



International Functional
Fitness Federation

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100 Kale Ave.
Sterling, VA. 20164
USA

December 13, 20223

Mr. Mindaugas Spokas
CEO
Lithuanian National Sports Agency
Ministry of Education, Science, and Sport

Subject: iF3 Antidoping Policies and Procedures

Dear Mr. Spokas,

This letter is to inform you that International Functional Fitness Federation (iF3), has antidoping rules in place that are modeled after WADA's World Anti-Doping Code. You may find a link to the iF3 Anti-Doping rules here: <https://functionalfitness.sport/sport/anti-doping-policies/>.

Each year, the iF3 contracts with the International Testing Agency (ITA) to conduct anti-doping testing for the sport. ITA conducts all of its testing in compliance with the World Anti-Doping Code.

iF3 also works with various National Anti-Doping Organizations, when applicable, to ensure proper testing is being conducted for our sport. The iF3 is working toward the process of becoming an official WADA Signatory and is committed to clean sport.

Sincerely,

Gretchen Kittelberger

President, International Functional Fitness Federation

Gretchen@functionalfitnessfederation.org