



# 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 the 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 education, and to promote fitness and lifestyle choices 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 to 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 in accordance with this policy. Failure to consent to, or 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 should read and understand the drug-testing consent form prior to signing it.

## 5. DIETARY SUPPLEMENTS

CrossFit highly encourages Athletes to research any dietary supplements or ergogenic aids prior to use. 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 percent 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 percent. 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. 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 Classes List (see APPENDIX A)**. Prohibited substances CrossFit may screen for include, but are not limited to: stimulants, anabolic agents, diuretics (and other masking agents), and peptide hormones (and their analogues).

## 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. General guidelines for the urine sample collection protocol are 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 test.

## 8. DRUG TESTING PHASES

### CHAMPIONSHIPS TESTING

Testing may occur onsite at any CrossFit-sanctioned event and will take place at qualifying events for the CrossFit Games (Regionals) and at CrossFit Games individual and team championships events. The selection of Athletes to be drug tested may be based on random selection or position of finish.

### UNANNOUNCED DIRECTED OR RANDOM TESTING (OUT-OF-COMPETITION)

All registered Athletes, having signed the drug-testing consent form, are subject to unannounced directed or random testing outside of competition. 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 TESTING (OUT-OF-COMPETITION)

CrossFit will create a Registered Athlete Testing Pool. Athletes in the Registered Athlete 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 Athlete 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 12-hour period from the initial contact with the collector, must update his/her contact information.

**It is the sole responsibility of the Athlete to ensure his or her contact information is accurate and up-to-date.** If a specimen collector is unable to contact an Athlete 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.

Athletes will be notified of specific testing by the contracted specimen collector from Drug Free Sport. Initial notification of testing may occur through a phone call, email or text message to set up 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 for the Athlete to read and sign.

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

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



## 10. LABORATORY ANALYSIS/RESULTS

Urine and/or blood samples will be collected and sent to a World Anti-Doping Agency-approved laboratory for analysis. CrossFit 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.

## 11. SANCTIONS/REPORTING RESULTS

Refusal to sign the 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 a 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 that 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 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 respond in a timely manner 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 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.

CrossFit requires all Athletes seeking to use prohibited substances or prohibited methods for medical treatment submit a Therapeutic Use Exemption form available for download (CLICK [HERE](#) FOR FORM). 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 form requesting an exemption from CrossFit for the use of a banned

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



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substance for medical treatment may disqualify an Athlete or Team from competition.

**Note 1:** 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 (e.g. glucocorticosteroid, epinephrine). These incidents are rare and will be dealt with on a case-by-case basis.

**Note 2:** 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 (e.g. testosterone), even if these anabolic agents are taken as part of medically supervised 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 into CrossFit via the support@crossfitgames.com email account. 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 is allowed will be communicated to the Athlete as expediently as possible.

TUE forms expire at the end of the competitive season for which the exemption was granted. Therefore, a new TUE form must be submitted each 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: 2015 CROSSFIT BANNED SUBSTANCE CLASSES

### CROSSFIT BANS THE FOLLOWING CLASSES OF DRUGS:

- Stimulants
- Anabolic Agents
- Beta Blockers
- Street Drugs
- Diuretics and Other Masking Agents
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists (permitted with prescription and TUE and through inhalation only)

**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
- Caffeine if concentrations in urine exceed 15 micrograms/ml
- Alcohol and Beta Blockers banned during competition only

### NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:

Before consuming any nutritional/dietary supplement product, research 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-androstenetrone): boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

**Beta Blockers (banned in competition only):** acebutolol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

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

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

**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 URINE 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.
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 may 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. The Athlete 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. The Athlete 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 under his or her control. 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. Upon return to the collection station, the Athlete will begin the collection procedure again.
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. Then based upon both the urine testing process of the the National Center for Drug Free Sport, a collector will measure the specific gravity and the pH of the sample in the presence of the Athlete.
10. If the specific gravity and pH of the urine are outside the acceptable ranges, the specimen will be discarded by the Athlete and the Athlete must remain in the collection station until another specimen is provided.
11. If the sample's specific gravity and pH are within the required ranges, the specimen will be processed and sent to the laboratory.
12. The laboratory will make final determination of specimen adequacy.
13. If the laboratory determines that an Athlete's specimen is inadequate for analysis, at CrossFit's discretion, another specimen may be collected.
14. If an Athlete is suspected of manipulating specimens (e.g. via dilution), CrossFit will have the authority to perform additional tests on the Athlete.
15. Once a specimen has been provided that meets the onsite parameters, the Athlete will select a specimen collection kit and a uniquely numbered Chain of Custody Form from a supply of such.
16. A collector will record the specific gravity and pH values.
17. The collector, in the presence of the Athlete, will pour some of the specimen into the "A vial" and the remaining amount into the "B vial."
18. 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).
19. All sealed specimens will be secured in a shipping case. The collector will prepare the case for shipping to the WADA-accredited laboratory.
20. The Athlete, collector and witness (if present) will sign a document certifying 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.
21. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of any forms forwarded to the designated persons.
22. At this point, the specimens become the property of CrossFit Inc.
23. 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>:

- Evidence of the diagnosis must be attached.
- 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. **Note:** 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.
- 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. **Note:** The evidence must be as objective as possible, given the clinical circumstances.
- For conditions that cannot be demonstrated, independent medical justification must be attached to the application.
- 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.