



MEMORANDUM

February 3, 2009

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TO: Directors of Athletics ]  
Senior Women Administrators ] – of NCAA Member Institutions.  
Compliance Coordinators ]

FROM: Mary Wilfert, NCAA Health and Safety, Liaison to the NCAA  
Committee on Competitive Safeguards and Medical Aspects of Sports.

SUBJECT: Banned Stimulant Medication Reporting Guidelines for Attention  
Deficit Hyperactivity Disorder (ADHD) Treatment.

As noted in various communications to the membership throughout the past 12 months, effective August 2009 there will be a stricter application of the NCAA Medical Exception policy, and specifically for the use of banned stimulant medications to treat Attention Deficit Hyperactivity Disorder (ADHD). This stricter application will provide more complete information to the medical panel of the Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS), which reviews requests for a medical exception to a positive drug test for these stimulant medications. This information is necessary to appropriately apply the exceptions policy, so that student-athletes are adequately monitored while using a stimulant medication that can negatively impact health and safety, and so that stimulants are not being used strictly for athletic performance enhancement. Any student-athlete who tests positive from the effective date will need to comply with this stricter application, even if that student-athlete had received an exception for the use of stimulant medication prior to August 2009.

This stricter application will require documentation that demonstrates the student-athlete has undergone a clinical assessment to diagnose ADHD, is being monitored routinely for use of the stimulant medication, and has a current prescription on file, in order to be approved for a medical exception to the banned drug policy. This documentation should be kept on file at the institution and produced in the event the student-athlete tests positive for the banned medication. All HIPAA requirements should be met for the transmission of this medical information.

CSMAS has reviewed and approved a guideline to assist the membership to meet the requirements of this stricter application of the NCAA Medical Exception Policy. The guideline, with sample physician reporting letters that define what documents the prescribing physician should submit to the institution, is now posted at [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety). An e-mail has been sent to campus sports medicine staff, directing them to this resource.

Questions should be directed to [mwilfert@ncaa.org](mailto:mwilfert@ncaa.org).

MEW:rhb