

## I. PURPOSE:

Villanova University is committed to maintaining an environment that encourages student-athletes participating in intercollegiate athletics and club sports to avoid the abuse and/or illegal use of alcohol, as well as the unauthorized use of controlled substances and performance affecting drugs. Systematic drug testing is instrumental in helping to ensure the health, safety and welfare of our student athletes, while also promoting fair competition in intercollegiate athletics. This testing helps to identify student-athletes who are improperly using drugs and see that they receive the proper assistance, guidance and resources that will protect them from harming themselves or others. This policy includes but is not limited to any prohibited substance belonging to any class of banned substances listed as prohibited by the NCAA (see [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety)). This policy supplements the University's Policy on Drug-Free Schools. It is hoped that this program will help the men and women who participate in intercollegiate athletics or club sports to be better students and athletes and more able to make individual, informed, and intelligent decisions with respect to drug and alcohol usage, both now and in the future.

To these ends, the program has several components. The education program is designed to discourage the student-athlete from alcohol abuse and experimentation with drugs and to minimize the risk of drug abuse and drug dependency. In addition, the program is designed to train student-athletes to recognize and intervene with other student-athletes who may have a drug or alcohol problem. As a means of deterring student-athletes from drug usage, which may affect their ability to perform safely and/or fairly and may harm themselves and others, all intercollegiate and club sports participants will be subject to year-round random drug testing. In addition, student-athletes may be tested for drugs at the time of their pre-season physical, and entire teams may be tested from time to time at the University's discretion. The University may also require testing of a student-athlete or an entire team in connection with any NCAA-certified post season games or tournament play. Lastly, the accurate and reliable testing for reasonable suspicion of drug use will act as both a deterrent and a screen to detect illicit drug usage. University detected usage will result in the sanctions hereafter outlined.

## II. SELF REFERRALS

A student-athlete who voluntarily approaches the Athletics Director or other designated athletics administrators to report his or her use of a banned substance, prior to a University request for the student-athlete to be available for testing, will be accorded confidentiality and professional help. A voluntary request for assistance will result in therapeutic treatment without loss of grant in aid or participation on the team, provided the student-athlete agrees to and completes the terms of his/her rehabilitation. Such will however, be counted as a first positive test result in the event of a subsequent positive test result.

A student-athlete who voluntarily asks for assistance but does not follow the terms of his/her rehabilitation will be sanctioned according to Section VI herein.

## III. POLICY

The unauthorized or illegal use of anabolic steroids, stimulants, diuretics, performance affecting drugs, marijuana, cocaine, amphetamines, and any other substance proscribed by

federal or state law, or banned by the NCAA, or the abuse or illegal use of alcohol by a member of an intercollegiate athletic or club team at Villanova University is expressly prohibited, regardless of whether such use or abuse occurs before, during, or after the team's competitive season. Banned drugs, in the context of this Policy Statement, include those drugs listed by the NCAA as amended from time to time (see [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) and the Resource Exchange Center (REC) website at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)) as well as addendum attached.

The unauthorized use of banned drugs or abuse/illegal use of alcohol constitutes an abuse of the privilege of practicing for and representing Villanova University in intercollegiate athletic or club sport competition. Such unauthorized use or abuse will result in sanctions, including but not limited to suspension or dismissal from intercollegiate or club sports teams, loss of the student-athlete's grant-in-aid, a permanent prohibition against competition in the intercollegiate or club sports programs at Villanova University, suspension, or expulsion from Villanova University, and/or any other sanction deemed appropriate at the discretion of Villanova University.

All student-athletes engaged in an intercollegiate athletic or club sport program shall participate in a drug and alcohol education program and shall be subject to year-round random testing as described in this policy. In addition, should a University Committee deem there be reasonable suspicion that a particular student-athlete is using or abusing alcohol or other drugs, said student-athlete shall provide urine specimens to the appropriate official within the University. This sample shall be subject to analysis by a certified professional testing laboratory to determine a student-athlete's use of the proscribed and/or banned substances.

Each student-athlete shall, prior to participating in any sport, acknowledge in writing that he or she has received, read, and understands a copy of this Policy Statement, and shall consent to participation in the alcohol and drug education program, as well as consent to University year-round team and individual drug testing, NCAA-related drug testing, and year-round drug testing based upon reasonable suspicion that a student-athlete may have been abusing proscribed and/or banned drugs. The program is designed to protect the confidentiality of data and to assure that information regarding individual student-athletes will not be transmitted to individuals except as set forth in this policy.

#### IV. TESTING PROCEDURES

##### A. Random Testing

If, at the time of the pre-season physicals, the University chooses to use its discretion to randomly test student-athletes, a team, or any portion thereof, the test will be administered by the Athletics Department in conjunction with the physicians and trainers who are conducting the pre-season physicals.

The University may in its discretion choose to test an entire team at any time or from time to time. In addition, student-athletes will comply with mandatory drug testing in the event that the student-athlete or the athletic team may or shall be participating in an NCAA-certified post season game or tournament play.

Student-athletes selected at random shall be required to participate in drug testing on dates selected by the University at any time, announced or unannounced, whether in season or out of season. Club teams may also be subject to random testing. A random selection may be weighted more heavily or lightly by sport or by team position at the discretion of the University.

#### B. Reasonable Suspicion Testing

In addition to the above described random testing program, if Villanova University has a reasonable suspicion that a particular student-athlete has been abusing banned substances, the University may mandate that the student-athlete be tested.

**Reasonable Suspicion** for purposes of this policy means that a quantum of knowledge sufficient to induce an ordinarily prudent and cautious person under the circumstances to believe prohibited activity is at hand. Specific and discernible facts which may be accompanied by logical deductions must be present. Vague or unspecified hunches are insufficient. Examples of reasonable suspicion may include but are not limited to:

1. direct observation by coaches, athletic trainers, or physicians involving suspicious medical symptomatic changes inherent to suspected substance abuse.
2. frequent, unexplained absenteeism.
3. significant changes in behavior.
4. suspicious conduct obvious to a reasonable person.
5. abnormal behavior obvious to a reasonable person.
6. previous positive drug test.
7. evidence reported from a reliable third party.
8. physical evidence pointing to drug abuse.
9. possession of drug paraphernalia.
10. excessive withdrawal or isolation
11. reported drug-related activities by the Department of Public Safety or local law enforcement.

The decision to test an individual student-athlete under the reasonable suspicion standards rests entirely with members of the University Drug Advisory Committee, hereafter referred to as the Committee for reference in this document. The Committee is comprised of the Dean of Students or (designee), the Athletics Director, (or designee), the team physician, the Director of Counseling Center (or designee), the General Counsel (or designee), the Sport Administrator, and the Associate Athletics Director for Sports Medicine. In the event that it is not feasible or not all Committee members are immediately available to serve, the Committee may make its determination with any 3 of the named Committee members. If the Committee decides to test a particular individual student-athlete, the Director of Athletics (or designee) shall notify the student-athlete. The student-athlete will be advised of the designated time and location for the submission of the urine sample. Coaches shall be notified of the Committee decision to test any student-athlete.

The University shall use a certified and/or accredited drug testing laboratory, which shall have appropriate procedures in accordance with the suggested guidelines established by the

NCAA for member institution drug testing. These procedures shall be in place regarding the collection of samples, the security of samples, the retention of samples for re-testing, and the validity of laboratory and testing results. Specimen drug testing, and all appeals taken therefrom, shall be performed by certified lab technicians using gas chromatography-mass spectrometry (GCMS), which is one of the most reliable tests available for drug detection. The University may in its discretion utilize other testing methods in addition to a urine test in any situation under this policy where drug testing is permitted.

Administration of Testing: The Athletic Training Staff works cooperatively with the Athletic Drug Advisory Committee to supervise the drug screening and collection of samples. The Athletic Training Staff collects from each student athlete a signed copy of the consent form to participate in the Villanova Drug Testing Program. The Director of Sports Medicine (DOSM) will contact the contracted testing agency to monitor and collect urine during the testing procedure.

## V. TEST VERIFICATION AND APPEAL FROM A POSITIVE TEST

Student-athletes who test positive for a banned substance by the testing agency retained by the University may, within 2 business days of notification of a positive laboratory finding, contest the finding, request a test verification and appeal. Requests shall be sent in writing by the student-athlete and received by the Athletics Director or his/her designee.

1. The student-athlete, having had his/her A sample test positive for a banned substance, may have the Athletics Director formally request the testing agency retained by the University to perform testing on specimen B to confirm the presence of a banned substance.
2. Specimen B findings will be final, subject to the results of any appeal.
3. If specimen B findings are negative, the drug test will be considered negative.
4. Should the B sample produce a positive result, the Athletics Director shall provide the student-athlete with the names of laboratories determined by the University to be certified and capable of analyzing urine samples for the presence of proscribed/banned drugs. The student-athlete may authorize the transmission of his/her urine sample from the laboratory retained by the University to any one of the other laboratories identified on the list provided by the Athletics Director within 2 business days of receipt of the list.
5. If the laboratory so selected by the student-athlete presents to the Athletics Director a finding that the student-athlete does not have banned drugs in his/her urine sample, the Athletics Director must rely upon those test results and shall conclude that the student-athlete's urine does not contain proscribed/banned drugs.
6. The Committee may in its discretion impose a sanction during the period a student-athlete is contesting a laboratory finding or during the period where a student-athlete presents mitigating circumstances to the Committee during the appeal process (that is before final disposition).
7. In the case of an appeal, the student-athlete may submit evidence to the Committee to refute the confirmed positive result. On appeal, the student-athlete will have the

burden of establishing his/her defense by clear and convincing evidence. **However, it shall NOT be a basis for appeal solely that the student-athlete unwittingly used a product that contained a banned substance, but it may be raised as a mitigating circumstance in a request to modify sanctions under Section VI. (E).** The proceedings shall be confidential. The final decision by the Committee regarding the sanctions to be imposed is final and no further appeal can be taken.

8. The final sanctions authorized by this policy shall not be imposed until one or more of the following conditions is met:
  - a. the Committee has held a hearing on the appeal filed by the student athlete, or
  - b. the Committee and the student-athlete have mutually agreed upon a disposition prior to the hearing, or
  - c. the student-athlete has withdrawn the appeal in writing, or
  - d. the time for the student-athlete to appeal has expired.

## VI. POSITIVE TEST SANCTIONS

### A. Positive test Defined:

A positive test is defined as a test which indicates, in the opinion of the outside credible private laboratory performing the testing, that the student-athlete has used a prohibited substance or controlled substance based on traces of that substance detected in the student-athlete's urine specimen. A drug screening test will also be considered positive if it is discovered by the outside laboratory that the provided urine sample has been altered, tampered with or foreign substances have been added to the sample in an effort to destroy or disguise traces of prohibited substances. A drug screening test will also be considered positive if the student-athlete refuses to take the test, or attempts to alter or substitute their specimen by any additional means. (see section VII)

A student-athlete whose urine is found to contain banned drugs, alcohol, or medications (as defined above) **without a valid prescription**, during the course of his or her matriculation at Villanova University will meet with the Athletics Director or designee, and sport administrator to review the positive test, discuss the penalty and procedures, and define what the student-athlete must do next. He/she will be subject to the following:

### B. First Positive Test Sanctions

If, as a result of mandatory drug testing under this Policy, a student-athlete's urine is found to contain proscribed/banned drugs or substances, the student-athlete will meet with the Athletics Director or designee, and/or Sport Administrator, and/or his/her coach to review the test results. Also, the student-athlete's (parent(s) or guardian) and coach may be notified of the test results. In addition, the University may notify the team physician, Director of Student Health Center, Dean of Students, Assistant Dean of Students for Alcohol and Drug Prevention, Director of the Counseling Center, members of the Committee, and/or others deemed necessary by the Committee. As a result of a positive test, the Athletics Director may **impose sanctions at his/her discretion, including but not limited to suspension from practice and/or competition**

**and or community service. The student-athlete, however, will retain his/her eligibility and scholarship provided he/she abides by any/all conditions set forth by the University Counseling Center and the Athletics Department pertinent to the student's rehabilitation which will include additional testing.** Should a subsequent retest as a condition of a first positive drug test reveal the confirmation of the continued use of a controlled substance, the sanctions set forth below under Second Positive Test Sanctions will apply. Evidence of a positive test will constitute reasonable suspicion for further testing.

#### C. Second Positive Test Sanctions

If, as a result of a second positive drug test under this policy, a student-athlete's urine is found to contain proscribed/banned drugs or substances, the student-athlete will meet with the Athletics Director or designee, and/or Sport Administrator, and/or the coach to review the test results. Also, the student-athlete's (parent(s) or guardian) and head coach will be notified of the test results. In addition, the University may notify the team physician, the Director of Student Health Center, the Dean of Students, Assistant Dean of Students for Alcohol and Drug Prevention, the Director of the Counseling Center, members of the Committee, and/or others deemed necessary by the Committee. As a result of a second positive test, the student-athlete **will be suspended from his/her team immediately, and will be prohibited from representing Villanova University in intercollegiate athletic or club sport competition for at least one year from the date of the positive test (that is the date the urine sample was first taken). In addition, all athletically-related grant-in-aid will cease at the earliest possible date consistent with the Bylaws and Constitution of the National Collegiate Athletic Association.**

**In order for the student-athlete to remain eligible for future participation in intercollegiate athletics or clubs at Villanova, he/she must abide by any/all conditions set forth by the University Counseling Center and the Athletics Department pertinent to the student-athlete's rehabilitation which will include additional testing. After a period of one year (365 days) from the date of the second positive test, the student-athlete may request the Committee to restore his/her athletics eligibility.** Should a subsequent retest as a condition of a second positive drug test reveal the confirmation of the continued use of a controlled substance, the sanctions set forth below under Third Positive Test Sanctions will apply.

#### D. Third Positive Test Sanctions

Any student-athlete who tests positive for a third time will be subject to **permanent cancellation of athletics eligibility and the permanent cancellation of athletic-related grant-in-aid.**

#### E. Mitigating Circumstances

A student-athlete may present evidence of mitigating circumstances to the Committee which at its discretion may modify the sanctions set forth in this Section VI.

## F. Opportunity for a Hearing

If a student-athlete loses his or her athletic eligibility or athletically-related grant-in-aid as a result of testing positive, he or she will be granted an opportunity for hearing by the appropriate University officials as determined by the University and in accordance with NCAA rules and regulations.

Note: All student athletes are still subject to the NCAA drug testing program and any student athletes who test positive during an NCAA drug test will face the penalties that are prescribed by that governing body as outlined by the NCAA. **It should be understood that an NCAA positive drug test counts as a violation in the Villanova Drug Testing Program but the reverse is not true.** For additional information and resources you may access the NCAA website at [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) and the Resource Exchange Center (REC) website at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec).

## VII. REFUSAL TO PARTICIPATE

All student-athletes are required to comply fully with the drug-testing program created by this policy.

- a. Student-Athletes who refuse to participate in the mandated educational program will lose their eligibility for intercollegiate or club sports.
- b. Those who refuse to execute the drug testing form, refuse to be tested or fail to report for testing without adequate explanation as determined by the Committee may be subject to those sanctions associated with a first, second or third positive test, or they may lose their athletics eligibility and/or athletics financial aid and/or may be subject to further University sanctions as outlined in the University Code of Student Conduct.
- c. A failure to provide an adequate sample within a reasonable period of time, may result in a suspension of eligibility until the student-athlete provides an appropriate sample. If, under the report of the sample collector, the failure to provide a urine sample occurs under circumstances that amount to a refusal to provide a sample, the failure will be treated as a positive test.
- d. A student-athlete found to have tampered or in any way interfered with the protocol for collection of his or her sample, shall be considered to have tested positive and subject to further University sanctions.

## VIII. DECLARATION OF SUBSTANCES

Any declaration of substance being taken by a student-athlete at the time of the drug test, must be made and written on the intake form prior to the taking of the drug test. If the student-athlete is taking prescription medication, notification must be provided to the team trainer, and a copy of the prescription must be given to the trainer to be placed in his/her confidential file in the Office of Sports Medicine.

Note: The NCAA Medical Exception Policy further requires that those student-athletes being treated for ADHD (Attention Deficit Hyperactivity Disorder), in addition to placing a copy of the

prescription on file, must also submit documentation on file that confirms the student-athlete has undergone clinical assessment for diagnosis and is being monitored for this condition.

Student athletes will execute the requisite HIPAA form granting authorization to the Department of Sports Medicine to hold this medical information on file and in confidence for this purpose only.

## IX. AMENDMENTS

This policy may be amended from time to time at the discretion of the Committee. Amendments will be distributed to all student-athletes in advance of their implementation. No amendments will be applied retroactively, if such application will adversely affect a student-athlete's right to prior notice of standards of conduct and discipline.

### ADDENDUM

The following is the list of banned drug classes as identified in NCAA Bylaw 31. This list is subject to changes. Complete information is available in the Villanova University Athletics Office, and may also be obtained at <http://www.ncaa.org/health-safety> and [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec).

#### a. Stimulants

amiphenazole	methylene-dioxymethamphetamine [MDMA (ecstasy)]
Amphetamine (Adderall)	methylphenidate
bemigrade	nikethamide
benzphetamine	octopamine
bromantan	pemoline
caffeine <sup>1</sup> (guarana)	pentetrazol
chlorphentermine	phendimetrazine
cocaine	phenmetrazine
cropropamide	phentermine
crothetmide	phenylpropanolamine (ppa)
diethylpropion	picrotoxine
dimethylamphetamine	pipradol
doxapram	prolintane
ephedrine (ephedra, ma huang)	strychnine
ethamivan	synephrine (citrus aurantium, zhi, shi, bitter orange)
ethylamphetamine	and related compounds
fencamfamine	
fenfluramine	
meclofenoxate	
methamphetamine	

Methylphenidate (Ritalin)	
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b. Anabolic Agents

Anabolic steroids:	methyltestosterone
androstenediol	nandrolone
androstenedione	norandrostenediol
boldenone	norethandrolone
clostebol	oxandrolone
dehydrochloromethyl-testosterone	oxymesterone
dehydroepiandrosterone (DHEA)	oxymetholone
dihydrotestosterone (DHT)	Stanozolol
Dromostanolone	testosterone <sup>2</sup>
epitrenbolone	
etiocholanolone	
fluoxymesterone	tetrahydrogestrinone (THG)
gestrinone	Trenbolone
mesterolone	and related compounds
methandienone	

Other anabolic agents:

clenbuterol

c. Substances banned for specific sports:

Rifle:	metoprolol	propranolol
alcohol	nadolol	timolol
atenolol	pindolol	and related compounds

d. Diuretics and Other Masking Agents:

acetazolamide	finasteride flumethiazide	probenecid quinethazone
bendroflumethiazide	furosemide	Spirolactone (canrenone)
benzthiazide	Hydrocholorthiazide	triamterene
bumetanide	hydroflumethiazide	trichlormethiazide
chlorothiazide	methyclothiazide	and related compounds
chlorothalidone	metolazone	
ethacrynic acid	polythiazide	

e. Street drugs:

heroin

marijuana  
THC (tetrahydrocannabinol)

f. Peptide hormones and analogues:

corticotrophin (ACTH)  
growth hormone (HGH, somatotrophin)  
human chorionic gonadotrophin (hCG)  
insulin-like growth factor (IGF-1)  
luteinizing hormone (LH)  
*All the respective releasing factors of the above-mentioned substances also are banned.*  
erythropoietin (EPO)  
darbepoetin  
sermorelin

g. Anti-estrogens:

anastrozole  
clomiphene  
formestane  
tamoxifen  
and related compounds

h. Beta-2 Agonists:

bamuterol  
formoterol  
salbutamol  
salmeterol

i. 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- an adverse analytical finding (positive result) based on any reliable analytical method (e.g. IRMS, GCMS, CIR) which shows the testosterone is of exogenous origin or if 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.

NOTE: information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password ncaa1. It is your responsibility to check with your athletics staff before using any substance.**

