



**NZMMAF**  
NEW ZEALAND MIXED MARTIAL ARTS FEDERATION

## **POLICIES + PROCEDURES**

<b>Review date</b>	<b>Responsibility</b>
12 April 2027	NZMMAF Board or external party with delegated authority

### **ANTI-DOPING POLICY | 12 APRIL 2026**

The New Zealand Mixed Martial Arts Federation (NZMMAF) is committed to clean and fair sport. We believe in protecting the health of our athletes, the integrity of our sport, and the spirit of clean competition. In partnership with the Sport Integrity Commission, NZMMAF is committed to:

- promote a culture of clean sport;
- educate members on anti-doping rules, rights and responsibilities;
- facilitate testing;
- report doping and suspicious activity, and;
- support athletes to compete clean.

#### **Adoption of the Sports Anti-Doping Rules**

1. NZMMAF adopts the Sports Anti-Doping Rules (SADR), including any amendments, as administered by the Sport Integrity Commission, in relation to MMA activities we are responsible for.
2. All members of NZMMAF agree to be bound to the SADR through their membership of NZMMAF.
3. You can view the SADR here: [Read the Sports Anti-Doping Rules](#).
4. NZMMAF reserves the right to develop and implement MMA-specific anti-doping rules, policies, and procedures, provided they are consistent with, and do not conflict with, the SADR. These shall be subject to the notification and approval of the Sport Integrity Commission.

#### **Offences**

5. All doping-related offences are strictly prohibited.
6. For the purpose of this Policy, “doping” is defined and fully regulated by the SADR.
7. All doping-related matters, including investigations, hearings, sanctions, and appeals, shall be managed in accordance with the SADR.
8. NZMMAF shall recognise and enforce any anti-doping decisions or sanctions handed down under the SADR or by any recognised sporting body with authority to rule on doping matters.
9. The Rules ban more than just testing positive. They also ban things like buying, possessing or distributing banned substances. If you break the SADR - even by accident - you risk a sanction.
10. Sanctions can include a ban from all sport and disqualification of your results. All sanctions are published and may be reported on by media.

#### **Prohibited Substances**

11. Some substances and methods are prohibited in sport. Each year, the World Anti-Doping Agency publishes a list of all those substances and methods in the WADA

Prohibited List. Substances can be included on the list if they meet any two of the following criteria:

- It has the potential to enhance sporting performance
- It presents an actual or potential health risk to the athlete
- It violates the spirit of sport

12. You can learn more here: [information on prohibited substances](#)

### **Education**

13. The most important thing anyone can do to protect themselves and their sport from doping is to complete anti-doping education.

14. The Commission offers comprehensive free anti-doping education and resources on its website. Whether you're new to anti-doping, an experienced athlete or part of an athlete support team, there is an education option for you.

15. You can view the Commission's educational resources at: [anti-doping e-learning](#).

### **Supplements**

16. Supplements are a risk for all athletes. Neither the Commission nor WADA approve any supplements because of this risk. Athletes can and do test positive because of contaminated supplements.

17. Nevertheless, many athletes choose to use supplements or are on a supplement programme. If that's you, it's important to make an informed decision. The Commission's Supplement Decision-Making Guide shows you ways you can minimise – but not eliminate – supplement risk.

18. You can learn more about supplements here: [Supplement Information](#).

### **Medication**

19. Even common medications can contain banned substances. That's why it's important that you check every medication for banned substances before you take it.

20. Global DRO is an online tool that can tell you if your medication contains banned ingredients, has conditions for its use, or is not banned in sport.

21. Athletes are 100% responsible for any substance found in their sample. If you're an athlete, we encourage you to be careful with anything you put in or on your body.

22. Use this link for more information: [Check your medications](#).

### **Therapeutic Use Exemptions**

23. A Therapeutic Use Exemption (TUE) allows you, without breaking the SADR, to take a medication containing a banned substance if you need to do so for medical reasons.

24. Some athletes must apply for their TUE in advance, before they begin using any prohibited medications or methods. Other athletes can apply retroactively.

25. Get more information here: [Information about TUEs](#).

### **Testing**

26. Testing is an important way of deterring and detecting doping in sport. As an athlete, you should be prepared to be tested at any time. It may happen in- or out-of-competition. You may be asked for a urine sample, blood sample or both.

27. If you fail to complete a test when notified, you are at risk of an anti-doping sanction.
28. Testing can be nerve-wracking, especially if it's your first time. It's a good idea to learn about the process in advance so you know what to expect when it's your turn.
29. Get more information here: [Learn about the testing process.](#)

### **Athlete Whereabouts Programme**

30. The Athlete Whereabouts programme is used worldwide to make sure athletes can be located for testing. Athletes on a testing pool must update their Whereabouts every quarter to protect the integrity of sport and to stay within the Sports Anti-Doping Rules.
31. Learn more about your obligations here: [Whereabouts Programme.](#)

### **Your Rights as an Athlete**

32. The Athletes' Anti-Doping Rights Act protects an athlete's fundamental right to participate in clean sport. It promotes health, fairness and equal opportunity for all athletes worldwide.
33. Learn more here: [Your rights as an athlete.](#)

### **Contact the Sport Integrity Commission or NZMAF**

34. You can contact the Commission at any time for clean sport support, information, education or resources.
  - Phone: 0800 378 437
  - Email: [info@sportintegrity.nz](mailto:info@sportintegrity.nz)
  - Website: [sportintegrity.nz](http://sportintegrity.nz)
35. You can contact NZMAF about this policy, at [integrity@nzmmaf.co.nz](mailto:integrity@nzmmaf.co.nz).