



CONSTITUTION OF THE INTERNATIONAL POWERLIFTING FEDERATION

| | | |
|--------|---|----|
| 1 | DEFINITION | 4 |
| 1.1 | <i>Name</i> | 4 |
| 1.2 | <i>Objectives</i> | 4 |
| 1.3 | <i>Public utility</i> | 4 |
| 1.4 | <i>Funds for the reaching of the statutory tasks</i> | 5 |
| 2 | EMBLEM AND FLAG | 5 |
| 2.1 | <i>Emblem</i> | 5 |
| 2.2 | <i>Flag</i> | 5 |
| 2.3 | <i>Authorisation</i> | 5 |
| 3 | GENERAL PROVISIONS | 5 |
| 4 | OFFICIAL LANGUAGE OF THE IPF | 6 |
| 5 | MEMBERS | 6 |
| 5.1 | <i>Membership</i> | 6 |
| 5.2 | <i>Representation</i> | 6 |
| 6 | IPF BODIES | 6 |
| 7 | GENERAL ASSEMBLY | 7 |
| 7.1 | <i>General Provisions</i> | 7 |
| 7.2 | <i>Powers</i> | 7 |
| 7.3 | <i>Annual General Assembly</i> | 7 |
| 8 | EXECUTIVE OF THE IPF | 8 |
| 8.1 | <i>Titles</i> | 8 |
| 8.2 | <i>Executive</i> | 8 |
| 8.3 | <i>Powers of the Executive</i> | 9 |
| 9 | ELECTION OF THE IPF-OFFICERS | 9 |
| 9.1 | <i>Election</i> | 9 |
| 9.2 | <i>Term of Office</i> | 9 |
| 10 | NON-EXECUTIVE OFFICERS | 10 |
| 10.1 | <i>Titles</i> | 10 |
| 10.2 | <i>Appointment and Rights</i> | 10 |
| 11 | COMMITTEES, COMMISSION, PANEL | 10 |
| 11.1 | <i>General Provisions</i> | 10 |
| 11.2 | <i>Medical Committee</i> | 10 |
| 11.3 | <i>Disciplinary Committee</i> | 11 |
| 11.4 | <i>Appeal Committee</i> | 11 |
| 11.5 | <i>Law and Legislation Committee</i> | 12 |
| 11.6 | <i>Anti-Doping Commission</i> | 12 |
| 11.6.1 | <i>Responsibility for IPF Testing, Anti-Doping Commission, Duties of Anti-Doping Commission</i> | 12 |
| 11.7 | <i>Doping Hearing Panel</i> | 13 |
| 12 | REGIONAL FEDERATIONS | 13 |
| 12.1 | <i>Regional Federations</i> | 13 |
| 13 | SUBSCRIPTIONS AND FEES | 13 |
| 13.1 | <i>Subscription</i> | 13 |
| 13.2 | <i>Fee for organising an international contest</i> | 14 |
| 13.3 | <i>Permission for organising an international contest</i> | 14 |
| 13.4 | <i>Participation in a contest without permission</i> | 14 |
| 14 | DISCIPLINARY ACTIONS AND PENALTIES | 14 |
| 14.1 | <i>Failure to apply for Competition Permit</i> | 14 |
| 14.2 | <i>Failure to Pay Annual Subscription Fee</i> | 14 |
| 14.3 | <i>Defaulting on Agreements to Compete</i> | 14 |
| 14.4 | <i>Reporting Infractions in International Competition</i> | 14 |
| 14.5 | <i>Suspension of Federations for Violations of Constitution/Bylaws</i> | 14 |
| 14.6 | <i>Hearing prior to Penalty</i> | 14 |

| | | |
|------------|--|----|
| 14.7 | <i>Procedure for Filing Complaints against Individuals</i> | 14 |
| 14.8 | <i>Participation of Foreign Lifters in National Competition</i> | 15 |
| 14.9 | <i>Participating in Non-IPF Competition</i> | 15 |
| 14.10 | <i>Other causes for Suspension/Expulsion: Dishonourable conduct, failure to attend, “throwing competitions”, competing against an Athlete who have been expelled or is under a period of Ineligibility</i> | 15 |
| 14.11 | <i>Offences against person while at Championships, Jury Role</i> | 15 |
| 14.12 | <i>Ad Hoc Jury as Discipline Body</i> | 15 |
| 14.13 | <i>Penalty for “Bringing the Sport into Disrepute”</i> | 16 |
| 14.14 | <i>Responsibility for Payment of Fines</i> | 16 |
| 14.15 | <i>Limitations to Jury’s Role in Discipline</i> | 16 |
| 14.16 | <i>Sanctions and Consequences for Anti-Doping Rule Violations</i> | 16 |
| 14.17 | <i>Official Defined</i> | 16 |
| 15 | IPF ANTI-DOPING RULES | 16 |
| 15.1 | <i>Scope of the IPF Anti-Doping Rules</i> | 16 |
| 16 | CODE OF ETHICS | 17 |
| 17 | VOLUNTARY DISSOLUTION OF THE ORGANISATION | 17 |
| | BYLAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION | 18 |
| 101 | THE GENERAL ASSEMBLY | 18 |
| 101.1 | <i>General Assembly May be Open to Public</i> | 18 |
| 101.2 | <i>Outside Parties Attending the General Assembly</i> | 18 |
| 101.3 | <i>Constitutional General Assembly Schedule</i> | 18 |
| 101.4 | <i>World Games and General Assembly of International Sports Federations</i> | 18 |
| 101.5 | <i>Participation Guidelines for Committee Chairmen</i> | 18 |
| 101.6 | <i>Speeches by Candidates for IPF Office</i> | 18 |
| 101.7 | <i>Duties of the Executive</i> | 18 |
| 101.7.1 | <i>President</i> | 18 |
| 101.7.2 | <i>Vice President</i> | 19 |
| 101.7.3 | <i>Secretary General</i> | 19 |
| 101.7.4 | <i>Treasurer</i> | 19 |
| 101.7.5 | <i>Board members</i> | 19 |
| 101.8 | DUTIES OF THE NON-EXECUTIVE OFFICERS | 20 |
| 101.8.1 | <i>Auditor</i> | 20 |
| 101.8.2 | <i>Media Officer</i> | 20 |
| 101.8.3 | <i>Newsletter Editor</i> | 20 |
| 101.8.4 | <i>Records Registrar</i> | 20 |
| 101.8.5 | <i>Championship Secretary</i> | 20 |
| 101.8.6 | <i>Internet Officer</i> | 21 |
| 101.8.7 | <i>Referee’s Registrar</i> | 21 |
| 101.8.8 | COMMITTEES, COMMISSION, PANEL | 21 |
| 101.8.8.1 | <i>General Provisions</i> | 21 |
| 101.8.8.2 | <i>Technical Committee</i> | 21 |
| 101.8.8.3 | <i>Women’s Committee</i> | 22 |
| 101.8.8.4 | <i>Athletes’ Commission</i> | 22 |
| 101.8.8.5 | <i>Coach Commission</i> | 22 |
| 101.8.8.6 | <i>Entourage Commission</i> | 22 |
| 101.8.8.7 | <i>General Principles</i> | 23 |
| 101.8.8.8 | <i>Athletes’ Responsibility</i> | 23 |
| 101.8.8.9 | <i>Commitment and Procedures</i> | 23 |
| 101.8.8.10 | <i>Penalties</i> | 23 |
| 102 | PROCEDURES | 24 |
| 102.1 | <i>IPF Member Nations Addresses</i> | 24 |
| 102.2 | <i>Expulsion of Member Nations</i> | 24 |
| 102.3 | <i>Election of Regional Board Members</i> | 24 |
| 102.4 | <i>Timelines for Submitting, Awarding Bids for World Championships</i> | 24 |
| 102.5 | <i>Printing of the IPF Technical Rules</i> | 24 |
| 102.6 | <i>Testing for Category I Referees</i> | 24 |
| 102.7 | <i>Application for National Affiliation</i> | 24 |
| 102.8 | <i>Incorporation of the IPF</i> | 24 |
| 102.9 | <i>Permitted Expenses by Officers</i> | 24 |
| 102.10 | <i>Standing Orders Authority</i> | 25 |
| 102.11 | <i>Use of “World” as Relates to World Championships Defined</i> | 25 |
| 103 | FINANCE | 25 |
| 103.1 | <i>Audit of the Auditor</i> | 25 |
| 103.2 | <i>IPF Subscription and Fees</i> | 25 |
| 103.3 | <i>Suspension for Failure to Pay Appropriate Sanction Fee for Competition</i> | 25 |

| | | |
|--------|--|----|
| 103.4 | <i>Television and Advertising</i> | 25 |
| 103.5 | <i>Hotel Bills for National Federations and Officials at World Championships</i> | 26 |
| 103.6 | <i>Hotel Bills for IPF Officials Attending World Championships</i> | 26 |
| 103.7 | <i>Travel Costs for the IPF Executive</i> | 26 |
| 103.8 | <i>Lapel Pins</i> | 26 |
| 103.9 | <i>Delinquent National Affiliate Fees</i> | 26 |
| 103.10 | <i>IPF Development Fund</i> | 26 |
| 104 | RECORDS AND AWARDS | 26 |
| 104.1 | <i>National Records and Claims for World Records</i> | 26 |
| 104.2 | <i>World Record Certificates</i> | 26 |
| 104.3 | <i>IPF Medals</i> | 26 |
| 104.4 | <i>World Championships Participation Certificates</i> | 27 |
| 104.5 | <i>IPF Hall of Fame</i> | 27 |
| 104.6 | <i>Election to Hall of Fame</i> | 27 |
| 104.7 | <i>Free Entry to Championships, Executive, Committee Chairmen, Hall of Fame Members</i> | 27 |
| 104.8 | <i>Categories of World Records</i> | 27 |
| 104.9 | <i>Recognition of World Records</i> | 27 |
| 105 | COMPETITIONS | 28 |
| 105.1 | <i>Non-discrimination in IPF Competition</i> | 28 |
| 105.2 | <i>National Flags</i> | 28 |
| 105.3 | <i>Entry to Championships, Coaches, Officials, Meals for Working Officials</i> | 28 |
| 105.4 | <i>Invitation and Accommodation</i> | 28 |
| 105.5 | <i>Nomination</i> | 28 |
| 105.6 | <i>National Federations may not negotiate Television Contracts without Permission of the IPF Executive</i> | 29 |
| 105.7 | <i>Equipment Standards</i> | 29 |
| 105.8 | <i>Sub-Regional Competitions</i> | 29 |
| 105.9 | <i>Competitions</i> | 29 |
| 105.10 | <i>Disabled Athletes competing in Able Bodied Divisions, Procedures for Weigh-In</i> | 29 |
| 105.11 | <i>Multisport events / World Games</i> | 29 |
| 105.12 | <i>Failure to Use IPF Approved Equipment</i> | 30 |
| 105.13 | <i>Facilities and Equipment Differing From Those Specified in the Technical Checklist</i> | 30 |
| 105.14 | <i>Including a Referee in National Teams, Fine, Restriction</i> | 30 |
| 105.15 | <i>Competition Fixing Guidelines</i> | 30 |
| 106 | CONTRACTS | 30 |
| 106.1 | <i>Signing Authority, IPF Contracts</i> | 30 |
| 107 | APPENDIX STANDING ORDERS | 30 |
| 107.1 | <i>Order of Business</i> | 30 |
| 107.2 | <i>Minutes</i> | 30 |
| 107.3 | <i>Selection of Speakers</i> | 31 |
| 107.4 | <i>Chairman's Ruling</i> | 31 |
| 107.5 | <i>Speeches</i> | 31 |
| 107.6 | <i>Motions and Amendments</i> | 31 |
| 107.7 | <i>Substantive Motions</i> | 31 |
| 107.8 | <i>Voting</i> | 31 |
| 107.9 | <i>Matters of Procedure</i> | 31 |
| 107.10 | <i>Privileged Immunity of the General Assembly</i> | 31 |
| 108 | APPENDIX OFFICIAL AGENDA | 31 |
| 109 | APPENDIX RULE AMENDMENTS | 33 |

CONSTITUTION OF THE INTERNATIONAL POWERLIFTING FEDERATION



Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the "IPF General Assembly", "IPF President", "IPF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

1 DEFINITION

1.1 Name

1.1.1 The INTERNATIONAL POWERLIFTING FEDERATION hereinafter called "IPF" is an organisation founded in 1972 in Harrisburg, United States. The IPF is a non-profit organisation. The Federation is composed of the affiliated National Federations governing the sport of powerlifting on the basis of one national federation per country.

1.2 Objectives

- 1.2.1 The union of all eligible athletic clubs, organisations or other groups active in powerlifting throughout the world.
- 1.2.2 To develop standardized competitive rules.
- 1.2.3 Maintain a system for recognizing and approving records.
- 1.2.4 Establish administrative and technical committees from its own number.
- 1.2.5 Establish, define and enforce rules for the government of powerlifting internationally.
- 1.2.6 Promote, support and encourage drug free powerlifting.
- 1.2.7 Produce official bulletins and/or powerlifting publications.
- 1.2.8 Secure other national affiliates (countries).
- 1.2.9 Promote, sanction and supervise international development programs and competitions, including world championships and single lift competitions.
- 1.2.10 Maintain an IPF General Assembly of bona fide international representatives.
- 1.2.11 To further the cause of powerlifting and strive for acceptance by the International Olympic Committee.
- 1.2.12 To maintain membership of the General Assembly of International Sports Federations and take part in the World Games.

1.3 Public utility

The IPF works for the purposes of this order for the benefit of the public in each valid version. All actions and activities carried out by the IPF are not aiming a profit.

The members have no interest in the federation property. The members of this body work in an honorary capacity; the property of the IPF serves exclusively for charitable purposes of the sport. Any profits may be supplied only for statutory purposes. The members receive no shares in the profits.

No person may receive for an activity or task in the IPF, an unreasonably high reimbursement.

1.4 Funds for the reaching of the statutory tasks

To the fulfilment of the federation tasks, necessary money is raised by:

- a) Membership fees of the member federations, lifters and referees
- b) Income of competitions
- c) Sanction fees
- d) Donations
- e) Fees
- f) Income from advertisements
- g) Income from Internet Pay-TV
- h) Miscellaneous income

2 EMBLEM AND FLAG

2.1 Emblem

The emblem of the International Powerlifting Federation is the abbreviation "IPF" written in oblique letters of font "Arial" in blue. The letters "IPF" are embraced by a curved blue line on the top and by a curved red line on the bottom. The top of the red line ends with two arms directly under a red bended bar, having three red discs on either end with light red marked distances between the discs.

The colours of IPF emblem are defined in CMYK / RGB: red (0-98-100-0 / 227-12-25), blue (96-100-30-15 / 38-39-94), light red (0-48-17-0 / 242-162-174). The corresponding colours for the black and white version of the emblem are defined as well: "red" (75-70-65-78 / 30-29-29), "blue" (0-0-0-100 / 26-23-27), light red (0-0-0-30 / 198-199-200).

2.2 Flag

The flag of the IPF is the emblem together with the full name "International Powerlifting Federation" written with the font "Helvetica Italic" in blue. The lettering begins where the two curved lines of the emblems converge on the right side of the emblem. On the right side of the flag, a stylized globe in light blue and the IPF homepage address are displayed.

2.3 Authorisation

- 2.3.1 The IPF emblem must not be used without the IPF's authorisation.
- 2.3.2 Only the IPF may authorise the fabrication of its emblem, badges, medals, etc.

3 GENERAL PROVISIONS

- 3.1 The IPF is recognised by the General Association of International Sport Federations (GAISF) and the International World Games Association (IWGA).
- 3.2 In its activities, the IPF follows the Olympic ideal and principles and support and maintain the ideals and objectives of the Olympic movement. The IPF accept and recognize the Statutes and aims of the International Olympic Committee (IOC), the General Association of International Sports Federations (GAISF) and those of the World Anti-Doping Agency (WADA).
- 3.3 All political and religious discussions or demonstrations are forbidden within the IPF.
- 3.4 The IPF supports all initiatives by Powerlifters for peace and understanding.
- 3.5 No distinction is made between continents, countries or individuals for reasons of race, colour, gender, religion or politics.

4 OFFICIAL LANGUAGE OF THE IPF

- 4.1 The official language of the IPF is English.
4.2 All the publications and reports of the IPF are in English. The proceedings of the meetings of the Executive and the Committees are held in English.

5 MEMBERS

5.1 Membership

The membership of the IPF consists of national affiliates active in powerlifting. The IPF can recognise only one member (organisation) from each nation.

The recognition of a National Federation will be done in agreement with the Olympic Charter (Chapter 3, Article 26), and following the regulations contained in these statutes. The IPF will inform the NOC of the country in question.

The National Federations affiliated to the IPF must be independent inside their own country. The members of the Executive Committee and the President must be elected democratically, and have the nationality of the country concerned.

All affiliated Federations and their members shall recognise the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction

A new member nation must be affiliated to the IPF before it can be affiliated to its regional federation.

Only those lifters who are members of their respective national federation, association or organisation, can be considered eligible for membership.

Categories of IPF Membership:

5.1.1 Full Member

5.1.2 Provisional Member

A Provisional Member may only compete in world championships by the decision of the IPF Executive or in regional championships by decision of the Regional Executive or Regional President if no Executive exists. However, once granted permission, a Provisional Member shall have all competition rights but no vote. The Executive will be authorised to decide the amount of annual subscription required from a Provisional Member.

All countries applying for membership shall, on payment of the annual subscription fee, be granted provisional membership of the IPF subject to ratification at the next General Assembly.

5.2 Representation

The IPF is governed by a General Assembly consisting of a maximum of two delegates from each nation affiliate with one vote per country, and the IPF EC members with one vote each.

EC members are restricted to only one vote even as the officers cannot represent both their nation and the IPF Executive committee.

An annual membership fee as stipulated in 103.2.1 of the IPF By-Laws must be paid by the member nations at the latest by the 30th of September each year to have voting rights at the annual General Assembly of this particular year.

To have voting rights at the election General Assembly, an existing member nation must have paid the membership fee in the 4-year period every year prior to the election. New member nations must have paid their membership fee annually, from the year of their provisional membership.

6 IPF BODIES

The IPF is composed of the following bodies:

- the General Assembly
- the Executive
- the Committees

7 GENERAL ASSEMBLY

7.1 General Provisions

- 7.1.1 The General Assembly is the supreme governing body of the IPF.
- 7.1.2 The General Assembly shall meet annually one day before the start of the Men's and Women's Open World Championships.

7.2 Powers

The General Assembly has the power:

- 7.2.1 To admit any national affiliate (country) eligible under the Constitution by means of a two-thirds majority of votes cast.
- 7.2.2 To prescribe and amend the constitution by a two-thirds majority of votes cast and the By-Laws by a simple majority of votes cast.
- 7.2.3 To impose and enforce penalties for any violation of the Constitution or By Laws.
- 7.2.4 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any person or organisation, being members of the IPF.
- 7.2.5 To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the IPF into disrepute or in any way impaired its function or development.
- 7.2.6 To establish dues of the IPF.
- 7.2.7 To control the income, expenditure and property of the IPF. In particular, it shall examine the audited balance sheet presented by the Treasurer and approve a budget for the forthcoming year.
- 7.2.8 To call and determine the time and place of special meetings of the General Assembly.
- 7.2.9 To institute, locate, conduct and manage all international powerlifting.
- 7.2.10 To establish, define and enforce rules for the government of international powerlifting.
- 7.2.11 To explain, define and interpret any provision of the Constitution.
- 7.2.12 To consider and accept proposed changes to the Constitution and By-Laws every fourth year commencing in 1998.
- 7.2.13 To consider and accept proposed changes to the Technical Rules.
- 7.2.14 To ratify the IPF Anti-Doping Rules with amendments made into those rules by the Executive Committee.
- 7.2.15 To elect the executive officers of the IPF every four years. Elect executive officers to fill any casual vacancies, which may occur between such election years.
- 7.2.16 To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the IPF shall include Medical, Technical, Disciplinary, Appeal and Women's Committee.

7.3 Annual General Assembly

7.3.1 Annual

Unless otherwise determined by the General Assembly, the annual meeting of the IPF will be held one day before the start of the Men's and Women's Open World Championships.

7.3.2 Special

Special meetings of the IPF are scheduled at the request of the President or at the written request of two thirds of the members of the IPF. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

7.3.3 Notices

Time is of the essence. Not less than thirty (30) days' notice must be given of any special or annual meeting of the IPF. The Secretary General will airmail a notice and agenda to all named delegates or their national federation. A notice sent to the last address known to the Secretary General complies with this requirement. The official agenda for the IPF General Assembly must be received by all members at least thirty (30) days before the General Assembly takes place. Items not in the agenda cannot be considered in the General Assembly.

7.3.4 Order of Business

At all annual meetings of the IPF the following will be the order of business:

- 1) Roll Call
- 2) President's Address
- 3) Minutes of the last General Assembly
- 4) Treasurer's Report – Auditor's report
- 5) Secretary General's Report
- 6) Committee Reports
- 7) Regional Report

- 8) Elections
- 9) Action on proposed amendments
- 10) New Member Applicants
- 11) Delinquent Nations
- 12) Hall of Fame
- 13) Future Championships
- 14) Any Other Business
- 15) Adjournment

7.3.5 Quorum

At all meetings of the IPF, a quorum will consist of twenty per cent of nations in full membership.

7.3.6 Procedures

The following are the procedural rules for all meetings of the IPF:

- 7.3.6.1 The Standing Orders of the IPF are the supreme document for all IPF meetings except when they are in conflict with the provisions of the Constitution. In such cases, the Constitution prevails.
- 7.3.6.2 A motion to table is debatable only when a time to debate is fixed by a simple majority of the General Assembly.
- 7.3.6.3 All amendments to the Constitution and the By Laws must be submitted to all national affiliates and the appropriate committee before it can be acted upon at the annual meeting of the IPF. Such proposed amendments must be in the hands of the President, the Secretary General and the Chairman of the Law and Legislation Committee at least sixty (60) days prior to the date of the General Assembly. A national federation, a regional federation or the appropriate committee, can submit all such amendments. The Secretary General shall send out all such amendments at least thirty (30) days prior to the date of the General Assembly for the attention of all national affiliates.

7.3.7 Credential

The following are required:

- 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.
- 7.3.7.2 Failure to make the proper certification will deny a seat at such meetings unless the delegate is accepted by a simple majority vote of General Assembly.

8 EXECUTIVE OF THE IPF

8.1 Titles

The titles of the officers of the IPF are: President, Vice President, Secretary General, Treasurer, and Board Members. A maximum of two executive officers shall be from any nation. A member of a regional Executive committee cannot hold a regional and an IPF officer function as President, Secretary General and Treasurer; only the regional elected Board member can hold a regional and an IPF officer function.

8.2 Executive

Elected Members:

- The President
- The Vice President
- The Secretary General
- The Treasurer
- A male or female member as a lifters' speaker (first time he or she is appointed by the Executive in 2013. From 2014 the male or female member will be proposed by the Athletes Commission and ratified by the General Assembly)
- A female member (first time she is appointed by the Executive in 2014. From 2015 the female member will be elected in electoral General Assemblies)
- Six members determined by the Regions (Continents).

There shall be at least a quorum of five members. In the event of an impasse (stalemate), the President shall cast the deciding vote.

8.3 Powers of the Executive

- 8.3.1 It shall be the governing body of the IPF between General Assemblies.
- 8.3.2 To maintain running control of the expenditure of the IPF, in accordance with the budget approved by the General Assembly.
- 8.3.3 It shall prepare a budget for the forthcoming year for presentation to the General Assembly.
- 8.3.4 Vacancies. In the event of the death, resignation or in case of inattention to duty by recommendation of the Disciplinary Committee, the various offices are to be filled as follows:
 - 8.3.4.1 President: The Vice President will succeed the President until the next General Assembly. At this General Assembly, the presidential successor shall be elected.
 - 8.3.4.2 Vice President: The Executive shall appoint a successor to serve until the next General Assembly.
 - 8.3.4.3 Secretary General and Treasurer: The Executive shall appoint a successor to serve until the next General Assembly.
- 8.3.5 To appoint the non-executive officers specified in 10.1 hereunder. The Executive shall also have the power to remove non-executive officers from office.
- 8.3.6 To administer the IPF Development Fund.
- 8.3.7 To amend the IPF Anti-Doping Rules upon consult with the Anti-Doping Commission.
- 8.3.8 To establish the commissions and panels as specified in the IPF Anti-Doping Rules, and to appoint the Chair and other members of each commission and panel established under this rule.
- 8.3.9 The IPF Executive Committee shall invite the Chair of the IPF Committees / Commissions to the discussion of issues that fall within the competence of their particular Committee / Commissions.
- 8.3.10 To negotiate and sign contracts with the equipment manufacturers. The terms of such contracts shall be not more than an election period.
- 8.3.11 Is responsible for implementing and monitoring the IPF Code of Ethics and a Business Plan.

9 ELECTION OF THE IPF-OFFICERS

9.1 Election

Elections for all officers will be held every four years. Election is by simple majority, i.e. the person who has obtained the highest number of votes is elected.

- i. When two or more candidates obtain an equal number of votes, another ballot is held. If after the second ballot there is still a tie, the President has the right to cast a deciding vote, or decide for further ballot.

9.1.1 Valid Vote

A valid vote is one that conforms to all stated requirements. The following shall not be counted as valid votes:

- (a) abstentions;
- (b) blank votes;
- (c) votes for more or fewer candidates than the number required;
- (d) votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

9.2 Term of Office

- 9.2.1 The term of office for all officers of the IPF shall be for four years and the mandate of all officers, even those who were elected between electoral General Assemblies, shall expire at the electoral General Assembly. All officers shall be eligible for re-election.
- 9.2.2 A person may be nominated for IPF office by any national member federation, provided that the candidate is in good standing in his national federation. "A member in good standing" shall be defined as a bona fide member or an honorary member in his national federation, who is not under suspension by that federation's disciplinary body or by the disciplinary body of any other respectable sport organization, including the IPF and its regions.
 - (a) If an internal dispute arises in national federation on the matter of the potential candidate's good standing in that federation, the issue may be assigned to the IPF Disciplinary Committee which shall examine the facts and provide its recommendation on the case.
 - (b) Once the candidate has been elected as to the IPF officer, the IPF Executive will determine, where the circumstances require, whether the officer is in good standing in the IPF.
 - (c) If a dispute arises between the IPF Executive and any of the officers on the matter of the officer's situation or behaviour in the IPF (refer to articles 7.2.5, 8.3.4 and 16 of this Constitution), the matter

shall be assigned to the Disciplinary Committee which shall examine the facts and provide its recommendation to the Executive, or, where the circumstances require, present the matter to the General Assembly with recommendation for appropriate action or penalty.

- 9.2.3 Nominations of candidates for each IPF offices shall be received by the President, the Secretary General and the Chairman of the Law and Legislation Committee at the latest 45 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. All nominations must be posted on the IPF Homepage at least 40 days prior to the General Assembly.

10 NON-EXECUTIVE OFFICERS

10.1 Titles

The titles of the non-executive officers of the IPF are: Championships Secretary, Auditor, Newsletter Editor, Media Officer, Internet Officer, Records Registrar, Referee's Registrar.

10.2 Appointment and Rights

The Executive shall appoint non-executive officers. By invitation of the President they may attend meetings of the Executive but without vote and with voice only on matters relating to their respective offices.

11 COMMITTEES, COMMISSION, PANEL

11.1 General Provisions

Each committee shall consist of a chairman elected by the General Assembly and a maximum of six (6) members (exception Technical committee 10 members) from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

11.2 Medical Committee

- 11.2.1 All decisions of the Committee require the approval of the General Assembly. However, the Committee's decisions are the final decisions of the IPF on the matters as assigned in article 4.4 of the IPF Anti-Doping Rules having the responsibility of the Medical Committee:
- 11.2.1.1 to consider and make decisions on requests for Therapeutic Use Exemptions (TUEs) of international level athletes;
 - 11.2.1.2 to establish a register for the TUE applications and decisions on them and keep the Register updated;
 - 11.2.1.3 all members of the Medical Committee, as well as any administrative persons of the IPF involved, shall conduct all of their activities on TUEs in strict confidence, and shall sign confidentiality and conflict-of-interest agreements in accordance with article 5.0 of the WADA International Standard for Therapeutic Use Exemptions;
 - 11.2.1.4 to modify the WADA TUE application forms suitable to use within the IPF and ensure that the forms are displayed at the IPF Web site.
- 11.2.2 Safeguards the health of the lifters.
- 11.2.3 Act as consultant to the promoter of world championships on such matters as medical and hygienic conditions and food supplies to competitors.
- 11.2.4 Appoint duty doctor(s) for each day of the championships. The doctor(s)' specific duties shall include:
- 11.2.4.1 To be available at each weigh-in period.
 - 11.2.4.2 Supervise the application of bandages and plasters in accordance with IPF rules and notify the Jury of such treatment.
 - 11.2.4.3 Establish a liaison with local medical facilities and doctors for the provision of medical treatment, transport and ambulance service if necessary in emergency.
 - 11.2.4.4 The duty doctor to be present at the start of each competition together with referees and lifters.
 - 11.2.4.5 The duty doctor may participate in the doping control procedure.
- 11.2.5 Conduct research and collect material relating to the field of sports medicine. Such material when approved to be distributed to affiliated nations.
- 11.2.6 Carry out specific studies in relation to sports injuries, treatment and prevention.
- 11.2.7 Take out and maintain membership of International Sports Medicine Federations.

- 11.2.8 Conduct such research as necessary to review and establish appropriate bodyweight classes for powerlifting competition.
- 11.2.9 Conduct such research as necessary to review and establish appropriate doping control procedures to ensure the integrity of powerlifting competition and records.

11.3 Disciplinary Committee

11.3.1 Disciplinary hearings

The following provisions shall apply to Disciplinary hearings.

11.3.1.1 DISCIPLINARY HEARINGS

The Disciplinary committee shall investigate the case of any affiliated federation, lifter or official accused of any of the following:

- I) Bringing the IPF or the sport of Powerlifting into disrepute.
- II) Acting in a manner that is contrary to the best interests of the IPF.
- III) Contravening any of the provisions of the Constitution or By-Laws.
- IV) Contravening any of the rules or regulations governing the accepted behaviour of members of the IPF.

Following such investigation it may impose an appropriate penalty.

11.3.1.2 Representation

The nation, the concerned lifter or official has the opportunity to let himself be represented at the Disciplinary Committee by an authorised person, e.g. lawyer. The costs for the representative have to be paid by the nation, the lifter or the official himself, regardless of the outcome of the hearing.

11.3.2 Duties

The Disciplinary committee (DC) shall be entrusted with the examination and decision of disciplinary cases within the IPF. The Secretary General mandated by the Executive Committee shall send such cases to the DC. Disciplinary cases also can be sent to the DC by a national federation. The DC shall further collect all relevant information needed to deal with the case as mandated in the various parts of the Constitution and By-Laws. All sensitive information shall be treated confidential within the parties involved.

The Disciplinary committee consists out of the Chairman elected by General Assembly and 2 other members appointed by the Executive Committee.

The Disciplinary committee must decide about all penalties except on doping related cases. Duties of the DC as apply to the Result Management Procedure on doping related cases are as defined in article 7 of the IPF Anti-Doping Rules.

11.4 Appeal Committee

11.4.1 Appeal hearings

The Appeal committee shall receive all documents relating to any appeal except an appeal(s) against any decision on doping related cases. Decisions made under the IPF Anti-Doping Rules may be appealed exclusively to the Court of Arbitration for Sport (CAS) in accordance with the provisions applicable before such court (re the IPF Anti-Doping Rules, article 13).

Appeals other than appeals to the CAS must be lodged with the Appeal Committee Chairman within one month of the written notification of the decision on which the appeal is based. A copy of the appeal must be sent to the Secretary General.

The Appeal committee shall, within one month of receiving all documentation relating to the appeal, examine and investigate the matter and decide on an appropriate penalty.

Appeals lodged with the Appeal Committee and appeals to the General Assembly must each be accompanied by payment according to By-Laws 103.2.9 for appeals. If the appeal is successful no financial claim or other petition for damages may be made against the IPF. Following successful appeals, the fee paid for the appeal will be refunded.

An appeal against any decision of the Appeal Committee may be made to the General Assembly. Such appeal must be lodged with the Secretary General within one month of the written decision of the Appeal Committee, and not later than six weeks before the date of the General Assembly. The appeal shall be lodged with the Secretary General who shall then include the appeal on the agenda to be considered by General Assembly.

Within a one month period following the decision of General Assembly on an appeal, there shall be a final right of appeal to the Court of Arbitration for Sport in Lausanne / Switzerland.

The Appeal Committee may, in its absolute discretion, waive or vary the time limits contained herein.

11.4.2 Duties

The Appeal committee consists out of the Chairman elected by General Assembly and 4 members. The members must not be simultaneous a member in the Disciplinary Committee.

Duties are described in the in the IPF-Constitution 11.4.1 „Appeal Hearings“.

After examining all facts and documents the committee makes its decision and sends this to the IPF-Executive and the concerned national federation.

11.5 Law and Legislation Committee

11.5.1 Shall receive any proposals regarding Constitution and By-Laws documents of the IPF from member nations within the proper time frame, evaluate accordingly and suggest to the IPF-Executive Committee alternative courses in action.

11.5.2 Shall serve as the parent committee in further amending the Constitution and By-Laws.

11.5.3 Is responsible for updating the Constitution and the By-Laws.

11.5.4 Shall study the Constitutions of new applicant nations and report the results to the President and the Secretary General.

11.5.5 Shall evaluate proposed changes to the Constitution and report the results to the President and the Sectary General, The reported result shall be included in the distribution of proposed amendments, as specified in article 7.3.6.3.

11.5.6 Shall evaluate candidates nominated for elections and report the result to the President and the Secretary General.

11.6 Anti-Doping Commission

11.6.1 Responsibility for IPF Testing, Anti-Doping Commission, Duties of Anti-Doping Commission

11.6.2 The IPF Anti-Doping Commission shall be responsible for drawing up a test distribution plan for the sport of Powerlifting and for the implementation of that plan, including overseeing all Testing conducted by or on behalf of the IPF. Testing may be conducted by members of the Anti-Doping Commission or by other persons so authorized by the IPF.

11.6.3 The Anti-Doping Commission must base the Test Distribution Plan on the criteria set out at Section 4.0 of the International Standard for Testing and Investigations.

11.6.4 The Anti-Doping Commission consists of a Chair and a minimum of five and a maximum of eight other members with experience in anti-doping. The Anti-Doping Commission shall be elected by the Executive Committee.

11.6.5 The Anti-Doping Commission shall arrange, coordinate and supervise Testing for all IPF World Championships and other International Events where the IPF is the ruling body for the Event, and for Out-of-Competition Doping Control Sessions initiated by the IPF. The main duties of the Anti-Doping Commission are:

- a. to establish and maintain a system for collecting details regarding the Sample Collection Sessions;
- b. to establish criteria for who may be authorised to be present during a Sample Collection Sessions;
- c. to cooperate with the organisers/promoters of World Championships and other International Events where the IPF is the ruling body for the Event in preparing the Sample Collection Sessions;
- d. to ensure that the Doping Control Stations meet the minimum criteria prescribed in Clause 6.3.2 of the International Standard for Testing and Investigations;
- e. to make contracts with an Anti-Doping Organizations to carry out Testing at all World Championships and other International Events where the IPF is the ruling body for the Event;
- f. to make contracts with an Anti-Doping Organizations to carry out Testing at Out-of-Competition Sample Collection / Sessions;
- g. to provide an appropriate Sample collection equipment and documents to the Doping Control Stations, or to ensure that the appointed Doping Control Officer are equipped with relevant Testing kit and documents;
- h. to ensure that Sample Collection Equipment used meets the minimum criteria prescribed in Clause 6.3.4 of the International Standard for Testing and Investigations;

- i. to ensure that the Sample Collection procedures, Security/Post-test administration and Transport of Samples and documentation substantially complies with the requirements prescribed in sections 7.0, 8.0 and 9.0 of the International Standard for Testing and Investigations.

11.6.6 The Anti-Doping Commission shall also review and update the criteria for inclusion in a Registered Testing Pool; and

11.6.7 Collect, maintain and monitor sufficient Athlete whereabouts information;

11.6.8 Develop and document a test distribution plan;

11.6.9 Select athletes for Out-of-Competition Doping Control;

11.6.10 Report to the WADA clearinghouse all In-Competition and Out-of-Competition tests on athletes included in the IPF Registered Testing Pool as soon as possible after such tests have been conducted.

11.6.11 In the Regional Events where the ruling body for the Event is the IPF Region, the relevant body of the IPF Region concerned with shall, in consultation with the IPF Anti-Doping Commission, organize and supervise doping Testing for the Event.

11.7 Doping Hearing Panel

11.7.1 Consists of a Chair and four other experts with experience in anti-doping. Each panel member shall be otherwise independent of the IPF. Each panel member shall serve a term of four years.

11.7.2 As determined in article 8 of the IPF Anti-Doping Rules, arranges and conduct of hearings and makes decisions when it appears, following the result management process described in article 7 of the IPF Anti-Doping Rules, that the IPF Anti-Doping Rules have been violated at or in connection of International Events or Out-of-Competition testing on an international level athletes initiated by the IPF or WADA.

12 REGIONAL FEDERATIONS

12.1 Regional Federations

The IPF recognizes six (6) regional federations: the African, Asian, European, Oceania, North America and South-America Federations subject to the following conditions:

12.1.1 Each region shall elect an officer to act as IPF Board member for that region. Such nomination shall only come into force if ratified by the IPF General Assembly.

12.1.2 National federations must affiliate to the appropriate regional federation (if one exists) as well as to the IPF.

12.1.3 Their constitution and rules must be submitted to the Secretary General and must conform to all IPF statutes and rules where applicable.

12.1.4 Their championships must be conducted in full accordance with IPF technical rules.

12.1.5 They cannot issue permits for competitions other than their own regional championships and regional events open for two or more nations of that Region and must also be sanctioned by the IPF.

12.1.6 In Regional Championships, the Regional Federations have the authority to suspend competitors or officials and take disciplinary actions against them except on doping related cases. They must report these facts to the IPF, which in turn may extend these disciplinary actions on a worldwide level. Regional Federations cannot suspend National Federations but may propose such action to the IPF.

12.1.7 Regional Federations must enforce the IPF Anti-Doping Rules and a doping control must be carried out in all Regional Events in full accordance with the IPF Anti-Doping Rules.

12.1.8 Affiliated federations of Commonwealth countries may organise a sub-IPF federation in order to stimulate competition within the Commonwealth.

12.1.9 The IPF must not interfere in national affairs except the Technical Rules, Constitution and By-Laws will not apply.

13 SUBSCRIPTIONS AND FEES

13.1 Subscription

The General Assembly will determine the amount of the annual subscription to the IPF from time to time. The subscription is payable at the latest by the 30th of September each year. Upon receiving payment, a certificate of membership will be issued by the Treasurer. Any country, which has not paid its subscription for the current year,

cannot participate or vote in the various meetings of the IPF. Its lifters cannot take part in competitions or meetings organised under the rules of the IPF, nor obtain ratification of their records. A reminder letter shall be sent to every national federation, which has not paid its subscription by the end of January.

13.2 Fee for organising an international contest

Any national federation organising an international contest must pay to the IPF a fee in accordance with the scale set out in the By Laws.

13.3 Permission for organising an international contest

On payment of the required fee, the Secretary General will issue a permit for the international contest to the organising national federation. An additional condition for permission is, that at the international contest drug tests must be carried out according IPF rules. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms, and are not used for other purposes. Only member federations can apply for a sanction of an international contest.

13.4 Participation in a contest without permission

No national federation shall take part in a contest for which a permit has not been issued.

14 DISCIPLINARY ACTIONS AND PENALTIES

14.1 Failure to apply for Competition Permit

National federations, which neglect to request the required IPF permit for an international competition and do not pay the required fee, shall be fined an additional EUR 200. The Secretary General shall send a warning letter to them. If the fee and fine are not paid within thirty (30) days of sending the warning, the national federation shall be suspended until such time as the total amount has been paid. Sanction fees for world championships must be paid at the time of application for the event.

14.2 Failure to Pay Annual Subscription Fee

A national federation, which has not paid its annual subscription by the 30th of September, despite having received a reminder letter, shall be suspended from membership of the IPF.

14.3 Defaulting on Agreements to Compete

If a national federation defaults on a competition engagement with another country or countries, the DC may, in the case of disagreement between them, make a decision or impose penalties if the IPF Constitution or rules have been ignored.

14.4 Reporting Infractions in International Competition

If a lifter or official commits any form of violation during an international contest in another country, the organising national federation must send a detailed report to the IPF Secretary General. He in turn will inform the Disciplinary Committee which will impose appropriate penalties. The organising national federation cannot penalise lifters or officials from other countries.

14.5 Suspension of Federations for Violations of Constitution/Bylaws

Any affiliated national federation, which violates the Constitution or rules of the IPF, shall be suspended by recommendation of the Disciplinary Committee for a period to be decided by the General Assembly.

14.6 Hearing prior to Penalty

Any national federation, lifter or official asserted to have committed a rule violation has the right to be heard in its or his/her case before the relevant disciplinary or hearing body decides upon the penalty to be imposed.

14.7 Procedure for Filing Complaints against Individuals

Any lifter or official who considers that he has been wronged has the right to file a written complaint stating his reasons for complaining. This must be done through the intermediary of his national federation. If another person is implicated, the latter must be heard if at all possible. If the complaint is not made to the organizing national federation, it may be made to the Jury before the start of the competition. It must be examined immediately and if possible a decision taken.

A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Disciplinary Committee.

14.8 Participation of Foreign Lifters in National Competition

A lifter living in a foreign country may only participate in competitions organised in that country provided that he presents written evidence of permission of his national federation to take part in such competition. This is to be provided by the national federation of the lifter.

14.9 Participating in Non-IPF Competition

Any lifter, coach, referee or official who competes or participates in an international Powerlifting or Bench Press competition not organised, sanctioned or approved by the IPF shall not be permitted to take part in any IPF international or regional competition for a period of 12 months from the date of that non-approved competition.

14.9.1 Notwithstanding article 14.9 the lifter, coach or official may participate in multi-sport international games, e.g. the Commonwealth Games, the University Games, or the Students' international or regional multi-sport games that is not sanctioned by the IPF, however provided that there is not any athlete or other person participating in such games in any capacity who is serving his/her Ineligibility period for a doping offence.

14.10 Other causes for Suspension/Expulsion: Dishonourable conduct, failure to attend, "throwing competitions", competing against an Athlete who have been expelled or is under a period of Ineligibility

The following may be subject to suspension or expulsion:

- 14.10.1 Any lifter properly entered for a competition that without acceptable reasons does not attend.
- 14.10.2 Any lifter who is deemed guilty of violating the rules or disobedience towards his national federation or any official in the execution of his duties.
- 14.10.3 Any lifter convicted of agreement to alter his best effort.
- 14.10.4 Any lifter, who by words or gestures threatens referees or any other officials in the execution of their duties.
- 14.10.5 Any lifter who participates in a contest with other countries without permission of his national federation.

Penalties

Up to a maximum of 6-month suspension for the first offence.

Up to a maximum of 12-month suspension for the second offence and a maximum fine of EUR 250.

14.10.6 An Athlete or official shall not participate in contests or competitions if there is any Athlete or official participating in any division, section or bodyweight class of that contest or competition who has been expelled or suspended from his or her international or national federation or who is serving the period of Ineligibility for a doping related offence.

Penalty for violation of this rule (14.10.6):

Six (6) months' Ineligibility commencing from the date of violation.

The determination of the applicability or otherwise of penalty under this rule (14.10.6) shall be made by the IPF Disciplinary Committee (DC). Prior to such determination by the DC, the IPF Executive Committee may provisionally suspend the athlete, such suspension to commence from the date of the alleged violation.

14.11 Offences against person while at Championships, Jury Role

For offences such as false accusations of dishonour or dishonesty against a lifter or Official occurring at a championship, the Jury decides in these cases as soon as is possible (see Constitution 14.12 and 14.15)

Penalties

First minor offence: up to a maximum of 6-month suspension.

Second minor offence: up to a maximum of 12-month suspension and a maximum fine of EUR 250.

First serious offence: up to a maximum of 12-month suspension.

Second serious offence: up to a maximum of 24-month suspension and a maximum fine of EUR 500.

14.12 Ad Hoc Jury as Discipline Body

In absence of a Jury an ad hoc Jury may exclude a lifter or official from a competition for reasons of his misconduct. In such a case the Jury or ad hoc Jury must inform the lifter or official's own national federation, who in turn must decide what punishment to impose upon the lifter or official.

In absence of a Jury the IPF Official, who is the official representative of the IPF at this championship, must arrange an ad hoc Jury. The decisions of this Jury must be sent to the Disciplinary Committee.

14.13 Penalty for “Bringing the Sport into Disrepute”

Any member of an affiliated national federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV or radio broadcasts may be requested to appear before the Disciplinary Committee. Should the Committee feel that a bona fide case of violation exists, they will then present the matter to the General Assembly with a recommendation for appropriate penalties.

14.14 Responsibility for Payment of Fines

The concerned member federations are responsible for the payment of all fines that the Disciplinary Committee has imposed.

14.15 Limitations to Jury’s Role in Discipline

The Jury has the right to act as Disciplinary Committee, but only in cases which are connected to the championship and which need an immediate decision. The decision of the Jury is definite for this championship. The President of the Jury must send a copy of all decisions with all related documents to the Disciplinary Committee who will then review the actions of the Jury.

14.16 Sanctions and Consequences for Anti-Doping Rule Violations

- 14.16.1 In case of a violation of the IPF Anti-Doping Rules, the lifter or other person involved shall be imposed in an appropriate period of Ineligibility as defined under Article 10 of the IPF Anti-Doping Rules and shall be subject to other consequences as defined under Articles 9 and 10 of the IPF Anti-Doping Rules.
- 14.16.2 Consequences to Teams shall be as defined under Article 11 of the IPF Anti-Doping Rules.
- 14.16.3 Sanctions and costs assessed against National Federations shall be as defined under Article 12 of the IPF Anti-Doping Rules.

14.17 Official Defined

The term "official" wherever it may appear in this Article, shall be deemed to include all persons described as such in the IPF Technical Rules or appointed by the organising committee of a championship, to act in any official capacity during the whole or any part of that championship.

15 IPF ANTI-DOPING RULES

15.1 Scope of the IPF Anti-Doping Rules

The Anti-Doping Rules shall apply to the IPF and to each of its *National Federations*. They also apply to the following *Athletes*, *Athlete Support Personnel* and other *Persons*, each of whom is deemed, as a condition of his/her membership, accreditation and/or participation in the sport, to have agreed to be bound by these Anti-Doping Rules, and to have submitted to the authority of the IPF to enforce these Anti-Doping Rules and to the jurisdiction of the hearing panels specified in Article 8 and Article 13 to hear and determine cases and appeals brought under these Anti-Doping Rules:

- a. all *Athletes* and *Athlete Support Personnel* who are members of the IPF, or of any *National Federation*, or of any member or affiliate organization of any *National Federation* (including any clubs, teams, associations or leagues);
- b. all *Athletes* and *Athlete Support Personnel* participating in such capacity in *Events*, *Competitions* and other activities organized, convened, authorized or recognized by the IPF, or any *National Federation*, or any member or affiliate organization of any *National Federation* (including any clubs, teams, associations or leagues), wherever held;
- c. any other *Athlete* or *Athlete Support Personnel* or other *Person* who, by virtue of an accreditation, a license or other contractual arrangement, or otherwise, is subject to the jurisdiction of the IPF, or of any *National Federation*, or of any member or affiliate organization of any *National Federation* (including any clubs, teams, associations or leagues), for purposes of anti-doping;

- d. to be eligible for participation in *International Events*, a competitor must have an IPF license issued by his or her *National Federation*. The IPF license will only be issued to competitors who have personally signed the Appendix 3 consent form, in the actual form approved by the IPF. All forms from *Minors* must be counter-signed by their legal guardians, and
- e. *Athletes* who are not regular members of the IPF or of one of its *National Federations* but who want to be eligible to compete in a particular *International Event*. The IPF may include such *Athletes* in its *Registered Testing Pool* so that they are required to provide information about their whereabouts for purposes of *Testing* under these Anti-Doping Rules for at least six months prior to the *International Event* in question.

Within the overall pool of *Athletes* set out above who are bound by and required to comply with these Anti-Doping Rules, the following *Athletes* shall be considered to be *International-Level Athletes* for purposes of these Anti-Doping Rules, and therefore the specific provisions in these Anti-Doping Rules applicable to *International-Level Athletes* (as regards *Testing* but also as regards *TUEs*, whereabouts information, results management, and appeals) shall apply to such *Athletes*:

- a. Any Event listed on the IPF Calendar of Events, see <http://www.powerlifting-ipf.com/5.html> is an International Event and any athlete who enters or competes in any of those International Events for Sub-Junior, Junior or Open categories is an International-Level Athlete.

16 CODE OF ETHICS

The IPF Code of Ethics shall apply to the IPF, each National Federation of the IPF, and each Participant in the activities of the IPF or any of its National Federations by virtue of the Participant's memberships, accreditation, or participation in the IPF, its National Federations, or their activities or Events.

17 VOLUNTARY DISSOLUTION OF THE ORGANISATION

Dissolution of the IPF shall only be possible by decision of the General Assembly. For this purpose, a written request stating the reasons for such dissolution shall be handed over to the Executive. After discussion of the request, the Executive will then put the request on the agenda of the next General Assembly.

In order for the dissolution to become valid, a three-quarters majority of all votes cast is required.

In the event of such dissolution of the IPF and provided the IPF still holds assets, and having covered any liabilities, the General Assembly shall also decide on whom to transfer the remaining assets. These assets shall, if possible and permitted, be transferred to an organisation having the same or similar interests compared to the IPF, or shall be allocated to good causes.



BYLAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Committee" and such like shall mean the "IPF General Assembly", "IPF President", "IPF Technical Committee" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chairman" shall refer to persons of either sex.

101 THE GENERAL ASSEMBLY

101.1 General Assembly May be Open to Public

The General Assembly may be open provided that space is available.

101.2 Outside Parties Attending the General Assembly

The President may invite outside persons to attend the General Assembly.

101.3 Constitutional General Assembly Schedule

The General Assembly shall, if necessary, address itself to re-examining the Constitution, By-Laws and their appendices every fourth year commencing in 1998.

101.4 World Games and General Assembly of International Sports Federations

The General Assembly shall serve and maintain a membership in the General Assembly of International Sports Federations and take part in the World Games.

101.5 Participation Guidelines for Committee Chairmen

All Committee Chairmen and non-executive officers by virtue of their attaining officer status in the IPF are allowed admission to the General Assembly in its entirety but without vote and with voice only as pertains to their respective responsibilities.

101.6 Speeches by Candidates for IPF Office

Candidates for IPF office shall be permitted to address the General Assembly for a maximum period of five minutes.

The duties of various officers are those duties appointed by the General Assembly and include:

All IPF EC officers, by virtue of their attaining officer's status in the IPF, are allowed admission to the General Assembly in its entirety with vote and with voice.

101.7 Duties of the Executive

The duties of various officers are those duties appointed by the General Assembly and include:

All IPF EC officers, by virtue of their attaining officer's status in the IPF, are allowed admission to the General Assembly in its entirety with vote and with voice.

101.7.1 President

101.7.1.1 He orders meetings of the IPF as provided in the Constitution and presides at all meetings of the IPF and General Assembly

101.7.1.2 He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

101.7.1.3 He is an ex officio member of all committees.

- 101.7.1.4 The President provides leadership in the long-term and day-to-day activities of the IPF, delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct IPF business.
- 101.7.1.5 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 900 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.
- 101.7.2 Vice President**
- 101.7.2.1 He has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.
- 101.7.2.2 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 500 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.
- 101.7.3 Secretary General**
- 101.7.3.1 To make proper arrangements for keeping the records of the IPF and the General Assembly.
- 101.7.3.2 Issue all official notices of all IPF meetings.
- 101.7.3.3 Keep a complete record of competitions held under the auspices of the IPF. These records shall include the results of national championships, newsletters and magazines.
- 101.7.3.4 To serve as Secretary of the General Assembly and at any special meetings or hearings of the IPF.
- 101.7.3.5 To certify as a "Provisional Member" any applying nation who submits the proper fees and credentials, until such time as the General Assembly shall deliberate such membership.
- 101.7.3.6 Delegate any of the aforementioned duties to an "assistant secretary" appointed by the Executive or to such assistants as may be provided by the IPF By-Laws to perform it.
- 101.7.3.7 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 900 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.
- 101.7.4 Treasurer**
- 101.7.4.1 Receive all monies due to the IPF and deposit it to accounts in the name of the IPF.
- 101.7.4.2 Sign all cheques, notes and drafts together with one other signature as provided by the IPF By-Laws by a sum greater than Euro 2.500.
- 101.7.4.3 Pay all bills approved by the duly authorised officer or by the General Assembly provided it is within the authorised current budget of the IPF.
- 101.7.4.4 When requested, hand over to the Auditor for audit or other purposes, all monies, accounts, books, papers, vouchers and records pertaining to his office.
- 101.7.4.5 To present an audited balance sheet to the annual General Assembly. Audit of IPF accounts is to be made by the Auditor.
- 101.7.4.6 To be responsible for collecting all fees due the IPF.
- 101.7.4.7 To be responsible for issuing an invoice and collecting any penalties.
- 101.7.4.8 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 500 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.
- 101.7.5 Board members**
- 101.7.5.1 They shall take an active part in the IPF Executive work and carry out such duty as assigned to them by the President.
- 101.7.5.2 To represent the IPF in his region at national and international championships and meetings.
- 101.7.5.3 To supervise and lead the regional federation and organise yearly regional General Assemblies and championships.
- 101.7.5.4 To contact and inform potential new member nations in his region.
- 101.7.5.5 To serve as a consultant to the member federations within that region.
- 101.7.5.6 To represent his region at the IPF Executive Meetings and the General Assembly.
- 101.7.5.7 To make suggestions to the various IPF Committees.

- 101.7.5.8 To plan and control development programs within his region.
101.7.5.9 A daily allowance of € 30 to cover additional food and other living expenses is paid to the board members when traveling to the championships. An amount of allowance is to be decided by the General Assembly in which the election of board members takes place. The allowance does not cover the actual cost of travel and accommodation. This daily allowance of € 30 shall be granted also to other IPF officers, who are in charge of any duty.

101.8 Duties of the Non-Executive Officers

Duties of the non-executive officers are those duties mandated by the Executive including.

101.8.1 Auditor

- 101.8.1.1 Shall audit the balance sheet and books of the Treasurer prior to the General Assembly.
101.8.1.2 Monitor the expenditure of the IPF in regard to the budget.

101.8.2 Media Officer

- 101.8.2.1 Shall promote the IPF through the electronic and print media. The President must approve in writing all promotional material and press releases.
101.8.2.2 Shall consider all opportunities for television rights for international championships and make appropriate recommendations to the Executive.

101.8.3 Newsletter Editor

- 101.8.3.1 Shall publish the official IPF newsletter or magazine on a bi-monthly basis. If necessary additional issues should be published on an 'as required' basis.
101.8.3.2 Shall set advertising rates (which must be ratified by the Executive) for the IPF Newsletter/magazine and shall work with the Media Officer to obtain paid advertising for the publication and to increase its circulation.
101.8.3.3 Maintain a current distribution list for the IPF publication. This list shall comprise all entries in the IPF directory as well as additional parties to whom the IPF publication is distributed.

101.8.4 Records Registrar

- 101.8.4.1 Shall certify all World records and maintain an up to date register of all records in all categories. World records can only be confirmed if IPF drug testing requirements according IPF Anti-Doping rules 5.7 for the acceptance of World records have been complied with. Pending the confirmation of a negative drug test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than three months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

101.8.5 Championship Secretary

- 101.8.5.1 Shall maintain a Calendar of Events covering all major events for a period of not less than 24 months from the date of the Calendar.
In normal circumstances, all world and regional championships shall be allocated dates within the calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible. Regions are to allocate similar annual dates for their own regional events and may combine regional with world championships if they are hosts for the world event.
The major events in the IPF calendar are as follows:

- 101.8.5.1.1 World Championships for Sub-Junior and Junior (Men and Women), Men and Women (Open) and Masters (Men and Women).
101.8.5.1.2 World Cup.
101.8.5.1.3 World Games.
101.8.5.1.4 Other international events as approved.

The Championship Secretary shall ensure that major international events do not clash. If necessary, sanction may be refused in order to achieve an orderly calendar.

- 101.8.5.2 Shall distribute to affiliate federations the invitation and details of major events at least six months prior to the event. He shall also distribute team nomination forms and other necessary documents to affiliated federations.
The invitation will be based upon the answers to a standard questionnaire sent to the host national federation and/or promoters of the championship when a bid is accepted. Closing date for an organizer of World Championships to provide all details in the invitation is 6 to 8 months prior to the contest date. If special hotel and transport booking forms are required, a draft copy of these forms shall also be sent to the Championship Secretary in order that they may be distributed with the

invitation. Nomination forms for world championships must provide columns for the following information.

- 101.8.5.2.1 Lifter's family name.
- 101.8.5.2.2 Lifter's first name in full.
- 101.8.5.2.3 Lifter's best total performed within the preceding twelve months at national or international level.
- 101.8.5.2.4 Lifter's year of birth.
- 101.8.5.2.5 Lifter's passport number.
- 101.8.5.3 Shall collate all team nomination forms and ensure that they are fully and properly completed. He shall then prepare a full list of lifters nominated for the event. A copy of this shall be sent to the Internet Officer, the Newsletter Editor and the Media Officer.
- 101.8.5.4 Prepare or obtain from the responsible event official, the full results of the event and distribute this to the persons specified in the preceding section. Pending the final drug testing results championships results shall be published as "Provisional Pending Final Drug Test Results."
- 101.8.5.5 Before a sanction for a major event is granted he must ensure that the applicant has the capacity for successfully promoting the event and the ability to comply with all the requirements of the IPF.

101.8.6 Internet Officer

- 101.8.6.1 Maintains the IPF Internet site.
- 101.8.6.2 The Directory
- 101.8.6.3 Constitution and By-Laws
- 101.8.6.4 Drug testing Protocol
- 101.8.6.5 Technical Rules and the "Rule Interpretation "appendix
- 101.8.6.6 World Records
- 101.8.6.7 Calendar of Events
- 101.8.6.8 Invitations and details on forthcoming events
- 101.8.6.9 Results of major events
- 101.8.6.10 Drug testing results
- 101.8.6.11 Authorised material from the President or Executive
- 101.8.6.12 Other than replies to routine enquiries he shall not post any other material without the written consent of the President.

101.8.7 Referee's Registrar

- 101.8.7.1 Maintains a complete register of all referees registered by their respective affiliated national federations.
- 101.8.7.2 Administers examinations for Category one and Category two international referee status.
- 101.8.7.3 Provides each national federation with a current list of accredited referees. Updated annually.
- 101.8.7.4 Provides each national federation with a list of referees who need to re-register in order to remain accredited.

101.8.8 Committees, Commission, Panel

101.8.8.1 General Provisions

Each committee shall consist of a chairman elected by the General Assembly and a maximum of six (6) members (exception Technical committee 10 members) from various nations who shall be appointed by the Executive in consultation with the Committee Chairman.

101.8.8.2 Technical Committee

- 101.8.8.2.1 Appoints the chief and side referees for world championships.
- 101.8.8.2.2 Trains and instructs referees who wish to take international qualifications and examines those who are recommended for examination. The Committee shall inform the General Assembly of the names of referees qualified to officiate at international championships and those who need to be re-examined.
- 101.8.8.2.3 Organises courses for referees before important competitions such as the world championships. The expense of organising courses or clinics shall be borne by the host national federation. The Committee can propose that General Assembly withdraw a referee's international card and terminate his appointment if it deems such action necessary.
- 101.8.8.2.4 The Committee may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with methods of training and performance of the power lifts. Such material shall be sent to all affiliated federations.
- 101.8.8.2.5 Establish procedures for training of officials in the conduct of contests and prepare job briefs for the use of officials appointed to specific duties during a contest.

- 101.8.8.2.6 Establish a code of ethics and good behaviour for the use of all officials. Infringements of the code may be referred to the Executive Committee for appropriate action.
- 101.8.8.2.7 Ensure that the equipment used by member nations and at world and regional championships conforms to the specific detailed requirements of the IPF.

101.8.8.3 **Women's Committee**

- 101.8.8.3.1 Consists out of the Chair (female) elected by General Assembly and a sufficient number of members appointed by the Chair respectively the women's representatives of the regions.
- 101.8.8.3.2 Shall work to promote female powerlifting and recruit Women into governing bodies in powerlifting.
- 101.8.8.3.3 The Chair of the Women's Committee is not the member of the Executive, but may be invited at the EC meetings where she has a right to speak but no vote when the question is of matters applying to the activity of the Committee and/or concerning the proposals for any rule changes the Committee would like to be made.

101.8.8.4 **Athletes' Commission**

- 101.8.8.4.1 The Athletes' Commission is composed of six Members of different nationality (preferably athletes from the six regions) - three male and three female. One of them is speaker elected by the Members of the Commission. To be eligible an athlete must be internationally ranked in the last two seasons before the elections.
- 101.8.8.4.2 The Athletes' Commission represents the interests of the athletes. It has the right to bring the points of view of the athletes and proposals to the General Assembly, the Executive Committee and the Committees, in particular to the Technical, the Medical Committees and the Coach Commission. A representative is entitled to take part at the meetings of the General Assembly. It reports to the Executive Committee and the General Assembly.
- 101.8.8.4.3 The duties of the Athletes' Commission are:
- 101.8.8.4.3.1 To represent the athletes in the decision making bodies of the IPF;
- 101.8.8.4.3.2 To act as mediator between active athletes and the IPF Organisms;
- 101.8.8.4.3.3 To represent the athletes in the meetings of the Technical Committee and in the Medical Committee if invited by the Chair;
- 101.8.8.4.3.4 To form the official opinion of the athletes concerning actual issues and to pass resolutions of the athletes;
- 101.8.8.4.3.5 To work for the athletes' representation in the National Federations;
- 101.8.8.4.3.6 To represent the athletes during the IPF competitions as a spokesman / spokeswoman.
- 101.8.8.4.4 All proposals by the Athletes' Commission must be decided by the IPF General Assembly. The proposals must be in connection with the duties of the Commission.

101.8.8.5 **Coach Commission**

- 101.8.8.5.1 The Coach Commission is composed of a seven Members of different nationality (preferably coaches from the six regions). One of them is speaker elected by the Members of the Commission. To be eligible a coach must be internationally active in the last two seasons before the elections.
- 101.8.8.5.2 The Coach Commission represents the interests of the coaches. It has the right to bring the points of view of the coaches and proposals to the General Assembly, the Executive Committee and the Committees, in particular to the Technical, the Medical Committees and the Athletes' Commission. A representative is entitled to take part at the meetings of the General Assembly. It reports to the Executive Committee and the General Assembly.
- 101.8.8.5.3 The duties of the Coach Commission are:
- 101.8.8.5.3.1 To represent the coaches in the decision making bodies of the IPF;
- 101.8.8.5.3.2 To act as mediator between coaches and the IPF Organisms;
- 101.8.8.5.3.3 To represent the coaches in the meetings of the Technical Committee and in the Medical Committee if invited by the Chair;
- 101.8.8.5.3.4 To form the official opinion of the coaches concerning actual issues and to pass resolutions of the coaches;
- 101.8.8.5.3.5 To work for the coaches' representation in the National Federations;
- 101.8.8.5.3.6 To work out and maintain a license for the Coaches responsibility.
- 101.8.8.5.4 All proposals by the Coach Commission must be decided by the IPF General Assembly. The proposals must be in connection with the duties of the Commission.

101.8.8.6 **Entourage Commission**

- 101.8.8.6.1 The Entourage Commission is composed of the Chair appointed by the Executive Committee and the relevant number of other members as to covering an athlete's Entourage, including the representative of the parents of Sub-junior and junior Athletes. Members must have a specific skill

and experience in their area of expertise, i.e. in sport law, general sport management and sport contracts, coaching, sport medicine, sport psychology etc.

101.8.8.6.2 The duties of the Entourage Commission are:

- a) To give support to the General Assembly to follow and to accomplish the General Principles dictated by the IOC and written in the Olympic Chart.
- b) To propose to the Executive Committee adequate actions in order to protect the interests of Athletes with particular regard to the female, Sub-junior and junior Athletes.
- c) To deal with matters concerning the relationship between athletes, coaches, managers, sponsors and all other persons promoting the athletes sporting career.
- d) To cooperate with the Coach Commission in order to provide the best possible environment for the Athletes especially at the beginning (i.e. combine powerlifting with work/study) and at the end of a sporting career.
- e) To give support to the Executive Committee in order to obtain the IOC recognition.

101.8.8.7 **General Principles**

The Members of the Entourage Commission must respect the following principles:

- a) To avoid the conflict of interest.
- b) To take resolute and appropriate action against any form of cheating or corruption in sport.
- c) To support and make proposals to strengthen the IPF rules.
- d) To reject any form of doping: comply with the WADA Code and support its programs.
- e) To refrain from any form of betting or promoting of betting activity on the athlete's sport.
- f) To refrain from any form of sexual harassment.
- g) To refrain from any abuse of a position of influence.

101.8.8.8 **Athletes' Responsibility**

101.8.8.8.1 The Athletes have to act responsibly, choosing their Entourage members with care and with the exercise of due diligence and to use their best efforts to ensure that any contract is negotiated with fair conditions.

101.8.8.9 **Commitment and Procedures**

101.8.8.9.1 All members of the Entourage Commission are committed to the IPF rules and regulations including the IPF Anti-Doping Rules by virtue of their membership of the Entourage Commission, and are subject to sanctions defined in the relevant IPF Rules.

101.8.8.9.2 The investigation, results management and hearing processes are as specified in the relevant IPF rules, including the Anti-Doping Rules.

101.8.8.9.3 Any member of the Entourage Commission asserted to have committed a rule violation has the right to be heard in his or her case before the relevant disciplinary or hearing body makes its decision on the case.

101.8.8.10 **Penalties**

101.8.8.10.1 In case of breaching the General Principles (refer to article 101.8.8.7) or acting or behaving against the general principles of sportsmanship by the member of the Entourage Commission, the member in question shall, without unnecessary delay in the hearing process conducted by the Disciplinary Committee, be excluded from the membership of the Entourage Commission.

- 101.8.8.10.2 Any member of the Entourage Commission who is proven to be guilty of bringing the sport into disrepute by means of his or her comments, published articles, TV or radio broadcasts or through Internet shall, without unnecessary delay in the hearing process conducted by the Disciplinary Committee, be excluded from the memberships of the Entourage Commission.
- 101.8.8.10.3 Where an anti-doping rule violation by the member of the Entourage Commission has established, he or she shall be penalized as defined in articles 9 and 10 of the IPF Anti-Doping Rules.

102 PROCEDURES

102.1 IPF Member Nations Addresses

All listings of the IPF member nations shall include the name of the national federation.

102.2 Expulsion of Member Nations

No national federation shall remain a member of the IPF if the General Assembly by at least two-thirds majority of votes cast decides that it is not in the best interest of the IPF for that national federation to remain a member.

102.3 Election of Regional Board Members

Elections of Board Members of the IPF shall be determined by regional federations and ratified by the General Assembly.

102.4 Timelines for Submitting, Awarding Bids for World Championships

Bids shall be made and world championships awarded three years in advance. All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Secretary General at least ninety (**90**) days before the next General Assembly.

All organising federation must sign the promoter contract one year before the according championships otherwise the IPF sanctions will apply if this federation withdraws.

The executive committee will examine the bids and takes the decision where the different championships will be held.

The select nation must then report in detail to the General Assembly.

102.5 Printing of the IPF Technical Rules

The IPF shall only print a master copy of the Technical Rules. Each member nation will be permitted to reprint them for sale or distribution as it sees fit.

102.6 Testing for Category I Referees

The IPF may test for category 1 referee at any international championship except that of the Bench Press Championships.

102.7 Application for National Affiliation

The Secretary General shall design and maintain an application form for the use of nations wishing to affiliate to the IPF. The form shall require all necessary information from the applicant including the names and addresses of officers, other affiliations and relevant organisational data. The form will be returned together with a copy of the applicant Nation's constitution.

102.8 Incorporation of the IPF

The IPF is incorporated under the laws of Luxembourg with the following address: 1, rue Pasteur, 4642 Differdange. The headquarters is located at the place of residence of the President. It is not necessary to move the country of incorporation with changes in officers or with a move of the headquarters if all functions of the IPF are continued without interruption and the corporate and legal integrity of it are maintained. The Executive will make any need for changes in location of incorporation or of location of the headquarters.

102.9 Permitted Expenses by Officers

The permitted expenses of all officers of the IPF shall be decided by the IPF-EC and contained in the Treasurer's budget proposals. If necessary the executive may by two-thirds majority vary payments approved in the budget.

102.10 Standing Orders Authority

The Standing Orders of the IPF shall be the supreme document for all IPF meetings. The exception being when they are in conflict with the Constitution (refer IPF Constitution 7.3.6.1).

102.11 Use of “World” as Relates to World Championships Defined

The word “World” in connection with powerlifting may only be used by the IPF for competition and records.

103 FINANCE

103.1 Audit of the Auditor

The Auditor shall perform an audit closing the books on 1st of October each year. There must be an audit of IPF accounts. The audit is to be made by the Auditor.

103.2 IPF Subscription and Fees

The annual membership subscription shall include all championship and international sanction fees with the exception of world championships. For these, sanction fees shall be paid in accordance with the following scale of subscriptions and fees:

| | | |
|---|------|---------|
| 103.2.1 National affiliations (annually): | Euro | 400 |
| 103.2.2 All referee examinations: | Euro | 30 |
| 103.2.3 Referee card renewal: | Euro | 50 |
| 103.2.4 Sanction for international matches: | | Free |
| 103.2.5 IPF Referee tie and scarf | Euro | 25 |
| 103.2.6 IPF Badge (if lost) | Euro | 15 |
| 103.2.7 Sanction for World Championships | Euro | 1.000 |
| 103.2.8 Analyse of B-Sample | Euro | at cost |
| 103.2.9 Appeals (refer IPF-Con. 11.4.1) | Euro | 150 |

Regional federations must be affiliated to the IPF and will not be subjected to any sanction fee for regional championships. In addition, the promoter shall be responsible for providing at his own expense all necessary medals, 1st 2nd and 3rd for all competing categories and classes (refer to 104.3 for medals or certificates for individual lifts). The category and class medals are to be ordered from the Treasurer at least three months prior to the championships.

The participating national federations shall pay a drug test fee of EUR 50 for each lifter entered and declared at the Technical Meeting prior to the championships. If a national federation is not represented at the Technical Meeting, then a fee is required for all lifters nominated and entered on the final entry form. In addition to the drug test fee, participating national federations shall pay a participation fee of EUR 50 per lifter for each lifter entered and taking part in any World Championships. EUR 15 of the participation fee or equipment similar to that amount shall be paid to the promoter, or the promoter shall receive equivalent support in goods donated by sponsors, as decided by the Executive.

103.3 Suspension for Failure to Pay Appropriate Sanction Fee for Competition

Any national federation organising any of the events listed in 103.2 and who has not paid the necessary sanction fee, shall automatically be suspended from memberships of the IPF until such time as the required fee is paid in full.

103.4 Television and Advertising

- 103.4.1 The IPF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post event production of video recording and advertising rights and all other multimedia coverage of the World Championships and other events organised and controlled by the IPF.
- 103.4.2 To obtain these rights or part of these rights, a fee must be paid to the IPF. The President, Secretary General and the Treasurer decide the amount in consultation with the EC.
- 103.4.3 Television rights, marketing and sponsorship revenues for World Championships are apportioned according to the signed contract between the host Federation / Organising Committee and the IPF.
- 103.4.4 At World Championships and competitions organised by the IPF, on each piece of equipment of the powerlifter's outfit, the IPF allows the application of
 - a) the identification (logo, name or a combination of both) of the Manufacturer of the product and/or
 - b) the identification of their commercial sponsor (logo, name or a combination of both) with the total maximum size of 10 cm's x 2 cm's per piece of equipment. Distinctive design patterns of a

manufacturer are not considered for this measurement of the application. Anything exceeding this size is regarded as advertising and the relevant rules apply. At World Games, the IWGA rules prevail.

103.5 Hotel Bills for National Federations and Officials at World Championships

At all world championships, participating national federations shall be responsible for their own hotel bills.

All pre-booked rooms have to be paid before the championships; except those rooms which were cancelled until seven (7) days before the beginning of the championships.

Cancellation has to be proofed by a written confirmation of the organiser e.g. an email or fax.

No other exception can be accepted.

Not the organiser, but the responsible national federation will be charged for any damages or thefts occurring in the room.

103.6 Hotel Bills for IPF Officials Attending World Championships

The hotel bills of a maximum of 4 IPF-Officials and the Computer Secretary as decided by the EC shall be paid by the promoter of the championships on the basis of room and breakfast only for a maximum of eight (8) days.

103.7 Travel Costs for the IPF Executive

The IPF shall pay travel costs and other expenses of four executive members as follows:

103.7.1 One hundred per cent of the cheapest airfare obtainable from recognised carriers less any subsidy paid by any other agency.

103.7.2 In the event of a promoter not being in a position to honour his obligations to four executive members with regard to their hotel bills, the IPF shall pay same on the basis of a length of stay at least equal to that of the teams, or for a reasonable period of time not to exceed eight (8) days.

103.7.3 Any finance referred to in item 103.7.2, shall be derived from the championship itself or current IPF deposits. Such funding must not be offset against future deposits.

103.7.4 No other recompense shall be made in favour of the four IPF officials.

103.7.5 Both the President and the Treasurer must approve all claims for expenses or reimbursements. This ruling applies equally to the issue and signing of cheques and contracts.

103.8 Lapel Pins

A lapel pin portraying the official IPF emblem shall be obtained for sale to all members. In addition, the Treasurer will obtain a stock of items such as belt buckles, cuff links, ties and tie clasps etc. for sale to members and as a means of raising funds.

103.9 Delinquent National Affiliate Fees

Delinquent Nations: National federations more than one year in arrears with their annual subscription shall be suspended from membership of the IPF.

103.10 IPF Development Fund

The IPF may budget for and maintain a development fund. This is to be administered by the Executive. The purpose of the fund is to assist:

103.10.1 Unaffiliated nations in the formation of national powerlifting federations and their affiliation to the IPF.

103.10.2 Affiliated nations to develop the sport of powerlifting and maintain their affiliation to the IPF.

104 RECORDS AND AWARDS

104.1 National Records and Claims for World Records

Each national federation shall be responsible for its own records and record claims. A world record claim may be submitted upon the form normally used by that nation.

104.2 World Record Certificates

The IPF shall provide an honour certificate free of charge to all lifters who establish bona fide world records.

104.3 IPF Medals

104.3.1 The IPF shall maintain standardised medals for use at world championships. Medals to be presented for first, second and third places in each category based upon totals. In addition, medals or merit award

certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and dead lift in each category.

In the event of two competitors lifting the same weight, the lighter lifter will be declared the winner. Other awards may be provided according to the custom of the host nation.

- 104.3.2 Host nations may prepare medals to use as awards for category winners, in lieu of medals obtained from the IPF. Such medals must be of high quality, and must be submitted to the Executive for approval six months prior to the championships in question. Arrangements for manufacture and time of completion must be submitted as well.

104.4 World Championships Participation Certificates

World championship participation certificates shall be awarded to each lifter and official (team manager, coach) according to IPF regulations. They shall also be awarded to approved IPF officials and referees.

104.5 IPF Hall of Fame

Hall of Fame: There shall be an honorary body titled the "IPF Hall of Fame". Its purpose shall be to honour members who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting internationally. A maximum of two lifters and one official may be elected to the Hall of Fame each year but with the added proviso that not more than two men and one woman may be elected in any one year. A certificate of achievement will be awarded. No one who has been involved in drug offences or has been suspended by drug abuse shall be proposed to Hall of Fame.

Any lifter or official previously awarded Hall of Fame will lose this distinction if suspended by IPF due to doping abuse.

104.6 Election to Hall of Fame

The Executive decides prior to the General Assembly, after having received the bids from nations, whom will be awarded Hall of Fame. The appointed persons will be honoured at the General Assembly.

104.7 Free Entry to Championships, Executive, Committee Chairmen, Hall of Fame Members

Members of the IPF Executive Committee, IPF Committee Chairmen and members of the IPF Hall of Fame will have free entry to any powerlifting competition organised by a member federation or its affiliates. An identification card will be issued by the IPF.

104.8 Categories of World Records

The IPF recognises world records in the following categories: Men's Open, Women's Open, Junior Men and Women, Sub-Junior Men and Women, and Masters Men and Women. Single lift Bench press: Men's and Women's Open, Junior Men and Women, Sub-Junior Men and Women, and Master's Men and Women.

104.8.1 World records will be accepted and registered only within the categories listed in this item.

104.8.2 Records will only be accepted if applications are made strictly in accordance with the requirements of the IPF Technical Rules and according to the IPF Anti-Doping rules 5.1 and include a copy of the relevant score sheet. Claims to be sent to the Record Registrar.

104.9 Recognition of World Records

104.9.1 World records as referred to in article 5.1.1.2 of the IPF Anti-Doping Rules will only be accepted from competitions where doping testing is carried out according to the IPF Anti-Doping rules and the lifter returns a negative test result. This must be done strictly in accordance with the IPF Anti-Doping Rules and WADA International Standard for Testing and Investigations including the analysis of samples in a laboratory accredited at the time of analysis by WADA.

104.9.2 Where a lifter is found to have committed an Anti-Doping Rule Violation and the penalty for that violation is confirmed by the Doping Hearing Panel as 2 years or more suspension that lifter shall suffer the loss of all World, Regional and any other international Records set by them since 1st of January 2011. In such cases the Record(s) shall be held open for a period of 30 days and new applications for those Record(s) may be received re performances which were set under all World Record conditions (international meet, drug-test, etc.). At the end of that 30-day period the Record(s) in question shall revert to the higher of any new applications or the performance of the holder of the Record previous to the performance of the suspended lifter.

105 COMPETITIONS

105.1 Non-discrimination in IPF Competition

No one is to be denied access to competition on the grounds of race, colour or creed.

105.2 National Flags

Each participating nation at a world championship must provide if required, a national flag approximately 1.5 m x 1.0 m in size. Any nation failing to meet this obligation will be fined the sum of EUR 30 in order to reimburse the promoter for any loss and inconvenience suffered. It is the responsibility of the promoter to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the promoter fails to return a nation's flag; he shall be required to reimburse that nation for the loss suffered.

105.3 Entry to Championships, Coaches, Officials, Meals for Working Officials

At all world championships the promoter shall provide free access to the venue and other competition buildings or functions for team officials and coaches on the following scale:

- 105.3.1 For the first three competing lifters, one official or coach shall be permitted access.
- 105.3.2 For every additional three competing lifters, one additional official or coach shall be permitted access to a maximum of three per nation.
- 105.3.3 The courtesy of free access shall also be extended to all officiating referees and jury members to a maximum of three per nation.
- 105.3.4 The courtesy of free access shall be extended to all members of the Sports Medicine Team who participate during the championships. The names of such personnel shall be forwarded to the promoter and an agreement reached between the Chairman of the Medical Committee and the promoters upon the number to be accepted.
- 105.3.5 Promoters of World Championships and Cups shall provide for the referees and the IPF officials free meals during the competition. Free meals should preferably include at least two servings of food and non-alcoholic drinks each competition day served in the competition area. Only referees and IPF officials that work with official duties during a competition day shall be granted such benefit from the promoter.
- 105.3.6 Dress code for Coaches at international events shall be national team tracksuit plus team or IPF approved T-Shirt, or sport shorts plus team or IPF approved T-Shirt and the coach must adhere to this code failing which on the ruling of the Technical Controller or Jury it may result in the Coach being excluded from the event warm up room and competition surrounds.

105.4 Invitation and Accommodation

- 105.4.1 The official invitation and details of world championships must be received by member nations at least six months prior to the event. Details shall include the date of the General Assembly, competition date, names and addresses of hotels and the rates to be charged.
- 105.4.2 Accommodation rates charged by the promoter must not exceed the normal rack rate charged by the establishment providing the accommodation.
- 105.4.3 At all World Championships the accommodation fees shall be payable by bank transfer or credit card as follows (Exceptions may be granted by the IPF EC):
 - 1) By bank transfer as specified by the organizer in the invitation for each World Event at the latest 14 days prior to the competition;
 - 2) By credit card.
- 105.4.4 All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.

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.
- 105.5.2 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 14 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.

105.6 National Federations may not negotiate Television Contracts without Permission of the IPF Executive

A national federation may not negotiate a TV contract for an international title without the approval of the Executive. Failure to comply with this regulation could result in suspension of the national federation until the next General Assembly.

105.7 Equipment Standards

An "Equipment Standards" sub-committee to the Technical Committee is responsible for testing and publishing minimum standards for all equipment to be approved by the IPF.

105.8 Sub-Regional Competitions

The Regional Executive shall sanction sub-regional competitions on an international level. If a Regional Executive does not exist, then the responsibility for sanction shall rest with the Regional Board member of the IPF. Sub-regional means a competition between two or more nations but not open to all the nations in that region.

105.9 Competitions

105.9.1 Any national federation or promoter of international events must not attempt to advertise or invite lifters and officials to the event without first obtaining a written sanction from the Secretary General. Only written contracts or sanction will be valid.

105.9.2 Only national federations affiliated to the IPF may apply for sanctions

105.9.3 Eligibility to Represent a Member

- (i) All individual competitors taking part in international competitions must be the nationals of the country of the National Powerlifting Federation entering or sanctioning the participation of those competitors.
- (ii) A competitor who is a national of two or more countries at the same time may represent either one of them, as he or she elect. However, after having represented one country in an international event he or she may not represent another country unless he or she meets the conditions set forth in (iii) next.
- (iii) A competitor who has represented one country in an international event and who has changed nationality, or acquired a new nationality, may participate in international events as a representative of his or her new country provided that at least three years have passed since the competitor last represented their former country. This period may be reduced with the agreement of the national federations concerned and the agreement of the IPF.
- (iv) All cases and all matters relating to the determination of the country which a competitor may represent in an international competition shall be resolved by the IPF Executive Committee. In resolving such matters the IPF Executive Committee may make all decisions of a general or individual nature with regard to issues of nationality for any competitor.
- (v) The national affiliation of any Referee, Coach or other official of a country or of the IPF shall be determined in accordance with the principles applied to competitors by virtue of (i)-(iv).

105.10 Disabled Athletes competing in Able Bodied Divisions, Procedures for Weigh-In

"Bench press Championships shall be organised without a special division of disabled lifters. Disabled lifters can compete within the non-disabled classes, if they fulfil the IPF rules as for non-disabled lifters pertaining to the actual lift. The blind, sight impaired, mobility impaired, may be assisted to and from the bench with the aid of the "coach" or/and with the aid of crutches, or sticks."

For lifters who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The lifter shall be weighed in without the device, with compensatory weight added according to the established fractional charts. For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.

105.11 Multisport events / World Games

Any National Federation which incurs one or more positive test result at any World or Regional Open or Junior championship in the calendar year prior to the year of a World Games powerlifting event, will have the number of selected lifters from that nation reduced by the same number as the number of the positive tests. This shall apply in that female lifter positives will reduce the number of female lifters and that male lifter positives will reduce the number of male lifters.

105.12 Failure to Use IPF Approved Equipment

If the promoter of a Championship listed in 103.2 does not use the IPF recognised bars and/or plates at the competition platform, he will be fined a sum of Euro 1.500, and any World record broken by the lifters at the competition will not be accepted.

105.13 Facilities and Equipment Differing From Those Specified in the Technical Checklist

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the promoter will be fined a sum of Euro 1500, and the IPF will not grant any World Championship or cup to this nation for a period of two years after the event where the deviation from the Technical Checklist specifications are considered being seriously against the IPF rules.

105.14 Including a Referee in National Teams, Fine, Restriction

Any nation, being a member of the IPF for more than 5 years and participating with more than 4 lifters in the IPF Championships, as nominated on the final entry form and not withdrawn 14 days prior to the IPF Championships should include at least one international referee among its team officials available for refereeing or being a member of the Jury.

In combined championships (Men's and Women's) the 4 lifters include the total number of lifters from one nation. If a referee from that nation is not present, or if present but is not available to act in the capacity of either a referee or a member for Jury during the championships, the lifters are allowed to take part, but a fine of Euro 500 has to be paid by that national federation. The IPF Treasurer must receive such payment before the lifters from that nation are allowed to take part in any further IPF Championships or cups.

105.14.1 Each national federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the IPF Technical Committee Chairman issues a Referee duty list for the whole Championship. Any changes of a Referee's duty may be reported to the Technical Committee Chairman until 14 days prior to the Championship. After that date the referees cannot expect to officiate in other duties than specified on the Referee duty list.

105.15 Competition Fixing Guidelines

The IPF has set of Competition Fixing Guidelines & these apply with the same force as any other By-law or regulation of the IPF.

106 CONTRACTS

106.1 Signing Authority, IPF Contracts

Both the President and the Treasurer (and/or Secretary General) must sign all contracts performed in the name of the IPF when the majority of the EC have accepted such contract to be signed. A copy of the contracts must be given to all EC-members, if it is requested.

107 APPENDIX STANDING ORDERS

107.1 Order of Business

An agenda shall be prepared by the Secretary General and circulated to all member federations at least 30 days prior to the IPF General Assembly. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for the consideration of the meeting may only do so after the business on the agenda has been completed.

107.2 Minutes

The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be in regard to the accuracy of the minutes. After confirming the accuracy of the minutes, the Chairman shall sign them, and the delegates at the General Assembly shall be at liberty to ask questions with regard to matters arising from the minutes. Such questions shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the Secretary General within four months of the date of circulation of the minutes to member federations.

107.3 Selection of Speakers

The Chairman shall decide the order of speakers.

107.4 Chairman's Ruling

The ruling of the Chairman on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken and a two-thirds majority required to the ruling.

107.5 Speeches

No member shall speak for more than five minutes at any one time.

107.6 Motions and Amendments

The first proposition on any particular subject shall be known as the original motion. All succeeding propositions in that subject shall be called amendments. Every motion or amendment must be proposed and seconded by members actually present at the meet before they can be discussed. It is permissible for a member to make a speech first and conclude with a motion. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendment must be given before the first amendment is put to the vote.

107.7 Substantive Motions

If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, provided that it is consistent with the business and not been covered by an amendment or notion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

107.8 Voting

Except when the chairman at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

107.9 Matters of Procedure

At meetings, all matters of procedure which are not covered under these standing orders shall be decided by the Chairman of the meeting.

107.10 Privileged Immunity of the General Assembly

Anything said In the IPF General Assembly, committees or subsequent documentation is without prejudice and may not be used in litigation.

108 APPENDIX OFFICIAL AGENDA

108.1 Roll Call of Nations and Delegates Presentation of Credentials of each Nation. Certification of Athletes and Referees

108.2 President's Address

108.3 Minutes of the last General Assembly

108.4 Treasurer's Report – Auditor's report
a) To examine the accounts of the previous year
b) To approve the budget for the forthcoming year
c) Fees (if requested)

108.5 Secretary General's Report

108.6 Committee Reports
(a) Technical Committee (b) Medical Committee (c) Disciplinary Committee

(d) Appeal Committee
(g) Doping Hearing Panel

(e) Law & Legislation Committee
(h) Women's Committee

(f) Anti-Doping Commission
(i) Entourage Commission

108.7 Regional Reports

(a) Region 1 (Europe)
(c) Region 3 (Asia)
(e) Region 5 (South America)

(b) Region 2 (Africa)
(d) Region 4 (North America)
(f) Region 6 (Oceania)

108.8 Elections

108.9 Proposals

108.10 New Member Applicants

108.11 Action on Delinquent Nations

108.12 Hall of Fame

108.13 Future Championships

108.14 Any Other Business

108.15 Adjournment

109 APPENDIX RULE AMENDMENTS

Proposals to amend the IPF Constitution, By-Laws, Technical Rules and/or Appendices. Hereinafter referred to as rule(s), shall be set out as follows:

- 109.1 Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."
- 109.2 Action to be taken:
 - 109.2.1 Deletion, or
 - 109.2.2 Addition, or
 - 109.2.3 Amendment, delete ... and insert (or replace with)...
- 109.3 Text involved
 - 109.3.1 and (109.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full.
 - 109.3.2 and (109.2.3) above. The text of the addition or insertion, accompanied in the former case by the proposed rule No. or location.
- 109.4 Optional

A brief statement of the reasons(s) for the proposal: This will form part of the formal proposal but is merely for the guidance of The General Assembly. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be affected, have been consistently dealt with by the proposal.

Renumbering: It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.

Decided at the IPF General Assembly in Aurora / U.S. of America on November 2, 2014