

CrossFit®
**Performance-Enhancing Substance Testing Program
Policies and Procedures**

1. Introduction

The CrossFit Games are the proving ground for the Sport of Fitness®. CrossFit® is unique in the field of fitness as being both a sport and a fitness protocol. The CrossFit Games are, therefore, as much a testament to, and test of, the training methodologies of the athletes as they are to the teams and athletes who compete. For that reason, a fair comparison of training methodologies and athletes cannot be made without a level playing field.

To better achieve these goals with emphasis on the athlete's safety and the integrity of our sport, CrossFit® has adopted the following policy statement with regard to performance-enhancing substance use.

The following policies and procedures shall be administered under the authority of CrossFit®. CrossFit reserves the right to make changes to this policy as needed, and this policy should not be construed to create a contract between athletes and the CrossFit.

CrossFit's charter is to pursue and develop the technology of human performance. This necessarily means that CrossFit endeavors to promote the health, safety, and welfare of the athletes competing in and representing CrossFit. The use of performance enhancing substances is one of the most important issues facing athletics today. The use of any illegal drug or misuse of any legal drug or dietary supplement with the intention of enhancing performance is inconsistent with the standards expected of CrossFit athletes. Substance use and abuse in sport compromises the integrity of athletic competition and the ideals of CrossFit.

All registered athletes are subject to performance-enhancing substance testing at any time before, during, and after CrossFit athletic events.

2. Purpose

CrossFit believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure the health, safety and welfare of athletes, to promote fair competition in sport, to affirm compliance with applicable rules and regulations on drug abuse, to identify athletes who are improperly using drugs and intervene before they harm themselves or others. Furthermore, CrossFit recognizes its responsibility to provide performance-enhancing drug and supplement awareness, to ensure fitness and life choices that are consistent with CrossFit's models for fitness and health.

The intent of these policies is to prevent performance-enhancing substance use and abuse by through education, testing, and professional guidance.

- Education – providing athletes, coaches and other, members of the CrossFit community with accurate information about the problems associated with performance-enhancing substance use in sport, promoting health and safety in sport;

- Testing – analyzing biological specimens to detect prohibited substances athletes may introduce to their bodies and associated sanctions resulting from use detailed in this policy;
- Enforcement - providing appropriate sanctions for those who violate the policy as both a specific deterrent to the offender and to generally deter those who know of the actions, as well as to provide integrity to the competitions in which CrossFit athletes compete.

3. **Performance-Enhancing Substance Awareness and Resources**

Participants who are educated about substance use in sport are more likely to make informed and intelligent decisions about usage. CrossFit will continue, through the CrossFit Journal and through publicly available media, to provide athletes, coaches and other members with current and accurate information about performance-enhancing substances and the inherent risks associated with use. Appropriate educational materials will be made available to participants including this policy and a list of banned substances.

4. **Consent to Participate**

As a condition of participation in CrossFit sanctioned events, each athlete will be required to sign a consent form agreeing to undergo drug testing and authorizing release of test results in accordance with this policy (**See Appendix A**). Failure to consent to or to comply with the requirements of this policy will result in suspension from participation in that athletic event, and potential future sanctions from any other CrossFit sponsored or sanctioned events. On a periodic basis, but no less than annually, CrossFit will provide a public forum where any athlete will be able to read, comment upon, and ask questions about this policy and any of the information contained in the policy, the testing program, or other related issues. Athletes need to inform and educate themselves, and CrossFit will assist in this regard, prior to signing the drug-testing consent form.

5. **Dietary Supplements**

CrossFit highly encourages athletes to ensure that the use of any dietary supplements or ergogenic aids are investigated. Many dietary supplements or ergogenic aids contain banned substances. Oftentimes the labeling of dietary supplements is not accurate and is misleading. Terms such as “healthy” or “all natural” do not mean dietary supplements do not contain a banned substance or are safe to take. Using dietary supplements may cause positive drug tests. Athletes are solely responsible for any substance that they ingest. **YOU ARE RESPONSIBLE FOR WHAT YOU PUT INTO YOUR BODY; therefore, be responsible.**

6. **Prohibited Drugs/Substances**

The performance-enhancing substance testing process may include analysis of any of the banned substance classes listed in **Appendix B**. Prohibited substances CrossFit may screen for include, without limitation, stimulants, anabolic steroids, peptide hormones, and urine manipulators. CrossFit requires that all athletes keep the CrossFit Medical Staff aware of any prescribed drugs and dietary supplements that he/she may be taking. Failure to notify the staff of what you are taking may hurt you later on in the process.

7. **Specimen Analysis**

Specimen analysis includes collecting urine specimens and securely shipping samples to the laboratory while maintaining confidentiality of the athlete and integrity of the sample. A detailed collection protocol is available in **Appendix C**.

8. Selected Types of Drug Testing

- **Championships Testing**
CrossFit Games individual/team championships events, selection of athletes may be based on random selection or position of finish.
- **Unannounced Random Testing**
All registered athletes who have signed the drug-testing consent form are subject to unannounced random testing. This includes at Sectional and regional events for the CrossFit Games, and/or any other CrossFit sanctioned athletic events. Random selections will be generated electronically, maintaining objective and unbiased athlete selection.
- **Reasonable Suspicion Screening**
An athlete may be subject to testing at any time when CrossFit determines there is individualized reasonable suspicion to believe the participant is using a prohibited substance. Such reasonable suspicion may be based on objective information as determined by CrossFit, and deemed reliable by such. Reasonable suspicion may include, without limitation, 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or 3) observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. If suspected, CrossFit will arrange for a no notice drug test. **Note:** The possession and/or use of banned substances may be determined by means other than urinalysis. When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that would be followed in the case of a positive urinalysis.

9. Notification and Reporting for Collections

Athletes will be notified of testing by the contracted specimen collector as designated by CrossFit. Notification of testing shall consist of a face-to-face meeting with the athlete and the contracted collector. The collector will provide the athlete with a formal notification form. The athlete will read and sign the form and immediately be escorted to an appropriate area for specimen collection (**See Appendix D**).

Athletes shall provide picture identification when entering the drug-testing station.

ALL COLLECTIONS AND/OR TESTING UNDER THIS POLICY SHALL BE STRICT OBSERVED COLLECTIONS (see collection protocol; Appendix C).

10. Laboratory Analysis/Reporting Results

Urine samples will be collected and sent to a World Anti-Doping Agency approved laboratory for analysis. CrossFit hereby certifies that any laboratory it engages for the testing of performance enhancing drugs/agents will abide by the World Anti-Doping Agency code of ethics as it relates to the testing of samples. Furthermore, CrossFit hereby certifies that no sample will be sent to a laboratory for the sole purpose of monitoring an athlete for the detection of performance enhancing substances in order to circumvent a positive drug test. Each sample will be tested in accordance with this policy

to determine if banned drugs or substances are present and the appropriate sanctions will apply for positive results.

If the laboratory reports a specimen as substituted, manipulated or adulterated, the athlete will be deemed to have refused to submit to testing and treated as if the test were positive for a banned substance.

All athlete information and records associated with the CrossFit drug-testing program will be confidential and will be released only to those individuals with a legitimate need to know.

11. Sanctions

Refusal to sign a consent form prohibits an athlete from participating in a CrossFit sanctioned event. Any athlete who tests positive for a banned substance or who refuses to submit to a required drug test shall be subject to any one or combination of the sanctions below.

- Disqualification from that event
- Return of any prizes, awards, or money from that competition
- Permanent suspension and removal from ever participating in a CrossFit sanctioned event again

12. Appeal

Athletes who test positive under the terms of the CrossFit's Performance-Enhancing Substance Abuse Testing Program will be entitled to ask for a copy of the test results and all documents related to the acquisition of the sample and its processing. Athletes or their representatives will be entitled to make an administrative appeal in the form of a written petition to ask for the repeal of or lessening of any sanction imposed. An athlete must provide written notice within 72 hours of his/her intent to submit a written petition of appeal and simultaneously ask for the documents (if necessary or desired). Thereafter, from the time of receipt of the materials provided by CrossFit, the athlete has two weeks (or 10 business days, to exclude federal holidays and weekends) to submit the written petition. In the meantime, all sanctions will remain in effect, or may be abated at CrossFit's sole discretion, until the athlete's appeal has been completed.

CrossFit will act with alacrity to provide a written response of its decision to either deny the appeal, lessen any sanction, or grant the appeal, and explain the reasons for its decision. In extraordinary cases, the athlete may request a personal hearing and it will be CrossFit's sole discretion to grant or deny such a request. The athlete may have an advocate or other representative present if he/she so desires at any such hearing. These proceedings shall provide an opportunity for the athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential and will be conducted with the degree of formality and decorum attendant for such a proceeding. The athlete may be questioned by members of CrossFit's leadership regarding the circumstances surrounding the positive test. The members present will confer and decide upon the appeal. Any decision by CrossFit regarding the sanction to be imposed shall be final.