

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.

Documentation from prescribing physician must also include the following:

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

Please upload all required documentation to SportsWare.

All medical information will be kept in the athlete's file and will be kept confidential. Without these forms you will not be allowed to participate in athletics. For more information on NCAA banned substances please see the document provided on Sportware or listed under physical forms on the Cornell Athletics website.