



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

Dear Parents and Student-Athlete,

On the medical paperwork submitted to our department, it was indicated that you are currently taking medication for ADD/ADHD that may be classified as a banned stimulant medication under the drug testing policy of the NCAA (National Collegiate Athletic Association), and The University of Texas at Dallas.

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 physician and the 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.

The NCAA 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 University of Texas at Dallas Sports Medicine Department is requesting the following information in order for your student-athlete to continue or begin his/her NCAA participation. This is critical for his/her participation in sports.

Because you have already submitted your original paperwork, the NCAA now requires that a student-athlete submit an updated letter from the prescribing physician on file each year of their eligibility.

“This annual follow-up with the prescribing physician is the minimum standard, and that can be reflected in a letter from the physician or a copy of the medical record, with written indication of the current treatment” (NCAA Guidelines to Document ADHD Treatment with Banned Stimulant Medications). It is highly recommended that this medical record contain the date of most recent clinical evaluation, diagnosis, medication(s)/dosage, blood pressure and pulse readings and comments, a note that alternative non-banned medications have been considered and comments, and follow-up orders (see attached 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,

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

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**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.