

## Agenda of the IPF Congress 2007 in

**Soelden / Austria**  
**Sunday, 14. October 2007**  
**Freizeit-Arena**  
**Start: 02:00 pm**

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BM Asia Susumu Yoshida  
BM Europe Arnulf Wahlström  
BM N.America Larry Maile  
BM Oceania Robert Wilks  
BM S-America Julio Conrado

## **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 - Auditor's report
  - (a) To examine the accounts of the previous year
  - (b) To approve the budget for the forthcoming year
  - (c) Fees (if requested)
5. General Secretary's Report
6. 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
7. Regional Reports
  - (a) Region 1 (Europe)
  - (b) Region 2 (Africa)
  - (c) Region 3 (Asia)
  - (d) Region 4 (North America)
  - (e) Region 5 (South America)
  - (f) Region 6 (Oceania)
8. Elections
9. Proposals
10. New Member Applicants
11. Action on Delinquent Nations
12. Hall of Fame (Announcement of Names)
13. Future Championships
14. Any Other Business
15. Adjournment

## 2. President's Address

To be presented at the Congress

## 3. Minutes of the last Congress

See email to all member federations and on the IPF-Homepage from 09<sup>th</sup> November 2006

## 4. Treasurer's Report – Auditor's report

### FINANCIAL REPORT

1999 in Trento I was elected the first time as treasurer of the IPF. Since this year our financial situation was growing from year to year and last year we have had a small deficit. This year the financial situation is better then ever in the IPF history. We are closing the financial situation with a good benefit.

Unfortunately this is due to the fact that we have had too many positive tested lifters.

With the fines we were able to help these Federations to organise national doping controls and OCT tests, education against doping abuses, which was held in La Garde / France at the World Sub-Junior & Juniors championships.

We spent also a lot of money for the Media as this is very important for our sport. Therefore we have this year begun to publish our own IPF Powerlifting magazine "The International Powerlifter". We also spent money for the streaming (video files on the Internet) as it is for us a media to improve the popularity of our sport. A further advantage is that the producer of the streaming creates also tapes for Eurosport and Trans World Sport. So you can watch also our championships on TV. This year the streaming was for free and we have had a lot of interested people, who were watching the World Bench Press Championships from Thisted / Denmark.

Last year at the Worlds in Norway we were asking small fees to watch the videos and this was unfortunately not a big success. But it was important to show that we can manage such important championships on the Internet.

At the moment we have 340 subscriptions of our magazine and we hope that our member federations make more advertisement regarding our magazine, in their country, so that we can increase the amount of subscribers. As more subscribers we have, we can improve our magazine, perhaps more pages in colour and more professional.

We have got more sponsors this year and I take the opportunity to give my thanks in the name of the EC to all of them:

Metal Shop, Craïn, Titan, Inzer Advance, Murphy, APT's Pro Wrist Straps, Eleiko, Pallini, Leoko, ER-Equipment, Ivanko, Uesaka.

The logo fee was paid by following sponsors:

Kappi Norway, Hurrass Metal Europe, Goodlift, Under Armour, Powerhouse Japan, Get strength.

We spent also money for the development of our regions, especially the African and the NAPF region.

We have now the possibility that people or Federations can pay via PayPal from our web page. This costs the IPF also a handling fee, but it is very helpful for the persons, which subscribe the IPF magazine or have problems to make wire transfers.

Equipment was sent to Guatemala, Samoa, Italy, Libya and New Zealand for the development of the sport.

A small problem, but still a problem, is to receive the annual fee from the member nations, because they are not paying until end of January. So I made a proposal to increase the fee from 200 € to 300 €, if the annual fee is not paid latest 31<sup>st</sup> of January. The reason is not to get more money, but I believe this will help us to receive the fee in time.

Another proposal is that the member federation must wire the participation and Anti doping fee latest 7 days before the date of the championships to the IPF account. This is very important as it is too much dangerous to travel with 15.000 € or more. In some countries it is also forbidden to bring such a big amount out from the country.

As Championship Secretary I have had a lot of work with the last 4 championships as they was organised in September and October together and so I have to manage four championships in time. Here I would like to ask also the nations, which needs visas to use the forms which are published on our web page under invitation. Also every federation must use the official nomination forms for the preliminary and final nominations. It is also necessary to send in the final nomination so that we know who will take part.

Another extensive job I have to do is to exchange the medals. As I am not too much supported by the federations, I have changed the method of collecting the medals and distribute back the medals by normal post because this was very good working. It costs postage by the IPF, but it works better as the previous method.

We have included in our judgements that all federations, which are not sending back the medals, must pay 50 € for each medal. Now I have started to send out invoices and the Federations have to pay the price for the medals back to the IPF. With this money I'm able to order from each championship extra medals, so that the lifter which achieve after the doping tests results a medal, can get an original medal from the championships. In my opinion that is for the merit of the lifter and he wants to get the original medal. So I have sent out nearly all the medals from the last year championships, but there are medal exchanges from the past 2 or 3 year still open. I hope that I receive support from the concerned Federations or the lifter to handover these medals or to exchange them so that we can finalise the medal exchange of all these championships.

In my opinion latest 1 year after the results from the doping controls are announced we must close definitively the medal exchange. It is the responsibility of the Federations and the lifters to contact me, that we are able to make these exchanges. Nobody can complain that there is no will from the IPF side, but there must be much more engagement from the national federations to exchange the medals as it is in the eligible interest of your lifters.

My thanks goes to all the EC and Committee chairmen and members, the lifters and officials, to the regional and national federations and a special thank to Detlev Albrings for the day-to-day work, what we are doing together in the interest of the IPF (honorary work). I hope that you appreciate my work and I'm standing for re-election as IPF-Treasurer. When you are satisfied with my work I will be pleased about your vote for me. Believe me, I will work very hard in the next years to realise our visions for our sport.

Best regards  
Gaston Parage  
IPF Treasurer

**(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

**(e). Fees (if requested)**

**5. General Secretary's Report**

Now it is time to review the last year and as this year is an election year, also to review the past 4 years.

When I was elected as General Secretary 2003 in Denmark, I did not receive much documentation from the former GS and I began from the ground level to get an overview and to build up this position with my own experience as many years President/Chairman of the German Powerlifting Federation. I received much support from the other EC-members, the Committee Chairmen's, the officials of the regions and by you as member federations.

It was a very new experience for me to be involved in the organisation and administration of the World Games 2005 in Duisburg / Germany. I enjoyed very much to be a part of the World Games.

Sometimes it is annoying when I ask to be supported, especially in the preparation of the application for IOC-recognition and I do not receive answers. I am convinced that to reach the IOC-recognition is a big goal for you and the IPF. It is for you the possibility to get more support from your National Olympic Committees and Government. I hope that you will go along with me in this matter.

My daily work for the IPF consists of:

- \* Contact to you and answering your questions.
- \* Answering a lot of emails (I receive approx. 25-30 emails per day).
- \* Contact to WADA, mainly the WADA-laboratory in Cologne and other WADA-laboratories.
- \* Contact to GAISF (General Association of International Sports Federations) and IWGA (International World Games Association).
- \* Preparation of updates for the IPF-Homepage (invitations, several lists and information etc.).
- \* Preparing the IPF-EC meetings and IPF-Congress.
- \* As a member of the Doping Commission, I handle all correspondence concerning doping cases and the contact/negotiation with International Doping Tests Agencies.  
etc...

This work has increased yearly, because we have a lot of fields to work on. E.g. participation at the WADA-ADAMS-Systems in 2008. This is a system, whereby the athletes can put in the "whereabouts-data" (Anti-Doping Administration & Management System (ADAMS)). This System is very useful and helpful for the administration regarding our fight against doping.

I can only do all this work with the support of, and being in continuous contact with IPF-Executive members and the IPF Committee Members.

I have organised the "streaming" (watching video files from our competitions on the Internet) of the World Championships, prepared the necessary contracts, and administrated the software on site.

As you have seen, the Men's and Women's World Championships in Stavanger 2006, the Men's and Women's Bench Press World Championships in Thisted were very successful. I am hoping that a lot of people will also watch the video files (for free) from our World Championships here in Sölden.

Our own Powerlifting magazine has also been a big success and well prepared by our Media Officer Dennis Unitt. In my opinion this is an improvement for the IPF and for our sport. That it can continue to be successful we need your support. Please subscribe the new magazine, which will keep you informed. Every member federation receives one free issue. Thanks to our Treasurer Gaston Parage, who has spent some of the IPF budget on this project?

The co-operation with Wim Wamsteeker (Internet Officer), Gaston Parage (Treasurer and Championship Secretary), John Stephenson (TC Chairman) and Dennis Unitt (Media Officer) is excellent.

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

I wish you all a successful Congress and an exciting and interesting Men's & Women's World Championship.

Many friends of powerlifting and officials from member nations have asked me to stand for President. I feel honoured by your trust; because this shows me that you really appreciate my work.

I am sure that I am able to work as hard as before for you and the IPF also in this position and it will be a pleasure for me to contribute to the success of the IPF.

Therefore I have decided to stand for the IPF-Presidency.

If you are satisfied with my work I would appreciate your vote in my election for President promising that I will do my best for Powerlifting in the next four years.

Best wishes

*Detlev Ahlbrings*

Munich, 06. August 2007

## **6. Committee Reports**

### **(a) Technical Committee**

#### **Members:**

Bill Jamison	(Canada)
Bill Clayton	(USA)
Hanie Smith	(South Africa)
Henk Keizer	(Netherlands)
Joachim Lehmann	(Germany)
Johnny Wiklund	(Sweden)
Steve Lousich	(New Zealand)
Subrata Dutta	(India)
Norbert Wallauch	(Austria) - ex officio

#### **Report to Congress 2007**

The Technical Committee are pleased to report to Congress our activities throughout the past year, and other duties pertaining to our brief.

The en-bloc proposals to Congress 2006 that were passed "unanimously" was pleasing to the committee. This show of confidence was much appreciated.

We have met with the Executive Committee on two occasions, discussing the future of the bench shirt, (which, is an agenda item for this years congress) the pros and cons relating to bench press rules and many aspects which may further enhance our sport.

We were pleased to invite Joachim Lehmann (Germany) onto the committee, replacing Myriam Busselot (Belgium), who was elected Vice President for the European Region. Thanks to Myriam for all of her help in the past.

The Technical Committee Bulletin published on the IPF web site and in the IPF magazine, (thanks to Wim and Dennis), hopefully has provided information of benefit to all.

Emails have been answered punctually, most requesting interpretation or clarification of the rules.

Apart from Titan, no apparel has been received from the manufacturers for approval within the time frame 31<sup>st</sup> of May 2007. On approval these items will become legal for use in IPF competition from the 1<sup>st</sup> of April 2008.

Approval has been given to "one or two" logos, and a set of racks. Our relations with all remain as cordial as ever.

Referee Registrar Goran Gunnarsson has forwarded the up-dated list of International Referees worldwide. We thank Goran for his dedication. Having recently been hospitalised, (now out, we are glad to say). We wish him well.

## International IPF Referees:

2007-09-01

	Number of Nations	Category 1	Category 2	Total of Referees
<b>EUROPE</b>	24	114	195	309
<b>AFRICA</b>	1	4	6	10
<b>ASIA</b>	12	32	59	91
<b>OCEANIA</b>	2	6	14	20
<b>AMERICAS</b>	9	18	78	96
<b>TOTAL</b>	<b>48</b>	<b>174</b>	<b>352</b>	<b>526</b>

Personally, I have attended three World Championships, the selection of referees and overseeing being the primary functions, and two Regional Meets. One in an advisory capacity. My thanks for the input and support of Committee Members, and any necessary funding from the IPF Treasury.

Finally, as this is election year, my thanks to Arthur Hoey (BWLA - Powerlifting Manager) for endorsing the proposal that I continue in the position of Technical Committee Chairman for another four years. Should I be re-elected, I will do my utmost to justify that in which this position in the IPF deserves.

John Stephenson  
Chairman IPF Technical Committee

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

Medical Committee Report to IPF Congress 2007

Good day to everyone.

First of all I would like to thank the Medical Panel:  
Dr. Richard Herrick  
Dr. Mathias Ritsch  
Dr. Helmar Stiegler  
Dr. Chris Calvano  
Dr. Josephine Wyip

These Medical Doctors dedicate their time voluntarily to the IPF and it's women and men athletes from around the world, reviewing and making decisions for the interest of a drug free sport and a healthy athlete on the platform.

The Medical Panel is here to review applications for athletes whom need certain prescription medications for conditions not related to strength building. Since 2005 we have reviewed a total of 64 applications. In 2005 we approved 26 applications, 2006 we approved 24 applications and this year so far we have approved of 14 and denied 2 applicants.

This year the elbow impairment certificate was formed for athletes that cannot extend elbows to full lock out. The requirements for this application are 3 fold. In other words, all a 3 areas are to be fulfilled on the application by a medical doctor, orthopaedist, physiatrist, chiropractor or a physician of qualified orthopaedic evaluation.

The criteria are as followed:

1. Diagnosis of elbow(s)
2. Radiographic report of elbow(s)
3. The degree of range of motion which is lost in either right left or both elbows.

Please understand that if you have injuries or limitations to the wrist or shoulders that this is not covered in the IPF technical rules and it will be denied, as well as information that is not filled out completely. The medical panel does not have enough time to try and retrieve information from athletes or their physicians.

Please be advised the IPF TUE applications and impairment applications may be found on the IPF website to download.

**DO NOT SEND APPLICATIONS FROM YOUR NATIONAL ORGANIZATION. IT IS NOT ACCEPTABLE.**

Be advised these applications are for IPF meets not your national powerlifting meet. Please send your national TUE's to the Medical panel of your country or region.

If your national organization does not have a medical panel, then we may assist for your national meet. Please state on the application that your national organization does not have a medical panel to review for medical necessity and we will consider the application.

In closing, I would like to thank everyone for allowing me to take part in such a great organization since the year 2001.

I am accepting the nomination to continue as Medical Chairman. Thank you for your time.

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)  
Kalevi Sorsa (Finland) interim member

Since the last Congress 2006 held in Stavanger Norway, the DC had to work with and to decide in 31 cases.

Some cases are related were lifters have been suspended because they participated in competitions organised by other federations than IPF (not sanctioned by the IPF) or participated in competitions were suspended lifters have participated, too. The suspension length of these judgements is from 3 month up to 1 year correlated to the article 10.11 Anti - Doping rule IPF or to article 14.9 Constitution and By-laws IPF which were valid at this time.

Or in other cases where lifters related to doping violations and suspended have during there suspension period competed again. The suspension time of these lifters have been extended with 4 years in addition or some lifters have been lifetime suspended from the IPF. The DC examined and discussed each of these cases in detail at this time.

The DC has the also the function to examine, 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, 27.06.2007*

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

The IPF Appeal Committee (AC) have during the period since last congress consisted of Lars-Göran Emanuelson, chairman, and Jean-Claude Verdonck.

The AC does not have any appeal to decide upon since the last congress.

Even though the AC don not have had any appeals to work with the AC fulfils an important role within IPF. The AC is an opportunity for the appealing part to have a wrongly decision corrected. Even if most of the decisions that have been made over the years have been found correctly decided upon by the previous instances, is there a reason to make an appeal. I.e. the appealing part has a strong case. An appeal is costly and should therefore be well considered before it will be made. All aspects must be considered and the decision can not leave any doubt or further questions.

The AC is still understaffed and we will ask the nations for further committee members. Every nation that would like to have a member in the AC please contact Lars-Göran Emanuelson, Hinsaringen 16, S-139 53 VÄRMDÖ, SWEDEN.

Lars Emanuelson (Sweden)  
Chairman

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

Dear IPF Members,

As in my four year term office as IPF Law and Legislation Chairman I have the great honour and I am very pleased to end this chair, as the years before, with a POSITIVE balance.

However, a few points can be improved or simply pushed further on.

As a matter of fact since 2004 and the Iranian and Greek Constitution approvals we have seen NONE or very FEW athletes coming from those two countries;

And they remain silent when I tell them I am always ready to do my best to help them in solving, for instance, their law and legislation problems.

They ONLY have to let me know.

But up to now I received NO answer and I can hardly believe that neither in Iran nor in Greece there are no athletes and no one willing to take part in our International Championships.

Cause I know they are open-minded persons -- as they have already shown us by submitting their National Constitution to the IPF.

On the 20<sup>th</sup> October 2006 Albania sent me their National Constitution which contained FOUR important LACKS. So, in my 2<sup>nd</sup> of November answer I told the Albanian President that their Constitution was incomplete and that they could easily include these four points in their National Constitution as to fully respect the IPF Rules and the Wada Code.

But since then NO answer.

Could a respectfully and sportive re-call be given to this country by the IPF or myself?

When I was in Killeen, Texas in October 2006 Mr Robert KELLER told me he would do his best to have a copy of the Caribbean Constitution. But since then there was a split between the Bodybuilding Federation and the Powerlifting Federation. So, now the questions are:

--- Does the Caribbean Constitution exist or not?

--- And do they still want to join us?

Maybe we can ask them directly the questions.

Just now I have received the Cameroon Constitution so I'm going to read it, examine it and control it to see whether their Proposal of Constitution fully respects our latest IPF Laws and Legislations.

I'm very pleased to see that more and more countries are interested in our beloved sport and want to join the IPF as to develop Powerlifting and protect their sportsmen or sports lovers by a respectful, clear and good Constitution.

The work must go on.

And let's hope many other countries will follow the new, young, dynamic IPF countries;

Jean-Claude VERDONCK,  
Law and Legislation Chairman.

## **(f) Doping commission**

Doping remains the prime issue in world sport and the IPF is at the forefront of the battle against drugs. The IPF is the ADO (Anti-Doping Organisation) recognized for Powerlifting by WADA and the Doping Commission is the unit within the IPF intended to direct and administer our anti-doping programme, although the EC also has authority on such matters.

The Doping Commission in 2006/07 consisted of Robert Wilks (Chairman), Detlev Albrings, Kalevi Sorsa, Larry Maile, Alan Ferguson and Robert Keller.

## **TESTING**

The IPF has continued a strong testing programme from 2006 to 2007.

Statistics for the full calendar year 2006 were, in summary –

303	in competition tests
41	out of Competition tests
354	total tests

Out of which there were 62 positives (discounting those with accepted TUEs) i.e. 17.5%.

Thus far in 2007 the figures are approximately:

116	in competition tests
<u>0</u>	<u>out of Competition tests</u>
116	total tests

The IPF plan for the rest of the year approx. 145 in competition tests and approx. 20 out of Competition tests. In these figures are not included the tests of the regions in the rest of 2007.

Out of which there have been 106 completed, for 3 we are waiting for the analyse results and 7 pending positives i.e. approximately 6,60 %.

These results are extraordinary in terms of the ratio of positives, but this should be seen as reflecting an aggressive approach by the IPF in testing as vigorously as can be done with the resources available.

### **SANCTIONING**

At the individual level, all positive test cases have been referred to the IPF's Doping Hearing Panel for review and then the appropriate sanction (generally 2 years suspension) applied.

Further, individual suspensions have been imposed where lifters have either competed against suspended lifters or in non-IPF, untested competitions.

The list of all individual suspensions are disclosed on the IPF website. One case remains pending an appeal to the Court of Arbitration in sport.

At the national federation level, in 2006 the IPF Executive imposed a two year suspension on Russia and Ukraine. In 2007 the Executive varied that suspension to a longer, probationary period and published its reasons for doing so in a public release. Those decisions were not to be made by the Doping Commission, but the Doping Commission will in 2007 and beyond play a role in the ongoing monitoring and testing of those and any other nations requiring special attention.

### **EDUCATION**

Education is an important strategy in anti-doping. Following the successful WADA seminar at the 2005 World Juniors, more recently a seminar was delivered by Robert Keller at the North American Championships in Guatemala. In September 2007 the IPF has organized a seminar and information both at the World Juniors in France. There will be more activity in 2007 to 2008, with on-line and other materials being developed by a number of IPF officials.

## **LEGISLATION**

The IPF Anti-Doping rules have remained largely steady in 2006/07. However a major revision of the WADA Code has slowly been prepared over the last 18 months and will most likely take effect in early 2008. This will in turn require a re-drafting of the IPF rules, which will be prepared by the Doping Commission.

- Robert Wilks

### **(g) Doping Hearing Panel**

To be presented at the Congress.

## **7. Regional Reports**

### **(a) Report from Europe**

#### ***EPF Administration.***

EPF has all together 36 member nations of which 30 are full members fulfilling all EPF membership obligations. The EPF administration for the next 4 years is as follows:

- President. Arnulf Wahlstrom, Norway
- V. President: Myriam Busselot, Belgium
- Gen. Secr.: Dietmar Wolf , Norway
- Treasurer: Alain Hammang, Luxembourg
- Techn. Com. Chairman: Joachim Lehmann, Germany
- Law and Legislation Com. Chairman: Sandro Rossi, Italy
- Championship Secretary: Jiri Hofirek, Czech Republic
- Disciplinary Committee chairman: Pavol Müller, Slovakia
- Auditor: Pavol Müller, Slovakia
- Appeal Committee chairman: Detlev Albrings, Germany
- Women's Com. Chairman: Tone Ingebretsen, Norway
- Internet officer: David Hinchley, Great Britain
- Record registrar: Jari Tähtinen, Finland
- Media Officer: Anton Kraft, Denmark

#### ***Congress.***

The EPF Congress was staged in Koscian, Poland and delegates from 16 of the 30 full member nations were present. In the Open Europeans, starting the day after the Congress, lifters from 20 nations took part.

The Congress decided to institute a Women's Committee and to appoint a Media Officer. *EPF Hall of Fame* was awarded to Antonietta Orsini from Italy.

#### ***European lifters.***

In January the following lifters were selected by the Executive as European lifters 2006:

Anna Olsson, Sweden and Jaroslaw Olech, Poland.

Anna Olsson won this award for the first time while it was the 5<sup>th</sup> time Jaroslaw Olech was awarded this prestige title.

### ***International championships***

Most of the national federations in Europe are experienced organizers of powerlifting championships and the standard of the organizations are in general high.

In 2007 5 European championships, 1 Western European Championship and 1 Danube Cup are included in the calendar and all the 5 World Championships will be hosted in Europe.

### **General.**

At the Congress this year a new EPF administration was established. However, most of the "old" officers were reelected with only 4 new persons in the total administration. This secure a good continuation and the new administration took on the duties with high enthusiasm based on their good qualification and long time experience.

The new EPF administration has evaluated all their "daily duties" and focused on routines to make the federations more professional and to better the conditions for lifters and officials at European championships. They will also work out an Organizing Handbook as a guideline for European organizers and long time Strategy Plan for EPF which will be presented at the EPF Congress 2008.

A new committee is the Women's Committee with Tone Ingebretsen from Norway as chairman. She has appointed members and they are discussing items that may be instituted to stimulate the female powerlifting.

Also a Media Officer, Anton Kraft from Denmark, is appointed. His duty will be to stimulate the Media in various respects to highlight European powerlifting. This will be a big duty for one person but any progress he can afford will mean a bonus for the powerlifting sport because powerlifting achievements are strongly under represented in all international and national Medias.

To help the organizer of European championships to present IPF recognized equipment at the platform and in the warming up room, EPF has instituted an "EPF sport development fund" which means that organizers of European championships are offered to buy cheap IPF recognized equipment. The manufacturers have lowered their prizes considerably and EPF pay half of the price of this equipment. Then every organizer should be able to present high standard equipment also in the warm up room at European championships. Once a federation has a complete set of equipment this can be used at every future Europeans or Worlds organized by the same federation. In 2007 3 organizers have been supported by this fund.

*By Arnulf Wahlstrom*

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

Powerlifting in Africa is at last on the move in a very positive way as this was definitely one of the better years with a number of milestones being achieved.

The first major thing to happen this year was the establishment of the African Powerlifting web site which will be a great asset in terms of both awareness of the Federation and communication throughout Africa.

As most people are aware the Congress and Championship in Alexandria, Egypt last year was unfortunately a fiasco resulting in an abandonment of the congress but the competition went ahead despite lack of approved equipment, lack of qualified manpower and nil drug testing. However at these championships Libya had requested to host the 2007 African Championships but due to lack of sponsorship and communications at the last minute the event had to be rescheduled and relocated, with the South African Powerlifting Federation, at very short notice, stepping into the breach and volunteering to host the championship in Parys, South Africa.

The APF wishes to thank the South African Federation for their efforts in saving this competition.

It must be recorded that the IPF sent a full set of competition weights and Squat and Bench racks to Libya in anticipation of them hosting the event for which they could retain the use after for development purposes.

The 2007 African championships duly took place with five countries present unfortunately due to visa constraints and lateness of applications, three countries namely Democratic Republic of the Congo, Ghana, and Morocco who had nominated full teams could not attend.

The championships went off without a hitch with Libya taking the honours for the team trophy with nearly double the points of their nearest rival South Africa.

2007 being an IPF election year, coincides with the African Powerlifting Federation's constitution which stipulates that full elections must take place in the same year as the IPF. The elections duly took place and the following Board members were elected.

The position of President: Alan Ferguson

Vice President: Mohamed S Albabour, Libya

General Secretary: Oladipupo Sangode, Nigeria

Treasurer: As it was felt that the Federation is in its infancy there was no need at present for a treasurer and Alan Ferguson as President will assume responsibility for the time being for this position.

Technical Officer: Hannie Smith, South Africa

The Powerlifting countries of Africa that are currently registered and hopefully soon to be registered are South Africa, Libya, Algeria, Ghana, Uganda, Democratic Republic of the Congo, Morocco, Egypt, Nigeria, Botswana, Cameroon and Mauritius.

The focus now is to ensure the Federation grows in new members over the next few years.

Alan Ferguson

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

### **Asian Powerlifting Championships**

This is the biggest event in the Asian Region.

2007, our place for this big event went to Kaohsiung, Chinese Taipei. The entire Chinese Taipei powerlifting federation member worked so hard to do the high level international competition. Because these Asian championships is the kind of rehearsal of 2009 World Games powerlifting.

The venue was the Jongheng Martial Arts Center. This was nice venue which was not new but well equipped. Around 1000 capacity for the audience and there were 6 sets of warm up racks.

When I attended the TD meeting the end of 2006, I appointed University Auditorium for the Powerlifting, but I did not know why, there were battle between University and Martial Arts Center, which will be the venue for the World Games. So we need to wait for the final decision of the venue battle in local level.

The size of 2007 Asian Championships was the biggest. 300 lifters ( senior, junior, sub-junior, masters 1, masters 2, masters 3, men and women) were listed and actually 222 lifters competed.

It lasted from 7am to 11pm for 5 days. In another words ,we were 7-11 all days.

Many Asian records ( We are still waiting the doping test results at this point, 30<sup>th</sup> of July, 2007) were made. We feel we need more officials for doping control, then we can do more. Our big surprise was Indonesia. They send only 4 lifters but among them, Sutrisno made open world record in 60kg total. Other women lifters made Jr. World record and Asian records.

Hosting country Chinese Taiwan did very good job and the new leader Ms.Chao and the team is ready for the World Games.

### **Asian Benchpress Championships**

Our Benchpress Championships is done once in two years. This year we will not have the Benchpress Asia. Next year we will go to Hong Kong for the Benchpress, this is our first international meet in Hong Kong. The leader Ms. Ip and her team will do good job.

My guess is over 200 lifters will compete.

Now we are talking about to have the Asian Benchpress every year. This will be good.

### **Future Championships**

2008, we will have Asians Power in Uzbekistan. This is 3<sup>rd</sup> time they host the Asians.

Also we will go to Hong Kong for the bench.

2009, We will go to India again for Asian Power and Asian Bench.

Our general secretary Mr. Subrata Dutta will do superb job again.

## **Asian Olympic**

2006, December, Asian Olympic (Asian Games) was held in Doha. In the Asian Games 2006, powerlifting was not included, but bodybuilding was official sport. But, I heard bodybuilding will be expelled from Asian Games (not 100% sure).

Our strategy is to become the member of OCA (Olympic committee of Asia). The general secretary of OCA lives in India and through Mr. Dutta, we try to push him from powerlifting side.

It may need the time but we will move step by step.

## **World Games 2009**

Recently, the popularity of the World Games is moving up. So to do the good powerlifting meet in the World Games is very important. To prepare the good venue, good equipments, good officials, good helpers are very important. As I am appointed as TD, I will assist Chinese Taipei team to do the successful World Games Powerlifting. My experience of 2001 Akita World Games in Japan will do some help.

Susumu Yoshida  
President of Asian Region

## ***(d) Region North America***

North American Powerlifting Federation  
IPF North American Region  
Annual Report  
August 15, 2007

This past year has been a very successful one in the North American Region. Our Regional Championships were held in the National Olympic Stadium in Guatemala City, Guatemala. The President of the Confederation of Sport (Sports Ministry) was in attendance and, in fact, passed on the banquet of the National Tennis Team to be present at our banquet. Mr. Santos promises much closer cooperation between the Government and the NAPF in future years. We will return to Guatemala for the Pan American Championships in two years. We have also continued the Regional Bench Press Competition, and initiated a sub-regional Championship of the Caribbean.

Through the exhaustive efforts of our General Secretary, Mr. Robert Keller, contact has been made with a number of new countries, some of whom will come online as IPF member nations this year, and many of whom have petitioned for provisional membership as they develop their federations. Our region has more than 30 countries, all of which have powerlifting in some form. Our goal for the next several years is to bring each of these, even if in a modest way, into the NAPF so that we might further the aims of the IPF in doping control and friendly competition.

Again, thanks to Mr. Robert Keller for his efforts in developing and presenting the NAPF Anti-Doping seminar at the Regional Championships. More than 100 athletes and coaches attended and the response was overwhelmingly positive. The results of doping control have been received for our championships and there were NO positive tests.

On the matter of tests, the IPF Executive has been generous in support of our doping control program. The monies received will allow for greater volume of testing and closer adherence to WADA guidelines within our region.

The NAPF continues to encourage participation by many of our smaller countries by encouraging competitions outside the U.S. Rather than having the less financially able nations travel each time, we have placed championships strategically to build specific areas of our region.

Through cooperative agreement between the NAPF and FESUPO, we will host the Pan American Championships every two years, with individual regional championships on alternate years. This will foster the friendship that already exists between North, South, and Central America. As we say, we are all Americans and competing as friends and colleagues in sport solidifies our longstanding close relationships.

Best regards,  
L.J. Maile, Ph.D., President  
North American Powerlifting Federation

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

Brazil together South America Powerlifting federation hold simultaneous the Pan American Powerlifting Championships and the South American Powerlifting Championships 2007, in São Paulo city, Brazil, in Lorena International Hotel.

This competition was the first big test for World Junior and Sub Juniors 2009.

8 (Brazil, Argentina, Uruguay, Peru, Ecuador, Cayman Islands, Costa Rica and USA) nations and more of 130 lifters participated in all age divisions.

The biggest competition that South America see!

It was good championships. We had very busy 5 days.

We hosted the competition in Hotel Lorena International that receives all lifters and the venue.

Many South American and for first time a World record were break in land Brazilian (Priscilla Ribic, in deadlift).

I am sending to you the results.

During the technical meeting, we confirm the South American Bench Press Championships in Callao, Peru.

We approved also that we going to do South American Powerlifting Championships each two years, intercalating with Pan American Powerlifting Championships. This way is easier a best integration between all countries with massive participation.

We also approved for next year a seminar for education anti steroids in Ecuador, country hoster of the next South American Powerlifting Championships.

We had many discussions about the fight anti steroids. Ratificaded the found for viabilizaded trip of peoples for seminar for referees international.

Now other focus for work is try to get bring the Bolivia for IPF. We also support other countries from South America for to get support from government like as Brazil, Venezuela and Ecuador get it.

I think that South America now walk by fast steps

***Julio Conrado***

## ***(f) Report Oceania***

### **MEMBERSHIP**

Full member –                   Australia  
                                          New Zealand  
                                          Fiji  
                                          Tahiti  
                                          Nauru  
                                          Tonga  
                                          Samoa  
                                          New Caledonia  
                                          Papua New Guinea

Potential Members -         Niue  
                                          Kiribati  
                                          Marshall Islands  
                                          American Samoa

### **COMPETITION**

In December 2006 a large Oceania Championships was held in Townsville, Australia. Some 130 lifters took part in both Powerlifting and Bench Press Championships, with lifting completed in two very long days. John Stephenson attended and generally kept order and raised the tone of proceedings. This event was successful, but it is recommended to have Bench Press and Powerlifting Championships separately in future.

Unfortunately a proposed Oceania Bench Press Championships to be held in Timaru, New Zealand in April 2007 did not proceed. This proved to be too close to the Townsville event, but interest in an Oceania bench press championship remains strong and 2009 is the likely date for the next such event.

In September 2007 the South Pacific Games will be held, with Powerlifting an accepted Games event. This is the major sporting event in the Pacific and Powerlifting will gain new member nations and great public exposure from being part of the Games.

Also coming up is the December 2007 Commonwealth Championships. This event will now be held in Christchurch New Zealand, as Fiji was forced to withdraw as host due to political difficulties in that country.

## **ADMINISTRATION**

The annual General Meeting of the Oceania Powerlifting Federation was held in Townsville December 8<sup>th</sup> 2006. Office bearers elected were

President/IPF Vice-President	Robert Wilks (Australia)
Vice President	Julian Perry (New Zealand)
Secretary	Pam Cutjar (Australia)
Treasurer	Steve Lousich (New Zealand)
Committee	Jim Clifford (New Zealand)

During 2006 and 2007 Tim Germarchis took over as WebMaster and enormously improved the Oceania Website. Also John Myers became Recordkeeper and revamped the Oceania records system. Both also took over those jobs for the Commonwealth Powerlifting Federation.

## **DOPING CONTROL**

Australia and New Zealand continue to maintain strong government-run testing programmes. Unfortunately in late 2006 Australia had one positive and one refusal, the first such cases in some years.

At the Oceania Championships in Townsville the Australian Agency tested extensively, with all tests negative.

However testing remains very limited in the Island nations, with resources the main problem in those small countries.

- Robert Wilks

## **Constitution / By-Laws Proposal:**

IPF shall re-establish the Women's Committee:

**Reason:** To work to promote female powerlifting and recruit Women into governing bodies in powerlifting.

**New: Constitution 7.2.16 Powers of IPF-Congress:** To form standing, ad hoc and sub committees and to elect the chairman of the same. The standing committees of the IPF shall include Medical, Technical, Disciplinary, and Appeal **and Women's Committee,**

### **New: By-Laws 101.10.8.3 Women's Committee**

101.10.8.3.1 Consists out of the Chair (female) elected by Congress and a sufficient number of members appointed by the Chair respectively the women's representatives of the regions.

101.10.8.3.2 Shall work to promote female powerlifting and recruit Women into governing bodies in powerlifting.

101.10.8.3.3 The Chair of the Women's Committee is not the member of the Executive, but may be invited at the EC meetings where she has a right to speak but no vote when the question is of matters applying to the activity of the Committee and/or concerning the proposals for any rule changes the Committee would like to be made.

If agreed by the Congress, add in By-Laws: 108.6: (h) Women's Committee

## **8. Elections**

President:	Detlev Albrings (GER) Robert Wilks (AUS) Susumu Yoshida (JPN)
General Secretary:	Detlev Albrings (GER) Robert Keller (USA) Emanuel Scheiber (AUT)
Treasurer:	Gaston Parage (LUX)
Technical Committee Chairman:	John Stephenson (GBR)
Medical Committee Chairman:	Bernie Miller (USA)
Disciplinary Committee Chairman:	Dietmar Wolf (NOR)
Appeal Committee Chairman:	Lars-Göran Emanuelson (SWE)
Law & Legislation Committee Chairman:	Jean-Claude Verdonck (BEL)
Doping Commission:	Robert Wilks (AUS)
Women's Committee Chairwoman:	Eva Speth (GER)

**Board members to be confirmed:**

Africa:	Alan Ferguson (RSA)
Asia:	Susumu Yoshida (JPN) Subrata Dutta (IND)
Europe:	Arnulf Wahlström (NOR)
North America:	Larry Maile (USA)
Oceania	Robert Wilks (AUS) Steve Lousich (NZL)
South America:	Julio Conrado (BRA)

Non executive members (appointed by the EC / proposals can made by the member federations)

Auditor:	Gerhard Geissler (GER) Jean-Claude Verdonck (BEL)
Media Officer / Newsletter Editor:	Dennis Unitt (GBR)
Records Registrar:	Jari Tähtinen (FIN)
Championship Secretary:	Gaston Parage (LUX)
Internet Officer:	Wim Wamsteeker (NED)
Referee's Registrar:	Göran Gunnarsson (SWE)

**Appointed by EC:**

DHP-Chairman:	James F. Cirincione (USA)
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## 9. Proposals

At this Congress the Constitution, By-Laws and Technical Rules can not be changed, except if the Congress decides about amendments with a 2/3-majority.

### Constitution

#### Con 1:

##### 5.2 Representation / add new (Luxembourg)

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

#### Con 2:

##### 8.3 Powers of the Executive (IPF-EC)

*New: 8.3.10 The IPF Executive Committee shall invite the Chair of the IF Committees / Commissions to the discussion of issues that fall within the competence of their particular Committee / Commissions.*

#### Con 3:

##### 14. 9 Participating in Non-IPF Competition (Puerto Rico)

It should be add the following

*Sec. A- When a Federation ask permission to the General Secretary of the IPF. to enter a none sanction meet by the IPF. It should be evaluated in what way will this meet will harmed the good name of the IPF. If this Federation will compete on this event with the premised establish by the General Secretary.*

*Sec. B- If the General Secretary denies the petition then the Federation has the right to appeal it to the Law and Legislation Committee.*

**Purpose:** If this situation benefits the Federation that's make the petition and in no way will it harmed the IPF good name then this permission must be granted.

## **By-Laws**

### **BL 1:**

#### ***New: By-Laws 101.10.8.4 Athletes' Commission (IPF-EC)***

101.10.8.4.1 The Athletes' Commission is composed of six Members of different nationality (preferably athletes from the six regions) - three male and three female. One of them is speaker elected by the Members of the Commission. To be eligible an athlete must be internationally ranked in the last two seasons before the elections.

101.10.8.4.2 The Athletes' Commission represents the interests of the athletes. It has the right to bring the points of view of the athletes and proposals to the Congress, the Executive Committee and the Committees, in particular to the Technical, the Medical Committees and the Coach Commission. A representative is entitled to take part at the meetings of the Congress. It reports to the Executive Committee and the Congress.

101.10.8.4.3 The duties of the Athletes' Commission are:

101.10.8.4.3.1 To represent the athletes in the decision making bodies of the IPF;

101.10.8.4.3.2 To act as mediator between active athletes and the IPF Organisms;

101.10.8.4.3.3 To represent the athletes in the meetings of the Technical Committee and in the Medical Committee if invited by the Chair;

101.10.8.4.3.4 To form the official opinion of the athletes concerning actual issues and to pass resolutions of the athletes;

101.10.8.4.3.5 To work for the athletes' representation in the National Federations;

101.10.8.4.3.6 To represent the athletes during the IPF competitions as a spokesman / spokeswoman.

101.10.8.4.4 All proposals by the Athletes' Commission must be decided by the IPF Congress. The proposals must be in connection with the duties of the Commission.

## **BL 2:**

### ***New: By-Laws 101.10.8.5 Coach Commission (IPF-EC)***

101.10.8.5.1 The Coach Commission is composed of a seven Members of different nationality (preferably coaches from the six regions). One of them is speaker elected by the Members of the Commission. To be eligible a coach must be internationally active in the last two seasons before the elections.

101.10.8.5.2 The Coach Commission represents the interests of the coaches. It has the right to bring the points of view of the coaches and proposals to the Congress, the Executive Committee and the Committees, in particular to the Technical, the Medical Committees and the Athletes' Commission. A representative is entitled to take part at the meetings of the Congress. It reports to the Executive Committee and the Congress.

101.10.8.5.3 The duties of the Coach Commission are:

101.10.8.5.3.1 To represent the coaches in the decision making bodies of the IPF;

101.10.8.5.3.2 To act as mediator between coaches and the IPF Organisms;

101.10.8.5.3.3 To represent the coaches in the meetings of the Technical Committee and in the Medical Committee if invited by the Chair;

101.10.8.5.3.4 To form the official opinion of the coaches concerning actual issues and to pass resolutions of the coaches;

101.10.8.5.3.5 To work for the coaches' representation in the National Federations;

101.10.8.5.4 All proposals by the Coach Commission must be decided by the IPF Congress. The proposals must be in connection with the duties of the Commission

## **BL 3:**

### ***103.2 IPF subscription and fees (Luxembourg)***

#### **Add new**

***IPF membership fee paid at the IPF account within 31<sup>st</sup> of January is EUR 200 (refer 103.2.1). If paid later, an additional sum of EUR 100 will be charged, and the total sum of the IPF membership fee is then EUR 300.***

## **BL 4:**

### ***104.3.1 IPF Medals / editorial change***

104.3.1 The IPF shall maintain standardised medals for use at world championships. Medals to be presented for first, second and third places in each category based upon totals. In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and dead lift in each category. ~~Fourth attempts will not be accepted in assessing these awards and the lifter must make a total in the competition in order to qualify for an award.~~ In the event of two competitors lifting the same weight, the lighter lifter will be declared the winner. Other awards may be provided according to the custom of the host nation

## **BL 5:**

### **105.1 Non -discrimination in IPF Competition (Puerto Rico)**

It must be add:

***Sec A- Selection of the Jury. If there are three or more countries in an international competition, the Jury must be selected by random. The Jury can not composed by only one nation. The members of the Jury must be represented by the attending member federations, e.g. one jury member from every nation.***

(Refer existing Technical rule, page 31, Jury, item 3).

***Sec. B-The same thing should apply to the referees***

***Sec. C- A lifter or coach or assistant coach, who participated on the same competition cannot be at the same time a member of the Jury and can not referee in the same meet.***

***Sec. D- If there are only two nation, then they will select the Jury by random.***

***Reasons:*** The Purpose of this is not to discriminate against any nation regarding colour or race when a decision must be taken.

## **BL 6:**

### **105.4 Timelines for Completion of Invitation / Accommodation rates / add new (Luxembourg)**

**105.4.3 At all World Championships the accommodation fees shall be payable by bank transfer or credit card as follows (Exceptions may be granted by the IPF EC):**

- 1) By bank transfer as specified by the organizer in the invitation for each World Event;**
- 2) By credit card at the hotel reception.**

## **Technical Rules**

### **TR 1-1:**

#### ***Personal Equipment -- T-Shirt/Supportive Shirt (Australia)***

##### ***1. Delete all references to "supportive shirt" i.e. eliminate the bench shirt.***

#### **Reasons**

(i) Credibility -- the bench shirt has destroyed the credibility of this lift in IPF competition & has thereby harmed our organization & our sport. The shirt creates an uplift estimated at over 20% of performance, produces grotesque efforts in which the lifter cannot get the bar to their chest & results in competitions with many or most competitors bombing. To spectators, politicians & bureaucrats observing our sport for the first time the impact is to present us as an insubstantial activity & the acceptability & growth of our sport will be severely retarded by this poor presentation

(ii) Artificiality -- with the advent of the bench shirt the near universal mentality amongst lifters has become one of who can get the newest shirt or who can wear the tightest possible shirt. Sport is intended as a test of natural physical ability, intellect in devising one's training & character in applying oneself in practice & competition, but with the bench shirt all thought & practice is directed toward an artificial technology rather than self-development

(iii) Safety -- the anecdotal & observational evidence is overwhelming as to the dangerousness of the shirts. The tightness & springiness of the shirts creates unpredictability to a degree which cannot be overcome by practice. From World Championships down there have been many instances of near-miss serious injury or death episodes & it is inevitable that such events will occur. The legal implications for the IPF are enormous & could result in the end of our organization; legal risks for the IPF remain, as the risks of the shirt are obvious & we have failed to act decisively on this issue. The safety rack rule only partially addresses this problem as rack height for the safety racks is difficult to set accurately & safety racks are not often applied in training

(iv) Clarity -- the proposed 2009+ shirts which stretch 40% at 200 Newton's force barely change the above problems. The only demonstration thus far of these shirts, in Denmark May 2007, revealed that the lifter could not lower the bar until near his best-ever weight, had his head pulled up to get the bar down & looked no different from the arms up lifter of today. Also manufacturers will remain free to alter other parameters of the shirt . Thus the proposed 2009+ shirts will only continue the profound problems which the shirt has brought our sport & it will be inevitable that manufacturers will find ways to continue to increase the springiness of shirts, by changing such parameters as collar & seam positioning, etc. Thus the only way to solve the shirt problem is to eliminate it now, or we will be left grappling with this problem for years to come

(v) Probity -- accurately or not, the advent of shirts & the huge market for them has produced a perception that manufacturers have undue influence on the processes of the IPF & that phenomena such as equipment agents voting in Congress as national delegates has occurred. Decisions in our sport must be made firstly by the criteria of what is right for the sport itself & commercial interests follow in the wake of that. Removal of the shirt now is clearly the correct move for the long term growth of the sport & this must be demonstrated by an arms-length debate & a stand taken on this issue now.

**2. After "one ply stretchable material" add ":'stretch ability' is as defined by IOS13934 Part 2 or its successor documents" i.e. allow shirts that stretch at least 40% horizontally & vertically under 200 Newton's of strain.**

#### **Reason**

(i) This is a compromise, allowing shirts of lesser stretch ability, to satisfy the demands of lifters for springy shirts but hopefully limiting that springiness & the problems which come from that.

**3. Add to any reference to "support shirts" the phrase "support shirts are permitted only in BP-only competitions & not in 3-lift Powerlifting competitions" i.e. allow BP shirts in BP-only contests but not full Powerlifting competitions.**

#### **Reason**

(i) This is another compromise, allowing BP specialists & others to have a forum, all the way up to World Championships, to express their desire & willingness to shirt bench press. The mentality of such lifters is so strongly pro-shirt that only this compromise can satisfy this group, yet allow the sport as a whole to progress, with full Powerlifting competitions being presented primarily to observers such as IOC etc. but with BP-only events maintaining their own position. WR's would revert to two distinct BP records (shirt & no shirt) & also the IPF should obtain legal advice as to a waiver for lifters to sign before they engage in such shirt-BP competitions.

**4. Add after "t-shirts" the phrase "if on the IPF Approved List" i.e. require lifters to purchase only approved brand t-shirts, if bench shirts are outlawed.**

#### **Reason**

(i) This is proposed partly as an economic compensation to manufacturers if bench shirts are outlawed. Also it allows scope to go back to the drawing board & devise a shirt which is still close to a t-shirt but looks presentable & does not create the problems of extremely springy shirts i.e. if "supportive shirts" are outlawed & this proposal passed manufacturers can still come back with a new, reasonable proposal.

## General Proposal

### **1. Render historical existing World Records for Bench Press, Total &/or Bench Press-only, according to any changes in shirt rules made as per above;**

#### Reason

(i) Elimination or major change to the shirt will mean that lifters from that point on will have little chance of attaining records set with the artificial aid of the shirt. Accordingly it is only fair to reset the affected Records, by setting reasonable Standards as the new "records" & leaving on file as "historical" the currently listed records. Australia has obtained legal opinion on this in changing its own records & if a change is duly passed by the appropriate processes of the organization (in this case the Congress) then it is valid to do so & is unlikely to be successfully challenged

## General Rules of Powerlifting -- Rules 4 & 5

**1. Change Bodyweight Classes** -- it is assumed that if BP shirt rules change there will be a Congress vote to change existing World Records for at least BP & Total, back to a new Standard. If so now is the time to resolve another issue impacting our credibility i.e. multiple bodyweight classes, unevenly distributed across the world population of lifters & resulting in some classes at Championships & Games which there are few competitors. Powerlifting has more classes than any other bodyweight sport & this will not be acceptable if we seek to enter major Games, present our Champions to governments, the public, etc.

Debate on this subject has been short-sighted & uninformed & the only hard data on this subject has been the study of the world's lifter population carried out at the time of formulation of the Wilks formula. Full data will not be presented here but the case can be well made for the following options-

Men --	9 classes 58/64/70/77/85/94/105/120/120+
	8 classes 58/64/71/79/88/100/115/115+
Women --	8 classes 46/50/55/60/66/74/86/86+
or	7 classes 48/53/58/64/72/84/84+;

any combination can be chosen e.g.9+7, 8+ 7, etc.

### **2. Change Team Sizes**

#### Reason

(i) If bodyweight classes are changed, team sizes should be adjusted accordingly e.g. if 9 men's classes team size is 9, if 7 women's classes team size is 7 & so on. "

## TR 1-2:

### ***Forbiddance of the Bench Shirts beginning 1<sup>st</sup> of January 2009 (Germany)***

#### **Reasons:**

- High risks of injury
- No unequivocal regulation and examination of the material possible
- Possibilities of the manipulation are given by special fabrication like material / seams / logos / styling / pattern and more
- No controlling possibilities of the referees on site more possible
- Equipment check are irrelevant
- to high failure of athletes by invalid attempts
- Respect in the general public sinks, because no more understandably by many invalid attempts
- Very high injury danger for the athletes and late results by the disproportionate charges of the joints, ligaments and tendons
- Achievements do not correspond any more to the reality
- Abolishing the shirts was unambiguously recommended by surveys in Germany in 2006
- Abolition of the commerce from the distribution originates

## TR 1-3:

### ***Bench Shirt (IPF-EC/TC)***

***As from the 1st January 2009 only support ( bench ) shirts that meet the following criteria i.e. a minimum of 40% elasticity and 40% distension under 250 Newton Metres of force. (S I Unit) - International System will be legal in IPF Competition.***

#### **Reason:**

The safety of the lifter, which is of paramount importance, has been compromised because many of the shirts currently on the market have little elasticity and apparently have been the cause of many accidents to lifters.

***Add new:*** IPF Technical Rules - Page 11 T. Shirt / Supportive Shirt insert third paragraph. As from the 1st January 2009 only support (bench) shirts that meet the required criteria i.e. a minimum of 40% elasticity and 40% distension under 250 Newton Metres of force. (S I Unit) - International System - will be legal in IPF Competition.

## TR 1-4:

### *Page 11 / item T Shirt / Supportive Shirt (Nordic Powerlifting Federation/Sweden)*

#### **Add new:**

**The supportive shirt for bench press must have a minimum of 40 % stretch ability in all directions by 250 N.**

**Reason:** Nordic Powerlifting federation (Finland has not voted about it) wants the Congress to vote about what tolerance level the stretch material will be in the bench shirt, and the future of the bench shirt. We recommend 250 NM through 40 % stretch in all directions. We think this is a very serious question that we have to vote about it. (Nordic Powerlifting Federation, Alexander Grenehed, Sweden).

## TR 1-5:

### **Bench Shirt (USA)**

**No changes are to be made in the technical rules or rules of performance governing the bench shirt or its use or materials from those that are approved currently and which are currently in use.**

**Rationale:** Continuous changes in the powerlifting rules and equipment deny athletes the stability necessary to train and adapt to competition standards. Such changes deny the possibility of continuity of records, totals and performance in the eyes of the public and undermine the stability of the economy of powerlifting and our sponsors. Such changes are not in keeping with the desires of the athletes who are satisfied with competition conditions as they currently exist. Changes proposed by the Technical Committee and Executive Committee will result in powerlifting losing significant credibility in the eyes of the athletes and increase the possibility that the IPF and its affiliates will lose many of the gains made in membership over the past several years.

## TR 2:

### **Page 5 / item 5 / Medical permission for Sub-Juniors (Medical Committee)**

**Add:** Each nation is allowed a maximum of ten competitors spread throughout the range of the ten bodyweight categories for men and nine competitors throughout the range of nine bodyweight categories for women. Junior and Sub-Junior eleven for men and ten for women. There must not be more than two competitors from any one nation in any particular bodyweight category. **All lifters under 18 years must have a medical permission to compete.**

**Reasons:** To save the Sub-Juniors / to show responsibilities to the IOC regarding our Sub-Juniors / Liability reasons

## TR 3:

### *Page 4 / item 7 (IPF-EC/TC)*

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 bodyweight 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 60 days before the date of the Championships on the preliminary nomination. Final selection, submitted not later than 21 days before the date of the Championship, must be made from those nominated **at this time 60 days before the date of the Championships. This is inclusive of reserve or alternate lifters.** 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 to World, International or Regional Championships while he is under suspension by the IPF or Region.

## TR 4:

### *Page 16 / Change in 8: Bench Press (IPF-EC/TC)*

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 which the Chief referee will signal the audible command "Press". The lifter must then return the bar to arms length **with no downward movement of the whole of the bar. with no excessive / immoderate uneven extension of the arms. Any uneven extension is accepted as long as the whole of the bar doesn't descend during the uplifting process.**

When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.

When agreed, changes are necessary: delete in "Causes for Disqualification of a Bench Press" page 17, item 4. Change item 5: Any downward movement of the **whole** of the bar. Also in Page 8, "Bench Press, blue card" delete first chapter.

In 2 (blue) card. Second paragraph to read - Any downward movement of the **"whole" of** the bar in the course of being pressed out.

### **Reason**

The uncertainty relating to interpretation. It would appear that very few referees give the benefit of doubt to the lifter, and continuously raise the blue card.

## TR 5:

### ***Page 17, Causes for Disqualification of a Bench press (Luxembourg)***

2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, ~~or movement of the feet on the floor / blocks / plates~~ or lateral movement of hands on the bar.

***New: A movement of the feet on the floor / blocks / plates is allowed, as long as the feet are flat on the floor / blocks / plates.***

**Reason:** If the lifter change his position of the feet then this will be a disadvantage for him, because he loose his stability

When agreed, changes are necessary: in Page 9, "Bench Press, yellow card" in second chapter.

## TR 6:

### ***Page 23, Order of Competition (Luxembourg)***

(o) If a lifting session consists of a single group, i.e. up to a maximum of 14 lifters, an interval of ~~15~~ **20** minutes shall be allowed between the lifts. This is to ensure adequate time for warm up and platform organization.

**Reason:** 15 minutes break is too short to make the warm up and to put the Bench Shirt on

## TR 7:

### ***Page 30 / add to item 22 (a): Category 2 (IPF-EC/TC)***

***The practical Cat. II examination will held only in conjunction with international or regional championships. The theoretical examination can be held as usual on national level.***

**Reason:**

To conduct the examination under the same conditions that the successful candidate will encounter at International Championships.

## **TR 8:**

**Page 30 / add to item 31 (IPF-EC/TC)**

***A clinic will be held every year at the World Championships Masters and Sub-Juniors/Juniors. Every international referee must participate in one clinic within the four year period for re-registration.***

### **Reason:**

Because of the lack of referees at these championships, and to up-keep the required standard.

## Others

### O 1:

#### ***Wearing of start numbers (Germany)***

***Herewith I put the proposal that the athletes wear for identification reasons small start numbers***

#### **Reasons**

- By evaluation of film and picture as well as for a spectator it is often difficult to identify the athletes
- It is already carried out in almost all other kind of sports
- This will also a advantage for the press and media

### O 2:

#### **Remit to IPF (New Zealand)**

On behalf of the New Zealand Powerlifting Federation I would like to submit the following:

Regarding accommodation at International Competitions:

- a. *All athletes should deal with the hotel directly and not the host organiser.***

**Reason:** This prevents difference rates for different countries being charged.  
Example: Ukraine 1998 Men's Worlds

- b. *The rate on the invitation should be the one the athletes pay.***

**Reason:** Many athletes are on a tight budget and it can be disruptive to find out you must pay more than the invitation.  
Example: Junior Worlds Sofia 2006

- c. *Host hotels must accept all major credit cards.***

**Reason:** This means athletes don't have to carry large amounts of cash. At some world champs, there has been no way to change travelers cheques or access a money machine.  
Example: Again Men's Worlds 1998 and Junior Worlds 2006.

- d. *The athlete should have the option to pay when they reach the hotel, not before.***

**Reason:** They can ensure they have the right rate and the right hotel. Sometimes athletes arrive at the hotel they have chosen only to be shifted, without notice.  
Example: Norway 2006 Men's and Women's Worlds

Note: The rules currently stipulate if a Nation does not turn up they are still liable for the hotel bills unless they notify the hotel 7 days prior to booking

### **Regarding lifter amenities:**

- a. All athletes should have access to scales from three days before the technical meeting. Scales should be calibrated exactly as the meet scales.
- b. At least one of the hotel options must have a sauna for the athletes accessible from 6am- 10pm at night.

### **Summary:**

Lifters have trained very hard, and in some cases a great deal of distance is covered to reach competitions, and at vast expense. It should be the organizing hosts' function to make the last few days preparation as easy as possible, within reason. Uncalibrated scales and inaccessible saunas only add to the stress of a competition and can affect performance, not to mention ruin the enjoyment of an event.. Clear directions, possibly bilingual, to rooms valid to the event and the ability to contact people in case of need should also be a requirement. Small maps of the immediate area and competition areas could also be made available for lifters.

## **O 3:**

### ***Proposal to allow three additional lifters in the age category Men Masters IV and Women Masters III on International Competitions (Germany)***

#### **Explanatory statement:**

On the weekend of the 20./21 of July the National German Championships in Masters Benchpress took part. On this competition 13 Men Masters IV took part, five more than last year. (In Germany we have a separate rating for this age category). They did not only a well competition; they also achieved a good result.

The best of them was the well known Alexander Diepold with the new World Record of 115,0 kg in the class -60,0 kg.

Unfortunately in a country like Germany it is nearly impossible for them to qualify for International Competitions. Reason is, there are only 10 lifters allowed in the age category Men III and no additional lifters for Men Masters IV. To be nominated, the older lifters have to be better than the "Youngsters" - lifters at an age between 60 and 69 years! For this reason the separate rating for this age category does not really make sense, because they are not able to join the team.

Three additional lifters in the age category Men MIV and Women MIII are the base that older lifters will be able to take part in international competitions.

They still should compete together with Men MIII/Women MII and also be counted together with them up to now. An additional award according to the relative points should be given to three the best of them like this is done right now.

To avoid confusing: I do not want to have complete weight classes in this age category!

- 10. New Member Applicants**  
**Full:** Aruba, Virgin Islands  
**Provisional:** Cameroon, Oman
- 11. Action on Delinquent Nations**  
 To be announced at the Congress
- 12. Hall of Fame**  
 To be announced at the Congress
- 13. Future Championships**

## 2008

Date	Championship	Place
29. February – 2. March	<a href="#">Arnold Sports Festival</a>	Columbus - Ohio / USA
01. - 02. March	ER Equipment Denmark Bench Press Championship	Randers / Denmark
14. – 16. March	2 <sup>nd</sup> NAPF Caribbean Islands B.P. & Powerlifting Championships	Charlotte Amalie, St. Thomas, Virgin Islands
16. – 19. April	World Bench Masters	Bratislava / Slovakia
06. – 10. May	European Women + Men	<b>Frydek-Mistek</b> / Czech Republic
June	6 <sup>th</sup> NAPF Congress	Port of Spain / Trinidad & Tobago
June	6 <sup>th</sup> NAPF North American Regional Powerlifting Championships	Port of Spain / Trinidad & Tobago
10. – 14. June	European Juniors	Donetsk / Ukraine
25. – 28. June	World Bench Press	Prague / Czech Republic
01. – 05. July	European Masters	Hamm / Luxembourg
07. – 09. August	European Bench Press	Bratislava / Slovakia
01. – 06. September	World Sub-Juniors and Juniors	Sandton / South Africa
19. – 20. September	Western European Championship	Denmark
01. – 04. October	World Masters	Palm Springs – California / USA
October	3 <sup>rd</sup> NAPF Regional Bench Press Championships	San Jose / Costa Rica
02. – 08. November	World Women + Men	St. John's, Newfoundland / Canada
20. – 22. November	European Bench Press Masters	Zlín / Czech Republic
05. – 08. December	Oceania Championships Asian Bench Press Championships	Papete / Tahiti Hong Kong

# 2009

Date	Championship	Place
20. – 21. March	Danube-Cup	Bratislava / Slovakia
15. – 18. April	World Bench Masters	Auckland / New Zealand
01. – 06. May	Asian Powerlifting Championships	Guwahati / India
06. – 10. May	European Women + Men	Ylitornio / Finland
27. – 30. May	World Bench Press	Hamm / Luxembourg
June	7 <sup>th</sup> NAPF Congress	Mexico City / Mexico
June	7 <sup>th</sup> NAPF North American Regional Powerlifting Championships	Mexico City / Mexico
09. – 13. June	European Juniors	Jönköping / Sweden
23. – 27. June	European Masters	<b>Venue requested</b>
June / July	<a href="#">12<sup>th</sup> NAPF/FE.SU.PO Pan-American Powerlifting Championships</a>	Guatemala City / Guatemala
16. – 26. July	World Games	Kaohsiung / Taiwan
06. – 08. August	European Bench Press	Zlin / Czech Republic
31. August – 06. September	World Sub-Juniors and Juniors	Sao Paulo / Brazil
18. – 19. September	Western European Championship	Netherlands
30. September – 03. October	World Masters	Sofia / Bulgaria
October	4 <sup>th</sup> NAPF Regional Bench Press Championships	Mexico City / Mexico
01. – 07. November	World Women + Men	New Delhi / India
19. – 21. November	European Bench Press Masters	Eghezee-Charleroi / Belgium

## 2010

Date	Championship	Place
14. – 17. April	World Bench Masters	<b>Bids:</b> Sofia / Bulgaria Durban / South Africa
04. – 08. May	European Women + Men	Köping / Sweden
26. – 29. May	World Bench Press	<b>Bids:</b> Durban / South Africa Philadelphia or New York / USA
08. – 12. June	European Juniors	Milano / Italy
22. – 26. June	European Masters	Sofia / Bulgaria
05. – 07. August	European Bench Press	Bratislava / Slovakia
29. August – 04. September	World Sub-Juniors and Juniors	<b>Bid:</b> Sofia / Bulgaria
17. – 18. September	Western European Championship	Hamm / Luxembourg
28. September – 02. October	World Masters	<b>Bids:</b> Sofia / Bulgaria Durban / South Africa
21. – 23. October	European Bench Press Masters	Hagondange / France
01. – 06. November	World Women + Men	<b>Bids:</b> Durban / South Africa Orlando or Philadelphia / USA

## 2011

Date	Championship	Place
13. – 16. April	World Bench Masters	Venue requested
25. – 28. May	World Bench Press	Venue requested
29. August – 3. September	World Sub-Juniors and Juniors	Venue requested
27. September – 01. October	World Masters	Venue requested
31. October – 05. November	World Women + Men	Venue requested

## 14. Any Other Business

### **Motion #1: (NAPF)**

Develop, adopt and implement an IPF Code of Ethics, modelled after the IOC Code of Ethics.

#### ***Rationale:***

As an emerging and future IOC recognized sport, it will be essential and important for the IPF to play a significant role in the direction of powerlifting world-wide. As part of this development, a set of [core values] must be constituted that focuses on dignity, integrity, and respect for member federations officials, athletes, coaches, and referees. The IOC Code of Ethics shall provide the IPF with a framework of conduct for appropriate professional standards, laws, regulations and internal policies, and most importantly behaviour guidelines for officers of the IPF, and leaders of our regional and member federations. ***Passed at 2007 NAPF Congress – Guatemala City***

### **Motion #2 (NAPF)**

In accordance to the IOC Charter, allow and encourage IPF member federations to pursue youth development clinics, contests, seminars, demonstrations and programs. ***Passed at 2007 NAPF Congress – Guatemala City***

#### ***Proposals (Italy)***

To give to our sport that Olympic profile that all of us want; I make two strong proposals that don't need any change in Constitution and Bylaws:

1) ***The Victory Ceremony:*** I think to start as soon as possible with the Victory Ceremony: all lifters march in with a music, in a row in a sport suits (mandatory!! or the lifter will be not admitted to ceremony).The lifters will be present to the public before the medals. An IPF referee or officer will be the leader of the row. This ceremony will be well explained in the Technical Meeting.

#### **2) To give a number to all IPF Competitions**

On the IPF website, on the invitations, in the venues, everywhere and anytime! I think that Arnulf Wahlstrom, the President of EPF, is the best historian about this.

This is to give to everybody the sense of our story.

The EPF is also working about these proposals.

## 15. Adjournment