

**George Mason
University
Department of
Intercollegiate
Athletics**

**Countable Athletic
Related Activities
(CARA)**

**In-Season -
One Day Off Per Week**

4 hours per day

20 hours per week

**3 hours counted for every
competition**

**Total amount of practice
time that a student-athlete
can participate**

**Out of Season -
Two Days Off Per Week**

4 hours per day

8 hours per week

**Within the 8, 2 hours can be
skill instruction, the other 6
must be conditioning and/or
weight training.**

**Also, during Out of Season
practice, no practice one
week prior to exams
through the end of the
exam period.**

**Before September 15 and
after April 15, not more
than four athletes at a time
can be involved with skill
instruction with a coaching
staff member during Out of
Season practice**



COMPLIANCE NEWSLETTER

M A Y 2 0 1 0

Summer Drug Testing

Who is subject to Testing?

All Division I and II student-athletes are subject to summer drug testing whether they are on-campus or away from campus. However, the NCAA will be emphasizing Division I and II football and baseball.

How will student-athletes be notified that they have been selected for drug testing?

- For student-athletes on campus or in the local area—The institution is responsible for notifying these student-athletes. Notification must be in-person or by direct telephone communication. Voice mail messages, text messages and emails are not acceptable forms of notification. The drug test will occur on campus.
- For student-athletes away from campus or the local area—The institution must not notify these student-athletes. The site coordinator is required to provide student-athlete's contact information to Drug Free Sport. Drug Free Sport will then be responsible for scheduling the drug test with an NCAA collector. The NCAA collector will notify the student-athletes. These collections could occur at the student-athletes home, workplace, local workout facility or another location that the student-athlete and the NCAA collector have agreed to.
- It is important that you have completed the 2010 Summer Contact Form so that we can supply the NCAA and Drug Free Sport with your accurate contact information

Will the NCAA drug test student-athletes who are studying abroad or traveling internationally?

The NCAA has drug-testing collectors located in other countries. However, on a case-by-case basis, Drug Free Sport will decide to test the student-athlete later in the summer, upon their return to the United States or upon their return to campus.

What happens if the institution is not able to locate a student-athlete who has been selected for drug testing?

The institution must put forth a good faith reasonable effort to locate and notify, if local, the student-athlete. This may include, but is not limited to, calling the student-athlete's home, their cell phone or perhaps contacting another person who may know the student-athlete's location.

What substances will the student-athletes be drug tested for?

Summer drug testing is considered to be part of the year-round testing program. Therefore, student-athlete's will be tested for anabolic agents, anti-estrogens, ephedrine, peptide hormones and analogues, diuretics, and other masking agents.