INTRODUCTION

Athletes and athlete support personnel play a critical role in helping to protect the integrity of sport at every level. USADA’s mission is based on the fundamental truth that all athletes deserve the opportunity to compete on a clean and level playing field, where the results of any competition are determined by talent and hard work. USADA works 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.

“I believe athletes should enter the Octagon confident about their training, the work of their team, and their own talent. This hard work should be more than enough for an athlete to achieve their highest performance, and the UFC Anti-Doping Program provides an equal ground for athletes so that hard work matters. By educating athletes about prohibited substances, the Program is also helping protect athletes’ health and their longevity in the sport.”

– Antonio Rodrigo ‘Minotauro’ Nogueira
The United States Anti-Doping Agency (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 preserve the integrity of competition, inspire true sport, and protect the rights of athletes.

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

**The WADA Prohibited List**

**THE WORLD ANTI-DOPING AGENCY (WADA) PROHIBITED LIST**

WADA prepares and publishes the Prohibited List each year following an extensive consultation process. The WADA Prohibited List identifies substances and methods that are prohibited at all times, as well as substances and methods prohibited in-competition only. All UFC athletes may be subject to testing for any substance or method on the Prohibited List.

**HOW DOES A SUBSTANCE OR METHOD GET PLACED ON THE PROHIBITED LIST?**

A substance or method is included on the Prohibited List if it meets at least two of the following three criteria:

- It enhances, or has the potential to enhance, sport performance.
- It represents an actual or potential health risk to the athlete.
- It violates the spirit of sport.

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, 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 can't 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.

On Supplement411.org, athletes 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.

For additional assistance, contact USADA by calling or emailing UFC Athlete Express® to find out if a medication, supplement, or ingredient is prohibited in sport before using it. Reach UFC Athlete Express at (719) 785-2000, Toll-Free at (866) 601-2632, or email UFCathleteexpress@USADA.org.

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1 As defined in the World Anti-Doping Code, the spirit of sport is the essence of Olympism; it is the celebration of the human spirit, body, and mind. It is characterized by ethics, fair play, honesty, character, joy, teamwork, dedication, respect for rules and one’s self, and other similar values.
Health & Safety Summary of Substances

Prohibited Substances

This section provides answers to common questions about the health and safety risks associated with substances and methods included on the Prohibited List. Details are provided by category, as outlined in the 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

PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES AND MIMETICS

The primary medical uses of these compounds vary, but include treatment for chronic kidney disease, acute anemia, short stature, and aiding those born prematurely. Some examples within this category include erythropoiesis-stimulating agents (ESAs), such as erythropoietin (EPO), human growth hormone (hGH), human chorionic gonadotrophin (hCG), peptide hormones and releasing factors, as well as growth factors and growth factor modulators.

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

◊ Hypertension (ESAs/hGH)
◊ Blood cancers/leukemia (ESAs/hGH)
◊ Anemia (ESAs)
◊ Stroke (ESAs)

BETA-2 AGONISTS

The primary medical use of these compounds is to treat conditions like asthma and other respiratory ailments. Some inhaled beta-2 agonists, such as 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

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.

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

SUMMARY OF SUBSTANCES PROHIBITED AT ALL TIMES

ANABOLIC AGENTS

The primary medical use of these compounds is to treat delayed puberty, types of impotence, muscle-wasting diseases, hypogonadism, and menopause in women, among other ailments. Examples of anabolic agents include Selective Androgen Receptor Modulators (SARMs), testosterone, nandrolone, clenbuterol, and DHEA.

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.

Note: *Effects may be permanent and can vary by individual

SIDE EFFECTS OF ANABOLIC STEROID ABUSE:

Physiological

◊ Acne
◊ Male pattern baldness
◊ Liver damage*
◊ Premature closure of the growth centers of long bones (in adolescents), which may result in stunted growth*

Psychological

◊ Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behavior, often referred to as “Roid Rage”
◊ Withdrawal from anabolic steroid use can be associated with depression and suicide

Males

◊ Breast tissue development*
◊ Shrinking of the testicles*
◊ Impotence
◊ Reduction in sperm production

Females

◊ Deepening of the voice*
◊ Cessation of breast development
◊ Growth of hair on the face, stomach, and upper back*
◊ Enlarged clitoris*
◊ Abnormal menstrual cycles

See UFC.USADA.org for more information.
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
◊ 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)
◊ 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.

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 Prohibited List and that have no current approval by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development, discontinued designer drugs, and substances approved only for veterinary use).

What are some potential side effects 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 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 clearances 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.

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

◊ Insomnia
◊ Anxiety
◊ Weight loss
◊ Dependence and addiction
◊ Dehydration
◊ 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?

Prohibited stimulants are often present in over-the-counter products, such as pre-workout powders, diet aids, allergy products, and headache/cold remedies. The prohibited substance pseudoephedrine is commonly found in cold and flu medications.

Athletes should ensure they do not take medications with pseudoephedrine during or 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, be sure to visit Supplement411.org, or contact UFC Athlete Express at (719) 785-2000, (866) 601-2632 for toll-free, or UFCathleteexpress@USADA.org.
NARCOTICS
When dosed appropriately, narcotics like oxycodone and morphine have legitimate medical uses, including 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
- Nausea and vomiting
- Increased pain threshold and failure to recognize injury
- Decreased heart rate
- Physical and psychological dependence, leading to addiction
- Respiratory depression
- Death

What should I do if painkillers are needed for an injury?
Check UFC.GlobalDRO.com, consult the UFC Wallet Card, or contact UFC Athlete Express at (719) 785-2000 or Toll-Free at (866) 601-2632, or email UFCathleteexpress@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
Cannabinoids (cannabis, hashish, marijuana, synthetic THC) are prohibited in-competition, regardless of the legal status in the competition location. Cannabinomimetics (JWH-018, JWH-073, HU-210) are also prohibited.

While cannabidiol (i.e. CBD oil) is no longer prohibited, cannabidiol extracted from cannabis plants may contain varying concentrations of THC, which remains a prohibited substance. The body absorbs THC, which is the active ingredient in cannabinoids, and breaks it down into metabolites. These metabolites are stored in fat cells and can be detected in the urine for many weeks after use depending on the user’s metabolism and other habits.

What are some potential side effects and health risks of marijuana use?
- Increased heart rate
- Impaired short-term memory
- Distorted sense of time and space
- 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 ailments.

Glucocorticoids are often found in asthma inhalers, eye or ear drops, topical creams, and nasal sprays.

Glucocorticoids, such as cortisone and prednisone, are prohibited in-competition when taken by oral, intramuscular, intravenous, or rectal routes of administration. Athletes should exercise care when glucocorticoids are used as injections, infusions, suppositories, or pills taken by mouth and apply for a TUE in advance. Depending on the dose, frequency, and proximity to competition, these specific routes of administration may result in the medication taking weeks to clear from the body.

What are some of the potential side effects of glucocorticoids?
- Loss of muscle mass and bone density
- Weakening of injured areas in muscle, bone, tendons, or ligaments
- Decrease in, or cessation of, growth in young people
- Suppression of immune system

INTRA VENOUS (IV) INFUSIONS
All IV infusions and/or injections of any substance (including those for re-hydration) of more than 100mL (~3.4 oz.) per 12-hour period are prohibited both in and out-of-competition, except for those legitimately received during a hospital treatment, surgical procedure, or as part of a clinical diagnostic investigation.

Small volume intravenous injections (under 100mL) are not prohibited as long as the substance delivered is not prohibited. If a prohibited substance is administered intravenously or via injection, a TUE is necessary regardless of volume.

TUEs are still required for all IV infusions that exceed the volume threshold outside of hospital treatment, surgical procedures, or clinical diagnostic investigations. IV infusions provided through on-site event medical services, ambulatory treatment, outpatient clinics, doctors’ or medical offices, home visits, mobile IV clinics, boutique IV clinics, etc., ALL require a TUE and will be strictly evaluated under the UFC TUE Policy. A precise description of the clinical situation and specific medical indication for the IV infusion must be given in the TUE application, to include a complete medical file, diagnosis,
and physical exam at minimum. Emergency TUEs will be considered in exceptional circumstances. Please note that the health and well-being of the athlete must always remain the priority in emergency circumstances.

For questions regarding IV infusions, contact UFC Athlete Express at (719) 785-2000 or UFCathleteexpress@USADA.org

**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). 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, work load, 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 with the sample in order to alter its integrity, using intravenous infusions, or sequentially withdrawing, manipulating, and re-infusing whole blood or extra fluids into the circulatory system.

**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.

**ORTHOBIOLOGICS: STEM CELL INJECTIONS AND PRP TREATMENTS**

According to WADA regulations, “stem cell injections may or may not be prohibited, depending on how the cellular material is manipulated or modified for use.” PRP, or platelet-rich plasma, is not prohibited, although individual growth factors are still prohibited when given separately as purified substances, per S.2.5 of the WADA Prohibited List.

In most cases, PRP and stem cell therapy is permitted if no prohibited substances are added to the material and the stem cells are locally applied only to the injury with no intent to enhance performance. The sole outcome of PRP or stem cell therapy should be the return to pre-injury level of function, or a normal state of health.

As such, both treatments are prohibited if the product is modified in a way that can offer performance-enhancing benefits. WADA further clarifies that it’s prohibited to use both normal and genetically modified cells in any way if the process causes performance enhancement. Based on these regulations, athletes should be aware that the use of PRP and stem cell products cannot justify a positive doping test if any prohibited substances are identified in a sample.

**BLOOD AND PLASMA DONATION**

WADA has issued a public statement confirming that plasmapheresis is prohibited under M1.1 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 is permitted. Athletes should consult with USADA prior to any plasma donation.

*Medical information used for the Prohibited List section was taken from the WADA Sport Physician’s Toolkit, available at wada-ama.org and used with permission.*
## Medical Uses
- **Anabolic Agents**: 
  - Testosterone
  - Nandrolone
  - Stanozolol
  - Boldenone
- **Hormones and Related Substances**: 
  - HGH (human growth hormone)
  - EPO (erythropoietin)
  - IFG-1 (Insulin-like Growth Factor 1)
  - Growth Hormone Releasing Peptides (GHRPs)
  - HCG (human chorionic gonadotropin)
  - ACTH (adrenocorticotropic)
- **Diuretics and Masking Agents**: 
  - Salbutamol
  - Clenbuterol
  - Terbutaline
  - Fenoterol
  - Bambuterol
  - Formoterol
  - Higenamine
  - Indacaterol
  - Salmeterol
- **Stimulants**: 
  - Amphetamines
  - Cocaine
  - Ephedrine
  - Epinphrine
- **Anti-Estrogenic Agents**: 
  - Tamoxifen
  - Selective Estrogen Receptor Modulators (SERMAs)
  - Glucocorticoids: 
    - Prednisone
    - Cortisone
    - Prednisolone
  - **Chemical and Physical Manipulation**: 
    - Blood doping (used to increase the number of red blood cells in the body by blood transfusion of one's own blood (autologous transfusion) or blood from donors matched by blood type (homologous)).
  - **Gene and Cell Doping**: 
    - Muscle development
    - Stimulate endogenous hormones

## Athlete Rationale
- **Building mass and strength**
- **Reduction of joint pain**
- **Improving respiratory capacity**
- **Quick weight loss**
- **Relax and cope with the pressures of competition**
- **Avoiding alertness**
- **Reducing aggression**
- **Conquering lack of high blood pressure**
- **Treating severe pain, including in terminal illness and injury**
- **Help people relax because it reduces anxiety in the brain and nervous system**
- **Induces sleep**

## Legitimate Medical Uses
- **Weight gain for wasting conditions (AIDS, Cancer)**
- **Deceased organ function in males**
- **Delayed puberty in males**
- **Osteoporosis**
- **Severe anemia**
- **Hereditary angioedema**
- **Metastatic breast cancer**
- **Inflations**
- **Asthma**

## Risks
- **Hypertension (ESAs/HGH)**
- **Cardiac arrhythmias and high blood pressure**
- **Muscle cramps**
- **Drop in blood pressure**
- **Electrolyte imbalance**
- **Potassium depletion**
- **Cardiac arrhythmia**
- **Death**
- **Anxiety**
- **Insomnia**
- **Increased aggressiveness**
- **Addiction**
- **Depression**
- **Shaking**
- **Convulsions**
- **High blood pressure**
- **Sudden death**
- **Increased risk of stroke**
- **Heart attack and cardiac arrhythmia**

## Complications and General Conclusions
- **Andro Doping**: 
  - Muscle development
  - Stimulate endogenous hormones
  - Causes various health complications and risks associated with the use of steroids.
  - **Muscle development**: Increased muscle mass and strength.
  - **Stimulate endogenous hormones**: Modulation of endogenous hormone levels.

## Ethical Considerations
- **Dehumanization**: 
  - Reduces the recognition of human suffering and mortality.
  - **Physiological effects**: 
    - **Blood doping**: Increases blood production but has risks.
    - **Stimulants**: Increases alertness but at the cost of health.
  - **Formoterol, Salbutamol, Terbutaline**: Used in asthma but also promoter of hormone production.

## Conclusion
- **Legal and ethical implications**: Use of PEDs and stimulants is a complex issue with significant societal and personal implications.
- **Legal implications**: Laws and regulations around PEDs and stimulants vary widely, with some being strictly prohibited and others being allowed under certain conditions.
- **Ethical implications**: The use of PEDs and stimulants raises questions about the integrity of sport, the well-being of athletes, and the ethical standards of society.
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 complete and received by USADA in accordance with the following timeline:

- At least 21 days in advance of an athlete’s intended use of the prohibited medication when the athlete is not scheduled to participate in a Bout.
- At least 90 days in advance of the athlete’s intended use when the athlete is scheduled to participate in any Bout more than 90 days in the future.
- As soon as practicable when the athlete is scheduled to participate in a Bout with less than 90 days advance notice.

*** A prescription from a physician is not sufficient grounds in itself to obtain a TUE. It’s important to understand that a positive test can arise from a variety of sources, including a prescription medication, an over-the-counter medication, a supplement, or an herbal product. Never use a prescription medication that has not been prescribed to you, and always check the prohibited status of medications before you use them.

USADA will consider late filed or applications for retroactive TUEs; however, the athlete does so at his or her own risk of committing an anti-doping policy violation, as USADA makes no guarantees regarding the processing of a TUE under such circumstances. Furthermore, in such instances, the athlete may be charged the cost of processing the TUE application where such filing, in the determination of USADA, is not attributed to factors outside of the athlete’s control.

NOTE: In the rare circumstances when a prohibited substance or method is required for emergency treatment, an athlete must file a TUE application with full medical documentation from the emergency as soon as reasonably possible after the treatment. Emergency treatment should not be withheld, as the athlete’s health and well-being remain the top priority. In such cases, the emergency TUE request will be considered by a TUE Committee after treatment has taken place.

USADA has several resources available to help athletes determine if they need to apply for a TUE. UFC.GlobalDRO.com allows athletes to search online for the prohibited status of medications purchased in select countries and is mobile friendly. USADA also provides a drug reference hotline with an expert available to answer any additional questions an athlete may have. The Drug Reference Line is available Monday through Friday, 8 a.m. to 4 p.m. MT, by calling UFC Athlete Express at (719) 785-2000 and selecting option 2.

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 in itself to obtain a TUE.

Please visit UFC.USADA.org/tue 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 UFC TUE. 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 Therapeutic Use Exemption Committee, may be shared with any applicable Athletic Commission.

**HOW TO APPLY FOR A TUE:**

1. Visit UFC.USADA/tue/apply and print the TUE application form.
2. Complete the TUE application form with the treating physician.
3. Provide medical documentation to support the use of the prohibited substance (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 (719) 785-2029.
5. USADA will contact the athlete upon receipt of the TUE application, and the TUE review process 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 the approval length for the prohibited substance and/or method. The period of validity for a TUE varies among cases. All medical information submitted to USADA remains confidential.
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
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.

BE AN INFORMED CONSUMER

- Athletes should always investigate the source of the product. Never use a product unless you have checked the ingredients against the Prohibited List and fully investigated the source of that product. If you have any 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 you.
- 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.

SUPPLEMENT 411

USADA has created an online resource designed to provide athletes with the best possible information to evaluate the risks associated with the use of supplements. From product contamination to issues with product labeling, Supplement411.org provides athletes with information that will help them Realize that safety issues exist, Recognize risk when they see it, and Reduce their risk of testing positive or experiencing harmful health effects from the use of dietary supplements. Visit Supplement411.org for more information.

HIGH RISK LIST

Because of inadequate industry oversight, the use of dietary supplements is very risky and can result in a positive drug test for substances that are not listed on the label or listed by a name different than the one used on the Prohibited List.

USADA has compiled a non-exhaustive and growing list of products that are considered to be of high risk to athletes and consumers. This can be found at Supplement411.org. The absence of a product is not proof of minimal risk for a potential positive test.

Doping Control Procedures

Any athlete competing in the UFC may be subject to urine and/or blood collection(s), both in and out-of-competition. Athletes may also be subject to additional testing by Athletic Commissions or other 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 deterrent value of testing.

“In-competition” is defined as the period commencing at noon on the day prior to 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 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. While sample collection equipment and processes may vary slightly according to region, the integrity of the sample will always be maintained.

PAPERLESS SAMPLE COLLECTION DOCUMENTATION

Doping Control Officers (DCOs) will document a test on the Doping Control Official Record (DCOR), and athletes will receive a copy of that paperwork either in hard copy or electronic format.
**ATHLETES RIGHTS AND RESPONSIBILITIES**

Athletes have a number of rights and responsibilities in regards to doping control. These rights and responsibilities are essentially the same for both in-competition and out-of-competition testing.

**When selected for testing, athletes have the RIGHT to:**

- Have a representative accompany the athlete 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 to the athlete, 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 sample collection documentation used to document the processing of the athlete’s sample
- Provide feedback on the USADA Athlete Evaluation Form and/or a Supplementary Report Form
- Request a delay in reporting to the doping control station for valid reasons (in-competition)
- Request modifications if the athlete has a disability

**During a test, athletes are RESPONSIBLE for:**

- Complying with the sample collection procedure**
- Reporting immediately to the doping control area unless there are approved reasons for delay (in-competition testing)
- Presenting government issued photo 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)
- Ensuring the sample code number is correctly documented on the sample collection documentation
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed

**NOTE:** As defined by the UFC Anti-Doping Policy: “Evading sample collection, or without compelling justification refusing or failing to submit to sample collection after notification as authorized in [the] Anti-Doping Policy,” shall result in an anti-doping policy violation.
SAMPLE COLLECTION 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.

Sample Collection 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 using.

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 requested to do so by the athlete. The athlete is to maintain direct observation and control of their sample until the sample is sealed.

7. Once the sample is sealed, the athlete will be asked to place the A and B sample bottles into plastic transport bags and seal them in a protective, tamper-evident 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 will 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. Finally, any comments should be included on the athlete evaluation form.

10. The athlete should check the entire DCOR thoroughly to ensure that the information is correct. 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.

An athlete will receive notification (either electronic and/or postal mail) from USADA that states the analysis has been completed. The sample may be subject to long-term storage and further analysis at any time at the discretion of USADA.

* While sample collection equipment and processes may vary slightly according to region, the integrity of the sample will always be maintained.
Sample Collection 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 differences and processes to expect:

◊ Some USADA DCOs will be qualified phlebotomists, but if they are not, a certified and/or licensed phlebotomist, 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 a specified period of time (20 minutes) prior to providing a blood sample.

◊ The BCO 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.

Sample Shipment and Notification
After the conclusion of the collection session, the DCO will ship the sample(s) to a WADA-accredited laboratory. The chain of custody of the sample is closely monitored by USADA. The sample may be subject to long-term storage and further analysis at any time at the discretion of USADA.

An athlete will receive notification (either electronic and/or postal mail) from USADA once the analysis of the sample(s) has been completed.

* While sample collection equipment and processes may vary slightly according to region, the integrity of the sample will always be maintained.

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 Anti-Doping Organization 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 the doping control area as soon as possible unless a valid reason is discussed with, and permitted by, the DCO or chaperone.

◊ During an OOC test, 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.
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 is 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 many other Anti-Doping Organizations (ADOs) 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 will provide the athlete with a Letter of Authority confirming their selection for testing under the USADA program.

In addition to USADA, UFC athletes are subject to doping control by any other ADO testing on behalf of USADA.

When an athlete is contacted or notified for testing, it’s 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 and collection protocols are normal. Ask to document any irregularities in writing should they arise and be of concern.

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, 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 UFC RTP, as well as athletes who’ve been in the RTP and whose contract was terminated or wasn’t renewed by the UFC, must be in the UFC 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?
In the event that an athlete uses a prohibited substance or method before entering the UFC RTP, it will not be considered an anti-doping policy violation as long as the athlete promptly discloses the prior use to USADA before testing. An athlete who has disclosed the previous use of a prohibited substance or method may be subject to testing for at least six months and may be required to provide a minimum of two negative samples before they are eligible to compete.

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 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 UFC 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 regular activities like work, school, and training.

**QUARTERLY FILING DEADLINES**

Whereabouts filings must be submitted quarterly (every three months) and are due one day prior to the beginning of each quarter. Deadlines for submitting Whereabouts filings are:

- **December 31** for the first quarter (beginning January 1)
- **March 31** for the second quarter (beginning April 1)
- **June 30** for the third quarter (beginning July 1)
- **September 30** 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 Update USADA app, which can be downloaded from iTunes 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 (719) 785-2000 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 a primary address, they must submit an update. It is important to remember that athletes can be tested at any time during the day. **It is an athlete’s responsibility to update USADA any time their schedule 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 if they are in the UFC RTP and if:

- A quarterly Whereabouts filing has not been submitted to USADA by the specified deadline.
- The athlete has not updated their Whereabouts information in a prompt and timely manner.
- An athlete’s Whereabouts information is inaccurate or too incomplete to reasonably locate them 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 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 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 and mail 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](http://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 AND ATHLETE-INITIATED INACTIVITY

At some point in their career, an athlete may make the decision to retire or go on hiatus from the UFC. When they are ready for retirement or a hiatus, 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.

If an athlete does not provide advance written notice of retirement or a hiatus and is notified for testing, but refuses to provide a sample for an out-of-competition test, this is regarded as a refusal to test. If they refuse to cooperate or fail to report to testing within the given time frame, the athlete will be subject to all consequences consistent with an ADPV.

If an athlete retires, goes on hiatus, 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

### What if an athlete wants to come out of retirement and return to competition?

Athletes are required to notify the UFC, in writing, of their intent to resume competing, and to make themselves available for testing for a period of six months before returning to competition. UFC may grant an exemption to the six-month written notice rule in exceptional circumstances, or where the strict application of that rule would be manifestly unfair to an athlete.
ANTI-DOPING POLICY VIOLATIONS (ADPVs)

The following constitute anti-doping policy violations:

◊ 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.
◊ Evading, refusing, or failing to submit to sample collection.
◊ Three Whereabouts Failures in a rolling 12-month period.
◊ Tampering or attempted tampering with any part of doping control.
◊ Possession of a prohibited substance or a prohibited method.
◊ Trafficking or attempted trafficking of any prohibited substance or prohibited method.
◊ Administration or attempted administration to any athlete in-competition of any prohibited substance or prohibited method, or administration or attempted administration to any athlete out-of-competition of any prohibited substance or any prohibited method that is prohibited out-of-competition.
◊ Complicity: Assisting, encouraging, aiding, abetting, conspiring, covering up, or any other type of intentional complicity involving (a) an anti-doping policy violation, an attempted anti-doping policy violation, or a violation of Article 10.12.1 by another person; or (b) conduct committed by an individual who is not subject to this Policy, which would otherwise have constituted an anti-doping policy violation.
◊ Association by an athlete or other person subject to the authority of an Anti-Doping Organization in a professional or sport-related capacity with any athlete support person who:
  – If subject to the authority of the UFC, another Anti-Doping Organization, or Athletic Commission, is serving a period of ineligibility.
  – If not subject to the authority of the UFC, another Anti-Doping Organization, or Athletic Commission, has been convicted or found in a criminal, disciplinary, or professional proceeding to have engaged in conduct which would have constituted a violation of this Anti-Doping Policy if this Anti-Doping Policy had been applicable to such person. The disqualifying status of such person shall be in force for the longer of six years from the criminal, professional, or disciplinary decision or the duration of the criminal, disciplinary, or professional sanction imposed.
  – Is serving as a front or intermediary for an individual described in the preceding two paragraphs.

Specified Substances

While an ADPV generally carries a standard sanction of two years of ineligibility for a first violation and a loss of results, an athlete may receive a reduced sanction for an ADPV related to a “Specified Substance.”

On the Prohibited List, all prohibited substances are considered “Specified Substances” except for:

◊ Anabolic agents
◊ Peptide hormones, such as erythropoiesis-stimulating agents (ESAs) and EPO-like substances
◊ Growth hormone, growth hormone releasing peptides (GHRPs) and related substances, and mimetics
◊ Certain hormone and metabolic modulators, such as agents modifying myostatin function(s) and insulins
◊ Non-specified stimulants
◊ All prohibited methods

What are the consequences if an athlete commits an ADPV?

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
◊ Fines
◊ An ineligibility period that may vary according to circumstances
◊ Public announcement

For more information on consequences of ADPVs, please refer to the UFC Anti-Doping Policy at 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. The athlete's written notification will either be sent through email, if an email address was provided during the test session, and/or by first class/priority mail. 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.
The UFC Anti-Doping Policy outlines the circumstances under which investigations shall be undertaken in order 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**
- (877) 752-9253
- playclean@USADA.org
- UFC.USADA.org/playclean

**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 effects.

**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 866-601-2632 or +8008-120-8120 to determine if the product is safe to take.

**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 an abbreviated copy of the DCOR and a Declaration of Use, neither of which include the athlete’s name. The information on the laboratory copy of the DCOR and Declaration of Use contains:

- Athlete gender
- The testing menu for which the sample will be analyzed
- If it was an out-of-competition test or an in-competition test
- The athlete’s sport
- The sample code number that matches the numbers on the sample collection kit
- The date and time of the sample collection
- Indication of whether the athlete wants their sample to be donated for 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

NEED HELP? CONTACT ATHLETE EXPRESS

- (719) 785-2000 or Toll-Free (866) 601-2632
- International Toll-Free: +8008-120-8120
- UFCathleteexpress@USADA.org

DON’T FORGET TO CHECK ON THE STATUS OF YOUR MEDICATIONS

- UFC.GlobalDRO.com
- Call the Drug Reference line at (719) 785-2000, Option 2

RECOGNIZE, REALIZE, AND REDUCE YOUR RISK FROM DIETARY SUPPLEMENTS

- Supplement411.org

HELP KEEP YOUR SPORT CLEAN

- (877) 752-9253
- playclean@USADA.org
- UFC.USADA.org/playclean

RTP ATHLETES NEED TO FILE WHEREABOUTS

- Visit the Whereabouts section of the UFC Anti-Doping website to log-in to your Whereabouts account: UFC.USADA.org/Whereabouts

WANT TO KNOW IF YOU NEED A TUE?

- TUE Information: UFC.USADA.org/tue
- Email: tue@usada.org

PUBLICATIONS AND POLICIES

- Visit UFC.USADA.org/publications-policies for:
  - General anti-doping information for athletes and coaches
  - Testing and results management processes and procedures
  - Prohibited substance and TUE information

NOTE: USADA’s Drug Reference resources do not provide medical advice. They do provide the status of medications under anti-doping rules in sport.