

Minute of the IPF Congress 2004.

Place: Good Hope Centre, Cape Town / South Africa

Date: Tuesday, 9. November 2004

Start: 14:30 pm

Delegates:

Full members

Argentina, Australia, Austria, Belgium, Brazil, Bulgaria, Canada, Chinese Taipei, Czech Republic, Denmark, Finland, France, Great Britain, Hungary, India, Italy, Japan, Luxembourg, Netherlands, Norway, Philippines, Poland, South Africa, Russia, Slovakia, Sweden, Ukraine, USA, Venezuela. Totally: 29

Provisional members

Iran, Mongolia.

EC members

N. Wallauch, A. Wahlstrom, D. Albrings, G. Parage, A. Ferguson, R. Wilks, L. Maile, J. Conrado, S. Yoshida .

**Totally 38 votes.

1. Agenda

1. Roll Call of Nations and Delegates
- Presentation of Credentials of each Nation
- *Certification of Athletes and Referees
2. President's Address
3. Minutes of the last Congress.
4. Treasurer's Report
 - (a) To examine the accounts of the previous year
 - (b) To approve the budget for the forthcoming year
5. Finance Secretary's Report
6. General Secretary's Report
7. Committee Reports
 - (a) Technical Committee
 - (b) Medical Committee
 - (c) Disciplinary Committee
 - (d) Appeal Committee
 - (e) Law & Legislation Committee
8. 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)
9. Elections
10. Proposals
11. New Member Applicants
12. Action on Delinquent Nations
13. Hall of Fame (Announcement of Names)
14. Future Championship.
15. Any Other Business
16. Adjournment

* Certification of Athletes and Referees to take place after the Congress.

**** Accepted unanimous**

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 26th 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). 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

**** Accepted unanimous.**

3. Minutes of the last Congress

See IPF Newsletter No. 1 January / February 2004

**** Accepted unanimous**

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

5/34

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.

**** Accepted unanimously**

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

The account was balanced with incomes of € 130.772,53 and expenses of € 119.969,75 resulting in a benefit of € 10.802,78.

Presented by the Treasurer.

**** Accepted unanimously**

(b)To approve the budget for the forthcoming year

The budget was balanced with incomes of € 154.000 and expenses of € 158.245 resulting in a deficit of € -4245.

Presented by the treasurer.

**** Accepted unanimously**

5. Finance Secretary's Report

Made up by Gerhard Geisler and Jean Claude Verdonck and presented to the Congress by N. Wallauch.

**** Accepted unanimously.**

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.

6/34

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 Albrings Munich, 06.09.2004

**** Accepted unanimously**

7. Committee Reports

(a) Technical Committee

TECHNICAL COMMITTEE

MEMBERS:

Bill Jamison Canada billjamison@sympatico.ca
Henk Keizer Netherlands hkeizer@planet.nl
Robert Keller USA rhk@verizon.net
Arnulf Wahlstrom Norway arnulfw@halden.net
Johnny Wiklund Sweden johnnywiklund@telia.com
Susumu Yoshida Japan phouse@tky.3web.ne.jp

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 reregistration 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, Kazahkstan 1, France 1, Finland 1, Great Britain 1, Puerto Rico 1 . Sum: 7

New Category 2 Referees as from November 2003 - July 2004

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

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.

**** Accepted unanimously**

(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

**** Accepted unanimously**

(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

**** Accepted unanimously**

(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.

10/34

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

**** Accepted unanimously**

(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.

**** Accepted unanimously**

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 Busselot* 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 Busselot*, 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 “ “ Trencin, 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 “ “ Havirov, 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 Wahlstrøm

**** Accepted unanimously**

(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

**** Accepted unanimously**

(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 28th April to 2nd 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.

14/34

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.

15/34

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

**** Accepted unanimously**

(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.

Larry Maile

**** Accepted unanimously**

(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

**** Accepted unanimously**

(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

**** Accepted unanimously**

9. Elections

Election of the "Chairman for the IPF Doping Hearing Panel".
Candidate: Klaus Broström from Denmark.

**** Klaus Broström was elected unanimously.**

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)

**** Accepted unanimously to discuss the proposal of revised Constitution and By-Laws.**

Proposal A1

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

**** Accepted unanimously**

Proposal A2 put forward by the IPF EC:

Revised text for Bylaws 106.13:

"Any national federation which incurs one or more positive doping 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 these 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".

**** Accepted unanimously**

Proposal B / Technical Rules

Put forward by the IPF Technical committee.

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.

Proposer: Luxembourg and Chinese Taipei

**** Accepted 20/18. (Yes: 20 – no: 18)**

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.

Proposer: Powerlifting Australia.

**** Withdrawn by Australia**

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

Proposer: Powerlifting Australia

**** Failed. 4/32**

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.

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

During the discussion it was stated that only medals for the total shall be receive and no additional team points scored for this group. Further, lifters above 70 years for Men (and 60 years for Women) to be nominated to compete in the Master III (II) group.

**** Accepted. 30/3**

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.

Proposer: Norwegian Powerlifting Federation

Accepted. 19/18

6 - Item 10

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

Proposer: European Powerlifting Federation

**** Accepted. 35/0**

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.

Proposer: IPF EC and TC.

**** Accepted. 34/0**

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.**

Proposer: IPF TC.

**** Accepted. 31/3**

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.

Proposer: Powerlifting Australia - IPF TC

**** Failed. 15/22**

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.

Proposer: Swedish Powerlifting Federation

**** Failed. 4/33**

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.

Proposer: European Powerlifting Federation

**** Failed. 13/23**

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** - - - -

Proposer: Powerlifting Australia – IPF TC

**** Withdrawn as it was an understanding among the Congress delegates that this grouping can be arranged under the present IPF Technical rules.**

13 The organiser will appoint the following officials:

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

Proposer: IPF Technical Committee

**** Accepted 38/0**

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"**.

Proposer: Powerlifting Australia

**** Accepted 37/0**

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.

Proposer: Swedish Powerlifting Federation

**** Accepted 28/9**

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.**

Proposer: IPF Technical Committee

**** Accepted 38/0**

17

Page 29 item 32

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

Proposer: IPF Technical Committee

The discussion concluded that the word "**full**" should better be replaced by the word "**powerlifting**".

**** Accepted 38/0**

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.**

Proposer: IPF Technical Committee.

**** Accepted 32/2**

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.

Proposer: IPF Technical Committee

**** Accepted 30/5**

20

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

Proposer: Powerlifting Australia

**** Failed. 8/28**

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

**** Failed. 3/30**

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

**** Withdrawn**

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

**** Accepted 26/6**

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.

**** Failed due to no seconder.**

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.

**** Failed due to no seconder**

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:

Proposer: Luxembourg

The discussion concluded that the word "**must**" above should better be replaced by the word "**need**".

**** Accepted 30/0**

11 New Member Applicants

**** Following nations accepted as IPF members:**

Provisional:

Congo (36/0), Costa Rica (31/0) ; Dominican Republic (35/0); Greece (35/0); Guyana (33/0); Iraq (35/0); Jamaica (35/0); Morocco (30/0); Virgin Islands (34/0).

Full:

Mongolia (37/0)

12. Action on Delinquent Nations

**** No actions**

13. Hall of Fame

It was announced that Gaston Parage has been awarded Hall of Fame by the EC after a proposal from Belgium.

The decision was applauded by the delegates.

14. Future Championships

Championships previously awarded for 2005 – 2006 were confirmed. Any minor adjustments will be announced at the web under “Calendar”.

2007

Date	Championship	Place	Vote
18. – 22. April	World Bench Masters	Schwedt /O / Germany	<i>Accepted 29/0</i>
30. May. – 03. June	World Bench Press	Durban / South Africa Denmark	<i>Failed: 1 Accepted: 36</i>
04. – 09. September	World Sub-Juniors and Juniors	Canada Sao Paulo /Brazil Toulon / France	<i>Failed: 7 Failed: 11 Accepted: 21</i>
03. – 07. October	World Masters	Ostrava, Czech Rep.	<i>Accepted: 27</i>
06. – 11. November	World Women + Men	Salzburg / Austria	<i>Accepted: 33</i>

15. Any other business.

None.

16. Adjournment.

None.

/Arnulf Wahlstrom