

**Agenda of the IPF Congress 2004 in  
Cape Town / South Africa**

**Tuesday, 9. November 2004  
Good Hope Centre Cape Town  
Start: 10:00 am**

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BM Oceania Robert Wilks  
BM S-America Julio Conrado

**Agenda**

1. Roll Call of Nations and Delegates  
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Certification of Athletes and Referees
2. President's Address
3. Minutes of the last Congress.
4. Treasurer's Report  
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(b) To approve the budget for the forthcoming year
5. Finance Secretary's Report
6. General Secretary's Report
7. Committee Reports  
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(b) Medical Committee  
(c) Disciplinary Committee  
(d) Appeal Committee  
(e) Law & Legislation Committee
8. Regional Reports  
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(b) Region 2 (Africa)  
(c) Region 3 (Asia)  
(d) Region 4 (North America)  
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9. Elections
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13. Hall of Fame (Announcement of Names)
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## 2. President's Address

Dear Powerlifters all over the world.

When I am writing this report about the expiring year 2004 just a couple of weeks prior to the IPF Congress in Cape Town, South Africa, I do not yet know the outcome of the probably most important action in the history of Powerlifting. As you certainly know on August 26<sup>th</sup> 2004 - the date of my birthday - the IPF has forwarded the IOC application to the Sports Department of the International Olympic Committee in Lausanne which now has to prove if the submitted documents for recognition as an Olympic Sport are satisfying and will be recommended to the IOC Executive or not. The very first attempts of Powerlifting to become an IOC Recognized Sport have been made already during the presidency of Heinz Vierthaler in the early eighties. Since that time this has continuously been intended by the various IPF Presidents and General Secretaries, sometimes tried - but never been done. To do the final step of application was reserved to happen just this year, and I feel very proud to be the IPF President at that time.

The recognition process I have already described in August edition of the IPF Newsletter therefore I can restrict on the major steps. If the IOC Sports Department agrees with what we have forwarded to them they will recommend our application to the IOC Executive later this year which will grant to the IPF a two years provisional recognition. During these two years the IPF has to prove that it is worth to be a part of the Olympic Movement which has to be reported to the IOC every year and will also result into some financial support. After the two years provisional recognition the IOC session has to decide whether or not Powerlifting will be accepted as a full member.

As you can see 2004 will become an exceptional year for our sport. Nevertheless the President had to swallow some rough assaults from one of our affiliates which always became angry when the President dared to criticize the continuous non-compliance with our constitution, rules or any other disrespect. Let me remind you what the duties of the President are (see IPF Constitution item 9.1):

9.1.1 He orders meetings of the IPF as provided in the Constitution and presides at all meetings of the IPF and Congress.

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

9.1.3 He is an ex officio member of all committees.

9.1.4 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.

There is a lot of power in the hands of the President but this is a necessity because a weak leader would be for no use. Most of you know me as a nice and friendly person, but as the President I cannot be always „everybody’s darling“. Sometimes I have to be strict or even harsh. Many things would not have happened without the pressure that I have put on Board Members as well as affiliated federations: We would not have received the required information about NOC or government recognition from our affiliates as needed for our IOC application, we still would not have now regional federations on all five continents, we would also not have as many homepages from our regions (some are still under construction but soon available), we would not have as many doping tests in and out of competition as we now have, no contacts to so many important people and organizations all over the world to promote our ideas, not such an excellent financial basis thanks to our true sponsors, not such an excellent and informative Newsletter, no TV coverage from most of our big events or as we will have for the first time have at the Men’s Worlds in Cape Town Internet-Pay-TV. Besides that the IPF has realized a lot of other new ideas during this year as the anti-doping clinic at our Sub-Junior’s and Junior’s Worlds in Pretoria, South Africa, which has been very much appreciated by IOC, GAISF, IWGA and WADA (see link on the IWGA homepage [www.worldgames.iwga.org](http://www.worldgames.iwga.org)). Ladies and gentlemen, I think this is what the Congress and its delegates are interested in and what they also will honour.

I take the opportunity to thank everybody who is supporting the IPF to make Powerlifting a world wide respected and recognized sport and I hope a can give you actual details about our IOC application at the Congress.

Regards

Norbert Wallauch  
President IPF  
norbert.wallauch@aon.at

### **3. Minutes of the last Congress**

See IPF Newsletter No. 1 January / February 2004

## 4. Treasurer's Report

### FINANCIAL REPORT

The financial situation is still good. We have a good balance with the Income and Expense. We have more income than was foreseen in the budget, and we close the financial report beneficially.

We now have two more sponsors PALLINI (France) and UESAKA (Japan) bars and discs.

Again we have trouble with Crain for the payment of the licensing fee. The EC has decided that he must pay for the year 2005 at the latest, the end of 2004. We will not co-operate with him otherwise! We have had more income because the manufacturers of gear must pay for each new shirt, suits etc., 500 Euro. Three new logos have been paid for Kappi Norway, Monstermuscle and House of Pain.

Last year we decided to increase the membership-fee from 100 € to 200 €. I request all Nations to bring the required fee to the Congress. We cannot any longer accept that the Nations pay the fee from the previous year at the Congress. This is too late! Those particular fees are missing in the financial situation. We cannot accept that countries come to the Congress to vote and only then pay the membership-fee. The fee must be paid at latest, the end of January as it is stated in our constitution, and otherwise those nations will not be eligible to vote at the Congress

This year we have had a first OCT test. The cost for this OCT test was minimal (200 €). A lot of the income is due to fines levied for drug offences. This money was all spent for doping controls and consequently we have spent more money for the doping control than was foreseen in our budget. Nevertheless this is a step in the right direction. We have had again good relations with the Lab in Cologne. My thanks go to Detlev Albrings having made the contract with the Lab in Cologne.

A lot of money has been used for travel for members of the EC and also for Chairmen from different committees. It is important to have them in EC meetings for their assistance. The budget was respected and we spent less money for travelling as foreseen. We have spend more money on telephone costs as there were outstanding phone costs from last year and now that we have more and more committees who work, therefore, we have also more expense. We have sent bars to Brazil, Nigeria, India, South Africa (Pretoria and Cape Town) and to Cahors (France). Bench racks were sent to Cape Town and to Cahors. Quite an amount of the total income was from the re-registration of the referees for the period of 2004-2007

We have spent 6.000 Euro for promoting our sport on TV. We were supported with 1000 \$ by Titan and by Inzer for the TV costs. Special thanks to them for helping us to promote our sport. Many tanks to our sponsors Inzer Advance Design, Titan Support Systems, Metal Shop Gym, Crain, Eleiko, Leoko, Ivanko, ER-Equipment, Pallini, UESAKA, GNC Pro Performance, Quest Nutrition USA, Powerhouse Japan , Kappi Norway, Monstermuscle USA and House of Pain.

My thanks go also to all our members for the confidence and support given to me in the position as Treasurer of the IPF.

As Championship secretary, one can appreciate this is a lot of work. I am sitting daily preparing nominations, certificates and all necessary papers that are needed for the competitions. At different Championships I busy myself helping the organiser. I also assist the organiser with visas should the lifters require them. I try to recover medals from the lifters who have been found positive and disqualified and then present them to their rightful owners. This is a lot of work and therefore I ask the Federations to assist me in this work. It is in your lifters interest. Please inform me which lifter must give up a medal and which lifter must be awarded the medal. It will be less work for me and I am sure that the lifter and the Federations will be happy with this.

Best regards  
Gaston Parage  
IPF Treasurer  
IPF Championship secretary

**(a)To examine the accounts of the previous year**

To be presented at the Congress.

**(b)To approve the budget for the forthcoming year**

To be presented at the Congress.

**5. Finance Secretary's Report**

To be presented at the Congress

**6. General Secretary's Report**

Since I was elected as General Secretary I'm working not only for our important goal to get IOC-recognition, but update the files of the IPF as well.

It was essential to actualise the list of the member federations. We get a proper members' database only in this way. I have recognised that this is a perpetual process.

The co-operation with Wim Wamsteeker (Internet Officer), Gaston Parage (Treasurer and Championship Secretary) and Dennis Unitt (Newsletter Editor) is excellent. I think, that together we inform our members and the public very promptly through the IPF-Homepage and the Newsletter.

At the moment, I'm conducting negotiations with the IOC-Laboratory in Cologne to prolongate our agreement.

I believe, that the proposed IPF-Constitution and By-Laws and the IPF-Anti-Doping Rules mark the beginning of a new era promoting our sport.

Many thanks to all athletes, member federations and executive members, who have supported me during the last year. I appreciate their co-operation.

I wish you a successful Congress and a good World Championship.

Best wishes

*Detlev Åhrings*

Munich, 06.09.2004

## 7. Committee Reports

### (a) Technical Committee

#### TECHNICAL COMMITTEE

##### MEMBERS:

Bill Jamison	Canada	<a href="mailto:billjamison@sympatico.ca">billjamison@sympatico.ca</a>
Henk Keizer	Netherlands	<a href="mailto:hkeizer@planet.nl">hkeizer@planet.nl</a>
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Susumu Yoshida	Japan	<a href="mailto:phouse@tky.3web.ne.jp">phouse@tky.3web.ne.jp</a>

#### REPORT TO CONGRESS 2004

Perhaps the most important part of this past years activities has been processing proposals to Rules Congress, forwarded by Member Nations.

As only seven of our numbered affiliates have proposed some form of change, it would appear that the vast majority are happy with the present IPF Technical Rules.

We have kept good relations with our IPF approved suppliers. Many items of supportive apparel having been approved, mostly, in the form of Bench Shirts. The PALLINI equipment (Bar, discs, racks, bench) approved in February and used at the Women's World Open in June was much appreciated by the lifters.

Several International Referee Examinations have been conducted by members of the T.C. New members - Robert Keller and Johnny Wiklund being most prolific in this respect.

Referee Registrar Göran Gunnarsson has been extremely busy, this being re-registration year. We thank Göran for the efficient administration. Göran has forwarded the following up-to-date information.

#### New Category 1 Referees as from November 2003 - July 2004

Japan	1	
Poland	1	
Kazakhstan	1	Sum: 7
France	1	
Finland	1	
Great Britain	1	
Puerto Rico	1	

#### New Category 2 Referees as from November 2003 - July 2004

Iran	1	
Finland	3	
Norway	1	
Spain	3	
Hong Kong	1	
Guatemala	1	Sum: 18
France	2	
Austria	1	
Great Britain	2	
Slovakia	1	
U.S.A.	2	

#### Current number of International Referees

Cat 1 142  
Cat 2 251

A huge amount of emails that have been received questioning the rules and asking for interpretation etc. have been answered punctually and hopefully to each ones satisfaction.

We have continued to produce a newsletter keeping pace with up- to- date information. Our thanks to Wim Wamsteeker Web Site, and Dennis Unitt International Powerlifting Magazine for publication.

A majority of the Committee (quorum) met in June. Under discussion were proposals (Those which we considered acceptable have been forwarded to Rules Congress 2004). Supportive Shirt and its refinements. Referee qualifications.

For the forthcoming year our aim as always is to keep the pro-active approach, take the initiative, listen to, and act on any idea put forward by a member nation if it is felt it could enhance our sport.

Sincerely,

John Stephenson  
T.C. Chairman

Email address: [stephensonjsy@supanet.com](mailto:stephensonjsy@supanet.com)

### **(b) Medical Committee**

The Medical Committee would like to report that Kalevi Sorsa, Robert Wilks and Robert Keller have written and reviewed the changes for submittal, of the IPF Anti-Doping Bylaws, to WADA in preparation for review of our application for recognition. This review is to take place sometime after the IOC Games in Athens.

Also, the medical committee, we must have 3 volunteer Medical Doctors to appoint to the TUE (Therapeutic use Exemption) panel. I have spoken w/ Dr. Dick Herrick and he is willing to help us out, therefore we need 2 more medical doctors for this volunteer position. This is a requirement that must be met for WADA approval.

Thank you. Please let us know of any volunteers.  
Dr Bernie Miller

### **(c) Disciplinary Committee Report**

The Disciplinary Committee consists of the following members:

Dietmar Wolf (Norway)  
Larry Maile (USA)  
Stéphane Hatot (France)

Since the last Congress 2003, were I was elected to the new DC Chairman, the DC had to decide in **24 doping cases**. We examined and discussed each of these cases in detail. Two doping cases are still under investigation at this time, whilst this report is being written.

24 doping cases are much too many; this amount is eight times higher as last year and is an unhelpful publicity (reputation) for our sport. On the other hand, this high number of doping cases reflected also, that the IPF had followed a very strict Anti-doping policy since last year.

So we once more ask you to - **Fight harder against doping in our sport.**

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

We wish you a successful Congress and World Championship Competition.

Best wishes,

Dietmar Wolf  
DC Chairman - IPF  
Haugesund, 20.09.2004

### **(d) Appeal Committee Report**

The IPF Appeal Committee (AC) have during the period since last congresses consists of Lars-Göran Emanuelson, chairman, and Nectar Kikiris.

The AC has not had any appeal to decide on since the last congress. The fact that there had not been any appeals can be a result of the good job that has been done within the DC. It can also be a result of the lack of knowledge of the committees existence. We surely hope that it is a result of the good job that had been made of the DC. We also hope that the need of this two committees will be even less in the future. We put our hope to that we can be a united worldwide powerlifting as sport that is clean from cheating and the use of drugs.

The AC still is understaffed and we are waiting to complete the committee until we know that the committee are correctly staffed in line with the new WADA rules. If an appeal, that need a decision from a complete committee, should come up will we temporarily staff the jury with one member from each of Asia, Oceania, Africa or South America.

Lars Emanuelson (Sweden)  
Chairman

### **(e) The Law & Legislation Committee**

Dear IPF-Members,

The year 2002 has seen anew constitution adopted by the Congress. In 2004 another new constitution is re-written and proposed to the Congress as to be fully adapted to the WADA-code (**World Anti-Doping Agency**). We perfectly know, hope and think you'll vote in favour of this very specific new constitution because you want to promote our beloved sport, have read the articles written by our President Norbert Wallauch and published in the Powerlifting magazine (see Newsletter P5 in the May – June issue and P4 in the July-August issue) and also think that the Olympic recognition opens our sport to the World.

In my country the people trusts the Belgian motto:  
“Unity is strength, strength through unity”.

Why shouldn't powerlifters and powerlifter lowers think and act in the same way and vote of this 2004 constitution.

Furthermore also hope that the Technical Committee will apply the same technical rules for any, many years.

Many thanks in advance for your voting.

JEAN – CLAUDE VERDONCK  
LAW & LEGISLATION CHAIRMAN

## 8. Regional Reports.

### *(a) Report from Europe*

#### **Report from Europe**

*By Arnulf Wahlstrom*

#### **General**

This year a questionnaire was sent out to all EPF member nations asking for their number of members, if they were recognised by their Government or their national Olympic committee.

Nearly all member federations returned the information and it is interesting to find out that there are about 91.000 persons in Europe organised as powerlifters and 22 (out of 33) member federations are recognised by their Government and 14 by their national Olympic committee.

Powerlifting is after all good organised and is a relatively strong sport in Europe.

#### **Members**

The European Powerlifting Federation (EPF) has 33 (31\*) full and 5 (7\*) provisional member nations. The yearly EPF Congress took part in Nymburk, Czech Republic in May with delegates from 19 (18\*) member Nations present plus 5 EC members.

**EPF Hall of Fame** was honoured at the EPF Congress to *Myriam Busselet* from Belgium. She has for many years been active in international powerlifting as leader and international referee and also being EPF Technical Com. Chairman since 1999. She is one of very few female top leaders in international powerlifting.

**EPF Powerlifters of the Year** (2003) were honoured at the EPF Congress to *Marina Kudinova* from Russia and *Jaroslav Olech*, Poland (top ranked lifters by points).

**EPF Executive members** and officials are: *Arnulf Wahlstrøm*, Norway (Pres.), *Kalevi Sorsa*, Finland (v.Pres.), *Ralph Farquharson*, Great Britain (Gen. Sec. and Treasurer), *Myriam Busselet*, Belgium (Technical Com. chairm.), *Dietmar Wolf* (Law & Legislation com. chairman), *Pavol Müller*, Slovakia (Finance Com. chairm. & Disciplinary Com. chairm.), *Detlev Albrings*, Germany (Appeal Com. chairman) and *Jiri Hofirek*, Czech Republic ( Championship Secretary).

*Jari Tähtinen*, Finland is appointed as Record Registrar and *David Hinchley*, GB is appointed as Internet Officer.

### **General view of activities**

The European Region has been active in organising international championships and cups in 2004. This includes 2 out of 7 World championships, 6 European championships, 3 Nordic championships, Danube cup and Western European cup.

### **European championships 2004**

- Senior Europ. Champ.: Nymburk, Czech Rep. with 111(90\*) lifters from 23 (16\*) nations
- Women “ “ Trenčin, Slovakia (2003) with 69 (59\*) lifters from 15 (13\*) nations
- Junior “ “ Sofia, Belgium. with 42 (42\*) women and 99 (89\*) men from 17 (17\*) nations.
- Master “ “ Havírov, Czech Rep. with 25 (41\*) women and 120 (160\*) men from 16 (20\*) nations
- Benchpr. “ “ Vrsac, Serbia with 78 (51\*) women and 103 (88\*) men from 19 (11\*) nations.
- Benchpr. Masters “ Luxembourg with 49 (19\*) women and 116 (75\*) men from 15 (15\*) nations.

All together 850 lifters.

### **Regional Championships and Cups**

- *Nordic Championships* were organised by Sweden (juniors and youth and open benchpress) and Denmark (open men & women).
- Ukraine hosted the *Danube Cup* and Norway the *Western European Cup*.

(\*) in the text means numbers from year 2003.

*Arnulf Wahlström*

***(b) Report from Africa***

**IPF Report Africa 2004**

Alan Ferguson Executive Committee Member (Africa)

This has been a busy year for Powerlifting in Africa. Although no combined championships have taken place and a couple of members have fallen off the books two new members have registered and this brings the total number of members up to 14 countries. The new countries registered this year are the Libyan Powerlifting Federation and the Sierra Leone Powerlifting Federation.

An African Powerlifting Federation constitution has been compiled and will be ratified at the inaugural APF congress which will take place at the IPF World's in Cape Town during November.

Due to the fact that South Africa are hosting two major World Championships this year it has been decided that the All Africa Championships will not take place during 2004 however Libya has agreed to host these championships in March of 2005.

By far the strongest country at present in Africa is the South African Powerlifting Federation with a membership constantly growing. This was shown by a record number of qualified lifters taking part in the South African Championships this year.

South Africa also staged a highly successful World Sub Junior and Junior Championships at the Carousel Resort North of Pretoria during September.

Drug testing through the Institute for Drug Free Sport was again a major feature in South Africa with Powerlifting supplying more samples per capita than any other sport both in and out of competition.

Alan Ferguson

***(c) Report from Asia***

**2004 ASIAN REGION REPORT**

**1. Competition**

2004, we had 2 Asian Championships.

The first championship was 2004 Asian Powerlifting Championships held in Zarafshan, Uzbekistan during 28<sup>th</sup> April to 2<sup>nd</sup> May.

Mr. Vladimir Sidorov, meet director and many officials of Uzbekistan Powerlifting Federation did wonderful work for this big event.

172 lifter competed for 4 days and the reaction of big audience were splendid. The championships were televised everyday for 2 hours and local newspaper put the news of the championships on front page with colour photos.

Many Asian new records were made and total 16 lifters were dope tested. The results of the test proved there were no positive lifters.

I made full report and we publish the report in the latest Asian Newsletter.

The second championship was 2004 Asian Benchpress Championships held in Jamshedpur, India, home town of Subrata Dutta our General Secretary.

100 lifters competed in the well prepared auditorium which was packed with local audience everyday. Local newspaper covered the event everyday with big colour photos.

Many Asian records and one masters' world record were made. Of course we did dope test and the samples were shipped to Malaysia's IOC recognized laboratory. Full report of the championships will be made by the meet director Subrata Dutta and will be published as the Asian News Letter.

## **2. Congress and new EC**

We had annual Asian Congress at the Asian Powerlifting championships in Uzbekistan.

This year was the election year and next new EC were elected.

President	Susumu Yoshida	Japan
General Secretary	Subrata Dutta	India
Assistan G.S.	P.J. Joseph	India
Treasurer	P.J. Joseph	India
Vice President	Mohd. Rashid	Pakistan
	Sidorov Vladimir	Uzbekistan
	Zhanpeissov Kairdeldy	Kazakhstan
	Lin Say Chang	Chinese Taipei
	Woung Hwn Cho	Korea
	Farshid Soltani	Iran
Chairman Technical C.	Hiroyuki Ueno	Japan
Chairman Medical C.	Hisako Yoshida	Japan
Chairman Statistical	Langgeng Yuwono	Indonesia

## **3. Members**

Mongolia was accepted as a full member.

Iraq was accepted as a Provisional Member.

## **4. Newsletter**

We Asian Powerlifting Federation are publishing APF News Letter 3 or 4 times a year.

In this Newsletter we include agenda, minutes of the congress, results of championships, invitation of the championships, reports of the member federations and so on.

## **5. Asian web pages**

I kept Asian web pages in my personal pages. But we thought this is not enough. So we made official Asia Powerlifting Federation's web pages designed by professional.

The address of our pages is <http://asia.powerlifting.jp/>

I hope these pages keep growing with the support of our members.

## **6. Promotion Video**

After 2004 Asian Powerlifting Championships we think we need good tool that explain what is powerlifting and how powerlifting is interesting for Olympic Committee of Asia and other organization of the sports.

We made 15 minutes powerlifting promotion videos for this use. We deliver these videos to every member and ask them to use this for the promotion.

## **7. OCA**

One of the most important steps for us is to become the member of the OCA (Olympic Committee of Asia). Our strategies have two steps.

One: to become the member of each National Olympic Committee.

Two: do the frequent contact and communication to the top EC of OCA. For example, General Secretary of OCA is Mr. Singh of India. So, Subrata Dutta tries every chance to access him and present many material of Powerlifting such as videos and photos.

Susumu Yoshida  
President of APF

### ***(d) Report from North America***

IPF North American Region Report  
Larry Maile, NAPF President

This year has been an exciting one in the North American Region. Since restarting the North American Federation, we have had our second Regional Championships, and thanks to the efforts of our General Secretary, Robert Keller, have reached out to many nations in the region to encourage them to return to IPF competition.

Powerlifting is a very large sport in North America, and this includes the smaller countries which have not participated in the IPF. The total nations now include 10: Bahamas, Canada, Costa Rica, Guatemala, Jamaica, Mexico, Netherlands Antilles, Puerto Rico, USA, and the Virgin Islands. Interest has been expressed by El Salvador, St. Vincent, the Grenadines, Panama, Honduras, Trinidad and Tobago, Haiti, the Dominican Republic and Cuba. These nations are being introduced to IPF-style powerlifting through invitation to the North American Championships, the Central American Championships to be held in October, and next year's Pan American Powerlifting Championships. A great deal of credit must also be to the representatives of the nations themselves, who have worked to contact each other when North American powerlifting became reenergized. We are confident that we will secure all 26 North American Nations for the IPF within the next few years.

A special note must be made of the Central American Championships, which will be held in Guatemala City. This competition is a joint effort of the North and South American Powerlifting Federations. Central America shares culture with South America, but geography and transportation with North America. Shared effort on the part of our two Regional Federations will be necessary to develop powerlifting. South American IPF Board Member Julio Conrado has been instrumental in this effort.

The North American Federation has been restarted with the support of Titan Support Systems, who donated IPF membership fees for the initial nations. Inzer Advance Designs provided generous sponsorship of both the first and second NAPF Regional Championships.

The first pass at the North American Records has been completed, starting with NAPF Meet Records. Additional records will be added as the federation develops. The NAPF website was designed by USA Powerlifting members Tony Cardella and Priscilla Ribic.

This coming year (2005) the Pan American Championships will be held in association with the Men's World Championships in Florida. Both Open men and women will participate. Because of its geographic nearness to many of the nations, a large turnout is expected. The Pan American Championships will be a joint production of the North and South American Federations.

To close, several special "thank you's" must be made. Robert Keller and Nestor Gregory sponsored a referee's clinic in Puerto Rico. Louis Levesque, of Canada has been instrumental in promoting regional interest in Canada. We look to additional leadership from the Canadian Powerlifting Union in the next years. USA Powerlifting has facilitated drug testing through its contract with the UCLA WADA lab.

***(e) Region South America***

**Report of 2004 IPF Board Member of South America**

Ecuador together South America Powerlifting Federation holds South American Powerlifting Championships 2004, in Guayaquil city, Ecuador, beautiful beach city.

The town of Guayaquil is a city who lives by tourism and commerce, beyond of the night life, of course!

7 nations and more of 130 lifters participated.

One of the Big South America Championships ever.

It was good championships. We had very busy 4 days.

The competition had ample broadcast by TV and newspaper during every days.

Any South American records were break.

I am sending together to you the results.

During the technical meeting, we make election for President, General Secretary and for first time, the committees technical, disciplinary and medical. The web page is almost ready, missing just translation for English (the official language in FESUPO is Spanish, but it's necessary the option in English too). We make also, for first time the calendar until 2007 that I am sending too.

I would like also to Robert Keller for help to me in contact to Caribbean Federation.

We had hard work making contacts with South America federation for application at IPF.

Beyond of compete like as guest, the El Salvador team want affiliated in IPF by South America. I received already the constitution and they want to pay membership fee.

I think that South America need walk a lot, however this year we get jump big steps.

Julio Conrado

## **(f) Report Oceania**

### **2004 OCEANIA REPORT**

#### **Membership**

In 2003 to 2004 the following nations were active members of the Oceania region

Australia	Nauru	Papua New Guinea
New Zealand	Fiji	Tahiti
Samoa	New Caledonia	Tonga
American Samoa	Niue	

In 2004 Tahiti reported that it had formed a new Powerlifting Federation and we await confirmation of that entity's recognition by the Tahiti and possibly French government.

#### **Administration**

In 2004 the incorporation of the Oceania Powerlifting Federation was finally completed, with the OPF now being a company incorporated in New Zealand. The new OPF Constitution has been lodged with the IPF and taken account of in the IPF's reportage to the IOC.

The OPF 2003 General Meeting was held in July of that year and the 2004 meeting will be in December. Thus the main office-bearers of the OPF remain -

President	-	Robert Wilks
Vice President	-	Gerry Sannum
Treasurer	-	Steve Lousich
Recordkeeper	-	Derek Pomana

#### **Competition**

With the successful South Pacific Games being in July 2003 and the 2004 Oceania Championships to be held in December, there has been no major championship in the region since my 2003 report. However the 2004 Oceania Championships will be held in Sydney, December 3rd - 4th.

The Championships were originally to be held in Fiji, but unfortunately that nation was unable to secure WADA standard drug-testing in time and the OPF was forced to shift the event to Sydney. The December 2004 Oceania Championships will be the first IPF international event held under the new WADA-compliant IPF Doping Rules.

Further, an inaugural Oceania Bench Press Championships was held in Whangarei, New Zealand at the end of September.

## **Drug-Testing**

In 2004 Australia and New Zealand maintained strong government-backed in-competition and out-of-competition testing programmes and these have been documented in those nations' annual doping reports to the IPF. Australia, at least, introduced a WADA standard Whereabouts system in 2004.

The Island nations have generally lacked the resources to conduct independent drug-testing programmes. In 2005 these small nations will be challenged by the requirements of the WADA system, this hopefully being a stimulus for the better.

Robert Wilks

## **9. Elections**

## **10. Proposals**

***At this Congress no Constitution and By-Laws can be changed, except if the Congress decides about amendments with a 2/3-majority.***

***In 2003 we have accepted the WADA-Code. Therefore the Anti-Doping Commission has prepared the IPF-Anti-Doping rules (see appendix). Because of this new Anti-doping rules we must adapt our IPF-Constitution and By-Laws (see Appendix)***

### Proposal A

Accept the IPF-Constitution and By-Laws. All changes are in bold and italic letter.  
Proposed by Anti-Doping Commission, Law & Legislation Committee and Executive Committee

## Proposal B / Technical Rules

### RULES PROPOSALS TO IPF CONGRESS 2004

In pursuance with Constitution / By-Laws 13.2.1

#### The Technical Committee

The chairman will be responsible for producing a final list of acceptable Rules Proposals for presentation to the Congress.

Please find here presented in Rule Book order:-

#### GENERAL RULES OF POWERLIFTING

##### **1** New Item 1 (f):

Should a lifter bomb out in any one of the disciplines, he or she may still compete in order to achieve a medal on any one of the remaining lifts.

##### Reason:

Rather than be totally disqualified it will encourage lifters to continue and still gain some award.

This proposal if passed will not change the rule which says:

Individual records will not stand unless a total is achieved.

There would also be some change to the wording in item 13 i.e.

The lifter must make a total in the competition in order to qualify for an award.

**Proposer: Luxembourg and Chinese Taipei**

## 2 Rule 2

Insert "Men's & Women's combined Open World Championships", "Men's & Women's combined Sub-Junior & Junior World Championships" & Men's & Women's combined Masters 1, 2 & 3 World Championships", "Men's & Women's combined Masters & Open Bench Press World Championships" and delete competing wording.

### Reason:

To allow for the World Championships calendar to be rationalized into four events, as follows (dates are suggested and to be confirmed by the E/C.

World Master (Men & Women 1, 2 & 3) - March

World Juniors (Men & Women Sub-Junior & Junior) - early July

World Bench Press (Men & Women Open Master) - September

World Championships (Men & Women) - mid to late November

Fewer, larger events reduce travel time, create economies of scale in various costs, and create events of magnitude comparable to other sports.

To give equal weighting and prominence to Women's Open Worlds.

### **Proposer: Powerlifting Australia**

3 Rule 3 - Sub-Junior, delete "18 years", insert "19 years"  
Junior, delete "19 years", insert "20 years"

### Reason:

To make Sub-Junior category one year older

- the current Sub-Junior is lopsided, with few lifters aged 14 - 18 and many aged 19 - 23

- three World Sub-Junior Championships have been held and have essentially been failures, i.e. low attendance and devaluation of the World Championships concept; moving the Sub-Junior Worlds to a combined event with Junior Worlds only hides and does not change the underlying problem of few lifters in the current Sub-Junior category

### **Proposer: Powerlifting Australia**

4 Insert between the first and second paragraph of item 4 Men 70 years of age (calendar year) and over, to receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) Formula.

Women 60 years of age (calendar year) and over, to receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) Formula.

Reason:

To encourage these particular lifters to compete against each other. As yet, there are not enough competitors to warrant class weights in these categories.

**Proposer: British Weightlifters Assoc - P.L. Australia**

5 Re-word item 7 as that in bold print.

Each Nation must submit a team roster giving the name of each lifter and his/her body weight category.

**Personal bests from National or International Championships during the previous 12 months shall be stated. This may include his/her result achieved at last years International Championships in the same body weight category.** The date and title of the competition in which the total was achieved must also be stated. These details must be submitted to the **Championship Secretary** of the IPF or Region and also the Meet Director at least 21 days before the date of the Championships.

The names of the alternates or reserves with their bodyweight categories and best totals **achieved at National or International Championships** must also be submitted at this time. **Nominated lifters without results from any of the above Championships will be ranked in the first group to lift if his/her bodyweight category will be split into groups.** Failure to comply with any of these requirements may result in disqualification of the offending team.

A lifter cannot produce a qualifying total via his national federation for entry into World, International, or Regional championships while he is under suspension by the IPF or Region.

Reason:

To simply have more control over the grouping.

General Secretary replaced by **Championship Secretary.**

**Proposer: Norwegian Powerlifting Federation**

## 6 - Item 10

Change second sentence to read - If a referee from that Nation is present or, if present, is **not available** in the capacity.

### Reason:

By taking away "does not act" and replace by **not available**, one does not need to use all of the referees nominated for a Championships. That gives the Technical Director the option to use any of the referees.

**Proposer: European Powerlifting Federation**

## EQUIPMENT AND SPECIFICATIONS

**7** Only Squat and Bench Racks and Benches from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Powerlifting Championships.

### Reason:

To secure a high technical standard at International Championships.

**Proposer: IPF Technical Committee**

## COSTUME AND PERSONAL EQUIPMENT

### **8** -Socks

Delete the following sentence: The Medical Committee insist that shin length socks be worn to cover and protect the shins if the lifter so happens to drag the bar on the shins - and insert - **Shin length socks shall be worn to cover and protect the shins while performing the deadlift.**

### Reason:

The present situation where the bar has to be cleaned between "every other lift" with a sterile solution, dried, plasters torn from shins and adhering to the bar, is considered to be unhealthy, unsightly, and totally unacceptable.

**Proposer: IPF Technical Committee**

## POWERLIFTS AND RULES OF PERFORMANCE

9 Bench Press: Change paragraph eight, page fifteen to read:

After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum/breastbone), hold it motionless on the chest. After being held at the chest for a definite and visible pause, the audible command "**press**" will be given. The lifter must then return the bar to arms length **extended evenly throughout**, both arms locking out simultaneously / together. When held motionless in this position the audible command "rack" shall be given with a backward motion of the arm.

"Pronounced/exaggerated" to be deleted from 4. Causes for disqualification of a Bench Press.

To be consistent with the above.

### Reason:

To re-introduce the signal at the chest will eliminate the touch and go syndrome which has become progressively worse since the signal was abolished.

"Immoderate" uneven extension has created wide variations in interpretation, extended evenly throughout will return the bench press to a relatively "black and white" lift to judge.

**Proposer: Powerlifting Australia - IPF Technical Committee**

10 Bench Press - Single Lift:

Five attempts. The lifter must have achieved a lift in one of the first three attempts to be able to continue.

### Reason:

Five attempts will make for a more interesting competition.

**Proposer: Swedish Powerlifting Federation**

## WEIGHING - IN

11 The body weight category in which the lifter is nominated at the Technical Meeting cannot be altered after that time. This rule applies equally to that of the alternates/reserves.

### Reason:

- a) Gives the organiser adequate time to prepare all the competition lists and to specify inputs to the competition computer programme prior to the start of the competition.
- b) Grouping of lifters can be made and announced prior to weighing-in. Essential when the B Group lifts in the morning session, and the A Group in the evening.

This will mean if passed, changes to the following: item 6 strike the words----- for that body-weight category. Item 7 strikes completely. And to the last sentence of (c) under ORDER OF COMPETITION

**Proposer: European Powerlifting Federation**

## ORDER OF COMPETITION

12 The Round System

- (b) Third sentence - insert after. A session can be composed of-----the words, **one group of a bodyweight category - - -**

### Reason:

To allow for groups to be run separately e.g. presentation of ten or so A Group Lifters for T.V. presentation as at the 2003 Men's Open Championships.

**Proposer: Powerlifting Australia - IPF Technical Committee**

13 The organiser will appoint the following officials:

- (b) Technical Secretary - Strike the words---- in the absence of a member of the T.C.

### Reason:

Not all members of the Technical Committee are prepared to undertake this task!

**Proposer: IPF Technical Committee**

## 14

Responsibilities of the officials are:

(c) Timekeeper-second paragraph - delete the words "after being called to the platform" and insert **after the Chief Referee signals "Bar loaded/ready"**.

Reason:

Being called to the platform is an imprecise point of time. The speaker often delays. The Chief Referee should be in control of the platform not the speaker.

This proposal if passed will affect item (a) the wording to be-

When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the **time keeper** who will **immediately begin the clock. The speaker to make a simultaneous announcement, again, calling the lifter by name.**

**Proposer: Powerlifting Australia**

REFEREES

## 15

Raise an arm.

In squat and Bench Press the side referees will raise their arms, and keep them raised until the lifter is in the correct position to receive the signal to begin the lift.

Reason:

To make referees more active/aware.

Note: Should this proposal pass, item 8 will need re-wording.

**Proposer: Swedish Powerlifting Federation**

## 16

Item 19

Qualifications for a Category 2 Referee are as follows:-

Change (a) which says. A National Referee in good standing with his National Federation - to - **A National referee of at least two years standing, having officiated in the position as a referee with a minimum of two National Championships within this period.**

Reason:

To show some degree of experience.

**Proposer: IPF Technical Committee**

## 17

Page 29 item 32

Delete the word "open". Insert the word **full** after the word championships.

Reason:

Some referees are unable to fulfil the written rule e.g. where some Nations have many referees who cannot be accommodated at the one meet. Deleting "open" will allow for all other **full** meets to be taken into account.

**Proposer: IPF Technical Committee**

## WORLD RECORDS

18

Item 7

Change wording from - In no circumstances may lifters not taking part in the full competition be permitted to attempt records on individual lifts to - **Records on Individual lifts must be accompanied by a total of the three lifts.**

Reason:

As the wording now stands, the implication is that only those partaking in the said competition may attempt records. This excludes e.g. guest lifters.

We the Technical Committee are sure that the intention of the rule was as the proposal!

**Proposer: IPF Technical Committee**

19

Item 12

Open World Records set in individual lifts must be accompanied by lifts of at least double the lifters **class bodyweight** on both squat and deadlift for males. The male lifter must at least achieve his **class bodyweight** on the bench press.

Female lifters must achieve one and a half times their **class bodyweight** on both squat and deadlift, while they must achieve at least half of their **class bodyweight** on the bench press.

For the purpose of the rule - 90+ and 125+ **class bodyweights** will be regarded as 92.5 and 127.5.

The minimum weight that may be taken if it does not equate to the exact formula must be a multiple of 2.5. kgs above e.g. 56 kg class - one and a half times **class bodyweight** = 84 kgs - minimum weight accepted = 85 kgs.

In the case of "half" the **class bodyweight** in the 44 kg class the bar must, as in the rule, include collars i.e. 25 kgs.

Reason:

There has been some controversy over the current rule, suggesting that there are two or three lifters on the International Circuit, who due to bodyweight and physical structure cannot accomplish this. The proposal will still keep a minimum standard. All can achieve what is asked in the proposal.

**Proposer: IPF Technical Committee**

20

Item 13 - Delete from "World Single Lift Bench Press Records" to "**Bench Press**" **Records.**

Reason:

Nonsensical to have two World Records for the same lift. It undermines IPF credibility if double-counted World Records are recognised. The records in Bench only meets are, on the whole, no better than the records in three lift meets. The IPF should now issue a World Record List with the better of the current Single or three lift Bench Press performance shown as the only World Record.  
By-laws 105.9 - delete "Single lift Bench Press"

**Proposer: Powerlifting Australia**

WILKS FORMULA

21

Establish a new table for single lift bench press championships.

Reason:

Wilks formula is worked out based on the lifter's total. A new formula based on bench press statistics will give justice to lifters competing in bench press championships.

**Proposer: Belgium Powerlifting Federation**

John Stephenson  
Chairman IPF Technical Committee

## Rules proposals to IPF Congress 2004

### **Proposer: Ukraine**

1. To change of weight categories for women and men:

Men: If 9 weight categories - 56, 62, 69, 77, 85, 94, 105, 122, +122;

If 8 weight classes- 56, 62, 70, 80, 92, 105, 122, +122

Women: If 8 weight categories - 48, 52, 56, 62, 70, 77, 85, +85;

If 7 weight categories - 48, 53, 58, 63, 69, 75, +75

2. Results of competitions of sportsmen in each weight category in the squat, bench-press and dead lift must be displayed in final score shirts separately.

**Reason:** Lifters and all others must know which place they achieve in the squat, bench- press and in the dead lift. Winners (1, 2, and 3 place) must receive medals or certificates by results of their performances in these separate exercises. There is such analogy in weightlifting.

3. There are in the squat, and in the bench press must be 5 cards for the application of weight on the bar, as well as in the dead lift.

**Reason:** Lifters compete for to receive medals and to collect total in the squat and in the bench press. Why competitions in the dead lift has a difference with competitions in the squat and in the bench press.

4. In that case when the opinion of jury does not coincide with the decision of referees on the platform and the lifter receives the additional attempt at the end of a round, the jury must takes places of referees and estimates this attempt of the lifter together with referees.

**Reason:** It will raise a role of jury in competitions and will make the work of referees and jury more responsible.

### **Proposer: Luxembourg**

#### **Support Shirt**

Support shirts as approved by the Technical Committee and noted in the list of approved equipment and clothing issued periodically by the committee may be worn for all lifts. All of the conditions as defined for the T Shirt, also apply to the support shirt (**except, that the support shirt must not have sleeves**). The support shirt cannot be so long as to cover the buttocks when tucked into the suit and therefore serve as extra support. In addition seams may only be placed in the positions indicated in the diagram below:

## 11 New Member Applicants

Congo; Costa Rica; Dominican Republic; Greece; Guyana; Iran (Full membership?); Iraq; Jamaica; Mongolia; Morocco; Virgin Islands

## 12. Action on Delinquent Nations

To be announced at the Congress

## 13. Hall of Fame

Announcement at the Congress

## 14. Future Championships

### 2005

Date	Championship	Place
26.+27. February	ER Equipment Denmark Bench Press Championship	Randers / Denmark
18. – 20. March	Danube-Cup	Venue requested
21. – 24. April	World Bench Masters	Nymburk / Czech Republic
18. – 22. May	European Men	Hamm / Luxembourg
25. – 29. May	World Women	Ylitornio / Finland
June	North American Powerlifting Championship	Miami - Florida / U.S.A
15. – 19. June	European Junior	Doneck / Ukraine
05. – 10. July	European Masters	Milano / Italy
13. – 18. July	World Games	Duisburg / Germany
22. – 24. July	West European Cup	Igualada / Spain
04. – 07. August	European Bench Press Masters	Nymburk / Czech Republic
01. – 04. September	European Bench Press	Hungary
8.-11. September	South American Powerlifting Championships	Callao / Peru
05. – 11. September	World Sub-Juniors and Juniors	Fort Wayne-Indiana / U.S.A.
04. – 09. October	World Masters	Cape Town / South Africa
15. - 16. October	South American Bench Press Championships	Sao Paulo / Brazil
15. – 20. November	World Men	Miami-West Palm Beach / U.S.A.
15. – 20. November	Pan-American Women's & Men's	Miami-West Palm Beach / U.S.A.
24. – 27. November	European Women	Hungary
30. Nov. – 04. December	World Bench Press	Stockholm / Sweden

## 2006

<b>Date</b>	<b>Championship</b>	<b>Place</b>
25.+26. February	ER Equipment Denmark Bench Press Championship	Randers / Denmark
17. – 19. March	Danube-Cup	Venue requested
Middle of March	North American Powerlifting Championship	
19. – 23. April	World Bench Masters	Miami-West Palm Beach / U.S.A.
19. – 23. April	Pan-American Open Women's & Men's Bench Press	Miami-West Palm Beach / U.S.A
16. – 21. May	European Women + Men	Nymburk / Czech Republic
24. – 28. May	World Bench Press	Budapest / Hungary
14. – 18. June	European Junior	Trencin / Slovakia
05. – 09. July	European Masters	Netherlands
20. – 23. July	West European Cup	Hamm / Luxembourg
03. – 06. August	European Bench Press Masters	Kolomyja / Ukraine
10. – 13. August	European Bench Press	Bordeaux / France
7. - 10. September	South American Powerlifting Championships	Sao Paulo / Brazil
05. – 10. September	World Sub-Juniors and Juniors	Sofia / Bulgaria
04. – 08. October	World Masters	Killeen / U.S.A.
4. - 5. November	South American Bench Press Championships	Montevideo / Uruguay
05. – 12. November	World Women + Men	Stavanger / Norway

## 2007

<b>Date</b>	<b>Championship</b>	<b>Place</b>
24.+25. February	ER Equipment Denmark Bench Press Championship	Randers / Denmark
Middle of March	North American Powerlifting Championship	
17. + 18. March	Danube-Cup	<b>Venue requested</b>
18. – 22. April	World Bench Masters	<b>Bid: Schwedt /O. / Germany</b>
15. – 20. May	European Women + Men	<b>Koscian / Poland</b>
30. May. – 03. June	World Bench Press	<b>Bid: Durban / South Africa</b>
13. – 17. June	European Junior	<b>Sofia / Bulgaria</b>
04. – 08. July	European Masters	<b>Venue requested</b>
19. – 22. July	West European Cup	<b>Venue requested</b>
2. – 5. August	European Bench Press Masters	<b>Nymburk / Czech Republic</b>
23. – 26. August	European Bench Press	<b>Denmark</b>
Summer	Special Olympics World Summer Games	Shanghai / China
6. - 9. September	South American Powerlifting Championships	Cartagena / Colombia
04. – 09. September	World Sub-Juniors and Juniors	<b>Bids: Santo André, São Paulo/ Brazil Toulon / France Puerto Rico</b>
03. – 07. October	World Masters	Venue requested
3. - 4. November	South American Bench Press Championships	Peru
06. – 11. November	World Women + Men	<b>Bids: Salzburg / Austria Townsville / Australia Lvov / Ukraine Regina / Canada</b>

## 2008

<b>Date</b>	<b>Championship</b>	<b>Place</b>
01. – 02. March	ER Equipment Denmark Bench Press Championship	Randers / Denmark
16. – 20. April	World Bench Masters	Venue requested
28. May. – 01. June	World Bench Press	Venue requested
02. – 07. September	World Sub-Juniors and Juniors	Venue requested
01. – 05. October	World Masters	<b>Bid: Puerto Rico</b>
04. – 09. November	World Women + Men	Venue requested

**Venue requested** = means you can send in your bid.

**15. Any Other Business**

**16. Adjournment**