



1161 Route 130, P.O. Box 487, Robbinsville, NJ 08691 609-259-2776 609-259-3047-Fax

NJSIAA Banned-Drug Classes 2006 - 2007

The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NJSIAA banned substances. In addition, the U. S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NJSIAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their physician or athletic trainer for further information.

The following is a list of banned-drug classes, with examples of banned substances under each class:

- | | | | |
|--|--|---|--|
| <p>(a) Stimulants
 amiphenazole
 amphetamine
 bemigride
 benzphetamine
 bromantan
 caffeine¹ (guarana)
 chlorphentermine
 cocaine
 cropropamide
 crothetamide
 diethylpropion
 dimethylamphetamine
 doxapram
 ephedrine
 (ephedra, ma huang)
 ethamivan
 ethylamphetamine
 fencamfamine
 meclofenoxate
 methamphetamine
 methylenedioxyamphetamine
 (MDMA, ecstasy)
 methylphenidate
 nikethamide
 pemoline
 pentetrazol
 phendimetrazine
 phenmetrazine
 phentermine
 phenylpropanolamine (ppa)
 picROTOXINE
 pipradol
 prolintane
 strychnine
 synephrine
 (citrus aurantium, zhi shi, bitter orange)
 and related compounds</p> | <p>(b) Anabolic Agents
 <u>anabolic steroids</u>
 androstenediol
 androstenedione
 boldenone
 clostebol
 dehydrochloromethyl-
 testosterone
 dehydroepiandro-
 sterone (DHEA)
 dihydrotestosterone (DHT)
 dromostanolone
 epitrenbolone
 fluoxymesterone
 gestrinone
 mesterolone
 methandienone
 methenolone
 methyltestosterone
 nandrolone
 norandrostenediol
 norandrostenedione
 norethandrolone
 oxandrolone
 oxymesterone
 oxymetholone
 pregnelone
 stanozolol
 testosterone²
 tetrahydrogestrinone
 (THG)
 trenbolone
 and related compounds
 <u>other anabolic agents</u>
 clenbuterol</p> | <p>(c) Diuretics
 acetazolamide
 bendroflumethiazide
 benzhiazine
 bumetanide
 chlorothiazide
 chlorthalidone
 ethacrynic acid
 flumethiazide
 furosemide
 hydrochlorothiazide
 hydroflumethiazide
 methyclothiazide
 metolazone
 polythiazide
 quinethazone
 spironolactone
 triamterene
 trichlormethiazide
 and related compounds</p> | <p>(d) Peptide Hormones & Analogues:
 corticotrophin (ACTH)
 human chorionic gonadotrophin (hCG)
 leutenizing hormone (LH)
 growth hormone (HGH, somatotrophin)
 insulin like growth hormone (IGF-1)</p> <p>All the respective releasing factors of the above-mentioned substances also are banned:
 erythropoietin (EPO)
 darbypoetin
 sermorelin</p> |
|--|--|---|--|

(e) Definitions of positive depends on the following:

¹ for caffeine – if the concentration in urine exceeds 15 micrograms/ml

² for testosterone – if administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine of greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.



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NJSIAA STEROID TESTING POLICY

CONSENT TO RANDOM TESTING

In Executive Order 72, issued December 20, 2005, Governor Richard Codey directed the New Jersey Department of Education to work in conjunction with the New Jersey State Interscholastic Athletic Association (NJSIAA) to develop and implement a program of random testing for steroids, of teams and individuals qualifying for championship games.

Beginning in the Fall, 2006 sports season, any student-athlete who possesses, distributes, ingests or otherwise uses any of the banned substances on the attached page, without written prescription by a fully-licensed physician, as recognized by the American Medical Association, to treat a medical condition, violates the NJSIAA's sportsmanship rule, and is subject to NJSIAA penalties, including ineligibility from competition. The NJSIAA will test certain randomly selected individuals and teams that qualify for a state championship tournament or state championship competition for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents and his or her school. No student may participate in NJSIAA competition unless the student and the student's parent/guardian consent to random testing.

By signing below, we consent to random testing in accordance with the NJSIAA steroid testing policy. We understand that, if the student or the student's team qualifies for a state championship tournament or state championship competition, the student may be subject to testing for banned substances.

Signature of student-athlete

Date

Signature of parent/guardian

Date

State of New Jersey
Department of Education

Parental/Guardian Consent Form

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image and personally identifiable information to be published on the district and/or school's web site.

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, we as schools do want to celebrate your child and his/her work. The law requires that we ask for your permission to use information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes student names, photo or image, residential addresses, e-mail address, phone numbers and locations and times of class trips.

If you, as the parent or guardian, **wish to rescind this agreement, you may do so at any time in writing by sending a letter to the principal** of your child's school and such rescission will take effect upon receipt by the school.

Check one of the following choices:

- I/We GRANT permission for a photo/image that includes this student without any other personal identifiers to be published on the school and/or district's public Internet site.
- I/We GRANT permission for this student's photo/image and name to be published on the school and/or district's public Internet site.
- I/We GRANT permission for this student's photo/image and all other personal identifiers listed above to be published on the school and/or district's public Internet site.
- I/We DO NOT GRANT permission for photo/image that includes this student to be published on the school and or district's public Internet site.

Student's Name: (please print) _____ Student's Grade: _____

Print name of Parent/Guardian: (print) _____

Signature of Parent/Guardian: (sign) _____

Relation to Student: _____

Date: _____

PLEASE SIGN BOTH SIDES OF THIS FORM

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

Media Release Permission Statement

I give my permission for my child's name/picture to appear in the newspaper via a Parsippany-Troy Hills Township School's press release, highlighting his/her accomplishment. I also give my permission for the district to recognize him/her on Video-on-the-Go, cable television channel 21 and 77.

Student's Name: _____ Grade: _____

School: PARSIPPANY HIGH SCHOOL

Parent/Guardian Signature: _____

Date: _____

PLEASE NOTE:

You must complete both sides of this Media Release Form. This form will remain in effect for your child's entire educational career unless you rescind it in writing to your child's principal.

PLEASE SIGN BOTH SIDES OF THIS FORM

PLEASE RETURN THIS FORM TO: MAIN OFFICE



PARSIPPANY-TROY HILLS PUBLIC SCHOOLS
Parsippany, New Jersey 07054



Interscholastic Athletic Department
PERMISSION FORM AND PARENT/STUDENT-ATHLETE CONTRACT
FOR INTERSCHOLASTIC SPORTS

Student's Name _____ Grade _____

I hereby apply for the privilege of trying out for the _____ team during the _____ season. I will conduct myself in a manner that will bring honor to my team, school and community.

Rules and regulations governing membership on an interscholastic athletic team:

I. ELIGIBILITY REQUIREMENTS (BOE Policy #542)

Interscholastic Athletics: Grades 9-12

1. **Definition:** All Board approved athletic activities in grades 9-12 sanctioned by New Jersey Interscholastic Athletic Association.

2. **Eligibility:** The board adopts the eligibility requirements of the New Jersey Interscholastic Athletic Association (NJSIAA) without revision and as may be changed from time to time – with the exception that the Board adopts the following additional requirements for participation in interscholastic athletics.
 - a. Students must adhere to Board rules and regulations regarding conduct and attendance.
 - b. Academic Requirements:
 - To be eligible for athletic competition the first semester (September 1 to January 31) of the 10th grade or higher, students must have passed, during the immediately preceding school year, 25% of the credits (27.50) required by the Board for graduation. (Transfer students enrolling in the 10th grade or higher must have passed, during the immediately preceding school year, 25% of the credits required for graduation by the Board for Education in the school district from which they transferred). This equates to a passing grade in 6 classes in our district.
 - To be eligible for athletic competition during the second semester (February 1 to June 30) of the 9th grade or higher, students must have achieved an academic record during the first semester which represents – on an annual basis – successful completion of 25% of the credits (27.50) required by the NJSIAA for graduation. (Transfer students enrolling in the 9th grade or higher must have achieved an academic record during the first semester which represents – on an annual basis – successful completion of 25% of the credits required for graduation by the Board of Education in the school from which they transferred). This equates to a passing grade in 6 classes during the first semester.

EXCEPTION: If students earn more than three-quarters of the credits (82.50) required for graduation by the end of grade 11, they may be eligible in the second semester of the senior year even if they carry less than 25% of the credits required for graduation during their senior year. At the end of the first semester of their senior year, students must fulfill NJSIAA eligibility requirements and must be passing a sufficient number of courses to meet local Board requirements for June graduation.

II. PHYSICAL EXAMINATION REQUIREMENTS:

- All candidates must pass a physical examination conducted by an approved healthcare provider as outlined in N.J.A.C. 6A:16-2.2 (h).
- Students who are disqualified by the school physician from participating in a sport may appeal a disapproval to the Superintendent of Schools.
- Students who have lost an organ, limb or appendage, but who are otherwise qualified, may not be excluded from participating in contact sports. However, such students must appeal to the Superintendent of Schools, providing a statement of approval from the doctor most familiar with their condition and parents/guardians will be required to sign a waiver.

III. ATHLETES' RESPONSIBILITIES:

Any of the following infractions may be cause for disciplinary action, including denial of a letter and/or post-season awards, exclusion from post-season award ceremonies, suspension or dismissal from the team as determined by the principal, supervisor of athletics, coach or activity staff. **ALL RULES ARE IN EFFECT THE ENTIRE CALENDAR YEAR ON OR OFF SCHOOL PROPERTY.**

- A.** Bringing discredit to the team or school, including disruptive behavior during games.
- B.** Suspension from school for serious offenses as per the school discipline policy, including smoking (tobacco use), assaults, fighting or other inappropriate conduct.
- C.** The use of alcoholic beverages and/or illegal drugs (Controlled Dangerous Substances as defined in N.J.S.A.2C:35-2, without a physicians' prescription, referred to as "CDS") is strictly prohibited. Students must depart from such affairs or situations immediately upon discovering that alcohol or CDS are present. Use of alcohol or CDS is cause for dismissal.
- D.** Unauthorized absenteeism from school as per BOE Policy 503.
- E.** Destroying or stealing equipment.
- F.** Failure to maintain academic standards as per BOE Policy #542 as stated under "I. Eligibility Requirements".
- G.** Any falsification of documents.
- H.** Athletes involved in any bias incident or hate crime are subject to dismissal from athletics for one year.

IV. GENERAL REQUIREMENTS:

- A.** Athletes must observe rules of appropriate dress and grooming for school and games.
- B.** An athlete desiring to drop from a sport must notify his/her coach.
- C.** Athletes must get approval from their coach to play on any outside teams during the season.
- D.** Athletes must pay for lost equipment.
- E.** Athletes are expected to display good sportsmanship at all times.

ATHLETES WILL BE HELD ACCOUNTABLE FOR THEIR ACTIONS OR INDISCRETIONS ON AND OFF THE PLAYING FIELD/COURT.

PARENTS' RESPONSIBILITIES

- A. Parents and spectators must support our athletes and coaches in a positive manner and be positive role models.
- B. Parents/guardians must follow the proper chain of command – always speak with the coach first.
- C. Parents/guardians must show respect towards school personnel, security, police, coaches, officials, athletes, opponents and other spectators.
- D. Parents/guardians must support the fact that players play, coaches coach and officials officiate, and that good sportsmanship be displayed at all times.
- E. After an injury or illness that has required a physician’s medical care, the athlete must be released by a physician before further sport participation. The athlete must bring a note from the physician to the school nurse indicating his/her permission to practice or play. This requirement also applies to injuries sustained independent of school/athletic activity.”

*** Rude or unruly behavior on the part of athletes, parents, guardians or spectators will not be tolerated and will result in removal from the playing area and could result in a ban from all co-curricular/athletic events.**

PARENT/GUARDIAN PERMISSION

My daughter/son has my permission to participate in the Interscholastic Athletics Program at Parsippany High/Hills High School. Realizing that such activity involves the potential for injury that is inherent in all sports, I/we acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries still may occur. I/we realize that on rare occasions these injuries can be so severe as to result in total disability or even death. I/we acknowledge that I/we have read and understand this warning.

I/we have read this contract with our student athlete and agree to adhere to all rules and regulations stated above.

Signature of Student

Date

Signature of Parent/Guardian

Date

Signature of Coach

Date

Adopted January 2008



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NJSIAA PARENT/GUARDIAN CONCUSSION POLICY ACKNOWLEDGMENT FORM

In order to help protect the student athletes of New Jersey, the NJSIAA has mandated that all athletes, parents/guardians and coaches follow the NJSIAA Concussion Policy.

A concussion is a brain injury and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

1. Headache.
2. Nausea/vomiting.
3. Balance problems or dizziness.
4. Double vision or changes in vision.
5. Sensitivity to light or sound/noise.
6. Feeling of sluggishness or fogginess.
7. Difficulty with concentration, short-term memory, and/or confusion.
8. Irritability or agitation.
9. Depression or anxiety.
10. Sleep disturbance.

Signs observed by teammates, parents and coaches include:

1. Appears dazed, stunned, or disoriented.
2. Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)
3. Exhibits difficulties with balance or coordination.
4. Answers questions slowly or inaccurately.
5. Loses consciousness.
6. Demonstrates behavior or personality changes.
7. Is unable to recall events prior to or after the hit.

What can happen if my child/player keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child/player has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform you child's Coach, Athletic Trainer (ATC), and/or Athletic Director, if you think that your child/player may have a concussion. And when it doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

www.nfhslearn.com

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date

Please keep this form on file at the school. Do not return to the NJSIAA. Thank you.