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Addressing NCAA Bylaw 16.5.2 (g)

- The 30% Protein Rule
 - (g) **Nutritional Supplements.** An institution may provide permissible nutritional supplements to a student-athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: carbo- hydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals. *(Adopted: 4/27/00 effective 8/1/00, Revised: 11/1/01 effective 8/1/02, 4/14/09)*
- NCAA Competitive Safeguards and Medical Aspects of Sport
 - Consists of 20 members dedicated to:
 - Promote and sponsor research to address relevant health and safety issues;
 - Promote education to enhance the health and safety of student-athletes;
 - Operate a national injury surveillance program to monitor injury trends and enhance safety in intercollegiate athletics;
 - Deter the use of NCAA banned substances in order to promote fair competition and safety;
 - Facilitate outreach activities to enhance student-athlete health and safety; and
 - Provide a health and safety perspective on relevant legislation and policy.

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Why?

- From
 - Potential risk that higher protein may pose for renal health
 - Basing risk on knowledge that people in renal failure benefit from restricting protein in the diet
- To
 - Utilizing protein with athletes where a higher percentage of protein is necessary for optimal health
 - Recognized importance of protein throughout the day to maintain muscle mass and stabilize energy
 - i.e. protein powder as an ingredient option at training table, recovery, snacks, etc. is an efficient option to ensuring that athletes get the protein the need to maintain mean body mass, optimize muscle recovery, and promote a healthy body composition.
 - Recognizing WHO's report on protein intake that shows that there is no evidence linking higher protein diets to renal disease.
 - No adverse effects on kidney metabolism in athletes that consumed up to 2.8g protein/kg/day. This is 3.5 times greater than the RDA in the U.S.

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Protein Dietary Supplementation

1. Timing is an important factor.
2. Longitudinal studies show recovery is greatest when protein is consumed immediately after exercise.
3. Having a supplement is one of the most efficient and reliable way for an athlete to consume protein after exercise.
 - Many are willing to consume liquids after a workout, but not ready to eat.
 - Food options to provide protein in a “grab-n-go” fashion are limited due to shelf stability. Most require constant refrigeration.
4. Supplements can provide an immediate/convenient option

1 scoop high quality whey
3-4oz of meat
3-4 eggs
1c Greek Yogurt

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Next Steps

- Continued collaboration with Competitive Safeguards and Medical Aspects of Sport
 - Member representation on the CSMAS for a three-year term
- Division I council vote during the 2016-2017 legislative cycle

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