



# DRUG-TESTING PROGRAM



## 1. INTRODUCTION

The CrossFit Games are a proving ground for the Sport of Fitness™. CrossFit® is unique in the field of fitness as being both a fitness protocol and the sponsor of the world's definitive test of Fitness. 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 the use of prohibited performance-enhancing substances.

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 as creating a contract between Athletes and 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 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. Even the legal use of banned substances (e.g. hormone replacement therapy) has the potential to compromise the integrity of athletic competition.

**All registered Athletes are subject to banned substance testing at any point during the year, including directed unannounced testing during the offseason, for any reason.**

## 2. PURPOSE

CrossFit believes a combination of directed and random drug testing is appropriate for a variety of reasons: 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 to identify individuals and products that may bring disrepute on Crossfit, the CrossFit Games and participants worldwide. Furthermore, CrossFit recognizes its responsibility to provide performance-enhancing drug and supplement awareness, and to promote fitness and life choices that are consistent with CrossFit's models for fitness and health.

The intent of these policies is to prevent the use and abuse of prohibited substances through education, rigorous testing, and enforcement:

- **Education:** by providing Athletes, coaches and other members of the CrossFit community with accurate information about the problems associated with the use of prohibited substances in sport, and by promoting health and safety in sport;
- **Testing:** by using competition and out-of-competition (unannounced) tests to analyze biological specimens for the purpose of detecting prohibited substances Athletes may introduce to their bodies;
- **Enforcement:** by 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 and ensure safety for all competitors.

## 3. PROHIBITED SUBSTANCE AWARENESS AND RESOURCES

Participants who are educated about the use of prohibited substances in sport are more likely to make informed and intelligent decisions about such use. 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 prohibited substances and the inherent risks associated with their use. Appropriate educational materials will be made available to participants - including this policy and a **list of banned substance classes**. (See APPENDIX A)

## 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 the release of test results in accordance with this policy. 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 for any other CrossFit-sponsored or sanctioned events. Athletes need to be informed and need to educate themselves prior to signing the drug-testing consent form.

## 5. DIETARY SUPPLEMENTS

CrossFit highly encourages Athletes to ensure the use of any dietary supplements or ergogenic aids is 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 are free of banned substances or are safe to take. In an investigation prompted by the International Olympic Committee in 2001<sup>1</sup>, an analysis of 634 supplements worldwide found nearly 15% of these supplements to contain substances not listed on the product label, but which would have resulted in a positive drug test. In the United States, the percentage of supplements that were tainted with banned substances reached almost 19%. Thus, using dietary supplements may cause positive drug tests. Athletes are

<sup>1</sup> Germany. An investigation of the IOC accredited doping laboratory Cologne, Germany. Analysis of Non-Hormonal Nutritional Supplements for Anabolic-Androgenic Steroids-An International Study. By Dr. Wilhelm Schanzer. Institute of Biochemistry, German Sport University Cologne. 2001.



solely responsible for any substance they ingest. **YOU ARE RESPONSIBLE FOR WHAT YOU PUT INTO YOUR BODY.** Therefore, be responsible. For example, seek out substances that are labeled as safe for athletic use in accordance with standards from a legitimate agency, such as the Banned Substances Control Group (BSCG), HFL Sports Science, NSF International (which certifies supplements for Major League Baseball and the National Football League), ConsumerLab, and the National Products Association. (This is not an endorsement of any of these organizations). Athletes should also be cautious when taking any substance that says it will improve recovery, add intensity to a workout, or otherwise enhance performance. Supplements offering these claims have been, historically, more likely to cause failed drug test among CrossFit Games competitors.

## 6. PROHIBITED DRUGS/SUBSTANCES

The drug testing process may include analysis for any of the banned substance classes listed on the **Banned Substance List**. (see APPENDIX A) Prohibited substances CrossFit may screen for include, but are not limited to: stimulants, anabolic steroids, peptide hormones, and urine manipulators.

## 7. SPECIMEN ANALYSIS

Specimen analysis includes collecting urine or blood 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 B. **Note:** The possession and/or use of banned substances may be determined by means other than urinalysis or blood sample. 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.

## 8. SELECTED TYPES OF DRUG TESTING

### CHAMPIONSHIPS TESTING

Testing will occur at CrossFit Games individual and team championships events, where the selection of Athletes to be drug tested may be based on random selection or position of finish.

### UNANNOUNCED DIRECTED OR RANDOM TESTING

All registered Athletes who have signed the drug-testing consent form are subject to unannounced directed or random testing. This includes at Qualifying events for the CrossFit Games (Open and Regionals), and/or any other CrossFit-sanctioned athletic events. Directed selections will be made solely at the discretion of CrossFit Inc. Random selections will be generated electronically from a pool of Athletes selected by CrossFit Inc.

## 9. NOTIFICATION AND REPORTING FOR COLLECTIONS

Athletes will be notified of testing by the contracted specimen collector from Drug Free Sport. Initial notification of testing may occur through a phone call, e-mail or text to setup a face-to-face meeting between the Athlete and the contracted collector. Upon meeting, 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 B for protocol).

Athletes will be required to provide picture identification prior to signing the formal notification form.

For out-of-competition testing, any Athlete is subject to unannounced testing. In addition, CrossFit will create a Registered Testing Pool of Athletes. Athletes in the Registered Testing Pool must furnish accurate and up-to-date contact and whereabouts information during the offseason period for the purpose of facilitating drug tests.

CrossFit will provide notification to an Athlete when he or she has been selected for the Registered Testing Pool and will furnish the Athlete with a Contact Information Form at that time. A method for updating this form on a continuous basis will also be provided.

If an Athlete fails to provide and/or update their contact or whereabouts information and this results in the inability of the specimen collector to contact the Athlete, that Athlete may be charged with a positive test result and subject to sanctions.

In addition, an Athlete who, at any time during the out-of-competition testing period, plans to travel away from the address(es) listed on his/her Contact Information Form, making it impossible for him/her to meet a specimen collector at the address(es) of record within a 24-hour period from the initial contact with the collector, must update his/her contact information. Depending on the length of travel, the Athlete may update the information by stipulating they will not be available at their recorded address on certain specific dates (acceptable only for short travel periods of up to three (3) days). Or, for longer periods of travel, the Athlete must provide an updated contact address at the travel destination. Failure to do so may result in a positive test result and sanctions from CrossFit.

It is the sole responsibility of the Athlete to ensure that their Contact Information is accurate and up-to-date. If a specimen collector is unable to contact or meet with an Athlete in the appropriate time window, the Athlete will be held responsible for the missed test and may be charged with a positive test result. Appropriate sanctions will apply.

All contact information collected for the purpose of administering drug tests will be kept strictly confidential.

**ALL COLLECTIONS AND/OR TESTING UNDER THIS POLICY SHALL BE STRICTLY OBSERVED COLLECTIONS (see collection protocol in APPENDIX B).**



## 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 prohibited drugs/agents will abide by the World Anti-Doping Agency (WADA) 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. For reporting of failed tests, see below.

## 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
- Forfeit or required return of any prizes, awards, or money from that competition
- Suspension from participating in future CrossFit-sanctioned events. The length of this suspension will be determined by CrossFit Inc. and may include a lifetime ban from all CrossFit-sanctioned or sponsored events.

In addition, CrossFit may publicly announce the results of any failed test as an explanation for changes in official results and as a source of future education about the substance which caused the failed test.

## 12. APPEAL

Athletes who test positive under the terms of CrossFit's Drug-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 of his/her intent to submit a written petition of appeal within 72 hours of being notified of the failed drug test. With this written notice, the Athlete must simultaneously request any pertinent documents (if necessary or desired). Thereafter, from the time of receipt of the materials provided by CrossFit, the Athlete has 10 business days (to exclude federal holidays) 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 swiftly to provide a written response of its decision, including supporting reasons, either to deny the appeal, lessen any sanction, or grant the appeal. In extraordinary cases, the Athlete may request a personal hearing and it will be at CrossFit's sole discretion to grant or deny such a request. The Athlete may have an advocate or other representative present if the Athlete so desires at any such hearing. However, CrossFit will only consider and review statements made by the Athlete, not those made by a coach or representative. 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 at this hearing by CrossFit regarding the sanction to be imposed shall be final.

## 13. THERAPEUTIC USE EXEMPTIONS

CrossFit recognizes that some banned substances are used for legitimate medical purposes. In rare cases, CrossFit permits a Therapeutic Use Exemption (TUE) to be granted for those Athletes with a documented medical history demonstrating the need for the regular use of such a drug. CrossFit adheres to many of the standards set by the World Anti-Doping Association (WADA) and will only grant a TUE in strict accordance with all of the following criteria<sup>2</sup>:

- The Athlete would experience a significant impairment to health if the prohibited substance were to be withheld in the course of treating an acute or chronic medical condition.
- The therapeutic use of the prohibited substance would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition. (Note: The use of a prohibited substance to increase "low-normal" levels of any endogenous hormone is not considered an acceptable therapeutic intervention.)
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance.
- The necessity for the use of the otherwise prohibited substance cannot be a consequence, wholly or in part, of the prior use, without a TUE, of a substance which was prohibited at the time of use.

<sup>2</sup>"World Anti-Doping Programme: Therapeutic Use Exemption Guidelines." [World Anti-Doping Agency](#), January 2012 (Version 6.0). Pp. 12-13.



CrossFit requires that all Athletes seeking to use prohibited substances or prohibited methods for medical treatment submit a Therapeutic Use Exemption form available for download [here](#). Completion of a TUE form is required documentation and not an official approval to compete or use certain substances. However, failure to submit a TUE to notify CrossFit of substance use may disqualify an Athlete or Team from competition.

**Note:** In the event of an acute incident such as a severe allergic reaction (anaphylaxis), or an acute asthma or coughing attack, where a prohibited substance is required in the immediate and short-term treatment of the Athlete, a retrospective/emergency TUE will be required only for in-competition periods and for the banned substance in question (eg: glucocorticosteroid, epinephrine). These incidents are rare and will be dealt with on a case by case basis.

**Note:** A Therapeutic Use Exemption for Hormone Replacement Therapy will NOT be granted under any circumstance for either men or women. Therefore, any Athlete who tests positive for any anabolic agents (eg: testosterone), even if these anabolic agents are taken as part of Hormone Replacement Therapy, will be disqualified from competition and subject to the appropriate sanctions as imposed by CrossFit, Inc.

**ALL TUE forms, along with all required supporting documentation, must be turned in to CrossFit by 5:00 PM Pacific Time on February 1 prior to the open of the upcoming Games season.** Incomplete TUE requests will not be reviewed (a list of required documentation appears in **APPENDIX C**). Each completed TUE application will be reviewed and a final determination as to whether the exempted use will be allowed will be made within 15 business days. This decision will be communicated as expediently as possible to the Athlete.

TUE's expire at the end of the competitive season for which the exemption was granted. Therefore, a new TUE form must be submitted by the required deadline for the upcoming season even if a TUE was previously granted and even if the diagnosis, condition, drugs used and treatment remain unchanged. Unless a current and valid TUE has been granted, an athlete testing positive for banned substances, even if the banned substances are administered in the treatment of a medical condition, will be subject to the sanctions outlined in this policy for a failed drug test.

TUE submissions will be handled with the strictest confidentiality by CrossFit Inc. ■



## APPENDIX A: 2014 CROSSFIT BANNED SUBSTANCES

### CROSSFIT BANS THE FOLLOWING CLASSES OF DRUGS:

- Stimulants
- Anabolic Agents
- Beta Blockers
- Diuretics and Other Masking Agents
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

**Note:** Any substance chemically related to these classes is also banned. The athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

### DRUGS AND PROCEDURES SUBJECT TO RESTRICTIONS:

- Blood Doping.
- Local Anesthetics (under some conditions).
- Manipulation of Urine Samples.
- Beta-2 Agonists permitted only by prescription and inhalation.
- Caffeine if concentrations in urine exceed 15 micrograms/ml.
- Alcohol if used immediately before or during competition.

### NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:

Before consuming any nutritional/dietary supplement product, review the product and consult a physician or pharmacist. Dietary supplements are not well regulated and may cause a positive drug test result. Athletes have tested positive using dietary supplements, even when labels claim the product is safe and compliant. Many dietary supplements are contaminated with unlisted banned substances.

**Any product containing a dietary supplement ingredient is taken at your own risk.**

It is your responsibility to know what you are ingesting. Consult a pharmacist or doctor before using any substance.

### SOME EXAMPLES OF BANNED SUBSTANCES IN EACH DRUG CLASS

(Note: There is no complete list of banned drug examples)

**Stimulants:** amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) etc. **Exceptions:** phenylephrine and pseudo-ephedrine are not banned.

**Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):** boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

**Alcohol (banned during competition only) and Beta Blockers:** alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

**Diuretics (water pills) and Other Masking Agents:** bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

**Street Drugs:** heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

**Peptide Hormones and Analogues:** growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

**Anti-Estrogens:** anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

**Beta-2 Agonists:** bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs is also banned. For example, designer drugs chemically related to banned substances are banned even if a name has yet to be created for them.

**You are responsible for what you put into your body. BE RESPONSIBLE. ■**



## APPENDIX B: CROSSFIT DRUG TESTING PROCEDURES

1. Upon entering the collection station, the athlete will provide photo identification and/or a client representative/site coordinator will identify the athlete and the athlete will officially enter the station.
2. The athlete will select a sealed collection beaker from a supply of such and will record his/her initials on the collection beaker's lid.
3. A collector, serving as validator, will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a volume of at least 80 mL is provided.
4. Validators who are of the same gender as the athlete must observe the voiding process and should be members of the official drug-testing crew. The procedure does not allow for validators to stand outside the immediate area or outside the restroom. The athlete must urinate in full view of the validator (validator must observe the flow of urine). The validator must request the athlete raise his/her shirt high enough to observe the midsection area completely ruling out any attempt to manipulate or substitute a sample.
5. Athletes may not carry any item other than his/her beaker into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief or CrossFit representative for documentation. Athletes will rinse and dry hands, with water only, prior to urination.
6. Once a specimen is provided, the athlete is responsible for keeping the collection beaker closed and controlled.
7. Fluids and food given to athletes who have difficulty voiding must be from sealed containers (approved by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
8. If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
9. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated and based upon both the urine testing process of the The National Center for Drug Free Sport, a collector will check the specific gravity of the sample. If the specific gravity of the sample is within the required range, a collector will then measure the pH of the urine in the presence of the athlete.
10. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
11. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the athlete. The athlete must remain in the collection station until another specimen is provided. The athlete will provide another specimen.
12. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
13. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, the specimen must be discarded.
14. Upon return to the collection station, the athlete will begin the collection procedure again.
15. The laboratory will make final determination of specimen adequacy.
16. If the laboratory determines that an athlete's specimen is inadequate for analysis, at the CrossFit's discretion, another specimen may be collected.
17. If an athlete is suspected of manipulating specimens (e.g., via dilution), CrossFit will have the authority to perform additional tests on the athlete.
18. Once a specimen has been provided that meets the on-site parameters, the athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
19. A collector will record the specific gravity and pH values if this procedure is used.
20. The collector, in the presence of the Athlete, will pour approximately 60 mL of the specimen into the "A vial" and the remaining amount (approximately 20 mL) into the "B vial."
21. The collector will place the cap on each vial in the presence of the athlete; the collector will then seal each vial in the required manner under the observation of the athlete and witness (if present).
22. All sealed specimens will be secured in a shipping case. The collector will prepare the case for shipping to the WADA-accredited laboratory.
23. The athlete, collector and witness (if present) will sign a document certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded. If deviations are alleged, the athlete will be required to provide another specimen.
24. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
25. At this point, the specimens become the property of CrossFit Inc.
26. If the athlete does not comply with the collection process, the collector will notify a CrossFit representative and the third party administrator responsible for management of the drug-testing program. ■



## APPENDIX C: TUE DOCUMENTATION REQUIRED

The TUE application form outlines the following documents which must be attached to the completed application form in support of the application for a TUE<sup>3</sup>:

- a. Evidence of the diagnosis must be attached.
- b. Copies of the original reports or letters must be attached. The application must include a comprehensive medical history and the results of all examinations, laboratory investigations and imaging studies relevant to the application. NB: Any additional relevant investigations, examinations or imaging studies requested by CrossFit's TUE Committee before approval will be undertaken at the expense of the applicant.
- c. The application must include a statement by an appropriately qualified physician attesting to the necessity of the otherwise Prohibited Substance or Prohibited Method in the treatment of the Athlete and describing why an alternative, permitted medication cannot, or could not, be used in the treatment of this condition. NB: the evidence must be as objective as possible, given the clinical circumstances.
- d. For conditions that cannot be demonstrated, independent medical justification must be attached to the application.
- e. The Athlete must provide accurate and up-to-date contact information for CrossFit to use in delivering the decision on the TUE application.

The information provided on the TUE application must be up to date and exact, in terms of both content and form. ■

<sup>3</sup>“World Anti-Doping Programme: Therapeutic Use Exemption Guidelines.” [World Anti-Doping Agency](#), January 2012 (Version 6.0). Pp.14-15.