

# Celsius ban in the NCAA

## Gurana extract causing controversy in the college athletic world

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The National Collegiate Athletic Association (NCAA) caffeine intake regulation states that the average athlete can only have 500 mg of caffeine, 2-3 hours before a sporting event. This prevents the athlete from reaching an unhealthy amount of caffeine before a game, and this dosage is not considered to be “performance enhancing”. There are several energy drinks that surpass the 500mg dosage rule, but there are some drinks that are banned in the NCAA due to the ingredients within them. Random drug tests are required for all NCAA teams, and these tests will reveal if an ath-

lete has consumed high levels of caffeine or any performance enhancing drug/substance. For example, Celcius is banned in the NCAA due to guarana extract being the leading ingredient. Guarana extract is supposedly considered to be a “performance enhancing ingredient” due to the fact that it causes weight loss, reduces physical fatigue, and is high in caffeine itself. The average Celsius drink has about 200mg of caffeine in one serving size, which is why there has been some controversy surrounding this topic. Considering other energy drinks like Bang Energy, and Monster, average around 300mg of caffeine in them, but

are allowed in the NCAA, several athletes have wondered why Celcius was banned.

Guarana extract comes from a vine in the Amazon rainforest, according to Ryan Raman from Healthline, guarana was first discovered by native tribes, and was used for the therapeutic and rich antioxidant properties it contains. Because there are arguably several benefits to guarana extract in comparison to some of the properties in competing energy drink brands, thousands of athletes around the nation have questioned the Celcius ban. EHS (Eaton High School) has quite a few students who are planning on joining a NCAA sanctioned school to play sports, and will have to deal with the caffeine intake regulations to come.

Ryder True (23) has signed to Chadron State to play football in the fall. True said, “I drink energy drinks pretty often and I drink them especially when I am feeling extra tired before a game.” The transition from high



school to college athletics is already a challenge, but no one prepares athletes for the rapid change in habitual activities that athletes might participate in, like drinking

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**There are plenty of drinks that are way worse for you”**

**-Anabelle Dejager**

mass amounts of caffeine before games. True said, “I probably need to learn to not rely on energy drinks once I get to college.”

Caffeine is highly addictive and should only be consumed in moderation to see improvement in athletic performance, which is why the NCAA has a ban on mass amounts of caffeine. Anabelle Dejager (25) is

a highly competitive volleyball player at Eaton High and drinks 1 Celsius a few hours before a game. Dejager said, “I find it interesting that they banned Celsius because there are plenty of other energy drinks that are way worse for you.”

Despite the controversy surrounding the ban of Celsius, the NCAA is in charge of creating a fair and equal experience for all athletes. Performance enhancing substances are an easy way for athletes to sneakily get an advantage on the opponent. Although Celsius’ are delicious, if anyone is trying to play under the NCAA, try to stay away from Celsius before leaving for college...and consume less than 500 mg of caffeine a day.



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