

## **Actions as a Result of Positive Drug Tests or Alcohol and Drug Related Offenses**

Any student-athlete who tests positive for a banned substance, who refuses to submit or fails to take a required drug test as described in this policy, or is involved in an alcohol or other drug related offense, shall be subject to the sanctions listed below. Positive drug test results and alcohol or other drug related offenses are cumulative throughout a student-athlete's career at ISU. Any offenses committed prior to the student-athlete's entrance to Iowa State University will not subject the student-athlete to penalties under this policy. However, a positive Big 12 or NCAA drug test following enrollment at Iowa State will be considered a positive ISU drug test result.

### **First Offense**

The Director of Athletics or his / her designee will schedule a confidential meeting with the student-athlete and the head coach and/or position coach to review the positive drug test results or facts surrounding the alcohol or other drug related offense. The Director of Athletics or his/her designee will notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing and refer the student-athlete to the medical staff for counseling. The student-athlete will be required to attend a drug counseling assessment in order to determine what help is needed for the student-athlete. The counselor will ask the student-athlete to discuss the nature and extent of his/her involvement with prohibited drugs and/or alcohol. The counselor shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. Failing to comply with the counselor's directions for treatment will be classified as a second offense.

In addition, those athletes involved in major or other alcohol or drug related offenses (excludes positive drug tests), as defined in the previous sections, will be suspended from 10% of all regularly scheduled competitions, including post-season competition, using the traditional rules of rounding. The suspension will be calculated according to NCAA guidelines for determining medical hardships. For all sports other than Men's Golf, Women's Golf and Women's Tennis the suspension shall be from competitions during the playing season segment that concludes with the NCAA Championship in that sport. For student-athletes who compete in Men's or Women's Cross Country and Track, the suspension will be issued during the current season in which the violation occurs or the upcoming season should the violation occur between seasons. Note, Cross Country, Indoor Track and Outdoor Track are treated as separate seasons when calculating the suspension. For other multi-sport student-athletes, the suspension will be served by the student-athlete in the sport which the student-athlete receives countable financial aid.

The suspension from competition shall not include foreign tours, exhibition contests and any other special trips/competitions. If this 10% does not finish with the end of the season, the suspension will be carried over to the next sport season. The Head Coach may decide to issue a longer suspension that includes foreign tours, exhibition contests and other special trips/competitions due to more restrictive team rules and penalties.

### **Second Offense**

The Director of Athletics or his / her designee will schedule a confidential meeting with the student-athlete and the head coach and/or position coach to review the positive drug test results or facts surrounding the alcohol or other drug related offense. The Director of Athletics or his/her designee will notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing and refer the student-athlete to the medical staff for counseling. The student-athlete will be immediately suspended from participation in any intercollegiate sports at ISU based upon the guidelines stated below. The student-athlete will be required to attend a drug counseling assessment in order to determine what help is needed for the student-athlete.

The student-athlete will be suspended from 25% of all regularly scheduled competitions, including post-season competition, using the traditional rules of rounding. The suspension will be calculated according to NCAA guidelines for determining medical hardships. For all sports other than Men's Golf, Women's Golf and Women's Tennis the suspension shall be from competitions during the playing season segment that concludes with the NCAA Championship in that sport. For student-athletes who compete in Men's or Women's Cross Country and Track, the suspension will be issued during the current season in which the violation occurs or the upcoming season should the violation occur between seasons. Note, Cross Country, Indoor Track and Outdoor Track are treated as separate seasons when calculating the suspension. For other multi-sport student-athletes, the suspension will be served by the student-athlete in the sport which the student-athlete receives countable financial aid.

The suspension from competition shall not include foreign tours, exhibition contests and any other special trips/competitions. If this 25% does not finish with the end of the season, the suspension will be carried over to the next sport season. The Head Coach may decide to issue a longer suspension that includes foreign tours, exhibition contests and other special trips/competitions due to more restrictive team rules and penalties. The student-athlete will be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Director of Athletics or his/her designee.

The sanctions provided for the second offense shall also apply with respect to a refusal or failure to take a required test occurring after a first offense.

### **Third Offense**

The Director of Athletics or his or her designee will schedule a confidential meeting with the student-athlete and the head coach and/or position coach to review the positive drug test results or the facts surrounding the alcohol or other drug related offense. The Director of Athletics or his/her designee will notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing. The student-athlete will be permanently suspended from participating in any sports at ISU. Consistent with all university, Big 12 Conference and NCAA regulations, the student-athlete will be subject to cancellation of athletics financial aid for the subsequent semester, if any, in the current academic year and non-renewal of athletics financial aid for the ensuing academic year. The sanctions provided for the third offense shall also apply with respect to a refusal or failure to take a required test occurring after a second offense.

**PURCHASE ORDER NO.**

C7 72520 50

This Purchase Order number **MUST** appear on all correspondence and invoices

**IOWA STATE UNIVERSITY**

Requestor:  
COBERLEY MARK C  
Department:  
ATHLETIC DEPARTMENT

**SHIP TO:**

IOWA STATE UNIVERSITY  
JACOBSON BLDG  
AMES, IOWA 50011 1140

**BILL TO:**

IOWA STATE UNIVERSITY  
PURCHASING PAYABLES  
3617 ADMINISTRATIVE SERVICES BLDG.  
AMES, IOWA 50011-3617

NATIONAL CENTER FOR DRUG FREE  
ATTN: CINDY THOMAS  
SPORT INC  
810 BALTIMORE AVENUE #200  
KANSAS CITY, MO 64105

FET No. 42-70-0066Y  
Sales Tax No. I-85000775M  
ISU FEIN 426004224

P.O. Date	Delivery Before
08-08-2006	06-30-2007

TERMS NET 30		F.O.B. DESTINATION		QUOTATION *- SEE BELOW		DATED	
ITEM NO.	QUANTITY	U/M	DESCRIPTION	UNIT PRICE	TOTAL		
CONTRACT ORDER TO COVER THE PERIOD OF 07-01-2006 TO 06-30-2007.							
FOR DRUG TESTING SERVICES. PRICING AS FOLLOWS:							
- BASIC SPORTS PANEL (BSP) - \$22/SAMPLE							
- BSP W/EPHEDRINE (BSPE) - \$26/SAMPLE							
- SMART 4 PANEL - \$26/SAMPLE							
- SMART 4 PANEL W/EPHEDRINE - \$30/SAMPLE							
- SMART STEROID PANEL - \$50/SAMPLE							
- FULL ANABOLIC STEROID PANEL - \$100/SAMPLE							
* INCLUDE YOUR F.E.I.N. NUMBER ON ALL INVOICING.							
* ISU CANNOT GUARANTEE A MINIMUM VOLUME COMMITMENT, NOR SHOULD ANY DOLLAR AMOUNT BE INTERPRETED AS ANTICIPATED REVENUE OR EXPENSES BY ISU.							
001	1	Each	*	10,000.00	\$	10,000.00	
				*****	PO TOTAL	\$	10,000.00
***** FOR ISU USE ONLY *****							
Account Number		Amount		Account Number		Amount	
210 02 09 00 0035		10,000.00					

Inquiries regarding this order should be directed to: **08-08-2006**  
CINDY BAAS 515 294-4793 cjbaas@iastate.edu  
If this order is shipped F.O.B. origin, prepay and add freight to your invoice.  
See reverse side for complete terms and conditions.

IOWA STATE UNIVERSITY  
OF SCIENCE AND TECHNOLOGY  
A.W. MEYER, DIRECTOR OF BUSINESS AFFAIRS  
BY \_\_\_\_\_  
Director of Purchasing



Department of Intercollegiate Athletics  
Jacobson Athletic Building  
1800 South Fourth Street  
Ames, Iowa 50011-1140  
515 294-3662  
cyclones.com

March 15, 2007

Nate Carlisle  
550 S. 500 East  
Apartment 15  
Salt Lake City, Utah 84102

Dear Mr. Carlisle,

Please find enclosed materials related to your request of March 5, 2007. In those correspondences, you asked for the following: (1.) sports played by athletes who tested positive for a banned substance; (2.) substances tested for since 2004; and (3.) substances for which athletes tested positive.

Our institution does not wish to identify the individuals who tested positive as disclosing that information would violate state and/or federal laws. Because of the small sample sizes involved, we will not share the information requested in items (1.) and (3.) as we feel it could lead to the identification of the students who tested positive.

As for item (2.), I've enclosed the list of the NCAA's banned substances list for 2006-07. To get a similar list for prior years, you may wish to contact the NCAA directly. Iowa State University has tested for:

- Amphetamine / Methamphetamine / Ecstasy - since 2004
- Cocaine metabolites - since 2004
- Marijuana Metabolites - since 2004
- Ephedrine - since 2005

Thanks for your interest in our program.

Sincerely,

Steve Malchow  
Senior Associate Athletics Director

## NCAA Banned-Drug Classes 2006-2007

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

### Bylaw 31.2.3. Banned Drugs

The following is a list of banned-drug classes, with examples of substances under each class:

#### (a) Stimulants:

amiphenazole	methylenedioxymethamphetamine (MDMA, ecstasy)
amphetamine	
benzphetamine	methylphenidate
bromantan	nikethamide
caffeine <sup>1</sup> (guarana)	pemoline
chlorphentermine	pentetrazol
cocaine	phendimetrazine
cropropamide	phenmetrazine
crothetamide	phenetamine
diethylpropion	phenylpropranolamine (ppa)
dimethylamphetamine	picROTOXINE
doxapram	pipradol
ephedrine	prolintane
(ephedra, ma huang)	strychnine
ethamivan	synephrine (citrus aurantium, zhi shi, bitter orange) and related compounds
ethylamphetamine	The following stimulants are not banned:
fencamfamine	phenylephrine
meclofenoxate	pseudoephedrine
methamphetamine	

#### (b) Anabolic Agents:

<u>anabolic steroids</u>	
androstenediol	norandrostenediol
androstenedione	norandrostenedione
boldenone	norethandrolone
clostebol	oxandrolone
dehydrochloromethyl- testosterone	oxymesterone
dehydroepiandrosterone (DHEA)	oxymetholone
dihydrotestosterone (DHT)	stanozolol
dromostanolone	testosterone <sup>2</sup>
epitrenbolone	tetrahydrogestrinone (THG)
fluoxymesterone	trenbolone and related compounds
gestrinone	<u>other anabolic agents</u>
mesterolone	methandienone
methyltestosterone	methenolone
nandrolone	clenbuterol

#### (c) Substances Banned for Specific Sports:

Rifle:

alcohol	pindolol
atenolol	propranolol
metoprolol	timolol
nadolol	and related compounds

#### (d) Diuretics:

acetazolamide	hydrochlorothiazide
bendroflumethiazide	hydroflumethiazide
benzhiazine	methyclothiazide
bumetanide	metolazone
chlorothiazide	polythiazide
chlorthalidone	quinethazone
ethacrynic acid	spironolactone
flumethiazide	triamterene
furosemide	trichlormethiazide and related compounds

#### (e) Street Drugs:

heroin	tetrahydrocannabinol (THC) <sup>3</sup>
marijuana <sup>3</sup>	

#### (f) Peptide Hormones and Analogues :

corticotrophin (ACTH)
human chorionic gonadotrophin (hCG)
leutenizing hormone (LH)
growth hormone (HGH, somatotrophin)
insulin like growth hormone (IGF-1)

All the respective releasing factors of the above-mentioned substances also are banned:

erythropoietin (EPO)	sermorelin	darbypoetin
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#### (g) Definitions of positive depends on the following:

- <sup>1</sup> for caffeine-if the concentration in urine exceeds 15 micrograms/ml.
- <sup>2</sup> for testosterone-if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
- <sup>3</sup> for marijuana and THC-if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

### 31.2.3.4.1 Drugs and Procedures Subject to Restrictions

The use of the following drugs and/or procedures is subject to certain restrictions and may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:

- (a) **Blood Doping** – The practice of blood doping (intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.
- (b) **Local Anesthetics** – The Executive Committee will permit the limited use of local anesthetics under the following conditions:
  - (1) That procraine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine;
  - (2) That only local or topical injections can be used (i.e. intravenous injections are not permitted); and
  - (3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.
- (c) **Manipulation of Urine Samples** – The executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration.
- (d) **Beta 2 Agonists** – The use of beta 2 agonists is permitted by inhalation only.
- (e) **Additional Analysis** – Drug screening for select nonbanned substances may be conducted for nonpunitive purposes.