

Cornell College Sports Medicine Department

NCAA Attention Deficit Hyperactivity Disorder (ADHD) Guidelines

Criteria for letter from prescribing Physician to provide documentation to the Athletics Department/Sports Medicine staff regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit Hyperactivity Disorder (ADHD), in support of an NCAA Medical Exception request for the use of a banned substance.

The following must be included in supporting documentation:

- Student-athlete name
- Student-athlete date of birth
- Date of clinical evaluation
- Clinical evaluation components including:
 - Summary of comprehensive clinical evaluation (referencing DSM-IV criteria) – attach supporting documentation.
 - ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary – attach supporting documentation.
 - Blood pressure and pulse readings and comments.
 - Note that alternative non-banned medications have been considered, and comments.
 - Diagnosis.
 - Medication(s) and dosage.
 - Follow-up orders.

Additional ADHD evaluation components if available:

- Report ADHD symptoms by other significant individual(s).
- Psychological testing results.
- Physical exam date and results.
- Laboratory/testing results.
- Summary of previous ADHD diagnosis.
- Other comments.

Documentation from prescribing physician must also include the following:

- Physician name (Printed).
- Office address and contact information.
- Specialty.
- Physician signature and date.

Please send this information to:

Eric Dybvig
Head Athletic Trainer
Cornell College
600 1st St. SW
Mount Vernon, IA 52314-1098
FAX: 319-895-4544

All medical information will be kept in the athletes file and will be kept confidential. Without these forms you will not be allowed to participate in athletics. A link to the NCAA site for more information is:

<http://www.ncaa.org/wps/ncaa?key=/ncaa/ncaa/legislation+and+governance/eligibility+and+recruiting/drug+testing/exceptions.html>