, golf, gymnastics, rifle, skiing, swimming & diving, tennis, track & field, wrestling), official drug-testing couriers will notify student-athletes of their selection for drug testing.
- Refer to section 4.0 and 5.0 of the Drug-Testing Program booklet for more specific information.
How are student-athletes tested and how long does it take?

- Student-athletes are drug tested through urinalysis.
- Student-athletes will be observed by a drug-testing crewmember of the same gender.
- The length of the collection process depends on the student-athlete’s ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving at the drug-testing station, the entire process usually is completed in less than 20 minutes.

What if a student-athlete has trouble providing an adequate specimen? Can the student-athlete leave and come back later? What if the team has to leave and the student-athlete is still in drug testing?

- The student-athlete cannot be released from drug testing until an adequate specimen is provided.
- If the student-athlete’s team must depart the championship prior to a student-athlete completing drug testing, an institutional representative must stay with the student-athlete.
- If the student-athlete and/or institution incur additional expenses because of the delay (e.g., hotel, transportation back to campus), the institution may request reimbursement from the NCAA.

Some events begin late at night which means drug testing will start late as well. What is the NCAA policy on late-night drug testing?

- The late-night testing policy pertains to team championship events only.
- An institution may defer drug testing until the next morning if their game begins at **10pm or later local time**. (See section 5.3.2 in the NCAA Drug-Testing Program booklet)
- The decision to defer drug testing applies to the entire team and must be determined by the institution immediately after the game. All selected student-athletes can either test that night after the game or test the next morning. (See section 5.3.2.1 in the NCAA Drug-Testing Program booklet)
- If an institution decides to defer drug testing until the next morning, the test must start before **10am local time**.
- An institutional representative must be present at the collection site the next morning to identify selected student-athletes.
What drugs does the NCAA ban?

The NCAA bans the following drug classes:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street drugs
- Peptide hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

How can a student-athlete find out whether a medication or supplement is banned?

- In advance of the championship, student-athletes should consult with their athletic trainer or team physician about any medication or dietary supplements they use.
- The Resource Exchange Center (REC) is available to answer questions regarding NCAA banned substances at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password ncaa1, ncaa2 or ncaa3.

What about dietary supplements?

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.**

Are over-the-counter dietary supplements approved by the NCAA?

- The NCAA does not approve any dietary supplement. Furthermore, the use of any dietary supplement can lead to a positive NCAA drug test.

Does a student-athlete have to disclose the use of medications to the drug-testing crew?

- No. The drug-testing crews do not ask or accept any information about medications student-athletes are taking.
- The team physician/athletic trainer should be aware of all prescribed medications (and supplements) a student-athlete is taking. This information should be kept on file at the institution.
- If a student-athlete tests positive because of a prescribed medication, the institution may request a medical exception for certain banned drug classes as outlined in the NCAA Drug-Testing Exceptions Procedures at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting).
Can student-athletes beat a drug test by consuming large amounts of fluids?

- No. NCAA protocol requires each student-athlete’s urine sample be analyzed onsite prior to sending the sample to the lab.
- If the specimen is too dilute, the student-athlete will be required to remain in drug testing until an adequate specimen is collected. This could take several hours.

What else should an institution do to prepare its student-athletes for drug testing at an NCAA championship?

- Remind student-athletes they may be selected for drug testing.
- Conduct an educational session on NCAA banned substances.
- At team championships, participating institutions must provide a list of all student-athletes on the team who are present at the event. This must be submitted to the NCAA championship liaison at the prechampionship meeting.
- At team championships, each institution must designate an administrator to assist with drug testing.
- Contact The National Center for Drug Free Sport at 816-474-8655 with any questions.