

University of Southern Maine  
Medical Documentation for Student-Athletes with Attention Deficit Hyperactivity Disorder (ADHD)  
Taking Prescribed Stimulants

The NCAA bans stimulant medications most commonly prescribed for ADHD patients. The NCAA suggests that alternative medications should be prescribed whenever possible. However, the medical community is aware that generally non-stimulant medications may not be as effective for the treatment of ADHD. Therefore, the NCAA requires the reporting and documentation of the diagnoses, evaluative process, history of ADHD treatment, and how the condition is being managed. The student-athlete is responsible for submitting the following medical documentation from the prescribing physician:

1. Description of the evaluation process which identifies the assessment tools and procedures

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2. Statement of the Diagnosis, including when it was confirmed:

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3. History of ADHD treatment (previous/ongoing):

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4. Statement that a non-banned ADHD alternative has been considered if a stimulant is currently prescribed:

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5. Statement regarding follow-up and monitoring visits:

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All medical documentation will be kept in the student-athlete's individual confidential medical record file in the Athletic Training Facility. In the event that the student-athlete is drug tested by the NCAA and tests positive for a banned substance, the student-athlete will be required to file an NCAA Medical Exception. Then, and only then, will the medical documentation regarding ADHD be submitted to the NCAA.

Signature of Prescribing Physician: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Physician: \_\_\_\_\_

Address of Physician: \_\_\_\_\_

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Telephone of Physician: \_\_\_\_\_