



UIL Anabolic Steroid Testing Questions and Answers



Program

Q: What is an anabolic steroid, and for what substances will the program test?

A: Anabolic steroids are any steroid as described in section 481.104 of the Texas Health and Safety Code. The UIL Anabolic Steroid List includes the substances listed below which meet the description of anabolic steroid contained in section 481.104 of the Texas Health and Safety Code. The Anabolic Steroid List is posted on the UIL web site.

UIL Anabolic Steroid List

| | |
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| androstenediol | methandrostenolone |
| androstenedione | methenolone |
| boldenone | methyltestosterone |
| chlorotestosterone (4-chlortestosterone) | mibolerone |
| clostebol | methandriol |
| dehydrochlormethyltestosterone | nandrolone |
| dehydroepiandrosterone (DHEA) | norandrostenediol |
| dihydrotestosterone (DHT) | norandrostenedione |
| dromostanolone | norethandrolone |
| drostanolone | oxandrolone |
| epitrenbolone | oxymesterone |
| ethylestrenol | oxymetholone |
| fluoxymesterone | stanolone |
| formebulone | stanozolol |
| gestrinone | testolactone |
| mesterolone | testosterone* |
| methandienone | tetrahydrogestrinone (THG) |
| methandranone | trenbolone |
| | and any substance, such as a compound or metabolite, that is chemically or pharmacologically related to testosterone, other than an estrogen, progestin, or corticosteroid, and promotes muscle growth |

* For testosterone the definition of positive depends on an adverse analytical finding (positive result) based on the methods listed in section 1.2 which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition. Student-athletes who provide a urine specimen with a T/E of greater than 6:1 may be subject to additional tests to determine if the T/E ratio is elevated due to exogenous use of testosterone or due to a physiological or pathological condition.

Q: Will student-athletes be tested for recreational drugs and/or alcohol?

A: No. As required by law, student-athletes will only be tested for the substances listed on the UIL Anabolic Steroid List. The law does not allow testing for other substances.

Q: Are nutritional and dietary supplements or vitamins on the list of Anabolic steroids?

A: No, they are not on the list of anabolic steroids; however, student-athletes must be aware that nutritional and dietary supplements could contain or be contaminated with anabolic steroids. In



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addition, the U.S. Food and Drug Administration does not strictly regulate the supplement industry, and therefore purity and safety of nutritional and dietary supplements cannot be guaranteed. Contaminated supplements could lead to a positive anabolic steroid test. The use of supplements is at the student-athlete's own risk. Student-athletes and interested individuals with questions or concerns about these substances should consult their physician for further information.

Student athletes must be aware that they are responsible for everything they eat, drink and put into their body. Ignorance and/or lack of intent are not acceptable excuses for a positive anabolic steroid test result.

Q: Who is going to administer the steroid testing program?

A: The National Center for Drug Free Sport, Inc. has been selected to conduct the UIL Anabolic Steroid Testing Program.

For more information on Drug Free Sport please visit www.drugfreesport.com

Q: Where can a student-athlete find up-to-date, confidential and accurate information on dietary supplements and dangerous or banned substances?

A: The National Center for Drug Free Sport, Inc. has partnered with the UIL to provide an easily accessible resource designed to answer questions about its drug-testing program, banned substances and inquiries about dietary supplements. The Resource Exchange Center (REC) is a service solely dedicated to making sure participants are provided with up-to-date, confidential and accurate information on dietary supplements and dangerous or banned substances.

The REC is available 24 hours a day seven days a week by calling the UIL hotline or by logging into the REC and entering the assigned password.

The web address for The Resource Exchange Center (REC) is: www.drugfreesport.com/rec

The password to the REC for the Texas State High Schools: **texashs**

The toll free number to the REC for the UIL: **877-733-1135**

All correspondence with the REC can be done so anonymously, and will be kept confidential. Questions received by the REC will be answered within 24 hours of submission during regular business hours.

Q: Who is subject to the testing program?

A: All student-athletes in the 9th, 10th, 11th and 12th grades at UIL member high schools are subject to UIL statewide testing. Selection of student-athletes will be based upon a random selection process.

Q: How many tests will be conducted and how many schools will be involved?

A: The UIL has been directed to test a statistically significant number of student-athletes in grades 9-12 at approximately 30% (400) of UIL member high schools. The selection process of schools and student-athletes will be random.

Q: What if a student-athlete, or the student-athlete's parents/legal guardians do not wish the student-athlete to be randomly selected for testing?



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A: As required by law, each academic year the student-athlete and his/her parents/legal guardians shall sign a form prescribed by the UIL in which the student-athlete and his/her parents/legal guardians consent for the student-athlete, if randomly selected, to be tested for the presence of anabolic steroids prohibited by the UIL in their body. Failure to complete and sign the form shall result in the student-athlete's ineligibility for participation in UIL athletic activities.

Q: Will different numbers of students be tested at different schools (1A-5A)?

A: Yes. The larger the school's classification/enrollment, the higher the number of student-athletes at that school that will be randomly selected for testing.

Q: What type of test will be used?

A: The test will analyze a urine specimen.

Q: Will the results of the tests be confidential?

A: Yes. By law, results of an anabolic steroid test are confidential and, unless required by court order, may be disclosed only to the student-athlete and the student-athlete's parent and the activity directors, principal, and assistant principals of the school attended by the student-athlete.

Q: How should schools handle open records or other requests for anabolic steroid testing program results?

A: According to section 33.091 (e) of the Texas Education Code and section 1.6 of the UIL Anabolic Steroid Testing Program Protocol:

Results of an Anabolic Steroid test conducted under this program are confidential and, unless required by court order, may be disclosed only to the Student-athlete and the Student-athlete's Parent and the activity directors, principal, and assistant principals of the School attended by the Student-athlete.

It is recommended that any request for records and/or information pertaining to the Anabolic Steroid Testing Program filed with your school or school district be referred to local school legal counsel for consideration as it relates to this section of the Education Code, the Family Educational Rights and Privacy Act (FERPA), and/or other relevant law.

Processes

Q: How are schools and student-athletes selected for testing?

A: Both schools and student-athletes are randomly selected by a double blind random selection process conducted by Drug Free Sport and approved by the UIL.

Q: How much notice will a school receive that they have been randomly selected for Anabolic steroid testing?

A: The school will be officially notified of the anabolic steroid testing event a minimum of twenty-four (24) hours (1 business day) but no more than forty-eight (48) hours (2 business days) before the day of testing by Drug Free Sport.

Q: What is the UIL Anabolic Steroid Testing Student-Athlete Listing Form?

A: The UIL Anabolic Steroid Testing Student-Athlete Listing Form is the document, available for download as an Excel file from the UIL web site, on which the Member School Representative will



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provide an accurate and current list of all student-athletes in grades 9-12 at their high school. Drug Free Sport will randomly select student-athletes for testing from this list.

Q: When should the Member School Representative complete the UIL Anabolic Steroid Testing Student-Athlete Listing Form?

A: The UIL Anabolic Steroid Testing Student-Athlete Listing Form should be downloaded from the UIL web site and created by the Member School Representative at the beginning of the school year and should be updated, at least, on a monthly basis. There should be only one UIL Anabolic Steroid Testing Student-Athlete Listing Form per school, and it should be updated only by the designated Member School Representative throughout the school year.

Q: When and to whom should the UIL Anabolic Steroid Testing Student-Athlete Listing Form be submitted?

A: Upon notification that their school has been selected for testing (which will be a minimum of 24 hours (1 business day) and a maximum of 48 hours (2 business days) prior to the testing date), the UIL Member School Representative will be required to provide an accurate and current list of all student-athletes in grades 9-12 participating in UIL athletic activities at the UIL member school to Drug Free Sport for student-athlete random selection.

The Member School Representative will be required to submit the list within the time frame specified by Drug Free Sport in their notification. The school is required to utilize the UIL Anabolic Steroid Testing Student-Athlete Listing Form.

Q: What happens if my school inadvertently omits a student or students from the UIL Anabolic Steroid Testing Student-Athlete Listing Form?

A: Failure to provide an accurate and complete listing of all student-athletes in grades 9-12, whether intentional or unintentional, could subject the school in question to the range of penalties in section 27 of the UIL Constitution and Contest Rules.

Q: How will a school that has been randomly selected for testing know what student-athletes will be subjected to the tests?

A: Upon arrival at the randomly selected school, the testing crew chief will provide the Member School Representative with a list of the randomly selected student-athletes for anabolic steroid testing. The randomly selected student-athletes will be notified of and scheduled for anabolic steroid testing by a UIL member school representative.

Q: How far in advance are the student-athletes selected for testing notified?

A: The student-athletes are notified immediately before they are required to report to the collection station. There is no advance notice of anabolic steroid testing given to student-athletes.

Q: What happens if a randomly selected student-athlete is absent from school on the day of an anabolic steroid test?

A: If the absence is an excused absence, there would be no problem. Randomly selected student-athletes who do not appear for testing for reasons other than an excused absence will be treated as if there was a positive test result for an anabolic steroid and subject to applicable penalties as described in 3.2 of the UIL Anabolic Steroid Testing Program Protocol.



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Q: What if a student-athlete has an academic obligation (test, presentation, etc.) during the time they are selected for anabolic steroid testing?

A: The crew chief may release a student-athlete to meet such obligations only after appropriate arrangements for having the student-athlete tested have been made and documented by the crew chief. Randomly selected student-athletes who are excused from the collection station prior to providing a complete specimen and do not return to complete the process, shall be subject to a return test by the contractor.

Q: What happens if a student-athlete refuses to be tested for anabolic steroids?

A: A student-athlete who refuses to submit to testing after random selection will be treated as if they have a positive test result and shall be subject to the appropriate penalty as described in 3.2 of the protocol.

Q: Who is present while a student-athlete is being tested for an Anabolic steroid?

A: Only a crew member of the same gender as the student-athlete and the student-athlete being tested may be present in the rest room while the student-athlete is being tested for an anabolic steroid. The student-athlete will be allowed to enter the stall and close the door for privacy during the voiding process.

Q: What constitutes a complete specimen?

A: In order to have a complete specimen, the student-athlete must provide approximately 90 ml of urine that meets the temperature, specific gravity and pH values outlined in the UIL Anabolic Steroid Testing Program Protocol.

Q: What happens if the specimen does not meet the requirements for testing?

A: If the specimen does not meet the requirements for testing mentioned in the protocol, the student-athlete will discard the specimen. The student-athlete must remain in the collection station until another specimen is provided.

Q: Will the student-athlete being tested receive any paperwork after the completion of testing process?

A: The client (the Member School Representative for that school) will receive a copy of the Custody and Control Form (CCF) used as part of the specimen collection process for each student-athlete tested. The school MSR can provide a copy of the CCF to the student-athlete if requested.

Q: How long will it take for the school and the student-athlete to receive test results?

A: Negative results will be received by the Member School Representative within seven business days of receipt at the laboratory. Positive results on specimen A will be received by the Member School Representative within ten days of receipt at the laboratory.

Penalties

Q: What is the penalty for a positive result on an anabolic steroid test?

A: Any student-athlete found to be positive for an anabolic steroid (report of confirmation of positive result on specimen B) for the first time, or who refuses to submit to testing after random selection, shall be suspended for thirty (30) school days of competition in all UIL athletic activities. Prior to



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eligibility restoration, a student-athlete must undergo an exit anabolic steroid test and receive a negative result.

Upon a report of confirmation of a second positive specimen B anabolic steroid test result during his/her high school participation, or upon a refusal to submit to testing after random selection of a student-athlete who has previously been subjected to the first positive test penalty, a student-athlete shall be suspended from all UIL athletic contests for one (1) calendar year. Prior to eligibility restoration, a student-athlete must undergo an exit anabolic steroid test and receive a negative result.

Upon a report of confirmation of a third positive specimen B anabolic steroid test result during his/her high school participation, or upon a refusal to submit to testing after random selection of a student-athlete who has previously been subjected to the first and second positive test penalties, a student-athlete shall be suspended from all UIL athletic contests for the remainder of his/her high school career at any UIL member school.

The UIL will cover the cost for the first exit anabolic steroid test for purposes of eligibility restoration for the penalties above. Any subsequent exit test(s) for purposes of eligibility restoration are conducted at the expense of the school, student-athlete or the family of the student-athlete. Only anabolic steroid tests conducted by Drug Free Sport will be considered for the purposes of this program.

Q: What does the penalty mean by 30 school days of competition?

A: It means that a student-athlete who is subject to penalty will serve his/her penalty during the competitive season. Penalties for positive anabolic steroid tests will not be served during a student-athlete's off-season activities.

Q: Are practices included in the penalty?

A: No. The penalty for a positive anabolic steroid test only applies to athletic competition, not practice. Student-athletes would be allowed to practice while serving his/her penalty. The penalty would not apply to any non-athletic activities in which the student-athlete is involved.

Q: If, during the penalty time frame there is an event (competition) on a day when there is no school (weekend, holiday, etc.), is the student-athlete serving a penalty eligible to participate?

A: No. The penalty time frame is inclusive of all holidays and weekends. If competitions fall within the penalty time frame, the student-athlete would not be eligible for participation in those competitions.

Q: How does the penalty affect a multi-sport athlete?

A: If a student-athlete's penalty extends beyond the end of one competitive season, the remaining portion of that penalty would be served at the beginning of competition of the next UIL athletic activity in which that student-athlete participates.

Q: What if a student-athlete who is subject to a penalty for a positive anabolic steroid test transfers to another UIL member school?

A: Should a student-athlete who is subject to penalty for a positive anabolic steroid test transfer to another UIL member school, the sending school Member School Representative is required to notify the receiving school that the student-athlete in question has tested positive for an anabolic steroid and inform the receiving school of the length of the applicable penalty for that student-athlete.

Q: Can a school or school district have stricter penalties for a positive test than the UIL penalty?



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A: For the purposes of the UIL Anabolic Steroid Testing Program, a school may only enforce the penalty structure outlined by the UIL. If a UIL member school has an anabolic steroid testing program of their own, and a student-athlete tests positive under that program, they may enforce whatever penalty structure is outlined in conjunction with their testing program, and that local penalty may be stricter than the UIL penalty.

Q: What happens if a student-athlete tests positive under a school's testing program?

A: Many schools have their own drug testing programs. Some of those schools test for steroids and other performance-enhancing drugs. Violations found as a result of a school test will be penalized in accordance with the school's policy.

Q: Will a team be penalized if a student-athlete tests positive for an anabolic steroid?

A: No, a team will not be penalized if an individual tests positive for an anabolic steroid. Penalties are specific to the student-athlete and not the school or the team.

Appeals

Q: If a student-athlete tests positive for an anabolic steroid, is there an appeal process?

A: Yes. An appeal of a positive anabolic steroid test result must be initiated by the filing of a properly completed UIL Anabolic Steroid Testing Program Appeal Form. (Appeal Form) by the student-athlete, his/her parent or the school. The completed Appeal Form must be received by the UIL office not later than three (3) business days after notification by telephone to the parent of the student-athlete and the MSR of the Specimen B positive finding. (Telephone notification to the student-athlete and his/her parent and the MSR, will be confirmed subsequently by confidential letter.) As part of the Appeal Form, the student-athlete and his/her parents must agree to waive confidentiality of the test results and any other documents and information relevant to the appeal in favor of UIL and persons such as employees of Drug Free Sport, members of the testing crew, the laboratory and other persons that UIL determines are necessary to conduct the appeal.

Appeals may only be based upon alleged errors in the collecting, testing and analysis of the Specimen that, if true, would materially affect the test result. The alleged errors that form the basis of the appeal must be clearly stated in the Appeal Form. No other allegations or issues will be considered on appeal. There is no appeal concerning a medical exception.

The school may only appeal if the student athlete or his/her parent waives their right to confidentiality and the Student-athlete and his/her Parent do not object to the appeal.

Q: How will a student-athlete be informed of the appeal process for a positive test result?

A: If a positive result is confirmed on specimen A, Drug Free Sport will contact the parent by telephone as soon as possible and notify them of the positive finding in reference to Specimen A and that Specimen B will be tested. The telephone contact will be followed by a letter (marked "confidential"), which will be mailed to the parent. A UIL Positive Anabolic Steroid Test Appeal Form (see section 9.0 below) will be included with this mailing.

For student-athletes who have a specimen B positive finding, Drug Free Sport will contact the parent and the UIL member school's representative by telephone as soon as possible and notify each of the specimen B positive finding and of the ability to appeal the finding, the process for filing the appeal and refer them to the Appeal Form previously mailed.



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Q: If a student-athlete files an appeal, how long will the appeal process take?

A: Refer to sections 9.4 and 9.5 of the UIL Anabolic Steroid Testing Program Protocol for information on the policies regarding the scheduling and process for the appeal process.

Q: Will a student-athlete have to serve his/her penalty during the appeal process?

A: Yes. The filing of an appeal does not suspend imposition of the penalty. Upon notice of a positive Specimen B test, the school must enforce the penalty applicable to the student-athlete who is the subject of the appeal as referenced in section 3.2 UIL Anabolic Steroid Testing Program Protocol. The penalty may only be lifted upon exhaustion of the appeals process and a finding in favor of the student-athlete.

Eligibility Restoration

Q: How does a student have eligibility restored after completing his/her penalty for a positive test result?

A: Student-athletes who are ineligible for athletic contests as a result of a positive anabolic steroid test must be tested by Drug Free Sport and receive a negative result in order to qualify for eligibility restoration. In all circumstances, only tests conducted by Drug Free Sport will be accepted.

Student-athletes who are ineligible for athletic contests as a result of a first positive anabolic steroid test finding may request the mandatory exit anabolic steroid test no earlier than the 20th school day of the suspension.

Student-athletes who are ineligible as a result of a second positive anabolic steroid test finding may request the mandatory exit Anabolic steroid test no earlier than the eleventh month of the suspension.

The Member School Representative shall submit a request for an Exit Test to Drug Free Sport upon the request of the suspended student-athlete. The student-athlete is not required to make such request until they choose to do so, regardless of whether this is a first or second positive test.

Upon receiving the request for the exit test, Drug Free Sport shall determine the date that the Student-athlete will be tested.

Q: Is there a fee for an exit test for a student-athlete who has served a penalty for a positive test?

A: The UIL will cover the cost for the first exit anabolic steroid test for purposes of eligibility restoration for the penalties above. Any subsequent exit test(s) for purposes of eligibility restoration are conducted at the expense of the school, student-athlete or the family of the student-athlete. Only anabolic steroid tests conducted by Drug Free Sport will be considered for the purposes of this program.

Contact the UIL office for information on the fee for any exit test not paid for by UIL.

Q: Who can pay for the exit test required to restore eligibility?

A: The student-athlete, the student-athlete's family or the UIL member school the student-athlete represents may cover the expense of the exit test required to restore a student-athlete's eligibility.



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Q: If an exit test comes back with a positive result, is the student-athlete subject to the next highest penalty?

A: Not automatically. Only if an exit Anabolic steroid test shows ‘new use’ of an Anabolic Steroid, including, but not limited to, a different Anabolic Steroid from the previous positive test, an increased level of the same Anabolic Steroid, or show continuing use of the same Anabolic Steroid from the previous positive test, would the student-athlete in question be subject to the next highest penalty as outlined in section 3.2 of the protocol.

Q: What constitutes a second positive test?

A: A student-athlete could be selected for testing more than one time during his/her high school career. As such, a student-athlete who tests positive his/her freshman year and tests positive again if selected in his/her junior year would have a second positive test.

Also, if a student-athlete who has a first positive test is found to have ‘new use’ of an anabolic steroid on his/her exit test as mentioned above, that would be considered a second positive test.

Exceptions

Q: Are there any exceptions that would allow a student who tests positive for an anabolic steroid to be exempt from any penalties?

A: A student-athlete or his/her parent may request a medical exception for use of an anabolic steroid either (1) prior to being selected for testing for Anabolic Steroid testing, or (2) after being informed of a positive result for Specimen A. See section 8.10 of the UIL Anabolic Steroid Testing Program Protocol for the specific processes involved for requesting a medical exception.

Q: How can a student-athlete file for a medical exception?

A: A student-athlete may file a request for a Medical Exception on the official UIL Request for Medical Exception Form that will be available for download on the UIL web site.

Q: On what basis can a medical exception be granted?

A: If the student-athlete’s physician can provide a documented medical history demonstrating the need for the use of an Anabolic Steroid a medical exception may be granted. A documented medical history refers to medical records provided by a licensed practitioner with prescriptive authority documenting that an anabolic steroid was dispensed, prescribed, delivered and administered for a valid medical purpose in the course of professional practice.

Q: How long will it take for the Medical Review Officer to make a decision on granting or denying a medical exception?

A: The Medical Review Officer will make a decision regarding a medical exception within one week (5 business days) of receiving all required documentation needed to make a final decision.

Q: Can the Medical Review Officer’s decision be appealed?

A: No. The Medical Review Officer’s decision regarding a medical exception is final and cannot be appealed.