



CONSTITUTION OF THE INTERNATIONAL POWERLIFTING FEDERATION

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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 when it is considered appropriate.
- 1.2.5 Establish, define and enforce rules for the government of powerlifting internationally.
- 1.2.6 Promote, support and encourage doping 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 recognition 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 and are not liable for any losses.

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 supports and maintains the ideals and objectives of the Olympic movement. The IPF accepts and recognizes 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 The IPF recognises the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration for all disputes which cannot be settled amicably or through local arbitration or mediation. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.
- 3.4 All political and religious discussions or demonstrations are forbidden within the IPF.
- 3.5 The IPF supports all initiatives by powerlifters for peace and understanding.
- 3.6 No distinction is made between continents, countries or individuals for reasons of race, colour, gender, sexual orientation, 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, applying the Code of Sports-Related Arbitration for all disputes which cannot be settled amicably or through local arbitration or mediation. However all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.

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

The IPF respects the autonomy of its affiliated members with respect to matters that do not have an international dimension, do not breach the IPF Constitution, By-Laws or other IPF rules or regulations and do not otherwise negatively affect the IPF.

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. 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 national 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 31st of January each year to have voting rights at the annual General Assembly of this particular year.

To have voting rights at the electoral 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 and Commissions

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 suspend and take other sanctions against the IPF national member federations or regions for any violation of the IPF Constitution or By-Laws or other applicable rules or regulations where competence is not explicitly reserved for another organ, body or committee of the IPF. An appeal against a decision made by the General Assembly according to this rule 7.2.3 may be filed with CAS in accordance with the CAS rules.
- 7.2.4 By a two-thirds majority vote of members present, to remove any suspension or remit any penalty previously imposed on any national member federation or region 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.
- 7.2.13 To consider and accept proposed changes to the Technical Rules. Changes to the IPF Technical Rules will only take place every four years, the year before the elections. The next rules Assembly will take place in 2018. All proposed rules changes will be submitted to the following; the Executive Committee and the Technical Committee and to the General Assembly. Exemptions to this rule must be decided by the General Assembly.
- 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 and to appoint other members, where mandated, of the same. The standing committees of the IPF shall include Medical, Technical, Ethics & Disciplinary, Appeal, Women's and Youth 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 send by email a notice and agenda to all national member federations. The abovementioned documents will be placed simultaneously on the IPF Website at www.powerlifting-ipf.com

A notice sent to the last email 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 Executive 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 Executive member can hold a regional and an IPF officer function.

8.2 Executive Committee

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)
- The Chairman of the IPF Technical Committee
- Six members elected by the Regions (One member per Region). Such election shall only come into force if ratified by the IPF General assembly.
- The Executive Committee shall appoint to the Executive Committee two females from existing committees and commissions.

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 and have the following powers, without limitation:
- 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 Ethics & 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 Business Plan.
- 8.3.12 To prepare and make a final decision on detailed IPF Calendar of Events for each year covering all major events as listed in item 101.8.5 of the By-Laws and item 2 under the heading GENERAL RULES OF POWERLIFTING of the Technical Rules.
- 8.3.13 The Executive may vary the composition of championships from that stated in item 2 of the Technical Rules. The Executive Committee may also establish a new Major Events and include them in the IPF Calendar of Events without a decision made in advance at the General Assembly for establishing such Major Events. The Executive Committee shall inform the annual General Assembly of the Calendar of Events and the host countries and cities of future championships.

9 ELECTION OF THE IPF-OFFICERS

9.1 Election

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

- 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 valid votes only are counted to the result of voting. The following shall not be counted as valid votes and are not taken into consideration in the calculation of the required majority:

- (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.

(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 Ethics & 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 rules 7.2.5, 8.3.4 and 16 of this Constitution), the matter shall be assigned to the Ethics & Disciplinary Committee which shall examine the facts and make its decision on the matter and notify it to the IPF Executive.

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 and 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, COMMISSIONS, PANELS

11.1 General Provisions

Each committee shall consist of a chairman elected by the General Assembly unless specified otherwise in this Constitution or the IPF By-Laws, and a maximum of six (6) members (exception Technical Committee 10 members, Ethics & Disciplinary Committee 9 members and Anti-Doping Commission up to 9 members including the Chair) from various nations who shall be appointed by the Executive in consultation with the Committee Chairman. Notwithstanding the above, the six regional members to the Ethics & Disciplinary Committee shall be appointed by the General Assembly in accordance with rule 11.3.2 items 1), 2), 3) and 4).

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. Notwithstanding the above, the TUE decisions of the Medical Committee may be appealed to WADA and/or to CAS as set out in Articles 4.4 and 13 of the IPF Anti-Doping Rules.
- 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 Website.
- 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 the 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..
- 11.2.5 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 Ethics & Disciplinary Committee

11.3.1 Disciplinary hearings

The following provisions shall apply to disciplinary hearings.

11.3.1.1 DISCIPLINARY HEARINGS

The Ethics & Disciplinary Committee shall investigate the case of any IPF region, affiliated federation, lifter or official or athlete support personnel 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 the IPF regions, the IPF member federations and individual persons under the jurisdiction of the IPF.
- V) Breaching of any part, principles or values of the IPF Code of Ethics (Code).

Following such investigation it may impose an appropriate penalty e.g. fine, suspension, and ban from participation in IPF events, ban from staging IPF events.

11.3.1.2 Representation

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

11.3.2 Composition and Duties

- 1) The independent Ethics & Disciplinary Committee (EDC) shall be composed of nine (9) members; the Chairman elected by the General Assembly and six (6) members from the IPF Regions (one member from each Region) appointed by the General Assembly and two (2) other members appointed by the Executive Committee, for a renewable term of four years.
- 2) Each and every one of the six IPF Regional Federations shall elect one person from the Region concerned, who is known for the independency of spirit and competency, as a nominee who will be appointed to the IPF Ethics & Disciplinary Committee by the electoral General Assembly.

- 3) No current member of the Region's or IPF's Executive shall be a member of the Ethics & Disciplinary Committee.
- 4) No member of the Ethics & Disciplinary Committee may belong to any other IPF body.
- 5) The Chairman of the Ethics & Disciplinary Committee shall appoint a Deputy Chairman from amongst the six members appointed by the General Assembly.
- 6) If the Chairman of the Ethics & Disciplinary Committee is prevented from acting in any matter, the Deputy Chairman shall replace him. If both the Chairman and the Deputy Chairman are prevented to acting in any matter, the remaining members of the Committee shall choose an acting Chairman.
- 7) A panel of at least 3 members of the Ethics & Disciplinary Committee appointed by the Chairman shall investigate alleged violations of the Code.
- 8) The IPF President shall refer a case to the Ethics & Disciplinary Committee, as defined in clause 21 of the IPF Code of Ethics, when there are suspicions of non-compliance with the Code or one of the implementing provisions of the Code.
- 9) A confidential investigation shall be undertaken by the panel of the Ethics & Disciplinary Committee. The right to due process of the person concerned shall be respected.
- 10) The investigation outcomes shall be written down in a report that shall be presented to the Members of the Committee. The Committee shall adjudicate whether the violation of the Code has been committed.
- 11) The sanction decision, where appropriate, shall be made by the Ethics & Disciplinary Committee.
- 12) Decisions taken by the IPF Ethics & Disciplinary Committee on the cases arising from violations of the Code are subject to appeal to the Court of Arbitration for Sport (CAS).
- 13) The Ethics & Disciplinary committee shall conduct investigations and make decisions also **on all other disciplinary cases** than referred to in rule 11.3.2 item 8) arising within the IPF and its **Regional Federations**, except on doping related cases. Duties of the IPF Ethics & Disciplinary Committee as apply to the Result Management Procedure on doping related cases are as defined in article 7 of the IPF Anti-Doping Rules.
- 14) The Secretary General mandated by the Executive Committee shall refer the disciplinary cases (other than the disciplinary cases arising from the Code) to the Ethics & Disciplinary Committee. Disciplinary cases referred to in this item can also be sent, via the IPF Secretary General, to the Ethics & Disciplinary Committee by the national member federations.
- 15) The panel of the Ethics & Disciplinary Committee shall further collect all relevant information and evidence needed to deal with the cases as mandated in the various parts of the Constitution and By-Laws and the Code. All sensitive information shall be treated confidential within the parties involved.
- 16) The sanction decisions of the Ethics & Disciplinary Committee shall be made public at the IPF Web site.
- 17) The Ethics & Disciplinary Committee may provide advisory opinions on any potential issue related to the Code.
- 18) The Ethics & Disciplinary Committee shall have the power to make proposals to the IPF General Assembly for updating the ethical principles, including in particular the IPF Code of Ethics, and shall oversee the implementation of the Code.
- 19) Unless specified otherwise in this Constitution, decisions made by the IPF Ethics & Disciplinary Committee on disciplinary cases other than arising from the IPF Code of Ethics are subject to appeal to the IPF Appeal Committee.

11.3.3 Mediator

The IPF Executive Committee shall appoint one person who has a legal background to serve as a mediator for resolving disputes between two or more parties who voluntarily participates in mediation for such disputes between the parties that, according to this *IPF Constitution* and/or the *IPF Code of Ethics* or any other *IPF Code*, do not necessarily require a full disciplinary process.

Mediation will only take place by the common request of both (or more) parties that the parties agree. The written request must be sent to the IPF Secretary General who shall refer the case to the mediator.

The mediator shall assist the parties to negotiate a settlement. The process shall be private and confidential. The mediator shall act as a neutral third party and shall facilitate rather than direct the process. However, the mediator should direct the parties to focus on issues and stay away from personal attacks.

The mediator does not decide the outcome. Instead of that the mediation should produce a result that is mutually agreeable for the parties.

If the parties are unable to reach an agreement at mediation, then the case, if the circumstances require, can be referred to the IPF Ethics & Disciplinary Committee for the disciplinary process. Details about what went on in the mediation shall not be disclosed or used at the disciplinary hearing.

11.4 Appeal Committee

11.4.1 Appeal hearings

The IPF Appeal Committee shall receive all documents relating to any appeal for which it has jurisdiction under this Constitution. Without limitation, 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 and submissions relating to the appeal or, if a hearing is to be held, within one month of such hearing, examine and investigate the matter and make a decision on it.

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.

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

Decisions made by the IPF Appeal Committee may be appealed to CAS in accordance with the CAS rules.

11.4.2 Duties

The Appeal Committee consists of the Chairman elected by General Assembly and 6 members. No current member of the IPF's Executive or any IPF Region's Executive shall be a member of the Appeal Committee. Any member of the Appeal Committee shall not be simultaneously a member in the Ethics & Disciplinary Committee.

Duties are described 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 Secretary General who sends it to the IPF Executive Committee and any relevant party.

11.4.3 Appeals filed with CAS

No appeal shall be filed with the Court of Arbitration for Sports (CAS) before the Appellant has exhausted the legal remedies available to him prior to appeal, in accordance with the relevant rules of this Constitution and any other IPF rules and regulations including, without limitation the IPF Anti-Doping Rules. An appeal against a decision on a particular case may be filed with CAS only after the decision of:

- i) The General Assembly (GA); decisions for cases where an appeal may be referred to the GA, as defined in the relevant rules of this Constitution.
- ii) The IPF Appeal Committee (AC); decisions on cases where an appeal against a decision of the IPF Ethics & Disciplinary Committee is referred to the AC, as defined in the relevant rules of this Constitution.

- iii) The IPF Doping Hearing Panel (DHP); as defined in the IPF Anti-Doping Rules and the WADA *Code*.
- iv) The IPF Ethics & Disciplinary Committee (EDC); decisions on cases arisen from the IPF Code of Ethics, as defined in the relevant rules of this Constitution and the relevant clauses of the IPF Code of Ethics.
- v) The TUE Panel of the IPF Medical Committee; decisions on TUE applications, as defined in the relevant rules of the IPF Anti-Doping Rules and the WADA *Code*.

Any decision made by the CAS shall be final and binding on the parties concerned.

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 IPF Constitution and 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 No constitution of a national federation applying for membership to the IPF is valid until the IPF Law & Legislation Committee (L&LC) has reviewed it and has given its approval. All amendments from existing federations must be sent to the L&LC for its approval and are not valid until approved by the L&LC.
- 11.5.6 Shall evaluate proposed changes to the IPF Constitution and report the results to the President and the Secretary General. The reported result shall be included in the distribution of proposed amendments, as specified in rule 7.3.6.3.
- 11.5.7 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 except its Chair 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 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 ADAMS 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 maximum of five other experts with experience in anti-doping. Each panel member shall be otherwise independent of the IPF. Each panel member shall serve a renewable term of four years.
- 11.7.2 As determined in article 8 of the IPF Anti-Doping Rules, arranges and conducts 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 in connection with International Events or Out-of-Competition testing on an international level athletes initiated by the IPF or WADA.
- 11.7.3 Decisions made by the Doping Hearing Panel may be appealed as defined in Article 13 of the IPF Anti-Doping Rules.

12 REGIONAL FEDERATIONS

12.1 Regional Federations

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

- 12.1.1 Each region shall elect an officer at their General Assembly to act as IPF Executive 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 of operation must be submitted to the IPF Secretary General who sends them to the IPF Executive Committee for approval. These must conform to all IPF statutes and rules where applicable. Regional federations shall adhere to the IPF Constitution and all other IPF rules and regulations and respect any decisions taken by the IPF bodies.
- 12.1.4 All Regional Federations shall recognise the Court of Arbitration for Sport in Lausanne as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration for all disputes which cannot be settled amicably or through local arbitration or mediation. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.
- 12.1.5 In the case of conflict between the IPF Constitution and the constitution of any Regional Federation, **the terms of the IPF Constitution shall prevail.**
- 12.1.6 Their championships must be conducted in full accordance with the IPF technical rules.
- 12.1.7 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.
- 12.1.8 In Regional Championships, the Regional Federations have the authority to suspend competitors or officials and take disciplinary actions against them where the circumstances require an immediate

disciplinary action. They must report these facts to the Secretary General of the IPF, who in turn shall refer the case to the IPF Ethics & Disciplinary Committee for investigation and a final decision. Where the question is of a doping related case, then the procedure shall in all cases be strictly in accordance with Articles 7 and 8 of the IPF Anti-Doping Rules.

Regional Federations cannot suspend National Federations but may propose such action to the IPF.

- 12.1.9 Regional Federations must enforce the IPF Anti-Doping Rules and doping control must be carried out in all Regional Events in full accordance with the IPF Anti-Doping Rules.
- 12.1.10 Affiliated federations of Commonwealth countries may organise a sub-IPF federation in order to stimulate competition within the Commonwealth.
- 12.1.11 Each Region must submit the following documents to the IPF annually:
- Annual Report
 - Financial Report including: Balance Sheet, P/L statement, notes etc.
 - Auditors' Report and Budget
 - Calendar of events (dates and location) by the end of the preceding calendar year
 - Results and Report from all Championships
 - Results and Report from all international competitions held in the respective region (except for the IPF Events)
 - List of Records (and any updates)
 - Ranking Lists (at least once a year)
 - Any other relevant information requested by the IPF.
- 12.1.12 The IPF President or a person he nominates as his substitute shall be invited to the Executive Committee meetings and the General Assemblies of the Regional Federations. If the President and/or the General Secretary or Treasurer is/are unable to participate, appointed person(s) on their behalf shall attend the meetings with full power. Costs assumed by the IPF.
- 12.1.13 Regional Federations must send to the IPF the Minutes of their meetings including but not limited to the General Assemblies (or Congresses), Executive Committee and other Committees as soon as available.

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 31st of January 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 EC will issue a permit for the international contest to the organising national federation. An additional condition for permission is, that at the international contest doping tests must be carried out in accordance with the 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 Treasurer 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 31st of January, despite having received a reminder letter, shall be suspended from membership of the IPF by the IPF General Assembly, however only after more than two years in arrears with their annual subscription as specified in item 103.9 of the By-Laws.

14.3 Defaulting on Agreements to Compete

If a national federation defaults on a competition engagement with another country or countries, the EDC 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 who in turn will inform the Ethics & Disciplinary Committee which shall examine the case and make its decision on it. The organising national federation cannot penalise lifters or officials from other countries.

14.5 Suspension of Federations for Violations of Constitution/By-Laws

Any IPF region or affiliated national federation, which violates the Constitution or rules of the IPF, shall be suspended by the recommendation of the Ethics & Disciplinary Committee for a period to be decided by the General Assembly. In serious cases the EC may provisionally suspend the region or affiliated national federation until the next General Assembly.

14.6 Hearing prior to Penalty

Any IPF region, any national member federation or 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 IPF disciplinary or hearing body makes its decision on the case. This right may be satisfied by the opportunity to make written submissions.

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 Ethics & 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 or referee 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 Ethics & Disciplinary Committee (EDC). Prior to such determination by the EDC, 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 14.14)

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 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 etc. may be requested to appear before the Ethics & 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 an appropriate penalty. In serious cases the EC may provisionally suspend the member. The case will then be immediately sent to the EDC for decision.

14.13 Responsibility for Payment of Fines

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

14.14 Limitations to Jury’s Role in Discipline

The Jury has the right to act as Ethics & 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 Ethics & Disciplinary Committee who will then review the actions of the Jury.

14.15 Sanctions and Consequences for Anti-Doping Rule Violations

- 14.15.1 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.
- 14.15.2 Consequences to Teams shall be as defined under Article 11 of the IPF Anti-Doping Rules.

- 14.15.3 Sanctions and costs assessed against National Federations shall be as defined under Article 12 of the IPF Anti-Doping Rules.

14.16 Staying in the Venue until the end of Medal Ceremony

- 14.16.1 All athletes taking part in competition in World Championships must stay in the venue after the weigh-in for that particular lifting session until the end of the medal ceremony for the weight category in which the athlete competed in that World Championship.
- 14.16.2 An athlete who wants to leave the venue before the end of the medal ceremony for his/her weight category must ask and obtain a written permission from the Jury before leaving the venue.
- 14.16.3 If the athlete leaves the venue before the end of the medal ceremony without permission from the Jury, it may be considered as an asserted violation of article 2.3 of the IPF Anti-Doping Rules (Evading, Refusing or Failing to Submit to Sample Collection). If the athlete is found to have committed an abovementioned anti-doping rule violation the consequence for that violation is as defined in article 10.3.1 of the IPF Anti-Doping Rules.

14.17 Enforcing of Penalties

Any sanction imposed on a competitor or other person by the relevant body of the IPF or by an IPF recognised body shall be recognised and enforced by all members and regions of the IPF.

14.18 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 Regional Federation of the IPF, each National Federation of the IPF, and each Participant in the activities of the IPF or any of its Regional or National Federations by virtue of the Participant's memberships, accreditation, or participation in the IPF, its Regional Federation, its National Federations, or their activities or Events. The IPF Code of Ethics which is ratified by the IPF General Assembly is available on the IPF's Website at www.powerlifting-ipf.com

17 REFEREE CODE OF CONDUCT AND ETHICS

The IPF Referee Code of Conduct and Ethics shall guide all IPF Referees in the execution of their assignments. The Code including also the Ethical Guidelines that each IPF Referee shall maintain at all times is available on the IPF's Website at www.powerlifting-ipf.com

18 COACH CODE OF ETHICS

The IPF Coach Code of Ethics is a positive affirmation of the Coach's commitment to the fundamental qualities of professionalism, integrity and equity. Written acknowledgement of the Code is a requirement for a Coach to be registered as a Head Coach, Coach or Assistant Coach at an IPF international event, or to otherwise represent the IPF at an approved activity. This Coach's Code is complementary to the International Powerlifting Federation Code of Ethics (refer to Article 16 above) and applies in addition to that overall Code. The Coach Code of Ethics is available on the IPF's Website at www.powerlifting-ipf.com

19 MEDICAL CODE

The IPF Medical Code supports the basic rules regarding the best medical practices in the sport of powerlifting and safeguarding of the rights and health of the athletes. It encourages the adoption of specific measures to achieve those objectives. The IPF Medical Code is available on the IPF's Website at www.powerlifting-ipf.com

20 ENVIRONMENTAL POLICY

The sport of Powerlifting impacts the environment. The IPF shall encourage competition directors, athletes, coaches and referees all play a part in preserving and sustaining the environment. The IPF Environmental Policy is available on the IPF's Website at www.powerlifting-ipf.com

21 GUIDANCE FOR COACHES

This guidance has been produced specifically for coaches who provide opportunities for young people in Powerlifting, either in Sub-junior and Junior sections or mixed squad training camps. The IPF Guidance for Coaches is available on the IPF Website at www.powerlifting-ipf.com

22 CHILD PROTECTION POLICY

Every child should have the opportunity to take part in sport at all levels in a safe, secure and positive environment. Children have unique capabilities and strengths yet remain vulnerable to being influenced. In sport, where children and youth participation is predominant child protection becomes everyone's responsibility. It is essential for IPF member federations to have and implement a child protection guidelines and policies. The IPF Child Protection Policy is available on the IPF Website at www.powerlifting-ipf.com

23 GUIDANCE FOR PARENTS

This guidance has been produced specifically for parents whose children participate in Powerlifting. Powerlifting provides opportunities for enjoyment and achievement; it can develop qualities such as self-esteem leadership and teamwork, as well as physical benefits. Providing young people with a positive lifting experience means that they will be more likely to achieve their true potential. Every young people have the right to have fun and to be safe and free from harm, whether competing at local level or representing their nation at International level. Parent/legal guardian should feel comfortable with the environment that the child is in and able to ask questions about the federation, structure, people, policies and practices of that federation. The IPF Guidance for Parents is available on the IPF Website at www.powerlifting-ipf.com

24 PARENTAL CONSENT FORM

The Parental Consent Form (in addition to the Consent Form that is as Appendix 3 to the IPF Anti-Doping Rules) is to accompany nominations for the Championships for Athletes under the age of 18 years. If the Athlete is under 18 years of age on the day he/she competes he/she must provide a parental consent that he/she can provide urine or blood samples taken for doping testing. The IPF Parental Consent Form is available on the IPF Website at www.powerlifting-ipf.com

25 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.



BY-LAWS 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 convenes 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 Makes proper arrangements for keeping the records of the IPF and the General Assembly.
- 101.7.3.2 Issues all official notices of all IPF meetings.
- 101.7.3.3 Keeps 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 Serves as Secretary of the General Assembly and at any special meetings or hearings of the IPF.
- 101.7.3.5 Certifies as a "Provisional Member" any applying nation that submits the proper fees and credentials, until such time as the General Assembly shall deliberate such membership.
- 101.7.3.6 Delegates 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 Receives all monies due to the IPF and deposit it to accounts in the name of the IPF.
- 101.7.4.2 Signs 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 Pays 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, hands 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 Presents an audited financial report to the annual General Assembly. Audit of IPF accounts is to be made by the Auditor.
- 101.7.4.6 Is responsible for collecting all fees due the IPF.
- 101.7.4.7 Is responsible for issuing invoices 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 **Executive members**
- They shall:
- 101.7.5.1 Take an active part in the IPF Executive work and carry out such duties as assigned to them by the President.
- 101.7.5.2 Represent the IPF in their regions at national and international championships and meetings.
- 101.7.5.3 Supervise and lead their regional federations and organise yearly regional General Assemblies and championships.
- 101.7.5.4 Contact and inform potential new member nations in their regions.
- 101.7.5.5 Serve as consultants to their member federations within their regions.
- 101.7.5.6 Represent their regions at the IPF Executive Meetings and the General Assembly.
- 101.7.5.7 Make suggestions to the various IPF Committees.

- 101.7.5.8 Plan and control development programs within their regions.
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 IPF prior to the General Assembly.
101.8.1.2 Shall 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 Shall maintain a current distribution list for the IPF publication. This list shall comprehend 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 the IPF doping testing requirements according to the IPF Anti-Doping rules 5.1 for the acceptance of World records have been complied with. Pending the confirmation of a negative doping 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 decided by the Executive Committee 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), Masters (Men and Women) and the University World Cup for university students (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, upon consult with the Executive Committee, 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 from 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 Prepares 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 doping testing results championships results shall be published as "Provisional Pending Final Doping 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 Doping 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 Doping 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, Panels**

101.8.8.1 **General Provisions**

Each committee shall consist of a chairman elected by the General Assembly unless specified otherwise in the Constitution or these By-Laws, and a maximum of six (6) members (exception Technical committee 10 members, Ethics & Disciplinary Committee 9 members). Anti-Doping Commission consists of a Chair and 5-8 other 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 the 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 a **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 a **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 Charter.
- 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 Ethics & 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 Ethics & 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.

101.9 **Youth Committee**

101.9.1 **Composition**

- 101.9.1.1 The IPF Youth Committee is composed of the **Chairman elected by the IPF General Assembly** and six (6) other members, representing of both sexes, appointed by the IPF Executive Committee in consultation with the Committee Chairman, for a renewable term of four years.

101.9.2 **Purpose of the Youth Committee**

- 101.9.2.1 The purpose of the Committee is:
- 101.9.2.2 To increase and further develop the Sub-Junior and Junior powerlifting program.
- 101.9.2.3 To develop programs to increase the exposure of Sub-Junior and Junior Powerlifting at National, Regional and World Championships.
- 101.9.2.4 To develop and increase participation of Sub-Junior and Junior athletes at the National, Regional and International level, and to do its best for achieving continued development and promotion of such programs.
- 101.9.2.5 To serve as the foundation in the orderly development of youth Powerlifting in the IPF.
- 101.9.2.6 To develop and provide programing for youth athletes to remain involved while transitioning into open competition once the athletes have completed their Sub-Junior and Junior competition career.
- 101.9.2.7 To support and assist organizations which have youth level powerlifters with disabilities (e.g. Special Olympics Powerlifting and Blind Powerlifting).

101.9.3 **Committee Duties**

- 101.9.3.1 The main duties of the Youth Committee are:
- 101.9.3.2 To consider and make proposals for adequate actions in order to protect the interests of the Sub-junior and Junior athletes.
- 101.9.3.3 To consider and make proposals for establishing organization goals in both developing and promotion of youth level Powerlifting.
- 101.9.3.4 To serve as the coordinating body to develop programs to encourage the development and promotion of Sub-Junior and Junior Powerlifting.
- 101.9.3.5 To serve as the coordinating body for youth level Powerlifting in the IPF which shall include the development of youth related competitions, training seminars and anti-doping workshops.
- 101.9.3.6 To deliver advocacy on youth questions in Powerlifting sport.
- 101.9.3.7 To cooperate with National and Regional Federations and the IPF Executive Committee in youth related matters.

101.9.4 **Youth Committee Meetings**

- 101.9.4.1 Upon approval by the IPF President, the Committee will meet physically at least once a year in conjunction with the annual IPF General Assembly, with continued communication between physical meetings. Where necessary, and approved by the IPF President, the Committee may also meet physically e.g. at Regional or World Sub-Junior & Junior Championships, or elsewhere.
- 101.9.4.2 The IPF President and the members of related Commissions and/or Committees may attend all Youth Committee meetings.
- 101.9.4.3 Upon consult with the IPF President, Powerlifting coaches, officials, or representatives of any group engaged in the sport of Powerlifting may be invited to the Committee meetings, allowing such invitees voice but no vote.
- 101.9.4.4 The Committee shall report in writing to the IPF President and the Executive Committee of all its actions, recommendations and proposals (refer to items 101.9.3.1 - 101.9.3.7) decided by the Committee at its physical meetings and/or otherwise. The IPF Executive Committee shall discuss and make the final decisions on all such matters.

101.9.5 **Duties of the Youth Committee Chairman**

- 101.9.5.1 To preside over all meetings and communications between physical meetings; ensuring all duties and responsibilities of the Committee are properly and promptly carried out. If the Chairman is unable to attend a meeting of the Committee, the Chairman shall appoint a Deputy Chairman to oversee the meeting.
- 101.9.5.2 To communicate with committee members to keep them fully informed of happening and needed decisions to carry out the Committee's responsibilities.
- 101.9.5.3 To advice the IPF President and the Executive Committee on all actions, proposals and recommendations related to the development of youth level Powerlifting.
- 101.9.5.4 To attend annual IPF General Assembly meeting.

101.10 **Sport for All Commission**

101.10.1 **Composition**

- 101.10.1.1 The Sport for All Commission (the Commission) is composed of **the Chairman elected by the IPF General Assembly** and a minimum of six (6) other Members, representing of both sexes, appointed by the IPF Executive Committee in consultation with the Commission Chairman, for a renewable term of four years.

101.10.2 **Objectives**

The Commission is an advisory body. It does not have an executive or decision making powers. The Commission formulates recommendations and proposals for the IPF Executive Committee.

- 101.10.2.1 Without prejudice to the powers of the IPF Executive Committee, the Commission has discretion in regard to the objectives allocated to it. The objectives of the Commission are as follows:
- a) To develop a proper Sport for All Program for the IPF upon consult with the IPF Executive and/or any other organ needed in reaching this objective.
 - b) To serve as the coordinating body to develop programs to promote the sport of Powerlifting at the local, national and international level.
 - c) To encourage and promote the participation and the development of Powerlifting programs and championships at the club, local, national and international level, with the overall aim to increase the exposure and the popularity of the sport of Powerlifting.
 - d) To consider and make proposals which ensure the complete access to the sport of Powerlifting for all athletes' age, economic, ethnic, gender and ability level, with the overall goal of social inclusion.
 - e) To seek and improve Powerlifting worldwide for future generations.
 - f) To use the inspiration of the sport of Powerlifting to influence public policy decisions and to improve the perception of the sport of Powerlifting worldwide.

- g) To encourage dialogue with/between international sports organizations to include the IOC, IPC, IWGA, SOI, IBSA etc. to promote the physical, social and societal benefits of Powerlifting, fitness, wellness programs.
- h) To work towards the following objectives:
 - inspiring children to take up Powerlifting
 - stimulating the investments in Powerlifting infrastructures
 - promoting measures to improve the safety of Powerlifting
 - to enable IPF's events, top athletes, regional and national federations to stimulate changes in public policy to implement the above objectives.

101.10.3 Commission Meetings

101.10.3.1 The Commission shall meet physically each time that circumstances require, however upon consult with the IPF President, with continued communication between physical meetings.

101.10.3.2 The IPF President is an ex-officio member of the Commission. The IPF Executive member or members and other people who are not the Commission members may be invited attending the Commission meeting as observers and/or advisers. Their opinion is consultative.

101.10.3.3 The Commission shall organize itself for effective operation.

101.10.4 Duties of the Sport for All Commission Chairman

101.10.4.1 To preside over all meetings and communications between physical meetings; ensuring all duties and responsibilities of the Commission are properly and promptly carried out. If the Commission Chairman is unable to attend a meeting of the Commission, the Chairman shall appoint a Deputy Chairman to oversee the meeting.

101.10.4.2 To communicate with Commission members to keep them fully informed of happening and needed decisions to carry out the Commission's responsibilities.

101.10.4.3 To advice the IPF President and the Executive Committee on all action, proposals and recommendations related to the equal development and promotion of Powerlifting.

101.10.4.4 To attend annual IPF General Assembly meeting.

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 Executive Members

Each region shall elect an officer to act as IPF Executive member for that region. Such nomination shall only come into force if ratified by the IPF 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 Championship Secretary at least ninety (90) days before the next General Assembly. All organising federations must sign a pre-promoter's contract with the bid submission and a final promoter's contract one year before the according championship 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 selected 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	50
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	30
103.2.6	IPF Badge (if lost)	Euro	15
103.2.7	Sanction for World Championships	Euro	1000
103.2.8	Analyse of B-Sample	Euro	at cost
103.2.9	Appeals (refer IPF-Con. 11.4.1)	Euro	150
103.2.10	Combined Championships (equipped and raw)	Euro	1500

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 doping test fee of EUR 50 for each lifter entered and declared at the final entry form. In addition to the doping 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 hosting 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 the identification of their commercial sponsor (logo, name or a combination of both) with the total maximum size of 10 cm x 2 cm 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 twenty-one (21) days before the beginning of the championships. If required Visa is not obtained, the hotel must be notified at the latest 7 days prior to the technical meeting to cancel the reservation.

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 for a maximum of eight (8) days or the length of the competition plus 2 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 the 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 or the length of the competition plus 2 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.

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 two years 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.

104.3.3 A lifter found positive at a World championship must return all his/her medals from that competition. If not returned by his/her federation within one month after receiving such claim, the national federation must pay a fine of Euro 100.

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

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 three lifters and two officials, male and female, may be elected to the Hall of Fame each year but with the added provision that not more than three from each gender may be elected in the same year. A certificate of achievement will be awarded. No one who has been involved in doping offences or has been suspended for a doping offence shall be proposed to Hall of Fame. Any lifter or official previously awarded Hall of Fame will lose this distinction if suspended by the IPF for doping or any other violation.

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, doping 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 continents, countries or individuals for reasons of race, colour, gender, sexual bent, religions or politics.

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.

105.3.7 The Promoter at any international event shall ensure that there is a system of registering and monitoring Coaches such that all Coaches present in the warmup room or preparation area are identifiable and that no persons not so identifiable are in the warmup room or preparation areas at any time during an event Session or warmup time i.e., one (1) hour prior to the Session start time through to the exit to the Doping control station of athletes selected for testing.

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 for all days in attendance of 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. All room bookings must be done through the meet director of the championship, unless otherwise specified on the entry form.

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.

If a hotel reservation fee is specified in the invitation for the championship or cup, the 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. 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.

105.9.4 Eligibility to Represent a Member as an Official

- (i) All individual Officials taking part in international competitions must be the Members of the National Powerlifting Federation entering or sanctioning the participation of those Officials.
- (ii) An Official, who is a Member of the National Federation but is not a national of that country, may still take part as an Official for the nation, provided he/she is not already nominated by another nation.
- (iii) An individual cannot be nominated by multiple nations as an Official, however an Official nominated for one nation already taking part in an international competition may also assist other nations provided that there is the agreement of both National Federations and the assistance is within the IPF Rules and By-Laws.
- (iv) The IPF Executive Committee shall resolve all cases and all matters relating to the determination of the country of which an Official may be nominated in an international competition. In resolving such matters the IPF Executive Committee may make all decisions of a general or individual nature with regard to issues of eligibility.

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 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.

105.14.2 Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the technical meeting. However, federations may allocate duties between their own referees at the latest at the technical meeting upon agreement by the appointed Technical Committee member.

Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may lead to a warning or € 100 in fine dependent on the reason and decided by the jury in cooperation with the appointed Technical Committee member.

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

The President 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.

Counting the votes at the General Assembly is as follows:

- The valid votes only (see article 9.1.1 of the Constitution) are counted to the result of voting.
- The following shall not be counted as valid votes and are not taken into consideration in the calculation of the required majority:
 - abstentions;
 - blank votes;
 - votes for more or fewer candidates than the number required;
 - votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

Examples

Two-thirds majority required:

Number of votes cast	35 including
- Abstentions	2
- Blank vote	1
- Void vote	<u>1</u>
Number of valid votes	31
Necessary to pass (two-thirds of 31)	21
Votes for	22
Votes against	9
The proposal accepted	

Absolute majority (more than 50 %) required:

Number of votes cast	35 including
- Abstentions	2
- Blank vote	1
- Void vote	<u>1</u>
Number of valid votes	31
Necessary to pass (more than 50 % of 31)	16
Votes for	15
Votes against	16
The proposal failed	

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) Ethics & Disciplinary Committee
(d) Appeal Committee (e) Law & Legislation Committee (f) Anti-Doping Commission
(g) Doping Hearing Panel (h) Women's Committee (i) Entourage Commission
(j) Youth Committee (k) Sport for All Commission

108.7 Regional Reports
(a) Region 1 (Europe) (b) Region 2 (Africa)
(c) Region 3 (Asia) (d) Region 4 (North America)
(e) Region 5 (South 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 Orlando, U.S.America on November 13, 2016