

**CrossFit[®]
GAMES** **DRUG TESTING
PROGRAM**

CONTENTS

1. DRUG-FREE COMPETITION

2. ATHLETE CONSENT

3. DRUG TESTING

4. IN-COMPETITION/OUT-OF-COMPETITION DRUG TESTING

5. REGISTERED ATHLETE TESTING POOL (OUT-OF-COMPETITION DRUG TESTING)

6. REMOVAL FROM TESTING POOL/RETIREMENT

6A. REMOVAL FROM TESTING POOL/WATCH LIST

7. TESTING POOL REQUIREMENTS FOLLOWING A SANCTION

8. DRUG TEST NOTIFICATION AND ADMINISTRATION

9. SPECIMEN ANALYSIS

10. REPORTING RESULTS

11. DRUG TESTING POLICY VIOLATIONS

12. ENFORCEMENT/SANCTIONS

13. APPEALS PROCESS

14. LEADERBOARD DISPLAY

15. EDUCATION

16. DIETARY SUPPLEMENTS

17. TRANSGENDER POLICY

18. THERAPEUTIC USE EXEMPTION

APPENDIX A: 2020-2021 CROSSFIT BANNED SUBSTANCE CLASSES

APPENDIX B: CROSSFIT URINE TESTING PROCEDURES - (IN-COMPETITION)

APPENDIX C: TUE APPLICATION REQUIREMENTS

1. DRUG-FREE COMPETITION

As the world's definitive test of fitness, CrossFit Games competitions stand not only as testaments to the athletes who compete but to the training methodologies they use. In this arena, a true and honest comparison of training practices and athletic capacity is impossible without a level playing field. Therefore, the use of banned performance-enhancing substances is prohibited. Even the legal use of banned substances, such as physician-prescribed hormone replacement therapy or some over-the-counter performance-enhancing supplements, has the potential to compromise the integrity of the competition and must be disallowed.

With the health, safety, and welfare of the athletes, and the integrity of our sport as top priorities, CrossFit, LLC has adopted the following Drug Testing Policy to ensure the validity of the results achieved in competition. This policy shall be administered under the authority of CrossFit, LLC. CrossFit, LLC reserves the right to make changes to this policy at any time as needed.

2. ATHLETE CONSENT

As a condition of participation in any CrossFit Games competition, each competing athlete agrees to undergo drug testing in accordance with this policy. Any athletes invited to participate at a CrossFit Games event must also agree to undergo drug testing. Refusal to consent to or comply with the requirements of this policy prohibits an athlete from participating in a CrossFit Games event.

All athletes registered in any CrossFit Games competition are subject to drug testing at any time during the year, including directed, unannounced out-of-competition testing, for any reason.

3. DRUG TESTING

The CrossFit Games Drug Testing Policy aims to prevent the use of prohibited substances through rigorous testing. CrossFit, LLC uses a combination of directed and random in-competition and out-of-competition drug testing to deter athletes from using prohibited performance-enhancing substances and to detect the use of these substances by athletes.

Drug tests may include, but are not limited to, analysis for any of the banned substance classes listed on the Banned Substance Classes List (see **APPENDIX A**), including, but not limited to, stimulants, anabolic agents, diuretics (and other masking agents), and peptide hormones (and their analogues).

Specimen analysis requires collecting urine or blood samples and securely shipping these samples to the laboratory while maintaining the confidentiality of the athlete and integrity of the sample. **ALL COLLECTIONS AND/OR TESTING UNDER THIS POLICY SHALL BE OBSERVED COLLECTIONS.**

General guidelines for urine sample collection 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. For example, when an individual is found to be in possession of and/or using such substances, the individual may be subject to the same sanctions that would be followed in the case of a positive test.

4. IN-COMPETITION/OUT-OF-COMPETITION DRUG TESTING

CrossFit, LLC is committed to providing a comprehensive drug testing program that includes in-competition and out-of-competition testing.

- **In-Competition Drug Testing:** Testing will occur at CrossFit competitions. We use "in-competition" to refer to on-site/in-person CrossFit competitions. The selection of athletes to be drug-tested may be based on directed selection, random selection, or position of finish. The in-competition testing period will begin at registration for the competition and concludes at 11:59 p.m. on the final day of competition.
- **Out-of-Competition Drug Testing:** Any testing that occurs that is not during competition. We use "out-of-competition" to refer to any period that falls outside our in-competition drug testing period. All registered athletes, having electronically signed the drug testing consent form as part of the Open registration process, are subject to unannounced, directed or random testing outside of competition, 365 days a year, at any time and any place. Directed selections will be made solely at the discretion of CrossFit, LLC. Random selections may be generated electronically from a pool of athletes selected by CrossFit, LLC.

5. REGISTERED ATHLETE TESTING POOL (OUT-OF-COMPETITION DRUG TESTING)

CrossFit, LLC will select athletes to be included in CrossFit's **Registered Athlete Testing Pool** or "Testing Pool." As long as an athlete is included in the Testing Pool, the athlete must furnish accurate and up-to-date contact and whereabouts information for the purpose of facilitating drug

tests (see **Section 6: Removal From Testing Pool/Retirement and Section 6A: Removal From Testing Pool/Watch List** for more information).

CrossFit, LLC will provide email notification to athletes when they have been selected for the Registered Athlete Testing Pool and furnish the athletes with a contact information form at that time. A method for updating this form on a continuous basis will also be provided. All contact information collected for the purpose of administering drug tests will be kept strictly confidential.

Athletes included in the Testing Pool must submit complete and accurate contact and whereabouts information quarterly. Contact and whereabouts information is due no later than one day prior to the beginning of each quarter. Deadlines for submitting this information are:

- **Dec. 31** for the first quarter (beginning Jan. 1)
- **March 31** for the second quarter (beginning April 1)
- **June 30** for the third quarter (beginning July 1)
- **Sept. 30** for the fourth quarter (beginning Oct. 1)

Once the quarterly whereabouts information has been submitted, athletes must notify CrossFit, LLC promptly of any changes to their contact and whereabouts information by emailing updated information to drugtesting@crossfitgames.com.

Testing Pool athletes who plan to travel away from the address(es) listed on their contact information form, thereby making it impossible for them to meet a collection agent at the listed address(es) within **12 hours** of the **initial** contact from the collection agent, must update their contact information prior to traveling.

If athletes fail to provide and/or update their contact or whereabouts information, or provide incorrect or false information and this results in the inability of the collection agent to contact the athletes or administer a drug test within an acceptable amount of time, those athletes may be charged with violating the Drug Testing Policy and subject to sanctions.

It is the sole responsibility of athletes to ensure their contact and whereabouts information is accurate and up to date. Failure to do so may lead to sanctions.

6. REMOVAL FROM TESTING POOL/RETIREMENT

CrossFit, LLC retains the right to test athletes in the Registered Athlete Testing Pool at any time and any location. Once athletes have been included in the Testing Pool, athletes will remain in the Testing Pool and subject to testing until the athletes receive written notification from CrossFit, LLC that they have been removed from the Testing Pool.

Retiring athletes must first inform CrossFit, LLC in writing of their intent to retire. Until CrossFit, LLC has sent the athlete acknowledgement of the receipt of this written notification, the athlete must continue to provide contact and whereabouts information and submit to drug testing. Failure to fulfill these requirements will be seen as a violation of the Drug Testing Policy and may result in sanctions. CrossFit, LLC will not suspend the prosecution of a Drug Testing Policy violation due to an athlete's impending retirement.

If athletes previously included in the Testing Pool wish to come out of formal retirement and return to full competition privileges, they must notify CrossFit in writing of their intent to compete AT LEAST six months before participating in any CrossFit Games competition. The athletes will immediately be required to furnish current contact and whereabouts information. The athletes also will be subject to drug testing immediately and at any time.

6A. REMOVAL FROM TESTING POOL/WATCH LIST

Any Testing Pool athletes who formally retire from competition or notify CrossFit, LLC that they are taking a leave of absence from competition may, at CrossFit, LLC's sole discretion, be included on the **CrossFit Games Drug Testing Policy Watch List**. Watch List athletes will not be required to furnish contact and whereabouts information but remain eligible for drug testing at any time. As long as an athlete included on the Watch List does not provide contact and whereabouts information, that athlete is not eligible to advance or claim prizes in any CrossFit Games competition. Athletes will be notified by email of their inclusion on and removal from the Watch List. Any Watch List athletes who wish to return to full competition privileges must notify CrossFit, LLC in writing of their intent to compete AT LEAST six months before participating in any CrossFit Games competition. The athletes will then re-enter the Testing Pool and immediately be required to furnish current contact and whereabouts information.

7. TESTING POOL REQUIREMENTS FOLLOWING A SANCTION

Any Testing Pool athlete serving a sanction imposed by CrossFit, LLC will remain in the Testing Pool and subject to drug testing. The athlete will be required to furnish contact and whereabouts information in compliance with this policy and will be subject to drug testing at any time. Failure

by an athlete to comply with all aspects of the Drug Testing Policy may result in further sanctions.

Any athlete who is sanctioned due to a violation of the Drug Testing Policy will be included in the Registered Athlete Testing Pool. The athlete will continue to be subject to drug testing at any time and must provide contact and whereabouts information. Failure to provide contact and whereabouts information as required may result in further sanctions.

8. DRUG TEST NOTIFICATION AND ADMINISTRATION

Any athlete selected for drug testing on-site at a CrossFit competition will be notified of this test by Athlete Control personnel. Athlete Control personnel will escort the athlete to the drug testing station, where a contracted collection agent from Drug Free Sport will administer the drug test.

Any athlete selected for out-of-competition drug testing will be notified by a contracted collection agent from Drug Free Sport. Notification may occur through a phone call, email, or text message, which will set up a face-to-face meeting between the athlete and collection agent for the purpose of conducting the drug test.

If an athlete fails to comply with the sample-collection procedure or refuses or fails to provide a sample, the athlete will be charged with refusing to provide a sample and subject to the same sanctions applied for a positive drug test.

If a collection agent is unable to contact an athlete or the athlete fails to meet with the collection agent within an acceptable amount of time to conduct the drug test, the athlete will be held responsible for the missed test and may be sanctioned.

See **APPENDIX B** for general urine sample collection protocol.

9. SPECIMEN ANALYSIS

Collected urine and/or blood samples will be sent to a World Anti-Doping Agency-approved laboratory for analysis. Samples will be tested in accordance with WADA guidelines to determine if banned drugs or substances are present. Appropriate sanctions will apply for positive drug test results.

If the laboratory reports a specimen as substituted, manipulated, or adulterated in any way, the athlete will be charged with refusing to submit to a drug test. The athlete will then be subject to the same sanctions applied to a positive drug test.

10. REPORTING RESULTS

Drug test results will be reported to CrossFit by Drug Free Sport. CrossFit, LLC will notify athletes of a positive test result by email.

CrossFit, LLC will announce all violations of the CrossFit Games Drug Testing Policy. Prior to the public announcement, CrossFit will notify the athlete via email of the date when the announcement will be released. If the athlete chooses to announce the violation prior to this date, CrossFit may make their announcement. The initial announcement will include the athlete's name, whether the test was in-competition or out-of-competition, and the date of sample collection. CrossFit, LLC reserves the right to announce the infraction prior to the completion of the appeal process. Upon completion of the appeal process, CrossFit, LLC will list the infraction and the sanction imposed.

11. DRUG TESTING POLICY VIOLATIONS

Violations of the Drug Testing Policy for which an athlete may be sanctioned include but are not limited to:

- Positive drug test result: indicates the presence of a prohibited substance, its metabolites, or markers in an athlete's blood or urine sample
- Substitution, manipulation, tampering, or adulteration of a sample as determined by the collection agent or laboratory
- Use, attempted use, or possession by an athlete of a prohibited substance
- Use or attempted use by an athlete of a prohibited method
- Evading, refusing, or failing to submit to a drug test
- Whereabouts violations:
 - athlete fails to submit required quarterly whereabouts information to CrossFit by the specified deadline
 - athlete fails to update their whereabouts information as required
 - athlete provides whereabouts information that is incomplete or inaccurate and does not allow for athlete to be reasonably located for the purpose of drug testing
 - athlete misses test for any reason

- Trafficking or attempted trafficking of any prohibited substance or prohibited method

12. ENFORCEMENT/SANCTIONS

Athletes who violate the Drug Testing Policy are subject to sanctions. These sanctions may be applied to the entire team if a team athlete violates the Drug Testing Policy. Sanctions will be imposed at the sole discretion of CrossFit, LLC based on the circumstances present in each case. A standard sanction is four (4) years.

Possible sanctions include, but are not limited to, any combination of the following:

- Disqualification from the competition and loss of results
- Loss of results from previous competitions
- Forfeiture or required return of any prizes, awards, or money
- Suspension from participating in future CrossFit Games events (The length of this suspension will be determined by CrossFit, LLC on a case-by-case basis and may include a lifetime ban from all CrossFit Games events.)
- Public disclosure

NOTE: CrossFit, LLC utilizes Drug Free Sport for all testing, domestically and internationally. CrossFit, LLC may additionally recognize drug policy violations, including positive drug tests, reported by other national anti-doping organizations (e.g., the United States Anti-Doping Agency, the Russian Anti-Doping Agency, the Brazilian Anti-Doping Authority) from in-competition or out-of-competition testing performed by these agencies on behalf of other sports governing bodies. Upon learning of a positive test result or other violation, CrossFit, LLC may provisionally suspend an athlete awaiting a final decision by the testing agency or sports governing body. Once a final decision in the case has been announced by the testing agency or sports governing body, CrossFit, LLC will, in each case, determine its own sanction for the athlete involved.

13. APPEALS PROCESS

All athletes who commit a violation of the Drug Testing Policy have the right to appeal. Within 72 hours of being notified of their violation, athletes must provide written notice of their intent to submit a written petition of appeal concerning the violation. Athlete requests to have their “B” sample tested and for any pertinent documents must be made within this initial 72-hour period and not at a later date. The available documents include a copy of the test results and a documentation package that includes all documents related to the acquisition of the sample and its processing. The documentation package will be provided at the athlete’s expense.

Thereafter, from the time of receipt of any materials provided by CrossFit, LLC, athletes have 10 business days to submit their written petition of appeal.

If the athlete has been provisionally suspended by another anti-doping agency as described in section 12 CrossFit will hear the appeal after a ruling has been made by the other anti-doping agency.

The following will be considered in a drug test appeal:

- The athlete believes and can prove there was a problem with the collection or testing of the subject samples that affected the sample’s integrity.
- The athlete used due diligence prior to ingesting a supplement and is able to prove the banned substance was not listed on the label. Due diligence should include, but not be limited to, checking with a legitimate agency, such as the Banned Substances Control Group (BSCG), HFL Sports Science, NSF International, ConsumerLab, and the National Products Association. In this situation, the athlete must provide proof that they did not know and could not reasonably have known or suspected that they had ingested a supplement containing a banned substance.
- The athlete demonstrates that they asked specific and reasonable questions about a particular substance, medication or product of the Drug Testing Program Manager and the Drug Testing Program Manager erroneously assured the inquiring athlete that the substance does not list a banned ingredient (but it did).

The following will not be considered in a drug test appeal:

- The type or amount of banned substance detected through the drug test as banned substances is often used in small or trace amounts.
- Evidence of the athlete’s good character or contributions to the community.
- The degree to which the banned substance may or may not affect athletic performance.

Following a review of an athlete’s petition of appeal, CrossFit, LLC will respond in a timely manner, providing its decision in writing and including supporting reasons for either denying or granting the appeal. If, after this investigation, the athlete is found to be in violation of the Drug Testing

Policy, CrossFit, LLC will proceed with applying any appropriate sanctions.

The athlete may request a personal hearing by telephone. The athlete may have an advocate or other representative present, if the athlete so desires, at any such hearing.

In the event that there is a personal hearing:

- At least three representatives from CrossFit will hear appeals.
- Appeal hearings are conducted by telephone conference.
- The athlete may include any party on the telephone conference they wish after reporting their names and telephone numbers to CrossFit, LLC.
- The chair of the drug test appeal panel or designee will open the telephone conference appeal by inviting the athlete to provide any information they wish to have before the panel. Opportunity will be given to all parties to have questions asked and answered.
- Following the presentation by the athlete and the question-and-answer period, the chair will adjourn the meeting. The Drug Testing Program Manager will contact the athlete to report the panel's decision as soon as possible.

Any decision made at such a hearing by CrossFit, LLC regarding the violation and any sanction(s) to be imposed shall be final.

14. LEADERBOARD DISPLAY

Should an athlete violate the Drug Testing Policy during live competition, the athlete's scores from the competition will be removed from the leaderboard, and their rankings will display as a DQ. Any athletes ranked below the disqualified athlete will move up in the overall rankings. CrossFit, LLC will not re-sort or re-calculate the rankings as if the athlete never competed. All event scores and event rankings will remain the same.

15. EDUCATION

CrossFit, LLC recognizes its responsibility to provide performance-enhancing drug and supplement education and to promote fitness and lifestyle choices consistent with CrossFit, LLC's models for fitness and health. Participants who are educated about prohibited substances in sport are more likely to make informed and intelligent decisions concerning the use of these substances. CrossFit, LLC will continue to provide athletes, coaches, and other members of the community with current and accurate information about prohibited substances and the inherent risks associated with their use. Appropriate educational materials, including this policy and a list of banned substance classes (see **APPENDIX A**), will be made available to participants.

16. DIETARY SUPPLEMENTS

CrossFit, LLC highly encourages athletes to research any dietary supplements or ergogenic aids prior to use. Many dietary supplements or ergogenic aids contain banned substances. Often, 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 2001,¹ an analysis of 634 supplements worldwide found nearly 15 percent of these supplements to contain substances that would cause a positive drug test, but these banned substances were not listed on the product label. 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 SOLELY RESPONSIBLE FOR WHAT THEY PUT ON OR INTO THEIR BODIES. Therefore, athletes must act responsibly. Athletes should 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 but simply an educational statement for athletes to examine). Athletes should also be cautious when taking any substance that says it is anabolic or muscle-building, or that it will improve recovery, add intensity to a workout ("pre-workout" supplements), or otherwise enhance performance. Supplements offering these claims have been, historically, more likely to cause failed drug tests among CrossFit Games competitors.

17. TRANSGENDER POLICY:

Transgender athletes are required to comply with the requirements of CrossFit's Transgender Policy as set forth in section 6 of the CrossFit Games Rulebook. Any transgender athlete planning to use a banned substance as part of a medically supervised gender transition must obtain a Therapeutic Use Exemption under section 18 of this policy before registering for or participating in any part of the CrossFit Games.

¹ Dr. Wilhelm Schänzer, "Analysis of Non-Hormonal Nutritional Supplements for Anabolic-Androgenic Steroids - An International Study: An Investigation of the IOC Accredited Doping Laboratory Cologne, Germany" (Cologne, Germany: German Sport University Cologne, 2001), 1-2.

18. THERAPEUTIC USE EXEMPTION

CrossFit, LLC recognizes that some banned substances are used for legitimate medical purposes. In rare cases, CrossFit, LLC 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, LLC adheres to the standards set by the World Anti-Doping Agency (WADA) and will only grant a TUE in strict accordance with all of the following criteria:²

- The athlete would experience a significant impairment to health if the banned substance were to be withheld in the course of treating an acute or chronic medical condition.
- The therapeutic use of the banned 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 banned 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 banned substance.
- The necessity for use of the otherwise banned substance cannot be a consequence, wholly or in part, of prior use without a TUE of a substance that was banned at the time of use.

CrossFit requires all athletes seeking to use a banned substance for medical treatment to submit a [Therapeutic Use Exemption form](#). Completion of a TUE form is required documentation and not an official approval to use such banned substances. However, failure to submit a TUE form requesting that CrossFit allow the use of a banned substance for medical treatment may disqualify an athlete or team from competition.

Transgender athletes planning to use a banned substance are required to submit a TUE form. A TUE form needs to include a report by a health professional providing care for transgender persons and detail the athlete’s medical history, including any previous partially or fully reversible physical treatment. This report should be complemented by an endocrinologist’s report on initialization of hormone therapy and a surgical report where applicable. Prior to treatment, a full general medical assessment needs to be completed to assess the individual risk associated with the different therapeutic options.³ CrossFit, LLC will evaluate the TUE applications submitted by transgender athletes under the most current version of the WADA TUEC Guidelines: Medical Information to Support the Decisions of TUE Committees – Transgender Athletes.

NOTE: In the event of an acute incident, such as a severe allergic reaction (anaphylaxis), acute asthma, or a coughing attack, where a banned substance is required for 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 or epinephrine). These incidents are rare and will be dealt with on a case-by-case basis.

NOTE: Except in the case of transgender athletes granted a TUE under the WADA Guidelines, a TUE for hormone replacement therapy using anabolic substances will NOT be granted under any circumstances 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, LLC.

All TUE forms, along with the required supporting documentation, must be turned in to CrossFit at drugtesting@crossfitgames.com. Incomplete TUE requests will not be reviewed (see **APPENDIX C** for TUE documentation requirements). 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 by email. Decisions on whether to grant the TUE may take 30 days or longer. Athletes must submit their TUE form with sufficient time for a decision to be made in their case **before they participate in the Online Qualifier or accept the invitation to participate in the CrossFit Games**. Any athlete who tests positive for a banned substance and has not been granted a TUE for that substance, even if they have submitted a TUE form that is currently under review, may be charged with a positive drug test and subject to sanctions.

TUE forms expire at the end of each year for which the exemption was granted. Therefore, a new TUE form must be submitted each year, 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 a banned substance, even if the banned substance is administered in the treatment of a medical condition, will be subject to the sanctions outlined in this policy for a failed drug test.

CrossFit, LLC will handle TUE submissions with the strictest confidentiality.

² World Anti-Doping Programme: Therapeutic Use Exemption Guidelines.” (World Anti-Doping Agency, Jan. 2012), 12-13.

³ Adapted from WADA’s “TUEC Guidelines. Medical Information to Support the Decisions of TUE Committees. Transgender Athletes” Oct. 2017.

APPENDIX A: 2020-2021 CROSSFIT BANNED SUBSTANCE CLASSES

CROSSFIT, LLC BANS THE FOLLOWING CLASSES OF DRUGS AT ALL TIMES:

- Anabolic agents
- Street drugs
- Diuretics and other masking agents
- Peptide hormones and analogues
- Hormone and metabolic modulators
- Beta-2 agonists (permitted with prescription and TUE, and through inhalation only)

There is no complete list of banned drugs. New banned substance classes emerge constantly. The most current and complete list is available at www.wada-ama.org/en/content/what-is-prohibited. In addition, any substance that is chemically related to a class of banned drugs is also banned. Athletes shall be held accountable for all drugs within the banned drug class, regardless of whether they have been specifically identified as banned. For example, designer drugs chemically related to banned substances are banned even if a name has yet to be created for them.

SOME EXAMPLES OF BANNED SUBSTANCES IN EACH DRUG CLASS:

- **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):
 - Anabolic androgenic steroids
 - 1-Androstenediol (5 α -androst-1-ene-3 β ,17 β -diol); 1-Androstenedione (5 α -androst-1-ene-3,17-dione); 1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one); 1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one); Bolasterone; Calusterone; Clostebol; Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol); Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one); Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol); Drostanolone; Ethylestrenol (19-norpregna-4-en-17 α -ol); Fluoxymesterone; Formebolone; Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α androstan-17 β -ol); Gestrinone; Mestanolone; Mesterolone; Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one); Metenolone; Methandriol; Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α androstan-3-one); Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one); Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α androst-1-en-3-one); Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one); Methyltestosterone; Metribolone (methyltrienolone, 17 β -hydroxy-17 α methylestra-4,9,11-trien-3-one); Mibolerone; Norbolotone; Norclostebol; Norethandrolone; Oxabolone; Oxandrolone; Oxymesterone; Oxymetholone; Prostanazol (17 β -[(tetrahydropyran-2-yl)oxy]-1'Hpyrazolo[3,4:2,3]-5 α -androstane); Quinbolone; Stanozolol; Stenbolone; Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α pregna-4,9,11-trien-3-one); Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one); and other substances with a similar chemical structure or similar biological effect(s); 4-Androstenediol (androst-4-ene-3 β ,17 β -diol); 4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one); 5-Androstenedione (androst-5-ene-3,17-dione); 7 α -hydroxy-DHEA; 7 β -hydroxy-DHEA; 7-keto-DHEA; 19-Norandrostenediol (estr-4-ene-3,17-diol); 19-Norandrostenedione (estr-4-ene-3,17-dione); Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α androstan-3-one); Androstenediol (androst-5-ene-3 β ,17 β -diol); Androstenedione (androst-4-ene-3,17-dione); Boldenone; Boldione (androsta-1,4-diene-3,17-dione); Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one); Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one); Epitestosterone; Nandrolone (19-nortestosterone); Prasterone (dehydroepiandrosterone, DHEA, 3 β -hydroxyandrost-5-en-17-one); Testosterone.
 - Other anabolic agents
 - Clenbuterol, selective androgen receptor modulators [SARMs, e.g., andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140], tibolone, zeranol, and zilpaterol.
- **Street Drugs:** For example: heroin; cocaine
- **Diuretics and Other Masking Agents:**
 - Including but not limited to:
 - Desmopressin; probenecid; plasma expanders, e.g., intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
 - Acetazolamide; amiloride; bumetanide; canrenone; chlorthalidone; ethacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g., bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g., tolvaptan.
 - Except:
 - Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g., dorzolamide, brinzolamide);

- Local administration of felypressin in dental anaesthesia.
 - The detection in an athlete's sample at all times or in-competition, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an adverse analytical finding (AAF) unless the athlete has an approved Therapeutic Use Exemption (TUE) for that substance in addition to the one granted for the diuretic or masking agent.
- **Peptide Hormones and Analogues:**
 - Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:
 - Erythropoietin-receptor agonists, e.g., darbepoetins (dEPO); erythropoietins (EPO); EPO-based constructs [e.g., EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)]; EPO-mimetic agents and their constructs (e.g., CNTO-530, peginesatide).
 - Hypoxia-inducible factor (HIF) activating agents, e.g., cobalt; daprodustat (GSK1278863); molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548); xenon.
 - GATA inhibitors, e.g., K-11706.
 - TGF-beta (TGF- β) signaling inhibitors, e.g., luspatercept; sotatercept.
 - Innate repair receptor agonists, e.g., asialo EPO; carbamylated EPO (CEPO).
 - Peptide Hormones and their releasing factors:
 - Chorionic gonadotropin (CG) and luteinizing hormone (LH) and their releasing factors in males, e.g., busarelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin;
 - Corticotrophins and their releasing factors, e.g., corticorelin;
 - Growth hormone (GH), its fragments and releasing factors, including, but not limited to: growth hormone fragments, e.g., AOD-9604 and hGH 176-191; growth hormone releasing hormone (GHRH) and its analogues, e.g., CJC-1293, CJC-1295, sermorelin and tesamorelin; growth hormone secretagogues (GHS), e.g., lenomorelin (ghrelin) and its mimetics, e.g., anamorelin, ipamorelin, macimorelin and tabimorelin; GH-releasing peptides (GHRPs), e.g., alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).
 - Growth factors and growth factor modulators, including, but not limited to: fibroblast growth factors (FGFs); hepatocyte growth factor (HGF); insulin-like growth factor-1 (IGF-1) and its analogues; mechano growth factors (MGFs); platelet-derived growth factor (PDGF); thymosin- β 4 and its derivatives, e.g., TB-500; vascular-endothelial growth factor (VEGF);
 - and other growth factors or growth factor modulators affecting muscle, tendon, or ligament protein synthesis/degradation, vascularization, energy utilization, regenerative capacity, or fiber type switching.
- **Hormone and Metabolic Modulators:**
 - Aromatase inhibitors including, but not limited to:
 - 2-androstenol (5 α -androst-2-en-17-ol); 2-androstenone (5 α -androst-2-en-17-one); 3-androstenol (5 α -androst-3-en-17-ol); 3-androstenone (5 α -androst-3-en-17-one); 4-androstene-3,6,17 trione (6-oxo); aminoglutethimide; anastrozole; androsta-1,4,6-triene-3,17-dione (androstatrienedione); androsta-3,5-diene-7,17-dione (arimistane); exemestane; formestane; letrozole; testolactone.
 - Selective estrogen receptor modulators (SERMs) including, but not limited to:
 - Bazedoxifene; ospemifene; raloxifene; tamoxifen; toremifene.
 - Other anti-estrogenic substances including, but not limited to:
 - Clomifene; cyclofenil; fulvestrant
 - Agents preventing activin receptor IIB activation including, but not limited, to:
 - Activin A-neutralizing antibodies; activin receptor IIB competitors such as: decoy activin receptors (e.g., ACE-O31); anti-activin receptor IIB antibodies (e.g., bimagrumb); myostatin inhibitors such as: agents reducing or ablating myostatin expression; myostatin-binding proteins (e.g., follistatin, myostatin propeptide); myostatin-neutralizing antibodies (e.g., domagrozumab, landogrozumab, stamulumab).
 - Metabolic modulators:
 - Activators of the AMP-activated protein kinase (AMPK), e.g., AICAR, SR9009; and peroxisome proliferator activated receptor δ (PPAR δ) agonists, e.g., 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl) phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516);
 - Insulins and insulin-mimetics;
 - Meldonium;

- Trimetazidine
- **Beta-2 Agonists:**
 - o Fenoterol; formoterol; higenamine; indacaterol; olodaterol; procaterol; reproterol; salbutamol; salmeterol; terbutaline; tretoquinol (trimetoquinol); tulobuterol; vilanterol
 - o Except:
 - Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
 - Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
 - Inhaled salmeterol: maximum 200 micrograms over 24 hours.
 - o The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

CROSSFIT, LLC BANS THE FOLLOWING CLASSES OF DRUGS IN COMPETITION:

- Stimulants: All stimulants, including all optical isomers, e.g., d- and l- where relevant, are prohibited
- Narcotics: including all optical isomers, e.g., d- and l- where relevant, are prohibited
- Cannabinoids
- Glucocorticoids

SOME EXAMPLES OF BANNED SUBSTANCES IN EACH DRUG CLASS:

- **Stimulants include:**
 - o Non-Specified Stimulants:
 - Adrafinil; amfepramone; amfetamine; amfetaminil; amiphenazolo; benfluorex; benzylpiperazine; bromantan; clobenzorex; cocaine; cropropamide; crotetamide; fencamine; fenethyliline; fenfluramine; fenproporex; fonturacetam [4-phenylpiracetam (carphedon)]; furfenorex; lisdexamfetamine; mafenorex; mephentermine; mesocarb; metamfetamine(d-); p-methylamfetamine; modafinil; norfenfluramine; phendimetrazine; phentermine; prenylamine; prolintane
 - o Specified Stimulants: including, but not limited to:
 - 3-methylhexan-2-amine (1,2-dimethylpentylamine); 4-methylhexan-2-amine (methylhexaneamine); 4-methylpentan-2-amine (1,3-dimethylbutylamine); 5-methylhexan-2-amine (1,4-dimethylpentylamine); benzfetamine; cathine**;
 - cathinone and its analogues, e.g., mephedrone, methedrone, and α - pyrrolidinovalerophenone; dimetamfetamine; ephedrine***; epinephrine**** (adrenaline); etamivan; etilamfetamine; etilefrine; famprofazone; fenbutrazate; fencamfamin; heptaminol; hydroxyamfetamine (parahydroxyamphetamine); isomethheptene; levmetamfetamine; meclofenoxate; methylenedioymethamphetamine; methylephedrine***; methylphenidate; nikethamide; norfenefrine; octodrine; octopamine; oxilofrine (methylsynephrine); pemoline; pentetrazol; phenethylamine and its derivatives; phenmetrazine; phenpromethamine; propylhexedrine; pseudoephedrine*****; selegiline; sibutramine; strychnine; tenamfetamine (methylenedioxyamphetamine); tuaminoheptane; and other substances with a similar chemical structure or similar biological effect(s).
 - o Except:
 - Clonidine;
 - Imidazole derivatives for dermatological, nasal, or ophthalmic use and those stimulants included in the 2020 Monitoring Program.*

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 Monitoring Program and are not considered prohibited substances.

** Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

**** Epinephrine (adrenaline): Not prohibited in local administration, e.g., nasal, ophthalmologic, or co-administration with local anaesthetic agents.

***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

- **Narcotics:**
 - Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl and its derivatives; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidin
- **Cannabinoids:**
 - All natural and synthetic cannabinoids are prohibited, including but not limited to:
 - In cannabis (hashish and marijuana) and cannabis products
 - Natural and synthetic tetrahydrocannabinols (THC)
 - Synthetic cannabinoids that mimic the effect of THC
 - Exceptions: cannabidiol (CBD)
- **Glucocorticoids:**
 - Betamethasone; budesonide; cortisone; deflazacort; dexamethasone; fluticasone; hydrocortisone; methylprednisolone; prednisolone; prednisone; triamcinolone.

PROHIBITED METHODS AND PROCEDURES SUBJECT TO RESTRICTIONS:

- Manipulation of blood and blood components: The following are prohibited:
 - The administration or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.
 - Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to: Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g., haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
 - Any form of intravascular manipulation of the blood or blood components by physical or chemical means.
- Intravenous infusions
 - Intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period except for those legitimately received in the course of hospital treatments, surgical procedures, or clinical diagnostic investigations.
- Local anesthetics (under some conditions)
- Manipulation of samples
 - Tampering or attempting to tamper with or alter the integrity and validity of samples collected during doping control, including, but not limited to: sample substitution and/or adulteration, e.g., addition of proteases to sample.
- Caffeine if concentrations in urine exceed 15 micrograms/mL
- Gene doping: The following, with the potential to enhance sport performance, are prohibited:
 - The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing, and gene transfer technologies..
 - The use of normal or genetically modified cells.

NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:

Before consuming any nutritional/dietary supplement, 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 and received sanctions for using tainted dietary supplements, even when labels claim the product is safe and compliant. Many dietary supplements are contaminated with unlisted, banned substances.

Any dietary supplement is taken at your own risk. It is your responsibility to know what you are ingesting. Consult a pharmacist or doctor before using any supplement. You are responsible for what you put into your body. **BE RESPONSIBLE.**

APPENDIX B: CROSSFIT URINE TESTING PROCEDURES - (IN-COMPETITION)

Drug testing is certainly not the most glamorous aspect of an athlete's life, but it is essential to help ensure a fair and clean competition. The information in this appendix provides an overview of CrossFit's in-competition urine sample collection process:

1. Upon entering the collection station, the athlete will provide photo identification and/or a client representative/site coordinator will identify the athlete to the collector.
2. The athlete will select a sealed collection vessel from a supply of vessels and will record their initials on the collection vessel's lid.
3. A collector, serving as validator, will monitor the furnishing of the specimen by direct frontal observation in order to assure the integrity of the specimen.
4. Validators who are members of the official drug testing crew and are of the same gender as the athlete must observe the voiding process. The procedure does not allow for validators to stand outside the toilet area or outside the restroom. The athlete must urinate in full view of the validator (i.e., the validator must observe the flow of urine). The validator may request that the athlete raise their shirt high enough to observe the midsection area in order to completely rule out any attempt to manipulate or substitute a sample.
5. The athlete may not carry any item other than their vessel 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 vessel closed and under their control.
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 vessel closed and under their control. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, the specimen may be discarded. Upon return to the collection station, the athlete may have to 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 the urine testing process of the National Center for Drug Free Sport, a collector will measure the specific gravity of the sample in the presence of the athlete.
10. If the specific gravity of the urine is outside the acceptable ranges, the specimen will be discarded and the athlete must remain in the collection station until another specimen is provided.
11. If the sample's specific gravity is within the required range, the specimen will be processed and sent to the laboratory.
12. Once a specimen has been provided that meets the on-site parameters, the athlete will select a specimen collection kit from a supply of kits. The collector will review the electronic Chain of Custody Form with the athlete as this form is filled out.
13. 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."
14. 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.
15. All sealed specimens will be secured in a shipping case. The collector will prepare the case for shipping to the WADA-accredited laboratory.
16. The athlete and collector will sign an electronic document certifying procedures were followed as required. Any deviation from procedures shall be recorded. If an athlete deviates from the required procedure, another sample may have to be collected.
17. After the collection has been completed, the specimens will be forwarded to the laboratory and copies of all electronic forms saved and forwarded to the designated persons.
18. At this point, the specimens become the property of CrossFit, LLC and will be sent to the laboratory for analysis.
19. The laboratory will make final determination of specimen adequacy.
20. If the laboratory determines that an athlete's specimen is inadequate for analysis, at CrossFit's discretion, another specimen may be collected.
21. If an athlete is suspected of manipulating specimens (e.g., via dilution), CrossFit will have the authority to perform additional tests on the athlete or to sanction the athlete for refusing to provide a sample.
22. If at any time during the collection process the athlete does not comply with procedures or instructions, the collector will notify a CrossFit representative and the third-party administrator responsible for management of the drug testing program.

APPENDIX C: TUE APPLICATION REQUIREMENTS

This appendix outlines the documentation that must be attached to the completed Therapeutic Use Exemption (TUE) form in support of the application for a TUE:⁴

- Evidence of the diagnosis must be attached.
- Copies of the physician's 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.
- 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 as to whether the Therapeutic Use Exemption has been granted. The information provided in the TUE application must be up to date and exact, in terms of both content and form.

⁴ "World Anti-Doping Programme: Therapeutic Use Exemption Guidelines," (World Anti-Doping Agency, Jan. 2012), 14-15..