UNIVERSITY OF MARYLAND SPORTS MEDICINE

Questions & Answers Regarding the Use of Banned Stimulants for Treatment of ADHD, ADD, and/or like Conditions

Background-

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 that student-athletes are prescribed for legitimate medical reasons contain NCAA banned substances. The NCAA, through the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) has a ***Medical Exceptions Procedure*** procedure to review and approve the use of medications that contain NCAA banned substances. Effective **August 1, 2009**, with respect to the use of banned stimulant medications used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), and/or like conditions, (e.g. Ritalin, Stattera, Adderall, Concerta, etc.), the NCAA now requires documentation of a comprehensive clinical evaluation to support treatment with NCAA banned stimulants and a current prescription.

What should student-athletes who are prescribed stimulant medications for ADHD, ADD, and/or like conditions do?

Student-athletes who have been prescribed stimulant medications for the treatment of ADHD, ADD, and/or like conditions should immediately notify a member of the Sports Medicine Department to ensure that they have the necessary documentation on file.

What documentation must the student-athlete obtain from his/her prescribing physician?

At a minimum, student-athletes prescribed NCAA banned stimulants for the treatment of ADHD, ADD, and/or like conditions must provide the following documentation from the prescribing physician-

1. Evidence of comprehensive clinical evaluation (recording observations and results from standardized rating scales and/or neuropsychological testing), a physical exam and any lab work (attaching all documentation);
    - ***A simple statement from a prescribing physician that he/she is treating the student-athlete for ADHD, ADD, and/or like conditions with the prescribed stimulant IS NOT adequate documentation***
2. Statement of diagnosis, including when diagnosis was confirmed;
3. History of ADHD, ADD, and/or like conditions treatment (previous and ongoing);
4. Recommended treatment (attaching current prescription);
5. Statement that a non-banned ADHD alternative has been considered and why banned stimulant was prescribed; and
6. Annual follow-up with prescribing physician and updated letter or copy of medical record is required in each year of eligibility.

When and where should documentation be sent?

- ***The aforementioned documentation must be on file with the University of Maryland Sports Medicine Department in order for the student-athlete to participate in intercollegiate athletics at the University of Maryland.***

- All documentation should be sent to the following address-

    University of Maryland Sports Medicine
    Attn: Darryl Conway
    Gossett Football Team House
    379 Field House Drive
    College Park, MD 20742
    Fax- (301) 314-6549 {secure fax}
    Email- dconway@umd.edu

Who can student-athletes, parents, coaches, etc. contact with questions regarding issues surrounding ADHD medications and the NCAA Medical Exceptions Policy?

Student-athletes and/or parents with questions regarding the use of prescribed stimulants to treat ADHD, ADD, and/or like conditions should start by directing questions to the physician who initially conducted the evaluation and diagnosis.

Individuals with specific questions regarding the NCAA Bylaws related to banned substances, drug testing, and/or medical exceptions can view the NCAA website (www.ncaa.org/health-safety) and/or contact Darryl Conway (301-314-2663; dconway@umd.edu) or Dr. Yvette Rooks, MD (yrooksmd@yahoo.com).



Department of Athletics
Sports Medicine

ADHD MEDICAL EXCEPTIONS NOTIFICATION FORM

I, _____ affirm that I have been informed by University of
Student-Athlete Print Name

Maryland Sports Medicine personnel on _____ about the NCAA Banned Substances List
Date
and NCAA Medical Exceptions Policy as it specifically pertains to the use of banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), or like conditions. I attest that:

Initial _____	**I AM NOT** presently taking and/or have taken within the last 12 months any banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), or like conditions.
Initial _____	**I AM** presently taking and/or have taken within the last 12 months banned stimulant medications (e.g. Ritalin, Stattera, Adderall, Concerta, etc.) that are used to treat Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), or like conditions. Medication _____

I, the undersigned, do hereby affirm that I understand that I am to immediately notify a member of the University of Maryland Sports Medicine Department should I ever be prescribed the aforementioned stimulant medications and that I must obtain and submit appropriate documentation from the prescribing physician.

I further attest that I have had any and all questions regarding the NCAA ADHD Medical Exceptions Policy answered to my satisfaction.

_____ _____
Student-Athlete Signature Date

_____ _____
Athletic Trainer Signature Date

_____
Athletic Trainer Print Name

Gossett Football Team House ♦ 379 Field House Drive ♦ College Park, MD 20742
(301) 314-7340 ♦ fax- (301) 314-6549