

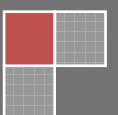
2010

AGENDA

IPF – General Assembly,
Potchefstroom/South Africa

IPF

07.11.2010



AGENDA

of the IPF General Assembly 2010

**Conference Room, Puk Sport Hotel,
Loop Street,
Potchefstroom/ South Africa
Sunday, 7th November 2010/ Begin: 02:00pm**

- 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 General Assembly
- 4) Report Treasurer – Report Auditors
 - To examine the accounts of the previous year
 - To approve the budget for the forthcoming year
 - Fees (if requested)
- 5) Report Secretary General
- 6) Committee Reports
 - a) Technical Committee
 - b) Medical Committee
 - c) Disciplinary Committee
 - d) Appeal Committee
 - e) Law & Legislation Committee
 - f) Anti Doping Commission
 - g) Anti Doping Hearing Panel
 - f) Women Committee
- 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
- 13) Future Championships
- 14) Any other Business
- 15) Adjournment



2) President's Address

Dear Athletes, Dear Officials, Dear Ladies and Gentlemen,

An eventful year is almost over and we can be very satisfied with the success of our championships.

The IPF Executive Committee has decided to strengthen our fight against doping at their meeting in Munich. The regions will support this most important goal. In 2011 we will concentrate us more on Out-of-Competition tests and the amount of these tests will be increased.

I will invite all member nations to increase and improve their fight against doping. The IPF and the regions are planning education, support and seminars, handouts etc. for you. Please take this opportunity and support your own federation and the IPF.

Referring to our strategic plan the IPF Executive Committee a steering group headed by Robert Wilks have had a strategy meeting in Munich. We have had really fruitful 2 days workshop about the future of our sport and the IPF. You can recognize the results, when you read our proposals in this agenda and I strongly believe you will support us on this way that the IPF become more efficiently and to simplify the rules for the athletes, referees and spectators.

We need on our way to achieve our goals the active contribution of our committees and our members. Unfortunately I am disappointed that committee members and also some member nations has not time or perhaps the willingness to be an active part in their roles. I know we are all volunteers, but sometimes it is better to know the own limitations.

We want to build up an ideal environment for our athletes and therefore your ideas and visions are expected and necessary. Please keep in mind to try to dissolve here you from your own personal wishes and purposes and conceive the whole picture, which must be drawn and not only a part of it. The solutions must be for the satisfaction and for the conviction of all our members.

At this opportunity I want to express my gratitude to our athletes, to all my colleagues of the IPF-EC and Committees, to all organisers, officials, supporters and partners of the IPF. Thank you for your dedicated contribution for our development.

Special thanks go to Alexandre Kopayev, our Computer Secretary, who provides us in an excellent manner at every World Championship with the results; also with his live scoresheet. Also my special thanks go to Anatoliy Stetsenko, who keeps our World records for the satisfaction of our members.

Kind regards and I wish you all the best for very successful World Championships.
Detlev Albrings
President IPF



3) Minutes of the last General Assembly

See the e-mail to all member federations and on the IPF homepage from 18th of November 2009.

4) Report Treasurer – Report Auditors

The financial situation is still in a good condition; even though we spent a lot of money for the development of our sport, new magazine and development in our regions. Also for the fight against doping we still spend a lot of money. All this financial support was possible, because we are going new ways with our partners, which is a part of our strategy plan regarding the results of the sport-consulting agency.

In the beginning some people was claiming that we spent a lot of money for the consulting agency, but now we can see that the first steps where done and that on the other side we gain more money for the IPF and we can now improve our development for our sport.

This year e.g. we broadcast 2 World Championships on our YouTube channel produced by a professional company.

On our other Worlds we have had streaming over the webcam of our computer secretary Alexander Kopayev with the online results and this is also big success.

We have supported our regions with equipment by Eleiko for the South American Championships in Uruguay. We ordered some equipment by Pallini for Peru, due at this region there was not one approved equipment and it is necessary to increase our regions on higher levels too. The African region received also equipment by Pallini and to the Oceania region we ordered Eleiko equipment. A special thanks is going to Eleiko as they have beside their VIP partnership with the IPF burden the transportation costs of their equipment to Oceania.

All our organizers of World Championships receive via the IPF Eleiko equipment, because this is the part of the partnership – support the organizers with equipment, so we have standardized equipment on the main platform. This is a benefit for the athletes and surely for the organizers.

We have also started to carry out more anti-doping control tests on other regions than Europe, because we have a lot of problems in the other regions too and so this was also part of development for our sport. We have hired IDTM (International Doping Tests & Management) to carry out the ICT tests on the South American Championships and they sent the samples to the WADA laboratory in Cologne/Germany.

Especially in this region we have some nations with big problems and I hope they have understood the message by the IPF that we are strongly going forward on our way to fight against doping. An education meeting was held in this region and education flyers by WADA in Spanish language were distributed to all attending athletes.

With the sport-consulting agency we have developed the criteria for the new IPF magazine, which shall be published and produced in a better quality and with better articles.

We have forwarded a tape of our Worlds to Eurosport; we have made a promotion video to increase the advertisement of our sport and this video has a very good quality.



We spend some money to improve the structure of IPF and with the goal to have afterwards more simple rules. In 2009 in India we have decided to build up a steering committee and the costs for all this was very expensive but really necessary.

The IPF has spent a lot of money in the fight against doping and again for OCT tests.

As presented in the report of Emanuel we are in negotiations with a new partner outside of our sport. If these negotiations are successful, we will have a higher budget to develop our sport.

At the moment I cannot definitely estimate, whether we are closing with a benefit or deficit, because there are still open two championships.

As Championship Secretary I have had a lot of work, but still we have federations, who make the work for me more difficult. They fill out the forms not correctly and send the nominations too late. Unfortunately I have had to reject 4 Federations, because they sent their preliminary nominations too late for the World Sub-Junior & Junior Championships.

This is surely a pity for the athletes, who really train hard over the year to reach their goals and then due the officials of their Federations they cannot take part.

Therefore I ask you again to take more care about the preliminary deadline and also the final deadline, as this is important too.

Another problem occurs that some Federations didn't receive the visa and they do not inform us, surely cannot show up at the Technical meeting and not at the championships. Until now we do not follow the rules that the federation must pay the anti-doping and participation fee, if they do not cancel the participation 7 days prior to the beginning of the championships.

Beginning 2011 we will enforce this rule. Normally we are doing exceptions, when the nations don't receive the visas, because it is not their fault, but if you do not inform us that you cannot come, then we will send you an invoice and you have to pay. It is not difficult to send us information by e-mail.

One more problem occurs that we have some nations asking at the last moment for visas, and then asking the organizer or me to phone the embassy. If you apply too late then also our phone calls are not more helping. So I ask you that in the future you send us the visa support form with the preliminary nomination then you are in time and normally you will have no problems and if so then we have enough time to help you. It is also not necessary to send your visa requests to me and ask me to send you the official invitation. Only the National Federation who is organizing the championships can submit such invitation, because they know the visa requirements of their country.

Since last year we have also begun not accept anymore the nominations of the coaches, because all nominations must be sent through the President, the Secretary General or if you have an official secretary then through this person. No individual nominations will be accepted anymore and this is valid for all age categories. All nominations of one nation must be sent together and not from one person the female or sub-junior and from the other person the men's or the juniors. Rooms and transportation information must send altogether to prevent confusion. You have first to collect all the necessary information and then you send it to the organizer with copy to the championship secretary.

We plan that in the future the nations can submit online their lifters and referees on the IPF homepage, which will reduce the work for the championship secretary. The biggest problem we have here is that the most nations send all information at the last date. Some of them every time too late and 5 minutes or one hour later they are asking, why their lifters are not on the homepage. For them it is only one nation, but for me the most of the time I have to add over 35 nations.



Nowhere is written that after the deadline the nominations must be on the homepage. If after one week you cannot find the name of your athletes or if your athletes are added and there is missing one then you can ask me about it.

Still we have problems that the nations are submitting the referees' availability and then at the Technical Meeting, we check the different weight classes and we spend over one hour to change everything. According our rules if a referee is not present or not available then the nations will have less team points. That means in the future if we add a referee and he cannot take the place, which was advised by his federation, then we take off the team points too.

Further on a big problem is when we have the Masters worlds that the nations do not send referees. The masters need referees too and it cannot be that some of us must working fulltime as referee, whilst the others are doing sightseeing or the rest of the nations have not sent any referee. Then we must come to the point that we asking a fine for those nations about 1.000 € and then we can pay tickets to other referees to make sure we have enough referees for our championships. I think then it will be surely easier for you to nominate a referee.

I have had with one lifter a problem who was asking his medal after one athlete was tested positive but it was from the Masters in Palm Springs 3 or 4 year's ago and he was angry with us that we do not send him earlier the medal he has achieved after the disqualification of this athlete. All this is a long procedure and I cannot send out any medal before the judgement is done and before I received back the medals of the Federations who are often not cooperative enough. This is a long period and sometimes it takes over one year that the procedure is finished and therefore we cannot send out the medals before. I asking the Federations to be more cooperative in the future as it is in the interest of your athletes and then we can shorten the time. Also the athlete, who is suspended, cannot take the medal as he was tested positive and here I can only recommend that you suspend your lifter if he is not willing to send back the medal. I always order two sets of medals, but if here are too many changes, then it is a long procedure to have all the medals to exchange.

I was travelling to all Worlds and I have had a good cooperation with the organisers. Evaluation forms where send to all organizers to let them know the strength and weaknesses of the championship and what can be done better.

In 2010 the Worlds in Orlando, Killeen, 2 x Pilsen, where we have had the Sub-Junior & Junior Worlds, were the biggest for this year and they were very good organized. I know that the open Worlds in South Africa will be very well organized too, as they have good practise in organizations.

My thanks go to all the organizers and his helpers for the good job they have done. My special thanks goes to Alexander Kopayev for his excellent work on the championships as computer secretary and for the development of his competition program to improve the quality of our World Championships. Also thanks goes to my colleagues Emanuel Scheiber, and Detlev Albrings for their very good job to carry out the daily work for the IPF in cooperation with me and not to forget Kalevi Sorsa, who is still working in the background and make an excellent job to support me in the preparation of the championships.

I want to thank all the Federations and also the EC and Committee members for the good cooperation. I wish you all a good and constructive General Assembly and a successful World Championship.

Gaston Parage
IPF Treasurer
IPF Championship Secretary



a) To examine the accounts of the previous year

To be presented at the General Assembly

b) To approve the budget for the forthcoming year

To be presented at the General Assembly

c) Fees (if requested)

5) Report Secretary General

Dear Delegates, Ladies and Gentlemen

The powerlifting year 2010 was a year with a lot of work and it ends hopefully with a lot and good changes for the IPF.

This year I was present at different championships as the Arnold's Classics, Russian and Ukraine nationals, Open – Sub Juniors & Juniors World's Bench press and the Sub Junior and Junior Worlds Powerlifting.

My impression was that at these championships the level of the participants was really high as I saw on each of the championships a lot of national, regional and world records.

But there are still some duties for all of us, not only the officials of the IPF, also the officials, coaches and athletes of the member federations. It is important to take care in future that we will achieve the respect and attention from the general public and especially also from the media. These are just small duties from each of us but in sum the whole "picture" is more transparent for all. For example all athletes of a weight category wear the official team tracking suit at the victory ceremony. To wear the tracking suit goes without saying, but it is a pity that we need now a rule to enforce such an easy matter.

Another problem is also that our referees are sometimes really undereducated and that is often the reason that at the championships are a lot of discussions about judging and overruling. Maybe it is not only the fault of the referees. Maybe it is the problem that we have too many and too complicated rules? At this General Assembly I hope we can reach the goal to make powerlifting easier for the lifters, referees and especially the audience. There are more small duties, which could be handled easier and more understandable, but I don't want to count all of them here.

Another impression was that the Sub Junior and Junior Championships went much more relaxed as the Open Championships. There were not so many coaches claiming about decisions and the "young" generation is more respectable to the officials like it is in the open championships. The championship went much better in order as in a lot of open championships. I believe the participants at the Open Championships shall follow the example of the "young" generation!

I had also the opportunity to speak with a lot of lifters, coaches and officials of the different federations and it is always important for me to speak with the people on the base of our sport and also with people of federations, who have not the possibility to attend all championships and have the opportunity to talk with IPF officials. For example Ecuador, Venezuela or Romania at the Sub Junior and Junior Worlds in Pilsen.



At end of August we have had also a meeting with our steering group (15 persons) to develop a new strategy for the IPF, new and easier technical rules and also some important items to improve the preparation of our championships in the future.

We did also a lot of work for promoting our sport.

At the beginning of the year we created a promotion video. We put it on our homepage and also on our YouTube powerlifting channel (more than 50.000 visits) and I strongly believe this is a really good created video for the advertisement of our sport.

The other “new” product is our new powerlifting magazine. We created a new media group with the leaders Heinrich Janse van Rensburg (new media officer) from South Africa, Zhanna Ivanova from Ukraine (media assistant) and Sabine A-Zobaidi from Austria (assistant secretary).

All three together created the new magazine and I believe they did a really great job. Of course there are some small mistakes in the first issue, but I think, nothing was built up perfect from the first time. The whole group is still in process to learn and with the contribution from all of us the quality of the magazine will grow up.

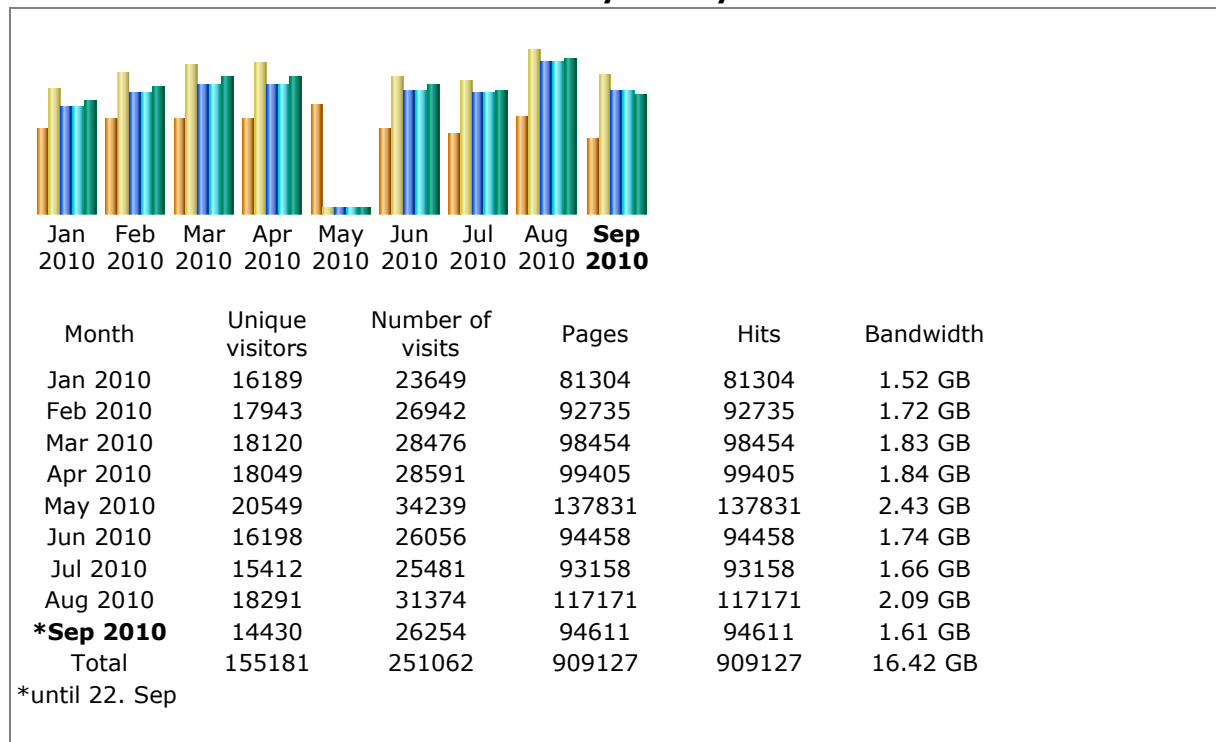
I will also take the opportunity to thank Mr. Dennis Unitt, who did an outstanding good job in the past. He was the heart and the soul of the “old” magazine “The Powerlifter” and he was a constant companion of all powerlifting activities in the last years.

THANK YOU HEARTILY DENNIS!!!

Another mediums are our homepage and the youtube chanel from the IPF powerliftingtv. Here just two statistics about the frequency of these two mediums:

Homepage:

Monthly history



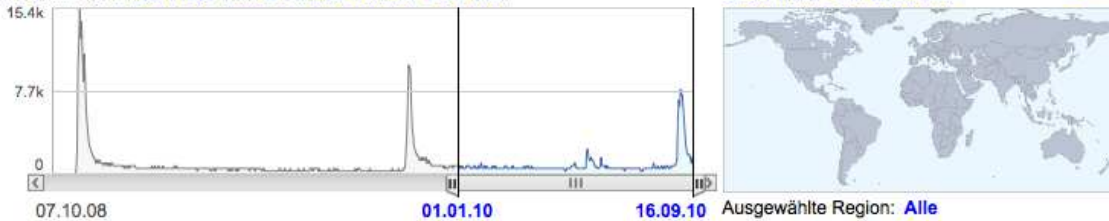
Youtube:

Aufrufe aller Videos insgesamt: 613.609. Im ausgewählten Zeitraum und in der ausgewählten Region: 212.513

Vorherige anzeigen: 1 Tag 7 Tage 1 Monat 3 Monate 6 Monate 1 Jahr Max.

Region anzeigen: **Alle** USA Asien Afrika
Europa Naher Osten Südamerika

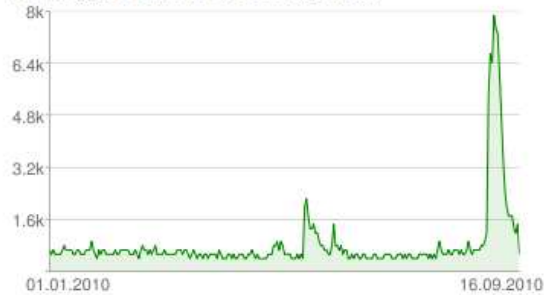
Zoom



Zusammenfassung

Aufrufe

Wie häufig werden meine Videos aufgerufen?

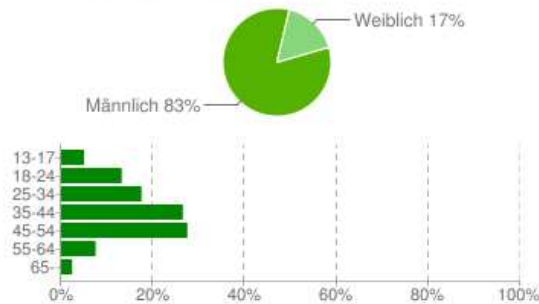


Meine Videos

Video	Aufrufe (Prozent der Gesamtzahl)	Beachtung
This is powerlifting!	24,9	
IPF Powerlifting WC 2009 Womer	9,2	
IPF Powerlifting WC 2009 Men 11	1,8	
IPF Powerlifting WC J 2010 Men	1,7	
IPF Powerlifting WC 2009 Men 12	1,4	
IPF Powerlifting WC 2009 Men 12	1,4	
IPF Powerlifting WC 2009 Men 75	1,2	
Short Video of the Worlds 2008	1,1	
IPF Powerlifting WC J 2010 Men	0,9	
IPF Powerlifting WC 2009 Men 12	0,9	

Demografische Daten

Wer sieht sich die Videos in diesem Kanal an?



Popularität

Wie beliebt sind meine Videos im Vergleich zu denen anderer Nutzer?



At end of November I will travel to Cali/Columbia for my first meeting with the organizers of the World Games 2013. I will meet the leaders of the national federation and the responsible persons of the World Games. In Cali I will inspect the venue and the official hotel, which is foreseen for the IPF. We will also talk/negotiate about the equipment and all the facilities, the transportation from and to the airport and also from and to the venue. Another item will be, whether we will have the competition on two or three days and at which dates powerlifting is scheduled in the games (beginning – middle – end).

Afterwards we will soon inform you about the selection criteria to participate at the World Games 2013. As soon I have evaluated all items I will prepare a newsletter and let you know about all relevant information.



Our President, Mr. Albrings and me had also a meeting in Lausanne with the IOC Sport Department.

There we met the IOC's Sport Senior Manager Jean Laurent Bourquin. The meeting was scheduled for one hour but as the different subjects of conversation were discussed very intensively and accurate, we had the meeting for more then one and a half hour.

The main topics were:

- ✓ Anti Doping
- ✓ Marketing/Media
- ✓ IOC recognition

Around 80% of the meeting we talked about the Anti Doping work in the IPF, because this item is the main reason that we still not receive the IOC recognition. The IOC honours the work of the IPF on the World level but they are still concerned about the situation on the national levels. That means that in a lot of our member federations is still a high number of positive cases and the IOC will be also informed by WADA about the national situations and not just about the international situation. Mr. Bourquin told us that our sport is on the right direction but we have still to convince our member federations that the Anti Doping work is a duty, which must be fulfilled from all member federations and athletes. It is not enough to prevent or educate on the top of the organisation, it is even more important to educate and prevent on regional and especially national level.

Another topic was about the situation at marketing and we told Mr. Bourquin that the IPF is now in process to build up a new media working group and also that we have now new partners and we are still in negotiations with potential new partners. With the new incomes hopefully our financial situation will be better and better each year and so we can invest also more money in media presence like TV. We introduced also our new IPF magazine and all present persons were really impressed about the good quality of our magazine and especially that there are information's about the federation, their members and also championships and not just promotion.

About the IOC recognition I can inform you that a realistic goal to receive it is in about two to three years, provided we follow our standards in Anti Doping work and fulfil all requirements which are requested from the WADA and also from the IOC.

My daily duties were the same as always:

- Handle the incoming Emails of the Member Federations and the Committees
- Prepare the promoter contracts for the organizers of the World Championships
- Be in contact with the umbrella federations (IOC, IWGA; SportAccord)
- Prepare the agenda and minutes of the EC-meetings
- Prepare the agenda and the minutes for the General Assembly here in South Africa
- Assist the President at different duties
- Be in contact with our partners (sponsors) and negotiate about partnership programs with the IPF

At the end of my report I want to express my thanks to our President Mr. Albrings, the Treasurer Mr. Parage, and all other people in the IPF who assisted me in my work. I wish all delegates a nice stay here in South Africa. For all competitors I wish you a successful and accident free competition with a lot of success. For the organizer, I wish you also very successful World Powerlifting Championships and I thank you very much that we can stay here and be your guests in Potchefstroom.

Emanuel SCHEIBER
Secretary General IPF



6) Committee Reports

a) Technical Committee

MEMBERS

Bill Clayton	(USA)	claytonw@ptd.net
Bill Jamison	(CAN)	billjamison@sympatico.co.ca
Myriam Busselot	(BEL)	bs361931@skynet.be
Johnny Wiklund	(SWE)	johnnywiklund@telia.com
Johann Hannie Smith	(RSA)	hannie@lagayim.co.za
Henk Keizer	(NED)	hc.keizer@quicknet.nl
Steve Lousich	(NZL)	sml@xtra.co.nz
Subrata Dutta	(IND)	sdutta21@yahoo.co.in

The Technical Committee are pleased to report to the General Assembly that during the past year they have carried out all duties as prescribed in their brief. These include the selection of referee/jury appointments for all World Championships taken from Nations nominations. In this respect we have worked closely with Championships Secretary Gaston Parage.

As was the case last year There has been little in the way of equipment received from manufacturers to be assessed in order that they may use the words " IPF Approved" in advertisements, just a few sets of wraps and a costume which met legal requirements have been added to the list of approvals and posted on the IPF Website.

Members of the Technical Committee met in India at the time of the Open World Championships. The main topic discussed was that regarding Rule Changes which would be forwarded to Robert Wilks and his selected team who were working on the IPF Strategic Plan. This, being the official year for proposals " to change" , those which have been considered changeable would have been debated by the Executive Committee and T C Chairman at a meeting in August and form part of the agenda at this years assembly.

E-mails have been answered punctually and hopefully accurately, most requesting clarification of existing rules.

When Goran Gunnarsson retired as Referee Registrar we realised that his position would be a hard act to follow. Fortunately, our concern was unfounded, for his replacement by Patrik Thur has proved to be a welcome appointment. As was Goran, (who incidentally proposed Patrik) he is most conscientious and doing an excellent job in the administration of examinations and the keeping and up-dating of the list of referees world wide. Thanks to Patrik for providing this information .

Our thanks to the examiners for their time, and congratulations to all who have passed the International Exam in the past year:



Referee examination 2010

Cat 1

Sabine Al-Zobaidi	Austria
Alex Mathieson	Great Britain
Arto Hannolin	Finland
Maria Pia Moscianese	Italy
Carole Springett	Great Britain
Alexandr Bikchurin	Russia
Dan Gaudreau	USA

Cat 2

Laszlo Baki	Hungary
Tina Östergaard	Denmark
Eliot Feldman	USA
Ihor Yasenetsky	Ukraine
Bekpan Serik	Kasachstan
Sara Guiterrez	Peru
Omar Reyes	Venezuela
Oishi Eric	Brazil
Marcos Sanchez	Ecuador
Idelfonso Pardo	Mexico
Gerberth Mansilla	Guatemala
Olga Pantina	Russia
Eduard Forsunov	Russia

Region	Number of Nations	Category 1	Category 2	Total of Referees
Europe	25	117	148	266
Africa	1	6	5	11
Asia	10	28	64	92
Oceania	2	7	13	20
Americas	13	19	86	105
Total	51	177	316	494

I take this opportunity to thank Members of the Committee for the co-operation and spreading of "the word" throughout their respective Nations.

As in the past our contribution to the sport will continue and in doing so will up-hold the good name of the IPF.

John Stephenson
Chairman



b) Medical Committee

Greetings to all

The IPF medical committee reviewed 11 TUE in the last quarter of 2009 and 23 TUE to date in 2010 (31 total since last report). Additionally, there were at least 10 inquiries where on investigation it was shown that no TUE was indicated for the given substance. There are a few trends worth noting as follows.

1. Athletes and/or member federations often do not review the WADA banned list prior to submission of TUE application. This is required of all registered lifters and officials, yet proves difficult in practice. It is therefore not surprising that violations occur. Reading the WADA list minimizes needless applications and saves time and effort for all. This needs to be stressed to all member federations.
2. There is difficulty using ADAMS. Lifters in the registered testing pool have expressed problems in the declaration of use process via ADAMS.
3. We have received many requests for TUE approval for testosterone and growth hormone in normal males. This seems to be most common in the USA where “anti-aging” clinics and treatment programs exist. Lifters are petitioning IPF MC to approve these medications as

“medically necessary” and “doctor ordered”, and often their tone is threatening if we do not approve. Our position is that hormone replacement in normal aging males is unproven in both safety and efficacy. Such therapy violates the concept of master’s level competition as well. Additionally there are other venues for powerlifting which do not ban such treatments. We have asked WADA to consider excluding testosterone and growth hormone from TUE consideration in normal aging males but have received no response. We would like the EC to create a consensus regarding such treatments consistent with our medical opinion. We have not approved any TUE, but are currently considering a case of congenital deficiency which is likely the sole and rare opportunity for approval.

c) Disciplinary Committee

We examined each case referred as a doping positive. We did not find any cases that departed from international standards and all examined cases proceeded to the ADHP. There were no cases of a non-doping related nature in this past year.

Lawrence Maile
ADC Chairman



d) Appeal Committee

The IPF Appeal Committee (AC) have during the period since last General Assembly 2009 consisted of Lars-Göran Emanuelson (Sweden), chairman, Jean-Claude Verdonck (Belgium), Steve Lousich (New Zealand), Eliot Feldman (USA) and Tatsuo Toga (Japan).

The AC has not had any appeal to decide upon since the last General Assembly. Nevertheless the AC has an important function within the 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 cannot leave any doubt or further questions.

Since the last General Assembly the AC has been well staffed with well qualified persons that all of them are god example for our sport in their respective country and on the international arena. The members of the AC are all doing a very good job. I would like to thank you all for your support to complete the AC.

Lars-Göran Emanuelson
Chairman

e) Law & Legislation Committee

Dear IPF Members

As IPF Law & Legislation Chairman I have the great honour and I am pleased to end this year, as the years before, with a positive balance.

As in the previous year I have done my utter best work for the IPF with only positive, progressive and realistic aims.

Many new country constitution proposals were sent to me, as Romania , Tajikistan , Israel, Iraq , Afghanistan and Guyana.

Some arrived during my holidays in Spain, but however I am in Spain you can reach me...

on jc.verdonck@hotmail.com or on jeverdonck@voo.be ...

And I'll do my job.

I have read all the new constitution proposals very carefully, step by step and I was very happy to read that SOME, as Romania , Israel and Guyana fully respect all the IPF Law & Legislation rules as well as the Wada Code. So I think these countries could become full members of the IPF. I think these three constitutions can be considered as examples because they are written in good clear and comprehensive English by professional, open – minded and respectful people who want to promote our sport Powerlifting

Unfortunately some countries as Tajikistan, Iraq and Afghanistan DO NOT respect all the requested IPF rules or/and the Wada Code . Therefore I would advice these countries to change , re-write or include, especially the Wada Code, in, their constitution.



So they will have a better chance to be accepted by me to become IPF members. I'm very pleased to see that more and more new countries are interested in our beloved sport and want to join the IPF as to develop powerlifting and protect their sportsmen or sportslovers by respectful, correct and good constitutions .

Jean-Claude Verdonck
Law & Legislation Chairman

f) Anti Doping Commission

INTERNATIONAL TESTING & SANCTIONING

Over the last 12 months the IPF has continued its in & out of competition testing programme. Key statistics for those tests are –

	2009	2010 (to Sept)
In-Competition Tests	339	243
Out-of-Competition Tests	16	10
Total Tests	361	253
Positives	13	12
	3.6%	4.7%

Thus there is an overall welcome downward trend in total positives (2007 8%, 2008 6.3%), but still some way to go to achieve the normative figure for IOC recognized sports of just over 1%. There also remains concern that athlete sophistication and evasion may be playing a role in the seemingly improved test result figures.

NATIONAL TESTING, SANCTIONING & REPORTING

The WADA and IPF rules require that each and every National Federation conduct full testing programmes and that the results thereof be reported. WADA-approved labs keep their own figures and the IPF requires each nation to submit an annual doping report, the 2009 figures for this being –

	2008	2009
IPF Member federations	107	101
National reports lodged	66	70
Non-reporting nations	51	31
Reporting but non-testing nations	26	29
Fully compliant nations	40	41

2.

	2009	2008
Total national ICT	984	1147
Total national OCT	734	615
	1718	1762
Total national positive cases	64	59
Ratio	3.7%	3.4%



Thus the situation remains that probably less than 40% of IPF nations drug-test and that national positives are heading slightly upwards, rather than down. In Delhi November 2009 a seminar was presented to nations on how to set up a national testing system and the effectiveness of that stimulus can be assessed when national reports come in at the end of 2010.

IPF SYSTEMS

In the last 1-2 years the IPF has strongly developed its involvement in ADAMS (Anti-Doping Athlete Management System), the on-line tool for tracking international athletes. About 120 of our top-ranked athletes are on ADAMS and Ms Sabine Al-Zaboidi has done excellent work as the newly appointed administrator of that system.

The IPF Disciplinary Committee and particularly the Anti-Doping Hearing Panel have continued to do highly professional work in the face of a large load. Detlev Albrings has also done a great amount of coordinating work in setting up testing agencies and labs.

ANTI-DOPING EDUCATION

Education, of athletes, officials and nations is an essential underpinning of an anti-doping system. IPF-specific material has been prepared over the last 18 months in the form of – an Anti-Doping Q & A

Powerpoint presentation re national testing programmes

a general summary of anti-doping for Coaches (extracted from the Australian Coaching Manual).

These are displayed on the IPF website, where there is also much educational material from WADA.

3.

THE FUTURE

The IPF still faces challenges in the area of anti-doping. Following work on a new Strategic Plan for the IPF and also bearing in mind the standards expected by WADA and our members, the following directions will be pursued in IPF anti-doping in 2011 and beyond – the OCT to ICT ratio will be increased to 50% or more, as opposed to the current negligible level of international OCT. This is the norm for international federations and it is well-established that OCT is by far the most effective tool for doping control. As well, the entry forms for World Championships will in 2011 require athletes to give their whereabouts for the 60 days up to the Championships so that OCT can be conducted

the IPF will assume more direct control of testing at Regional Championships. In recent years testing arrangements at such events have often been sub-standard as to DCO independence, sample collection and transport, athlete selection and so on. As the IPF is the ADO recognized by WADA it is the IPF which is responsible for and legally at risk regarding all international tests in Powerlifting

the Anti-Doping Commission will more clearly assume its designated role of semi-independently overseeing the administration of testing at all events and ensuring quality control from bid to sample delivery at approved labs. However this requires recruitment to the ADC of more people who are independent at least to the degree of not being on the EC. Those three initiatives are key to the further refinement of the IPF's anti-doping system and thus to the standing of the IPF in world sports.

Robert Wilks
Chairman IPF Anti-Doping Commission



g) Doping Hearing Panel

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

Chris Calvano (USA)
James Cirincione (USA)
Janie Soubliere (Canada)
David Sperbeck (USA)
Norbert Wallauch (Austria)

Since September 2009, the DHP has delivered judgments in 20 doping cases. We have four additional cases under review, each of which arose in September 2010. This number of cases is consistent with our average of about 24 doping cases per twelve-month period. We examine each of these cases in detail.

Over the last several years, the WADA Prohibited List has been revised several times to allow lesser sanctions if an athlete can establish that his or her use of a prohibited substance was not intended to enhance performance and to align the Prohibited List with the more flexible sanctions provided under the WADA Code.

For the year 2010, there were two major changes to the Prohibited List. First, pseudoephedrine (a common ingredient in cold medications) was re-introduced to the Prohibited List for the first time since 2003. The urine concentration threshold for pseudoephedrine 150 micrograms/ml. An amount above that level is an adverse analytical finding. Second, a TUE is no longer required for the inhaled asthma medications salbutamol

and salmeterol. However, a concentration of over 1000 nanograms/ml is presumed not to be a therapeutic dose and will constitute an adverse analytic finding, unless the athlete can prove otherwise.

We will keep fighting against doping in Powerlifting to bring recognition and respect to all of the tremendous athletes of our great sport. We urge the member federations to take steps to educate and assist their athletes in meeting their obligations under the Anti-Doping Rules.

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 Chair
Atlanta, Georgia

h) Women Committee

During the last year no case of sexual discrimination could be determined.

Members of the Women's Committee have been present at World Championships in Powerlifting in New Delhi 2009 and at the World Championships in Benchpress in Killeen/Texas in 2010. They act as contact person for the female athletes and had an ear for their problems.

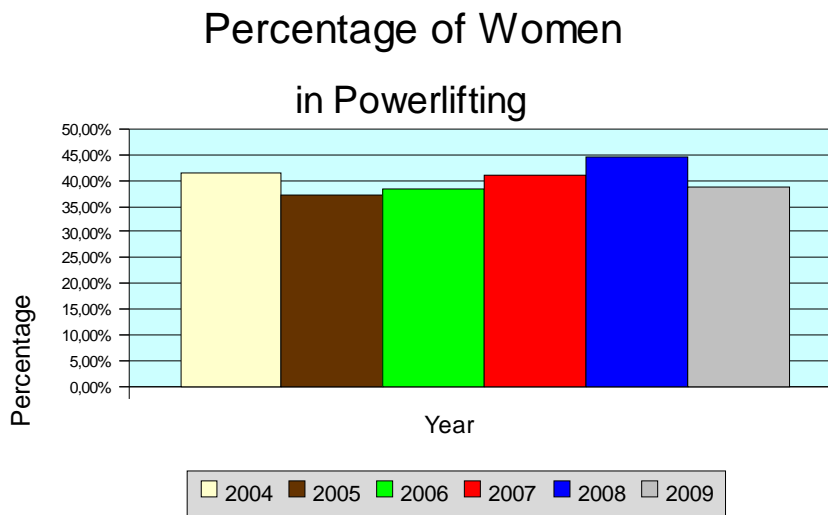
It was obvious, that like all the years before, female lifters in powerlifting have been fully integrated and on all championships women have had equal rights.

Women are widely accepted within the IPF, one outstanding example is the promotion movie of the IPF, available on the web site.

The changed time tables with good mix of female and male lifters have proved a success.

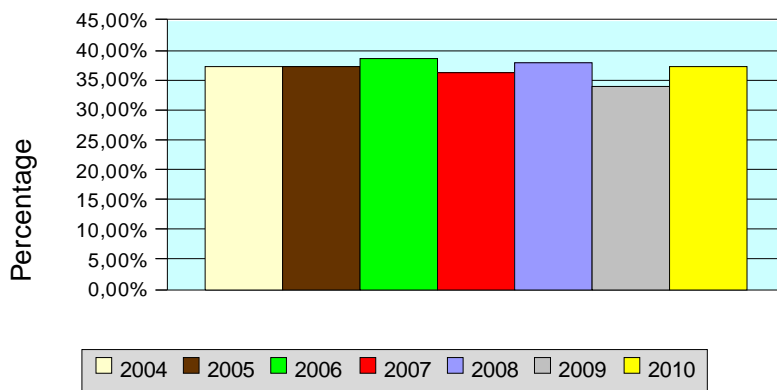
These time tables should remain to stay.

The statistics and graphics below give an overview about the number and percentage of female lifters from 2004 until 2010 that took part in Open World Championships. You can see this number is nearly constant, differences may be a result of the host city and the costs of all athletes to go there. On average, 35% - 45% took part in these competitions.





Percentage of Women in Benchpress



Another interesting point is the number of nations, that send female and male athletes to international Powerlifting Championships. The numbers below represent the nations at World Championships in Powerlifting.

	2004		2005		2006		2007		2008		2009	
	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.
Men	27	143	38	160	37	144	34	162	32	118	28	106
Women	25	100	21	95	27	89	31	112	27	95	21	67

Statistics: Open Powerlifting World Championships

The comparison shows that the number of nations that send female athletes to world championships is still at a high level and nearly the same than the number of nations with male athletes. The conclusion could be that female lifters benefit from the success of the male lifters. As more powerlifting as a whole is a recognized sport in the region and supported, as more women find the way to this sport.

But there are still many regional differences. E.g., in Europe, in North America, in India, in Japan and some other countries women as a matter of course are part of every team. In other regions, there are only a few female lifters. But the situation is the same concerning the referees. In some countries we have very engaged female referees who are on duty on many international championships. Representing all others I think of Myriam Busselot from the Technical Committee. But on the other side there are countries without any female referee on international championships.

A good way to promote female lifters are World Sub-Junior & Junior Powerlifting Championships and also the World Sub-Junior & Junior Benchpress Championships.



	2005*		2006*		2007*		2008*		2009*		2010*	
	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.	Nat.	Athl.
Men	21	77	23	83	29	120	26	98	22	86	27	117
Women	14	45	17	43	18	67	22	64	15	51	18	74

Nations and Athletes at Juniors Powerlifting World Championships

*Only Juniors

The table above shows, that in 2010 female lifters from 18 nations took part in this Championships, the number increased since 2005. Only in 2009 the number decreased a little, but the reason may be the competition place Brasil. Not so many junior athletes were able to travel so far away. For this reason less lifters from Europe took part in this Championships. But the table above shows also, that in 2010 it was possible to entuse more Juniors for World Championships.

For the future the following main priorities are seen:

1. We have to promote and educate more female referees. On all championships there are only a few female referees with IPF I or IPF II license available. The IPF has to ensure, that during the weigh-in of the female athletes are enough female referees on duty. My suggestion is to ask specifically former female lifters if they are interested in this job. They know the rules and to be a referee could be an alternative for them to be part of the powerlifting family.
2. More women should be encouraged to take responsibility in committees. The IPF is on a good way, because e.g. Inger Blikra is the Speaker of the Athletes Commission and Dr. Josephine Wing-yuk IP the Speaker of the Coach Commission. We have women in almost every commission, but too often only one. In the end there are only 32% of all members of the commissions women. I think women should be asked more to take responsibility!
3. We have a lot of Masters in Powerlifting and Benchpress, the number of active Masters lifters increases year by year. They are not represented in any committee in the IPF, but I think they should. On the other side there is no need to instantiate a special „Masters Commission“. What we have in many companies and governments and what I know from my work for international companies is an Anti-Discrimination Agency. The Women's Committee should be extended to a committee of gender and age equality.

Eva Speth
Chairwomen Women Committee



7) Regional Reports

a) Europe



EPF Administration.

EPF has all together 37 member nations of which 32 are full members fulfilling all EPF membership obligations. New members in 2010 are the Romanian PF and the Israel PF. The EPF administration is as follows:

President:	Arnulf Wahlstrom, Norway
V. President:	Ralph Farquharson, Great Britain
Gen. Secr.:	Dietmar Wolf , Norway
Treasurer:	Alain Hammang, Luxembourg
Techn. Com. Chairman:	Myriam Busselot, Belgium
Law & Legisl. Com. Chairm.:	Sandro Rossi, Italy
Championship Secretary:	Jiri Hofirek, Czech Republic
Disciplinary Com. chairman:	Pavol Müller, Slovakia
Auditors:	Pavol Müller, Slovakia and Marina Kail, Germany
Appeal Committee chairman:	Morten Novum, Norway
Women's Com. Chairman:	Maria Pia Moscianese, Italy
Internet officer:	Vacant
Record registrar:	Anatoliy Stetsenko, Ukraine
Media Officer:	Ralph Farquharson, Great Britain

General Assembly.

The EPF General Assembly was staged in Köping in Sweden 3 May and delegates from 19 member nations were present.

New election of chairman for the Appeal Committee took place.

EPF Hall of Fame was awarded to Dietmar Wolf from Norway.

European lifters.

In January the following lifters were appointed by the Executive as European lifters 2009:

Antonietta Orsini from Italy and Jaroslaw Olech, Poland.

Olech was awarded this prestige title for the 8th time.

International championships.

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

In 2010 5 European championships and 1 Western European Championship are organized and also 2 World Championships are hosted in Europe.

General.

At the General Assembly this year, Morten Novum from Norway was elected as new chairman for the Appeal Committee replacing Detlev Albrings from Germany.



The EPF Executive members and committee chairmen and officials are all experienced persons forming a good team to run the daily administration of EPF. It is a high work load on the Championship Secretary and the Treasure throughout the year but also the other officials do their work timely and with enthusiasm. This is highly appreciated.

EPF has instituted a contract with the same agency as IPF to work out and to run the new EPF web page which was operative from the beginning of this year.

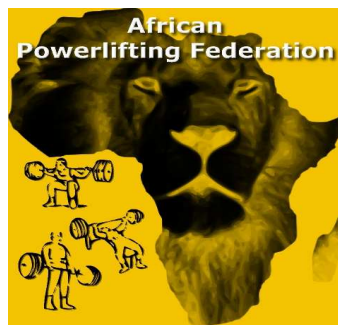
In 2010 2 organizers of European championships have received economic support from the “EPF sport development fund” to complete their competition equipment to meet the IPF standard of bars, plates and racks when hosting the championships.

Also in 2010 a high number of doping tests have been carried out at European championships and cups meaning that about 15% of all participants were and will be tested. EPF has also supported IPF economically this year to carry out OCT tests on European lifters.

The fight against doping abuse to create fair play for all lifters has the highest priority within EPF.

Arnulf Wahlstrom
EPF President

b) Africa



The normal trials and tribulations continue to exist with African Powerlifting, of course the perennial issues such as funding for various federations, communication and vast distances are always in the forefront.

However even with limited resources we try to do our best to grow and develop the sport

The African Championships were due to be held in Algeria in June this year however due to various unforeseen circumstances and complications the competition was postponed until early October 2010 with the venue remaining the same.

At the time of writing this has not yet been held. The venue is a city called Bejaia which is about 300 km's from Algeirs. The organisers have promised a great competition with minimal costs to the lifters, great medals and trophies, good warm up area with new platform equipment and we are expecting some great lifting.



I traveled up to Algeria in June to conduct a Referees clinic and meet with the championship organizer to inspect the equipment and arrangements and was very impressed with the enthusiasm and effort that has been put in so far to make this competition a success. A referees clinic and examination was attended by a number of candidates and 5 new referees passed the IPF Cat 2 written examination and will do the practical at the forthcoming African Championships.

A demonstration competition was arranged and the five referees were examined in a practical situation and qualified as African Powerlifting Federation referees. Powerlifting in Algeria is in good hands and is well supported with excellent lifters.

Discussions have also been held with various Arab countries for the involvement of the APF and the IPF for technical assistance for future Arabian Championships and more specifically the 2011 Arabian Championships to be held in Dubai.

A small town in the Orange Free State called Viljoenskroon hosted the South African Powerlifting Federation 2010 Championships.

The competition was very well attended with many lifters spread over two days. Lifting started early each day and finished well into the evening.

Once again Africa is hosting the Men's and Women's World's and this year they are being held in Potchefstroom. Knowing the organizational abilities of the SAPF I am sure it will be one of the better World Championships that you will attend and on behalf of the rest of the African Powerlifting Federation we wish the SAPF all the best in hosting this event.

Alan Ferguson
APF President

c) Asia



1, Asian Powerlifting championships

2010, we went to Mongolia for the Asian Powerlifting championships on May. Mongolian United Powerlifting Federation, under strong leadership of Mr. Saikhanbileg Chimed the president and Mr. Munkh Erdene Davaatseren the general secretary. More than 250 lifters from 11 countries participated. It took long time to finish the first day but every day all the management of the meet became smooth.

Hotel was international level and the venue was national gymnasium with good preparation for the powerlifting meet.

One of the good points was Mongolian Olympic Committee was involved and the Chairman came to watch the championships for 2 days.



Because the office of the chairman was located in this venue.
Any way they made the strong impression to the Olympic Committee.
New member nation like Iraq and Afghanistan participated first time in APF.
They took the photos together with Iran team and with us.
These friendships were possible through powerlifting.

2, Asian Benchpress championships

We went to Philippines for the 2010 Asian Powerlifting Championships.
Again we had around 250 lifters from 7 countries.
The former president of Philippines, Mr. Lamos came to Opening ceremony.
He was 82 years old but he loved the training with weight. At the opening welcome speech, he started the push up together with meet director Mr. Eddie Torres. He did 50 times while Eddie almost could do no more.
Now the level of the benchpress is very high in Asia. Japan is the strongest team at the World Benchpress Championships and Kazakhstan has many world top class lifters.
At this championship, many lifters tried the world record but only 2 masters-2 lifters succeed to make the record.
Most impressive team was Iran. They got the team award with only 1 point ahead of Japan team.
Masters categories went to Japan.

3, Doping Test

In Mongolia, their Olympic Committee did all the needed works of the doping tests. After the championships, all the samples were shipped to Korean IOC recognized Labo.
In Philippines, the situation was different. The members of antidoping in their Olympic committee went to abroad to participate international meet. So we needed to do the doping test by ourselves. We did 9 tests and brought them back to India. India has IOC recognized Labo from last year.
For your information, if we send the samples to Japan, JADA ask us 1500Euro par samples. This is impossible to APF.
We will do the sample taking of the doping test by national staffs and will send or bring them to Indian Labo.

4, Media

In Mongolia, from morning till mid night the championships continued. But all the class of the championships was televised live. Many lifters can watch the TV and they could know what is going on at the venue.
Of course the news paper reported the meet every day with big colorful photos.
These media coverage was some in India last year.
In Philippines there was not TV coverage but some of the news paper reported the event with photos.
Some of the hotel peoples ask me about the championships because they recognized my face by the news papers.
Media coverage in Asia is good.

5, Future of Asia

2011 Asian Powerlifting Championships will go to Japan, Kobe city.
2011 Asian Benchpress Championships will go to Chinese Taipei.
2012 Asian Benchpress Championships will go to Kazakhstan.



They also are thinking to host Asian Powerlifting Championships but not yet confirmed. 2013, India are thinking to host both Asians, maybe together. Our future is bright.

Susumu Yoshida
APF President

d) North America



This has been another successful and rewarding year for all of involved in North American Regional powerlifting. We continue to grow in participation and most importantly, in terms of the stability and friendship among our athletes and between our nations. This is a testament to the hard work of a number of people and they are due thanks for all their hard work and dedication. In terms of organization, travel, and liaison with nations and officials, Robert Keller has been tireless over the past year. He is assisted in terms of Referee Certification by Bill Clayton, and in competition organizing by Sergio Centeno and Mike and Karen Licciardi. Ivan Cancel has served as our Records Chair and has rewritten the records capturing our historical records. But what has been most important in this past year is the camaraderie among our nations and athletes. In the Caribbean, our nations have assisted each other with equipment and personnel in their national championships and in regional and sub-regional competition.

It is with a great deal of sadness that we received the resignation of our long-term Vice President, Nestor Gregory. Nestor is a landmark of powerlifting in this region, and hosted the first Pan American Powerlifting Championships in Aguadilla, Puerto Rico in 1974. He closed out his career 36 years later hosting the North American Regional Powerlifting Championships and the 1st Central American and Caribbean Championships in the same city and venue. If not for the lifetime of effort by Mr. Gregory there would not be any NAPF or powerlifting in the Caribbean. He will be missed. We are fortunate to have an able volunteer in Fernando Baez to step in. Fernando is a 5 time Olympian in weightlifting and a member of the Puerto Rico Sports Hall of Fame. We look forward to his leadership as we begin preparations for the World Championships to be held in San Juan in 2012.

We closed out our competition year with North American Regionals including the Congress of Nations in Aguadilla. There will be several motions forthcoming to the IPF Congress. The competition was marked by the Women's Team from the USA winning the Regional Championship and the Men's team from Puerto Rico defeating the U.S. team on the final tiebreaker. In that close of competition, however, the sportsmanship was remarkable and the competitors cheered each other on throughout. We closed out the championships by inducting Harold Millon into the NAPF Hall of Fame in recognition of his long and distinguished career and his numerous appearances in the North American Championships.



We look forward to a number of exciting competitions in the coming months and years including in the Cayman Islands, the U.S. Virgin Islands, Mexico, and the U.S.

As always, we see our old friends and make new ones, teach powerlifting to the public and further the reach of IPF powerlifting in our region.

Respectfully submitted,

**L.J. (Larry) Maile, Ph.D.,
President NAPF**

e) South America



Firstly I would like to thank all Vice Presidents, Committees, Presidents of Federations, coaches, lifters, IPF and especially Mr. Gaston Parage for special years of 2009 and 2010 for FESUPO-South America Powerlifting Federation.

In August, we hosted together the NAPF, in nice city of Miami, the Pan American Powerlifting Championships 2009, in "Hyatt Hotel", a beautiful hotel. It was the same location where was World Men Powerlifting 2005.

We had the record number of countries participants and lifters in all age divisions.

Later in September, we from Brazil hosted for the first time in FESUPO history, the World Juniors & Sub Juniors.

30 countries, more than 200 lifters, good food and a nice party in the banquet closed our special year.

This was only an incentive for South America to host other competitions.

For the first time a woman achieved the position of President of a Federation in South America. This was happened in the Peruvian Federation. Ms. Sara Gutierrez leads the Peruvian Federation and we are sure that the things will be change in Peru with major participation of Peruvian lifters in international competitions.

In last month of July we host the South American Powerlifting Championships in Montevideo city, Uruguay.

One more time a big step was done.

All South American countries decided in our congress new direction for South American powerlifting.

We have new people, new place, a new structure very similar to IPF.



For the first time there was created a EC,

Julio Conrado-President from Brazil, Email: powerbrazil@uol.com.br;

Sara Gutierrez-Vice President from Peru, Email: powerlifting.peru@gmail.com;

Sandra Conrado-Treasure from Brazil;

José Inguante-General Secretary from Argentina, E-mail: jose@powerlifting.com.ar.

Competition secretary, Mr. Mario Blanco from Uruguay, E-Mail:

licenciadoblanco@yahoo.com,

Technical Committee formed by Claudia Nagata, from Brazil, E-Mail:

claudia.nagata@hotmail.com;

Alessio Roberto from Argentina, E-Mail: toroar20@hotmail.com.

Another very important Committee formed was women committee with Judith Reitman from Uruguay as Chairwoman.

Athlete committee with Mr. Mario Blanco like as Chairman and Disciplinary Committee, Appeal Committee, Anti Doping Commission, Medical Committee and Law Committee.

We are sure that FESUPO reached a excellent place and support the IPF in the fight for IOC recognition.

And in November we host in São Sebastião city, Brasil, our South American Bench Press Championships in truly paradise city.

Finally I would like to note a special thanks to IPF EC Members for their cooperation with FESUPO, especially Mr. Parage who helped a lot to support us.

Julio Conrado
FESUPO President

f) Oceania



MEMBERSHIP

As of mid 2010 the Oceania Powerlifting Federation membership is made up of –

Australia
New Zealand
Fiji
Tahiti
New Caledonia

Tonga
Samoa
Papua New Guinea
Niue
American Samoa
Marshall Islands



Marshall Islands is a Provisional Member and is in the process of presenting its Constitution etc. so as to obtain full membership. Tuvalu and Kiribati lapsed as members in 2009, but may re-emerge in 2011, to take part in the Pacific Games.

We also have an application pending from Tokelau, who hopefully will proceed to full membership in 2011.

ADMINISTRATION

Office-bearers of the OPF have remained as elected in 2007 –

President	Robert Wilks
Vice-President	Julian Perry
Secretary	Pam Cutjar
Treasurer	Steve Lousich
Committee Member	Jim Clifford
Recordkeeper	John Myers
Referees Director	Pam Cutjar
WebMaster	Tim Germanchis

CHAMPIONSHIPS

In 2009 to 2010 there has been one major event in Oceania, the Oceania Bench Press Championships held in Auckland, New Zealand in February. 56 lifters from three nations took part and although successful it was decided after this event to hold the Oceania Bench Press Championships in conjunction with the Oceania Powerlifting Championships in future.

Strong National Championships were held in Australia and New Zealand, both in July. IPF Partner Eleiko was also a supporter of the Australian Championships. The OPF and its nations are grateful to Eleiko and the IPF for this assistance.

COMING EVENTS

In December 2010 combined Oceania Powerlifting and Bench Press Championships will be held in Apia, Samoa and a strong turnout is expected. Thereafter, it has been decided by the OPF Committee, combined Bench Press and Powerlifting Championships will be held in December of each year, except for Pacific Games years.

In August 2011 the Region's premiere event is scheduled, the Pacific Games. This will be held in Noumea, the capital of New Caledonia and Powerlifting will be one of 33 sports on the programme. Aside from the World Games, this is the only major Games the IPF is included in and we look forward to the exposure and recognition this will give our sport.

ANTI-DOPING

The pattern of recent years has continued, in that Australia and New Zealand have strong, government-supported programmes, involving in and out of competition testing. This has ensured good control in both nations and few positives, mostly of a technical nature – in 2009 Australia had 2 positives for methylhexanamine through supplement use and New Zealand had one refusal, related to incorrect registration procedures.



In the Pacific Islands progress continues, albeit slowly. The WADA RADO based in Fiji remains operative and is training new qualified DCOs e.g. there have been two DCOs qualified in 2010 in Samoa and they will conduct testing at the 2010 Oceania Championships. However accessibility to the far-flung Island nations remains a challenge for anti-doping programs in this Region.

Robert Wilks
OPF President

8) Elections

No actions.

9) Proposals

EC (Steering Group)

Anti Doping Rules

5.7.1.3

New:

A total of a minimum of 5% of competitors starting in the whole competition of each World Championships and 5% of competitors starting in the whole competition of each Regional Championships for Sub Junior, Junior and Open categories. The Anti Doping Commission (ADC) reserves the right to increase the percent of tests in regional championships to a maximum of 10% for in competition tests.

Constitution

5.1 Membership Change

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

GENERAL ASSEMBLY

To prescribe and amend the constitution by a two-thirds majority of votes cast and the technical rules and the By-Laws by a simple majority of votes cast.

To consider and accept major proposed changes to the Technical rules only in Olympic years, however, the Executive Committee may present one A4 sheet of proposed rule changes per annum to the General Assembly for the purpose of streamlining rules, reducing conflict between separate rules, and for the benefit of the athletes, as appropriate.



Executive

The Executive shall consist of the President, Vice President, Secretary General, Treasurer and 6 Board members. 2 Additional members shall be appointed by the Executive. The Regions (Continents) determine the 6 board members and the Executive elect one to act as Vice President. There shall be at least a quorum of four six members. In the event of an impasse (stalemate), the President shall cast the deciding vote.

Powers of the Executive

President: The Vice President will designated by the Executive to succeed succeed the President until the next General Assembly. At this General Assembly, the presidential successor shall be elected.

The Technical Committee may present one A4 sheet of proposed rule changes per annum for approval by the Executive Committee to be included in the General Assembly agenda for the purpose of streamlining rules, reducing conflict between separate rules, and for the benefit of the athletes, as appropriate.

Replace:

The Executive together with the Chairmen of the Technical Committee and Women's Committee, speaker of the Coach Commission and the speaker of the Athlete's Commission has the authority to modify the Technical Rules. Such modifications must have a two-thirds majority of votes cast.

New 8.3.12

Is responsible for implementing and monitoring the IPF code of ethics and a Business Plan.

By Laws

Technical Rules General Assembly Schedule

The General Assembly shall, if necessary, address itself to re-examining the Technical Rules every fourth year commencing in 2006.

101.9.8.2 Technical Committee

101.9.8.2.1

The Technical Committee shall be entrusted with the examination of all requirements and proposals of a technical nature submitted to the IPF by affiliated federations. Proposals for Rules General Assembly shall be sent to the Chairman of the Technical Committee. The Committee will study the proposals and the Chairman will be responsible for producing a final list of acceptable rule proposals for presentation to the General Assembly. The Committee shall within thirty (30) days following the General Assembly, present to the Executive Committee for approval, any necessary clarifications (rewording) and corrections to the technical rules required by reason of General Assembly decisions.

101.9.8.2.2

The decisions of the Technical Committee are subject to approval of General Assembly.

101.9.8.2.10

The Technical Committee may submit one A4 sheet of proposed rule changes per annum for approval by the Executive Committee to be included in the General Assembly agenda.



101.9.8.3.3

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.

New:

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

101.9.8.4.4

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

New:

The Speaker of the Athletes Commission is not a standing member of the Executive, but may be invited at the EC meetings where he has a right to speak but no vote (exception Technical Rules) when the question is of matters applying to the activity of the Committee and/or concerning the proposals for any rule changes the Committee would like to be made.

101.9.8.5.4

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

New:

The Speaker of the Coach's Commission is not a standing member of the Executive, but may be invited at the EC meetings where he has a right to speak but no vote (exception Technical Rules) 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.

New: 105.3.6

Dress code for Coaches at international events shall be national team tracksuit or IPF approved T-shirt and sport shoes and the coach must adhere to this code failing which on the ruling of the Technical Controller or Jury it may result in the Coach being excluded from the event warm up room and competition surrounds.

New: 105.4.4

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 100,-- to the organizer. Failure to comply will result that they will not receive accreditation and will be excluded from that championship.

Technical Rules

General Rules of powerlifting

Add 2:

Men's and Women's Sub Junior and Junior World Bench Press Championships

4. Bodyweight Categories

New:

Weight Categories

Women: up to 43kg (Sub Junior/Junior) 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, +84kg

Men: up to 52kg (Sub Junior/Junior) 58kg, 66kg, 74kg 83kg, 93kg, 105kg, 120kg +120kg

5. Each nation is allowed a maximum of eight competitors spread throughout the range of the eight bodyweight categories for men and seven competitors throughout the range of seven bodyweight categories for women. Junior and Sub-Junior nine for men and eight for women. There must not be more than two competitors from any one nation in any particular bodyweight category.

7. Final selection, to be submitted no later than 21 days before the date of the Championship. Selection must be made from those nominated 60 days before the date of the Championships. This is inclusive of reserves or alternate lifters. The weight category of each lifter in the final selection (final nomination) is mandatory. After the final selection (final nomination) no changes in the weight category in which the lifter is nominated will be allowed.

9. Only the point scores of the five best placed lifters of each nation will be counted for the team competition at all international championships.

2. TR General rules of powerlifting

To be added in the end of nr. 13, page 5:

A lifter has to be present at the victory ceremony and must wear an official team tracksuit or IPF approved T-shirt and sport shoes to enter the podium to receive his/her award / medals. A lifter, who fails to do so, unless he/she is injured and needs immediate medical treatment, will not receive awards / medals from these championships.

Bench Press:

Delete: 2. (blue)

~~Any pronounced or exaggerated uneven extension of the arms during the lift.~~

~~Any downward movement of the whole of the bar in the course of being pressed out.~~

Yellow: Bench Press

Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders or buttocks ~~or feet~~ from their original points of contact with the bench or floor or lateral movement of the hands on the bar.

Personal Equipment

Supportive

Add:

Only costumes officially registered and approved by the Technical Committee shall be permitted for use in Powerlifting and Bench press Competitions. All approved gear (Stand: 01. July 2010) is frozen from 01.07.2010 – 31.12.2014.



Page 12, (g), Add:

...make them illegal, these must be made on the original seams. Any other doctoring or manipulation of the chest area will render the squat and the deadlift suits illegal.

Page 12 / T-Shirt/Supportive Shirt New: place under second paragraph.

The only alterations that may be made to the supportive shirt designed for bench pressing is a tightening which must be made only on the original seams **at the arm area, it should not be allowed to open the original seams.**

A shortening of the sleeves (arm length) at the supportive shirt should not be allowed. The arm length (sleeves) should not extend under the elbows. The manufactures must specify the original minimum and the maximum arm length of the supportive shirts. Any other doctoring or manipulation to any part of the shirt specifically to that of the neckline or chest area will render the shirt illegal.

Sponsor's Logos

The application must be made at least three months prior to the published date of the first competition, and must be accompanied by a fee ~~of Euro 250 or such sum~~ to be determined by the ~~preceding Congress~~ Executive.

.....It may be worn for the remainder of the year and the following calendar year. The fee shall cover one sponsor and one nation.

~~Additional fees of Euro 250 each shall be required for other sponsors wishing to add their logos to the personal equipment.....~~

Squat

2.When the lifter is motionless erect (~~erect to mean not leaning forward from the waist more than an angle of 15 degrees~~) with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift.

Bench Press

5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). ~~If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly.~~ The use of the reverse grip is forbidden.

8. 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 excessive / immoderate uneven extension of the arms~~. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.

9. ~~If anatomically, the arms cannot be fully extended the lifter must produce a certificate issued by the Medical Committee. The maximum allowable is 15 degrees out of true.~~

Causes for Disqualification of a Bench press

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. Feet movement flat on the floor/blocks/plates are allowed.

4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole of the bar in the course of being pressed out.

Weigh in

Page 22

In the case where groups are formed e.g. A – B and or C in a particular weight class, in which are minimum 20 lifters, the B and C group can lift earlier in the day. The A group should have a maximum of 12 lifters. to that of the A group, any lifter moving up from his nominated weight category at the Technical Meeting, must present himself ten minutes before the scales open for his nominated category and inform the officials of his intentions. Any lifter changing weight categories will be placed in the C group if groups are split into three, or the B group if split into two.

Order of Competition

Round System

Page 25

(j)

A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will change accordingly. If he is in the first group, this change may take place at any time up to within five three minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within five three attempts from the end of the previous group's last round of that lift. Prior notice of these deadlines shall be announced by the speaker. If proper notice of these deadlines is not given, then an announcement authorizing such changes shall be made and a lifter may make a change within one minute of such announcement.

Page 28, addition to nr. 1

During any competition taking place on a platform or stage, only the lifter and his coach, members of the Jury, officiating referees, spotter/loaders and the Technical Controller will be allowed around the platform or on the stage. During the execution of the lift, only the lifter, spotter/loaders and the referees are permitted on the platform. Coaches shall remain within the designated coaching area as defined by the Jury or the Technical Officer in charge. *The coaching area must be made in such a way that allows the coach to place himself with a good view to the lifter with possibility to give instructions and signals to the lifter regarding technical details (like depth in squat).*
The coach must wear a tracksuit.

Referees

Page 34

20. Qualifications for a Category 1 Referee are as follows:

(g) add 4.

Must speak and understand English

new: (h) A requirement of the Category 1 candidate is that he/she is able to converse in English to a standard that will allow complete comprehension in disputes, when asked to partake in jury duty.



Page 35

29. Registration

(a) All referees must re-register with the IPF in order to retain their current qualifications and maintain an acceptable standard.

New: (b) Within a 4 years period all referees need to be re examined by a practical review. This review will be held only in conjunction with international or regional championships and

is an examination of 50 attempts. The referee must score at least 90 percent on all his decisions when compared with the scrutinizing jury member.

Renumbering the following items.

Page 36

Jury

2. The Jury shall consist of three or five Category 1 referees. In the absence of a member of the Technical Committee, the most senior member of the three or five shall be designated President of the Jury. The five men jury can be installed only at the World Games or Men's and Women's Open Championships in Powerlifting.

~~9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, by majority vote, reverse the decision.~~

New:

Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, by unanimous vote, reverse the decision. Only 2 to 1 referee's decisions can be considered by the Jury.

Page 36

IPF Technical Committee

~~3. Decisions are subject to approval of the IPF Congress.~~

Page 36/37

WORLD AND INTERNATIONAL RECORDS

~~International Competitions and National Championships~~

World and International records may only be made at the above named. That is, Championships sanctioned and recognized by the IPF, World and International Records will be accepted without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the Technical Committee had checked the weight of the barbell and the discs before the competition. Men's 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Men's 60-69 records exceeding those gained in the 50-59 age group will be included in the 50-59 category. Men's 70+ records exceeding those gained in the 60-69 age group will be included in the 60-69 category. Women 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Women's 60+ records exceeding those gained in the 50-59 age groups will be included in the 50-59 category. Likewise Sub-Junior 14/18 records exceeding those gained in the Junior 19/23 age group will be included in this group.

Page 37

Requirements for recognition of a World and International record are as follows:

~~The National championship or International competition must be held under the sanction of a national federation affiliated to~~ of the IPF.

Each of the adjudicating referees must hold a current IPF International Referee's Card and be a member of a national federation affiliated to the IPF.



The good faith and competence of referees of all member nations is beyond dispute. Consequently a World and International record can be assured by referees of the same nation.

World records can only be accepted if drug testing was carried out on the lifter immediately following the competition for his bodyweight category and in accordance with IPF WADA drug testing protocol. The result of the analysis must be negative and must be forwarded to the IPF ~~General Secretary~~ President within 3 months beginning from the date of the competition.

All following paragraphs are further on valid.

Proposals Technical Committee

The proposed changes and reasons for, are listed in page order IPF Technical Rules.

(1) a	
Page 1 EQUIPMENT AND SPECIFICATIONS.....	6
Scales.....	6
(1)b	
Clocks.....	8

Reason – Enter above items in content to correspond with proposals on scales and clocks.

(2) GENERAL RULES OF POWERLIFTING

Page 2 Item 1 (b) to add:

In the event of an Open Championships being combined e.g. with a Sub-Junior or Junior Championships, a lifter has the option of competing in either the Junior Championships, or the Open and receive the award for only that in which he/she competed.

Reason – If this to be accepted as an annual combined meet it may appear logical that a sub-junior, junior or master have the option of lifting in the open category or choose to lift within their age category.

(3) Page 5 Item 12 to add:

Awards will also be presented to second and third places.

Reason – This apparently is common place but un-written.

(4) EQUIPMENT AND SPECIFICATIONS

Page 6 Under the above heading and before platform:

Scales

Scales must be of an electronic digital type and register to the second place of decimals. They must have the capacity to weigh up to at least 180 kg's. A scales certificate accompanying the scales must be current to within one year of the date of the competition.

Reason – there is no specific reference to this in the Technical Rules. Registering to the second place of decimals makes it less likely that lifter's will weigh the same, therefore, the lifter finishing first with the same total and no doubt lower lot number becoming the winner will hopefully not occur. To weight up to 180 kg is conservative, but as we know, there have been lifters on the International Circuit well in excess of this bodyweight.



(5)

Page 6

Bars and Discs

To add to the first paragraph:

In competition men must lift a minimum of 35 kg's i.e. the bar, collars and 5 kg discs.

Women must lift a minimum of 27.5 kg's i.e. the bar, collars and 1.25 kg discs.

Reason – It has been questioned over the years “ What is the least that may be lifted in competition” there has never been a positive answer. The suggested minimum should be within all lifters capabilities.

(6)

Page 8

New item to be positioned between items bench and lights.

Clocks

Timing clocks visible to all (venue, platform, warm-up area) must be used which operate continuously up to a minimum of twenty minutes and display elapsed time.

Additionally, a clock displaying time left in which to enter the next attempt should also be made visible to the coach or lifter.

Reason – These important pieces of apparatus have never been detailed within the rules, if taken for granted. Twenty minutes minimum allowing for intermissions.

(7)

Page 11

Scoreboard

To add: The current record must be displayed and up-dated as necessary

Reason – More interest for spectators plus unnecessary for Jury and Speaker to delve for record lists.

(8)

Page 15

Shoes or Boots

Item (c)

Change wording from - The underside must be uniform on both sides to – The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design.

Reason – The current wording does not take into consideration other anomalies.

(9)

Page 15

Wraps

Item 7

Change first sentence to read:

Two layers of medical tape may be worn around the thumbs.

Reason – the intention of the rule was that the tape or bandage would be worn around, as opposed to lengthwise and over the thumbs which has been witnessed at recent meets.



(10)
POWERLIFTS AND RULES OF PERFORMANCE

Page 18

Squat

Item 5

After the sentence – The lifter must then return the bar to the racks – Insert the following sentence: **Foot movement after the “Rack” signal will not be cause for failure.**

Reason –This suggests the fact that the lift is completed apart from dropping or dumping after the signal to “Rack”

(11)
Causes for disqualification of a squat:

Item 4

Sentence to read: Stepping backward or forward **or laterally** during the performance of the lift, although rocking the feet between the ball and the heel is permitted.

Reason – There need be no lateral movement of the sole since the introduction of non-slip carpet. Less dangerous.

(12)
Page 21
Causes for disqualification of a dead lift

Item 5

Stepping backward, forward or **lateral movement** of the feet. Rocking of the feet between ball and heel is permitted

Reason - Having witnessed sub-juniors at the 2009 World Championships returning the bar to the platform in the sumo position and how dangerously close it was to their feet, the proposal is to delete lateral foot movement. By allowing foot movement this only compounds the danger.

(13)
ORDER OF COMPETITION

Page 24

The Round System

Item (b)

To add

In single lift Bench Press Championships groups of up to 20 may be formed.

Reason – Often there are fifteen or sixteen lifters and one is in a quandary whether to go one group. Plus, more time for shirt changing if need be.

(14)
REFEREES

Page 31

Add to item 1

Their International Referee Cards should be in date and that of the Technical Controller and placed on the jury table.

Reason- Often referees arrive at competitions without their cards.



(15)
REFEREES
Page 33
Item 18

Referees and Members of the Jury will be formally dressed as follows:

Woman, Winter:

Grey Skirt or Trousers and a White Blouse or Shirt and appropriate **IPF Scarf**.

Reason – More ladylike. Having been asked on many occasions by several lady referees the Technical Committee puts forward this proposal on their behalf.

(16)
Page 35
Jury
New Item 14

The President of the Jury will have radio link up with the speaker.

Reason – Needing to make contact with the speaker by moving away from the jury table or by gesture is unprofessional, as is not calling referees to the jury table if necessary.

(17)
Page 35
Jury
New Item 15

The referee's cards will be signed at the completion of the weight-class.

Reason – Important part of jury duty.

Proposals NAPF

WORLD AND INTERNATIONAL RECORDS

Technical Rule Motion to the 2010 IPF General Assembly/Congress

MOTION #1

JURY

The current technical rule #9 under Jury reads as follows:

9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, **by majority vote**, reverse the decision.

Change technical rule #9, under Jury to read as follows:

9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, **by unanimous vote, reverse the decision of the seated referee on the platform.**

Rationale

Technical rule #9 was changed after the 2008 IPF World championships in Austria without the approval of the IPF Congress/General Assembly. The [change in the process] now allows the possibility of two [2] IPF Category I Referees on the Jury, to overturn the decision of three [3] IPF Category I referees on the platform.

MOTION #2

Bid Packages for all IPF World Championships are to be reviewed and approved by the IPF Congress/General Assembly.

Rationale

Currently, IPF World Championships are not being held in major destination cities to provide the best possible exposure of our athletes, championships and powerlifting brand to the



mainstream public. A majority of our bids are approved for cities that are in isolated areas and extremely difficult to travel to. By having the championships in remote locations, it adds thousands of additional travel costs for member federation teams, thus limiting participation and the publicity of our championships.

Proposals Poland

Split category Master III men to two categories: 60-64 years and 65-69 years.

Reason

Aging is associated with progressive loss of neuromuscular function that often leads to progressive disability and loss of independence. The term sarcopenia is now commonly used to describe the loss of skeletal muscle mass and strength that occurs in concert with biological aging. Changes in the skeletal tissue, combined with normal aging changes in the nervous system, cause muscles to have reduced tone and ability to contract. Muscles may become rigid with age and may lose tone even with regular exercise. Multiple factors lead to the development of sarcopenia and the associated impact on function. Loss of skeletal muscle fibers secondary to decreased motoneurons appears to be a major contributing influence, but other factors, including decreased physical activity, altered hormonal status, decreased total caloric and protein intake, inflammatory mediators, and factors leading to altered protein synthesis, must also be considered. It is possible to slow the process of sarcopenia by regular exercising and proper protein intake but even in case of professional athletes the whole process of aging and consequently sarcopenia and loss of muscle strength will take place. (1, 2, 3)

Longitudinal studies have provided important insights into the rate of strength decline with aging. For example, Bassery and Harries (4) reported a 3% loss of grip strength per year for men and 5% for women over 4 yr. Alternatively, Kallman et al. (5), from a cross-sectional analysis of 847 subjects from 20 to 100 yr, reported that grip strength peaked in the fourth decade and then declined in a curvilinear fashion thereafter, such that by the ninth decade strength declined by 37%. Rantanen et al. (6) reported a decline in grip strength of ~1%/yr in a large cohort (3,680) of Japanese-American men with a 27-yr average follow-up. A more significant rate of decline was present in those older at baseline or with chronic diseases such as diabetes and arthritis. Another study, performed by Vandervoort and McComas (7) shows that ankle strength did not begin to decline until the sixth decade of life and then proceeded at a rate of ~1.3% per year thereafter.

It appears that healthy men and women in their seventh and eighth decades exhibit, on average, 20-40% less strength compared with their younger counterparts. These losses are even greater (50% or more) for the very old. In general, similar losses are present for proximal and distal muscles in the upper and lower extremities, and men and women experience similar losses on a relative basis. Longitudinal studies, with some exceptions,

have reported somewhat greater losses of strength over time (1-3% /year) compared with cross-sectional studies (1).

According to all of the studies mentioned above, it would be advisable to assume, that **regular powerlifter is losing at least one percent of his strength per one year**, starting from his sixth decade. Wilks's formula takes lifter's weight and lifting result into account. Recent studies about aging and growing group of older lifters **suggest introducing new "aging" formula for older lifters, which would take their mean yearly strength loss into account.**



References:

Dothery Timothy J. "Invited Review: Aging and sarcopenia" J Appl Physiol 95: 1717-1727, 2003

Roubenoff R. Origins and clinical relevance of sarcopenia. Can J App Physiol 26: 78-89, 2001

Roubenoff R. and Hughes VA. Sarcopenia: current concepts. J Gerontol A Biol Sci Med Sci 55: M716-M724, 2000.

Bassey EJ and Harries UJ. Normal values for handgrip strength in 920 men and women aged over 65 years, and longitudinal changes over 4 years in 620 survivors. Clin Sci (Colch) 84: 331-337, 1993.

Kallman DA, Plato CC, and Tobin JD. The role of muscle loss in the age-related decline of grip strength: cross-sectional and longitudinal perspectives. J Gerontol A Biol Sci Med Sci 45: M82-M88, 1990

Rantanen T., Masaki K., Foley D., Izmirlian G., White L., and Guralnik JM. Grip strength changes over 27 yr in Japanese-American men. J Appl Physiol 85: 2047-2053, 1998.

Venadervoort AA and McComas AJ. Contractile changes in opposing muscles of the human ankle joint with aging. J Appl Physiol 61: 361-367, 1998.

Personal Equipment - Inspection of Personal Equipment

Equipment check

Proposal

The organizer should provide disposable gloves for referees to check the equipment.

Reason:

Protection against bacteria from different parts of the world - Personal equipment is often not washed.

Bench press

Proposal

Delete all references in the technical rules concerning touching the abdominal area of the bar.

Reason:

Some lifters have a long sternum then the referees often wrongly assess the abdominal area.

Proposals Czechia

Proposal No. 2:

Technical rules - Powerlifts and rules of performance – Benchpress

Delete the highlighted part of the article:

8. 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),...

Reason:

The referee cannot see where exactly the breastbone of a lifter finishes. Therefore the judgements are and always will be very controversial. The situation before introducing this rule was more acceptable for most parties

In connection with this change delete the highlighted part of the description of reasons for failure - red failure card for benchpress:

Bar is not lowered to the chest i.e. not reaching the chest or is touching the abdominal area.



Proposal No. 3:

Technical rules – Jury and Technical committee – Jury

Delete the following article:

9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, by majority vote, reverse the decision.

Reason:

This rule has proven very controversial – referees have the best view of the lifts, have often the same qualification as the Jury members. Very seldom there is a consultation with the referees. Jury members often misuse this rule – the case of bar being put above / below the end of the sternum, even / uneven extension of the arms or depth of the squat should certainly not be cause for reversals.

There will still remain one remedy for serious mistakes in refereeing – the possibility of granting a new attempt, which saves the authority of platform referees

Proposal No. 5

By Laws

Replace and add:

103.5 ... All pre-booked rooms have to be paid before the championships; except those rooms which were cancelled until ~~seven (7)~~ twenty one (21) days before the beginning of the championships. This rule does not apply to those lifters being withdrawn according to article 105.2.2. Cancellation ...

Reason:

7 days before an event is a short time for the hotels to accept cancellations without cancellation fees.

Proposals Ukraine

GENERAL PROVISIONS

To provide rule changes only one time during four years at IPF General Assembly.

Bases:

Often rule changes and also various treating variants of rules bring us to the chaos.

Referees, athletes and coaches cannot adapt to such innovations in time, what often brings to unfairly rejections of attempts at the Championships.

EQUIPMENT

Ukrainian Powerlifting Federation supports the idea of special equipment (special Deadlift Suits and Bench press Shirts) cancel.



Bases:

- a) Athletes make a lot of fail attempts (especially in Bench press) because of complications evoked by special equipment using.
- b) Special equipment is rather expensive for representatives of mostly countries what makes Powerlifting the prohibitive kind of sport for needy athletes.
- c) Difficulties in special equipment using (one athlete needs 2-4 assistants and the all process take about 20 minutes).
- d) FINA decision according special overalls ban in swimming should be taken as an example for such prohibition.

If proposition of special equipment (special Deadlift Suits and Bench press Shirts) cancel will not be supported by necessary number of votes, in such case Ukrainian Powerlifting Federation suggests:

1. To provide Sub-Juniors (about 18 years old) competitions without special Deadlifts Suits and Bench press Shirts.

Bases:

- a) Special equipment using has a bad valuation for young people organism that's why a lot of parents forbid them children to go in for Powerlifting.
- b) Mostly parents cannot by expensive special equipment for them children.

2. To forbid special Deadlift Suits and Bench press Shirts hard types using.

Bases:

- a) Such special equipment types fundamentally changes man's movements during Powerlifting exercises doing.
- b) Considerable effectiveness improvement doesn't show athlete's real force function.

To allow to wind a plaster/bandage on the finger of hand without limitation in an amount of layers, but on a condition of the open eventual phalanx of the finger.

Bases:

The limitation in an amount of plaster/bandage layers on the finger doesn't have some kind of explanation.

As an example we can see the absence of such limitation in weightlifting.

Free parts of Deadlift Suit straps must be not longer than 3 centimeters. If the length of these parts is more than 3 centimeters, they must be fixed beforehand to the straps.

Bases:

Sometimes free parts of Deadlift Suit straps stick out higher level of chairman what is aesthetically.

If the athlete's main equipment is spoiled during the competition we offer as an exemption to allow presenting Jury one more copy of such equipment.

Bases:

Sometimes it happens when athletes do squat exercises during World Championships. This is not athlete's fault but equipment manufacturer.

In a case of Deadlift Suit or Bench press Shirt spoiling during the competition because of technical defect Jury may allow athlete one more attempt in the end of the lifting session.

Bases:

This is not athlete's fault but equipment manufacturer.



SQUAT

To abolish the role of the bar placing in 3 centimeters distance across the shoulders.

Bases:

There is a condition in Squat Performance roles according to which the athlete must move backwards to establish the starting position. This condition make impossible a bar location low on the back.

To allow assistants help in athlete's backwards moving with the bar across the shoulders and also in bar returning to the racks (as it established in Bench press).

Bases:

We should remember that this exercise calls "Squat" not "Walking". The athlete loses quite a lot of his force during secondary moving and it can be a reason of the failing attempt.

BENCH PRESS

To abolish a "Press" command, but execute the press on condition of stop of the bar on a chest, but to put an error in a case of non-fulfilment of this condition to №1.

Bases:

Often Chief Referees interprets the duration of the stop in their own way what brings to the unfair refereeing.

To consider as a mistake only tearing away of both buttocks of pelvis with formation of road clearance between the bench and buttocks, but not tearing away of some part of buttocks.

Bases:

The road clearance between the bench and buttocks only Side Referees and Jury Members can see however tearing away of some part of buttocks only one Side Referee can see.

EQUIPMENT

Ukrainian Powerliftin Federation suggests developing technologically new equipment (Squat racks and Bench press bench) what will help to reduce the number of assistants on a platform.

WEIGHT ESTABLISHMENT

Side Referees have to take part in Weight establishment procedure and also control assistants doing and help them. In the end of this procedure Chief Assistant have to make a signal to the Chief Referee that the weight and racks were established right. Side Referees also make a signal to the Chief Referee that the weight was established right.

Bases:

Such Side Referees doing minimize a number of mistakes during weight establishment.



Proposals Austria

Technical Rules, Page 19, Bench Press, No. 4

Delete the support of the spotter/loader to lift off the bar from the racks

Not more than five and not less than two spotter / loaders shall be on the platform at anytime. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. ~~The lift off if assisted by the spotter / loaders must be at arm's length.~~

Reasons

Sometimes the "lift off" is for the spotter/loader like a deadlift attempt, because they get less support by the athletes. Furthermore the athlete must be able to control the bar, so he must also be able to lift off the bar from the rack by himself. Also this will prevent the big bridges and the position of the athlete on the bench.

Constitution

7.3.7.1

The names of all delegates to the General Assembly. Member Federations may designate a maximum of two delegates, preferably the President and the Secretary General **or members of the national Executive**. ~~Delete: Delegates other than the President and Secretary General shall present a written authority of their national federation not later than the opening of the annual or special meeting.~~

Proposals France

3.13 Proposal France

Modify article on page 31 (Referees 5)

Referees can sit where they deem it to provide the best viewpoint, outside the platform for the three lifts. The head referee must nevertheless never forget that he must be clearly visible from the lifter performing his squat or deadlift, and side referees must in turn never forget that they must be seen by the head referee who needs to see their lifted arms. Yet,

when TV is present, the Jury shall check that the head referee is not too close to the racks so as not to block the camera's view.

Reasons

During the Kaohsiung World Games, powerlifting was sometimes broadcasted live on Taiwan TV. Yet, the lifter was often partially hidden by the referee sitting before him. If we want to be broadcasted on TV we must adapt. Only the lifter must be seen by the audience, and not the referee

3.17.2

Completely part Bench Press as Single Lift from Powerlifting (three-lift)

Reasons

In today's situation, bench Press as single lift discipline is, in the IPF, but by product of powerlifting, and has not existence of its own. Hence is it very difficult to get it recognized as



a genuine discipline, which it is, to the eyes of local governments and to get financial support from local authorities for international competitions

In order to turn Bench Press as a single-lift discipline recognized as a genuine sport, France proposes to get rid of all supportive shirts for Bench Press in powerlifting, while keeping it for Bench Press as single-lift discipline. This measure would make of these two clearly separate sports. Powerlifting (three-lifts) would remain as the reference discipline, registered for World Games, and Bench Press as single lift could evolve as a more dramatic discipline for which rules could be made less strict (bench shirts could evolve, they could be modified more easily than today, etc...).

Lifters who practice these two disciplines are very often very different, and their way of considering the competition is also different. In powerlifting lifters tend to secure their total whereas in Bench Press as single discipline we witness a lot of bombs because lifters risk their all and rather tend to look for a feat.

Other reasons: Bench Shirts have become so hard to put on that warm-ups between squat and Bench Press are no longer long enough.

Bench Press rules are getting more and more complex to enforce. There are differences in the understanding of rules about the legality of some bench shirts (even between people in charge of referees), and lifters keep trying to alter their shirts to have them fit their

morphology. Hence do we propose to get rid of the supportive shirt in Bench Press in three-lifts and we lighten the burden of rules for Bench Press as single-lift discipline so as to leave more freedom to benchers and to simplify refereeing rules.

Consequences:

This will lead to the writing of two different set of rules: one for powerlifting and one for Bench Press as single discipline.

This would also imply erasing out current records for both powerlifting (three-lifts and total) and Bench Press (single-lift), or, if archives have been kept, resetting records down to the level they had reached prior to the introduction of supportive material for Bench Press (this would prevent IPF from starting from scratch and thus reduce the flow of WR attempts soon after the implementation of the rule).

Bench Press could also be renamed and be called “equipped Bench Press”, which would make it different from Bench Press as practiced in powerlifting.

Proposals Netherlands

3.17 Miscellaneous Proposals referring to TR/By-Laws

3.17.1

On behalf of the Dutch Powerlifting Federation, I'm sending a proposal to make a change in the international competition calendar. At the moment our athletes can participate in different competition in one year. So we have three World Championships (junior, senior and master) Powerlifting and also three World Championships Bench Press.

Besides these we also have continental Championships (like European Championships Bench Press and Powerlifting (junior, senior and masters). And also the World Games once every four year. Not to speak about other national and regional competitions.

So our athletes have a very busy calendar.

Second we're seeing a significant decrease of the participants at these championships. One of the reasons can be the financial issues. Most of the federations don't have great funds, so they have to choose where they want to put there money to.



Third most competition are being held at the same places (most of the master championships and Bench Press competition), cause organizers aren't running to organize these championships. I think it would be preferable if these championships also will be rotated in different countries.

So we're thinking it would be better for the athletes and federations as the matches would be rearranged. Like other sports (judo, athletics, etc.) a world championship once in 2 year. By example:

2010: WC Powerlifting senior, WC Benchpress Junior, WC Powerlifting Masters

2011: WC Benchpress senior, WC Powerlifting Junior, WC Benchpress Masters

2012: same as 2010

2013: same as 2011 and World Games

So the Championships will be bigger cause the athletes just have one WC in two years and the organizer can be organize bigger events. And the federations which are dealing with smaller budgets will still be able to send athletes to competitions. Not to speak about bigger lifts cause the preparation period will be longer.

We should follow the example of other sports (like athletics), if we want to make our sport more attractive and bigger.

Best regards,
Pardeep Kailey
boardmember dutch powerlifting federation

Proposals Athletes Commission

1. BL 102.4

Timelines for Submitting, Awarding Bids for World Championships

Bids shall be made and world championships awarded three years in advance. **The bids shall contain all information mentioned in Organizing Checklist under "1. Preparing the bid 3-4 years prior to the championship."** All bids, accompanied by outline reports on the extent of

preparations made, shall be sent to the Secretary General at least ninety (90) days before the next General Assembly.

All organizing federation must sign the promoter contract one year before the according championships otherwise the IPF sanctions will apply if this federation withdraws.

The executive committee wills **together with the chairman/speaker of the Technical committee, Athlete's Commission and Coach Commission examine the bids and give their recommendation to the General assembly which** take the decision where the different championships will be held.

The select nation must then report in detail to the General Assembly.

Related proposal to the EC, Additions to the Organizing Checklist:

1a) The organizing bid.

A bid shall be forwarded to the IPF Championship Secretary 3 years ahead of the organizing year. **All the information required in b-g under and in the application form shall follow the bid.** The selection of organizers will be made by the **General Assembly 3 years ahead after a recommendation from the IPF executive Committee together with chairmen of the Technical Committee, Athletes' Commission and Coach Commission.**



To forward a bid, the form Application Form Organizers of IPF Championships Must be filled in and sent to the IPF Championship Secretary.

3.14

4. TR page 32, addition to nr. 15

If a category consists of more than one group, all groups should have the same referees. If change of referees is necessary, the change should be made between the disciplines so that all lifters have the same referees in the same discipline.

Reason

Even though all referees execute their work based on the same rulebook, there are some small differences in judgments. Changing the referees between two groups in the same category may bring up the question if this affected the final results in any discipline in that category. To eliminate this element of uncertainty among athletes and coaches, change of referees – if change is necessary – should take place between the disciplines rather than between the groups. Then all lifters in the same category will have the same referees in the same discipline, and everyone can be sure that the competition was as fair as it can possibly get. This change in rules does not change the number of referees needed. If there is need for

a change of referees in a large category today, there may still be a change of referees according to the new rule, but at a different time.

Proposal Australia

"Where an athlete is found to have committed an Anti-Doping Rule Violation & the penalty for that violation is confirmed by the Anti-Doping Hearing Panel as two years or more suspension, that athlete shall suffer the loss of all World & Regional Records set by them since 1st. January 2011. In such cases the Record(s) shall be held open for a period of 30 days & new applications for those Record(s) may be received re performances which were set under all World Record conditions (international meet, drug-test, etc.). At the end of that 30 day period the Record(s) in question shall revert to the higher of any new applications or

the performance of the holder of the Record previous to the performance of the suspended lifter.

Reasons:

Performances by suspended lifters linger for many years as Records, tarnish the image of the IPF & set standards that cannot be reached by law-abiding lifters. This system has been used in Australia for many years, legal opinion has been obtained to the effect that if formally adopted by the organization there can be no successful challenge to such a rule, in 20 years there have been no such challenges & now this rule is accepted as an essential part of a meaningful anti-doping programme. With the change in bodyweight classes as of 1/1/2011 this is a unique opportunity to begin this rule with a clean slate. The IPF RecordKeeper maintains a running list of Records & reversion to a previous Record can easily be done."

IPF MEDICAL COMMITTEE PROPOSALS

The IPF Medical committee is dedicated to ensuring lifter safety, working with WADA to maintain and develop anti-doping standards, and promoting powerlifting as a legitimate international first-tier sport. To these ends there are significant trends in sports medicine to



be considered as we move forward. The following points are critical and also independent of a desire to achieve IOC recognition. The attainment of these goals will only strengthen our position by coming “in-line” with other major sporting bodies and will protect both athletes and the IPF.

PROPOSAL: All lifters must have physician approval to participate at the IPF level

Physicals: It is common sense that an athlete should have a competent physical exam before participation in sport. This required at all levels in the US, amateur and professional, pre-teen and over-40. Younger athletes may have unknown disease that is only detected on pre-participation exam. Many of our older lifters are simply not healthy (obesity, high blood pressure, diabetes). While the desire to compete is admirable, common sense and our medical expertise must be the rule.

PROPOSAL: Testosterone and growth hormone will not be considered for TUE in normal aging adults

Please see #3 above

PROPOSAL: Gear must be worn as designed, and the expeditor should verify bench shirt fit prior to reaching the platform

Gear: We have discussed the safety of gear with the manufacturers. Bench shirts especially are subject to miss-use by pulling the arm pits out from the chest wall. This strengthens the shirt, but promotes a pivot point above the chest which can lead to the bar falling either to the

abdomen or head. Spotters cannot be expected to catch large weights before contact even with safety racks. This causes excessive missed lifts.

PROPOSAL: AED's are to be required at all IPF level contests, and encouraged for all IPF affiliated federations

AED: Automated external defibrillators are now ubiquitous with proven efficacy world-wide. All IPF level contests (and ideally all IPF affiliated federations) should have an AED. Given the extreme physical nature of our sport combined with the high number of masters lifters it is only a matter of time before this is critical. Dr. Calvano resuscitated a master's lifter at a non-affiliated contest in Italy (2005) where the presence of paramedics and necessary monitors/devices enabled a successful outcome.

10) New Member Applicants

Full members: Guyana, Marshall Islands

Provisional members: Nicaragua, Panama, Afganistan, Iraq, Tokelau

11) Action on delinquent Nations

No action!

12) Hall of Fame

Will be announced at the General Assembly!

13) Future Championships

2011

04. - 05. February	10 th ER Equipment Denmark Bench Press Championships		Albertslund / Copenhagen	Denmark
18. - 19. March	Danube-Cup	EPF	Gorna Oryahovica	Bulgaria
TBA March	5 th NAPF Caribbean Bench Press & Powerlifting Championships	NAPF	Georgetown	Cayman Islands
01. - 10. April	IBSA World World Games Powerlifting Championships for the Blind and Visually Impaired	IBSA	Antalya	Turkey
13. - 16. April	World Masters Bench Press Championships	IPF	Rödby	Denmark
TBA May	Asian Powerlifting Championships	APF		Uzbekistan
03. - 07. May	Men's and Women's European Championships	EPF	Pilsen	Czech Republic
24. - 28. May	World Bench Press Championships for Women&Men: Open, Sub- Junior & Junior	IPF	Sölden	Austria
07. - 11. June	European Sub-Junior & Junior Championships	EPF	Northumberland	Great Britain
TBA June	9 th NAPF Congress	NAPF	Bid: Charlotte Amalie, St. Thomas	U.S. Virgin Islands
TBA June	9 th NAPF North American Regional Powerlifting Championships	NAPF	Bid: Charlotte Amalie, St. Thomas	U.S. Virgin Islands
TBA July	13 th FE.SU.PO/NAPF Pan- American Powerlifting Championships	FE.SU.PO.	Buenos Aires	Argentina
05. - 09. July	European Masters Championships	EPF	Frydek-Mistek	Czech Republic



TBA August	Asian Bench Press Championships	APF	Bid required	
04. - 06. August	European Bench Press Championships	EPF	Yalta	Ukraine
29. August - 03. September	World Sub-Junior & Junior Championships	IPF	Moose Jaw	Canada
16. - 17. September	Western European Championships	EPF	Mill	Netherlands
TBA October	5 th NAPF Regional Bench Press Championships	NAPF	Bid: San Jose	Costa Rica
27. September - 01. October	World Masters Championships	IPF	St. Catharines	Canada
20. - 22. October	European Masters Bench Press Championships	EPF	Hamm	Luxembourg
06. - 12. November	Men's and Women's World Championships	IPF	Pilsen	Czech Republic
TBA November	South American Bench Press Championships	FE.SU.PO.		Ecuador
01. - 04. December	Commonwealth Powerlifting Championships	CPF	Potchefstroom	South Africa

2012

TBA March	6 th NAPF Caribbean Islands Bench Press & Powerlifting Championships	NAPF	Bids: Road Town - British Virgin Islands / Oranjestad - Aruba	
18. - 21. April	World Masters Bench Press Championships	IPF	Johannesburg	South Africa
08. - 12. May	Men's and Women's European Championships	EPF	Donetsk	Ukraine
22. - 26. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Pilsen	Czech Republic



TBA June	10 th NAPF Congress	NAPF	Bid: Orlando	USA
TBA June	10 th NAPF North American Regional Powerlifting Championships	NAPF	Bid: Orlando	USA
05. - 09. June	European Sub-Junior & Junior Championships	EPF	Herning	Denmark
TBA July	South American Powerlifting Championships	FE.SU.PO.	Guayaquil	Ecuador
03. - 07. July	European Masters Championships	EPF	Prerov	Czech Republic
09. - 11. August	European Bench Press Championships	EPF	Milano	Italy
27. August - 01. September	World Sub-Junior & Junior Championships	IPF	Warsaw	Poland
14. - 15. September	Western European Championships	EPF	Bid required	
01. - 06. October	World Masters Championships	IPF	Killeen	USA
TBA October	6 th NAPF North American Regional & 4 th FE.SU.PO. Pan-American Bench	NAPF	Bid: San Jose	Costa Rica
18. - 20. October	European Masters Bench Press Championships	EPF	Frydek-Mistek	Czech Republic
4. - 10. November	Men's and Women's World Championships	IPF	Aguadilla	Puerto Rico
TBA November	South American Bench Press Championships	FE.SU.PO.	Callao-Lima	Peru

2013

15. - 16. March	Danube-Cup	EPF		Hungary
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09. - 13. April	European Sub-Junior & Junior Championships	EPF		Czech Republic
17. - 20. April	World Masters Bench Press Championships	IPF	Bid required	
07. - 11. May	Men's and Women's European Championships	EPF		Czech Republic
21. - 25. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Bid required	
09. - 13. July	European Masters Championships	EPF	Bid required	
28. July - 12. August	World Games	IWGA	Cali	Colombia
08. - 10. August	European Bench Press Championships	EPF	Bratislava	Slovakia
26. - 31. August	World Sub-Junior & Junior Championships	IPF	Bid required	
13. - 14. September	Western European Championships	EPF	Bid required	
30. September - 05. October	World Masters Championships	IPF	Bid required	
17. - 19. October	European Masters Bench Press Championships	EPF	Sofia / Varna	Bulgaria
04. - 09. November	Men's and Women's World Championships	IPF	Bid: Stavanger / Norway	

14) Any other Business

Proposal Disciplinary Committee

15) Adjournment