



# CEDAR SPRINGS PUBLIC SCHOOLS DISTRICT ATHLETIC HANDBOOK & CODE OF CONDUCT

## Contact Information

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Athletic Department is located at the Cedar Springs High School

## WELCOME

To the Student Athlete:

Being a member of a Cedar Springs Public School Athletic Team is both an honor and a privilege. We hope you will enjoy your time in practice and on the playing field and that the experiences you have will serve you well.

The rules outlined in this Code of Conduct, which include the athletic handbook and athletic penalties are intended as a guide to being a successful athlete. As a student athlete, you are expected to understand and abide by these rules which have been adopted by the Cedar Springs Public Schools Board of Education. If you have any questions, it is important you meet with your school's athletic director before continuing, to clarify your understanding of the expectations of Cedar Springs Public Schools.

**Responsibilities to yourself:** The most important responsibility is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities, as well as in sports, help to prepare you for your life as an adult.

**Responsibility to your school:** Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, our community and other communities judge our school by the conduct and attitudes of our teams and athletes on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Cedar Springs Public Schools cannot maintain its reputation as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are building a personal reputation and contributing to the reputation of your school. You will have an opportunity to put into practice the universal values and conducts addressed in the "purpose" of this document. Among these are honesty, integrity, loyalty and respect for others.

**Responsibilities to others:** As a team member you bear a responsibility to your family. When you know that you have lived up to all of your commitments, that you have practiced with great enthusiasm, and that you have played the game to the best of your ability, you maintain your self-respect and your family can be proud of you.

John Norton, Athletic Director

## **ATHLETICS**

Cedar Springs is a member of the OK Conference – White Division. Division Schools: Cedar Springs, Forest Hills Central, Forest Hills Northern, Greenville, Lowell, Northview, and Ottawa Hills.

### **INTRODUCTION**

This handbook is designed for students and parents to help define the role of athletics in Cedar Springs Public Schools. The purpose of this athletic handbook is threefold:

1. to help you understand our athletic philosophy.
2. to help you understand our athletic objectives.
3. to help you understand our athletic regulations.

As an athlete or parent representing Cedar Springs Public Schools and its communities, you must fully understand the responsibilities that accompany this privilege. Your actions, attitude and desire will reflect first and foremost on you. Second, it will reflect on your family, your team, school and community.

Your coaches and school athletic department want to help you be successful and make the most of your high school opportunities.

### **Philosophy of Athletics**

Athletics are part of the total educational program of the Cedar Springs Public Schools. We realize not everyone can be a team member, but we do realize everyone can benefit from the program. The criteria upon which our program is judged is as follows:

1. Interscholastic participation is a privilege, not a right and must be earned.
2. Participation in interscholastic athletics is for those that have physical skills appropriate for the respective sport.
3. Success of the program is not necessarily determined by the win/loss record.
4. School and community values should be evident throughout the program.
5. The school community is identified by the publicity generated through the athletic program.
6. The coaching staff, athletes, student body, and adult followers should never act in a manner that would be detrimental to the name of Cedar Springs Public Schools.

### **Objectives of Athletics**

An athletic program must have objectives to be meaningful. These objectives are applicable for all levels. The objective should be consistent with its philosophy and the educational objectives of Cedar Springs Public Schools.

The Cedar Springs Athletic Program is dedicated to the following objectives within available means:

1. Provide all athletes with the best teaching and coaching personnel possible.
2. Provide all athletes with the best facilities and equipment possible.
3. Provide the opportunity for all athletes to participate in the best interscholastic program possible.
4. Provide all spectators an opportunity to identify with and support the interscholastic teams of Cedar Springs.
5. Provide all athletes an opportunity to grow physically, mentally, and emotionally through participation in the athletic program.

### **The Goals of Athletic Participation**

The ultimate goal of every athlete is to become a more effective citizen in our society. This can be realized by achieving the goals through athletic participation.

**YOU LEARN TEAM WORK** – To work with others in society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. You accomplish this by placing the team and its objectives higher than your personal desires.

**YOU LEARN TO BE SUCCESSFUL** – Our society is very competitive. You will not always win, but you will succeed when you continually strive to do so.

**YOU LEARN TO BE A GOOD SPORT** – You must learn to humbly accept success. You must also learn to accept defeat knowing that you've done your best. You must constantly strive to treat others as you would have them treat you. Through participation in athletics, you must develop positive social traits. Some of these traits worth mentioning are: emotional control, honesty, cooperativeness, and dependability.

**YOU LEARN TO ENJOY ATHLETICS** – Students are involved in athletics for many reasons, including the enjoyment derived from participating. It is hoped that you will learn to enjoy this period in your life and appreciate your personal rewards.

**YOU MUST LEARN DESIRABLE HEALTH HABITS** – To be an active, contributing citizen, it is important to obtain and maintain a high degree of physical fitness through exercise and good health habits. Your participation in athletics should demonstrate to you the importance of good health habits. It is hoped that you will have developed a desire to maintain this level of physical fitness after formal competition has been completed.

### **Sportsmanship**

It is important to both our school and our community that Cedar Springs' athletic teams and spectators (adults as well as students) show good sportsmanship at all times. Please review the following suggestions for future considerations.

1. A student or adult spectator represents his/her school the same as the athlete.
2. The good name of the school is more valuable than any game won by unfair play.
3. Recognize and show appreciation of fine play or good sportsmanship on the part of the opponent.
4. Accept decisions of officials without dispute.
5. Advocate that any spectator or athlete who continually demonstrates poor sportsmanship be excused from the athletic program.

### **Conduct of an Athlete**

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in the following areas at all times.

1. Students and parents are reminded that the school rules and regulations as set forth in the student handbook are the basis for dealing with all student related matters. The Athletic Code of Conduct is to be viewed as an addition to the high school handbook and is intended to deal with the behavior and conduct of the student athlete.

2. On and off the field of competition, your conduct should be beyond reproach at all times. You are expected to be role models in the community, and you will be held to a very high standard of conduct.
3. The way we act and look on campus is of great importance. Athletes should be leaders and fellow students should respect and follow them.
4. The use of school equipment is important. We are committed to purchasing the best at all times. If you destroy or steal equipment, then you are taking from yourself and teammates. Each athlete is financially responsible for all equipment checked out at replacement cost.
5. Any athlete removed from a team for disciplinary reasons will not be allowed to try out for another team during the same season. (Example: wrestling to basketball).
6. Any athlete cut from a team shall be able to try out for another team during that season.
7. Quitting is a very serious matter! Student athlete who chooses not to fulfill a commitment must meet with the athletic director and coach before trying out for another sport during that season or any other.

Being a student athlete carries with it a great responsibility. Not everyone is fortunate enough in his/her life to participate in athletics. Since you are afforded this opportunity, you will be expected to observe these guidelines while participation in our athletic programs.

#### **General Information**

1. There may be occasions when you will have a conflict of responsibilities. We suggest the following set of values to aid you in determining your prime responsibilities.
  - a) home and family responsibilities
  - b) academic responsibilities
  - c) athletic responsibilities
  - d) all other social and school responsibilities
2. Athletes who have not turned all equipment in from one sport will not be eligible for any future sports participation, either practice or games, until the equipment has been accounted for or the school district reimbursed.
3. To participate in an athletic contest/practice or performance, an athlete must be in school for the entire day. Any deviations to this rule (i.e. doctor's appt. /college visit) must be cleared by the principal or athletic director prior to the absence. Extenuating circumstances will be dealt with by administration on a case-by-case basis. Failure to pre-excuse your absence could result in missed practice/competition on that day.
4. Students who have been suspended from school for disciplinary reasons (example: skipping school, fighting, smoking, etc.) are not to practice or participate in athletic competition of any kind until they are reinstated in school and have met with the athletic director and his/her coach.
5. No student may practice or participate on any athletic team without a physical and a signed concussion parent/athlete acknowledge form on file in the athletic office.
6. No student athlete will be allowed to return to practice or to an athletic contest if they had been treated by a medical professional for an injury until they have a written release signed by a medical professional.
7. No athlete can begin practice or tryouts for any sport in a school year unless they have a completed physical on file (after April 15 of the previous year). Additionally, no child may begin practice or tryouts for a sport without having fulfilled their financial commitments to the athletic office for the previous year (Athletic Fee).

8. All student-athletes are expected to abide by Board Policy 2431D as it relates to banned drugs based on bylaw 31.2.3 of the National Collegiate Athletic Association. The following is a list of banned-drug classes, with examples of substance under each class (see the end)
9. All Cedar Springs athletes are expected to depart and/or return on the team bus for all away contests if it is provided by the district. Not all events will have transportation and parents are responsible for securing transportation for their child.
10. Communication throughout the athletic department should be complete and thorough. It is suggested that the following pattern of communication be used to avoid misunderstandings.
  1. Player > Coach
  2. Parent > Coach
  3. Player/Parent > coach > athletic director

\*Communication should always be conducted in a mature and productive manner.

\*Timing is everything – communication should always be avoided immediately after a contest. Emotions are usually running high and communication is often nonproductive.

### **MHSAA Eligibility**

1. Age – High School students become ineligible if they reach their nineteenth birthday before September 1 of the current school year. (Fourteen for 7th Grade and Fifteen for 8th Grade)
2. Enrollment – Students must be enrolled in school prior to the fourth Friday after Labor Day (1st semester) or the fourth Friday in February (2nd semester)
3. Semesters of enrollment – Students cannot be eligible in high school for more than 12 semesters, and the tenth, eleventh and twelfth must be consecutive.
4. Academic Records – Students must have passed at 66 percent of a full credit load potential for a full time student for the previous semester of enrollment, and must be currently passing the same.
5. Transfer Students – A student in grades 9-12 who transfers to another high school is not eligible to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one or more of 15 published exceptions. Students and parents anticipating a change of schools should first seek advice from their high school administration.
6. Undue Influence – The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.
7. Limited Team Membership – After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport in the same season. Exceptions include all individual sports, which apply the rule from the point of a student's first participation in a contest or scrimmage, rather than practice. Students in individual sports may participate in a maximum of two non-school individual meets or contests during the school season while not representing their school.
8. All-Star Competition – Students shall not compete at any time in any sport under the MHSAA jurisdiction in all-star contests or national championships, regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a maximum period of one year of school enrollment. See the AD if you have any questions on whether your event is considered "all-star" competition.
9. Awards and Amateurism – Students cannot receive money or other valuable consideration for participating in MHSAA-sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA Handbook. Students may accept, for participating in MHSAA-sponsored sports, a symbolic or merchandise award, which does not have a value over \$25.

10. Physical Examination – Students must have on file, in the school’s office, a physician’s statement for the current school year (after April 15), certifying that he/she is physically able to compete in athletic practices and contests.

### **Cedar Springs High School Athletic Eligibility**

All students must do or complete the following requirements in order to participate in an in-season practice or contest:

1. Athletic Physical/Permission Form

All students must have completed and turned into the Athletic Department Office a completely filled out Athletic Physical/Permission Form dated after April 15 of the previous school year. A completely filled out form includes:

- family information – student’s name, address, birth date, etc.
- physical card – doctor’s assessment of athlete’s health and appropriate signature
- emergency information – contact information and treatment consent authorization

2. Transfer Students

All transfer students from another high school must meet with the athletic director and verify eligibility before he/she can become a member of a team.

### **Cedar Springs High School Academic Eligibility**

Weekly – Final weekly grade monitoring will be conducted by the athletic department on Friday of each week. Any student who receives one (1) F on their weekly check will be placed on probation for one week (Monday through the next week Saturday). Any student who has been on probation for one week and at any point the remainder of the semester receives one (1) F on their weekly check in the same class, will be placed ineligible for one week (Monday through the next week Saturday). They do not have to be consecutive weeks. You get one probationary week each semester.

All athletes will be notified and a summary of the weekly check will be forwarded to all in-season coaches and the athletes teachers. Teachers will be required to have grades updated by 3:00 p.m. on Wednesday and will be encouraged to report on any athlete who is struggling or having behavior problems. All students will be encouraged to arrange with staff members extra study sessions before school, at lunch or after school.

Semester Requirements – Cedar Springs High School requires that all students must have earned credit in five (5) out of six (6) classes from the previous semester to be eligible for the current semester. In addition, Cedar Springs High School requires that all students attain a minimum C- (1.67) grade point average in the previous semester in order to be eligible for the current semester. If a student fails to meet these requirements they will become ineligible or the next semester

Appeals Process - for extenuating circumstances . . . a student may submit an appeal. A committee (Athletic Director, High School Principal and Counselor) will review all applicants.

Students/Parents have the right to appeal the 1.67 GPA (rounded to the nearest hundredth) rule their academic ineligibility if they have passed 5 out of the 6 classes. Students who have sub 1.67 GPAs will be notified. Letters of appeal from the parent or guardian should be turned in to the high school principal or the athletic director within two (2) weeks of the semester ending. There is no appeal allowed for the passing 5 out of 6 class requirement.

## **TRAINING RULES and VIOLATIONS**

1. Training rules are in effect from the first day of fall athletic practice of their freshman year, until the end of his/her athletic career and are enforced 365 days a year.
2. Middle School student athletes are subject to the same penalties as High School student athletes.
3. Students entering high school will begin with a clean slate.

The penalties for violations of the training rules are as follows:

1st OFFENSE—30% of the regularly scheduled games or contest dates of that sport(s).

Self-reporting clause: In an attempt to encourage honesty, any student athlete who self-reports an athletic code violation prior to an investigation and is helpful with any follow-up to that incident, will have their first offense penalty reduced to 20% of the regularly scheduled games or contest dates of that sport(s).

2nd OFFENSE—60% of the regularly scheduled games or contest dates of that sport.

3rd OFFENSE—Dismissal from the athletic program for the remainder of that students high school career.

1. If less than the required percentage of games is left during the season in which the infraction occurs, the remainder of the penalty will carry over to the next season in which the student participates.
2. During the period of suspension, unless an athlete has been suspended from school, the individual or individuals are required to practice every night and to be in attendance at all contest dates during this period on the bench as a spectator not dressed in uniform and/or given a task assigned by the coach.
3. For any athlete who is found to have possessed or used alcohol or drugs, it is strongly recommended to seek counseling.
4. The number of contest dates to be missed by an athlete in violation of the training rules is calculated by taking the number of contest dates or meets scheduled and multiplying by the percentage factor of the violation. Calculations which end in .4 or below are rounded down, .5 are rounded up.
5. Any athlete that does not complete the season in good standing will forfeit all rights and privileges to be part of the team (including served suspension time) and rights to any previously earned awards. (Letter, Certificates, etc.)
6. Regularly scheduled games do not include any post-season MHSAA Tournament games.

Any student-athlete with a pending felony charge is ineligible from participation in all sport contests until the legal matter is settled.

When the issue has been resolved in the courts, further discipline action will be taken if needed. If it is found that a student-athlete is guilty of a felony, that student-athlete is ineligible from Cedar Springs Athletics for the next three sport seasons (fall, winter, spring) from the date of the conviction.

### **Substance Abuse Regulations**

An athlete shall not be in possession of, use, sell, distribute, or be under the influence of illicit controlled substances. The possession, use, sale, or distribution of substance abuse paraphernalia is also prohibited. Illicit controlled substances include alcohol in any form; illegal drugs, including but not limited to those substances defined as “controlled substances” under Federal or Michigan law; tobacco in any form; drugs which are not lawfully prescribed, including steroids or imitation controlled substances or “look-alike” drugs. For the purpose of this policy, vapes are treated the same as tobacco.

Although tobacco may be legally purchased and used by 18-year olds, and alcohol may be legally consumed in other countries, its purchase or use by Cedar Springs' student athletes is prohibited.

Possession by an athlete is defined as the student athlete becoming part of a situation where alcohol or drugs are illegally present or being used. If a student athlete recognizes they are present in this type of an environment, they are expected to make arrangements to leave the situation immediately, or face the consequences of their actions.

### **Conduct Unbecoming an Athlete**

Conduct in and out of school shall be such that to bring no discredit to the athletes, parents, school, or team. Any conduct considered unbecoming an athlete will fall under the same training rule violations as the substance abuse policy. Examples of conduct unbecoming an athlete are as follows, the list not being inclusive: stealing, retail fraud, abusing/destroying/defacing school property, any felony convictions, disrespect for authority, and persistent classroom misconduct.

### **General Conduct Regulations**

Any cases of general misconduct by an athlete on or off the athletic field not deemed conduct unbecoming will be dealt with on a case-by-case basis and decisions regarding athletic suspensions will rest with the athletic director and high school principal.

### **Disqualification Guidelines**

Any athlete who is ejected/disqualified from an athletic contest will be subject to the following penalties:

1st Offense – Suspended from the next date of competition (per MHSAA).

2nd Offense – Suspended from the next two (2) dates of competition.

3rd Offense – (and any subsequent offenses) – Violation for Conduct Unbecoming an Athlete.

### **Training and Disciplinary Violation Procedure**

1. School employees such as school board members, administration, teachers and coaches, who witness an offense, shall have power to inform the athletic director in writing so that disciplinary action in accordance with the established procedure can take place on the violation. Police notification, police reports, and court records may also be utilized.
2. All acts of violation of training rules and disciplinary action shall be given to the athletic director in writing and dated by the person witnessing the violation. Violations must be reported to the athletic director within 30 days (exception: police notification) after the violation occurs and all penalties served within 365 days of the reported date or the penalty is dropped. The athletic director will then have 30 days to act following notification. The order of appeal for disciplinary action will be as follows: athletic director, high school principal, superintendent, school board and follow due process (see page 14).
3. Court convictions for violation of the training rules and conduct not becoming an athlete will serve as justification for suspension in accordance with the athletic handbook. The athletic director will have 30 days after publication of the court notice.
4. The athletic director, principal, and superintendent reserves the right to review the record of any athlete who consistently violates training rules for more drastic and far reaching disciplinary action.

5. The athletic director, principal, and superintendent has power of suspension for reasons not specifically identified.
6. All the above training rules have a carry over from year to year. Training rules also apply during summer months. The training rules are the minimal standards which are to be adhered to by Cedar Springs High School athletes. But, any coach may implement his/her own training rules and regulations which go above and beyond the minimum standards previously stated. These rules must be approved by the athletic director and given in writing to the athletes and their parents.

All training rule violations must be served as consecutive athletic contests which will include any and all post season competition as defined in Regulation 1, Section 12, of the M.H.S.A.A. Handbook.

### **Spectator Guidelines**

All spectators are expected to behave in a proper manner when attending athletic events. Any student, parent, or fan who behaves in a manner not acceptable to the administration of the event will be removed from that contest and is subject to denied entry to any Cedar Springs Athletic events for a period of up to one year.

### **ATHLETIC INSURANCE**

The Board of Education recognizes the need for insurance coverage for injuries to students caused by accidents occurring in the course of attendance at school and participation in the athletic and co-curricular programs of the schools. Therefore, at the beginning of each school year, the Board shall offer parents the opportunity to participate in group accident insurance at the expense of the parents.

The Superintendent shall recommend suitable and qualified insurance carriers and notify all parents of their availability. This information will be available on the school website ([www.csredhawks.org](http://www.csredhawks.org)). Should you need assistance in getting, or locating this information, please contact Central Office, or the Athletic Department directly at 696-9080.

The school district will provide parents the opportunity to purchase athletic insurance coverage. Sign up forms are available online, the athletic office, or the school office. The policy is designed for parents with no insurance protection or those that wish to use it as a supplement to their family insurance. Registration and payment must be made during the first week of the fall season.

### **POTENTIAL DANGERS IN ATHLETIC PARTICIPATION**

Parents and student athletes should fully understand and appreciate the risk of serious personal injury associated with participation in the educational sports' program provided by the Cedar Springs Public Schools. Participation in school athletics involves flying objects, swift movement of bodies which many times are airborne, and unavoidable collisions.

Athletic activities are hazardous and taking part in such activities is calculated risk-taking on the part of the student athlete and parents. It is also understandable, that to many young adults, the potential benefits exceed participation and offer stimulating adventure that satisfies the student athlete's desires for competition, strenuous effort, and creative activity. Reducing injuries to a minimum without subtracting from this adventure is a continuous goal of our coaching and administration staff.

## **PARTICIPATION FEES**

Since 2003, the Board of Education has supported a participation fee for students to be involved in the athletic program. This fee is expected to be paid prior to the first contest date of the school year for each student. This fee allows students to participate in as many athletic activities as they desire. These fees are subject to change on a year-to-year basis pending recommendations from the athletic office and support from the Board of Education.

## **NCAA/NAIA ELIGIBILITY**

Any Athlete who is considering participating in college athletics must be NCAA and NAIA eligible. Make sure you check with the Athletic Department and your guidance counselor about your eligibility.

## **Cedar Springs High School Athletic Activities/Clubs**

The Cedar Springs Public Schools provides a well-rounded program of athletic activities. For the 2018-2019 school year, the athletic department will offer varsity participation and athletic competition in 19 sports and 4 clubs (bold) as well as many lower level activities. These activities (and their respective levels) are as follows:

### **Title IX**

1. The Cedar Springs Public Schools does not discriminate on the basis of race, color, national origin, sex (including sexual orientation or transgender identity), disability, age, religion, military status, ancestry, or genetic information (collectively, "Protected Classes") in its programs or activities.

The following person has been designated to handle inquiries regarding the nondiscrimination process: Frank Verhoven, Human Resource Department, 204 E. Muskegon Street, Cedar Springs, MI 49319, (616) 696-1204.

2. Annual Title IX reports are available on the District website.

Fall	Winter	Spring
Football (V/JV/FR)	Boys Basketball (V/JV/FR/MS)	Baseball (V/JV)
Girls Volleyball (V/JV/FR/MS)	Girls Basketball (V/JV/FR/MS)	Softball (V/JV)
Boys Soccer (V/JV)	Wrestling (V/JV/MS)	Boys Track (V/JV/MS)
Boys X-Country (V/JV/MS)	Competitive Cheer (V/JV/MS)	Girls Track (V/JV/MS)
Girls X-Country (V/JV/MS)	Boys Bowling Club (V/JV)	Girls Tennis (V/JV/MS)
Boys Tennis (V/JV/MS)	Girls Bowling Club (V/JV)	Boys Golf (V/JV)
Girls Golf (V/JV) Hockey Co-Op (V)		Girls Soccer (V/JV)
Sideline Cheer (V/JV)		
Equestrian Club (HS/MS)		

The main difference between a varsity sport and club sport is that club sports are non-funded and/or non MHSAA sponsored sports. These programs are offered only if an approved adult volunteer can be found to oversee and run the program in conjunction with the athletic department and there are enough student athletes to field a competitive squad. Fundraisers may be done to help offset costs in the sport, but these must be approved by the athletic department prior to commencement. Also, club sport participants do not have to pay the athletic participation fee for their sport; these athletes will be sharing in the costs of their sport already. Club sport participants will still need to pay the school's Athletic Fee if they participate in a school sport in addition to a club.

All student-athletes, whether on a varsity (or lower level) sport team or club sport must still adhere to our athletic department guidelines and athletic code of conduct. This includes:

1. No student may participate on any athletic team/club without a signed athletic physical and a concussion parent/athlete acknowledge form on file in the athletic office.
2. No student may participate on any athletic team/club until they have met the academic requirements of the MHSAA and the Cedar Springs Public Schools.
3. All student-athletes must adhere to the training rules of the athletic code adopted by the Cedar Springs Public Schools or serve the penalties for each violation.
4. Participation awards and letters will be provided to all varsity, lower level, and club sports from the athletic department. Coaches must supply a list to the athletic department at the end of the season for all athletes that qualified for an award.

### **BANNED DRUGS**

The Department of Community Health will periodically distribute the district with the list of banned drugs based on bylaw 31.2.3 of The National Collegiate Athletic Association. This information is available on the school website and is posted in each locker room.

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

#### **A. Stimulants**

amiphenazole	methylenedioxymethamphetamine
amphetamine	(MDMA, ecstasy)
bemigrade	methyphenidate
benzphetamine	nikethamide
bromantan	pemoline
caffeine1(guarana)	pentetrazol
chlorphentermine	phendimetrazine
cocaine	phenmetrazine
cropropamide	phentermine
crothetamide	phenylpropanolamine (ppa)
diethylpropion	picrotoxine
dimethylamphetamine	pipradol
doxapram	prolintane
ephedrine strychnine (ephedra, ma huang)	synephrine (citrus aurantium, zhi shi, bitter orange)
ethamivan	
ethylamphetamine	and related compounds.
fencamfamine	
meclofenoxate	
methamphetamine	

#### **B. Anabolic Agents:**

anabolic steroids	methyltestosterone
androstenenediol	nandrolone
androstenedione	norandrostenediol
boldenone	norandrostenedione
clostebol	norethandrolone
dehydrochlormethyl- testosterone	oxandrolone

dehydroepiandrosterone (DHEA)	oxymesterone
dihydrotestosterone (DHT)	oxymetholone
dromostanolone	stanozolol
epitrenbolone	testosterone <sup>2</sup>
fluoxymesterone	tetrahydrogestrinone (THG)
gestrinone	trenbolone
mesterolone	and related compounds
methandienone	methenolone      clenbuterol

C. Substances Banned for Specific Sports:

Rifle:

alcohol	pindolol
atenolol	propranolol
metoprolol	timolol
nadolol	and related compounds

D. Diuretics:

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

E. Street Drugs:

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

F. Peptide Hormones and Analogues:

corticotrophin (ACTH)  
human chorionic gonadotrophin (Hcg)  
luteinizing 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      darbepoetin