

IPF

2011

Minutes of the

IPF – General Assembly,

Plzen/Czech Republic

IPF

07.11.2011





Begin: 2:00pm

Delegates

Full members: Australia, Austria, Belgium, Brazil, Canada, Czech Republic, Denmark, Finland, France, Germany, Great Britain, Hong Kong, Iceland, Italy, Japan, Luxembourg, Netherlands, New Zealand, Norway, Poland, Puerto Rico, Romania, Slovakia, South Africa, Spain, Sweden, Switzerland, Taiwan, Ukraine, USA, Venezuela;

Total: 31

**** Hungary and Kazakhstan arrived at item 7d Report Appeal Committee
Beginning item 7d Report appeal committee were 33 Federations present**

**** Armenia arrived at item 8c Report Asia
Beginning item 8c Report Asia were 34 Federations present**

**** Russia arrived at item 9 Elections
Beginning item 9 Elections were 35 Federations present**

EC-Members

Detlev Albrings, Johnny Graham, Emanuel Scheiber, Gaston Parage, Alan Ferguson, Susumu Yoshida, Arnulf Wahlström, Robert Wilks, Larry Maile, Julio Conrado;

Total: 10

Chairman (without votes)

John Stephenson, Robert Wilks, Wing-Yuk Ip, Dietmar Wolf, Jean Claude Verdonck,

Non Executive Members (without votes)

Gaston Parage, Anatoly Stetsenko, Heinrich Janse van Rensburg, Jean Claude Verdonck;

****Total 41 Votes; $\frac{3}{4}$ majority = 31; $\frac{2}{3}$ majority = 28; simple majority = 21**

****Beginning item 7c Report Appeal Committees**

Total 43 Votes; $\frac{3}{4}$ majority = 33; $\frac{2}{3}$ majority = 29; simple majority = 22

****Beginning item 8c Asia Report**

Total 44 Votes; $\frac{3}{4}$ majority = 33; $\frac{2}{3}$ majority = 30; simple majority = 23

****Beginning item 9 Elections Total 45 Votes; $\frac{3}{4}$ majority = 34; $\frac{2}{3}$ majority = 30; simple majority = 23**

1. Roll call of Nations and Delegates, presentation of credentials of each Nation.

Certification of Athletes and Referees

2. President's Address

3. Report Vice President

4. Minutes of the last General Assembly

5. Report Treasurer – Report Auditors

To examine the accounts of the previous year

To approve the budget for the forthcoming year

Fees (if requested)



6. Report Secretary General

7. Committee Reports

- | | |
|---------------------------|--------------------------------|
| a) Technical Committee | e) Law & Legislation Committee |
| b) Medical Committee | f) Anti-Doping Commission |
| c) Disciplinary Committee | g) Doping Hearing Panel |
| d) Appeal Committee | f) Women's Committee |

8. Regional Reports

- | | |
|----------------------|-----------------------------|
| a) Region 1 (Europe) | d) Region 4 (North America) |
| b) Region 2 (Africa) | e) Region 5 (South America) |
| c) Region 3 (Asia) | f) Region 6 (Oceania) |

9. Elections

10. Proposals

11. New Member Applicants

12. Action on delinquent Nations

13. Hall of Fame

14. Future Championships

15. Any other Business

16. Adjournment

The President opened the General Assembly at 2pm. All delegates stand up for a minute silence for all people who were involved in powerlifting and passed away in the last year.

2) President's Address

Dear Athletes, Dear Officials, Dear Ladies and Gentlemen,

4 years have elapsed since the IPF had their elections in Sölden / Austria.

This is the time to review the past 4 years. What have we achieved, what is still open, where we must strengthen our efforts?

Achievements

- 1) The IPF has introduced a new logo and a new homepage. There is no accounting for taste. Everyone has different opinions regarding the logo and homepage. We are now considering an update (refreshment) of our homepage, due the style and the modernising of homepages has changed in the last years and we must follow the trend.
- 2) The IPF has negotiated an agreement with YouTube and we are able to publish videos of our championships on our Powerlifting-Portal. Also organisers are ordering Broadcast agencies to offer Live Streaming of our events. At our 2011 World Women/Men Championships in Plzen we are also offering Live Streaming.
- 3) The IPF has together with the EPF made a contract with Alexandre Kopayev, the originator of the competition program "Goodlift". He will now work for the IPF and EPF and attend every championship to ensure a high level for the results and that the competition runs smoothly.
- 4) We have made contracts with our manufacturers to ensure stability in our relationship.
- 5) Also we have made contracts with our organisers to ensure a high quality of our championships.
- 6) We have found volunteers, who are working for our excellent designed IPF Magazine and working for the marketing area. Here is the leader Miklos Fekete and I am very thankful that he and his team bring new ideas and visions.



- 7) The IPF has made a contract with Sabine Al-Zobaidi, who is the Assistant Secretary for Anti-Doping matters, especially for the WADA-ADAMS system.
- 8) Last year the IPF General Assembly decided to assign to a special group of people "Rules group" with a high knowledge within our sport the responsibility for our Technical Rules. This Rules group decides carefully about adjustments of our Technical Rules and the members take care that we have less changes respectively no changes.
- 9) We have build up confidence and respect with our umbrella federations like the IOC, SportAccord, IWGA, and WADA.
Also important is to have contact to the different federations, who are also offering powerlifting, like the IPC, Special Olympics, World Masters Games, Pacific Games, Commonwealth Games... this is necessary to broaden our member base.
- 10) Last year the IPF General Assembly decided to expand the IPF Executive Committee and introduce an IPF Vice President. The election of Johnny Graham as IPF Vice President is a real asset for the IPF. Johnny has long year's knowledge of our sport and he is working on different levels, like an athlete, coach, team leader etc.
At the 2011 SportAccord event in London, neither our Secretary General Emanuel Scheiber nor myself was able to attend this event. This was the first time for Johnny to talk to the IOC, IWGA, WADA etc. and he made there an excellent job.

Open matters / Strengthen our efforts

The main goal, which I have articulated at the 2007 General Assembly, was to gain the IOC recognition.

Where are we now?

We have had fruitful meetings with the IOC Sports Department. Our application was welcomed and they told us, that our application shows a high quality how we manage and carry out our sport.

The IOC Executive has discussed our application several times and they have denied awarding the recognition.

The reason for it is that our amount of anti-doping violation is too high. Not only on international and regional level. The IOC is also counting the anti-doping violations on national level.

The IPF recognised that the amount of anti-doping violations on international and regional level decrease, but it is also important that the IPF member federations strengthen their fight against doping and increase mainly the amount of Out-of-competition tests. Furthermore these actions must be accompanied by education of the athletes, coaches, officials etc.

We must also strengthen our efforts regarding media. We must convince the media to visit our sport and that they shall inform the public. We must be present in the newspapers, magazines, TV etc.

Here is a close cooperation necessary between the organisers and the IPF Marketing team for a target-oriented and concentrated media penetration.

The development of our beloved sport is like the evolution; that means the development never stops.



At this opportunity I want to express my gratitude to our athletes, to all my colleagues of the IPF-EC and Committees, to all organisers, officials, supporters and partners of the IPF.

Thank you for your dedicated contribution for our development.

Special thanks goes to John Stephenson, who has served decades for the IPF in a politely, sportsmanlike, helpful and friendly manner. He stands not for re-election as Chair of the Technical Committee and I wish him all the best for his future and I know that he will enjoy his free time with sailing.

Special thanks go to Alexandre Kopayev, our Computer Secretary, who provides us in an excellent manner at every World Championship with the results; also with his live score sheet.

Also my special thanks go to Anatoliy Stetsenko, who keeps our World records for the satisfaction of our members.

I hope and I wish that the leading team of the IPF stand for re-election in Plzen / Czech Republic and act in the best interest of our sport and the IPF.

Here an apt quotation of Henry Ford, which describes my dreams and hopes for the IPF and our sport:

***“Coming together is a beginning,
Staying together is a progress,
but only
Working together is a success”***

Kind regards and I wish you all the best for very successful World Championships and that the wishes of our athletes come true.

Detlev Albrings
President IPF

****accepted unanimously**

3) Report Vice President

First, I want to thank the members of the IPF for giving me the honor to serve as the first elected Vice President. With your support, I hope to continue my service to the members of this great powerlifting organization for the next 4 years.

This past years has been one of great learning. I have had first hand knowledge of what the hard work consist of to make this the BEST Powerlifting Federation in the World. To have the opportunity to work with the members of the EC, who gives hours of their personal life, to insure the best is done for the lifters, makes this job more rewarding.

During this past year, I have had the Honor to represent the IPF at the 2011 Sport Accord meeting. To work with others members of Sports from around the world, really gives you and insight of what is needed to get full IOC accreditation. I am pleased to say, that the IPF is well



ahead of other sports trying for the same. During this meeting, I had the chance to speak with the IOC, WADA, and the World Games representative. ALL, were pleased with our progress as a Federation.

However, there is still much work to be done in our efforts for Doping Control. More OCT's MUST be done, and we have tasked members of the IPF EC to conduct this. I am pleased to say, that during the past 6 months, we have done more OCT's than we did in all of 2010. We must maintain this trend, to insure we are following the WADA/IPF guidelines.

One of the things we have made GREAT progress in, is the Quality of our World meets. As I get the chance to travel around the World, I can see that the Meet Directors, are making the events lifter friendly, and more lifters are commenting on how good the meets are being conducted. We must all remember, the events are for the LIFTERS, and without the LIFTERS, there is no IPF.

Thanks to all the meet directors who take the time to look out for the lifters.

Many people do great things, to make our sport what it is today. Working and above all LEARNING from the IPF President Detlev Albrings, has really shown me what true LEADERSHIP is about. I am pleased to have him as a mentor for me, and his support has been of the HIGHEST quality. Being around great members of this IPF EC, who gives so much, for so little, has given me more respect for what is done. Thank You, for helping me in my goal to give back.

Last, I want to Thank ALL the member Countries, Leaders, and above all, the LIFTERS for welcoming me, and giving me the chance to be a voice for you.

Johnny A. Graham
Vice President IPF
****accepted unanimously**

4) Minutes of the last General Assembly

See the e-mail to all member federations and on the IPF homepage from 25th of November 2010.

****accepted unanimously**

5) Report Treasurer – Report Auditors

FINANCIAL REPORT

The financial situation is still in a good condition; even we must present a deficit.

This is due to the fact that last year we have decided to close our financial situation in December.

At the General Assembly I will present the final presentation from October to December 2010. This report is exceptional as last year we presented the report from October 2009 to September 2010.



As we have decided to change the modus I present you the remaining 3-month from the year 2010 and beginning 2011 we will be able to present the report from for each fiscal year.

At the General Assembly 2011 in Plzen I will inform you about the current financial status. But first let me now come to the closing report for the October – December 2010.

At the 3 last month of the year we have often more expenses as incomes due to the fact that we receive the outstanding invoices from the WADA laboratory and the invoices from the travels to the Open Worlds.

The main incomes where collected from outstanding fines, participation & Anti-Doping fee, membership fees.

The main expenses are a result of the Anti-Doping tests.

We are closing 2010 with a deficit from 13,616.92 €

Total incomes from October 2010 are 39,999.99 € and the expenses 53,616.91 €.

Considering the total balance from October 2009 until December 2010 the situation is as follows:

Incomes 257,889.87 € / Expenses 285,136.52 € = Deficit 27,246.65 €.

We must not be worried as this is due to the fact that we have the 3 last month from 2009 and the 3 last months from 2010 that means we have considered 15 months instead of 12 months. As mentioned before we have ha less incomes and increased expenses in the last quarter of the year.

At the General Assembly I will present to you the first part from 2011 and then you can recognize that the situation is not worrying and that we are still on our way to increase our saving accounts.

I wrote this report at the time, where the Masters Worlds where hosted and I will present you the current financial situation for 2011 at the General Assembly.

As Championship Secretary I have been very busy, and still we have federations, who make my work more difficult. They fill out the forms incorrectly and send nominations too late. It seems that they don't know the rules. Therefore all nations have received my message and the same information will be published in our magazine. I will strongly work according our rules. This is not to harm the federations and athletes; the Federations must now know the rule changes that have been decided 2 or 3 year's ago.

In the future incorrect completed nominations will be rejected and that also means that if they are returned too late they will not be accepted. It is time that every body takes over responsibility. A new requirement is that we need the whereabouts forms together with the preliminary nomination. For the beginning it was working quite well but for the future everyone must know that for the Sub-Junior, Junior and open teams the whereabouts forms need to be sent together with the preliminary form. I cannot wait to receive them one month after. The latest can be one week but thereafter I will cancel the nomination if the forms are not sent to us.

I have travelled to all the competitions this year and I have had a good cooperation with the organisers.



I can say today that after reducing the weight classes we have still a lot of lifters taking part at our worlds. The preliminary list of lifters for Plzen has at the moment over 300 athletes and that give me confidence that we will have a lot of participants for the future Worlds. Sometimes we have had less lifters taking part due to the fact that the Worlds are abroad from Europe but as the IPF we need to organize championships worldwide.

We still have Federations who are not taking part at the technical meetings and are not present at the banquet to receive the trophies. This is not acceptable or in the interest of the athletes.

We have the same problem with the participation of referee's and the best example was the 2011 Sub-junior & Junior Worlds in Moose Jaw / Canada, where we have had only 16 referee's and from this 16 referees just one female referee from Germany who was on duty every day from the morning to the evening and the same for the other 15 referees. These referees will obviously be tired in the evening and that is surely not for the benefit for the lifters.

I will ask the athletes commission and the women's commission to put pressure on the national federation to bring female and male referees to the worlds otherwise we will have a lot of problems in the future. We also cannot accept that some referees are just available for one session and the other referee's who also pay for their trip from their own pocket have to sit the whole day. We will propose a new rule change to our rule group so that in the future this will not happen anymore.

At this stage I want express my respect and thanks to all the referees who are always available and also to those nations, who at all times provide us with more than one referee.

I want to thank all the Federations and also the EC and Committee members for the good cooperation.

A special thank to the Chair of the TC John Stephenson, who will not stand for re-election due his decades of assistance for the IPF. I wish him for the future all the best and health. I wish you all a good and constructive General Assembly and a successful World Championship.

Gaston Parage
IPF Treasurer
IPF Championship Secretary
****accepted unanimously**

a) To examine the accounts of the previous year

To be presented at the General Assembly

****The auditors report was accepted unanimously**

b) To approve the budget for the forthcoming year

To be presented at the General Assembly

****accepted unanimously**

c) Fees (if requested)

****no action**



6) Report Secretary General

Dear Delegates, Ladies and Gentlemen

I think it is now also time for me to review the last 4 year as Secretary General of the IPF.

In October 2007 I was “jumping in the cold water” like we in Austria say. That means that I had not really an impression what the duties of the Secretary General all includes. But as I was always a person, who liked to work hard and to take the challenges as they are, I gave my best to fulfil all duties in the best way. Of course I had a great assistant with our former Secretary General and current President, Mr. Albrings. He guided me with a lot of things and he was always helping me, if help was needed. For this great assistance I want to express Mr. Albrings my greatest thanks.

As our President mentioned in his report, we had a lot of challenges and reconstructions in our federation during the last 4 years. The new logo, the new homepage – which was again reconstructed some weeks ago -, the new IPF magazine, and a lot of other steps.

Of course one of the greatest success for me personal was that I could negotiate an agreement with the company ELEIKO as main sponsor of the IPF. But with this agreement or sponsor contract we could not only generate money for our federation, we could also set new standards on our World Championships. On each World Championship of the IPF will be used ELEIKO equipment on the platform, which will be organized and supported from the IPF. That means, the IPF pays the equipment on the platform and so we can support the organizer. For the athletes it is also a benefit, because they know now that on each World Championship they will have the same equipment!

2009 I was the responsible person from the IPF at the World Games in Kaohsiung/Taiwan. I think these World Games were some of the most successful in the history of the IPF and the organisation was just great. The only pity was the official hotel, but that was also the only thing, which I did not organize. For the next World Games such a mistake will for sure never happen again!

Beginning 2010 we produced a promotion video of our sport, which I think is really good and a real advertisement for our sport!

We started also with our new magazine and we are still in process to be better with the quality of the reports, pictures and other information around powerlifting. Here I have to thank the whole team, who prepares the reports, pictures and the layout of the magazine, Sabine, Miklos, Heinrich, Christina and Alan!

I am also the Technical Delegate for the World Games 2013 in Cali/Colombia and so I had to start the first preparations in August 2010. In December 2010 I had my first meeting with the organizing committee in Colombia and I inspected the venue, the hotel and I had some good and informational meetings about our championships during the World Games 2013. The organizers are very interested to promote our sport and help us in each way they can. The venue will be reconstructed and adopted with everything we need and also the whole equipment will be new.

At these World Games we will have three competition days instead of two in the past. So we can split the 8 weight categories to 3 days and we will not have so long and compressed days like at the last Games.

Powerlifting will be hosted in the middle of the time at the Games and that means also that we will be not able to attend the opening neither the closing ceremony. In this case, the IPF will organize a banquet like at the World Championships.



There is also a new qualification modus for the Games, which will be presented at the General Assembly in Pízen.

2012 we have the possibility to host a test event in Cali. This test event will be the South American powerlifting championships and here I want to give a big thank to Mr. Julio Conrado, who convinced his board in South America of the importance of this test event and also to the Ecuador Powerlifting Federation, who actually should host the South American powerlifting championships 2012 and they forwent to host the event that we will have the test event in Cali!

This test event is of highest priority for us, because the only pity in Cali and whole Colombia is that there is no functional national powerlifting federation and we have to bring in all the “knowhow” from outside! At this test event will be present also officials of the IPF to observe the championship and assist the local organizer on each part a help is needed, like administration, referees, computer system,...

Another big assignment is the updating of our IOC application. Here I sent out in June this year an IPF/IOC questionnaire. Fortunately the most countries sent back the filled out questionnaires in time – Thank you. The others I had to push a little bit, but at the end I received the questionnaires from quite all “active” member federations. With this questionnaire, in which the federations had to fill out a lot of sensible and official data’s, I could also evaluate, if a member federation is a real active member of the IPF or only a “one man show” or a federation on the paper. I hope I can finalize the IOC application until end of the year and I also hope that we will receive a positive feed back from the IOC and at the end also the IOC recognition.

Beside these “big” duties I have still my daily work, which is also very important.

My daily duties are:

- Handle the incoming Emails of the Member Federations and the Committees
- Prepare the promoter contracts for the organizers of the World Championships
- Be in contact with the umbrella federations (IOC, IWGA; SportAccord)
- Prepare the agenda and minutes of the EC-meetings
- Prepare the agenda and the minutes for the General Assembly here in the Czech Republic
- Assist the President at different duties
- Be in contact with our partners (sponsors) and negotiate about partnership programs with the IPF

At the end of my report I want to express my thanks to our President Mr. Albrings, the Treasurer Mr. Parage, and all other people in the IPF who assisted me in my work. I wish all delegates a nice stay here in the Czech Republic. For all competitors I wish you a successful and accident free competition with a lot of success. For the organizer, I wish you also very successful World Powerlifting Championships and I thank you very much that we can stay here and be your guests in Pízen.

Emanuel SCHEIBER
Secretary General IPF
****accepted unanimously**

7) Committee Reports

a) Technical Committee

Committee Members

Bill Clayton	(USA)	claytonw@ptd.net
Bill Jamison	(CAN)	billjamison@sympatico.co.ca
Myriam Busselot	(BEL)	bs361931@skynet.be
Johnny Wiklund	(SWE)	johnnywiklund@telia.com
Johan Hannie Smith	(RSA)	hannie@lagayin.co.za
Henk Keiser	(NED)	hc.keiser@quicknet.nl
PJ Joseph	(IND)	pjoseph_arjun@yahoo.co.in
Steve Lousich	(NZL)	sml@xtra.co.nz

Due to the fact that there is a moratorium on further manufacturer items receiving IPF Approval, which does not end until 2014, we obviously have not received anything for assessment, which normally is a major part of our duties.

Following the 2010 General Assembly, which included the official proposals for any change to the Technical rules, the committee made appropriate additions and deletions to the rulebook. Our thanks go to Kalevi Sorsa (Finland) for his enthusiastic input.

As was proposed and passed, a Rules Group was formed. This group will be responsible for all further amendments. Two members of the Technical Committee have been co-opted onto this group.

The usual amount of emails requesting information allied to the rules has been responded to, punctually and hopefully to each ones satisfaction.

Our thanks go to Referee Registrar Patrik Thur for the annual account produced here, and his dedication in administration of all aspects in relation to International Examinations. Congratulations to all who have passed throughout the year, and special thanks to our examiners for sparing their time.

	Number of Nations	Category 1	Category 2	Total of Referees
Europe	26	121	161	282
Africa	2	6	9	15
Asia	12	29	64	93
Oceania	2	9	13	22
North America	10	20	64	84
South America	6	2	31	33
TOTAL	52	185	311	529

New Referees 2010-2011

Category 2

Sid Ahmed	
Messaour	Algeria
Gimenez Pablino	Argentina
David Vaughn	Australia
Emanuel Scheiber	Austria
Michele Munhol	Brazil
Judimeire Aparecida	
Delago	Brazil
Cristina Toledo	Brazil
Michael Knott	Canada
Marko Terasmaa	Estonia
Mervi Sirkiä	Finland
Bernard Nohales	France
Grégory Dufour	France
Reynaldo Pascal-Casas	France
Josef Weiss	Germany
Rebecca LI Chin	
Yeoh	Great Britain
Adam Reilly	Great Britain
Benjamin Banks	Great Britain
Laszlo Baki	Hungary
Klaus Jensen	Iceland
Pardo Idelfonso	Mexico
Tania Pitt Guthrie	New Zealand
Joan F. Baez	Puerto Rico
Olga Pantina	Russia



Eduardo Forsunov	Russia
Sergey Morozov	Russia
Anita Barnard	South Africa
Robert Massey	U.S Virgin Islands
Vasyl Orobets	Ukraine
Tetyana	
Akhmamyetyeva	Ukraine
Ihor Yasenetsky	Ukraine
Inna Orobets	Ukraine
Judith Reitmann	Uruguay
Joe Warpeha	USA
Lance Slaughter	USA
Victor Rios	Venezuela
Carlos Garcia	Venezuela
Adrián Espinoza	Venezuela

Category 1

Brock Haywood	Canada
Harnek Singh Rai	Canada
Ilkka Seppälä	Finland
Yoshihiro Anan	Japan
Alexander Bikchurin	Russia
Vladimir Tsukanov	Russia
Patrik Björk	Sweden
Patrik Thur	Sweden
Joe Marksteiner	USA
Eduardo Rodriguez	Uruguay

The selection and positioning of referees to officiate at IPF World Championships has been made throughout the year, according to Nations nominations. Special thanks to Committee Member Hannie Smith for finalizing referee's positions, following Technical Meetings throughout the majority of our World Championships.

The problem regarding shortage of officials at some events still exists and no doubt will be compounded by the introduction of un-equipped meets when referees will need to be spread even more thinly.

Finally, after being involved in the "World of Weights" for fifty years, I feel it is time to call it a day and hang up whatever it is one might hang up, so consequently will not be standing for re-election. I have enjoyed the seventeen years as both member and Chairman of the Committee and wish my successor all the very best in maintaining transparency and integrity to which one has become accustomed.

John Stephenson

Chairman IPF Technical Committee

9-08-2011

****accepted unanimously**

Mr. John Stephenson announced that he was involved in the IPF more than 30 years and he will not stand for reelection of the Technical Chairman – standing ovations and the whole General Assembly applauded!!!



b) Medical Committee

Greetings IPF members:

The IPF medical committee (MC) has seen a dramatic decrease in TUE applications in 2011. This is in part due to the fact that many member federations have arrangements with their national anti-doping authorities (NADA). In such cases, a NADA approved TUE may then be accepted by IPF MC without further review. The NADA's are the national WADA affiliate and therefore provide the highest level of review according to WADA code. The decrease is also a result of a change in status of many medications: the declaration of use (DOU) paperwork has been eliminated, and some medications that once needed TUE or DOU now need only to be declared at the time of sample collection.

There continues to be confusion among athletes as to what is banned. The IPF MC often fields questions concerning the status of a given medication: is it safe to use, can it be used out of contest, what is the amount of a specified substance that can be taken (safely and legally) without breaching a threshold and generating an adverse analytical finding (AAF)? These questions represent a greater awareness of WADA code by the athletes. Unfortunately, many of the questions can not be answered. For example, it would be very difficult to advise a lifter on how much and with what timing to take an over-the-counter cold medicine that is only banned in competition and only at a certain urine concentration. Our default is to advise following WADA code, but in practice this is not always easy for our lifters to use legitimate medications without fear of triggering an AAF. Because of these ambiguities and lifters' fears of unintended AAF's it is possible that many athletes are under-treated for their medical problems.

We have not seen new TUE requests for growth hormone or testosterone this year. IPF has done an excellent job of educating its lifters and the MC membership remains against the concept of anti-aging hormone replacement as acceptable for competition in the IPF and its member federations based on current clinical standards and scientific evidence. We continue to update our position based upon best medical practices to ensure the safety and health of our lifters.

As the IPF progresses towards IOC recognition the MC remains committed to increasing the health and safety of our athletes. We believe this is an important component to the IOC process. At this time, we do not require a physical exam prior to international competition. However, the MC encourages in the strongest terms that all athletes - especially junior and master lifters - receive an appropriate exam to screen for health/life threatening disorders, many of which are treatable. Junior lifters may have issues that simply have not been detected, while masters' lifters often have diabetes, high blood pressure and other problems that are not in good control. It is best for all athletes to have such a screening exam before undertaking the stresses and rigors of IPF competition.

Best regards from the IPF MC members,

Chris Calvano MD, PhD FACS

Chairman, IPF Medical Committee

****accepted unanimously**



c) Disciplinary Committee

The Disciplinary Committee consists of the following members:

Dietmar Wolf (Norway)
Reynaldo Pascal-Casas (France)
Kalevi Sorsa (Finland)

Most of the workload was related to examine all actual doping cases:

1. by control of the doping control papers
2. if all requirements were accomplished
3. if actually a TUE (Therapeutic Use Exemptions) exists related to this doping case before the cases can be sent over to the Doping Hearing Panel (DHP).

In one case the DC has to deal with, was an affiliated IPF lifter competing in a not IPF sanctioned competition –WPC. (Article 14.9 IPF Constitution).

In another case were IPF suspended lifters competing when serving their period of ineligibility. (Article 10.10.1 IPF Anti-Doping Rules).

The DC examined and discussed each of these cases in detail subsequently.

We would like to thank all the members of the Committees and the EC - members for their good co-operation and help throughout the last year.

We wish you a successful Congress and World Championship Competition.

Best wishes,

Dietmar Wolf
DC Chairman - IPF
Brumunddal - Norway, 18.07.2011
****accepted unanimously**

d) Appeal Committee

The IPF Appeal Committee (AC) have during the period since last General Assembly 2010 consisted of Lars-Göran Emanuelson (Sweden), chairman, Jean-Claude Verdonck (Belgium), Steve Lousich (New Zealand), Eliot Feldman (USA) and Tatsuo Toga (Japan).

The AC has not had any appeal to decide upon since the last General Assembly. The AC has an important function within the IPF. The AC is an opportunity for the appealing part to have a wrongly decision corrected. Since the last General Assembly the AC has been well staffed with well qualified persons that all of them are god example for our sport in their respective country and on the international arena. The members of the AC are all doing a very good job. I would like to thank you all for your support to complete the AC.

Lars-Göran Emanuelson
Chairman (Sweden)

****accepted unanimously**



e) Law & Legislation Committee

Dear IPF Members ,

First of all I want as Law & Legislation Chairman, to thank all the nations which are present at this 2011 IPF Congress .

Everybody knows that all IPF members are willing to promote their beloved sport, Powerlifting.

Last year six new countries wanted to join the IPF among which a first half as Romania, Israel and Guyana was accepted and the second half as the Tajikistan, Iraq and Afghanistan Constitution did neither respect the IPF Rules nor the WADA-Code.

This year I very deeply hoped these countries would send me back their corrected or re – written Constitution so I could propose them as full members of the IPF.

Unfortunately I received no mail back. So I wonder what happened?
What could be done moreover to help these countries in their integration in the IPF?

Let's hope another year will see better days and I could do my utter best to develop our sport.

Jean-Claude Verdonck
Law & Legislation Chairman
****accepted unanimously**

f) Anti Doping Commission

INTERNATIONAL TESTING

As always, the IPF has continued on in 2010 and 2011 with a testing programme for international level athletes and events. In summary, that testing has involved -

	2010	2011(to 20 September)
In-Competition IPF Tests	339	184
Out-of-Competition IPF Tests	<u>10</u>	<u>17</u>
Total IPF Tests	349	201
Positives	24 (+1 pending?)	1
	6.9%	0.5% (74 tests pending)



This 6.9% positive rate for 2010 compares to 3.6% for 2009. Also, 17 of the 24 positives came at Regional, rather than world, Championships.

It should be noted that WADA has communicated directly with the IPF and requested that we increase our ratio of OCT to ICT. This has posed administrative and financial challenges for the IPF and one measure to facilitate more OCT was a reduction of the ratio of ICTs required at international events from 10% to 5% of competitors i.e. the aim was a freeing up of funds from ICT to OCT. However this has required the cooperation of Regions to be effected and some coordination issues remain in this area. The ultimate aim is to achieve a 50:50 ratio between ICT and OCT, the standard achieved by progressive international federations.

NATIONAL TESTING & REPORTING

The second level of testing within the IPF is National. The WADA and IPF rules require each Nation to conduct its own ICT and OCT programme and to report to the IPF its figures for this at the end of each calendar year. At the same time WADA receives reports from its laboratories as to tests conducted and the results thereof and the WADA figures should match the IPF nations figures.

For the last two years the reporting results for IPF nations has been –

	2010	2009
IPF Member Nations	104	107
National Reports Lodged	85	66
Nations Not Reporting	19	41
Nations Reporting But Not Testing	<u>45</u>	<u>26</u>
Fully Compliant (Reporting & Testing) Nations	40	41

Thus more nations have reported in 2010, but there has been no change in the number of nations actually testing i.e. it continues to be the case that less than 40% of IPF nations comply with the requirement that they conduct a national level testing program.

As to the results of national testing, the key figures are –

	2010	2009
In-Competition National Tests	1307	984



Out-of-Competition National Tests	<u>607</u>	<u>734</u>
Total National Tests	1914	1718
Positives	78	64
	4.1%	3.7%

This 2010 figure of 78 national cases is approximately in line with the WADA report of 82 cases.

The clear challenge remains for the IPF to guide more nations into conducting national testing programs. Seminars and materials have been presented to national federations; with essentially no result i.e. the figure of only 40 fully compliant nations has been maintained with consistency for some four years now. A proposal to only allow nations with internal OCT to compete at World and/or Regional Championships was rejected at the 2010 Congress as too draconian, yet clearly strong measures are needed to achieve national federation compliance.

Also at the national level, 2 nations, Poland and Argentina were placed on probation as a result of having four or more positives in an 18-month period. Those nations performance in their probationary period is still being evaluated.

ADMINISTRATION

The IPF system for the conduct of international testing essentially should and/or does involve

- The Anti-Doping Commission making the arrangements for testing and selecting athletes to be tested. This has been only moderately well effected, especially with Regions tending to become involved in test administration and at times even selection
- Independent agencies carrying out testing; this has in 2010 to 2011 been effected more fairly than in prior years, but the limits of independence have been tested via the use on some occasions of DCOs with IPF connections or only national-level qualifications
- Results management conducted via the Disciplinary Committee and Doping Hearing Panel, led by James Cirincione, have done highly professional work in adjudicating Anti-Doping Rule Violations. The only difficulty in this area of the IPF system is delay in determining some cases, due to the pressure of a queue of customers for the DHP.

The IPF also maintains a Registered Testing Pool (RTP) of up to 100 international athletes, who are candidates for OCT. Those athletes are required to provide Whereabouts details via WADA's ADAMS data system, with quarterly filings and up to daily updates. This system creates quite an administrative load and Sabine Al-Zobaidi does sterling work as the RTP administrator. However the issue of poor compliance by athletes and nations has arisen and stricter enforcement for Filing Failures (i.e. the offence of not providing information or providing inaccurate information) will be undertaken from 2011 and into 2012.



In 2011 the IPF also created a secondary Whereabouts system, whereby all entrants to World Junior and Open Championships must lodge their contact details for the 60 days prior to the event. This has greatly expanded the range of athletes available for international OCT.

EDUCATION

Although testing is the pre-eminent tool in doping control, education of athletes, coaches and officials remains an important part of the war on doping. To that end, in 2010 to 2011 the ADC effected

- the creation of an Anti-Doping Kit, i.e. a printed compendium of anti-doping information presented in a style amenable to athletes; here Sabine Al-Zobaidi and her workers did much good work on the physical layout of this document
- updating of the Anti-Doping Q & A, a more detailed but still quite accessible summary of the IPF system
- conduct of a number of in-person seminars on anti-doping topics at Championships, with Robert Keller particularly to the fore in this area
- two articles have been written for the new IPF magazine – “The War on Doping” and “Whereabouts”
- maintenance of a number of on-online reference resources on anti-doping

Robert Wilks
ADC Chairman

****accepted unanimously**

g) Doping Hearing Panel

The Doping Hearing Panel (“DHP”) consists of the following members:

James Cirincione (USA)
Janie Soubliere (Canada)
David Sperbeck (USA)
Hugo Velasquez (Venezuela)
Norbert Wallauch (Austria)

Chris Calvano recently resigned from the DHP after five years of faithful service to the IPF. We wish him well, and we thank him for his support throughout these years.

Since September 2010, the DHP has delivered judgments in approximately 20 doping cases. We have two additional cases under review. This number of cases is consistent with our average of about 24 doping cases per twelve-month period. We examine each of these cases in detail.

The World-Anti Doping Agency met on September 17, 2011 to discuss changes to the 2012 WADA List of Prohibited Substances and Methods. The revised Prohibited List will not be published until October 1. However, WADA has announced two significant changes. The most significant change to the Prohibited List is that Formoterol, an asthma medication, will be permitted at therapeutic levels and by inhalation (which is the most common



administration for asthma patients). The most common form of Formoterol is sold under the brand names Foradil and Novartis.

In terms of testing procedure, WADA will recommend utilization of a blood sample in 10% of doping control samples, as compared to the current 4%. Blood tests can detect substances that are indiscernible in a urine test, and the typical masking agents are not effective against blood tests. Because the efficacies of blood tests are well known, WADA believes that an increase in blood testing will be an effective deterrent to doping. Although blood tests are considerably more expensive than urine analysis, WADA views the recommended change as a “quality over quantity” benefit, because anti-doping organizations worldwide will be able to make better use of their resources.

Over the past several years, the WADA Prohibited List has been revised to allow lesser sanctions if an athlete can establish that his or her use of a prohibited substance was not intended to enhance performance and to align the Prohibited List with the more flexible sanctions provided under the WADA Code.

In the year 2011, the World Anti-Doping Agency added the stimulant Methylhexanamine to the list of Specified Stimulants. WADA had noted that this substance increasingly is being found in nutritional supplements and may be referred to by different names, including “geranium oil” or “geranium root extract”. The classification of Methylhexanamine as a Specified Stimulant has allowed the DHP to exercise discretion under the Anti-Doping Rules to impose reduced sanctions in circumstances showing that an athlete did not intend to gain an unfair competitive advantage. As always, athletes are advised to seek advice from their National Federation medical staff before they taking any supplement.

We will keep fighting against doping in Powerlifting to bring recognition and respect to all of the tremendous athletes of our great sport. We urge the member federations to take steps to educate and assist their athletes in meeting their obligations under the Anti-Doping Rules.

We thank all the members of the Committees and the Executive Committee members for their excellent support and help throughout the last year.

We wish you a successful Congress and World Championship Competition.

Best wishes,

James Cirincione

DHP Chair

Whitefish Bay, Wisconsin September 24, 2011

****accepted unanimously**

h) Women Committee

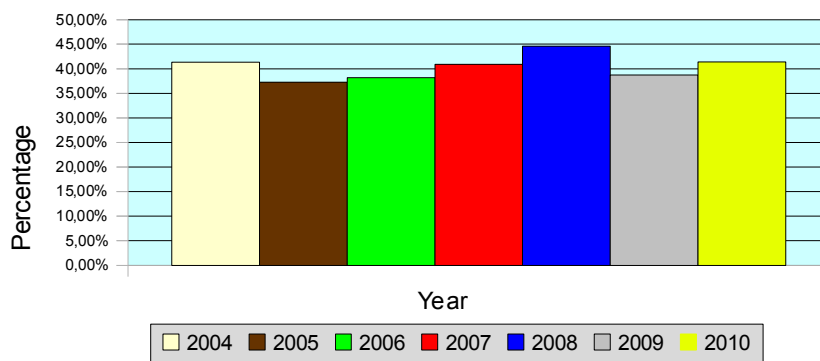
Like all the years before, female lifters in powerlifting have been fully integrated and on all championships women have had equal rights. Women are widely accepted within the IPF, one example is the promotion movie of the IPF, available on the web site.

Having a look to the committees, the situation is not the same. There are very few women in top positions in the IPF. In my eyes a quota is not the solution, but women should be asked to take more responsibility. I speak from personal experience when I say that mixed teams are the most successful teams. Here the IPF has got a backlog demand. The statistics and graphics below give an overview about the number and percentage of female lifters from 2004 until 2011 that took part in Open World Championships. You can see this number is

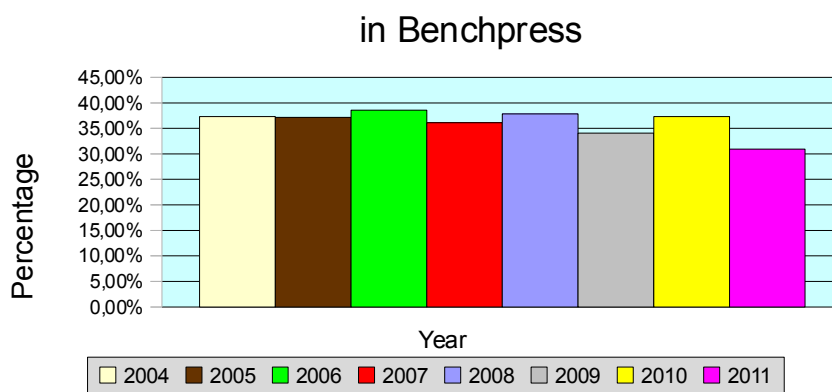
nearly constant, differences may be a result of the host city and the costs of all athletes to go there. On average, 30% - 45% took part in these competitions.

It will be exciting to see the influence of the change in the weight classes in the next few years.

Percentage of Women in Powerlifting



Percentage of Women in Benchpress



Another interesting point is the number of nations, that send female and male athletes to international Powerlifting Championships. The numbers below represent the nations at World Championships in Powerlifting.

	2004		2005		2006		2007		2008		2009		2010	
	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.
Men	27	143	38	160	37	144	34	162	32	118	28	106	30	119
Women	25	100	21	95	27	89	31	112	27	95	21	67	22	84

Statistics Open Powerlifting World Championships



The comparison show, that the number of nations that sends female athletes to world championships is still at a high level.

Again, it will be interesting to see the influence of change of the weight classes next year. In this year the change took only effects to the World Championships in Benchpress. The statistic points out, that we had a decrease from 84 female athletes in 2010 to 51 athletes in 2011. At the same time the number of male lifters stood nearly constant, we had 114 athletes in 2011 and 119 in 2010. This means logically a reduction of the percentage of the female lifters from 41,38% in 2010 to 30,91% in 2011.

If this trend is continuing, an exact analysis should follow to find out the reasons.

The situation concerning the referees did not change during the last year. Too less female referees were on duty to nearly all world Championships. An exact statistics is currently not possible. But the Referees Registrar of the IPF will help me in this case and statistically record the gender of all referees. So hopefully I can provide the statistics for the referees next year.

Equality of men and women is not always self-evident.

I was informed about an incident to the European Junior & Sub-Junior Championships in Powerlifting held from 7th to 11th June 2011 in Great Britain. One of the female lifters has been sexual harassed by two drunken male lifters. Investigations are still necessary to clarify the details in this case. But we should learn from this incident, that all officials, referees, coaches and at least the athletes have to be more sensible and to pay attention to such problems. Female lifters have to encouraged to file charges against the responsible persons and in no case the incident should kept quiet.

For the future the following main priorities are seen:

- The numbers of Masters Age Categories are not the same for men and women. For men we have Masters I, Masters II and Masters III. For Masters IV the Wilks points are counted to get the relative rating. For women there are only Masters I and Masters II, for all older athletes Wilks points are counted to get the relative rating. The number of age categories should be the same for men and women.
- We have to promote and educate more female referees. On all championships there are only a few female referees with IPF I or IPF II license available. The IPF has to ensure, that during the weigh-in of the female athletes are enough female referees on duty. My suggestion is to ask specifically former female lifters if they are interested in this job. They know the rules and to be a referee could be an alternative for them to be part of the powerlifting family.
- More women should be encouraged to take responsibility in committees. The IPF is on a good way, because e.g. Inger Blikra is the Speaker of the Athletes Commission and Dr. Josephine Wing-yuk IP the Speaker of the Coach Commission. We have women in almost every commission, but too often only one. In the end there are only 32% of all members of the commission's women. I think women should be asked more to take responsibility!



We have a lot of Masters in Powerlifting and Benchpress, the number of active Masters lifters increases year by year. They are not represented in any committee in the IPF, but I think they should. On the other side there is no need to instantiate a special „Masters Commission“. What we have in many companies and governments and what I know from my work for international companies is an Anti-Discrimination Agency. The Women's Committee should be extended to a committee of gender and age equality.

Eva Speth
Women Committee - Chairwomen
 **accepted unanimously

8) Regional Reports

a) Europe



EPF Administration.

EPF has all together 38 member nations of which 32 are full members fulfilling all EPF membership obligations.

New EPF administration was elected at the EPF General Assembly in May this year and is as follows:

- | | |
|-------------------------------|-----------------------------------------------------|
| • President: | Arnulf Wahlstrom, Norway |
| • V. President: | Ralph Farquharson, Great Britain |
| • Gen. Secr.: | Dietmar Wolf , Norway |
| • Treasurer: | Alain Hammang, Luxembourg |
| • Techn. Com. Chairman: | Myriam Busselot, Belgium |
| • Law & Legisl. Com. Chairm.: | Sandro Rossi, Italy |
| • Championship Secretary: | Jiri Hofirek, Czech Republic |
| • Disciplinary Com. chairman: | Pavol Müller, Slovakia |
| • Auditors: | Pavol Müller, Slovakia, and
Marina Kail, Germany |
| • Appeal Committee chairman: | Morten Novum, Norway |
| • Women's Com. Chairman: | Maria Pia Moscianese, Italy |
| • Internet officer: | Vacant |
| • Record registrar: | Anatoliy Stetsenko, Ukraine |
| • Media Officer: | Ralph Farquharson, Great Britain |



General Assembly.

The EPF General Assembly was staged in Pilsen in Czech Republic 2 May and delegates from 20 member nations were present.

EPF Hall of Fame was awarded to Alain Hammang and Anibal Coimbra from Luxembourg and Ielja Strik from the Netherlands.

European lifters.

In January this year the following lifters were appointed by the Executive as *European lifters 2010*:

Ielyzaveta Byruk from Ukraine and Anibal Coimbra from Luxembourg.

International championships.

In 2011, 5 European championships, 1 Western European Championship and one Danube cup are organized and also 3 World Championships are hosted in Europe.

Not all European championships 2011 are organized at the time of writing this report, but the experience so far is that the number of lifters attending European powerlifting championships have not been reduced due to the change to new and fewer weight categories starting in 2011. Only in the European Open Bench press the number are reduced.

General.

At the General Assembly this year, all present EPF officials were re elected. Elections of officials take place every 4 years and it is not a matter of course that absolutely all (12) officials gain confidence for another 4 years of work.

This vote of confidence strengthens the officials to keep on the daily work to run the sport and make efforts to improve the sport. The goal is to make powerlifting more attractive to lifters, officials, and media and to the “man in the street”

In 2011, 2 organizers of European championships have received economic support of about 5000 Euro from the “EPF sport development fund” to complete their competition equipment to meet the IPF standard of bars, plates and racks when hosting the championships.

To have high quality equipment according to the IPF standard at every European championship is obligatory for all organizers.

EPF is working to establish training courses and training sessions for coaches and lifters. In many member federations, training sessions and education of coaches are not established while in other member federations the know how about this is high.

The key to raise the standard of the lifters and the standard of the training systems is to host training sessions so coaches and lifters can learn from each other.

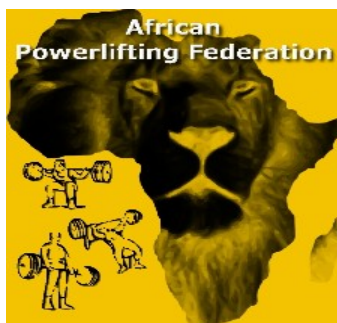
Also in 2011, a high number of doping tests have been carried out at European championships and cups but from this year on, more of the resources have been switched from in competition tests (ICT) to out of competition tests (OCT). Due to this, EPF supports IPF with 10000 Euro to finance extended OCT's in 2011.

The fight against doping abuse to create fair play for all lifters has still the highest priority within EPF.

Arnulf Wahlstrom, President EPF

****accepted unanimously**

b) Africa



Africa seems to be the poor boy of the IPF and the world of Powerlifting and of course the world recession does not help matters.

Unfortunately it is a fact of life in our part of the world that Powerlifting has to take the back seat in the majority of the countries in Africa where starvation is rife and just survival is difficult enough.

Powerlifting really only takes place either at the top end or the bottom end of the continent and therefore you are talking of vast distances of thousands and thousands of kilometers. To give some perception my travelling time to the African Championships this year from Cape Town to Khenifra in Morocco will take 15 hours flying and a further 250kms road trip.

The reason I am mentioning this is you can imagine the costs involved just to get to venues and then accommodation, entry fees and drug testing fees just make it that more difficult for lifters who don't have a lot of money to attend African championships.

However since my last report a very successful African Championship took place in Algeria with a very good entry, fully drug tested with a good standard of refereeing.

Clinics took place and the newly qualified referees did a very good job on the platform.

Unfortunately one of the larger countries South Africa did not send a team and I am disappointed that it appears that this year will be the same.

As mentioned the African Championships take place in Khenifra from the 14th to the 16th Oct (unfortunately this report is being compiled before the championships take place).

However entries have been received from Nigeria, Algeria, Cameroon and of course Morocco.

The sad thing is one of our better Powerlifting nations, Libya, will not be sending a team due to the ongoing unrest in that country at the moment. Let's hold thumbs that things settle down and get back to some sort of normality in the near future.

The Federations AGM and elections will take place on the evening preceding the championships.

In terms of individual nations Nigeria still poses a few problems by virtue of the fact that they continually seem to have a problem with obtaining visas, management structures and of course finance and this is an area that will require some attention in the new Powerlifting year.

Of course the highlight of 2011 and since my last report was the hosting of the Men's and Women's World Championships in Potchefstroom, South Africa.

I think all will agree the South African Powerlifting Federation put on an exceptional competition, the venue was good, the accommodation was good and as a result the standard of lifting was equally good.

All in all Powerlifting continues and despite all the problems we encounter we will continue in our endeavors to grow the sport and the IPF in Africa.

Alan Ferguson

****accepted unanimously**

c) Asia



Earth Quake in Japan

First of all, I want to thank you all for your concern and sympathy for the Big Earth Quake and Huge Tsunami of Japan.



I live in Tokyo 500km far from the Earth Quake but I felt big shake that I never experienced in my life. Thankfully, there were no such big damage in Tokyo area, but many city of North Part of Japan washed away by Huge Tsunami. Also we suffered the disorders of Nuclear Plant in Fukushima.

I got many messages from all around the world wishing our recovery. They were big help for us.

After the Earth Quake, we decide to move the schedule of Asian Powerlifting Championships in Kobe from April to December.

Kobe city is 1000km far away from disastrous part of Japan and no damages.

But the atmosphere of Japan was not good for big events of sports at that time.

The Asian Congress was also postponed to August, at the Asian Benchpress Championship in Taiwan.

Congress

We had Asian annual Congress at Kaohsiung, Taiwan on 11th of August before the Asian Benchpress Championship.

We were schedule to have the Election on 2012 but we need to fix new office bearer before the election of IPF, we change the schedule and had the Election in this occasion.

9 members were present at the congress.

Chinese Taipei, India, Japan,, Iraq, Afghanistan, Kazakhstan, Hong Kong, Oman, Mongolia were present. (Iran, Indonesia, UAE came later)

Election

Results of the Election.

President: Susumu Yoshida, Japan

(nominated by many members including Japan got 8.)

Tatsuo Togo, Japan

(nominated by Japan 10 days before the congress got 1)

Vice President

East Asia

Chao Chen Yeh, Chinese Taipei

(nominated by Chinese Taipei got 9)

South East Asia

At this point there are no members from this sub-region were present and there were no nomination, The Vice president of



this sub- region will be decided at Asian Powerlifting Championships in December.

Togo of Japan want to stand for this position but rejected.

South Asia

Rajesh Tiwari, India (nominated by India got 9)

Middle Asia

Sergey Kim, Kazakhstan (nominated by Kazakhstan got 8)

Munkh Erdene, Mongolia (nominated by Mongolia got 1)

West Asia

There were no nomination. The Vice president of this region will be decided at Asian Powerlifting Championships in December.

General Secretary Subrata Dutta, India (nominated by India got 9)

Assistant secretary for President Hisako Yoshida, Japan

(appointed by president and got 9)

Treasurer Subrata Dutta, India (nominated by India got 9)

Chairman Technical P.J.Joseph, India (nominated by India got 9)

Hiroyuki Ueno, Japan (nominated by Japan ,withdraw)

Chairman Medical Motohisa Kojo, Japan (appointed by President got 9)

Record Register Hiroyuki Ueno, Japan (supported by President got 9)

Future Championships

- | | |
|------|------------------------------------------------------------------------|
| 2012 | Asian Benchpress Championships
Sept. 12-16, 2012 Armaty, Kazakhstan |
| 2012 | Asian Powerlifting Championships,
the end of May, India. |
| 2013 | Asian Benchpress Championships,
September Ulaanbaatar in Mongolia |
| 2013 | Asian Powerlifting Championships, the end of May in India. |



2011 Asian Benchpress Championship

Chinese Taipei organizer did wonderful works for this big championship.

Host city was same as 2009 World Games, Kaohsiung. The main hotel was new and big and beautiful.

The venue was close to the hotels. The big bus were waiting for us to the venue and to and from Airport. If lifters want to go there with their own schedule, it was easy to go to the venue by subway.

At the nomination stage there were more than 300 lifters but at the stage of the championships, 250 lifters from 12 countries were present.

Biggest lift of this championship was 341kg world record by Ueda of Japan. He became the strongest man in Asia. At his challenge of 341kg, his elbow was straight. He tried 350kg but this time his elbow was not straight.

Farewell Party

Our biggest show was farewell party.

Team champions and Best lifters were presented awards by many local important guest and APF officials. Excitements at the party were beyond our expectation. Everybody of Asia loved this second.

The Open Men's team award went to Iran one point lead for Japan.

The Oldest lifter of this championships was Mr. Takei of Japan. He was 83 years old and lifted 90kg in 66kg class.

Doping test

Taiwan Anti Doping Agency(TADA) did god job of collecting urine samples of 9 lifters.

We decide at the congress to increase the doping fee from \$40 to \$50 from next championships. We can increase the number of test from next Asian Championship.

One problem was that there was no WADA recognized Laboratory in Taiwan.

So we APF brought back these samples to INDIA, because India have WADA (IOC) recognized Laboratory.

We still are waiting for the results of the test.

2012, Kazakhstan can have WADA recognized Laboratory in their country. So we need not worry the test of next year.

Susumu Yoshida

President Asia

****accepted unanimously**

d) North America



2011 has been a generally successful year in the North American Region. Our federation continues to be stable in terms of administration, with a number of key volunteers expanding their roles and completing tasks essential to long-term growth. We have been fortunate to be joined on the Executive by Fernando Baez of Puerto Rico. Fernando is a member of the Puerto Rico Sports Hall of Fame and is a 4 time Olympian in Weightlifting. We look forward to his mentorship.

- Our North American Regional Championships were well attended in Miami during June.
- We sent a small delegation to the Pan American Powerlifting Championships in Buenos Aires, Argentina in July.
- We have just concluded a very successful Sub-Junior/Junior World Championships hosted by our friends in Canada.
- Representatives of the USA Powerlifting participated in the IBSA (Blind Athlete) World Championships held in Turkey.
- The Arnold Sports Festival continues as one of our bright lights, and one of the most in-demand competitions in the world.

During 2011, very few doping failures were recorded among athletes from our region, although the few that did occur were troubling and costly. We have offered doping awareness workshops in each of our Regional Championships, but athletes continue to be naïve about use of over-the-counter substances and those that can be found in nutritional supplements.

As always, generous thank you's must be given to the some of the key figures in the North American Region for another successful year. First must be Robert Keller, the NAPF Secretary General who works tirelessly to develop lifting in this region. Bill Clayton and Jack Marcus travelled to perform referee and doping control duties and were indispensable. Vice President Fernando Baez has settled in and picked up the reign of the vice presidency and is a leader in this region. Sergio Centeno has travelled tirelessly to teach members of several nations so score and manage competition data, and Ivan Cancel (Records Chair) has migrated our prior records to the new IPF weight classes so that our history won't be lost. Our Fiscal Chair, Mike Licciardi keeps our budget in the black and provides guidance as to sound fiscal management. Without each of these individuals, the NAPF would not be possible.



And finally, the NAPF operates like Powerlifting was meant to be. Our competitors are friends, our referees are respectful, and our venues are outstanding.

Thank you all. To a successful 2012,

**L.J. (Larry) Maile, Ph.D.,
President NAPF**

****accepted unanimously**

e) South America



Firstly I would like to thanks to FESUPO EC Members for your excellent job in this year, especially to José Inguanti, the general secretary, who worked very hard this year for organized and hosted the Pan American Powerlifting Championships in Lujan, Argentina. One more time I would like to thanks to Mr. Gaston Parage for his support.

In this year we worked very hard for host the Pan-American Powerlifting Championships, in Lujan, Argentina where we hosted a total of seven Nations, Argentina, Brazil, Ecuador, Peru, Uruguay, USA and Venezuela.

In congress the countries confirmed the 2011 events and also approved first the change of place for the next South American Powerlifting Championships to Cali-Colombia for test competition for World Games 2013.

By unanimous, the congress confirmed also the name of FESUPO President, Dr. Julio Cesar Conrado, for IPF EC Board Member.

The Peru confirmed also the next South American Bench Press Championships probably in Lima.

They approved still the calendar for 2013/2014:

2013

South American Powerlifting Championships – Ecuador;
South American Bench Press Championships – Uruguay;



2014

South American Powerlifting Championships – Venezuela;
South American Bench Press Championships – Argentina;

One big step was done for help the project of recognized together the IOC, with 17 tests. We would like to thanks Mr. Keller for his excellent job and the DCO from Brazil, Ms. Carol Siqueira.

We are sure that FESUPO reached an excellent place and support the IPF in your fight for IOC recognize.

Another good point for improve the label of organization in FESUPO competitions, we approved new nine referees:

Pablino Gimenez from Argentina - cat II;

Christina Aparecida de Toledo from Brazil cat – II;

Eduardo Rodriguez from Uruguay - cat I

Judimeire Delago from Brazil - cat II;

Michele Munhol from Brazil - cat II;

Judit Reitmann from Uruguay - cat II;

Adrian Espinoza from Venezuela - cat II;

Carlos Garcia from Venezuela - cat II;

Victor Rios from Venezuela - cat II;

About the competitions, as we told before, in last August, we host in Lujan, Argentina the Pan-American Powerlifting Championships, with seven countries and more than 118 lifters and a excellent job of Mr. Inguanti, FESUPO general secretary and specially Mr. Roberto Alessio FALPO President.

A good competitions many break records!

And in next November we going to host in Ribeirao Preto city, Brazil, our South American Bench Press Championships in truly paradise city.

Finally I would like, once again, to register a special to thanks to IPF EC Members for their cooperation with FESUPO, especially Mr. Parage who worked too much for support us.

Julio Conrado
FESUPO President
****accepted unanimously**



f) Oceania



MEMBERS

In 2010 to 2011 the OPF membership grew, stimulated by the need for nations to be IPF members to be eligible for the 2011 Pacific Games. As at August 2011 the OPF membership stood at –

Australia	Fiji
Marshall Islands	Nauru
New Zealand	Niue
New Caledonia	Papua New Guinea
Samoa	Tahiti
Tonga	Kiribati (Provisional)
Tuvalu (Provisional)	

Tokelau achieved IPF membership in 2010 but have lapsed in 2011 and their activities are incorporated with Samoa.

ADMINISTRATION

The Annual General Meeting of the OPF was held in Apia in December 2010. The following office-bearers were elected –

President & IPF Board Member	Robert Wilks
Vice President	Julian Perry
Secretary	Pam Cutjar
Treasurer	Steve Lousich
Committee	Jim Clifford, Aitken Fruen
Recordkeeper	John Myers
Referees Director	Pam Cutjar
WebMaster	Tim Germanchis



The election of Aitken Fruen from Samoa was notable as office-bearers from the Islands, rather than just Australia & New Zealand, have been few in the OPF.

At this meeting Tapasu Weui Leung, Board Member of the Commonwealth Games Federation, was in attendance and invited a submission from Powerlifting to apply for CGF recognition, subject to this being for non-equipped lifting. Powerlifting is actually already in the Commonwealth Games, although only in the Paralympic format and run as "Bench Press Sport" within Weightlifting.

CHAMPIONSHIPS

In December 2010 the Oceania Championships were held in Apia, Samoa. This was a successful event, although marred by two drug-test positives (arguably supplement and medication cases, with lesser intent). There were 8 nations competing, with 70 lifters in Powerlifting (54 Men, 16 women) and 32 in Bench Press (27 Men, 5 Women). The decision was taken at this event to in future run Oceania Championships, PL & BP together, every year except Pacific Games years.

PACIFIC INVITATIONAL

A special international event was held in Melbourne on 31st July, with 13 invited lifters from Australia, USA and New Zealand competing in one session, results by formula. A full house at the Rendezvous Hotel saw multiple World Records set, most notably an Open 395kg 120+ Deadlift by Brad Gillingham. Tony Harris also set a M1 Squat record with 412 ½ kg. The success of this contest showed the potential for showcase events, with marketable stars highlighted in an accessible format, to bring our sport to a wider audience.

PACIFIC GAMES

The major sporting event in the Oceania region and second only to the World Games and a significant multi-sport presence for the IPF is the Pacific Games. In September 2011 this involved 28 sports, 22 nations and 14 days of competition in Noumea, New Caledonia.

Powerlifting has been an optional sport in the Pacific Games, but has undergone an evaluation process before each of the last three Games and been included each time. Prior to the 2011 Games, Powerlifting faced challenges on the issues of medal count, team sizes, certainty of entries and commercial contracts. The IPF rule changes of 1/1/2011 were essential in our sport proving acceptable as a credible activity which will add to the value of the Games.

However an issue arose in that the Games' apparel contracts & rules prohibited logos greater than 4cm. high, that ruling out virtually all supportive suits & shirts. It was decided to run the event as per Raw rules, with Titan kindly making available small-logo soft suits.



In the end the Powerlifting event was highly successful, with 64 lifters from 10 nations competing. Officials came from Australia & New Zealand & Xavier Puytorac from France was an essential help as event supervisor. Papua New Guinea & Samoa were the strongest nations. Local TV covered every lift of the event, all the teams presented themselves well & the atmosphere was that of a true Games.

FUTURE EVENTS & DEVELOPMENT

The following Oceania Championships and events have been scheduled –

December 2012 Oceania PL & BP Championships, Sydney, Australia

December 2013 Oceania PL & BP Championships, Auckland, New Zealand (possibly in combination with Commonwealth Championships)

December 2014 Oceania PL & BP Championships, Port Moresby, Papua New Guinea

August 2015 Pacific Games, Port Moresby, Papua New Guinea (subject to acceptance).

Raw lifting has become predominant very quickly in Australia and some of the Islands in 2011 and it is anticipated that this format will play a major part in these future events.

The OPF and IPF continue to work with the approved drug-testing agencies in the region i.e. ASADA, Drug Free Sport NZ and the WADA RADO located in Fiji. Australia and New Zealand continue to have strong national in and out-of-competition testing programs and the challenge remains of establishing out-of-competition programs in the Island nations.

Robert Wilks

OPF President

****accepted unanimously**

9) Elections

****Three Member Federations (Armenia, Kazakhstan, Taiwan) had no voting rights of the reason that these Federations did not fulfil all requirements of the IPF in the last 4 years period.**

Total voting rights for the Elections: 42

President: Detlev Albrings (GER)
42 yes/ 0 no/ 0 abstentions

Mr. Albrings accepted!

Vice President: Johnny Graham (USA)
42 yes/ 0 no/ 0 abstentions

Mr. Graham accepted!

Secretary General: Emanuel Scheiber (AUT)
42 yes/ 0 no/ 0 abstentions

Mr. Scheiber accepted!

Treasurer: Gaston Parage (LUX)
42 yes/ 0 no/ 0 abstentions

Mr. Parage accepted!

Technical Committee Chairman:	Johan Smith (RSA)	30 Votes
	James Mutrie (GBR)	2 Votes
	P.J. Couvillion (USA)	9 Votes

****1 Vote was not accepted
Mr. Smith Accepted!**

Member: Xavier de Puytorac (FRA)

Medical Committee Chairman: Prof. Marek Kruszewski (POL)
42 yes/ 0 no/ 0 abstentions

Mr. Kruszewski accepted!

Member: Mathias Ritsch (GER)
Wing Yuk Ip (HKG)

Disciplinary Committee Chairman: Dietmar Wolf (NOR)
42 yes/ 0 no/ 0 abstentions

Mr. Wolf accepted!

Appeal Committee Chairman: Lars-Göran Emanuelson (SWE)
42 yes/ 0 no/ 0 abstentions

Mr. Emanuelson accepted!

Law & Legislation Committee Chairman: Jean Claude Verdonck (BEL)
42 yes/ 0 no/ 0 abstentions

Mr. Verdonck accepted!

Anti Doping Commission: Klaus Broström (DEN)
Robert Wilks (AUS)

****Elected by the EC**

Mr. Wilsk will be the Chairman and Mr. Broström a Member of the Anti Doping Commission

Women's Committee Chairwoman: Eva Speth (GER)
42 yes/ 0 no/ 0 abstentions

Mrs. Speth accepted!

Coach Commission Member: Rudolf Küster (GER)
Ralph Farquharson (GBR)
Dietmar Wolf (NOR)
Alain Hammang (LUX)
Ivan Cancel (PUR)
Wing Yuk Ip (HKG)

Athletes Commission Member: Andy Dörner (GER)
Phillip Richard (GBR)
Inger Blikra (NOR)
Members nominated at the GA: **Pjotr van der Hoek (NED)**
Priscilla Ribbic (USA)
Joan Baez (PUR)
Dan Gauderau (USA)
Keiko Nakai (JPN)

Board Members to be confirmed:

Africa: Alan Ferguson (RSA)
42 yes/ 0 no/ 0 abstentions
Mr. Ferguson accepted!

Asia: Susumu Yoshida (JAP)
42 yes/ 0 no/ 0 abstentions
Mr. Yoshida accepted!

Europe: Arnulf Wahlström (NOR)
42 yes/ 0 no/ 0 abstentions
Mr. Wahlström accepted!

North America: Larry Maile (USA)
42 yes/ 0 no/ 0 abstentions
Mr. Maile accepted!

Oceania: Robert Wilks (AUS)
42 yes/ 0 no/ 0 abstentions
Mr. Wilks accepted!

South America: Julio Conrado (BRA)
42 yes/ 0 no/ 0 abstentions
Mr. Conrado accepted!



Non Executive Members (to be appointed by the EC / proposals can made by the member federations)

Auditor:	Gerhard Geisler (GER) Jean Claude Verdonck (BEL)
Media Officer:	Heinrich Janse van Rensburg (RSA)
Records Registrar:	Anatoliy Stetsenko (UKR)
Championship Secretary:	Gaston Parage (LUX)
Internet Officer:	Vacant
Referee's Registrar:	Patrik Thur (SWE)

Appointed by EC:
DHP-Chairman: James F. Cirincione (USA)

****All Non Executive Members and the DHP-Chairman were appointed unanimously by the EC**

10) Proposals

****The GA was unanimously in favour to discuss and decide about the proposals**

Anti Doping Rules

Ratification of the 2012 IPF Anti-Doping Rules according IPF Constitution 7.2.13.

****ratified unanimously**

General Amendment for all deadlines:

If in the IPF. Con. / By-Laws and all other rules a deadline is foreseen, it is meant the CET (Central European time).

Reason:

Due the time shift through the world it is necessary to define a time point.

****accepted unanimously**

Constitution

Proposal Germany

Change IPF Con 7.3.7.1

7.3.7.1 The names of all delegates to the General Assembly. Member Federations may designate a maximum of two delegates, preferably the President and the Secretary General. Delegates other than the President and Secretary General **must be a member of their national federation and** must present a written authority of their national federation not later than the opening of the annual or special meeting.



Reason

Delegates shall represent their national federations and must vote in the interest of their national federations.

****accepted unanimously**

Proposal NORWAY

Proposals to amend the IPF Constitution 8.3.9.

8.3.9 The executive with 2 members of the technical committee, 2 members of the women's committee, 2 members of the coach commission and 2 members of the athletes' commission have the authority to modify the Technical Rules. Such modifications must have a two-thirds majority of votes cast.

Add the following sentence:

Any modification will be effective from 1st of January and must be presented to the annual IPF congress before the Technical rules is modified.

Reasons for the proposal:

To make sure that no nations miss out on a technical rule updates there should be a fixed date where modifications to the rules will be effective. The modifications should also be presented to the IPF congress so that everyone has a possibility to ask questions for clarification if needed.

**** 42/2/0**

Proposal accepted

Proposal Germany

Change IPF Con. 9.2.3.

9.2.3 Nominations of candidates for each IPF offices shall be received by the IPF Secretary General at the latest ~~30~~ **60** days prior to the date of the General Assembly where the election shall take place. Later nominations shall not be accepted, except there is no nomination for an IPF-Office.

Reason

It is not possible to send out in time the agenda 30 days prior to the General Assembly, when the deadline for nominations is also 30 days.

****Amendment by Mr. Alan Ferguson to reduce the proposed deadline from 60 to 45 days. The German Federation accepted the amendment.**

41/0/1

Proposal accepted

By Laws

Proposal Germany

Change By-Laws: 105.5 Nomination

105.5.1 Nomination of lifters and officials to world championships shall be received by the IPF Championship Secretary with a copy to the Meet Director within following time limits:



- Preliminary nomination not later than 60 days prior to a world championship.
- Final nomination, submitted not later than 21 days prior to a world championship, must be made from those nominated in the preliminary nomination.

New:105.5.2 Any national federation entering more than 3 athletes must also nominate 1 or more referees, which are available for the whole competition. Penalty for failing to do so is EUR1,000 fine.

****10/32/0**

Proposal failed

Renumbering: 105.5.3

A national federation taking part in World championships and cups shall pay the IPF doping test fee and the participation fee for each lifter nominated and entered on the final entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters.

Latest date of withdrawal of any lifter from the nomination list, to avoid paying the fees for those, is 7 days prior to the technical meeting for this competition.

If a hotel reservation fee is specified in the invitation for the championship or cup, same rule and time limits as above apply for nominated lifters and officials.

****Proposal withdrawn**

11) New Member Applicants

Full members:

Provisional members: Kiribati, Tuvalu, Afghanistan, Iraq

****accepted unanimously**

12) Action on delinquent Nations

Europe

Suspension: Armenia, Greece, Georgia

****accepted unanimously**

Africa

Suspension: Cameroon, Sierra Leone, Libya, Ghana

Delete: Mali, Seychelles, Somalia, Zimbabwe, Uganda

****accepted unanimously**



Asia

Suspension: Indonesia, UAE, Korea

Delete: Nepal, Sri Lanka, Pakistan

****accepted unanimously**

Oceania

Delete: American Samoa

****accepted unanimously**

South America

Suspension: Colombia, Guyana

****accepted unanimously**

North America

Suspension: Bahamas

Delete: Aruba, El Salvador, Honduras, Jamaica, Nicaragua, Panama

****accepted unanimously**

13) Hall of Fame

Will be announced at the General Assembly!

Female: Chen Wei-Ling (TPE)

Male: Kenneth Sandvik (FIN)

Official: Dr. Lawrence Maile (USA)

14) Future Championships

2012

TBA March	6 th NAPF Caribbean Islands Powerlifting Championships	NAPF	St. Thomas	US Virgin Islands
19. - 22. April	World Masters Bench Press Championships	IPF	Aurora-Denver	USA
08. - 12. May	Men's and Women's European Championships	EPF	Donetsk	Ukraine
23. - 27. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Plzen	Czech Republic
05. - 09. June	European Sub-Junior & Junior Championships	EPF	Herning	Denmark
12. - 17. June	IPF Classics Powerlifting World Cup (unequipped)	IPF	Stockholm	Sweden
TBA July	IBSA World Bench Press and Powerlifting Championships for the Blind and Visually Impaired	IBSA	Orlando, Florida	USA
17. July	10 th NAPF General Assembly	NAPF	Georgetown	Cayman Islands

				lands
18. - 21. July	10 th NAPF North American Regional Powerlifting Championships	NAPF	Georgetown	Cayman Islands
TBA July	South American Powerlifting Championships	FE.SU.PO.	Cali	Colombia
03. - 07. July	European Masters Championships	EPF	Plzen	Czech Republic
09. - 11. August	European Bench Press Championships	EPF	Milano	Italy
28. August - 02. September	World Sub-Junior & Junior Championships	IPF	Warsaw???	Poland
14. - 15. September	Western European Championships	EPF	Hamm	Luxembourg
02. - 07. October	World Masters Championships	IPF	Killeen	USA
TBA October	7 th NAPF North American Regional & 4 th FE.SU.PO. / NAPF Pan-American Bench Press Championships	NAPF	Denver/Colorado	USA
18. - 20. October	European Masters Bench Press Championships	EPF	Zlin	Czech Republic
29. October - 04. November	Men's and Women's World Championships	IPF	Aguadilla	Puerto Rico
TBA November	South American Bench Press Championships	FE.SU.PO.	Callao-Lima	Peru

2013

15. - 16. March	Danube-Cup	EPF		Czech Republic
TBA March	7 th NAPF Caribbean Islands Powerlifting Championships	NAPF	Georgetown	Guyana
09. - 13. April	European Sub-Junior & Junior Championships	EPF	Prague	Czech Republic



18. - 21. April	World Masters Bench Press Championships	IPF	Prague	Czech Republic
07. - 11. May	Men's and Women's European Championships	EPF	Plzen	Czech Republic
22. - 26. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Kaunas	Lithuania
11. - 16. June	IPF Classics Powerlifting World Cup (unequipped)	IPF	Suzdal / Russia	
TBA July	IBSA World Bench Press and Powerlifting Championships for the Blind and Visually Impaired	IBSA	Moscow	Russia
01. July	11 th NAPF Pan-American General Assembly	NAPF	Orlando/Florida	USA
02. - 05. July	11 th NAPF North American Powerlifting Championships & 14 th FE.SU.PO./NAPF Pan-American Powerlifting Championships	FE.SU.PO./NAPF	Orlando/Florida	USA
09. - 13. July	European Masters Championships	EPF	Bid: Great Britain	
28. July - 12. August	World Games	IWGA	Cali	Colombia
08. - 10. August	European Bench Press Championships	EPF	Bratislava	Slovakia
27. August - 01. September	World Sub-Junior & Junior Championships	IPF	Killeen / Texas	USA
13. - 14. September	Western European Championships	EPF	Blanquefort	France
23. - 29. September	World Masters Championships	IPF	Orlando / Florida	USA
17. - 19. October	European Masters Bench Press Championships	EPF	Sofia / Varna	Bulgaria
TBA November	7 th NAPF North American Regional Bench Press Championships	NAPF	Guatemala City	Guatemala
05. - 10. November	Men's and Women's World Championships	IPF	Stavanger	Norway

2014

08. - 12. April	European Junior & Sub-Junior Powerlifting Championship	EPF	St. Petersburg	Russia
17. - 20. April	World Masters Bench Press Championships	IPF	Bid: Bratislava / Slovakia	
06. - 10. May	European Open Powerlifting Championship	EPF	Sofia	Bulgaria
21. - 25. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Rödby / Denmark	
10. - 15. June	IPF Classics Powerlifting World Cup (unequipped)	IPF	Bid: South Africa	
08. - 12. July	European Masters Powerlifting Championship	EPF	Plzen	Czech Republic
07. - 09. August	European Open Bench Press Championship	EPF	Prague	Czech Republic
01. - 07. September	World Sub-Junior & Junior Championships	IPF	Oroshaza / Hungary	
12. - 13. September	Western European Powerlifting Championship	EPF	Milano	Italy
29. September - 07. October	World Masters Championships	IPF	Plzen / Czech Republic	
16. - 18. October	European Masters Bench Press Championship	EPF	Hamm	Luxembourg
10. - 16. November	Men's and Women's World Championships	IPF	Aurora-Denver / USA	

2015

14. - 15. March	Danube-Cup	EPF	Bid requested	
08. - 12. April	European Junior & Sub-Junior Powerlifting Championship	EPF	Bid: Hungary	



16. - 19. April	World Masters Bench Press Championships	IPF	Bid requested
06. - 10. May	European Open Powerlifting Championship	EPF	Bid requested
20. - 24. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Bid: Suzdal / Russia
09. - 14. June	IPF Classics Powerlifting World Cup (unequipped)	IPF	Bid requested
08. - 12. July	European Masters Powerlifting Championship	EPF	Bid requested
07. - 09. August	European Open Bench Press Championship	EPF	Bid requested
31. August - 6. September	World Sub-Junior & Junior Championships	IPF	Bid requested
12. - 13. September	Western European Powerlifting Championship	EPF	Bid requested
16. - 18. October	European Masters Bench Press Championship	EPF	Bid requested
28. September - 04. October	World Masters Championships	IPF	Bid requested
09. - 15. November	Men's and Women's World Championships	IPF	Bid requested

15) Any other Business

****no action**

16) Adjournment

****no action**

End of the GA: 19:05

Attachments: **Financial Report;**
 Auditors Report;
 Qualification Modus World Games