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Helmets Off



The primary function of a football helmet is to protect against catastrophic brain injury and skull fracture. Member institutions need to take a cautious approach with regard to helmet changes, and assure that every player's helmet is fitted properly. The 'Helmet Off' Rule is an important component of helping to assure player safety in college football. [Read more ...](#)

NCAA Doping, Drug Education and Drug Testing Task Force



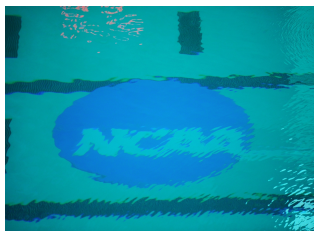
Doping refers to the use of performance-enhancing drugs and has always been a part of sport; whenever there is a combination of competition and rules of engagement, there are competitors who seek a competitive advantage. Just as we make decisions about the rules and equipment of sport, we also make decisions to deter doping in sport. [Read more ...](#)

Making the MOST Meaningful Impact on Student-Athlete Health and Wellness Programs



The health and well-being of student-athletes is the primary focus of all athletics departments. However, we need to ask ourselves if we are taking the necessary steps to help ensure that programming intended to promote student-athlete health and wellness are effective. [Read more ...](#)

The NCAA Budget: Where the Money Goes



The NCAA is a nonprofit association committed to providing more than 450,000 student-athletes with academic and athletic opportunities. As a higher education association, it serves more than 1,200 higher education schools and conferences through a governance structure of Divisions I, II and III. The NCAA's nonprofit status is designated through IRS 501(c)(3) status as an association that has an educational affiliation. This affiliation occurs through the NCAA's commitment to academics and student-athlete success in the classroom and is a vital part of the association mission. Predominantly, the expenses of the association are allocated to initiatives that support member institutions and student-athletes. [Read more ...](#)

NCAA, USA Track & Field and NFHS Come Together for Pole Vault Safety

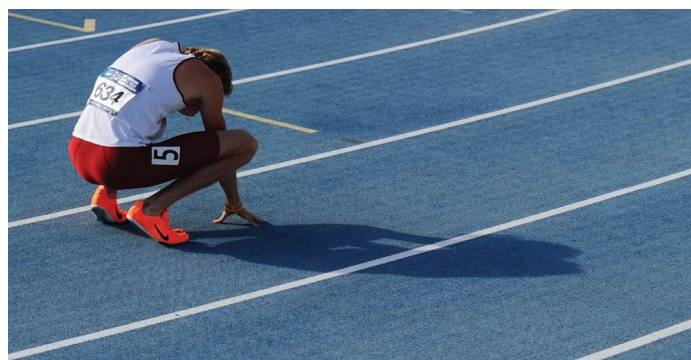
Student-athlete safety in pole vaulting has been a chief concern for the NCAA in recent years. In partnership with USA Track & Field and the National Federation of State High School Associations (NFHS), the NCAA Sport Science Institute has taken significant steps to keep pole vault student-athletes safe. [Read more ...](#)



More Than Just a Drink: Effects of Alcohol on Training and Competition

Alcohol and Athletic Performance: A Fact Sheet for Student-Athletes

Compared to the student body, collegiate student-athletes have been found to drink more and do so more often than the general collegiate student population. When consumed in excess, often referred to as binge drinking, the social and physical repercussions can be especially detrimental to student-athletes. [Read more ...](#)



Click the image to learn the effects of alcohol on athletic performance.

Sport Science Institute Resources



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