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Agenda of the IPF Congress 2005 in**Miami / USA****Monday, 7th November 2005****Hyatt Regency Hotel / Miami****Start: 02:00 pm****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
(c) Fees (if requested)
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
(f) Doping Commission
(g) Doping Hearing Panel
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

2. President's Address

PRESIDENT'S REPORT

presented to the IPF Congress 2005 in Miami, Florida, USA

Dear Powerlifters all over the world,

This year we celebrate the 35th anniversary of holding World Championships in Powerlifting. The baby has grown up and is now a young man (or woman) with all the problems people of that age have. Nevertheless we can be proud on our sport especially when we consider that it has developed from a nice hobby of a handful strong people to a worldwide accepted sport which is a fully respected member of GAISF (General Assembly of International Sports Federations) as well as IWGA (International World Games Association) and is now in the process of becoming IOC recognized. More about the latter I will provide to you at the Congress in Miami.

The IPF at present consists of more than 100 member federations from all six regions which I am sorry to confess are more or less active. For me the highest grade of activity means participation at World Championships - and I am proud to announce that we will have close to 50 countries participating this year in Miami, the highest number of federations ever. Second grade of activity means participation at Sub-Regional, Regional and/or Inter-Regional Championships for those federations which cannot afford high travelling costs, whereas the minimum we expect from an active IPF member federation is to organize national competitions with national championships and records. We would very much appreciate such results to be published in our IPF Newsletter as well as in Dennis Unitt's "International Powerlifter" and we would also offer support to federations if they should need that.

2005 was the year of the World Games with the Powerlifting competitions taking place from 16th to 17th July in Duisburg, Germany. The World Games, for the first time under the patronage of the IOC, are often called the "Olympic Games of the Non-olympic Sports" and we are very proud to be a part of them since its foundation in 1981. For our sport Powerlifting the World Games were a big success with a huge crowd of spectators, a lot of VIPs visiting us as the Lord Mayor of Duisburg Adolf Sauerland or IWGA President Ron Froehlich, with 17 new world records, seven (7) open, four (4) juniors and six (6) masters, set – and with no positive tested lifters! This was the most pleasing come-out of the competition were 67 powerlifters from 24 countries took part and where we could

show to everybody whom it may have concerned that our best lifters can in fact break even world records without the use of drugs.

Regarding the World Games the IPF had intensified its efforts to fight doping. For the first time we had ordered OCTs on lifters who were provided to participate in Duisburg. Besides that we did more tests than ever at World and Regional Championships. In 2004 together with the controls which have been reported by our national affiliates we have done more than 3000 tests. We consider that not as a waste of money but as a necessity to satisfy everybody who will decide on the future status of Powerlifting.

Since the last Congress in Cape Town the IPF Executive has made a lot of decisions to improve our sport. We want to make Powerlifting easier to understand by simplifying our much to complicated Technical Rules, we have made agreements with our gear manufacturers to anonymously check their gear regarding safety and also to stop the increasing number of new types of gear coming out year by year. And we have a lot of other visions we will realize in the near future.

Nevertheless I do not share the opinion that Powerlifting is a worldwide market where the IPF has to compete and challenge the other organizations. Our advantage – and we are very proud on that – is that the IPF is the only officially recognized worldwide Powerlifting federation whereas all the others are either not worldwide, no federations but only corporations or even simply private companies to make business with our sport and the vanity of people who want to get (not win) a world champion title even if it is completely worthless. A couple of weeks ago I got notice of a “world championship” in my home country Austria where 46 out of 63 lifters in benchpress became world champions and every lifter received a medal except five who bombed out...

This misuse we have to fight but on the other hand keep our doors open for all the others who are really willing to agree with our rules and doping policy.

There would be much more to say but let me finish my this year's report. If you have any useful idea or threatening concern please do not hesitate to contact me or one of the other members of the Executive.

Kind Regards

Norbert Wallauch
President IPF

Vienna, 5th October 2005

3. Minutes of the last Congress

See IPF Newsletter No. 1 January / February 2005 and on the IPF-Homepage from 1st December 2004

4. Treasurer's Report

FINANCIAL REPORT

This year has been an expensive year for the IPF. We have spent more money than we have received, and therefore we will have a bigger deficit as foreseen in our budget. The reason was that we have had a lot of costs for the streaming in Capetown and the unforeseen spending on the World Games. Also the travel costs are much higher because most of the flights are overseas and the EC has decided that all EC members' hotel costs will be paid.

A lot of money was spent for the fight against doping. The main reason for this was to make sure that we had no positive lifters at the World Games, otherwise we would lose our place and all chances to become IOC recognized. We have spent much more money than last year, and OCT (out of contest testing) in different countries was very expensive. Fortunately we had no positive tested lifters at the World Games, and none in the OCT. More and more money is spent for the daily work of the IPF as we have more and more people who work free lance and it is normal that we pay for the material they need to work with, and also their phone costs. Again we have had good relations with the Lab in Cologne. This relation will continue, but the positive tests will cost more money and then we have to add this to the bill which the lifter receives together with the offence.

We have sent bars to Indiana, Fiji, Korea and Germany (World Games). Bench racks were sent to Indiana and Fiji. We have spent 10.000 € for promoting our sport on TV and the Internet Streaming (which was not so successful). Titan and Metal shop sponsored 500 € for the publicity on the track suit bottoms at the World Games and also Titan sponsored 1.000 € for the TV coverage.

750 € was paid by the Transworld Sports TV.

Many thanks to all of our sponsors, Inzer Advance Design, Titan Support System, Metal Shop Gym, Crain, Eleiko, Leoko, Yvanko, Pallini, UESAKA, ER-Equipment, Quest Nutrition USA, Powerhouse Japan, Kappi Norway, Monstermuscle USA and Pro Wraps

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

Please take note, should you attend the congress, to bring the annual membership-fee 200 € with you, as this will make the work easier for you and me.

As Championship secretary I have had more work than last year, as I have to interfere every time when the invitations are not sent on time, or when the request for the visas from the nations is not sent in time to the organiser.

Therefore, I ask all who need such an invitation to ask in time, and not at the last minute, as this brings problems for everybody, and most problems for the lifters when they have trained hard and have to stay at home because the Federation was too late in asking for the invitation and for the appointment at the visa office.

I have exchanged all the medals from the Women's Championships in Cahors and have prepared the list with all the lifters who need to exchange their medals for all the other competitions. I ask you to bring the medals with you to the championships so that this can be done as soon as possible. It is in the interest of the lifters and it is the duty of the National Federation to make sure that it is done. Most of the work is preparing the nominations and the paperwork for conducting a championship, also to prepare the certificates. In this respect many thanks to Detlev Albrings, who has printed the certificates for some of the championships, and many thanks to Kalevi Sorsa for his working on a programme so that the name of the lifter can be written each time at the same level.

It is important that all the nations use the nomination form and fill out all that is requested on this form. We must have the names (not nick names), birthdates, best lifts etc.. Also, the referees must nominate their availability. This is often not done, and then I have again to ask the Federation to send me this. This makes unnecessary work because some of the Federations do not work professionally.

I will propose that we give to every lifter a lot number from 1 until the end of the nominations (if there will be 223 nominated lifters, then the last will have the number 223). This will help Alexander Kopayev to prepare every document with lot numbers, as his programme can automatically produce lot numbers. So if lifters are going up or down they will receive -1 or if we are starting with 3, then the smaller number. After the Technical Meeting someone is sitting until 1:00am or 2:00am in the morning preparing this work. With the modern material we can print out every paper we need with lot number etc. after the Technical Meeting in an acceptable time.

*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

This year was a "World Games Year". We have seen an excellent championship in Duisburg with the best lifters from all over the world. Also the Opening Ceremony of the World Games was the greatest I have ever seen. The banquet in our hotel after the championship was delicious.

For the next World Games in Kaohsiung / Chinese Taipei the Executive-Committee must discuss the criteria to improve the accreditation procedure. Perhaps we can achieve additional places for lifters in discussion with the IWGA.

As we have decided last year about our IPF-Anti-Doping rules, we have made OCT-tests before the World Games and the Doping Hearing Panel has now decided about international and regional cases. I believe this is an improvement, because we have now an central committee for such cases and no region needs to provide an additional committee for these complicated cases in their regions.

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

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

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 good World Championships.

Best wishes

Detlev Albrings

Munich, 14.09.2004

7. Committee Reports

(a) Technical Committee

TECHNICAL COMMITTEE REPORT TO CONGRESS 2005

It hardly seems a year ago that I was writing our report to Congress 2004.

We have continued to keep members of the IPF informed with our regular newsletter and total transparency.

As Chairman of the technical Committee I sat on two occasions in meetings of the Executive Committee putting our views across on matters of - proposals to Congress, clarifications, and interpretations of many Technical Rules. No doubt the "moratorium" (no new supportive shirts or suits) of two years from the date of this 2005 Congress was one of the biggest issues.

The „IPF Approved „insignia to be printed on all forthcoming supportive shirts and suits will make for a better understanding at equipment checks.

An almost daily influx of emails concerning rules and allied subjects has been answered promptly to the best of the Chairman's ability.

Referee/Jury selection has been made by the Technical Committee at 5 World Championships throughout this past year, and at the time of writing the Chairman is to conduct the Technical Meeting of the inaugural Commonwealth Championships in England. Depending on the success of this meet it could be added to the IPF calendar, possibly biennially.

We have kept excellent relations with IPF Approved manufacturers and thank them for their confidence in our integrity when assessing potential approvals.

Our referee registrar Goran Gunnarsson continues to do an excellent job. Administrator of the International Referees examination he has supplied the following figures.

Cat 1 - India 1, Italy 2, Ukraine 2, Hungary 1.

Cat 2 - France 2, USA 7, Luxembourg 2, Canada 2, Finland 1, Denmark 2, Great Britain 3, Kazakhstan 1, Hong Kong 2, Iran 1, Japan 1, Uzbekistan 1, Germany 1, India 1.

Members of the Technical Committee have conducted many of these examinations.

International IPF Referees as at 20-08-2005

| | | | |
|-----------|-------------|-------------|-------------------|
| Europe: | Cat. 1: 100 | Cat. 2: 171 | |
| Africa: | Cat. 1: 2 | Cat. 2: 7 | |
| Asia: | Cat. 1: 26 | Cat. 2: 39 | Total: 441 |
| Oceania: | Cat. 1: 6 | Cat. 2: 13 | |
| Americas: | Cat. 1: 15 | Cat. 2: 62 | |

Congress 2006 will examine the Technical Rules (generally) once again. There is a move to simplify them. This may mean some deletions. Nations will be asked to forward to the Technical Committee bona fide suggestions. Please do not repeat proposals that have failed miserably in the past.

My thanks to members of the Technical Committee who have made input, and to the IPF Treasury for any funding.

To close: We shall continue to uphold the good name of the IPF and take care of our duties as prescribed.

John Stephenson
Chairman IPF Technical Committee

Email address: stephensonjsy@supanet.com

(b) Medical Committee

The medical committee, as of September 10, has had 18 athletes file TUE's through the IPF/ WADA.

I would, again, like to explain the process of TUE applications for the IPF.

1. The athlete must go to the IPF website and download the proper forms.
2. These forms are found under the antidoping area.
Do Not Send Your National Organizations TUE.
3. After completing the forms, the athlete must mail hard copy to my office.
You can find my address on the IPF website at the members section.
4. You may fax or send me a copy by email to expedite your TUE, but the original must be sent to me for record keeping.
5. Once your TUE arrives, I will forward specific information to our medical panel for approval. This can take from a few days to a week.
6. Once approved or Denied, I will fill out a form to WADA w/ your information.
I will then fax this form to WADA and make a copy to mail to the athlete.
7. This procedure may take a couple of weeks and sometimes longer to get your approval in the mail.
8. If you have an email, please make sure and put this on the application.
Sometimes the medical panel needs more information from the athlete before an approval decision. This email will also allow me to give you a temporary approval until the mail has reached you.

9. International mail systems require some time, depending on which country you are in.
10. Most of all, please write legibly. Fill out all information that is applicable to you. Make sure your doctor fills out all pertinent prescriptions, diagnosis and terms of use.

Type this info, if you are unsure of your handwriting abilities.

Thanks,
Bernie Miller DC, CCEP
IPF Medical Chairman

(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 2004, the DC had to decide in 3 doping cases from the Men's World in South Africa. We examined and discussed each of these cases in detail.

The Congress which was held in South Africa 2004 has decided to implement the WADA code, the authority for proceeding and execute judgements in all doping cases has been transmitted over to the DHP (Doping Haring Panel). The DC has the function (character) now, to examine - execute, whether there any TUE (Therapeutic Use Exemptions) exist for each doping case.

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
Brumunddal - Norway, 15.09.2005

(d) Appeal Committee Report

The IPF Appeal Committee (AC) has during the period since last congresses consisted of Lars-Göran Emanuelson, chairman, and under a part of the year of Nectar Kikiris.

The AC has had two appeals to decide upon since the last congress. Both of these appeals were found correctly judged by the disciplinary committee.

The AC is understaffed and we will ask the nations for further committee members. The AC has had a changing in the duty and I think these changes will minimise the use of the committee in the future.

Lars Emanuelson (Sweden)
Chairman

(e) Law & Legislation Committee

Dear IPF Members,

In the year 2004 a new constitution was rewritten and adopted by the Congress in Cape town to be in order with our constitution and, of course, the WADA-Code.

I have examined – read and controlled – the proposals of constitution from Iran and Greece, as their proposals respected Law & Constitution they were accepted. Since 2004 many fully respectful and good IPF-competitions were held in which I was pleased to take part as Referee & Chairman of Law and Legislation – that is to say:

The World Masters Bench Press in Zlin – Czech Republic
The Men Europeans in Hamm – Luxembourg
The World Women in Ylitornio –Finland
The European Masters in Trencin – Slovakia
The World Games in Duisburg – Germany
The European Masters Bench Press in Beroun – Czech Republic

Personally I think that taking part in the World Games in Duisburg – Germany was a great honour and a big success for the IPF & their Athletes. Overmore they were perfectly organised and I enjoyed myself very much as referee, sports fan and helper.

Our IPF Executive is now very professional and efficient in each sport event but we still must go on as to be recognised by the IOC.

All countries should help us in this way of working as to fully respect the WADA-Code.

Please don't forget that unity is strength, strength through unity.

Jean Claude Verdonck
Law & Legislation Chairman

(f) Doping commission

DOPING COMMISSION REPORT 2004/2005

In November 2004 the IPF implemented the WADA Code and established a new set of Anti-Doping Rules. This WADA-compliant implementation allowed the IPF to take its place amongst world sporting federations, as a genuine combatant of drugs in sport.

As part of the new system, the IPF created a new Doping Commission which is "responsible for overseeing all testing conducted by the IPF" (Article 5.2). The membership of the Commission has been established as:

Robert Wilks (Chairman)
Kalevi Sorsa
Detlev Albrings
Larry Maile
Robert Keller
Alan Ferguson

In 2005, the first year of the system, all in the IPF have had to adjust to new features in our doping system, such as:

- A wider range of doping offences
- The use of only independent DCOs
- Therapeutic Use Exemptions
- Lifter Whereabouts monitoring and out of competition testing OCT
- A three-step results management process (IPF Secretary, Disciplinary Committee, Doping Hearing Panel)
- A requirement for National Federations for adopt an anti-doping system consistent with the IPF system.

All this created some degree of cultural shock and administrative and financial strain. However some of the achievements of the Doping Commission in 2004 to 2005 included:

- The documentation of a very sound set of Anti-Doping Rules (special credit is due to Kalevi Sorsa for his drafting work).
- Efficiency in results management, due particularly to the work of Detlev Albrings and our new Doping Hearing Panel.
- A commencement of OCT, particularly focused on the World Games and also the very pleasing result of no positives for event testing at that event.
- A vigorous in-competition testing programme at international events, (although producing a disappointing number of positives).

In the future the Doping Commission has to work with the IPF Executive in going forward in the following areas:

- A more widespread Whereabouts and OCT programme

- Enforcement of National Federation doping programmes
- Clear website publication of drug test results and suspensions
- Enforcement re doping offences other than positive test results
- An economic model which allows for this greater activity.

| Competition 2005 | No. of samples | Remarks |
|-------------------------------|-----------------------|-----------------------------|
| Danube-Cup | 8 | All negative |
| World Bench Masters | 30 | 3 positive |
| Asian PL | 12 | 1 positive |
| European Men | 36 | 9 positive |
| World Women | 16 | 1 positive |
| NAPF-Championships | 8 | 2 positive |
| Oceania Bench Press | 5 | All negative |
| European Junior | 15 | 1 positive |
| European Masters | 16 | All negative |
| World Games | 8 (OCT) / 14 (ICT) | 1 refusal / all negative |
| Western European Cup | 5 | 1 positive |
| European Bench Press Masters | 18 | 1 positive |
| South American Championships | | No results yet |
| Commonwealth PL Championships | 9 | All negative |
| World Sub-Juniors & Juniors | 47 | No results yet |
| European Bench Press | 15 | No results yet |

Report Commonwealth PL Championships

Below is my rating on the Commonwealth Championships.

The event was very successful, with 95 lifters from 11 nations. There was great hospitality from the organizers (BAWLA, Fred MacKenzie & Stewart McKee) with hotel accommodation & meals provided free. European records were set in some of the Women's classes & the lifting standard was quite good. There was a well-constructed mounted stage & the warmup room was very large & well-equipped. The only major organizational problem was the hotel being a long drive from the venue & only very limited bus travel being available. The number of spectators was moderate & the somewhat isolated location (an outer area of Newcastle) may have contributed to that.

UK Sport, the British government agency, took 9 tests at no cost to the organizer - 10 had been promised, but for reasons they said they cannot reveal this was reduced to 9 at the last minute. However 9 tests is just on the IPF criteria of 10%. The two European record-setters were tested. The testing officials seemed most efficient & co-operative in liaising with the IPF.

The spirit of competition & participation was very good & hopes are that eventually Powerlifting can get in the Commonwealth Games. This is politically a long-term & difficult task, but the inclusion of disabled Powerlifting in Melbourne 2006 (although classified as "Weightlifting") is one slight opening of the door.

The Commonwealth Championships were held on the same weekend as the World Juniors, which was unfortunate & may have reduced participation at both events somewhat. Future Commonwealth Championships need to be placed carefully in the calendar. The IPF team trophies were presented at the banquet. There was some lack of co-ordination there & team points were not announced; however John Stephenson displayed new-found oratory skills by commandeering the stage & closing events on behalf of the IPF.

A Commonwealth Powerlifting Federation was formed, with Peter Fiore, Richard Parker & Neville Primich the main office-bearers. This requires a constitution & more work to be administratively functional, but would seem to be a viable entity. The IPF constitution allows for recognition of such a body & I recommend that the Commonwealth Federation be accepted by the IPF, when it makes a formal application.

The plan is for Commonwealth Championships each two years. Fiji made a form of bid for 2007; however political in-fighting in that nation has put a question-mark over that & it was decided to take written bids as per the IPF Promoter's Contract. Nevertheless a 2007 venue will be found, be it Fiji, Australia or England again. I hope that a 2007 venue will be confirmed before the end of 2005 & I recommend that the IPF include this event in its calendar for future years.

Robert Wilks

(g) Doping Hearing Panel

2005 Doping Hearing Panel Report

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

James Cirincione (USA)
David Sperbeck (USA)
Anton Speth (Germany)

I was appointed to be a DHP Committee Member in February, 2005 and appointed to be the Chairman in May, 2005. Since February, 2005, the DHP has delivered judgments in eleven doping cases. We examined and discussed each of these cases in detail. Fourteen doping cases are still under investigation at this time, at various stages of review, as of the date of this report.

In the 2004 report of the Disciplinary Committee ("DC"), the Chairman of the DC stated that the DC decided 24 doping cases and that such amount was eight times higher than in 2003. The rate of doping violations has not fallen. Since 2004, we have had 25 more doping cases. I reiterate the comments from the 2004 report of the DC that this level of non-compliance with the anti-doping rules brings disrepute to our sport but it also reflects that the IPF is following a very strict anti-doping policy.

We will keep fighting against doping in Powerlifting to bring recognition and respect to all of the tremendous athletes of our great sport.

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

We wish you a successful Congress and World Championship Competition.

Best wishes,

James Cirincione
DHP Chairman - IPF
Chicago September 9, 2005

8. Regional Reports.

(a) Report from Europe

By Arnulf Wahlstrom

General

The Powerlifting sport in Europe is good organised and the communication between the officials in the member federations and EPF is working well. This is important in case of preparing European championships and cups. The organisation of international championships has been of good standard and focus has been on improving the warming up facilities which is an important detail in hosting a successful championship.

The number of participants at various Europeans is high but it is with some concern one register that the recruiting in Junior and Sub-junior divisions is low in the majority of the member federations.

Members

The European Powerlifting Federation (EPF) has 33 (33*) full and 5 (5*) provisional member nations. The yearly EPF Congress took part in Luxembourg in May with delegates from 18 (19*) member Nations present plus 4 EC members.

EPF Hall of Fame was honoured at the EPF Congress to *Pavol Müller* from Slovakia and *Andy Kerr* from Great Britain

Pavol has for many years been active in national and international Powerlifting as leader and has been in the EPF administration since 1996 and he is also an international category referee.

Andy Kerr is more or less a legend in Powerlifting starting 16 years old and won the European Master II championships this year. Andy has given valuable inputs to Powerlifting training and coaching by his many published articles.

EPF Powerlifters of the Year (-2004) were honoured to *Larysa Vitsiyevska* from Ukraine and *Sergey Fedosienko* from Russia (top ranked lifters by points).

EPF Executive members and officials are: *Arnulf Wahlstrøm*, Norway (Pres.), *Kalevi Sorsa*, Finland (V.Pres.), *Dietmar Wolf*, Norway (Gen. Secr.), *Alain Hammang*, Luxembourg (Treasurer), *Myriam Busselet*, Belgium (Technical Com. chairm.), *Kseniya Aloyeva*, Ukraine (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 2005. This includes 3 out of 7 World championships, 6 European championships, 3 Nordic championships, Danube cup and Western European cup.

European Championships 2005

- Senior Europ. Champ.: Luxembourg with 95 (111*) lifters from 18 (23*) nations
- Women “ “ Trenčin, Slovakia (2004) with 94 (69*) lifters from 16 (15*) nations
- Junior “ “ Mariupol, Ukraine. with 32 (42*) women and 57 (99*) men from 11 (17*) nations.
- Master “ “ Trenčin., Slovakia. with 23 (25*) women and 140 (120*) men from 18 (16*) nations
- Benchpr. “ “ Mosonmagyaróvár, Hungary with 56 (78*) women and 83 (103*) men from 19 (19*) nations.
- Benchpr. Masters “ Beroun, Czech Rep. with 33 (49*) women and 115 (116*) men from 15 (15*) nations.

All together 728 lifters.

Regional Championships and Cups.

- *Nordic Championships* were organised by Sweden (Masters, and Open men & women) and Denmark (Open Benchpress)
- Slovakia hosted the *Danube Cup* and Spain the *Western European Cup* .

(*) in the text means numbers from year 2004.

Arnulf Wahlstrøm

(b) Report from Africa

African Powerlifting Federation

This year has been typically tough in terms of trying to get the nations of Africa together. The problem is a perpetual one of costs and distances whereby Africa is poverty stricken and it is absolutely not practical for the countries with a Powerlifting interest, apart from South Africa, to travel and come together for meetings or competitions.

The distance between the bottom countries of Africa (South Africa) and the top countries Egypt, Libya, Morocco is vast we are talking about 7000 + kms. Add to this as well the very poor communications available in most African countries.

With zero funds available in these countries I think one can understand the problems faced.

However be that as it may I have accepted as APF members and been in constant contact with 12 nations as follows:

1. South Africa
2. Nigeria
3. Mauritius
4. Congo
5. Sierra Leone
6. Egypt
7. Libya
8. Cameroon
9. Kenya
10. Morocco
11. Somalia
12. Ghana

An APF constitution, which still has to be ratified, is in place and it is my intention to bring together all the Presidents of the 12 nations early in the New Year to formalise structures.

Many of the countries listed are actually now full members of the IPF and are participating in world championships, whilst a couple are provisional members whose applications will hopefully be approved at congress.

Once structures are in place it is the intention to assist each of the member's countries with administration support, coaching clinics, referees clinics and competition guidelines. Sponsors are being sought to assist with facilitation of these efforts.

I believe there is tremendous potential throughout Africa if it can only be harnessed and it is up to the established countries, sponsors and companies who are interested in seeing the sport grow to assist in this venture.

The leading African nation South Africa has had a busy year staging the Men's World Championships and the Masters World Championships as well as supplying a number of lifters and referees at the various other World Championships.

In conclusion, there is a genuine interest in Powerlifting in many countries throughout Africa and even though there are many difficulties to overcome I am still extremely enthusiastic and determined to ensure that formal structures are instituted and membership in the IPF will continue to grow.

Alan Ferguson, 22.09.2005

(c) Report from Asia

Report from Asian Region

2005 Asian Championships

India again hosted wonderful Asian Powerlifting Championships. This year, site of the Championships was historical city of Alleppy. Many tourists from all around the world visit Alleppy and enjoy the beauty of green and canal.

We powerlifter from 9 countries enjoy the hospitality of Kerala region.

It was biggest Asian Championships ever. More than 200 lifters competed and made so many Asian records that I can not remember how many. The party was held during the championships at the one of finest resort hotel of Alleppy. Every lifters and officials enjoy the local food and music.

Asian congress was held on the traditional houseboat. This was our first congress on the boat.

Members

2005, we welcome two new members.

Iraq becomes full member after one-year waiting.

Oman becomes provisional member for the first time.

Record

Many Asian Records were made at the 2005 Asian Powerlifting Championships. Specially, India, Kazakhstan, Iran, Chinese Taipei are the countries of the new records.

Now the level of Asian Powerlifting is coming up dramatically.

Worldgames

From the Asian Region, we send 9 men and 9 women to the World Games Powerlifting.

Chinese Taipei will host 2009 World Games. I hear that the host city Kaohsiung is now constructing new stadium and indoor arena for the World Games. We Asian Powerlifting Federation will support Taiwan government for the success of the World Games Powerlifting.

Future Championships

2006, we will have Asian Powerlifting Championships in Korea. Mr. Cho who is the president of the Korean Powerlifting Association step forward to host the championships, when we understand Mongolia can not host the championships in 2006.

Philippine will host the 2006 Asian Benchpress Championships.

Susumu Yoshida

President of Asian Powerlifting Federation

(d) Region North America

North America: 2005 Regional Report
September 26, 2005

2005 has been another exciting year for our Region. Interest continues to grow through the Caribbean and Central America, and because of exhaustive work by Mr. Robert Keller, and the heads of the North American Regions, we are not only increasing interest in our sport on the part of athletes, but on the part of governments and organized sports bodies.

As we continue to grow, we do so with the inclusion of age groups, and with the development of sub-regional competition. The 2006 NAPF Championships, to be held in Dorado, Puerto Rico will include both open and junior divisions for the first time. We will also hold a competition which is an open format, sans teams, that any lifter who is a member of their respective national federation can attend. It will be the first Tournament of the Americas. The very successful Central American Championships will be held again this October in Guatemala. In 2006, the first championships of the Caribbean will be held in the Bahamas.

As interest grows, so does membership in the NAPF. We are now at 21 countries, including full and provisional members. Many of our nations have the recognition of their National Olympic Committees, including modest funding and support.

As a cooperative effort of the North and South American Regions, the Pan American Championships will be held in conjunction with the Men's World Championships in Miami, Florida this November. We continue to look toward a return to inclusion in the Pan American Games, a privilege that was lost in years past.

As we continue to grow, our efforts are to development and strengthening antidoping programs through our region. Many of our nations do not have the capacity for WADA recognized testing, which has been a significant hurdle for us. To this end, we are also continuing the very successful referee seminars and certification efforts started two years ago. The next calendar year includes hosting antidoping seminars in conjunction with several championships.

To close, the NAPF Congress gave a unanimous vote of confidence in the current administration, approving membership fee structure, a prospective calendar, and terms of service for current officers. It has been a great effort on the part of numerous individuals throughout the region.

L.J. Maile, Ph.D., President
Robert Keller, General Secretary

(e) Region South America

**REPORT OF 2005
IPF BOARD MEMBER OF THE
SOUTH AMERICA**

The Argentinean Federation together South America Powerlifting Federation hold South American Powerlifting Championships 2005, in last September 8th at 11th, in Buenos Aires city, Argentina, a beautiful city like European city.

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

6 nations and more or less 50 lifters participated.

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

The competition had ample infra structure and excellent food during every days.

Any South American and world records were break.

The results will are available to all in FESUPO home page www.novainformatica.com.br/fesupo, the new home page with all information about South American powerlifting. The web page will have translation for English and Spanish the official language in FESUPO.

During the technical meeting, all countries hosted of the competition confirm the calendar until 2007.

I would like also to thanks to Mr. Puentes and Mr. Inguanti for help to me in South American Powerlifting Championships.

As I said in last year, we have hard work making contacts with South America federation for application at IPF.

Another excellent notice is that we get keep the total exigencies from WADA. We had 50 lifters and we done five anti doping tests in lab recognized from WADA! And in the technical meeting all countries agree in pay a ticket for a person from IPF next year for former more International referees. As I said also in last year the South America needed walk a lot, however this year we get walk very much!

Julio Conrado

(f) Report Oceania

OCEANIA REPORT 2004 - 2005

MEMBERSHIP

Full Members - Australia
- New Zealand
- Fiji
- Tahiti
- Papua New Guinea
- Nauru
- Tonga

Members in Arrears

- Samoa
- Niue
- New Caledonia

Potential Members- American Samoa
- Palau
- Cook Islands

South Pacific Games in Apia, Samoa may attract new members

GENERAL MEETINGS

Suva, December 2004

| | | |
|-----------|----------------|------------|
| Elections | President | R. Wilks |
| | Secretary | P. Cutjar |
| | Treasurer | S. Lousich |
| | Vice-President | G. Sannum |

Proposals for new constitution

Suva, June 2005

New constitution adopted in principle, aligned with IPF rules

2006 Oceania Championships reallocated to Papua New Guinea (subject to 30 day notice to Tahiti)

CHAMPIONSHIPS

Two Championships have been held in Fiji, which has emerged as a major nation in the Oceania region

Oceania Championships, Suva, Fiji, December 2004 - 67 lifters, 5 nations

Oceania Bench Press Championships, Suva, Fiji, June 2005 - 48 lifters, 5 nations

The first Commonwealth Championships were to be held in Newcastle, England in September 2005, with Australia, Fiji and New Zealand competing.

DRUG-TESTING

- Australia and less so, New Zealand, have strong government drug-testing programmes, both ICT & OCT & lifters from those nations have been familiar with a WADA-type system for many years

- a Fiji agency has just commenced operations, with staff trained by ASDA to WADA standards - the Oceania BP Championships was one of their first assignments; this should fill a gap in the Pacific Island nations

- results have been as reported to the IPF i.e. 2 positives at the 2004 Oceania Championships

ISSUES

1. cultural & distance factors make communication difficult
2. financial factors limit travel to World Championships & within the region
3. IWF active in providing financial support
4. culture of focus on South Pacific Games

Robert Wilks

9. Elections

The IPF-EC proposes James Cirincione as Doping Hearing Panel Chairman.

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 2004 we have accepted the IPF-Anti-Doping rules. In the meantime we have some changes.

Proposal A

Accept these changes. Proposed by Anti-Doping Commission and Executive Committee

A) 5.2 Responsibility for IPF Testing, Doping Commission, Duties of Doping Commission

The IPF (Doping Commission) shall be responsible for overseeing all testing conducted by the IPF. Testing shall be conducted by suitably qualified persons, so authorized by the IPF Doping Commission.

B) 5.7 Selection of Athletes to be Tested

5.7.1 At World Championships, Regional Championships and other international events, the IPF Doping Commission members present shall determine the number of finishing placings tests, random tests and target tests to be performed. In the absence of Doping Commission members at an event, the Chairman of the Doping Commission shall delegate a suitable official to determine the number of tests to be performed. At a minimum, the following athletes shall be tested at an event:

5.7.1.1 *As a minimum, at a World Championship one athlete selected from athletes finishing in the top three placings in the competition of each weight class, plus one other athlete selected at random from all athletes in the Competition of each weight class.*

5.7.1.2 *Any Athlete who establishes or breaks a Junior or Masters or Open world record.*

5.7.1.3 A total of a minimum of 10 % of competitors starting in the whole competition.

C) 10.11 Penalty for Participating while Ineligibility or Against Suspended Athletes

An Athlete or official cannot participate in contests or competitions if:

10.11.1 Article 10.9 above is applicable

or

10.11.2 There is any Athlete or official participating in any division, section or bodyweight class of that contest or competition who has been expelled or suspended from his or her international or national federation or who is subject to Ineligibility for a doping related offence.

Penalties:

For participating while Ineligible:

First violation: Four (4) years' Ineligibility commencing from the date of violation.

Second violation: Lifetime Ineligibility.

For competing against an Athlete who have been expelled or is under a period of Ineligibility:

First violation: Three (3) months Ineligibility commencing from the date of violation.

Second violation: One (1) years Ineligibility.

Third violation: Two (2) years Ineligibility.

The determination of the applicability or otherwise of penalties under this Article shall be made by the IPF Disciplinary Committee. Prior to any such determination by the Disciplinary Committee, the IPF-EC may provisionally suspend the athlete, such suspension to commence from the date of the alleged violation.

D) 10.9 Status during Ineligibility

No Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in an Event or activity (other than authorized anti-doping education or rehabilitation programs). This would preclude, but not be limited to:

E) Appendix: Consequences of Anti-Doping Rule Violations. the Athlete or other Person is barred temporarily from participating in any Competition prior to the final decision at a hearing conducted under Article 8 (Right to a Fair Hearing)] or Article 10 as applicable.

F) 12.6 Fine and other consequences for more than three Anti-Doping Rule violations

If four or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 and 10.3) are committed by Athletes or other Persons affiliated with a National Federation within a 12-month period in testing conducted by IPF or its Regional Federation or Anti-Doping Organizations other than the National Federation or its National Anti-Doping Organization, then the IPF may at its discretion elect to:

- (a) ban that National Federation from participation in any IPF activities for a period of up to two years and/or;*
- (b) fine the National Federation in an amount up to EUR 5000. (For purposes of this Rule, any fine paid pursuant to Rule 12.3 shall be credited against any fine assessed.)*
- (c) require the National Federation to pay to the IPF the costs of conducting out of competition testing upon its athletes for the 12 month period following the date of that nations fourth violation.*

12.7 Failure to pay fines, Participation

If any of the above fines are imposed the offending national federation shall not participate in any International Event until the fine is paid.

Fines imposed under this article shall be paid within 60 days of invoicing and if not so paid within 60 days the National Federation shall be suspended from participation in any IPF activities from that 60th day up until the time the fine is paid to the IPF.

Proposal B (All from the Executive Committee)

Constitution and By-Laws

- 1) Change **12.1.1** *Each region shall elect an officer to act as IPF Board member for that region. Such nomination shall only come into force if ratified by the IPF Congress.*
- 2) Change **14.9 Athletes Competing in Non-IPF Competition**
Any lifter or official who competes or participates in a Powerlifting or Bench Press competition not organised, sanctioned or approved by the IPF shall not be permitted to take part in any IPF international or regional competition for a period of 12 months from the date of that non-approved competition.
- 3) Change Constitution: **12.1.8** *Affiliated federations of **British** Commonwealth countries may organise a sub-IPF federation in order to stimulate competition within the **British** Commonwealth.*
- 4) *Erase the World Records from life suspended lifters*

Proposal C (from EPF)

New: By-Laws 106.5.2

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

Latest date of withdrawal of any lifter from the nomination list, to avoid paying the fees for those, is 7 days prior to the technical meeting for this competition. If a hotel reservation fee is specified in the invitation for the championship or cup, same rule and time limits as above apply for nominated lifters and officials.

Reason: *It is a problem for the organiser that federations nominate more persons than actually take part. This cause problem for the organiser preparing transport, accommodation, banquet, hotel reservations etc.*

By this rule the federations will hopefully endeavour to make the nomination list as correct as possible.

Besides, the payment of the fees can be made by bank transfer prior to the competition.

Proposal D (Technical Committee)

GENERAL RULES OF POWERLIFTING

3. Age Categories

To add -

Master

IV: from 1 January in the calendar year he reaches 70 years and upwards.

Master

III: from 1 January in the calendar year she reaches 60 years and upwards.

It must be recognised that these age categories at this stage are not included in class weights.

WORLD RECORDS

World, Continental, Regional and National Championships

1. Men's 70+ records exceeding those gained in the 60+ age group will be included in the 60+ category.

Women 60+ records exceeding those gained in the 50+ age group will be included in the 50+ category.

Reason:

As was that of recognising these age group lifters when it was proposed to award medals 1- 2- 3 overall best lifter by Wilks Formula.

EQUIPMENT AND SPECIFICATIONS

Platform

In the first paragraph delete the words - The surface of the platform maybe treated with an approved non-slip coating e.g. boat deck paint. To be re-worded - The surface of the platform must be covered with a material of carpet. Rubber matting or similar material is not permitted.

Second paragraph delete all but last sentence which reads - If a lifter cannot reach the squat racks it is permissible to build up the height of the platform.

Reason:

Carpet has proved to be the most effective covering in terms of grip, especially when Sumo Style deadlift is performed.

Several accidents have occurred on rubber and painted surfaces, because of powder falling from thighs. One lifter going as far as to pursue compensation from the IPF.

Proposal E (Ukraine)

COSTUME AND PERSONAL EQUIPMENT

General Item (c)

We would like to introduce such amendments to the Technical Rules as using of colophony for rubbing the boots, because most of the platforms are slide and the lifters get injuries.

Proposal F (Luxembourg/Finland/Technical Committee)

GENERAL RULES OF POWERLIFTING

1 (f) Should a lifter “bomb” out in anyone of the Disciplines , he may still compete in order to achieve a medal **or certificate** on any of the remaining lifts. ***In addition medals or merit awards certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and deadlift in each category.***

Proposal G (Belgium)

Adjustment ONLY for BENCH-PRESS Championships

Weighing in

Page 18

New Item (1)

5.(a) Bench-Press Championships : *Lifters with a total on the final Entry Form will be accepted if the first attempt weight are not more than 7.5 kg lesser than the announced final Entry Total and not higher than 5 kg than announced on the final Entry Total.*

For example:

A lifter (women or men) entering at the final Entry Form a total of 145 kg. His first attempt must not be lower than 137.5 kg or not be higher than 150 kg.

Reason:

To avoid that there during the weighing in too many lifters change of category (and speculation, especially by Masters).

Examples:

Beroun: Nomination BP Masters III: GUERRERO Joseph from FRA Total: 130 kg

But GUERRERO did already 145 kg 2 months ago during a Championship in FRANCE!

That is a difference of 15 kg!

Beroun: Nomination BP Masters III : RÄIHÄ Matti from FIN Total: 145 kg

But RÄIHÄ did already 157,5 kg in April 2005 in Zlin (CZE)!

That is a difference of 12,5 kg !

Beroun: Nomination BP Masters III: CHABEAU Pascal from FRA Total: 130 kg

But CHABEAU did already 147,5 kg in 2004 in Hamm (LUX)!

That is a difference of 17,5 kg!

11 New Member Applicants

Full: Iran, Iraq

Provisional: Cayman Islands, Ghana

12. Action on Delinquent Nations

To be announced at the Congress

13. Hall of Fame

Announcement at the Congress

14. Future Championships

Proposal Poland

Dear Sirs,

On behalf of the Polish Bodybuilding and Powerlifting Federation I declare our willingness to organize the first World Juniors Bench Press Championships.

Proposed date: May 2005.

Proposed place: Warsaw - the capital city of Poland.

Nowadays more and more people train the bench press as their key sport discipline. The number of competing athletes has been growing year by year and the records are still improved. The results at the juniors national championships are close to the results achieved at the World Men's Championships.

National teams from different continents play the key role in the international bench press events, so it is the main reason to create them the possibility to compete for the world titles. This type of event will be a good opportunity for the young bench pressers from different countries to get experience at the international level performance.

Regarding our organization and sport abilities, Poland has already proved that is ready to organize the contest of this level (Koscian 2003, Pultusk 2000). The Herkules Club of Warsaw would be the direct promoter of these Championships. This club is in the national bench press elite in Poland and has already organized a lot of successful bench press national competitions. The Herkules Club has established a very good cooperation with the city authorities. The Mayor of

Warsaw, the Sport Department of the city and of the District have already declared their support for this championships.

We will also have the press patronage of the “Kulturystyka and Fitness” sport magazine, so the contest would be well promoted and prepared.

Sincerely Yours,

Mirosław Lukasiuk,
Promoter and member of the Polish Federation Executive Council

Warsaw, November 2nd, 2004

2006

| Date | Championship | Place |
|---------------------|--|----------------------------|
| 25. + 26. February | ER Equipment Denmark Bench Press Championship | Randers / Denmark |
| March | 1 st NAPF Championship of the Caribbean Islands | Nassau / Bahamas |
| 19. – 23. April | World Bench Masters | Miami – Florida / U.S.A. |
| 19. – 23. April | Pan-American Masters Bench Press | Miami – Florida / U.S.A. |
| 09. – 14. May | European Women + Men | Brno / Czech Republic |
| 24. – 28. May | World Bench Press | Budapest / Hungary |
| 14. – 18. June | European Junior | Trencin / Slovakia |
| 15. June | 4 th NAPF-Congress | Dorado / Puerto Rico |
| 16.-18. June | 4 th NAPF North American Regional Powerlifting Championship | Dorado / Puerto Rico |
| 05. – 09. July | European Masters | Czech Republic |
| 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 |
| 07. – 10. September | South American Powerlifting Championships | Sao Paulo / Brazil |
| 05. – 10. September | World Sub-Juniors and Juniors | Sofia / Bulgaria |
| October | 6 th NAPF Central America Powerlifting Championships | San Salvador / El Salvador |
| 04. – 08. October | World Masters | Killeen – Texas / U.S.A. |
| 04. – 05. November | South American Bench Press Championships | Montevideo / Uruguay |
| 05. – 12. November | World Women + Men | Stavanger / Norway |
| 08. – 10. December | Oceania Powerlifting Championships | Papeete / Tahiti |

2007

| Date | Championship | Place |
|---------------------|---|----------------------------|
| 24. + 25. February | ER Equipment Denmark Bench Press Championship | Randers / Denmark |
| 17. + 18. March | Danube-Cup | Hungary |
| 18. – 22. April | World Bench Masters | Schwedt /O. / Germany |
| 15. – 20. May | European Women + Men | Koscian / Poland |
| June | 5 th NAPF North American Regional Powerlifting Championships | Guatemala City / Guatemala |
| 30. May. – 03. June | World Bench Press | Thisted / Denmark |
| 13. – 17. June | European Junior | Sofia / Bulgaria |
| 04. – 08. July | European Masters | Czech Republic |
| 19. – 22. July | West European Cup | Venue requested |
| 02. – 05. August | European Bench Press Masters | Nymburk / Czech Republic |
| 23. – 26. August | European Bench Press | Denmark |
| Summer | Special Olympics World Summer Games | Shanghai / China |
| 06. – 09. September | South American Powerlifting Championships | Cartagena / Colombia |
| 04. – 09. September | World Sub-Juniors and Juniors | Toulon / France |
| October | 7 th NAPF Central America Powerlifting Championships | Guatemala City / Guatemala |
| 03. – 07. October | World Masters | Ostrava / Czech Republic |
| 03. – 04. November | South American Bench Press Championships | Peru |
| 04. – 11. November | World Women + Men | Baden at Vienna / Austria |

2008

| Date | Championship | Place |
|---------------------|---|---|
| 01. - 02. March | ER Equipment Denmark Bench Press Championship | Randers / Denmark |
| 16. – 20. April | World Bench Masters | Trencin / Slovakia |
| 06. – 11. May | European Women + Men | Czech Republic |
| 28. May. – 01. June | World Bench Press | Prague / Czech Republic |
| June | 6 th NAPF North American Regional Powerlifting Championships | Port of Spain / Trinidad & Tobago |
| 11. – 15. June | European Juniors | Venue requested |
| 02. – 06. July | European Masters | Venue requested |
| 07. – 10. August | European Bench Press | Slovakia |
| 21. – 24. August | European Bench Press Masters | Czech Republic |
| 02. – 07. September | World Sub-Juniors and Juniors | Sandton / South Africa |
| 19. – 21. September | West European Cup | Venue requested |
| October | 8 th NAPF Central America Powerlifting Championships | San Jose / Costa Rica or Belize City / Belize |
| 01. – 05. October | World Masters | Palm Springs – California / USA |
| 02. – 09. November | World Women + Men | St. John's, Newfoundland / Canada |

2009

| Date | Championship | Place |
|-----------------------------|-------------------------------|------------------------|
| 15. – 19. April | World Bench Masters | Venue requested |
| 28. – 31. May | World Bench Press | Venue requested |
| 02. – 07. September | World Sub-Juniors and Juniors | Venue requested |
| 30. September – 04. October | World Masters | Venue requested |
| 01. – 08. November | World Women + Men | Venue requested |

Venue requested = means you can send in your bid.

15. Any Other Business

Proposal Ukraine: *We also want to propose to create the general federations fund (each member federation makes fee every year) to award the lifters for the World record and 1st places on the World Championships.*

16. Adjournment