

Monthly Compliance Meeting

April 14, 2011



Today's Agenda

- ◉ Jo's Announcements
- ◉ Kris' Announcements
- ◉ Supplements—James Hardy
- ◉ Voluntary Activities
- ◉ Outside Competition

Jo's Announcements

- 2011-12 Financial Aid Renewals – please submit sheet ASAP (Sp Admin, AD). Contracts to sport, sit down with SAs to complete.
- All SA Meetings – 4/19 and 4/20 at 7PM. All students must attend (even seniors) and all coaching staff members must attend one of the two meetings. Dal Ward Auditorium
- Summer School – financial aid agreements, housing, stipend dates
- CUSPYs are April 26th at the Coors Events Center – Doors open at 6PM!

Kris' Announcements

- ◉ Week 14
- ◉ Student-Athlete Academic Recognition Breakfast
Tuesday, April 19
- ◉ Scholarship Book Return
May 2-6
Department budget impact
- ◉ Graduation Brunch
May 6
Varsity Room
Immediately following Commencement
- ◉ Summer Bridge
Admitted by May 15 for A Session
Admitted by June 15 for B Session

Supplements

NCAA Banned Substances

● **Stimulants:**

- Methylendioxyamphetamin (ecstasy)
- amiphenazole
- **amphetamin (Adderall)**
- **methylphenidat (Ritalin)**
- bemigrin
- nikethamid
- benzphetamin
- octopamin
- bromantan
- pemolin

● **caffeine** (guarana)

- pentetrazol
- chlorphentermin
- phendimetrazin
- cocaine
- phenmetrazin
- cropropamid
- phentermin

- crothetamid
- phenylpropanolamin (ppa)
- diethylpropion
- picrotoxine
- dimethylamphetamin
- pipradol
- doxapram
- prolintan
- **ephedrin (ephedra, strychnin, ma huang)**
- **synephrin (citrus aurantium, ethamivan zhi shi, bitter orange)**
- ethylamphetamin.
- fencamfamin
- meclofenoxat verboten:
- methamphetamin
- **Die folgenden stimulanzien sind nicht verboten:**
- **phenylephrin**
- **pseudoephedrin**

NCAA Banned Substances

● **Anabolic Agents:**

- androstenediol
- methyltestosterone
- **androstenedione**
- nandrolone
- boldenone
- norandrostenediol
- clostebol
- Norandrostenedione
- dehydrochlormethyltestosterone
- norethandrolone
- oxandrolone
- dehydroepiandrosterone (DHEA)
- oxymesterone
- oxymetholone
- dihydrotestosterone (DHT)
- stanozolol
- testosterone
- dromostanolone
- **tetrahydrogestrinone (THG)**
- epitrenbolone
- trenbolone
- fluoxymesterone
- gestrinone
- mesterolone
- methandienone
- **clenbuterol**

NCAA Banned Substances

○ **Diuretics and other Urine Manipulators:**

- acetazolamide
- hydrochlorothiazide
- bendroflumethiazide
- hydroflumethiazide
- benzhiazide
- methyclothiazide
- bumetanide
- metolazone
- chlorothiazide
- polythiazide
- chlorthalidone
- probenecid
- ethacrynic acid
- spironolactone
(canrenone)
- finasteride
- probenecid
- flumethiazide
- triamterene
- furosemide
- trichlormethiazide

NCAA Banned Substances

● **Street Drugs:**

- heroin
- tetrahydrocannabinol (THC)
- marijuana

● **Anti-Estrogens**

- anastrozole
- clomiphene
- tamoxifen

● **Peptide Hormones and Analogues :**

- corticotrophin (ACTH)
- growth hormone (hGH, somatotrophin)
- human chorionic gonadotrophin (hCG)
- insulin like growth factor (IGF-1)
- luteinizing hormone (LH)
- erythropoietin (EPO)
- sermorelin
- darbepoetin

NCAA Banned Substances

● EPO

- More aerobic supplement
- Commonly used by endurance athletes

NCAA Medical Exceptions

- Amino Acids

- ADHD

NCAA Legislation

NCAA Bylaw 16.5.2-(g)

- **Developed by the NCAA Competitive Safeguards and Medical Aspects of Sports Committee (CSMAS).**
- **Nutritional Supplements.** An institution may provide only nonmuscle-building nutritional supplements to a SA at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances.
- Permissible nonmuscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.

Permissible Supplements

- Anything provided by the strength and/or training staff has been approved.
- 30% Rule- products that contain protein may be classified as non-muscle building supplements if they do not contain more than 30% of the calories from protein and the source is from a “whole food”.
- Creatine issues.

Drugfreesport.com

- Website to assist in approval of substances.
- Strength/training staff utilize this website as the NCAA does not approve specific supplements.

University of Colorado Speed-Strength & Conditioning Nutritional Supplement Policy

We do not advocate the use of any nutritional supplements in the place of a well balanced diet. Our goal is to educate our SAs to make healthy food choices which energize, nourish, and prepare their bodies for optimal performance.

Any supplement we provide will be in accordance with NCAA rules, have scientific evidence proving its safety and effectiveness, and be produced by a company with the strictest manufacturing and ingredient standards.

We encourage our SAs to bring us any supplement they are considering taking so we can do the following:

- Make sure the supplement does not contain a banned substance by the NCAA.
- Research the scientific evidence documenting the supplements safety, effectiveness, and proper dosages.
- Research the company producing the supplement to ensure proper manufacturing practices and the purity of their products.

If the supplement has met all of the above criteria, we will then provide the SA with an information sheet containing proper dosage information, any possible negative side effects or risks, and the scientific evidence supporting the use of the supplement.

Voluntary Activities

Voluntary Activities

Current Student-Athletes

During the summer, voluntary activities may occur in the weight room, on the court, etc., provided the following stipulations are met:

- **Coaching staff members cannot be present.
- **The student-athlete cannot be required to report back any information regarding the activities. Strength coach, trainer, manager also cannot report back any information.
- **Attendance and participation in the activity cannot be recorded to report back to the coaching staff.
- **There can be no penalty or reward for participation or lack of participation.

Voluntary Activities

Current Student-Athletes

Exceptions to voluntary activities rules:

- 1-Safety exception in ski, track and field (field events, steeplechase)
- 2-Practice associated with a permissible foreign tour
- 3-Student-athlete initiated activity in the summer (individual sports only)

Voluntary Activities

Current Student-Athletes

Individual sports have an exception that allows a coach to work with student-athletes in the summer, provided it is at the **request** of the student-athlete.

TEAM

Basketball

Football

Soccer

Volleyball

INDIVIDUAL

Cross Country/Track/Field

Golf

Ski

Tennis

Voluntary Activities

Prospective Student-Athletes

Cannot participate in voluntary activities with CU coaching staff members while on campus for an official or unofficial visit.

However, prospective student-athletes can participate in voluntary activities on their own during a visit.

Also, prospects can participate in voluntary activities in the following situations during the summer:

Voluntary Activities

- ❑ Scenario 1
 - ❑ Enrolled in summer school.
 - ❑ Has not signed NLI.
 - ❑ May participate in voluntary workouts **conducted** by strength/conditioning coach.
 - ❑ Participation may only occur from the first day of class until final exams.
 - ❑ May receive workout apparel on an issuance and retrieval basis.

Voluntary Activities

- Scenario 2
 - Enrolled in summer school.
 - Has not signed NLI.
 - During time in which class is not in session, prospect may participate in voluntary weightlifting or conditioning activities **in the presence of** strength/conditioning coach.
 - Such activities cannot be prearranged, the strength/conditioning coach is performing normal duties in the supervision of the facility in use and does not work directly with the prospect.

Voluntary Activities

- ❑ Scenario 3 – SPORTS OTHER THAN FOOTBALL/BASKETBALL
 - ❑ Not enrolled in summer school.
 - ❑ Has signed NLI or is 4-year transfer who has signed financial agreement.
 - ❑ May participate in voluntary weightlifting or conditioning activities **in the presence of** strength/conditioning coach.
 - ❑ Such activities cannot be prearranged, the strength/conditioning coach is performing normal duties in the supervision of the facility in use and does not work directly with the prospect.

Voluntary Activities

❑ Scenario 4 –FOOTBALL/BASKETBALL

- ❑ Has signed NLI or is 4-year transfer who has signed financial agreement,

OR

- ❑ Is enrolled in summer school at CU.
- ❑ May participate in voluntary weightlifting or conditioning activities **conducted by** strength/conditioning coach.
- ❑ May receive workout apparel on an issuance and retrieval basis.

Voluntary Activities

Please remember, **ALL** incoming students must undergo a medical exam, including the sickle cell test, prior to participation in voluntary activities.

Outside Competition

Outside Competition

- Outside competition is permissible during the summer vacation periods, provided the SA is not 'in-season'.
- ALL student-athletes competing in outside competition must complete paperwork with Jo prior to participation.

Outside Competition

- Team sports need to be aware of the maximum limit of SAs that can compete on the same team.
 - Basketball-2 (must NCAA be approved league)
 - Football-5
 - Soccer-5
 - Volleyball-2

Outside Competition

- Individual sports need to be aware of their expenses and prize money offered/accepted.
- Prize money cannot exceed the student-athlete's actual and necessary expenses (meals, travel, lodging) for their participation in the event.

Case Studies

Case Study #1

- Johnny Golfer participates in a tournament in July.
- Johnny's expenses were as follows:
 - Entry Fee \$50
 - Transportation/Gas \$75
 - Lodging \$100

Case Study #1

- Johnny Golfer won the tournament and was offered \$500 in prize money.
- Is it permissible for Johnny to accept the money?
- NO. His actual and necessary expenses did not exceed the amount of the prize money.

Case Study #2

- Kathy volleyball participated in a weekend-long tournament in July.
- Kathy competed on the team with one of her current CU teammates and also an incoming CU freshman.
- Their team won first place in the tournament and were offered \$1000 to split between the team members.

Case Study #2

- Is this a permissible team for Kathy, her CU teammate and incoming teammate to be a member of?
 - YES. The incoming SA does not count in CU's limit on team members.
- Is it permissible for Kathy's team to accept the prize money?
 - NO. Team sport athletes CANNOT accept prize money.

Case Study #3

- Suzy Tennis participated in a weekend-long tournament in June.
- Suzy's expenses were as follows:
 - Entry Fee \$75
 - Transportation \$300
 - Lodging \$300
 - Racket Stringing \$15

Case Study #3

- Suzy Tennis won the tournament and was offered \$600 in prize money.
- Is it permissible for Suzy to accept the prize money?
- YES. Suzy's actual and necessary expenses exceeded the amount of prize money.

Legislative Update

Legislative Update

- Basketball and Football noncoaching staff limitations were tabled until October.
- Basketball academic reform was tabled until October.
- New phone call legislation was forwarded to the Board of Directors for Approval.

Questions?
