



NATIONAL FOOTBALL LEAGUE

Off Season Testing

Your team's final game until the opening of 2026 summer training camp

Per the NFL Policy on Performance-Enhancing Substances (PES Policy), as an NFL player you may be tested up to 6 times during the offseason. You may be required to have blood and/or urine testing. You must test within **24 hours** of notification to be in compliance with the Policy. The collector is assigned based on the contact information you enter in the NFL Drug Policies Contact Information website. **You will be notified for testing by a collector in the city of your current testing location.** Having correct contact information, including phone, location (Home/Off Season Residence, With Team, or Travel/Vacation) and email, is important to avoid delays in testing. Notification begins when you are informed either directly, the text message is sent or the message is left on your voicemail. The numbers that are used to contact you are the ones that you provided in the NFL Drug Policies Contact Information website. **Notification may not be given through a third party, family member, agent, etc.**

For all NFL drug tests, players must have a government issued photo ID (ex. Driver's License, State ID Card or Passport).

Consistent with the PES Policy, as an NFL player, you have the following responsibilities:

1. You must log onto the NFL Drug Policies Contact Information website and enter the required information, providing current, complete and accurate information as requested under the Phone, Email and Location sections. You must enter the following information:
 - a. Phone: your personal cell phone ("My Cell Phone")
 - b. Email: your personal email ("My Email")
 - c. Location: Home/Off Season Residence, With Team and/or Travel/Vacation
2. At all times, you must maintain a working cell phone number at which you can be contacted for testing at any time. This includes maintaining functioning and available voicemail (you must regularly empty the voicemail box for voicemail to be available; the voicemail box cannot be full and not accepting messages), as well as fully functional text messaging.
3. You must promptly enter changes in your cell phone number, email and location including Home/Off Season Residence, With Team and Travel/Vacation on the NFL Drug Policies Contact Information website.
4. You must monitor carefully all listed voicemail boxes, text message streams, email accounts and physical mail boxes at all times.
5. During the off-season, you must respond to the collector's call, voicemail, or text message (per Section 3.2 of the PES Policy) so the PES test can be completed within 24 hours of the collector's contact.

If you do not satisfy your responsibilities, this constitutes a failure to cooperate with testing and the matter will be referred to the League office for potential disciplinary action. **Procedures for failure to cooperate with testing are found in the NFL Policy on Performance-Enhancing Substances, Appendix H.** This appendix is attached.

If you have any questions or have any troubles logging in or updating your contact information, please contact me by phone or text message at 614-620-6052 or email at jlombardo@drjalombardo.com.

Sincerely,

John A. Lombardo, M.D.
Independent Administrator
NFL Policy on Performance-Enhancing Substances

December, 2025



NFL PLAYERS
ASSOCIATION

LEGAL DEPARTMENT

To: NFL Players

Re: Performance Enhancing Substances (“PES”) Policy

The PES policy requires all players to inform Dr. John Lombardo, the Independent Administrator of the PES Policy, of any change in location, new contact information, or travel plans. Maintaining accurate location and contact information is especially important during the off-season as you are away from the team facility.

To make such updates, you should access the NFL Drug Policies Contact Information website located at <https://pesnfl.com/>.

Your team/trainer will help you enter your information into the system before you depart for the off-season. If you have any trouble accessing the site, contact Dr. Lombardo at (614) 620-6052 or by email at jlombardo@drjalombardo.com.

When you access the site, the database does not record your location as there is no GPS functionality, so it is important that you update your location information yourself. The information provided is only used by designated team employees, Dr. Lombardo, and authorized employees of the collection company.

The website does not change the PES Policy testing requirements or your obligation to provide accurate and up-to-date location and contact information. A copy of the PES Policy is available [here](#).

Please be aware that failing to maintain current information can be considered a violation of the PES Policy and result in a fine and/or suspension.

If you have any questions about your responsibilities under the policy, please contact me at (202) 756-9138 (office), (202) 257-5349 (cell), or by email at Andrew.Morris@nflpa.com.

Thank you,

Andrew Morris
Public Policy Counsel



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Procedures for Failure to Appear for Testing

Players who are selected for Testing must present and provide a specimen within the time periods set forth in Section 3.2 of this Policy. Players who fail to do so without a valid reason as determined by the Independent Administrator will be subject to discipline as set forth below.

When a Player fails to appear for testing, and that failure is not excused by the Independent Administrator, the Parties shall confer with the Independent Administrator via email or phone to assess the nature of the failure within ten business days of being notified of the failure. If the Parties agree that the failure to appear should be excused, the player will not be subject to discipline. If the Parties do not agree, and the NFL determines the failure to appear to have been a deliberate effort to evade or avoid testing, the failure will be treated as a Positive Test Result for an Anabolic Agent under Section 6, subject to appeal. For all other cases where the Parties do not agree that the missed test should be excused, the missed test will be considered a failure to appear and will be treated as follows, subject to appeal:

Unless a warning is issued, the *first* time a Player fails to appear for testing, he will be fined up to \$25,000 under his NFL Player Contract and will be placed into the reasonable cause testing program.

A *second* failure to appear for testing will result in a fine of 2 weeks' pay.

A *third* violation will result in a 2-game suspension without pay.

For purposes of determining discipline under this Policy, a player will be considered to have no previously missed tests if: 1) 365 days have elapsed since his most recent unexcused missed test; or 2) 180 days after the player is no longer subject to reasonable cause testing, whichever is shorter.

In any case where the NFLPA fails to confer within 10 business days of its receipt of the notice of the failure to appear, the NFL may proceed as if the Parties did not agree on the nature of the failure. In any case where the NFL fails to confer within 10 business days of its receipt of the notice of the failure to appear, the failure shall be excused.

All disputes in connection with these procedures may only be reviewed pursuant to the Other Appeals procedures set forth in Section 10 of the Policy.

Nothing in these procedures shall be meant to include failures to cooperate with testing other than the failure to appear for testing within the applicable time period. Any failure determined by the NFL to be a deliberate effort to substitute or adulterate a specimen, alter a Test Result, evade testing, or engage in prohibited doping methods will be considered a Positive Test and will be subject to the discipline set forth in Section 6 of the Policy.