

UNIVERSITY OF WISCONSIN-OSHKOSH 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**, to review and approve the use of medications that contain NCAA banned substances. Effective **August 1, 2012**, 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 UW Oshkosh Sports Medicine Department in order for the student-athlete to participate in Intercollegiate Athletics at UW Oshkosh.**
- All documentation should be sent to the following address:

University of Wisconsin-Oshkosh Sports Medicine
Attn: Wade Peitersen
Kolf Sports Center 169-L
Oshkosh, WI 54901
Fax- (920) 424-1068 {secure fax}
Email- peiterse@uwosh.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 Wade Peitersen (920-424-7142; peiterse@uwosh.edu) or Dr. John Swanson, MD (swanson@uwosh.edu).