

a team, and at that time you will sign a statement that you have received a copy and agree to abide by the policy. Below is an abbreviated version.

Student-Athlete Assistance Policy (SAAP)

The primary goal of the Substance Abuse Education and Testing Program (“Substance Program”) and Student-Athlete Assistance Program is to help student-athletes abstain from drug use and inappropriate alcohol use as part of a healthy lifestyle and good decision-making process. The Student-Athlete Assistance Program (SAAP) offers assistance to athletes concerning issues related to drug and alcohol abuse. Preventative measures used by the Athletics Department include drug screening combined with an alcohol and drug education program as part of the Student-Athlete Assistance Program (SAAP). Fresno State does not condone the use of street drugs, performance enhancing substances (inclusive of some dietary supplements), and the inappropriate use of alcohol and prescription medicines. Also, in accordance with NCAA Bylaw 17.1.10, the use of tobacco products by student-athletes is prohibited during practice and competition. The Athletics Department will use drug testing to help deter the use of banned substances as well as to help identify those student-athletes with drug and alcohol misuse problems.





2024-25 NCAA Banned Substances

NCAA legislation requires that schools provide drug education to all student-athletes. The athletics director or athletics director's designee shall disseminate the list of banned-drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified the list may change during the academic year and that updates may be found on the NCAA website (ncaa.org). They should also be informed of the appropriate athletics department procedures for disseminating updates to the list. It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes:

1. Stimulants.
2. Anabolic agents.
3. Beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Peptide hormones, growth factors, related substances and mimetics.
7. Hormone and metabolic modulators.
8. Beta-2 agonists.

Note: This is not a complete or exhaustive list. Any substance chemically/pharmacologically related to these classes also is banned. The school and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at ncaa.org/drugtesting. There is no complete list of banned substances.

Substances and Methods Subject to Restrictions:

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Tampering of urine samples.
5. Beta-2 agonists (permitted only by inhalation with prescription).

NCAA Nutritional/Dietary Supplements:

Before consuming any nutritional/dietary supplement product, first review the product and its label with your athletics department staff.

1. There are no NCAA-approved nutritional or dietary supplements.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
4. Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
5. While third-party tested and low-level risk products may be options, complete elimination of risk is impossible.
6. All nutritional/dietary supplements are taken at the student-athlete's own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ (AXIS) for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or axis.drugfreesport.com (access code ncaa1, ncaa2 or ncaa3).

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.

Many nutritional/dietary supplements are contaminated with banned substances not listed on the label. It is the student-athletes responsibility to check with the appropriate or designated athletics staff before using any substance.

Drug Classes	Some Examples of Substances in Each Class	
Stimulants	Amphetamine (Adderall) Caffeine (Guarana) Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Lisdexamfetamine (Vyvanse)	Methamphetamine Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Mephedrone (bath salts) Modafinil Octopamine Phenethylamine (PEA) and its derivatives Phentermine Synephrine (bitter orange) <i>Exceptions: Phenylephrine and Pseudoephedrine are not banned.</i>
Anabolic Agents	Androstenedione Boldenone Clenbuterol Clostebol DHCMT (Oral Turinabol) DHEA Drostanolone Epitrenbolone Etiocholanolone	Methandienone Methasterone Nandrolone (19-nortestosterone) Oxandrolone SARMs [Ligandrol (LGD-4033); Ostarine; RAD140; S-23] Stanozolol Stenbolone Testosterone Trenbolone
Beta Blockers (banned for rifle only)	Atenolol Metoprolol Nadolol	Pindolol Propranolol Timolol
Diuretics and Masking Agents	Bumetanide Canrenone (Spironolactone) Chlorothiazide Furosemide	Hydrochlorothiazide Probenecid Triamterene Trichlormethiazide <i>Exceptions: Finasteride is not banned.</i>
Narcotics	Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl and its derivatives Hydrocodone Hydromorphone Meperidine	Methadone Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Tramadol
Peptide hormones, growth factors, related substances and mimetics	BPC-157 Growth hormone (hGH) Human Chorionic Gonadotropin (hCG)	Erythropoietin (EPO) IGF-1 (colostrum; deer antler velvet) Ibutamoren (MK-677) <i>Exceptions: Insulin, Synthroid and Forteo are not banned.</i>
Hormone and Metabolic Modulators	Anti-Estrogen (Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPAR-d [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]	
Beta-2 Agonists	Albuterol Formoterol Higenamine	Salbutamol Salmeterol Vilanterol

Any substance that is chemically/pharmacologically related to one of the above drug classes, even if it is not listed as an example, is also banned.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting AXIS at 816-474-7321 or axis.drugfreesport.com (access code ncaa1, ncaa2 or ncaa3).

Appeals

A student-athlete has the right to appeal the consequences imposed by the Substance Program policy. Requests for appeals are submitted in writing through the Associate Athletics Director for Sports Medicine and must be received within 48 hours following the notification of the positive test and consequences. Appeals must be addressed to the Director of Athletics and have a substantive or very unusual basis. The Director of Athletics will determine if an in-person meeting is needed and will determine any adjustments to the consequences. The Athletic Director's decision is final.

Safe Harbor

Safe Harbor refers to a period of time when positive drug tests do not count as positives within the Substance Program, as long as those test results indicate decreased drug use.

- Voluntary referrals into a Safe Harbor program must occur prior to notification of testing and prior to a student-athlete testing positive.
- The Safe Harbor program will last for a maximum time period of 45 days.
- Upon entry into the Safe Harbor program, the student-athlete will be drug tested immediately to establish a baseline of the substance being used.
- Student-athletes will be drug tested while in the Safe Harbor program weekly and unannounced. If test results do not indicate decreased use, or if the student is non-compliant with the program requirements, he/she will be removed from the program and sanctions consistent with at least a one point penalty will be applied. Student athletes who successfully complete a Safe Harbor program will be assigned education and interventions consistent with their current point total or at the level of 1 point if they do not have any points on record.

NCAA Drug Testing Program and List of Banned Substances

As an NCAA student-athlete, it is your responsibility to know about NCAA banned substances. For more information regarding banned substances, please visit:

- [NCAA Drug Testing Program](#)
- [2024-25 NCAA Banned Substances List](#)
- [Drug Free Sport AXIS](#)

A NOTE ABOUT DIETARY SUPPLEMENTS

The environment for today's student-athlete enables easy access to products, which are available over-the-counter at retail outlets and through the internet, but contain substances banned by the NCAA. Many student-athletes assume if these products can be easily purchased in retail stores and over the internet, then they must be allowed under NCAA rules. **THIS IS NOT TRUE!** Advice of a store clerk, the distributor at the gym or anyone who is not with the institutional athletics program has resulted in erroneous information regarding the presence of NCAA banned substances. Reliance on this erroneous information may result in positive drug tests. Appeals based on ignorance have not been successful in overturning positive drug-test penalties. The student-athlete who uses a nutritional substance without checking the ingredients with the Sports Dietitian, Sports Medicine Department or the Strength and Conditioning coach and tests positive for banned substances will be held in violation of Bylaw 18.4.1.4 (Ineligibility for Use of Banned Drugs).