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NJSIAA'S STEROID TESTING POLICY

In accordance with Executive Order 72, issued by the Governor of the State of New Jersey, Richard J. Codey, on December 20, 2005, the NJSIAA will test a random selection of student athletes, who have qualified, as individuals or as members of a team, for state championship competition.

1. List of banned substances: A list of banned substances shall be prepared annually by the Medical Advisory Committee, and approved by the Executive Committee.
2. Consent form: Before participating in interscholastic sports, the student-athlete and the student-athlete's parent or guardian shall consent, in writing, to random testing in accordance with this policy. Failure to sign the consent form renders the student-athlete ineligible.
3. Selection of athletes to be tested: Tested athletes will be selected randomly from all of those athletes participating in championship competition. Testing may occur at any state championship site or at the school whose athletes have qualified for championship competition
4. Administration of tests: Tests shall be administered by a certified laboratory, selected by the Executive Director and approved by the Executive Committee.
5. Testing methodology: The methodology for taking and handling samples shall be in accordance with current legal standards.
6. Sufficiency of results: No test shall be considered a positive result unless the approved laboratory reports a positive result, and the NJSIAA's medical review officer confirms that there was no medical reason for the positive result. A "B" sample shall be available in the event of an appeal.
7. Appeal process: If the certified laboratory reports that a student-athlete's sample has tested positive, and the medical review officer confirms that there is no medical reason for a positive result, a penalty shall be imposed unless the student-athlete proves, by a preponderance of the evidence, that he or she bears no fault or negligence for the violation. Appeals shall be heard by a NJSIAA committee consisting of two members of the Executive Committee, the Executive Director/designee, a trainer and a physician. Appeal of a decision of the Committee shall be to the Commissioner of Education, for public school athletes, and to the superior court, for non-public athletes. Hearings shall be held in accordance with NJSIAA By-Laws, Article XIII, "Hearing Procedure."

8. Penalties. Any person who tests positively in an NJSIAA administered test, or any person who refuses to provide a testing sample, or any person who reports his or her own violation, shall immediately forfeit his or her eligibility to participate in NJSIAA competition for a period of one year from the date of the test. Any such person shall also forfeit any individual honor earned while in violation. No person who tests positive, refuses to provide a test sample, or who reports his or her own violation shall resume eligibility until he or she has undergone counseling and produced a negative test result.
9. Confidentiality: Results of all tests shall be considered confidential and shall only be disclosed to the individual, his or her parents and his or her school.
10. Compilation of results: The Executive Committee shall annually compile and report the results of the testing program.
11. Yearly renewal of the steroid policy: The Executive Committee shall annually determine whether this policy shall be renewed or discontinued.



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NJSIAA Anabolic Steroid-Testing Protocols 2019-2020

Organization

1. The New Jersey State Interscholastic Athletic Association (NJSIAA) Executive Committee has selected Drug Free Sport International (Drug Free Sport), Kansas City, MO, to be the official administrator of the NJSIAA Anabolic Steroid Testing Policy.
2. The New Jersey State Interscholastic Athletic Association (NJSIAA) Executive Committee has selected the UCLA Olympic Analytical Laboratory, Los Angeles, CA, to be the official accredited laboratory of the NJSIAA Anabolic Steroid Testing Policy. The administrator may utilize another laboratory if required, so long as the laboratory is accredited by the World Anti-Doping Agency.

Championship and Athlete Selection

1. Selection of specific championship teams and events for anabolic steroid testing will be recommended by Drug Free Sport and will be approved by the NJSIAA.
2. Selection of sports for anabolic steroid testing will occur prior to the commencement of the championship seasons for those sports.
3. All athletes competing in state championship competition are subject to testing.
4. Athletes may be tested before, during or after any phase of state championship competition.

Championship and Athlete Notification

1. Upon notification that their institution has been selected for drug testing, Schools participating in NJSIAA championship competition will be required to provide an accurate and current roster of the athletes on the varsity team that has qualified for the championship competition to the email provided that is mentioned in the notification as soon as possible.
2. Athletes selected for anabolic steroid testing will be notified of their selection by an institutional designee or Drug Free Sport. The athlete's coach or an administrator from the athlete's school will be notified also.
3. The athlete will be instructed to read and sign an anabolic steroid-testing notification form. The form will instruct the athlete to report to a collection station at the appointed time with an official representative of the school (e.g., administrator, coach, athletic trainer).
4. The athlete may select a witness (e.g., parent or guardian) to accompany the athlete to the collection station. Any witness must remain in the collection station through the entire collection process.

Specimen Collection Procedures

1. Only those persons authorized by the collection crew chief or school representative/site coordinator will be allowed in the collection station.
2. Upon entering the collection station, the athlete will provide photo identification and/or a school representative/site coordinator will identify the athlete and the athlete will officially be signed into the collection station.
3. The crew chief and/or school representative may release a sick or injured athlete from the collection station or may release an athlete to return to competition or meet academic obligations only after appropriate arrangements for having the athlete tested have been made and documented.
4. With the collector's and/or school representative/site coordinator's assistance, a member of the drug testing crew will review the athlete's information, including name, grade, sport/activity, position, and gender in SCAN[®]. The athlete will select a set of beaker barcodes that will be assigned to them for the testing process. Once completed, the crew member will instruct the athlete to wait in a specific area of the collection room for the monitor-collector.
5. A collector, serving as monitor (must be same gender as athlete), will determine the athlete's readiness to provide a specimen and then instruct the athlete to select a beaker from a supply of such. [Note: the beakers MUST be adequately secured in the collector room and closely observed by the collectors at ALL TIMES. The beakers must NOT be placed near the exit.]
6. The monitor will take the collection form from the athlete and then escort the athlete to the restroom having the athlete keep the beaker in the monitor's view at all times.

7. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. The athlete must remove all outer clothing (e.g., jackets, sweaters). Any problem or concern should be brought to the attention of the collection crew chief or school representation for documentation.
8. A collector will serve as a monitor to assure the integrity of the specimen until the designated volume of urine has been collected. The monitor must secure the room being used for the monitored collection so that no one except the athlete and the monitor can enter it until after the collection has been completed. Dying agents will be added to toilet bowls to prevent sample substitution and any unsupervised access to water will be eliminated during the collection process.
9. Monitors must be members of the official drug-testing crew and of the same gender as the athlete providing the specimen. The athlete is required to empty contents of all pockets (pockets should be turned inside out) and place in container to be left in a location where the athlete and the monitor can observe. The monitor must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
10. The monitor will instruct the athlete to rinse and dry hands (no soap).
11. The monitor will then hand the athlete the second half of the beaker barcode strip that the athlete picked out and have the athlete place the barcode directly on top of his/her beaker. This should be done PRIOR to urinating into the beaker.
12. The monitor will allow the athlete to enter the stall and close the door for privacy during the voiding process. If the monitor hears sounds or makes other observations indicating and attempt to tamper with a specimen, there must be an additional collection.
13. The athlete must provide specimen volume of at least 90 mL.
14. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled. Athletes are then encouraged to wash hands with soap and water following urination. The monitor will inspect the volume and temperature of urine in the beaker and if not an adequate volume, place a line with a marker at the urine volume level on the outside of the beaker. The athlete should be instructed to secure the beaker. The monitor must NOT touch the beaker.
15. The athlete is allowed to place belongings back into his/her pockets.
16. The monitor must then escort the athlete back to the collection room keeping the athlete and his/her beaker in full view the entire time. The monitor will provide the athlete with his/her collection form and must instruct the athlete where to sit, how to maintain integrity of the specimen and their collection form. The monitor should also advise on fluids and/or food.
17. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be free of any other banned substances.

18. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
19. If the athlete has to leave, any incomplete specimen will be discarded. The crew chief will document the reason for the athlete's departure as well as the time at which the athlete will return in SCAN[®].
20. Upon return to the collection station, the athlete will begin the collection procedure again.
21. Once an adequate volume specimen is provided, the monitor may initial in the space provided on the collection form and also mark the appropriate temperature box. The monitor will escort the athlete to the specimen processing table.
22. A collector serving as specimen processor will verify (with the athlete verbally) the beaker barcode ID numbers match between the top of the beaker and the collection form and assure the athlete's name on the collection form is correct. The specimen collector will instruct the athlete to closely observe the specimen processing steps.
23. The specimen processor will then pour less than 5 mL of urine from the beaker into a small cup and measure the specific gravity using a refractometer.
24. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the value will be recorded on the collection form, and the specimen will be discarded by the athlete with the monitor observing. The athlete must remain in the collection station until another specimen is provided. The athlete will pick out another beaker barcode strip with a set of the same barcode number and will provide another specimen.
25. If the urine is concentrated (1.005 SG or higher), the specimen processor will record the specific gravity value on the collection form.
26. Once the specimen processor has determined the specimen has a specific gravity above 1.005, the sample will be processed and sent to the laboratory. The laboratory ultimately makes final determination of sample adequacy.
27. If the laboratory determines that an athlete's sample is inadequate for analysis, at the school's discretion, another sample may be collected.
28. If an athlete is suspected of manipulating specimens (e.g., via dilution), the school will have the authority to perform additional tests on the athlete.
29. Once a specimen has been provided that meets the on-site specific gravity, the athlete will select a sample collection kit from a supply of such.
30. The specimen processor will open the kit, demonstrate to the athlete the vials are securely sealed, open the plastic, and open the A vial lid. The processor will pour approximately 60 mL of urine into the "A vial" and close the lid. The processor will pour approximately 25 mL into the "B vial" and close the lid.

31. The specimen processor will securely close the lids on each vial and then seal each vial using the vial seals from a set of specimen seals that the student-athlete will pick out and verify that all seal numbers are the same. The processor will assure that all seals are tightly adhered to the vials with no tears or loose areas. The samples will then be placed into a sample bag which will then be placed into the specimen kit box. The box will then be sealed using the box seal on the set of specimen seals that the athlete has chosen out. Once this is complete, the specimen processor will take the kit from the student athlete, ask them to verify that the seal number on the box is the same as the seal number that was placed on the notification form, and send them to the crew member in charge of check out.
32. A crew member must then collect all necessary signatures (and dates/times where indicated) in SCAN[®] (donor, monitor, and collector). Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
33. The athlete is then released by the collector.
34. All sealed samples will be secured in a shipping case. The collector will prepare the case for forwarding.
35. After the collection has been completed, the samples will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
36. The samples become the property of the school.
37. If the athlete does not comply with the collection process, the collector will notify the school representative/site coordinator and third party administrator responsible for management of the drug-testing program.
38. All specimens become the property of the NJSIAA.

Chain of Custody

1. The crew chief or his/her designate will deliver the shipping case to the carrier.
2. Upon receipt at the laboratory, a laboratory employee will record that the shipping case has been received by the carrier.
3. The laboratory will record whether the numbered seal on each specimen arrived intact.
4. If the specimen arrives at the laboratory with security seals not intact, the NJSIAA may collect another specimen from the athlete.

Notification of Results

1. The laboratory will use a portion of Specimen A for its initial analysis
2. The designated laboratory certifying scientist will review all results showing a banned substance and/or metabolite in Specimen A.
3. The laboratory will inform Drug Free Sport of the results by each respective code number.
4. Drug Free Sport will notify the school of the results of any negative test.
5. When Specimen A is positive, Drug Free Sport will contact the NJSIAA medical review officer as soon as possible. The MRO will provide final review of Specimen A results.
6. The MRO will contact the parent of the student-athlete with a positive finding on Specimen A to discuss the result and determine if a medical exception shall be granted to the student-athlete. The MRO will make a decision regarding whether to grant a medical exception within nine (9) business days of receiving the result from Drug Free Sport, unless good cause is shown for extending that time. The MRO will forward the decision to Drug Free Sport which will contact the school, the parent or guardian and the NJSIAA regarding the MRO's decision.
7. Drug Free Sport will further notify the parent or guardian that he or she may request that Specimen B be tested, and may request to be present or represented at the opening of Specimen B, and that he or she must inform Drug Free Sport within 72 hours if he or she requests to have Specimen B tested.
8. In the event that the athlete does not request that Specimen B be tested, Specimen A findings will be final.
9. In the event that the athlete requests the testing of Specimen B, the results of Specimen B will be final.
10. Results of all tests shall be considered confidential and shall only be disclosed by the NJSIAA to the athlete, his/her parents or guardian, his/ her school, and the medical review officer.

11. The NJSIAA Steroid Testing Policy treats an athlete who fails to provide a testing sample the same as an athlete who tests positive. For that reason, any athlete who refuses to sign the notification form, fails to arrive at the collection station at the designated time without justification, fails or refuses to provide a urine specimen according to protocol, leaves the collection station before providing a specimen according to protocol or attempts to alter the integrity or validity of the urine specimen and/or collection process will be treated as if there was a positive for a banned substance.

Appeal

1. If the athlete desires to appeal the results of a positive anabolic steroid test, a written request for an appeal must be received by the NJSIAA no later than 20 days after the athlete receives notification of the positive result from the NJSIAA.
2. Appeals shall be conducted according to the provisions of NJSIAA's Anabolic Steroid Testing Policy as approved by the NJSIAA Executive Committee.
3. An athlete who tests positive will not be eligible to participate in sports pending his/her appeal.

Protocol Terms

Collection Station: A controlled room or area with access to restrooms for purposes of urine specimen collection for sports anabolic steroid testing.

Collector: Member of the collection crew.

Collection Crew: The crew chief, collectors and monitors.

Crew Chief: A certified specimen collector who manages the collection station, the collectors and monitors under the direction of The National Center for Drug Free Sport, Inc.

Monitor: Member of the collection crew who is the same gender as the athlete being tested.

WADA: World Anti-Doping Agency, the certification body for laboratories testing for anabolic steroids and other drugs banned in sport.

2019-2020 NJSIAA Banned Drugs

IT IS YOUR RESPONSIBILITY TO CHECK WITH THE APPROPRIATE OR DESIGNATED ATHLETICS STAFF BEFORE USING ANY SUBSTANCE

The NJSIAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

THE INSTITUTION AND THE STUDENT-ATHLETE SHALL BE HELD ACCOUNTABLE FOR ALL DRUGS WITHIN THE BANNED DRUG CLASS REGARDLESS OF WHETHER THEY HAVE BEEN SPECIFICALLY IDENTIFIED.

Drugs and Procedures Subject to Restrictions

- Blood Doping
- Gene Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation

NJSIAA Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements, including vitamins and minerals, 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.

NOTE TO STUDENT-ATHLETES: THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST TO RULE OUT ANY SUPPLEMENT INGREDIENT. CHECK WITH YOUR ATHLETICS DEPARTMENT STAFF PRIOR TO USING A SUPPLEMENT. REMINDER: ANY DIETARY SUPPLEMENT INGREDIENT IS TAKEN AT THE STUDENT'S OWN RISK.

Some Examples of NJSIAA Banned Substances in Each Drug Class
Do NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.

Stimulants

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); Octopamine; DMBA; etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.

Alcohol and Beta Blockers

Alcohol; atenolol; metoprolol; nadolo; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents

Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs

Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues

Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens

Anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); etc.

Beta-2 Agonists

Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcuclaurine; etc.

**ANY SUBSTANCE THAT IS CHEMICALLY RELATED TO THE CLASS, EVEN IF IT IS
NOT LISTED AS AN EXAMPLE, IS ALSO BANNED! IT IS YOUR RESPONSIBILITY TO
CHECK WITH THE APPROPRIATE OR DESIGNATED ATHLETICS STAFF BEFORE
USING ANY SUBSTANCE.**

NJSIAA STEROID TESTING POLICY

FREQUENTLY ASKED QUESTIONS

On June 7, 2006, New Jersey became the first state in the nation to require steroid testing for high school athletes. The testing policy was developed by the New Jersey State Interscholastic Athletic Association (NJSIAA), a private, nonprofit association of public, parochial and private high schools that organizes high school sports in New Jersey. These frequently asked questions address common questions and concerns about the policy.

1. *How did the NJSIAA's steroid testing policy come about?*

In 2005, then-Governor Richard Cody convened a Governor's Task Force on Steroid Use and Prevention. The task force was chaired by Monsignor Michael E. Kelly, Headmaster of Seton Hall Preparatory School, and included physicians, attorneys, school administrators, coaches and athletic trainers. The task force reported the following: "According to the National Institute on Drug Abuse, 3.4% of high school seniors have used anabolic steroids at least once, and 1.9% of eighth graders admitted to trying steroids. Numerous studies have shown the use of steroids and steroid precursors to be on the upswing. Unfortunately, the compulsions to achieve a desirable body image, to succeed in athletics, or to obtain a college scholarship are strong motivators and influences. These influences cause some young people to risk their long-term health by using performance-enhancing substances as a short cut to meeting their goals." (Task Force Report, page 26.) Based on the task force's recommendations, on December 20, 2005, Governor Cody signed Executive Order 72, which directed the New Jersey Department of Education to work in conjunction with the NJSIAA to develop and implement a program of random testing for steroids.

2. *Why test for steroids?*

First, using steroids without a prescription can cause serious, adverse health effects. **Second**, using steroids and other performance-enhancing drugs can give athletes an unfair advantage over their competition, and is cheating. **Third**, testing for steroids can help deter their use among high school students. **Finally**, steroids are drugs that should be used to treat medical conditions. Possession or use of most steroids without a prescription is illegal. The NJSIAA recognizes that it will take a community-wide effort by parents, coaches, athletes, teachers and physicians to attack this growing challenge. Random steroid testing is one tool that can be used to help discourage athletes from taking steroids.

3. *What are some of the specific health problems associated with steroid abuse?*

The Governor's Task Force found that steroid abuse can result in a host of serious health problems. The following is a partial list of health problems associated with steroid abuse: severe acne, excessive hairiness in both sexes, male pattern baldness, deepening of the voice, abnormal permanent enlargement of the clitoris, loss of female body contour, altered menstrual cycling, increased libido in women, testicular atrophy, elevated blood pressure and other adverse cardiovascular effects, thickening of the blood, liver disease, increased aggressiveness, obstructive sleep apnea, enlarged breasts in men and women, impotence, blood clots, diabetes, elevated fats in the blood, premature closure of the growth plates resulting in reduction of height, migraine headaches, premature puberty and infertility.

4. *How did the NJSIAA develop its steroid testing policy?*

In early 2006, the NJSIAA staff worked with a specially-appointed "Steroid Committee" and with its Medical Advisory Committee to develop a list of banned substances and a policy for testing student athletes. The policy was formally adopted by the NJSIAA Executive Committee on June 7, 2006.

5. *What does the steroid testing policy say?*

The NJSIAA steroid testing policy states, "It shall be considered a violation of the NJSIAA sportsmanship rule for any student athlete to possess, ingest or otherwise use any substance on the list of banned substances, without written prescription by a fully-licensed physician as recognized by the American Medical Association, to treat a medical condition." **In short, use of performance-enhancing drugs by student athletes in New Jersey is considered to be cheating and will be penalized.**

6. *What is the penalty for violating the steroid testing policy?*

Any person who tests positive in an NJSIAA-administered test, or any person who refuses to provide a testing sample, or any person who reports his or her own violation, will immediately forfeit his or her eligibility to participate in NJSIAA competition for a period of one year from the date of the test. Any such person will also forfeit any individual honor earned while in violation. No person who tests positive, refuses to provide a test sample, or who reports his or her own violation will resume eligibility until he or she has undergone counseling and produced a negative test result.

7. *What is the consent form?*

Before participating in interscholastic sports, all student athletes and their parents or guardians must consent, in writing, to the random testing. Failure to sign the consent form renders the student athlete ineligible to participate in interscholastic sports until the form is signed.

8. *Who will be tested?*

Under the policy, any athlete who qualifies for a state championship tournament can be tested. This means that if a team qualifies for a state tournament, any athlete on the team can be tested, or if an athlete qualifies for a state championship in an individual sport like track and field or wrestling, that individual can be tested.

9. *When will the testing take place?*

Testing begins with the Fall, 2006 sports season. Athletes may be tested before, during or after any phase of state championship competition.

10. *How many tests will be done?*

The NJSIAA will test 500 student athletes during the 2006-2007 school year.

11. *What sports will be tested?*

Sixty percent of the tests will be from football, wrestling, track and field, swimming, lacrosse and baseball. The remaining 40% of the tests will be from any of the other NJSIAA sports.

12. *Who will administer the testing program?*

The NJSIAA has contracted with The National Center for Drug Free Sport, Inc. to administer the testing program. The National Center for Drug Free Sport is the official administrator of the NCAA drug testing program and the Minor League Baseball drug prevention program.

13. *What laboratory will test the samples?*

The NJSIAA will utilize the UCLA Olympic Analytical Laboratory to test samples from student athletes in New Jersey. The UCLA laboratory is the only laboratory in the United States that is fully accredited by the World Anti-Doping Agency.

14. *What type of test will be used?*

The test will analyze a urine sample. The NJSIAA policy does not allow for blood tests.

15. *How will athletes be selected for testing?*

Selection of the individuals to be tested will be done by the program's administrator, The National Center for Drug-Free Sport, by computer-generated random numbers.

16. *What drugs will the NJSIAA test for?*

The NJSIAA has adopted a list that includes four banned-drug classes and 87 examples of banned substances. This list is patterned after the NCAA's list of banned substances, and contains the same types of substances that are banned by the International Olympic Committee and the World Anti-Doping Agency (WADA). During the 2006-2007 school year, the NJSIAA will test for steroids, diuretics, urine manipulators, and HCG (in males). **Using any substance belonging to a banned class violates the rules of sportsmanship, can be detrimental to the student's health, and is considered cheating.**

17. *Why is caffeine on the list of banned substances?*

Caffeine is a stimulant. It is banned by the NCAA. The amount of caffeine needed to result in a positive drug test is the equivalent of drinking 12 cups of coffee over a two-hour period.

18. *Are nutritional and dietary supplements on the list of banned substances?*

No, they are not on the list of banned substances; however, all athletes must be aware that many nutritional and dietary supplements contain NJSIAA banned substances. In addition, the U.S. Food and Drug Administration does not strictly regulate the supplement industry, and therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NJSIAA test. **The use of supplements is at the student athlete's own risk.** Student athletes should contact their physician or athletic trainer for further information.

19. *How can I find more information about dietary supplements and banned substances?*

The NJSIAA has contracted with The National Center for Drug Free Sport to offer a subscription service called the "Resource Exchange Center," or "REC," to principals and athletic directors of NJSIAA member schools. The REC provides

accurate and confidential information about dietary supplements and dangerous or banned substances.

20. *What assurances are there that the results of the steroid test will be accurate?*

The NJSIAA has hired experienced professionals to collect the samples, and will utilize the top laboratory in the country to perform the tests. In addition, every urine sample will be split into an "A" and a "B" sample. If the A sample is positive, the athlete and the athlete's parents or guardian will be notified. They then have the right to have the B sample tested. No result is considered positive unless both the A and the B samples are positive.

21. *What if a student has a health condition that requires the student to take a drug that appears on the list of banned substances?*

If a test result is positive for a banned substance, the testing company will notify the NJSIAA's Medical Review Officer, who is a medical doctor with experience in the field. The Medical Review Officer will contact the student and the student's family, and, if necessary, review the student's medical records to determine whether there is any medical reason for the positive result. If the Medical Review Officer determines that there is a medical reason for the positive result, no further action will be taken and the NJSIAA will not consider the test to be a positive result.

22. *Will the results of the tests be confidential?*

Yes. Results of all tests will be considered confidential, and will only be disclosed to the individual, his or her parents, and his or her school.

23. *Can a positive result be challenged?*

Yes. If the laboratory reports that the student's sample has tested positive, and the Medical Review Officer confirms that there is no medical reason for a positive result, the student can still challenge the result by proving that he or she bears no fault or negligence for the violation. Appeals will be heard by an NJSIAA committee consisting of two members of the Executive Committee, the Executive Director or his designee, an athletic trainer and a physician. Further appeal of the committee's decision would be to the Commissioner of Education (for public school athletes) or to the Superior Court (for non-public school athletes).

24. *What happens if an athlete tests positive under a school's testing program?*

Many schools have their own drug testing programs. Some of those schools test for steroids and other performance-enhancing drugs. NJSIAA violations found as a result of a school test will be penalized in accordance with the school's policy, and will not be reported to the NJSIAA.

25. *Will a team be penalized if an individual tests positive for steroids?*

No, a team will not be penalized if an individual tests positive for steroids. The NJSIAA has decided that only the individual user will forfeit his or her eligibility.

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