



The Richard Stockton College of New Jersey

101 Vera King Farris Drive Sports Center-309

Galloway, NJ 08205

Phone: 609-652-4952 Fax: 609-652-4709

□ Jessica Spencer Bond, MA, ATC, Athletic Trainer

Jessica.Spencer@stockton.edu www.stockton.edu/ospreys/athtr.htm

RE: NCAA Drug Testing Exceptions Procedures for ADHD

Date: 7/25/11

The NCAA is instituting a stricter application of the medical exception policy for the use of banned stimulant medications to treat ADHD as of August 2009.

As experienced across campus, more and more college students-athletes are being treated with stimulant medications for ADHD. These stimulants are banned for use in NCAA competition for both performance and health reasons, and using them may result in a positive drug test and loss of eligibility, unless the student-athlete provides adequate documentation of a diagnostic evaluation for ADHD and appropriate monitoring of treatment. In recent years, the number of student-athletes testing positive for these stimulant medications has increased 3 fold, and in many cases there has been inadequate documentation submitted in support of the request for a medical exception to the NCAA banned drug policy.

In order to comply with the NCAA Drug Testing Exceptions Procedures, any student-athlete who is currently taking medication to treat ADHD must gather documentation regarding diagnoses, course of treatment and current prescription. This documentation should be presented to Athletic Training Services at the start of the student-athlete's athletic year.

The following page describes in detail the documentation that needs to be obtained from the physician who prescribed the medication to treat ADHD.

If you have any questions or concerns, please feel free to contact me.

Sincerely,

Jessica P. Spencer Bond, MA, ATC



The Richard Stockton College of New Jersey

101 Vera King Farris Drive Sports Center-309

Galloway, NJ 08205

Phone: 609-652-4952 Fax: 609-652-4709

□ Jessica Spencer Bond, MA, ATC, Athletic Trainer

Jessica.Spencer@stockton.edu www.stockton.edu/ospreys/athtr.htm

**NCAA Drug Testing Exceptions Procedures
For the Student-Athlete**

Criteria for letter from prescribing Physician to provide documentation to the Athletic Training staff regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit Hyperactivity Disorder (ADHD), in support of an NCAA Medical Exception request for the use of a banned substance.

The following must be included in supporting documentation:

- Student-athlete name.
- Student-athlete date of birth.
- Date of clinical evaluation.
- Clinical evaluation components including:
 1. Summary of comprehensive clinical evaluation (referencing DSM-IV criteria) – attach supporting documentation.
 2. ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary – attach supporting documentation.
 3. Blood pressure and pulse readings and comments.
 4. Note that alternative non-banned medications have been considered, and comments.
 5. Diagnosis.
 6. Medication(s) and dosage.
 7. Follow-up orders.

Additional ADHD evaluation components if available:

- Report ADHD symptoms by other significant individual(s).
- Psychological testing results.
- Physical exam date and results.
- Laboratory/testing results.
- Summary of previous ADHD diagnosis.
- Other comments.

Documentation from prescribing physician must also include the following:

- Physician name (Printed)
- Offices address and contact information.
- Specialty.
- Physician signature and date.