ONLY COMPLETE IF:
YOU ARE TAKING A PRESCRIBED MEDICATION ON THE

NCAA BANNED SUBSTANCE LIST (see next page)
What is a banned substance?
The NCAA bans classes of drugs that can be harmful to student-athletes and that can create unfair advantages during competition (NCAA Bylaw 31.2.3). Some medications prescribed to student-athletes for legitimate medical conditions contain NCAA banned substances. The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) has developed a Medical Exceptions Procedure to review and approve the use of medications that contain NCAA banned substances.

What substances or classes of drugs are banned?
- **Stimulants**
  - Adderall / Ritalin / Vyvanse
- **Anabolic Agents**
  - Testosterone / DHAЕ
- **Beta Blockers**
  - Propranolol / Atenolol
- **Diuretics and Other Masking Agents**
  - Bumetanide / Chlorothiazide
- **Street Drugs**
  - Marijuana / Heroin / Cocaine / THC
- **Peptide Hormones and Analogues**
  - Human Growth Hormone / EPO
- **Anti-Estrogens**
  - ATD / Anastrozole
- **Beta-2 Agonists**
  - Bambuterol / Salmeterol

Where can I find a complete list of NCAA banned substances?
There is no complete list of banned substances. Student-athletes are responsible for any substance he or she ingests. Visit www.DrugFreeSport.com/REC for additional banned substances and more information.

What should I do if I have been prescribed a banned substance?
Student-Athletes who have been prescribed a banned substance for the treatment of ADHD/ADD, an endocrine or cardiac issue or another medical condition should immediately notify the University of New Orleans (UNO) Department of Sports Medicine. Student-Athletes must also complete the NCAA Medical Exception Documentation Reporting Form to support the diagnosis and treatment with a banned substance for his or her condition.

What documentation do I need to submit to the UNO Department of Sports Medicine if I am taking a banned substance?
- Completed NCAA Medical Exemption Documentation Reporting Form
- Letter from the prescribing physician that includes the following
  - Evidence of a comprehensive clinical evaluation, physical exam, and any diagnostic tests
  - Statement of diagnosis
  - Previous and current treatment
    - This should include a copy of most recent prescription(s)
    - Statement that an alternative, non-banned medication was considered and why the banned substance was prescribed
- An annual follow-up with prescribing physician and an updated letter and/or copy of medical record is required each year that student-athlete is eligible to compete

Can I participate in my sport if this documentation is not complete?
NO. You will not be eligible to take part in practices, training sessions, or competition until the aforementioned documentation has been submitted and on file with the UNO Department of Sports Medicine.

When and where do I submit the documentation?
Documentation should be completed and submitted with your Student-Athlete Medical Packet.
University of New Orleans
Department of Sports
Medicine 6801 Franklin Ave.
New Orleans, LA 70122

Who do I contact if I or my parent /guardian have questions regarding the NCAA Medical Exception policy?
Please contact the UNO Department of Sports Medicine (504-280-7028) with any questions/concerns regarding banned substances, drug testing, and/or medical exceptions.

You may also consider visiting www.NCAA.org/drugtesting or www.DrugFreeSport.com/REC for more information.
Dear Physician:

The student-athlete presenting this form to you plans to or already participated in intercollegiate athletics at the University of New Orleans (UNO). UNO is governed by the rules and regulations of the National Collegiate Athletic Association (NCAA). The NCAA requires the collection of medical records for those student-athletes diagnosed/treated for ADHD/ADD as well as other medical conditions being treated with a banned substance. A listing of NCAA banned substances can be located at the following websites: