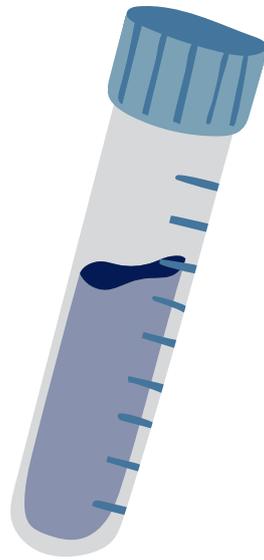


Testing Process



UNDERSTANDING THE TESTING PROCESS

While athletes may find drug testing inconvenient and irritating, it is critical to the integrity of the sport that performances are verified, to ensure competition is on a level playing field. IMMAF is committed to make the doping control process professional, informative and comfortable, and sample collection verifiable and secure.

Athletes may be subject to both in-competition and out of competition testing if they compete in IMMAF events, or are members or license holders of, a national Mixed Martial Arts governing body. Anti-Doping testing programmes include event testing as well as no notice out of competition testing to help protect the rights of clean athletes and maximise the deterrent value of testing. Athletes can be tested 365 days a year and tests can occur at any time and any place.

By participating in doping control, athletes are fulfilling their responsibility to protect the fairness of competition. The following information provides a summary of the sample collection process. Despite the unannounced nature of notification, if an athlete refuses to provide a sample, they may be subject to an antidoping rule violation.

In Competition Testing

A Doping Control Officer or Chaperone will notify an athlete of their selection for doping control and will provide them with their credentials. The athlete will be asked to acknowledge in writing on the electronic Doping Control Official Record that they were notified.

Out of Competition Testing

A Doping Control Officer or Chaperone can notify an athlete at any time or location. Sample collection could take place at home, hotel room, work, school, on holiday, social engagement or at training facility. Out of competition testing will take place in a safe, suitable and private location for the doping control station.

Selection Process and Criteria

In-competition testing plans are largely developed and agreed under IMMAF rules. Mixed Martial Arts athletes may be selected for testing based on various selection criteria such as finishing position, random, weight category.

Out of competition testing plans are largely designed to strategically maximise resources by allocating tests based on specific factors in accordance with the International Standard for Testing and Investigations. Tests are carried out throughout the year at any time or any place.

R I G H T S A N D R E S P O N S I B I L I T I E S

During testing, you have the following rights and responsibilities.

Rights

- Have a representative present and if required and available, an interpreter
- Request a delay in reporting to the doping control station in-competition for a valid reason
 - Be medically assessed and receive medical treatment
 - Attend a medal ceremony or media commitment
 - Perform a cool down, taking an ice bath or competing in further events
 - Attend a post-fight team meeting in the team dressing room
 - Complete a training session (if out of competition)
- Request to see the Doping Control Officer's credentials/accreditation pass
- Choose a collection vessel and sample collection kit
- Receive a copy of the Doping Control Form(DCF)
- Provide feedback on the sample collection session (on the DCF or direct to IMMAF)

Responsibilities

- Remain within direct observation of the Doping Control Officer/Chaperone at all times
- Produce photo identification to confirm their identity
- Comply with all aspects of the testing procedure
- Report immediately to the doping control station during in-competition testing unless there are valid reasons for a delay.
- Keep the sample in their possession and in view of the DCO at all times until it is sealed
- Carefully review all sample collection documentation for accuracy and full completion.

URINE SAMPLE COLLECTION

1. Notification

A Sample Collection Official will notify you that you are selected for a doping control test. The SCO will be wearing identification and will ask you to sign to confirm notification. Check your details are correct, note the organisations responsible for your test.



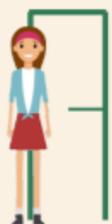
5. Choosing a Tamper Evident Kit

In the administration area, keeping your sample in view, choose a tamper evident sample kit. Open the kit and check that the numbers on the A and B bottles are identical. If any numbers do not match, ask to select another sealed kit.



2. Reporting

Remain in the direct sight of the official and report to the Doping Control Station as soon as possible. You may ask to complete training, warm down, receive medical attention, under SCO supervision. If you want, ask for your representative to accompany you to the DCS. Rehydrate with non-alcoholic fluids to help you to give this sample.



6. Dividing the Sample

Unless you ask for assistance, you are responsible for pouring your own sample. If the sample is less than the required volume, this is called a partial sample. You will be asked to seal this and give additional samples until the volume required is met. The SCO will test a small amount of the sample to ensure it meets analysis requirements and if not, you may be required to supply another sample.



3. Choose Collection Vessel

When ready to give a urine sample, choose from a range of sealed beakers. You will go to a private toilet area to provide your sample under direct observation of a SCO. If you are a minor, your representative may be present to observe the SCO only.



7. Sealing the Kits

Seal the sample bottle. The SCO will also check they are sealed. They are placed back in the kit box for transportation.



4. Providing a sample

You are required to provide a urine sample in the direct view of a SCO. This will be a chaperone of your own gender. Wash your hands, adjust clothing and, if necessary, your position so that a clear view is possible. You must provide a minimum of 90ml of urine. Retain control of the collection vessel at all times and keep the sample in sight of the SCO.



8. Completing the Procedure

Lastly, you will be asked to declare any medications or supplements you have taken recently. Check the sealing and unique identification of your samples. Ensure all information is recorded correctly on the Doping Control Form and that you receive a copy.

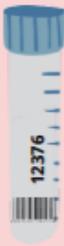


Check carefully the sealing and unique identification of your samples, ensure numbers are correctly recorded on the Doping Control Form and that you receive a copy.

Athletes have the right to provide feedback about their sample collection sessions.

IMMAF actively encourages athletes to provide feedback about their testing experiences to review and improve the process wherever possible, to make it as comfortable, easy and seamless as possible for athletes. If the athlete or the athlete's representative wishes to submit formal feedback specific to their sample collection session, this can be done on the Doping Control Form or directly to IMMAF/ IMMAF's Anti-Doping Adviser. Don't wait until a problem arises before alerting IMMAF to an issue that concerns you.

B L O O D S A M P L E C O L L E C T I O N

<h3>1. Notification</h3> <p>A Sample Collection Official, wearing identification, will notify you that you are selected for a blood test. The SCO will ask you to sign to confirm notification. Check and sign the form.</p> 	<h3>5. Blood Collection</h3> <p>The Blood Collection Official (BCO) will begin by selecting a location on your arm from where to draw the blood and clean the area with a sterile disinfectant swab. The BCO will apply a tourniquet to aid in the collection, and draw the blood samples. Approx 15 ml is required.</p> <p>If unsuccessful, a blood draw will be attempted a maximum of three times.</p> 
<h3>2. Reporting</h3> <p>Remain in the direct sight of the official and report to the Doping Control Station as soon as possible. You may ask to complete training, warm down, receive medical attention, under SCO supervision. If you want, ask for your representative to accompany you to the DCS.</p> 	<h3>6. Seal Kits</h3> <p>Each tube filled with blood will be labelled by the BCO with the corresponding sample code number for the security bottles, confirming with you each tube is labelled appropriately.</p> <p>Remain seated until the samples are sealed and any after-care is applied to the wound.</p> 
<h3>3. Choose Kit for Sample Collection</h3> <p>In the designated blood collection area, choose a tamper evident venipuncture and sample security kit. Check the sample numbers match.</p> 	<h3>7. Complete Paperwork</h3> <p>Lastly, declare any medications and/or supplements taken in the last 7 days. You should also declare any blood transfusions in the past 3 months.</p> <p>Check your sample numbers are recorded correctly, make any comments on the procedure and sign the form.</p> <p>Ensure you leave with a copy of the form including all your information.</p> 
<h3>4. Relax</h3> <p>You will be required to rest for a minimum of 10 minutes in a seated position with your feet on the floor. If a blood test makes you feel faint, ask to lie down during the procedure.</p> 	

Advise the Doping Control Officer if you have a needle phobia or feel faint during injections or blood draw. Every effort will be made to minimise the effect. It is advisable to be accompanied by a representative and to lie down during the blood collection process. First aid will be present to deal with any unlikely emergency. In case of any difficulty in locating a suitable vein, only three attempts at blood collection are permitted.

IMMAF shall introduce Dried Blood Spot testing in support of its testing plan to increase the effectiveness of testing. Testing procedures follow the process outlined above.

ATHLETE BIOLOGICAL PASSPORT

The fundamental principle of the Athlete Biological Passport (ABP) is to monitor selected biological variables over time that indirectly reveal the effects of doping rather than attempting to detect the doping substance or method itself.

The ABP is currently composed of two modules:

- The Haematological Module, introduced in December 2009, aims to identify enhancement of oxygen transport, including use of erythropoiesis-stimulating agents (ESAs) and any form of blood transfusion or manipulation.
- The Steroidal Module, introduced on January 1st, 2014, aims to identify endogenous anabolic androgenic steroids (EAAS) when administered exogenously (i.e. not created by the human body) and other anabolic agents, such as selective androgen receptor modulators (SARMS).

The Haematological Module considers a panel of biomarkers of blood doping that are measured in an athlete's blood sample. The Steroidal Module considers a panel of biomarkers of steroid doping measured in an athlete's urine sample.

Objective

- 1) To identify and target athletes for specific analytical testing by intelligent and timely interpretation of passport data;
 - For the Haematological Module, this includes Erythropoiesis-Stimulating Agents (ESAs) and homologous blood transfusion (HBT) tests;
 - For the Steroidal Module, this includes Isotope Ratio Mass Spectrometry (IRMS) to detect endogenous steroids administered exogenously.
- 2) To pursue possible anti-doping rule violations (ADRVs) in accordance with Article 2.2 (Use or attempted use by an athlete of a prohibited substance or a prohibited method) of the World Anti-Doping Code (Code)