

## What's Trending Now: Second Offense NCAA Street Drug Sanctions & Medical Marijuana Prescriptions in the NCAA

Mark Bockelman, Vice President of NCAA Drug Testing

### Clarifying new sanctions for NCAA street drug test positives.

With the advent of the new sanction for NCAA street drug panel positives, including marijuana, effective August 1, 2014, a NCAA member institution asked the question: "Does the sanction remain the same if a student-athlete tests positive a second time for marijuana?"

The sanction for a second NCAA street drug panel positive is different than a first offense. A second positive results in the student-athlete being ineligible for one calendar year in addition to the loss of a season of eligibility.

### Discussing medical marijuana prescriptions with student-athletes.

Drug Free Sport often receives questions from NCAA members regarding medical marijuana prescriptions and how they might be received by the NCAA.

First, marijuana (THC) with or without a prescription remains banned by the NCAA. Second, there is no medical exception request process for marijuana or other banned substances on the NCAA's street drug panel.

A student-athlete who tests positive for THC, and wants to make the argument that he/she has a prescription for medical marijuana, may make his/her defense in a NCAA Drug-Test Appeal adjudicated by the Drug-Education/ Drug-Testing Subcommittee of the NCAA's Committee on Competitive Safeguards and Medical Aspects of Sport.

As advisors to student-athletes, you are encouraged to review and reference the information provided in two separate articles appearing in the Journal of the American Medical Association (JAMA) and the New England Journal of Medicine (NEJM), respectively.

Wilkinson ST. Problems with the medicalization of marijuana. JAMA 311:2377-2378, 2014. Volkow ND, et al. Adverse Health Effects of Marijuana Use. N Engl J Med 370:2219-2227, 2014.

Table 1. Adverse Effects of Short-Term Use and Long-Term or Heavy Use of Marijuana.

Effects of short-term use
Impaired short-term memory, making it difficult to learn and to retain information
Impaired motor coordination, interfering with driving skills and increasing the risk of injuries
Altered judgment, increasing the risk of sexual behaviors that facilitate the transmission of sexually transmitted diseases
In high doses, paranoia and psychosis
Effects of long-term or heavy use
Addiction (in about 9% of users overall, 17% of those who begin use in adolescence, and 25 to 50% of those who are daily users)*
Altered brain development*
Poor educational outcome, with increased likelihood of dropping out of school*
Cognitive impairment, with lower IQ among those who were frequent users during adolescence*
Diminished life satisfaction and achievement (determined on the basis of subjective and objective measures as compared with such ratings in the general population)*
Symptoms of chronic bronchitis
Increased risk of chronic psychosis disorders (including schizophrenia) in persons with a predisposition to such disorders

\* The effect is strongly associated with initial marijuana use early in adolescence.

Above: Table 1 from Volkow et al "Adverse Health Effects of Marijuana Use" (NEJM 2014).

## Drug Free Sport News

### Drug Free Sport Resource Exchange Center (REC) Launches the Risk Level Rating System for Supplement Education


As of August 1, 2014 the REC has transitioned to their Risk Level Rating System for supplement inquiries, education, and responses. The REC Risk Level Rating System design is based upon client feedback as well as the heightened efficiency, accuracy, and reliability of supplement education efforts at Drug Free Sport.

The REC Risk Level Rating System is not an automated response, but remains timely and personalized to the specific questions and products submitted. Each product is individually analyzed by the REC Team experts, and classified accordingly based on evaluated risk to the athlete. The risks pertain not only to drug-testing and banned substances, but also evidenced health concerns, FDA product recalls, poor manufacturing practices, and/or false advertising.

As an education tool, the REC Risk Level Rating System explains the following:

1. The FDA does not stringently monitor, control, or regulate the dietary supplement industry.
2. Dietary and nutritional supplements may be marketed to consumers without quality or health-safety testing until proven to cause adverse health events or reproached for false advertising.
3. Supplements are taken at the athlete's own risk.

To access the REC, please visit [www.drugfreesport.com/REC](http://www.drugfreesport.com/REC). The REC is a subscription-based service and requires a password. Please contact your governing body for your unique password or call 816-285-1429 to set up a REC account.



Powered by **Drug Free Sport™**

The NCAA authoritative resource for information about NCAA banned substances, medications and supplements.

Risk Level Rating System		
Level I	Level II	Level III
<ul style="list-style-type: none"> <li>Labels list ingredients that are <b>not</b> specifically banned.</li> <li>Labels do not contain claims that correlate with banned drug classes (e.g. "anabolic" or "testosterone booster").</li> <li>Does not guarantee that it will not cause a positive drug test.</li> </ul>	<ul style="list-style-type: none"> <li>Labels list ingredients that <b>may not</b> be specifically banned.</li> <li>Label lists ingredients with limited scientific evidence regarding safety, purity or effects in the body.</li> <li>Labels list ingredient and/or marketing claims not supported by scientific evidence and related to banned drug classes (e.g. "anabolic" or testosterone booster").</li> <li>May pose a health concern due to information about ingredients or the manufacturer.</li> <li>May be associated to FDA recalls due to poor manufacturing practices.</li> </ul>	<ul style="list-style-type: none"> <li>Labels list ingredients that are specifically banned.</li> <li>May be cited for contamination/ adulteration issues with banned substances.</li> <li>May be considered significantly harmful to health and safety due to side effects and/or ingredient information, even if no banned substances are specifically listed.</li> </ul>
<p>Athletes consume dietary supplement products at their own risk, regardless of what is listed on the label. Please report all medications and supplements to your sports medical staff or physician prior to use. The Resource Exchange Center Risk Level Rating System should be used for educational purposes only. The Resource Exchange Center does not test products for contamination or adulteration, efficacy, or truth in labeling. There are no "legal" or "approved" NCAA supplements.</p>		

Shown above: Client example (NCAA) of the REC Risk Level Rating System and risk level explanations.

## Sports Nutrition Corner: Whole-food, High-Protein Smoothies

Lara Ulfers, MS, RD, CSSD

The NCAA does not approve any supplement. Yet, institutions seem to rely heavily on ready-to-drink or powdered products to boost student-athlete protein-calorie intake between meals.

The recent NCAA policy changes pertaining to the feeding of student-athletes does not make dietary supplement ingredients, such as whey protein, permissible for direct distribution. The legislation does, however, create a unique opportunity for athletic programs to not only emphasize appropriate food options for performance, but also protect the health, safety, and eligibility of student-athletes by steering away from supplement sources.

For programs looking to offer tasty, 100% compliant high-protein shakes, they need look no further than a blender and refrigerator. Drug Free Sport's staff is excited to share a couple of whole-food, high-protein shake ideas that are tried and true.

For other recipe ideas, check out the "Athlete's Recipe Box" available on the Resource Exchange Center ([www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)).

### Peanut Butter Cup Smoothie

- 1/2 banana
- 2 Tbsp peanut butter
- 1 cup chocolate milk
- 1 cup frozen strawberries, unthawed
- 4 oz (1/2 cup) plain greek yogurt

Nutrient Analysis: 530 calories, 30 g protein, 65 g carbs

### The Happiness Smoothie

- 4 oz vanilla greek yogurt
- 1 cup frozen pineapple chunks, unthawed
- 1 banana
- 1/2 cup (4 oz) 100% orange juice
- 1/2 cup low-fat milk

Nutrient Analysis: 380 calories, 20 g protein, 76 g carbs



## ON THE ROAD AGAIN

### Will we be in your area?

Contact us to schedule an educational session!



**Menlo College Education Session**  
Atherton, CA  
September 14

**University of Missouri- Kansas City Education Session**  
Kansas City, MO  
October 7

**King College Education Session**  
Bristol, TN  
October 8

**NACWAA Convention**  
Louisville, KY  
October 12-14

**NAIA Champions of Character Foundation Awards**  
Kansas City, MO  
October 29

## DRUG FREE SPORT™

### BELIEVES

• Testing is a necessary and effective drug-use prevention tool to develop athletes who are committed to success on and off the field.

• Athletics participation is a privilege, and athletes cannot be allowed to abuse drugs at their expense, the expense of their teammates or at the expense of their sport.

• Research shows that most athletes are drug free. Therefore, we will at all times treat athletes with dignity and respect, and above all else, protect their privacy.

• Strong relationships with certified, ethical sports drug-testing laboratories and collectors benefit our clients' drug-testing programs.

• Sports organizations differ in their philosophies on how to deter drug use. We support an organization's right to conduct its programs according to its principles and objectives.

• Not every sports organization shares our values, and we will not compromise what we believe in the name of increasing the bottom line.

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## Addressing Policy Change for Feeding NCAA Student-Athletes

Rachel Weisenberger, NCAA Executive Extern  
Lara Ulfers, MS, RD, CSSD

Division I athletic departments and student-athletes can expect a number of changes resulting from the NCAA's newly adopted proposal for the provision of "meals and snacks incidental to participation." Previously, institutions were limited in the number of meals, timing of meals, and types of snacks they were able to provide their student-athletes. Full-time athletic and academic participation proved challenging for many student-athletes to adequately meet their nutritional needs.

Leeland Zeller, NCAA Director of Academic Membership Affairs explains, "The impetus for adjusting the feeding guidelines was to circumvent such situations where scheduling or other conflicts resulted in student-athletes being required to practice during a typical meal period or late in the evening. Programs are now able to provide meals and snacks that support student-athlete schedules without having to account for the meal; for example, deducting from scholarships or charging non-scholarship student-athletes for the meal." Ultimately, this decision will enhance the health, safety, and nutrition of student-athletes by ensuring that food is available to support performance and recovery needs.

However, the new feeding guidelines do not necessarily mean that all athletes receive unlimited meals. Zeller states, "Although institutions have discretion to provide student-athletes with meals and snacks as they deem appropriate and consistent with institutional policies and financial aid regulations, the legislation does not permit institutions to avoid applying the financial aid legislation." Financial aid is responsible for covering the costs of attendance and miscellaneous expenses, including meals normally provided through dining plans or off campus stipends. The new ruling will allow any additional meals that are deemed appropriate to be paid for by the school, as opposed to being paid for personally or subtracted from scholarships.

Ensuring safety and proper nutrition by improving food availability invites both benefits and drawbacks for student-athletes and athletic departments. Without question, food security for student-athletes is the biggest impact and benefit. As Mary Wilfert, Associate Director of the NCAA Sport Science Institute (SSI) asserts, "Nutrition is necessary for health, and necessities such as food should be provided."

"The SSI's position has always been 'food first,'" affirms Wilfert. As a potential drawback, increased food availability without proper guidance could lead to the over-consumption of foods that do not adequately support sports and academic performance. However, Wilfert adds, "The NCAA Sports Medicine Handbook provides guidelines on good nutrition. In addition, athletics departments should rely on the professional guidance of sports dietitians to help student-athletes appropriately manage their diet."

Another expected outcome of this new approach to feeding student-athletes is to lessen the reliance on nutritional and dietary supplements, as consuming these products can pose a risk to student-athlete eligibility. It is important to note that these changes to the feeding guidelines do not affect the restrictions placed on providing nutritional and dietary supplements to student-athletes [Bylaw 16.5.2-(g)]. Supplement products are not considered "meals and snacks" and therefore are not permissible as part of the new legislation. The new policy emphasizes the SSI's "food first" approach to performance nutrition. Hence, there is no restriction on how much food protein a student-athlete may be provided in the form of meals and snacks.

Food sources of protein are considered natural and holistic foods, as opposed to supplements and processed products. Examples of food sources of protein include Greek yogurt, cottage cheese, chicken, eggs, peanut butter, milk, soy milk, and beef jerky, to name a few. Whey protein powders or ready-to-drink protein supplement options are not considered "real food" and are therefore not included as appropriate "meals and snacks incidental to participation." It is important for schools and sport dietitians to educate and enforce the appropriate ruling and guidance when providing student-athletes with fuel for performance and recovery.

Athletic departments may also feel the monetary impact of the new legislation. Zeller comments, "Athletic departments can expect an increase in budgets in order to accommodate extra food purchases, as well as working closely with financial aid liaisons to ensure the appropriate application of NCAA rules, regulations and compliance."

For more information or questions regarding the new feeding legislation, contact Mary Wilfert at [mwilfert@ncaa.org](mailto:mwilfert@ncaa.org).

### NCAA Legislation Comparison

#### Old Legislation:

- ◇ Institutions may provide various limited meals and snacks (e.g., in conjunction with competition, occasional).
- ◇ Replacement meals (e.g., training table meal) require payment from walk-ons or partial scholarship student-athletes and the value must be subtracted from broad allowances for other student-athletes.
- ◇ Snacks were limited to fruit, nuts, and bagels.

#### New Legislation:

- ◇ Effective 8/1/2014: Division I programs may meet nutritional needs of student-athletes with meals and snacks as a benefit related to participation.
- ◇ Meal benefits extended to both scholarship and nonscholarship athletes.
- ◇ No limitations on "whole food" meals and snacks offered to student-athletes.
- ◇ Does not include dietary supplements such as ready-to-drink shakes.