



MEMORANDUM

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TO: Directors of Athletics.]
Senior Compliance Administrators.] -- of NCAA Division I Institutions.
Head Athletic Trainers.]

FROM: Jeffrey Anderson, chair
Committee on Competitive Safeguards
and Medical Aspects of Sports.

SUBJECT: Compliance with NCAA Bylaw 3.2.4.7 Requiring Designee for Nutritional
Supplement Questions.

Recently some member institutions have received communications from
organizations representing dietary supplement manufacturers and suppliers.
None of these entities is an official authority on NCAA policy and we
thus caution you against reliance upon them to assist with compliance
with NCAA policy.

An addition to NCAA Bylaw 3.2.4.7, which went into effect August 2011, requires
Division I institutions to designate an individual or individuals as the athletics
department resource for questions related to NCAA banned drugs and the use of
nutritional supplements, and that questions regarding NCAA banned drugs and
the use of nutritional supplements be referred to that designee. This regulation
was enacted so student-athletes are appropriately advised regarding the risk to
eligibility related to dietary supplements.

To support the institutional designee, the NCAA subscribes to the Resource
Exchange Center (REC), staffed by The National Center for Drug Free Sport, the
NCAA third party drug-testing administrator. The institutional designee can
contact the REC at any time to request a supplement product review. The REC
can be accessed toll free at 1-877-202-0769 or www.drugfreesport.com/rec
password ncaa1. The REC is the only authoritative resource
recommended by the NCAA to member institutions to answer
questions about whether a supplement product or a medication
contains a banned substance. Reliance on other sources (store clerks,
personal trainers, product marketing materials) has resulted in student-athletes
using products that DO contain banned substances, with subsequent loss of
eligibility.

The NCAA Sports Medicine Handbook identifies that dietary supplements have
not been proven safe or effective. Independent research has concluded that
some dietary supplements have been contaminated with banned substances.
The NCAA policy related to dietary supplement use is one of caution, including
the warning below, which appears on the Banned Drug information sheet
attached to the NCAA Drug Testing

Consent form signed by every student-athlete:

- Dietary supplements are not well regulated and may cause a positive
drug test result.
• Student-athletes have tested positive and lost their eligibility using

dietary supplements.

- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

If you need any additional assistance complying with this new regulation in Bylaw 3.2.4.7 or have any questions related to NCAA policy, please contact NCAA staff.

JA/MEW:rhb

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