INTRODUCTION

Athletes, managers, trainers, coaches, and other support personnel play a critical role in helping to protect the integrity of sport at every level. The United States Anti-Doping Agency’s mission is based on the fundamental truth that all athletes deserve the right and opportunity to compete clean—to achieve their own personal victories through commitment, sacrifice, and hard work. USADA works tirelessly to ensure that no clean athlete is ever cheated by a competitor engaging in the use of performance-enhancing drugs.

This Handbook is designed to provide UFC athletes with a summary of the information needed to successfully participate in the UFC Anti-Doping Program. Access to accurate information ensures that UFC athletes are not only fully prepared for training and competition, but also for the important role they play in the broader global anti-doping movement.

“The most important thing about the program is the accountability and the fact that I know the athlete that I’m fighting is held to the highest standard. I do believe there are fighters who dope and it’s very important that every athlete in this program is tested to create an equal playing field.”

– Chris Daukaus, UFC Heavyweight
USADA is recognized by the UFC® as the official, independent anti-doping agency for the UFC. USADA began operations on October 1, 2000, and is a non-profit, non-governmental agency whose sole mission is to stand with athletes to champion their right to clean sport, to inspire true and healthy sport, and to promote the integrity of sport.

As part of the global UFC Anti-Doping Program, which launched in July 2015, USADA works with its network of international DCOs and other independent anti-doping organizations around the world to ensure that all UFC athletes are subject to testing no matter where they live, train, or compete.

USADA has created several resources to help athletes determine the prohibited status of their products. One of the fastest ways to search the status of a medication is by using UFC Global Drug Reference Online (UFC.GlobalDRO.com), which provides easily accessible and accurate information on the status of specific pharmaceutical products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States. Some over-the-counter medicinal products are also included in the database. UFC Global DRO® does not contain information on, or applicable to, dietary supplements. If an athlete cannot find the brand name of their medication on Global DRO, they can also search the active ingredients listed on the medication, which is often necessary in the case of cold, flu, and other such over-the-counter medications.

The only way to be 100 percent safe from supplements is to not use supplements. If an athlete chooses to use supplements, they should use only Certified Supplements identified in the UFC Prohibited List. For more information on Certified Supplements, visit UFC.USADA.org/supplements.

For additional assistance with medications, supplements, or ingredients, contact USADA’s Drug Reference Line at +1 719-785-2000, Toll-Free at 866-601-2632, International Toll-Free at +8008-120-8120, or email ufcdrugreference@usada.org.

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1 As defined in the World Anti-Doping Code, the spirit of sport is the celebration of the human spirit, body, and mind. It is the essence of Olympism and is reflected in the values we find in and through sport, including health, ethics, fair play, honesty, character, joy, teamwork, dedication, respect for rules and one’s self, and other similar values.
HEALTH AND SAFETY SUMMARY OF PROHIBITED SUBSTANCES

This section provides answers to common questions about the health and safety risks associated with substances and methods included on the UFC Prohibited List. Details are provided by category, as outlined in the UFC Prohibited List. This section also provides information concerning the legitimate medical use of substances.

See UFC.USADA.org for more information.

SUMMARY OF SUBSTANCES PROHIBITED AT ALL TIMES

Anabolic Agents

Anabolic androgenic steroids (AAS) are by far the most prevalent performance-enhancing drugs to build muscle strength and lean muscle mass. Due to scientific advances in detection sensitivity, AAS like testosterone, stanozolol, oxandrolone, and nandrolone are readily detectable in athlete samples. However, the vast majority of AAS have no established medical use.

What are some potential side effects of anabolic steroid abuse?

Physiological and psychological side effects of anabolic steroid abuse have the potential to impact any user, while other side effects are gender specific. The list below is not comprehensive.

Peptide Hormones, Growth Factors, Related Substances and Mimetics

Some substances in this category have important medical uses, such as erythropoietin (EPO) to treat anemia and human growth hormone (hGH) for growth hormone insufficiency. But many substances in this category are experimental and have no legitimate therapeutic use.

What are some potential side effects and health risks of this category?

- Hypertension (ESAs/hGH)
- Blood cancers/leukemia (ESAs/hGH)
- Anemia (ESAs)
- Stroke (ESAs)
- Heart attacks
- Pulmonary embolism (ESAs)
- Feminization (hCG)
- Thyroid problems (hGH)

Beta-2 Agonists

The primary medical use of these compounds is to treat conditions like asthma and other respiratory ailments. The anti-doping status of beta-2 agonists depends on the medication, the route of administration, whether it is being used in conjunction with another medication, and the dosage. It is essential that athletes check UFC.GlobalDRO.com before using any beta-2 agonist. Some inhaled beta-2 agonists, such as albuterol/salbutamol and salmeterol, are permitted up to certain dose thresholds.

What are some potential side effects of beta-2 agonists?

- Rapid heart rate or palpitations
- Headaches
- Sweating
- Nausea
- Muscle cramps
- Nervousness

Are there limitations placed on the use of asthma medications?

These agents, when inhaled, are the first line for rescue therapy, especially with asthma. They are also powerful stimulants. Some of these agents also possess anabolic properties, especially when taken orally or by injection. Due to their stimulatory and potential anabolic effects, limitations have been placed on their use. To check the status of asthma medications, please visit UFC.GlobalDRO.com.

NOTE: See the UFC Therapeutic Use Exemption Policy pertaining to the use of prohibited medications at UFC.USADA.org/tue.
Hormone and Metabolic Modulators

Hormone antagonists are agents that modify hormone functions. Specific classes of hormone antagonists and modulators are prohibited, including:

- Aromatase inhibitors
- Selective estrogen receptor modulators (SERMS)
- Agents modifying myostatin function(s)
- Other anti-estrogenic substances such as Clomiphene/clomifene
- Insulin and insulin mimetics
- Meldonium, trimetazidine, AICAR

What are some potential side effects and health risks of hormone and metabolic modulators?

- Drop in blood sugar levels (Insulin)
- Endocrine system disruption (Clomiphene/clomifene)
- Liver damage (AICAR)
- Cholesterol imbalance (Aromatase Inhibitors)
- Motor function disorders and tremors (Trimetazidine)

Diuretics and Masking Agents

The primary medical use of these compounds is to treat conditions like hypertension, kidney disease, and congestive heart failure. Blood plasma expanders (e.g. intravenous administration of albumin, dextran, hydroxyethyl starch, and mannitol) are also prohibited.

There are some ophthalmic (topical eye) preparations of substances in this category that are permitted. The use of diuretics or masking agents in conjunction with a beta-2 agonist inhaler invalidates the permitted dosages for the inhalers. Athletes should check UFC.GlobalDRO.com for ALL of their medications before use.

What are some potential side effects and health risks of diuretic abuse?

- Dehydration
- Dizziness or fainting
- Muscle cramping and heart arrhythmia due to potassium depletion
- Drop in blood pressure
- Loss of coordination and balance
- Death

Non-Approved Substances

This category refers to substances that are not addressed by any of the other sections of the UFC Prohibited List and that have no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development, discontinued designer drugs, and substances approved only for veterinary use).

Some examples of prohibited Non-Approved Substances include:

- BPC157
- Dinitrophenol (DNP)
- Adipotide
- Rycals (ARMO36)
- Sirtuins (SRT2104)
- AdipoRon

Note: These examples were added effective January 1, 2022.

What are some potential side effects and health risks of non-approved substance use?

Substances that have not undergone safety and clinical efficacy testing for use in humans do not have a safety profile, and their potential side effects are unknown.

SUMMARY OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY

“In-competition” is defined as the period commencing at noon on the day prior to the scheduled start of the Fight Card on which a Bout is contested and ending upon the completion of the post-Bout sample or specimen collection. If post-Bout sample collection is not initiated by USADA within a reasonable time, not to exceed one hour following the athlete’s post-Bout medical clearance, then the in-competition period will expire at that time.

Because clearance times depend on many individual factors, USADA cannot typically advise athletes on when they should discontinue using a substance to ensure that it has completely “washed out” from their body.

Stimulants

The primary medical use of these compounds is to treat conditions like Attention Deficit Disorders, asthma, narcolepsy, and obesity. The use of stimulants outside of medical necessity may be unsafe and could result in negative side effects, including an increased heart rate and blood pressure that leads to a greater risk of stroke, heart attack, and cardiac arrhythmia. In addition, misuse has led to involuntary shaking (tremors), dehydration, insomnia, anxiety, and dependence and addiction. Though most medications containing stimulants are prescribed by a physician, some over-the-counter medications are known to contain prohibited compounds. For example, pseudoephedrine, levomethamphetamine, propylhexedrine, and epinephrine can be present in allergy, cold, and flu medications, or nasal sprays or inhalants. Other stimulants can be found in dietary supplements, such as pre-workout powders and diet aids.

What are some potential side effects and health risks of stimulant use?

- Insomnia
- Anxiety
- Weight loss
- Dependence and addiction
- Tremors
- Increased heart rate and blood pressure
- Increased risk of stroke, heart attack, and cardiac arrhythmia

Could over-the-counter medications or supplements possibly contain stimulants?

Yes, prohibited stimulants such as pseudoephedrine, levomethamphetamine and propylhexedrine, and epinephrine can be present in over-the-counter products such as allergy, cold, and flu medications, or nasal sprays or inhalants. Other stimulants can be found in dietary supplements such as pre-workout powders and diet aids.
Athletes should ensure they do not take medications with pseudoephedrine at a minimum within the 24 hours before the in-competition period.

Dietary supplements, which can be purchased over-the-counter, can also contain prohibited stimulants like octopamine, methylhexaneamine, and oxilofrine, also known as methylsynephrine. For more information, see the dietary supplement section.

**Narcotics**

When dosed appropriately, narcotics have medical uses like relieving or managing severe pain.

**What are some potential side effects and health risks of narcotics?**

While a sensation of euphoria or psychological stimulation are effects common to the use of narcotics, misuse of narcotics can pose serious health risks. Those include:
- A false sense of invincibility
- Physical and psychological dependence, leading to addiction
- Nausea and vomiting
- Respiratory depression
- Increased pain threshold and failure to recognize injury
- Decreased heart rate
- Death

**What should I do if painkillers are needed for an injury?**

Check UFC.GlobalDRO.com, or contact USADA’s Drug Reference Line at +1 719-785-2000 or Toll-Free at 866-601-2632, International Toll-Free at +8008-120-8120, or email ufcdrugreference@USADA.org to see if the substance is prohibited. Go to the Therapeutic Use Exemption (TUE) section of this Handbook to learn more about applying for a TUE if needed.

**Cannabinoids**

Positive tests for carboxy-THC (the psychoactive ingredient in marijuana and cannabis) will not be considered a violation of the UFC Anti-Doping Policy unless USADA determines that an athlete used it intentionally for performance-enhancing purposes. All other “phyto” cannabinoids (those derived naturally from a plant) are not prohibited.

UFC athletes need to keep in mind that Athletic Commissions may have rules that prohibit certain levels of carboxy-THC and other cannabinoids and should therefore familiarize themselves with the rules of the Athletic Commission sanctioning the fight in which they compete.

While cannabidiol (CBD) is not prohibited, CBD extracted from the cannabis plant (e.g., CBD oil) may contain varying concentrations of psychoactive THC and other natural cannabinoids, which may be prohibited by Athletic Commissions. The body absorbs THC, which is the active ingredient in cannabinoids, and breaks it down into metabolites. These metabolites can accumulate in the body and be excreted in the urine over an extended period of time after use depending on the user’s metabolism and other habits. UFC athletes should exercise extreme caution when considering CBD products in the lead-up to a regulated competition and should familiarize themselves with the rules of the Athletic Commissions where they plan to compete.

**What are some potential side effects and health risks of marijuana use?**

- Increased heart rate
- Impaired short-term memory
- Diminished ability to concentrate
- Slowed coordination and reaction of reflexes
- Mood instability
- Impaired thinking and reading comprehension
- Respiratory diseases

**Glucocorticoids**

The primary medical use of these compounds is to treat allergies, asthma, inflammatory conditions, and skin disorders, among other musculoskeletal ailments.

Glucocorticoids (commonly referred to as “Corticosteroids”) are often found in asthma control inhalers, eye or ear drops, topical creams, intra-muscular or intra-articular injections, nasal sprays, and pill-forms.

All glucocorticoids are prohibited in-competition when administered by any injectable (including intravenous, intramuscular, and intra-articular), oral (including oromucosal (e.g,. buccal, gingival, sublingual)), or rectal route except for those legitimately prescribed by a licensed physician, received for a medically-justified purpose within the standard of care, and administered by a licensed medical professional.

Examples of glucocorticoids include, but are not limited to:
- Beclometasone
- Betamethasone
- Budesonide
- Ciclesonide
- Cortisone
- Deflazacort
- Dexamethasone
- Flucortolone
- Flunisolide
- Fluticasone
- Hydrocortisone
- Methylprednisolone
- Mometasone
- Prednisolone
- Prednisone
- Triamcinolone acetonide

Other routes of administration (including inhaled and topical: dental-intracanal, dermal, intranasal, ophthalmological, and perianal) are not prohibited when used within the manufacturer’s licensed doses and therapeutic indications.
Manipulation of Blood and Blood Components

Blood doping is a prohibited method of increasing oxygen to the tissues. Blood doping is used to artificially increase the number of red blood cells in the body by transfusion of one’s own blood (autologous transfusion) or blood from donors matched by blood type (homologous), or by using EPO to stimulate the production of more red blood cells. The end result is that the hemoglobin mass (amount of red cells in the blood) is increased for a period of time and translates into the potential for increased endurance, workload, and recovery.

What are the health risks of blood doping?

Adding more red blood cells to the cardiovascular system can cause the blood to be more viscous and cause the heart to overwork. A person with already thickened blood is at greater risk of dehydration. Artificially boosting the number of red blood cells increases the risk of:

- Stress on the heart and cardiovascular system, leading to an enlarged heart
- Blood clotting
- Stroke
- Adverse immune response, including allergic reactions

With transfusions, there is an increased risk of infectious disease, such as HIV/AIDS or hepatitis.

Chemical and Physical Manipulation

Chemical and physical manipulation is tampering, or attempting to tamper, to alter the integrity and validity of samples collected during Doping Control. This includes but is not limited to sample substitution and/or adulteration, and the use of intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received during hospital treatments, surgical procedures, clinical diagnostic investigations, and/or those that are determined to be medically justified and within the standard of care by a licensed physician and administered by a licensed medical professional.

Gene and Cell Doping

Gene doping is the use of normal or genetically modified cells, the transfer of nucleic acids or nucleic acid sequences, or the use of agents that directly or indirectly affect functions known to influence performance by altering gene expression. Most gene transfer technologies are still in experimental phases. The long-term effects of altering genetic material are unknown, although several deaths have occurred during experimentation.

Medical information used for this section was taken from the WADA Sport Physician’s Toolkit, available at wada-ama.org and used with permission.
Regenerative Medicine: Stem cell and PRP treatments

Are stem cell treatments allowed in sport?

It depends. Some treatments are allowed, and some are not. Stem cells that have not been modified, do not contain growth factors or other prohibited substances added after harvesting, and only return the affected area’s functioning back to normal without enhancing it, are generally allowed. However, given the many factors that go into determining if stem cell therapy is allowed, we advise any UFC athlete who is considering treatment to seek approval from USADA in advance of treatment.

What do athletes need to do to comply with anti-doping rules if they are considering stem cell treatments?

To determine if the stem cell therapy is allowed or not, UFC athletes should submit a “Declaration of Use” before commencing treatment so that USADA can help evaluate such products. Absent such Declaration of Use, use of these products or procedures is at the athlete's own risk of an Anti-Doping Policy Violation and health effects.

The declaration should include the following details and be sent to IVrecords@USADA.org in advance of treatment.

- Athlete Full Name
- Athlete Date of Birth
- Contact Email
- Contact Phone Number
- Injury details
- Date of injury
- Other treatment options tried
- Other treatment options considered
- Desired outcome of treatment
- Planned date of treatment
- Clinic/facility including name and address
- Doctor performing the medical procedure
- Route of administration / site(s) of injection(s)
- Volume of injection(s)
- Product/brand name(s)
- List of product constituents or website (if known)
- FDA status (if known)

Is PRP, or platelet-rich plasma allowed in sport?

PRP is not prohibited, although individual growth factors are still prohibited when given separately as purified substances. The sole outcome of PRP should be the return to pre-injury level of function or a normal state of health. PRP is prohibited if it offers performance-enhancing effects, or if the PRP was altered in a way that can produce performance-enhancing benefits.

For questions regarding stem cell or PRP treatments, contact USADA's Drug Reference Line at +1 719-785-2000, Toll-Free at 866-601-2632, International Toll-Free at +8008-120-8120, or email ufcdrugreference@usada.org.

Blood and Plasma Donation

Donating plasma or plasmapheresis is prohibited for the donor because the donor’s own red blood cells and other blood components are reintroduced into the circulatory system after the plasma has been separated. However, donating whole blood, when no blood is returned to the donor, is permitted. Athletes should consult with USADA prior to any plasma donation.

Clinical Trials

Before participating in a clinical trial, you must call or email the USADA Drug Reference Line to determine if a Therapeutic Use Exemption (TUE) is required. A drug in development and undergoing clinical trials could be considered prohibited if it falls into one of the categories of banned substances on the WADA Prohibited List, or if it has the potential to be performance enhancing.

Contact USADA’s Drug Reference Line at +1 719-785-2000, Toll-Free at 866-601-2632, International Toll-Free at +8008-120-8120, or email ufcdrugreference@usada.org.
### PEDS

#### Anabolic Agents
- Testosterone
- Nandrolone
- Stanazolol
- Boldenone
- Androstenedione
- Androstanediol
- Dienogest
- Dehydroisoandrosterone (DHEA)
- Dianabol
- Selective Androgen Receptor Modulators (SARMs) e.g., ostarine, LGD-4033, andarine
- Clenbuterol
- Tadalafil
- Testosterone derivatives (THG)
- Methenolone (DHEA)
- Dihydrotestosterone (DHT)
- Boldenone
- Stanozolol
- Nandrolone
- Testosterone

#### Steroids
- Androgens
- Progestins
- Estrogens

#### Beta-2 Agonists
- Salbutamol
- Terbutaline
- Fenoterol
- Bambuterol
- Formoterol
- Indacaterol
- Salmeterol
- Higenamine (Prohibited in Competition Only)

#### Diuretics and Masking Agents
- Hydrochlorothiazide
- Spironolactone
- Captopril
- Any diuretic with the term “thiazide” in it

#### Stimulants
- Amphetamines
- Ephedrine
- Phenethylamine and its derivatives
- Methylphenidate
- Modafinil
- Lisinopril
- Pseudoephedrine
- Some stimulants are considered substances of abuse under the UFC Program, such as caffeine, MDMA (ecstasy), and methamphetamine, and others.

#### Narcotics
- Morphine
- Heroin
- Fentanyl & derivatives
- Oxycodone
- Methadone

#### Anti-Estrogenic Agents
- Tamoxifen
- Any Selective Estrogen Receptor Modulators (SERMs) or Aromatase Inhibitors (e.g., Clomiphene, tamoxifen, anastrozole)

#### Glucocorticoids
- Prednisolone
- Cortisone
- Prednisone

#### Cannabinoids
- Reduce pain and soreness
- Reduces tiredness

#### Other
- Blood doping (used to increase the number of red blood cells in the body by transfusion of one’s own blood, again illegal under the UFC Program, such as osteoclasts, MDMA (ecstasy), methamphetamine, and others).

### Doping Rationale

#### Building mass and muscular strength
- Recovery
- Reduction of joint pain

#### Improved respiratory capacity
- Quick weight loss
- Reduce resilience concentration of PEDS to minimize detection
- Limit exercise of anabolic agents

#### Analgesia
- Alertness
- Awareness
- Will to win
- Reduces fatigue
- Maintain aggressiveness
- Heart, lungs, brain function faster
- Limits hunger

### Legitimate Medical Uses

#### Weight gain for wasting conditions (e.g., AIDS, Cancer)
- Decreased gonadal function in males
- Delayed puberty in males
- Osteoporosis
- Hereditary angiodema

#### Treatment of asthma and other respiratory ailments
- Treatment of asthma and other respiratory ailments (see page 10)

#### Treatment of chronic conditions
- Painful conditions such as arthritis, sprains, and strains
- Reduce excess fluid from body
- Blood volume depletion
- Drop in blood pressure
- Electrolyte imbalance
- Potassium depletion
- Cardiac arrhythmia

#### Relieving severe pain
- Including in terminal illness (cancer patients), or after surgery and injury
- Help people relax because it reduces activity in the brain and nervous system
- Induces sleep

#### Anti-Estrogenic Agents
- Tamoxifen
- Any Selective Estrogen Receptor Modulators (SERMs) or Aromatase Inhibitors (e.g., Clomiphene, tamoxifen, anastrozole)

#### Glucocorticoids
- Prednisolone
- Cortisone
- Prednisone

#### Cannabinoids
- Reduce pain and soreness
- Reduces tiredness

#### Hemochromatosis (percent of red cells in the blood) is increased for a period of time and the blood can carry more oxygen to tissues and muscles that are working perform.

#### Hiding the use of prohibited substances
- Reduce the chances of prohibited substances being detected by confusing the urine sample.

#### Treatment of genetic diseases
- Legitimate medical indications for IV infusions and/or injections are well documented and are most commonly associated with either medical emergencies or in-patient care.

### Risks

#### Hypertension
- Blood pressure
- Headache

#### Cardiac arrhythmias
- Electrolyte imbalance
- Potassium depletion

#### Anxiolysis
- Insomnia
- Increased aggressiveness

#### Addiction
- Dehydration
- Shaking
- Convulsions

#### High blood pressure
- Sudden death
- Increased risk of stroke

#### Heart attack and cardiac arrhythmias
- Hallucinations
- Fatigue
- Increase/loss of the heart rate
- Impair mental functions

#### Impairment
- Lower than normal blood pressure

#### Glucocorticoids
- Fragilization of tendons and muscles
- Chronic fatigue

#### Hypertension
- Addiction
- Overdose

#### Antiepileptic Agents
- Hormonal imbalance
- Menopausal symptoms

#### Complications of IV infusions and/or injections may include infiltration into the surrounding tissue, hematoma, an air embolism, inflammation of the vein, extravasation drug administration, accidental intra-articular injection or post-treatment infection.

### Chemical and Physical Manipulation

#### Tampering, diluting urine, substituting urine samples, use of substances and methods, to alter the integrity and validity of urine samples.

#### Intravenous infusions and/or injections of more than 100 mL per 12-hour period are prohibited except in very specific circumstances (see page 10).

#### Muscle development
- Stimulate endogenous hormones

#### Cell Doping
- Gene doping is the non-therapeutic use of cells, genes, or genetic materials to modify gene expression, thereby having the capacity to enhance athletic performance.

### References

2. UFC Prohibited List for the full list of prohibited substances.
THERAPEUTIC USE EXEMPTIONS (TUEs)

There may be a time during an athlete’s career when they have a legitimate medical need to use a prohibited substance or method. If that situation arises, athletes must submit a Therapeutic Use Exemption (TUE) application before beginning the use of the medication or method. All TUEs are evaluated in accordance with the UFC TUE Policy.

UFC athletes may apply to USADA for a TUE for any prohibited substance or method at any time; however, such applications should be completed and received by USADA in accordance with the following timeline:

- At least 21 days in advance of the athlete’s intended use of the prohibited medication, or as soon as practicable when the athlete is scheduled to participate in a Bout.

*** A physician’s prescription or singular medical note/letter is not sufficient to obtain a TUE. Always check UFC Global DRO for the status of any medication before accepting or taking a prescription.

Applications for TUEs will only be granted where the Therapeutic Use of the prohibited substance or prohibited method meet the following criteria:

- The prohibited substance or prohibited method in question is prescribed to treat a diagnosed medical condition supported by relevant clinical evidence.
- The therapeutic use of the prohibited substance or prohibited method will not, on the balance of probabilities, produce any additional enhancement of performance beyond what might be anticipated by a return to the athlete’s normal state of health following the treatment of the medical condition.
- The prohibited substance or prohibited method is an indicated treatment for the medical condition, and there is no reasonable permitted therapeutic alternative that is reasonably accessible to such athlete.
- The necessity for the use of the prohibited substance or prohibited method is not a consequence, wholly or in part, of the prior use (without a TUE) of a substance or method which was prohibited at the time of such use.

Athletes are cautioned that the use of a prohibited substance or prohibited method without prior TUE approval is at their own risk and that the only way to ensure such use will not result in an Anti-Doping Policy Violation is by obtaining a TUE prior to the use of any such substance or method.

Retroactive/ Emergency TUE

If emergency or urgent treatment of an acute medical condition of an athlete requires the use of a prohibited substance or prohibited method, the athlete must submit a TUE application to USADA with full medical documentation from the emergency or urgent treatment as soon as possible after the start of the treatment. In such cases, the decision for the TUE request will be made by the TUE Committee after treatment has taken place.

HOW TO APPLY FOR A TUE

1. Visit UFC.USADA/tue/apply and fill out the TUE Application form.
2. Have the treating physician/provider complete their portion of the TUE application form.
3. Provide medical documentation to support the use of the prohibited substance or method (a complete and comprehensive medical history of the diagnosis, symptoms, management strategies, lab results, and a clear statement from the physician indicating why the use of non-prohibited alternatives are not effective in symptom management).
4. Submit the completed TUE application and medical documentation to USADA by email at tue@USADA.org or by fax at +1 719-785-2029.
5. USADA will contact the athlete within three business days after receipt of a TUE application. It can take up to 21 days for a decision to be made after determining the TUE application is complete. All TUE applications are reviewed in accordance with the UFC TUE Policy.
6. If a TUE is approved, the athlete will receive a certificate indicating approval for the prohibited substance and/or method for a specific duration. The period of validity for a TUE varies among cases.

For more information on TUEs, contact USADA’s Drug Reference Line at +1 719-785-2000, Toll-Free at (866) 601-2632, International Toll-Free at +8008-120-8120, or email ufcdrugreference@USADA.org.

Upon application, USADA must receive the entire medical file relevant to a given diagnosis in order for an independent TUE Committee to be able to reach the same diagnosis and arrive at the same treatment plan as the athlete’s physician. The most common reason for delayed or denied TUEs is a lack of medical documentation or a clear diagnosis. Again, a prescription from a physician is not sufficient grounds to obtain a TUE.

Please visit UFC.USADA/tue/apply for more information on TUEs and the application process.

Coordination with Athletic Commissions

UFC or USADA will attempt to coordinate TUE applications with applicable Athletic Commissions. UFC athletes are on notice, however, that because UFC and USADA do not control Athletic Commission decisions to recognize a UFC TUE or to grant their own TUEs, UFC athletes should not use any substance or method prohibited by an Athletic Commission unless they are certain that an Athletic Commission TUE is in place. In addition, any athlete who obtains a TUE from an Athletic Commission or other Anti-Doping Organization will still need to apply for a TUE from USADA. As a condition of USADA’s consideration of TUE applications, athletes acknowledge and agree that their TUE applications and other information submitted or considered in connection with those applications, including decisions of the USADA TUE Committee, may be shared with any applicable Athletic Commission.
DIETARY SUPPLEMENTS

No organization, including USADA, can guarantee the contents or safety of any dietary supplements. Consequently, athletes always assume some risk of testing positive for Prohibited Substances when they use supplements. As always, athletes have strict liability for substances they ingest, including those consumed through dietary supplements. It is very important for athletes who are considering using supplements to be aware of the potential risks, including:

1. A positive anti-doping test result which may result in a sanction/period of ineligibility
2. Negative and potentially dangerous health issues

Athletes also need to be aware that manufacturers may misidentify prohibited substances on labels, or they may omit prohibited substances from labels altogether. Because dietary supplements are regulated in a post-market manner, the Food and Drug Administration does not analyze the safety, efficacy, or contents of supplements before they are sold to consumers. In addition, supplement companies can change formulations or manufacturers so even though a prior batch did not cause a positive test, it does not guarantee that a new batch or lot number remains safe to use.

Be an Informed Consumer
- Athletes should always investigate the source of the product. Never use a product unless the ingredients have been checked against the UFC Prohibited List and the manufacturer and source of ingredients have been fully investigated. For questions, always contact USADA before using the product.
- Never use a pill, capsule, powder, drink, injectable, or other product that has been removed from its packaging by anyone other than the athlete.
- Extreme caution should be used when considering substances from supplement stores, vitamin stores, and online pharmacies.
- It is risky to use products from a seller that also sells products containing prohibited substances, markets to bodybuilders, or makes extreme claims about the performance-enhancing benefits of the product.
- No product should ever be used that is advertised as being for research purposes only, or not for human consumption.

CERTIFIED SUPPLEMENTS

USADA has always recommended that if an athlete chooses to take supplements to only use ones that have been certified by a third-party program that tests for substances prohibited in sport.

The only way to be 100 percent safe from supplements is to not use supplements. For those athletes who elect to use supplements, it’s important that athletes use only supplements from the Certified Supplement providers identified in the UFC Prohibited List. Athletes will not receive an Anti-Doping Policy Violation if they can establish by clear and convincing evidence that their positive test was due to the use of a Certified Supplement identified in the UFC Prohibited List. Athletes should save a serving size of their products from each container (certified and non-certified) until the athlete has tested negative after using that particular container.

Athletes should ensure that their products have one of the Certified Supplement providers’ logos on it.

For more information or to view the list of Certified Supplements, visit UFC.USADA.org/supplements.

Supplement Connect

Supplement Connect, USADA’s dietary supplement safety education and awareness resource, is where athletes and support persons can find information about the many risks associated with supplements, as well as a growing list of supplements that have been determined to be high risk. Supplement Connect also provides information about third-party supplement certification, which USADA recommends to help athletes reduce their risk if they decide to use supplements despite the known risks.

DOPING CONTROL PROCEDURES

Any athlete competing in the UFC may be subject to urine, blood, and other testing matrices, including dried blood spot collections, both in and out-of-competition. Athletes may also be subject to additional testing by Athletic Commissions or other independent Anti-Doping Organizations not governed by the UFC Anti-Doping Policy.

The UFC Anti-Doping Program utilizes both in-competition (Bout) testing, as well as no-advance notice, out-of-competition testing, to help protect the rights of clean athletes and maximize the unpredictability and deterrent value of testing.

“In-competition” is defined as the period commencing at noon on the day prior to the scheduled start of the Fight Card on which a Bout is contested and ending upon the completion of the post-Bout sample or specimen collection. If post-Bout sample collection is not initiated by USADA within a reasonable time, not to exceed one hour following the athlete’s post-Bout medical clearance, then the in-competition period will expire at that time. Athletes are subject to both urine and blood testing 365 days a year and tests can occur at any time and any place. The sample collection process is designed to be as safe, comfortable, and as consistent as possible for athletes.

The information below identifies athlete rights and responsibilities, the processes unique to each type of test, and the procedures athletes can expect to follow when providing a sample. The steps for blood and urine sample collection and processing are similar for both in-competition and out-of-competition testing.

Sample Collection Documentation

Doping Control Officers (DCOs) will document the doping control process, and athletes will receive a copy of that documentation either in hard copy or electronic format.
ATHLETES RIGHTS AND RESPONSIBILITIES

Athletes have a number of rights and responsibilities during doping control.

When selected for testing, athletes have the RIGHT to:

- Have a representative throughout the doping control process
- Have an interpreter present, if available
- Complete a training session or other activities while the DCO or notifying chaperone observes the athlete (out-of-competition)
- Have the testing procedures explained, including how the sample collection equipment works
- Request to view the DCO's credentials
- Have a choice of collection vessels and sample collection kits
- Receive a copy of the record completed to document the doping control process
- Provide feedback about the doping control process
- Request a delay in reporting to the doping control station for valid reasons if approved and agreed upon by USADA (in-competition)
- Request modifications if the athlete has a disability

During a test, athletes are RESPONSIBLE for:

- Complying with the sample collection procedures and DCO instructions**
- Reporting immediately to the doping control area unless there are approved reasons for delay (in-competition testing)
- Presenting government issued photo identification or another USADA-approved form of identification at the time of notification
- Staying in direct observation of the DCO or notifying chaperone from the time of notification until the sample collection session is complete
- Keeping the collection vessel in their possession and in view of the DCO at all times
- Having control of the sample until it is sealed in the sample collection bottles (the DCO may assist upon request or in special circumstances)
- Ensuring the sample code number is correctly documented on the sample collection documentation
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed
- Knowing that anything consumed during doping control is at the athlete’s own risk

**NOTE: As defined by Article 2.3 of the UFC Anti-Doping Policy: “Intentionally evading Sample collection, or without compelling justification, intentionally refusing or intentionally or negligently failing to submit to Sample collection after notification as authorized in the UFC Anti-Doping Policy shall result in an Anti-Doping Policy Violation.”

In addition, tampering or attempted tampering with any part of doping control, as defined in Article 2.5 of the UFC ADP and outlined in this Handbook, shall also result in an Anti-Doping Policy Violation.
DOPING CONTROL PROCESS

While drug testing may not be the most glamorous part of an athlete's career, it is critical to the global fight for clean sport. By participating in the UFC Anti-Doping Program, athletes are doing their part to help protect their sport and the integrity of competition. The following information provides an overview of the sample collection process.

Doping Control Process - Urine

1. An athlete selected for testing will be notified by a Doping Control Officer (DCO) or chaperone. The DCO will ask the athlete to provide photo identification.

2. Following notification, the athlete must stay within direct observation of the chaperone. Athletes should report to the doping control station (in-competition), or to an appropriate location (out-of-competition) immediately, unless a valid reason is discussed with, and permitted by, a DCO or chaperone.

3. The athlete will be asked to select a sealed sample collection vessel from a choice of vessels. The athlete should check and inspect the collection vessel to ensure that it has not been tampered with and rinse their hands with only water before opening the vessel.

4. The athlete will be required to provide a urine sample of at least 90 mL under direct observation of a DCO or witnessing chaperone of the same gender.

5. The athlete will be offered a choice of sealed sample collection equipment (which includes A sample and B sample bottles). The athlete should check and inspect the equipment thoroughly prior to use.

6. The athlete will then divide their sample between the A and B sample bottles as instructed and seal them. The DCO will not handle any of the equipment during the procedure unless by athlete request or if the athlete provides a partial sample, in which case the DCO will retain control of the sealed partial sample. The athlete is to maintain direct observation and control of their sample until the sample is sealed.

7. Once the sample is sealed in tamper-evident bottles, the athlete will be asked to place the A and B sample bottles into plastic transport bags and seal them in a protective container.

8. The DCO will check the specific gravity (concentration) with what’s left of the sample. Additional samples may be requested if the sample is not within the required range.

9. When instructed by the DCO, the athlete is required to declare any substances or medications that they may have taken on the Doping Control Official Record (DCOR), along with details of any approved Therapeutic Use Exemptions (TUEs) on file.

10. The athlete should thoroughly review the documentation completed by the DCO to ensure that the information is correct. Finally, the athlete can provide any comments about the doping control process on provided forms.

An athlete will receive a copy of the documentation completed during the doping control process.

11. The sample(s) and a copy of the paperwork is sent to the laboratory and USADA headquarters. Please note, the athlete's name is not on the documentation that goes to the laboratory. The laboratory reports all results based on the unique sample code numbers to ensure the athlete's anonymity is protected. Additionally, USADA may retest or reanalyze any sample in accordance with the applicable rules, and therefore, we may retain all associated data or samples for future reference.
Doping Control Process - Blood

The blood collection process closely resembles the urine collection process described previously, and it is not uncommon to provide both a urine and blood sample during a sample collection session. Here are a few things to know and expect:

- A certified and/or licensed phlebotomist or professional, called a blood collection officer (BCO), will perform the blood draw.
- To control for blood plasma volume changes, the athlete will be asked to remain seated for up to 20 minutes prior to providing a blood sample. If an athlete has trained in the past 2 hours prior to notification, the athlete will need to observe a 2 hour wait time, including the seated wait before the blood collection.
- The BCO and/or DCO will select an area, typically the non-dominant arm, from which to draw the blood. The amount of blood drawn, which is less than two tablespoons, is unlikely to affect performance.
- The DCO will ask the athlete supplementary questions which provide specific details that are important for the interpretation of the athlete's blood results, e.g., recent altitude exposure. It is important as much detail as possible is provided.

IN-COMPETITION (IC) VS. OUT-OF-COMPETITION (OOC) TESTING

- For an OOC test, a DCO or chaperone can notify an athlete at any time and any location, including their home, training facility/area, work, school, etc.
- Any test could be conducted by USADA or another collection agency that is collecting samples on behalf of USADA.
- The procedures for providing and processing the sample are the same during both an IC and OOC testing session.
- During an IC test, the athlete must report to doping control as soon as possible unless a valid reason is discussed with, and permitted by, the DCO or chaperone.
- Once an athlete has been notified for testing, the athlete may resume their activities until they are ready to provide a sample, as long as they are directly observed by the DCO or chaperone until that time.

STEP-BY-STEP DBS BLOOD COLLECTION

1. An outside portion of the upper arm needs to be accessible for the DBS draw. Warming the skin by rubbing the arm can encourage skin blood flow and aid collection. Unlike intravenous blood draws, the athlete does not need to be seated for 20 minutes prior to blood collection.
2. The skin will be cleaned with an alcohol swab and left to air dry.
3. The Tasso M20 device will be applied to the clean skin and the DCO will press the red button to start the collection. There is a small prick, like a rubber band snapping against the skin, which means the Tasso M20 device is working properly.
4. The collection is complete once all four spots are red. Then the device is removed, and a small bandage is applied to the arm.
5. The Tasso M20 device is vented and then labeled with an anonymous identification tag before being secured in a light-proof bag with a desiccant (drying) pad and returned to the box for shipping. The sample is shipped to the laboratory securely by courier at room temperature.
THE UFC REGISTERED TESTING POOL

Athletes who have been identified and notified that they are part of the UFC Registered Testing Pool (RTP) are responsible for directly keeping USADA informed of their Whereabouts so as to be available for out-of-competition testing. Providing thorough and accurate Whereabouts information is essential to an effective out-of-competition testing program.

How will an athlete know if they are in the UFC RTP?

Any athlete under contract with the UFC will receive an email notification from USADA stating that they are in the RTP and will need to provide Whereabouts. Upon signing with the UFC, athletes should provide updated contact information, including an email address that they regularly check.

How long does an athlete need to be in the UFC RTP before they can compete?

Athletes who are new to the RTP, as well as athletes who have been in the RTP and whose contract was terminated or was not renewed by the UFC, must be in the RTP for at least one month before competing in a Bout.

If an athlete is replacing another athlete on a Fight Card due to injury or other unforeseen circumstances, the one-month notice requirement will be automatically waived.

What if an athlete used a prohibited substance before they entered the UFC RTP?

New athletes have an obligation to complete an onboarding declaration form. In the event that an athlete discloses, prior to testing, the use or attempted use of a prohibited substance or method included on the UFC Prohibited List, the athlete will not be subject to an Anti-Doping Policy Violation if an athlete proceeds to test positive for the disclosed substance or substances, as long as USADA determines that the positive resulted from the use of the substance or method prior to entering the UFC Anti-Doping Program.

The disclosure of (a) Clomiphene/clomifene, (b) a non-specified method, or (c) a non-specified substance that is prohibited at all times on the UFC Prohibited List will subject the athlete to an Anti-Doping Policy Violation if an athlete proceeds to test positive for the disclosed substance or substances, as long as USADA determines that the positive resulted from the use of the substance or method prior to entering the UFC Anti-Doping Program.

How long may an athlete be subject to the requirements of the RTP?

If an athlete ceases to have a contractual agreement with the UFC or has provided written notification of their retirement or self-initiated hiatus to the UFC, he or she will be notified of their removal from the RTP and the end of their requirement to provide Whereabouts information.

ATHLETE BIOLOGICAL PASSPORT

The Athlete Biological Passport, or ABP, monitors selected biological markers in urine and blood samples over time that may indirectly reveal effects of doping on the body. The ABP tracks individual athlete data, and utilizes a mathematical model to monitor and analyze patterns and variations that may indicate the use of performance-enhancing drugs or methods. Passports that are flagged by the model as atypical are investigated further by internal and external experts to establish whether the profile can be explained by normal physiology, a possible medical condition or a prohibited method. An athlete’s ABP data can also be used to complement traditional doping control approaches such as conducting targeted, conventional anti-doping tests on athletes with atypical, or suspicious, characteristics; providing rationale for special analyses; or to establish an anti-doping rule violation.

PROVIDING FEEDBACK

Athletes have the right to share their feedback on the anti-doping process and will be provided that opportunity after their sample collection is completed. USADA encourages athletes to provide feedback about their experience, and every feedback form that is submitted to USADA is reviewed.

If the athlete or the athlete’s representative is interested in submitting written comments specific to their sample collection session, this can be done on a supplementary report form. This form is available from the DCO at the time of the sample collection.

GIVING CONSENT FOR RESEARCH

Recognizing that research is the cornerstone of an effective anti-doping program, USADA has always placed emphasis on the study of prohibited substances, the development of tests, and the advancement of other research impacting anti-doping science.

During the drug testing process, a DCO will ask about the athlete’s consent for research. When an athlete voluntarily chooses to contribute their sample to anti-doping research, any identification is removed so that the sample cannot be traced back to the particular athlete if it is ultimately selected for research. This anonymous sample can then be used in various anti-doping research projects. An athlete’s decision on consenting to have their sample used for anti-doping research does not affect the selection or frequency of testing.

GLOBAL TESTING

As a member of the global anti-doping community, USADA works with its network of international DCOs, Anti-Doping Organizations (ADOs) and third-party collection agencies from around the world to coordinate testing in the various countries where athletes live and train. If an athlete is selected for testing under USADA’s program, and the attempt is made outside of the United States, the sample collection authority or DCO will provide the athlete with a Letter of Authority confirming their authorization to test from USADA.

When an athlete is contacted or notified for testing, it is important to be aware of which entity is conducting the test. Ask for the DCO’s credentials and have an understanding of an athlete’s basic rights and responsibilities. While many aspects of the testing process are identical worldwide, minor modifications to notification, collection equipment, paperwork, and collection protocols are normal. If an athlete experiences modifications to the testing process, such as different sample collection equipment, this should not be a cause for concern since all international testing agencies utilized by USADA are required to use sample collection equipment that meets the WADA International Standard for Testing and Investigations (ISTI). Ask to document any irregularities in writing should they arise or if the athlete has questions regarding the process or equipment.
ATHLETE WHEREABOUTS REQUIREMENTS

What do athletes need to do to be sure that they are in compliance with the Whereabouts Policy?

Under the UFC Whereabouts Policy, athletes who are included in the RTP are responsible for informing USADA of their Whereabouts. It is required that they submit accurate and complete quarterly Whereabouts filings and updates so that USADA can locate them for testing.

Access to an athlete’s Whereabouts Account is located at UFCAthlete.USADA.org.

Information Required for Whereabouts Filings

Whereabouts filings must contain specific schedule information that is complete and accurate, including overnight locations and regularly scheduled activities like work, school, and training.

QUARTERLY FILING DEADLINES

Whereabouts filings must be submitted quarterly (every three months). Deadlines for submitting Whereabouts filings are:
- December 15 for the first quarter (beginning January 1)
- March 15 for the second quarter (beginning April 1)
- June 15 for the third quarter (beginning July 1)
- September 15 for the fourth quarter (beginning October 1)

At least once a year an athlete must also complete UFC Athlete’s Advantage®, an online education tutorial that provides information related to anti-doping requirements for UFC RTP athletes. Athletes must complete the tutorial prior to submitting Whereabouts filings.

HOW TO SUBMIT WHEREABOUTS INFORMATION

Online: Login to UFC Athlete Express® at UFCAthlete.USADA.org

Athlete Express App: Athletes can update their Whereabouts via the USADA Updater app, which can be downloaded from the Apple Store or the Google Play Store.

USADA will provide athletes with a username and password to access the online Whereabouts system. For questions or to obtain a username and password, contact UFC Athlete Express at +1 719-785-2000, International Toll-Free: +8008-120-8120, or Toll-Free at 866-601-2632, or email UFCathleteexpress@USADA.org.

Submitting Whereabouts Updates

If an athlete’s schedule changes during the quarter, they must submit an update to USADA as soon as possible. For example, if an athlete will be in a location different from what they provided on their quarterly Whereabouts filing, such as traveling for a competition, training in a new location, or moving or changing an overnight location or address, they must submit an update. It is important to remember that athletes can be tested at any time and any place. It is an athlete’s responsibility to update USADA any time their regularly scheduled activities or overnight location differs from the information they submitted on their quarterly Whereabouts filing.

Whereabouts Failures

Providing timely and accurate Whereabouts information is vitally important to ensure USADA can provide the best anti-doping program to clean athletes. It is crucial that athletes submit their quarterly Whereabouts filing by each deadline, update their Whereabouts information when plans change, and make sure that they are available at the locations and times specified in their Whereabouts filing or updates.

How could an athlete receive a Whereabouts Failure?

An athlete could receive a Whereabouts Failure in one of three ways if they are in the UFC RTP:
- Failure to submit an accurate and completed Whereabouts filing by the deadline
- Failure to promptly update Whereabouts information upon learning that information on the Whereabouts filing has changed or is otherwise no longer accurate
- Failure to provide accurate or sufficient information to be located for testing

How many Whereabouts Failures make an athlete ineligible?

An athlete is subject to an Anti-Doping Policy Violation (ADPV) should they accumulate three (3) Whereabouts Failures within a rolling 12-month period. Should an athlete accumulate three Whereabouts Failures, they may receive up to a two-year period of ineligibility. Athletes may also lose competitive results obtained since the last of the three (3) Whereabouts Failures and their violation will be publicly announced.

How will an athlete be notified of a Whereabouts Failure?

Athletes will be sent initial notice by email of an apparent Whereabouts Failure no later than 14 days after the discovery of the Whereabouts Failure.

- After notice is received, athletes will also be responsible for future Whereabouts Failures, regardless of whether the subsequent failure involves the same type of Whereabouts Failure or a different type of Whereabouts Failure. For example, an athlete whose first failure resulted from a failure to file...
Whereabouts by the deadline will also be held responsible for a second failure whether it’s related to the continued failure to file by the subsequent deadline, or another missed test or filing failure.

- Athletes have the opportunity to provide a response to the initial letter and explain their actions in writing within 14 days of the initial notification.
- If a response is received, USADA will review the response and make a final determination within 14 days of receipt of the response. The athlete is then notified of the final decision.
- If no response is provided by the athlete, the initial decision will be upheld, and the athlete will be notified.
- Upon the issuance of a third Whereabouts Failure within a rolling 12-month period, the athlete may appeal USADA's decision to declare a Whereabouts Failure on any or all of the Whereabouts Failures to an independent administrative review panel within 14 days of the date of the issuance of the third Whereabouts Failure.

For a complete copy of the UFC Whereabouts Policy, visit the UFC Anti-Doping Program website at UFC.USADA.org/Whereabouts. Under any circumstances where there are discrepancies found between this Handbook and the UFC Whereabouts Policy, the Policy prevails.

### Athlete Retirement

At some point in their career, an athlete may make the decision to retire from the UFC. When they are ready for retirement, there are steps that must be taken to make it official and to remove themselves from the testing pool, including, but not limited to, promptly informing the UFC in writing via mail or email that they are retiring or going on hiatus.

Until an athlete has finalized all of the necessary steps, they are still subject to the requirements of an athlete in the UFC Registered Testing Pool (RTP).

If an athlete does not provide advance written notice of retirement and is notified for testing but refuses to provide a sample for an out-of-competition test, this is regarded as a refusal. If the athlete refuses testing, they will be subject to all consequences consistent with an Anti-Doping Policy Violation (ADPV).

If an athlete retires or ceases to be under contract with the UFC while USADA is conducting the results management process, USADA retains jurisdiction to complete its results management process. If an athlete retires, goes on hiatus, or ceases to be under contract with the UFC before any results management process has begun, and USADA had results management authority over the athlete at the time the athlete committed an ADPV, USADA retains the authority to conduct results management for that ADPV. If USADA had results management authority over athlete support personnel or another person at the time they committed an ADPV, USADA has authority to conduct results management for that ADPV.

###RESULTS MANAGEMENT

USADA is responsible for the results management and adjudication process for the UFC Anti-Doping Program, in accordance with the UFC Anti-Doping Policy.

The objective of the UFC Anti-Doping Policy is to provide full due process to all parties charged with an Anti-Doping Policy Violation (ADPV). This process is:

- Fair to athletes and others
- Has international credibility
- Provides for a full evidentiary hearing
- Eliminates the conflicts that could arise from sports organizations directly sanctioning their own members

###Anti-Doping Policy Violations (ADPVs)

The following constitute an ADPV:

- Presence of a prohibited substance or its metabolites or markers in an athlete's sample.
- Use or attempted use by an athlete of a prohibited substance or a prohibited method (including ABP cases).
- Evading, refusing, or failing to submit to sample collection.
- Three (3) Whereabouts Failures in a rolling 12-month period.
- Tampering or attempted tampering with any part of doping control: Offering or accepting a bribe to perform or fail to perform an act, preventing the collection of a sample, affecting or making impossible the analysis of a sample, falsifying documents submitted to an UFC or USADA or TUE committee or hearing panel, procuring false testimony from witnesses, committing any other fraudulent act upon the UFC or USADA or hearing body to affect results management or the imposition of consequences, and any other similar intentional interference or attempted interference with any aspect of doping control.
- Absent a compelling justification, the failure to disclose to USADA, prior to entering the Program, the use, attempted use or possession within the previous one year of Clomiphene/clomifene, a non-specified method, or a non-specified substance prohibited at all times by the UFC Prohibited List. The past use, attempted use or possession of a prohibited substance or prohibited method shall not constitute a violation of these Policies if disclosed prior to entering
Sanctions on athletes may include, but are not limited to:

- Disqualification of results in a particular Bout or Bouts
- Forfeiture of title, ranking, purse, or other compensation
- An ineligibility period that may vary according to circumstances
- Public announcement

For more information on the consequences of ADPVs, please refer to the UFC Anti-Doping Policy at [UFC.USADA.org/publications-policies](http://UFC.USADA.org/publications-policies).

When are doping violations publicly announced?

USADA publicly announces doping violations following the conclusion of its results management process or as otherwise provided in the applicable rules, including posting arbitration decisions on its website. USADA also announces aggregate data for all tests. USADA does not comment on cases in process; however, if an athlete or their representative publicly comments while their case is pending, USADA may respond publicly by providing details about the athlete’s case.

What is the notification process for test results?

Laboratory results reports are sent to USADA. USADA provides notification of the test result to the athlete and the UFC. Written notification to an athlete will either be sent through email and/or by mail. The notification may also go to the applicable Athletic Commission. In general, athletes will receive their test results within six to eight weeks.

What is an Adverse Analytical Finding (AAF)?

An AAF is a report from a WADA-accredited laboratory that identifies the presence of a prohibited substance and/or its metabolites or markers in a sample.

What is an atypical finding (ATF)?

A report from a WADA-accredited laboratory or other WADA-approved laboratory which requires further investigation as provided by the international Standard for Laboratories or related Technical Documents prior to the determination of an Adverse Analytical Finding.
The UFC Anti-Doping Policy outlines the circumstances under which investigations are conducted to gather intelligence. This includes the use of both analytical and non-analytical information.

Investigations may stem from tips left on the Play Clean Tip Line. USADA developed this resource for athletes and the public to report potential ADPVs anonymously. These tips are handled in a secure manner so as to ensure their reliability, relevance, and accuracy.

**Play Clean Tip Center**
- **Call:** 877-752-9253
- **Text:** 87232 (“USADA”)
  If reporting a tip from outside the United States, text +1 719-748-7232 (+1 719-748-USADA).
- **Email:** playclean@USADA.org
- **Web form:** UFC.USADA.org/playclean

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**INVESTIGATIONS**

**GENERAL FAQS**

**How are athletes selected for testing?**

Athletes are subject to both in-competition and out-of-competition testing. USADA’s test distribution plan establishes the number of tests based upon the number of athletes in the Registered Testing Pool. Tests are then allocated throughout the year at times when in-competition and out-of-competition tests are most effective. Please note, USADA, not the UFC, determines which athletes are tested, and when they are tested.

**What dietary supplements are safe to take?**

USADA does not approve or certify that any dietary supplements are safe to take, so athletes who consider taking them do so at their own risk. The dietary supplement industry is regulated in a post-market manner, which means that the Food and Drug Administration does not verify the safety, efficacy, or label accuracy of supplements before they are sold to consumers. This can lead to supplement contamination and mislabeling, resulting in a variety of potential risks for athletes, including a positive anti-doping test and/or negative health effect.

The only way to be 100 percent safe from supplements is to not use supplements. For those athletes who elect to use supplements, it’s important that athletes use only supplements from the Certified Supplement providers identified in the UFC Prohibited List. Athletes will not receive an Anti-Doping Policy Violation if they can establish by clear and convincing evidence that their positive test was due to the use of a Certified Supplement identified in the UFC Prohibited List.

**How do I know if a substance or medication is prohibited?**

USADA has developed an online database called UFC Global DRO, which allows athletes to quickly and easily search different ingredients and medications for information on their prohibited status. Athletes can visit this website at UFC.GlobalDRO.com. If an athlete cannot find the particular substance or medication they are looking for, they should call USADA’s Drug Reference Line at +1 719-785-2000, Toll-Free at 866-601-2632, International Toll-Free: +8008-120-8120, or email ufcdrugreference@usada.org.

**Why am I being tested when I do not have a Bout scheduled?**

Under the UFC Anti-Doping Policy, athletes are subject to out-of-competition, no advance notice testing 365 days a year. This is done to ensure that there are no blackout periods during which those looking to gain an unfair advantage could take performance-enhancing drugs without detection. USADA’s testing is designed to maximize detection and deterrence in order to ensure athletes are given the opportunity to compete in an Octagon that is fair and level.

**If I have a UFC related activity, such as an event or media commitment, do I need to update my Whereabouts?**

Yes, athletes are always responsible for updating their Whereabouts, regardless of whether the activity is UFC related. USADA is the independent administrator of the UFC Anti-Doping Program, and as such, is not always aware of the UFC’s promotional engagements.
What kind of information accompanies the urine and/or blood sample to the lab?

Every sample sent to a WADA-accredited laboratory includes the required sample information in order for the lab to proceed with the analysis. The laboratory will not receive the athlete's name, but some of the information they will receive is:

- Athlete gender
- If it was an out-of-competition test or an in-competition test
- The athlete's sport and sport discipline
- The sample code number that matches the numbers on the urine/blood sample collection kit
- The date and time of the sample collection
- Indication of whether the athlete wants their sample to be donated to anti-doping research
- The list of medications, supplements, and other substances or methods that the athlete declares
- The athlete's current age, but not birth date, for certain types of blood testing
- Sample Collection, Testing and Results Management Authorities
- The approximate specific gravity measurement for urine samples
- The volume of urine sample collected and/or number of blood tubes collected

What are some common medications that are prohibited in-competition only?

Stimulants: Adderall, Ritalin, Pseudoephedrine

Glucocorticoids: Prednisone, Prednisolone, Hydrocortisone, Dexamethasone

Narcotics: Fentanyl, Oxycontin, Morphine

Note: This is not a full list of substances and medications prohibited in-competition. The full list can be found on the UFC Prohibited List.