

STRENGTH SPORTS UNDER
ANTI-DOPING PROGRAM

WORLD HEAVY EVENTS ASSOCIATION

EST 2015

MEMBERS LETTER

www.worldheavyeventsassociation.com

DECEMBER 2023



NEWS AND RENEWALS - PLEASE READ THE LETTER CAREFULLY

The sports year of 2023 inclosing down and it is time to look back and also forward towards 2024.

The past year has been so far the biggest and most international in WHEA history and the year was crowned in Jyväskylä, Finland. POSA Pole Sport World Championships was a 4-day competition with over 200 athletes from over 20 different countries and it was a success in all measurements.

The actions of WHEA are renewed all the time within the limits of the resources - on 2023 we renewed our www-pages and to make our information better, from this letter on all out news letters can be red also from our pages by everyone.

Towards the future we aim to make our actions more and more professional direction with active marketing and growth internationally. We also aim to add co-operation with other organizations (which work under the WADA rules) and we look also the possibilities to organize multiport events.

You can also influence - everyone involved is important for the growth of the sports All our events are looking more factors to the competitions, to the background along with competing itself.

Please see important info fromthe following pages about the 2024 licenses, rule- and other renewals along with the ethic topics.

Please remember to renew your license latest on 31st,January 2024 at www.suomisport.fi

Merry Christmas & Healthy and strong 2024!

Best Wishes, World Heavy Events Association



PLEASE REMEMBER TO RENEW YOUR LICENSE LATEST ON 31ST, JANUARY 2024.

2024 licenses are now available on www.suomisport.fi service.

Prices::

Athlete license 50€ (adult / junior)

Please make sure you pick up the right license based on your sport / nationality.

Pole Sport athletes, choose POSA/WHEA license.

Strength Sport athletes: GB - choose BNSF/WHEA, CANADA, choose CANADA/WHEA, all others choose WHEA international athlete.

Note: WHEA continues to support Ukrainian athletes due the war situation - their license is 10€ for 2024 (POSA Ukraine license for only Ukrainian citizens).

If you are not competing, you can keep your anti-doping contract valid with WHEA hobby license (30€).

Please note, that if the license is not renewed, the anti-doping contract will be renewed and new contract can not be done until 4 years has passed.

WHEA Clean Sport Fan license (30€) is for our supporters, who are not competing.

<https://www.worldheavyeventsassociation.com/license-instructions/>





© WHEA / Minna Rantanen

Other topics:

2024 International events will be published in January
> to help athletes to complete competitions with smaller budgets we will have all our strength competitions as a one day competitions on 2024- (competition day mainly in Sat).

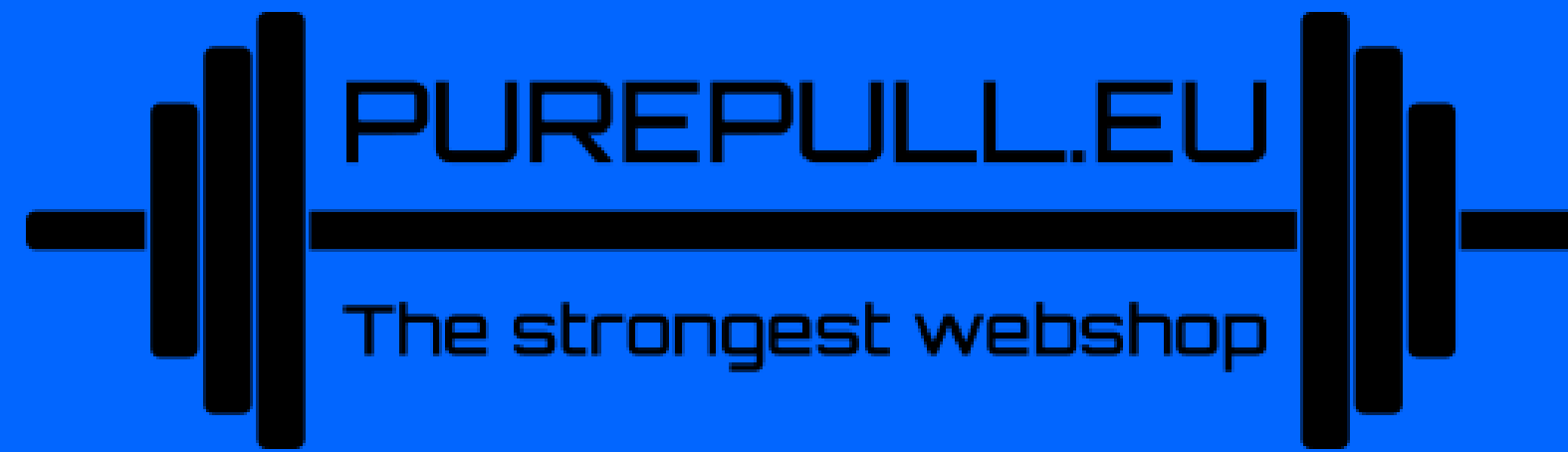
Strength events calendar:

<https://www.worldheavyeventsassociation.com/international-whea-competitions/>

International Pole Sport & Arts events:

<https://www.posaworld.org/>





NOW IT IS TIME TO ORDER A PRESENT TO YOURSELF

Use the members discount code: WHEACLEANPOWER
and you get -10% off from normal priced items.

The prices for several items are raising on 1st, Jan. 2024, so save more
and make your order on 2023 side.

During 2024 we are introducing new products to theselection -including
Saxon bar and other strength equipment.

PUREPULL.EU

A part of the association rules have been renewed and the following new practices will become valid 1st, Jan 2024.

Reformed rules:

Discipline rules , points 2.7-2.8:. Boycotting the awarding, social media behavior etc

New practices, valid from 1.1.2024::

Complaining about the results: <https://www.worldheavyeventsassociation.com/other-rules//>

Weight-ins; in weight class competitions (**valid only in WHEA International events & WR attempt competitions**) the weight-ins are organized on the day of the competition only. At least 2hrs band max 6hrs before the competition.

The schedule is confrimed to each competition by the organizer in the welcome letter. The new practise guide athletes to more natural weight classes and also intensifies the organizing as the evening weight-in is left out.

Cancellation of participation to a competition:

Athlete has the right to cancel the participation to a competition due medical or other severe reason, but the cancellation must be informed to the organizer in written as soon as possible. (the amount of athletes are effecting to the schedules, needs of shirts etc, offering the spot to other athletes etc).

If the athlete has entered to the competition and do not arrive to the competition without pre-information to the organizer, the organize has the right to invoice 30€ “no show fee” Unpaid fee prevents the participation to the competitions under WHEA license until the fee is paid.

POSA Pole Sport World Championships was the biggest so far

The POSA Pole Sport World Championships were held in Jyväskylä, Finland in November and it gathered over 200 athletes from over 20 different countries to compete in this four day event. Along with the record amount of spectators and volunteers, coaches etc the competition has over 1000 visitors. Special Thank You to all, who made it possible.



Capital of Sport in Finland
JYVÄSKYLÄ



JOIN IN TO THE ACTION

THERE ARE MULTIPLE WAYS TO ENTER TO ACTION - ALONG WITH COMPETING AS AN ATHLETE YOU CAN MAKE GROWTH TO CLEAN SPORTS BY TAKING PART TO ACTION AS AN ORGANIZER, CONTEST HELPER OR IF YOU WANT TO START A NEW NATIONAL ACTIONS IN A COUNTRY, WHERE WE DON'T YET HAVE ACTION - PLEASE DO NOT HECITATE TO CONTACT US VIA
INFO@WORLDHEAVYEVENTSASSOCIATION.COM

TO COMPETITION ORGANIZERS:

<https://www.worldheavyeventsassociation.com/to-competition-organizers/>



**THE NEXT STRONGMAN/WOMAN JUDGE
EDUCATION WILL BE ORGANIZED 26th, FEB.
2023 - JOIN IN**

ETHICAL INFORMATION

WHEA follows WADA rules and protocols and is committed to the system via the recognition of FINCIS (NADO of Finland).

WADA co-operates with several NADO's around the globe and only uses WADA accredited laboratories and a part of the doping testing is done also via ITDM under the WADA protocol.

2024 WADA PROHIBITED LIST

<https://www.wada-ama.org/en/prohibited-list>

> please note, that Tramadol has been added to the list for 2024.

Before taking any medication, as an athlete you must check the status on the List or with your anti-doping organization (ADO).

If the substance is prohibited, you will need to follow the process to apply for a TUE.

TUE info:

WHEA: <https://www.worldheavyeventsassociation.com/therapeutic-use-exemption-tue/>

WADA:

<https://www.wada-ama.org/en/athletes-support-personnel/therapeutic-use-exemptions-tues>

NUTRITIONAL SUPPLEMENTS INFO

DOPINGLINK

FAIR WIN EDUCATION PROGRAM - EXCELLENT HELP TO EDUCATE YOURSELF

WADA E-LEARNING FOR ATHLETES

**WHEA publishes the valid bans and other discipline sanctions in
www-pages, social media channels and in members letters.**

BANS:

Henrik Venemyr Hildeskor, Norway, 25.3.2022 – 25.3.2026,
doping violation, 3a-hydroxy-2a-methyl-5a-androstan-17-one, out of competition test.

Dean Pearson, GB, 28.11.2023-28.05.2024, doping violation, terbutaline, competition testi

About the rules

2.6. Forbidden co-operation

The association rule about forbidden co-operation is identical to WADA's rules 10.12 <https://www.wada-ama.org/sites/default/files/resources/files/wada-2015-world-anti-doping-code.pdf>

2.6.1 Any athlete or other person under the association jurisdiction can not take part to any competition happening, where is a person with the ban (ineligibility) from the sports participating.

2.6.2.1 An athlete or other person, who is under the association jurisdiction, who is taking part to a competition which is not committed to the CODE must personally make sure (in a proved way, if needed afterwards), that to the competition no one under ban (ineligibility) from the sports is taking part as an athlete, support person or as an official.

2.6.2.2 An athlete or other person under the association jurisdiction can not appeal to that, he/she did not know that to the happening, there is a banned person taking part.

A person, who violates the association rules 2.5 and 2.6 can be sanctioned by the board to maximum of 4 years ban (ineligibility) from the sports due the forbidden co-operation violation.

In strength events, where are more separate sides of tested and non tested competitions the above rule is harder to follow than in other sports, where all organizers have committed to the WADA-system (for example track & field).

WHEA realize, that for example in some online events the athletes are not published prior the event and it will be noted, but we also kindly ask the license holders to respect the rules and support the system for example by letting the other organizers know, that letting a banned athlete to compete may cause problems to other athletes in the competition.

You can find our contact info via our websites.

<https://www.worldheavyeventsassociation.com/contact-us/>

Please note, that if you have questions about anti-doping, TUE or other ethic topics – do not hesitate to contact our officials at ethics@worldheavyeventsassociation.com

The social media sites of the association officials are not the way to contact us – please use the official addresses.

Our office is on vacation 21st, Dec.2023–7th, Jan. 2024 and will answer your emails after that.

We wish you Merry X-Mas & Strong, Healthy 2024!