



THE UNIVERSITY OF TEXAS AT DALLAS SPORTS MEDICINE

Dear Parents and Student-Athlete,

As experienced on college campuses across the country, more and more student-athletes are being treated with stimulant medications for the treatment of ADD/ADHD. The NCAA typically bans the use of stimulant medications by student-athletes, unless a medical necessity is clearly documented by the student-athlete's university. The NCAA requires that all student-athletes on stimulant medication for the treatment of ADD/ADHD provide adequate documentation of diagnosis and treatment, and proof that the student-athlete is undergoing appropriate monitoring of his/her treatment by a physician to allow for a medical exemption.

WHY IS ADD/ADHD A CONCERN? – Attention Deficit/Hyperactivity Disorder is one of the most common neurobehavioral disorders of childhood and can persist through adolescence and into adulthood. ADD/ADHD is generally diagnosed in childhood, but sometimes not until college or later. The most common medications used to treat ADD/ADHD are methylphenidate (Ritalin) and amphetamine (Adderall), both of which are banned under the NCAA class of stimulants, and using them will result in a positive drug test and loss of eligibility. In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show that he or she has undergone standard assessment to identify ADD/ADHD. Frequently, a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their teammates are benefitting from the use of these medications, and figure they should ask their team physician or family doctor to prescribe the same for them. **If they do not undergo a standard assessment to diagnose ADD/ADHD, they have not met the requirements for an NCAA medical exception.** Most colleges provide these types of assessment through their student support services or counseling and testing centers. The student-athlete should either provide documentation of an earlier assessment, or undergo an assessment prior to using stimulant medication for ADD/ADHD. If the diagnosis is ADD/ADHD, the student-athlete may then pursue treatment with the team physician or family physician for a prescription for stimulant medication, and provide all required documentation to the appropriate athletics administrator to keep on file in the event the student-athlete is selected for drug testing and tests positive. At that point, the athletics administrator will be instructed to provide the documentation for review by the NCAA medical panel, and if all is in order, the student-athlete's medical exception is granted.

The University of Texas at Dallas Sports Medicine Department is requesting specific information in order for your student-athlete to continue or begin his/her NCAA participation. This is critical for his/her participation in sports. Enclosed you will find **two things**:

- 1) A letter explaining this to your health care provider.
- 2) Guidelines and requirements for the necessary paperwork. It is quite specific in what it is asking for, and there are no exceptions. A simple statement from the prescribing physician that he or she is treating the student-athlete for ADD/ADHD with said medications **IS NOT** adequate documentation. All information highlighted in "yellow" must be completed, and all stated required documentation must be submitted with the completed form.

Please submit all required physician paperwork and test results to UTD Sports Medicine ASAP.

Thank you for your time, and your cooperation is greatly appreciated as we all try to comply with NCAA requirements. Please feel free to contact me with any questions or concerns.

Sincerely,

Josh Dreher MS, ATC, LAT, CSCS
Associate Director of Athletics for Student Services / Head Athletic Trainer
The University of Texas at Dallas
Office: (972)-883-4066
Email: tomm@utdallas.edu



**THE UNIVERSITY OF TEXAS AT DALLAS
SPORTS MEDICINE**

Dear Health Care Provider,

Your patient, a student-athlete at The University of Texas at Dallas, plans to or already participates in intercollegiate athletics at our institution. The NCAA (National Collegiate Athletic Association) requires that all student-athletes on stimulant medication for the treatment of ADD/ADHD provide adequate documentation of diagnosis and treatment to allow for a medical exemption. The NCAA typically bans the use of stimulant medications by student-athletes, unless medical necessity is clearly documented by the treating physician and the university. The University of Texas at Dallas Sports Medicine Department is requesting specific information in order for your student-athlete to continue or begin his/her NCAA participation. This information is critical for his/her participation in sports.

Enclosed you will find the outline of criteria for a letter and supporting documentation that must be submitted in order to obtain a medical exception for the NCAA. **It is quite specific in what it is asking for, and there are no exceptions.** A simple statement from the prescribing physician that he or she is treating the student-athlete for ADD/ADHD with said medications **IS NOT** adequate documentation.

In completing this paper work, you acknowledge that you have reviewed the patient's health history and have informed them at some time of the safety information regarding stimulant use as well as misuse guidelines. Please submit the enclosed form, all NCAA required documentation, consult letters, and office notes that may clarify the student-athlete's diagnosis, and the need to use stimulant medications for treatment.

This will be required annually if your patient participates in NCAA athletics and continues to require stimulant medications for their treatment.

Thank you for taking the time to do this. We greatly appreciate your assistance as we all try to comply with NCAA requirements.

Please feel free to contact me with any questions or concerns.

Sincerely,

A handwritten signature in black ink that reads 'Josh Dreher ATC, LAT'.

Josh Dreher MS, ATC, LAT, CSCS
Associate Director of Athletics for Student Services / Head Athletic Trainer
The University of Texas at Dallas
Office: (972)-883-4066
Email: tomm@utdallas.edu

Encl.

**NCAA Medical Exception Documentation Reporting Form
to Support the Diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)
and Treatment with Banned Stimulant Medication**

- Complete and maintain (on file in the athletics department) this form and required documentation supporting the medical need for a student-athlete to be treated for ADHD with stimulant medication.
- Submit this form and required documentation to Drug Free Sport in the event the student-athlete tests positive for the banned stimulant (see Drug Testing Exceptions Procedures at www.ncaa.org/drugtesting).

To be completed by the Institution:

Institution Name: _____

Institutional Representative Submitting Form:

Name _____
Title _____
Email _____
Phone _____

Student-Athlete Name _____

Student-Athlete Date of Birth _____

To be completed by the Student-Athlete's Physician:

Current Treating Physician (print name): _____

Specialty: _____

Office address _____

Physician signature: _____ Date _____

Check off that documentation representing each of the items below is attached to this report

- ☐ Diagnosis.
- ☐ Medication(s) and dosage.
- ☐ Blood pressure and pulse readings and comments.
- ☐ Note that alternative non-banned medications have been considered, and comments.
- ☐ Follow-up orders.
- ☐ Date of clinical evaluation: _____
- ☐ **Attach written report summary of comprehensive clinical evaluation. Please note that this includes the original clinical notes of the diagnostic evaluation.**

The evaluation should include individual and family history, address any indication of mood disorders, substance abuse, and previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD. Attach supporting documentation, such as completed ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores.

The evaluation can and should be completed by a clinician capable of meeting the requirements detailed above.

DISCLAIMER: The National Collegiate Athletic Association shall not be liable or responsible, in any way, for any diagnosis or other evaluation made, or exam performed, in connection herewith, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided hereunder.