

IPF
2013

AGENDA

IPF – General Assembly,
Stavanger/Norway

IPF

03.11.2013



AGENDA

Rica Forum Hotel, Gunnar Warebergsgate 17

Stavanger/Norway

Sunday, 3rd November 2013 / Begin: 3:00pm

- 1. Roll call of Nations and Delegates, presentation of credentials of each Nation.**
Certification of Athletes and Referees
- 2. President's Address**
- 3. Report Vice President**
- 4. Minutes of the last General Assembly**
- 5. Report Treasurer – Report Auditors**
To examine the accounts of the previous year
To approve the budget for the forthcoming year
Fees (if requested)
- 6. Report Secretary General**
- 7. Committee Reports**
 - a) Technical Committee
 - b) Medical Committee
 - c) Disciplinary Committee
 - d) Appeal Committee
 - e) Law & Legislation Committee
 - f) Anti-Doping Commission
 - g) Doping Hearing Panel
 - f) Women's Committee
- 8. Regional Reports**
 - a) Region 1 (Europe)
 - b) Region 2 (Africa)
 - c) Region 3 (Asia)
 - d) Region 4 (North America)
 - e) Region 5 (South America)
 - f) Region 6 (Oceania)
- 9. Elections**
- 10. Proposals**
- 11. New Member Applicants**
- 12. Action on delinquent Nations**
- 13. Hall of Fame**
- 14. Future Championships**
- 15. Any other Business**
- 16. Adjournment**

2) President's Address

Dear Ladies and Gentlemen,

First of all let me welcome you here in Stavanger to our General Assembly.

I hope you all had a good trip to this important General Assembly. It is essential the IPF have full support and representation from its affiliated Federations.

This is the first time I have lead the IPF General Assembly as President of the IPF and I will do my best to make sure that we will have a constructive and cooperative General Assembly together.

I want to make a minor change to the time we allocate to the General Assembly, so we can manage our time in a more productive manner. I want us to discuss important matters as a first priority. As you know some of these meetings can be long and tiring, so leaving important issue's until the end of our congress when, members are tired is not good for the members or the General Assembly.

I think I am right in saying that you have received the IPF reports in good time and will have taken your time to read all the reports. When I am finished referring to these reports, you can ask questions if need be and, if necessary, handle that report individually. If there are no questions then we can immediately vote on all the reports.

As a new President, you will appreciate it has been a very difficult year for me but I have worked hard towards finishing my first financial report from 2011 to be presented here in Norway. During this first year I have also been busy with my work as President as well as my work as championship secretary.

I would like to report to congress that I have made contact with Tamas Ajan the President of the IWF and had a meeting with him. You will appreciate that his support is extremely important in our journey towards IOC recognition.

In January, a group of IPF officials went to Hungary to meet with Tamas. The group included Emanuel, Dietmar, Miklos, Andras and my self. I must thank Andras Ronaszeki President of Hungarian Powerlifting who helped me with scheduling this meeting with Tamas. It was important to demonstrate to Tamas that the IPF group viewed his support very seriously.

The meeting was very successful and in our presence-Tamas promised to support us and agreed that Powerlifting, with its long standing tradition and world wide popularity should be recognized by the IOC, since other sports with shorter traditions have reached IOC recognition before us.He promised to support our application to the IOC and talk with those responsible persons who are also involved with the IPC.

That bring me to the next point- we have signed an agreement with the SOI Special Olympic and I welcome the members of the SOI here at our General Assembly.

This is an important step for the whole IPF, the National Federations and the SOI-we can consolidate our goals together with each of us furthering the progress of our respective sports. It will be our pleasure to help the SOI with their World Championships with referees and officials and any other way we can be helpful.

Lifters can also become member of our National Federation and then they can nominate their lifters for World Championships. We are still in the early stages of these proposed arrangements and will be working out a step by step process and have a signed agreement together. I will be asking those officials representing the SOI to come forward after the General Assembly, so that we can have an official picture for our magazine-ideally a picture with representatives from both organisations shaking hands to make it official. Hopefully, the next steps will be an agreement with IBSA and also with IPC.

I wish to inform General Assembly that I attended the IOC Sports conference for all in Lima. Sara Gutierrez- who is the President from Peru and the Vice President from the FESUPO accompanied me there and we had a number of useful meetings. I met Tamas Ajan several times and we were talking again about cooperation between the IWF and the IPF and his support for us. We also met with Mr Quinones the President of the national Olympic committee from Peru. Tamas was talking with him and suggested he should support us. Which means the National Federation Peru will have the opportunity to present powerlifting on several days at the Bolivarian Games. Powerlifting is not included yet in the Games but Sara has a very good contacts with the national Weightlifting Federation and they gave her the time to promote Powerlifting at these Games and so we hope to get into contact with Bolivia and Chile to have again some new members for the FESUPO region. During Sport for all I met with Mr Dubi -the IOC Sports Director and responsible person for the committee who is in charge of the IOC recognition.

I spent over one hour with him explaining our progress so far and what we have completed. Emanuel is already talking with his committee. I explained to him the new adaption's the IPF has introduced including our new APP, as well as a coaching licence and so on and he was very positive. He was also impressed how much money we use from our budget in the fight against doping.

This conference is every two year's and as it says it's sport for all. I was talking with Ralph the chairman of our coach commission to prepare a presentation for the next conference to demonstrate Powerlifting is surely a sport for all. The best example is that many of sports use the base of Powerlifting for muscle training. Young, and all age categories. That's why we have also started to get in contact with IBSA the blind and the Paralympics IPC. Here Tamas promised to help us as he says that bench press in the IPC belongs to Powerlifting and not to weightlifting.

We had an important meeting at SportAccord with the IOC where we assumed they will take the decision regarding our application to be IOC recognized, but unfortunately they brought again new rules we have to comply with, before a decision is made in December. However, whatever the set backs, we must never give up on this recognition project.

I also met with the IFBB President Santonja where we discussed ways of having a cooperation together.

Especially since he has started with the Arnold's Brazil and the Arnold's Europe. He wants to have us included but on condition that only the IPF should be present at the Arnold's and no other PL Federation.

We are also working with him so that in future- the Arnold's USA will have just only the IPF integrated. He also promised to add pictures and articles from the IPF to be placed in the IFBB magazine. Since they have a distribution of over 160.000- that can only be good for the IPF as well.

It is important for the IPF to have friends in many other areas of sport-we need friends and support to expand our recognition throughout the World of sport.

We are making contact with the European Games but it is already too late for 2016 but Emanuel will help to get the contacts to Arnulf so that the EPF can possibly take part at this Game in 2020. Another ongoing project for the IPF.

We are also investigating whether it is possible to have our own University Championships and to be a part of the Games. Obviously this would be a very expensive undertaking but this is something worth considering for the future. Ideally all our Federations should be helping- wherever possible- to expand their help and influence with the University's in their Countries to encourage students to lift in their competitions, with the ultimate aim of developing a network of University Powerlifting Teams. That is the first step and then we can progress onwards to an IPF University Championships.

I have started working with our commissions. The first was the Medical commission in Puerto Rico where I have had a meeting with them and Robert Wilks. We have talked through several problems and ways and means of solving them. I was impressed with the amount of effort and seriousness that was given to this area. That included TUE's and so on.

I have been working closely with the technical commission to work out a new examination system based on an electronic system conducted over a computer,. This system will make it more easier for the referees to have the questions answered with a yes or no. Or to make a multiple choice question also with a yes answer without the need for writing the text. This has often caused a problem for our referees, especially those from non English speaking regions. All our questions are now in English, this will be easier and the points will be automatically calculated by the program. The question format will be different for each exam.

Also several reports were published on our webpage with the appropriate action taken.

The other commission, which is of interest, is the coach commission where I am happy to tell you that we can start next year with the international coaching license. That will all be explained at the congress on how it will work. Then we have an agreement with the EPF and La Manga club for a training camp where you have all facilities and where you can bring your family to make holidays. I hope this will be used by many of our nation's or individual lifters, this is really good and it shows also the IOC that we the IPF are going forward year by year.

I have also looked to recruit some very good people for our DC committee and in the person of Sigurjon Pétursson from Iceland who is the chairman and the members are Richard Parker Great Britain, Jari Rantapelkonen Finland and Gennadiy Khodosevich Russia. I can confirm that committee has worked hard this year and have done a very good job.

I was looking to find members for the Appeals committee and here I am happy to say that Kalevi Sorsa from Finland was ready to take over this as chairman and I have also found a woman from Netherland who is a Master lifter and advocate named Carli Alexandra who is willing to work on the appeal committee and to represent us at the CAS in Lausanne if we get a case to go there.

I have had also the first contact with the women committee who proposed to have a female lifter or official who will be responsible as the mediator in cases of sexual harassment or other problems that may happen. This to make sure that if a lifter is under pressure from sexual harassment this lifter has a designated person who will ensure a lifter will be protected at all times. She will also provide a report to the IPF President so that he can inform the EC and then the EC forward it to the DC committee for action. We must never forget that all lifters must be free to compete without any form of harassment. We must always remember officials have a duty of care towards their lifters. There can also be legal issues involved with such harassment problems.

I hope to find the time here in Stavanger to get in to a conversation with other Committee members and discuss ways forward to carry out their roles and duties.

In addition to the World Championships- the Ukrainian Powerlifting Federation invited me to their national championships. I have had also a short meeting with the President of the Sports Committee for non Olympic Sports.

The Estonian Powerlifting Federation invited me, as they would like to become future organizers, they also wanted me to have a meeting with their National Olympic Committee.

Mr Santonja Raphael the President of the IFBB for the Arnold's Europe in Madrid also invited me. We have had a fruitful meeting regarding cooperation for the Arnold's in USA, Europe, and Brazil and maybe in the near future in ASIA.

We will have the sole right's to be there as he is the organizer of all this Arnold's except USA and here he will help us to find a solution that we will be maybe the only Federation representing Powerlifting there. This will be a major advantage for the IPF if we can be the sole Powerlifting Federation associated with the IFBB.

My goal is to bring the IPF to the attention of everyone who is interested in sport. The IPF must be known everywhere and therefore it is important to be present in all Games (World Games, European Games, Commonwealth Games, Bolivarian Games and we are looking to find a way to be at the University Games or to organizing maybe self University World Championships).

Also our region's need to show the World that we are all IPF affiliates and therefore those people who watch streaming must recognize when they are looking FESUPO, NAPF, ASIA; COMMONWEALTH, OCEANIA and EPF championships that they are all part of the IPF and that our Logo will be present every where.

I am asking National Federations-that the banner at the backstage with your Logo should also have the logo of the IPF so that every body can see you are the IPF and part of it. This is the only way to show the whole World that we are the only and the best Powerlifting Federation on the World.That is the best Marketing tool we can use for our Powerliftng Federation at this time.

The media group is doing a wonderful job and I can only congratulate them all, I was very impressed by the last edition of the magazine. Having many interviews and much information from the regions is keeping our magazine interesting. We do need your help too to advertise our magazine in your national Federation as the more subscribers we have, the better it helps towards our bid for IOC recognition.

We now have cooperation with IFBB. They now add articles from our media group about Powerlifting in their magazine. They distribute about 160.000 magazines over the World. This is also a very helpful tool towards expanding our Powerlifting market.

I twice had a meeting in Luxemburg with the President from Cameroon.This was necessary to make sure that we have to deal with serious people as we have had big problems with them in the past concerning visas.After my meeting with him I send the Secretary General from the APF to Cameroon to have a meeting with the authorities there and the National Olympic committee to make sure that their government recognizes them. Now they have send all papers in and we are very pleased to have them back. Ghana has applied too for membership.

Thinks are going forward now in the African region. They have organized African championships with Arab League championships together.

In Oceania we have sent referees to help this region to go forward with exams and to make sure that they have 3 referees for World Records. It is a region that need be developed on this direction and the IPF will also in the future doing more in this region to bring them forward.

I was also at the FESUPO championships in Quito where I have had meetings with several people from the Olympic committee and the authorities.

I have had also meetings with the EC members to make sure that we are going forward as well I have also conducted exams to get more referees in this region. But in the past we have done a lot there and they have many referees to guarantee that their championships can be covered with the required international referees.

At the NAPF region Robert has done a lot to get new members over the years and also to make sure they have referees on the international level. They organize a lot of championships.

It is now also important that all the regions organizing Raw championships as this will bring new athletes to them and it is necessary to have qualifications fort he World Championships.

At the Asian Region we have a lot of problems that need be solved urgently and here I am working on this, together with Emanuel to make sure that in the future the rules and the constitution are followed and financial reports will be presented as required.

It is most important that all regions present at their congress a financial report. Unfortunately, the biggest problem in this region is the doping.

4 nations are now under suspension. Here the IPF will continue to make sure this region takes responsibility for its drug education and testing procedures. I am afraid this region has not done enough to control this problem in the past. The IPF will continue to help them with their problems but they must realise it is not just their region that has a bad reputation. This also affects the credibility of the IPF and is something we cannot have allowed to happen.

Coming to the positive tested lifters.

First I am very happy to say that we have had no positive tested lifter at the World Games.

This was very important for IOC recognition. They have carried out 36 urine tests and 11 blood tests and I am sure it was because we applied for the recognition and to see if our lifters were clean.

This year was a bad year for the IPF as we have had too many positive tested lifters and that is surely not good for our sport. Especially many of those who are tested positive- then ask me when we will go to the Olympics? Need I say we must have a clean sport before we can attain our goal of IOC acceptance? I also have to tell you the IPF is determined to resolve these issues.

The first step is to be recognized- that means we will be two year's provisional members and if we are still going in the right direction and fulfil the criteria required of us, then the next step can be started.

However, the most important issue for us is that we will and must be recognized by the IOC. This would help all our Federation's to get more financial support from their national Olympic committee's and Government.

Here I want to express my thanks to Tamas Ajan the President of the IWF for his unwavering support with our IOC application. This was necessary requirement requested by the IOC.

The decision was deferred until December, this is in a short time and I hope this application will be received more favourably than before. Let us hope we will not again be postponed and have to wait longer for our application to be considered. We have now a long tradition of set backs so now it is time that we get were recognized. Either way, the IPF is committed to this application process and must continue until the IOC finally accepts us.

On a final note let me thank you all very much for your attendance and support over the past year and thank you to all my colleagues from the EC, all the commissions, lifters and officials and to all national Federation's for their support and cooperation.

I wish you all a constructive and good General Assembly and I hope you are satisfied with the progress I have made on your behalf, in my role as President of the IPF

There is still much to be done by the IPF but with your help and cooperation we will achieve our goals.

CHAMPIONSHIP SECRETARY'S REPORT

I am happy to report- I was able to travel to all the 2012 IPF World Championships. Furthermore, I am also pleased to report that I had a good working relationship with all our Championship organisers.

The following is a list of details from these events:-

- Open Worlds Aguadilla Puerto Rico
133 men 38 nations 81 women 27 nations
- SJ and Junior Powerlifting Worlds Poland
79 men 28 nations 42 women 16 nations
Junior 104 men 29 nations 60 women 17 nations
- Masters Powerlifting Worlds Killeen Texas
116 men 13 nations 42 women 11 nations
- Open Bench press Worlds Pilsen Czechia
Open men 105 lifters 23 nations SJ men 46 lifters 13 nations junior men 53 lifters 15 nations
Open women 48 lifters 15 nations SJ women 26 lifters 8 nations Jun women 31 lifters 12 nations
- Masters Bench press Denver USA
Men 122 lifters 17 nations women 49 lifters 7 nations
- World Classic Powerlifting Cup Stockholm Sweden
Men 108 lifters 28 nations women 60 lifters 17 nations
- Test Event for the World Games in Cali 2013 FESUPO Championships

Nominations

From next year, we will have our computer program completed. This will allow nominations to be added directly by each competing nation onto the electronic nomination program. Each nation will receive a code which they can use complete the nomination on line. If the process of nominations is incomplete, the program will identify this omission and will not allow you to complete the nomination process until it is filled in completely.

The process will close automatically once the dateline is reached.

The final nomination must be sent to the championship secretary for his final adjustment if necessary.

If a nation has problems, they are permitted to send their preliminary form to the championship secretary and he will add the lifters onto the program.

On a final note, I wish to express my respect and thanks to all those referee's who are always available and also to those nations who, at all times have provided us with more than one referee.

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

Best regards

Gaston Parage

IPF President

IPF Championship Secretary

3) Report Vice President

2013 GA Report

1. Since the last GA meeting in Aguadilla, Puerto Rico in 2012, the IPF has went through some changes to represent the members of this Federation to the best of its ability. With the election of a new IPF President, to the World Games, and the many World Events we have hosted, we are striving to continue to put the Lifters First in our plans for the future.
2. Many people Talk about what is needed for the IPF, but unless we ask, and Talk to the Lifters first, we can't decide what is best. This is where I feel we are doing better at the elected positions we are holding. We are Listening, and talking to the Lifters, from all corners of the World. This can only improve our goal of IOC recognition, as the IOC has given us more guidelines to follow.
3. During the past year, I have had the honor to represent the IPF at many events, and spoken with many key members of the World of sports. During the resent Sport Accord Convention, several members of different Sports was very interested in our goal for IOC acceptance, and learned more of what we are doing as a sport. So that tells us, we are in the right direction, and we are being noticed. Besides just being noticed, we are also being taken very seriously in the International community of Sports.

4. Along with the Sport Accord Convention, we have had several other events that continue to put Powerlifting on the map. At the recent World Games, the BEST Lifters in the World showcased their power, to the rest of the world. During our event, we had several members of the World Games Council visit our sport, where I had the chance to sit down several of them, explain our sport, and ALL were pleased with the talent and Strength of our Lifters. It was not just the IPF, but also the member Nation Coaches, and above all the Lifters, that made this a Great Games. As the rest of the world had the chance to see our sport, they were impressed of the discipline, sportsmanship, and professionalism of the Lifters, and Staff.
5. As our sport continues to grow, we have had many World events where the lifters are once again proving why the IPF is the BEST Powerlifting Federation in the World. As we continue to host more events, we are seeing changes that we must also make improvements on. With the World Games past us, we are now insuring the World events have just as high media coverage. Along with a Great Magazine, we must insure that has much local, National, and world coverage is done with our events. We want to show the rest of the World what Powerlifting is about.
6. We have also made big gains in the requirements of our National coaches. Our Coaching committee has put in many long hours of hard work, to insure we not only have the best qualified Coaches for our teams, but also prepared them for training in the future. Much more work is to be done, but this is the big step in insuring they are professional in their positions.
7. We are still, and will always continue to fight against Doping. Some Nations are still having problems with this, and we will do everything in our power, to STOP this now. As the rest of the World continues to watch our sport grow, we as a sport must continue our fight against Doping. Make no mistake about it, the IPF WILL FIGHT AGAINST DOPING, and will take all measures to punish the ones who don't.
8. The members of the IPF EC, strives to do what is best for the Federation. We may not always agree, but our goals are all the same. To make the IPF the best, and work for IOC recognition. However, for this to happen, we can't continue to make rule changes every year. This only makes our job as officials harder, and confuses the lifters. We have to have a standard the lifters and Referees can understand, and keep those standards in place for a period of time. With this being asked, we also must insure that the referees are all trained on the rules, and have the knowledge to understand and insure the standards are meet.
9. As we continue to move forward, we will need your support for us to be successful. Everyone must remember, we are elected to serve you the members, and not for personal, professional gain or power. With this knowledge, we will continue to do what is best for the Sport, in our goals for continues success.

JOHNNY A. GRAHAM

IPF Vice President

4) Minutes of the last General Assembly

See the e-mail to all member federations from 15th of November 2012 and on the IPF homepage.

5) Report Treasurer – Report Auditors

This is the report from 1. January 2012 to 31. December 2012

Will be presented and send out in a separate document.

Gaston Parage
IPF Treasurer

Short Interims Treasurer Report 2013

At the congress 2012 in Puerto Rico I got appointed to the Interims Treasurer till the Congress 2013, held in Stavanger – Norway

Because of that the IPF book keeping system starts each year in January and has to be fulfilled in the end of December in the same year, has Gaston Parage (former Treasurer IPF) fulfilled the book keeping system to 31st of December 2012.

The financial situation is still good in the IPF. It is based on incomes from e.g.:

- Membership-, participation-, and anti-doping fees
- Sponsors
- Approval fees
- Logo fees
- Sanction fees
- Referee examination fees

I want to thank our sponsors Eleiko and IMU.

I also want to thank the different manufacturers (Leoko, Pallini, Uesaka, ER - Equipment, Inzer Advance Designs, Titan and Metal Shop) for the good cooperation.

Also the incomes concerning the approval and logo fees have been higher in 2013 as calculated.

A special thanks goes to our VIP partner Eleiko, which supplies all organizers of World Championships with equipment included the transportation costs of the equipment.

The budget for the year 2013 was focused on the following priorities:

1. OCT tests, because of the World Games this year and in general, in fight against doping. The IPF hired the Anti Doping Agency PWC (Professional Worldwide Controls) from Germany to carry out the OCT tests in the affiliated regions.
2. Development fund: the EC agreed that the IPF should use more money to support some regions to get a higher standard generally, for to stimulate more activities, referee education, equipment support, organizing of championships, etc.
3. IOC recognition: the IPF has spent more money for to reach this goal. The EC realized that it is/was necessary to build up relations/connections/attending congresses (IOC/or other imported organisations), to meet important persons (e.g. Tamas Ajan, President IWF, Christophe Dubi, Sport director, Committee for IOC recognitions) who can support the IPF to reach its goal.
Follow up all the IOC requests to fulfil our IOC application. SG Emanuel Scheiber was mostly involved in the application procedure and IOC meetings.

The next step for the future must be that all nations transfer all fees to the IPF bank account or PayPal account of the IPF. Regulations and laws do not allow a person (treasurer) to pass a border with an x – amount of cash (money laundering).

I also will remind all the nations that the membership fee for 2013 must be paid in time before the congress, at the latest by the 30th of September 2013. Nations, who have not paid their membership Fee for 2013 within the prescribed date, will not have any voting rights on the General Assembly.

Because of that not all the Championships have been conducted at the present time, it is not possible to list up the correct numbers concerning the incomes and expenses for 2013.

We wish you all a successful General Assembly and World Championship Competition.

Best wishes,

Dietmar Wolf

Interims Treasurer - IPF

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)

6) Report Secretary General

Dear Delegates, Ladies and Gentlemen

Another powerlifting year is over now and the IPF had a very eventful year 2013 and a lot of challenges to manage. Two of the major projects were the application for the IOC recognition and the organisation/participation at the World Games in Cali, Colombia.

A lot of energy, time and efforts were spend to update the application for the IOC recognition. Many "different hands" did work on several fields to make it happen.

The IPF President, Vice President and myself were present on different official events like Sports for all Conference in Peru, SportAccord in Russia, several meetings with the IOC sport department, and also many discussions and meeting during the World Games.

At these meetings, the IPF representatives consolidated or build up relations to some important decision makers in the world of sport. We could also win some supporters for our recognition during the several meetings.

Another part of the "IOC recognition project" was to try to fulfil the requirements set by the IOC sports department. So the IPF is now in process to establish several committees /commissions to be in line with all other major sports and the IOC requirements.

Some of the renewals in the IPF are:

- Implement an Athletes Entourage Committee
- Implement a Code of Ethics
- Implement a competition fixing guideline
- Implement a Sport for all Commission
- Adopt a new position in the IPF EC – Athletes Speaker

To include all these requirements in our federation, there is a need of many enthusiastic and professional working people inside the IPF. On this point, I want to thank all of them, who assisted me to complete the IOC questionnaire and prepared some of the necessary documents. A special thanks I want to give Mr. Robert Wilks, Kalevi Sorsa and Alan Ferguson who assisted me most in the final phase during the last weeks.

End of September I submitted the last documents and requested informations to the IOC and let us cross our fingers that the IOC Executive Board will grant the IPF the IOC recognition. A decision will be made during the IOC EB meeting in December.

The second important "project" and the 2013 main event for the IPF were the 9th World Games in Cali, Colombia.

It was not easy for the IPF to organize our powerlifting events in Cali of the fact that the national federation was in reality not existing in the last years. So I had to build up connections with powerlifters in Colombia and it was also needed to support and guide them to reestablish their federation. Fortunately I could find some enthusiastic people and so I could cooperate with them. The Organizing Committee in Cali (CLOC) was also very cooperative and we could arrange some good deals for the IPF.

2012 we could organize a test event, which gave us the opportunity to check out, what was running well and on which fields we have to work for the Games.

The powerlifting events during the World Games were a huge success for our sport. We had a lot of media presence, especially a live streaming from the whole competitions and on each day a live broadcasting from the official TV station in Colombia of about 2 hours per day!

Many interested people from other sports and also from the IWGA, IOC sports department and several IOC members from different countries visited us in our venue and ALL of them were very impressed about the huge weights our sportsmen are lifting. This was a real sign of interest on our sport.

I was and I am still very impressed from the high level of the performances of the lifters in each weight category. We had several national, continental and world records at the WG.

On the last competition day a big honour was given to the IPF, especially to the lifter Andrey Konovalov from Russia. He totalled with a new overall world record of 1177,5 kg and he was awarded as the "LIFTER OF THE DAY" from the World Games. This award was given from a jury of the IWGA to a sportsman with an outstanding performance in his/her sport. This sportsman was selected from all different sports, who were present at the Games. It was the first time, that an IPF lifters received this award!

Of course, there were also some "unpleasant surprises" and some organizational problems, but all in all powerlifting and the IPF was well represented at the Games and we could take a lot of nice and positive impressions with us.

The few organisational problems, we will consider and try to prevent them at our next Games 2017 in Wroclaw/Poland.

I was and I am still very proud about the performances of our lifters and the impressive results at the World Games. This was really a great presentation and promotion of our sport.

Beside these big projects 2013 I have still my daily work, which is also very important.

My daily duties are:

- Handle the incoming e-mails of the member federations and the committees
- Updating the IPF data base and the homepage
- 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 Puerto Rico
- Assist the President at different duties
- Be in contact with our partners (sponsors) and negotiate about partnership programs with the IPF

Regarding the update of the IPF data base, I kindly remind all members to send me any changes in the organisational part of their federation, especially if there are changes on the Executive Board (President, Secretary General) that I can update the data base. It is very time consuming, if I have to work with a federation and if I have a surprise when I am contacting the assumed President and this person answers me that he is not any longer in this position and I have to contact another person!

I wish all of you a nice stay in Stavanger, the organizers I wish the best World Championships ever and the lifters I wish a great competition with a lot of fun, perfect performances and many, many records.

Emanuel SCHEIBER
Secretary General IPF

7) Committee Reports

a) Technical Committee

Committee Members

Johan Hannie Smith (RSA)	Chairman
Patrik Thur (SWE)	Referee Registrar
Xavier de Pytorac (FRA)	Member
Johnny Wiklund (SWE)	Member
P.J. Couvillion (USA)	Member
Myriam Busselot (BEL)	Member
Steve Lousich (NZL)	Member
Anatoliy Stetsenko (UKR)	Member

Another year has past and the rules that was change work well specially in the Bench Press. A lot less blue cards from the platform. Some small changes was made in the rule book and all passed through the rules group.

Proposals from all the TC and EC members were discussed and final proposals were sent to Johnny Graham the head of the rules group. One vital change in the Raw Rules were discuss about the knee sleeves that is to tight and need to be pull up with plastic bags because the lifters use to small sleeves to get more out of the lift. The rules group chairman sent in the final proposals which will obviously be discussed at the General Assembly.

A lot of e-mails with questions was sent to me, which I answered hopefully to everyone's satisfaction.

The selection and positioning of referees to officiate at IPF Championships has been made throughout the year, according to Nations nominations. Special thanks to All the Technical Committee Members who attend World Championships during the past 12 months and assisted the Meet Directors with referee's duty lists.

I also want to thank all the referees who officiate during the year, the standard of judging was consistend and of a high standard this year.

The problem regarding the shortage of referees on World Championships still exists and we need more referees at Junior & Master World Championships.

A on line referee examination is also approved and examination will be done online by examiners.

I would like to remind all federation to send the application in time before the championships and the examinations fee must be paid to The IPF Treasurer before the examination.

Some nations have still not after two years send the re-registration form, therefore the referees cannot be found on the IPF web and they are not allowed to take part as referees on international competitions. Please contact the Referee registrar Patrik Thur.
The following referee passed their examinations.

Cat 2	
Kerstin Klawitter Thomsen	Germany
Rodney Owers	Great Britain
Helgi Hauksson	Iceland
Nestor Gregory	Puerto Rico
Joakim Lakso	Sweden
Michael Licciardi	USA
Cat 2	
Lee-Anne Dwartte	Australia
Matti Rajaniemi	Finland
Seppo Sohlman	Finland
Jari Rantapelkonen	Finland
Vanessa Martin	France
Edith Guennec	France
James Burns Mcgin	Great Britain
John Arlington Edwards	Guyana
Silva Katutyte	Lithuania
Erlandas Petrauskas	Lithuania
Per Öivind Fjeld	Norway
Enrique Manuel Molina Sanchez	Peru
Radoslaw Grzechnik	Poland

Cat 2	
Lukasz kazimierczk	Poland
Tomasz Laszko	Poland
Wieslaw Tochaczek	Poland
Lukasiuk Miroslaw	Poland
Eugeniusz Mehlich	Poland
Patru Valentin	Romania
Aleksandr Bychkov	Russia
Kostryukov Viacheslav	Russia
Cliff Hayim Johan Smith Heinrich J van Rensburg	South Africa
Magnus Ekvall	Sweden
Claire Keel	USA
James Yakubovsky	USA
Annymaryth Amaya	Venezuela

	Number of Nations	Women	Category 1	Category 2	Total of Referees
Europé	28	37 14,1%	113 43,0%	150 57,0%	263 55,5%
Africa	2	3 33,3%	4 44,4%	5 55,6%	9 1,9%
Asia	12	14 20,3%	21 30,4%	48 69,6%	69 14,6%
Oceania	2	5 29,4%	7 41,2%	10 58,8%	17 3,6%
North America	11	12 21,1%	21 36,8%	36 63,2%	57 12,0%

South America	7	10	2	32	34
		29,4%	5,9%	94,1%	7,2%
TOTAL	55	81	168	281	449
		18,0%	37,4%	62,6%	100,0%

Hannie Smith
Chairman IPF Technical Committee

b) Medical Committee

Greetings IPF members:

The great number of TUE applications have been still concerned last time. This has been the most important MC's work.

Since last minutes MC received 12 TUE applications. The most of them came from the USA. They concerned the „Masters” age category. Most of them were well prepared in formal aspect and were accepted by NADA for national competitions. But still happen unprofessional applications with prescribed medicaments which are out of the context of disease and are taken without specialist examinations or by doctors who specialize in another medicine field than the real disease.

MC hasn't approved new TUE requests for growth hormone or testosterone this year. Medical Committee still continue doing the best to support IPF attempts leading powerlifting to become the Olympic discipline.

Prof. nzw. dr hab. Marek Kruszewski
Chairman, IPF Medical Committee

c) Disciplinary Committee

International Powerlifting Federation Disciplinary Committee Annual Report 2012/2013

The Disciplinary Committee (DC) consists of the following members:

Sigurjón Pétursson (Iceland) Chairman

Gennadiy Khodosevich (Russia) Member

Jari Rantapelkonen (Finland) Member

Richard Parker (Great Britain) Substitute

The Disciplinary Committee (DC) examines and decides on disciplinary cases within the IPF. The DC must decide about all penalties except on doping related cases.

2013 Cases for the DC have come from:

- Secretary -General/IPF Executive Committee (2 cases)
 - National Federation (0 case)

The work of the DC has consisted of processing documents relating to doping cases as well as other disciplinary cases i.e. examining:

1. Doping Control Forms
2. Analysis Results Records
3. TUE (Therapeutic Use Exemption)
4. Other documents and evidence presented to or collected by the DC

If after examining a case in detail it has been the opinion of the DC that a doping violation has occurred it has forwarded the case to the Doping Hearing Panel (DHP) for a decision.

All in all the DC has examined 44 cases during the period from 1.11.2012 to 31.8.2013. 42 of those have been alleged doping violation cases of which 40 were forwarded to the DHP. One case was referred down to the national level of the athlete involved.

One alleged doping case resulted in no case.

In addition to the above the DC has examined two other cases.

One disciplinary case resulted in the case sent to the EC for further action.

One disciplinary case resulted in payment of dues that were in arrears by a federation before the DC came out with a decision so the case was closed.

We would like to thank all the members of the Committees and the EC - members for their good cooperation and help throughout the last year.

A special thanks goes to Sabine Al-Zobaidi Assistant Secretary of the IPF for her work for the committee.

We wish you all a successful Congress and a successful World Championship Competition.

On the behalf of the IPF Disciplinary Committee,

Sigurjón Pétursson
IPF DC Chairman

d) Appeal Committee

The IPF Appeal Committee (AC) has during the period since last General Assembly 2012 consisted of Lars-Göran Emanuelson (Sweden), chairman, Jean-Claude Verdonck (Belgium), Steve Lousich (New Zealand) and Eliot Feldman (USA).

During the last years general assembly (GA) IPF AC report wasn't accepted due the fact that we did not respond to a report that also was put up on the agenda for the GA as a proposal for decision. The proposal was voted down by the GA.

During this year the IPF AC had one appeal to decide upon, whether a decision was made at the GA or not. We couldn't find any written proof why we decided in favor of the applying part. The issue will be brought up for discussion at this year GA.

The AC has an important function within the IPF. Through the AC an appealing part has the opportunity to have wrongly decisions corrected.

The AC is understaffed and we will ask the nations for further committee members. We are for the moment one member short. Therefore we ask the nations if you have anyone within your organization that would like to become a member in the AC please contact Lars-Göran Emanuelson, Hinsaringen 16, S-139 53 VÄRMDÖ, SWEDEN, or at lars-goeran.emmanuelson@powerlifting-ipf.com. 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.

This will be my last report as chairman and member of the IPF AC. I have been chairman since the IPF AC first was established. It has been a pleasant and interesting duty and I have learned a lot during these years. It is now time for me to step down and leave this important duty in favor for my family (I have two small boys in the age of six and seven years old). I am convinced that the IPF AC will be chaired well in the future and I wish my successor all luck. I hope I will see you all in the future though I don't have the intention to quit as a IPF referee.

Lars-Göran Emanuelson
Chairman (Sweden)

e) Law & Legislation Committee

Members: Jean Claude Verdonck (BEL), Sandro Rossi (ITA), Emanuel Scheiber (AUT)

Dear IPF Members,

First of all many thanks to all the nations which are present this year at this IPF congress

This year I received 3 new constitutions.

These countries are : Egypt Powerlifting Federation,
 Tajikistan Powerlifting Federation,
 Croatia Powerlifting Federation,
 Cameroon Powerlifting Federation.

I have examined , read and controlled these new constitutions

So, to be in order with our IPF constitution these countries must have :

1. A President, a secretary and a treasurer,
2. They must follow the IPF constitution,
3. Follow the WADA code.
4. Have sanctions for the athlete who does not follow the WADA code

And these 4 points must imperatively be included in their own constitution.

The new President and the IPF executive , have had several meetings with the IOC

So, I am fairly sure we are on the right way to win the IOC recognition

I think we must continue in the same direction with the open-minded, respectful and honest mind.

NB: These conclusions were lead with some delay because both members of my family had to face very important health problems some of which have received a rather positive conclusion and some are on their way ... let's keep our fingers crossed !

Jean-Claude Verdonck
Law & Legislation Chairman

f) Anti Doping Commission

IPF INTERNATIONAL TESTING

From 2012 to 2013 the IPF conducted its ongoing program of international In-Competition (ICT) and Out-of-Competition (OCT) testing. The 2012 Test Plan set targets of 250 ICT and 60 OCT (20%) for that calendar year, whilst a similar ratio was planned for 2013. In 2012 the Swedish agency IDTM and in 2013 the German agency PWC were engaged to carry out most of the IPF's OCT, whilst various national agencies and contracted DCOs conducted ICT at all IPF events.

The actual test numbers for 2012 and for 2013 thus far have been as follows:

	<u>2012</u>	<u>2013</u> (to 30 th Sept)
ICT	275	209
<u>OCT</u>	<u>57</u>	<u>18</u>
TOTAL	332	227
POSITIVES	24	19
	7.2%	8.3%

These figure compare to 3.9% positives in 2011 and 6.9% in 2010 i.e. there has been an upward trend. It is debatable whether this reflects any particular underlying trend in the ongoing drugs in Powerlifting problem. Rather, more strategic event and athlete testing may explain the rise in positive cases e.g. OCT produced 10% positive in 2012, previously somewhat under-targeted Asian events produced 16 positives in 2012 and 12 so far in 2013.

As a comparison, WADA reports total positives for Olympic sports in 2012 as 1.5% and for non-Olympic sports 4.0%.

IPF NATIONAL TESTING

The IPF gathers compulsory reports from each national federation as to its testing for each calendar year. The figures for 2012 and immediately prior years have been:

	<u>2010</u>	<u>2011</u>	<u>2012</u>
IPF Member Nations	104	94	93
National Reports Lodged	85	85	81
Nations Not Reporting	19	9	12
Nations Reporting But Not Testing	<u>45</u>	<u>43</u>	<u>35</u>
Fully Compliant (Reporting & Testing) Nations	40	41	46

Thus after many years of the compliant nations figure being struck on almost exactly 40, there has been some marginal improvement in the number of compliant nations.

The numbers for IPF national tests in 2012 and prior years have been as follows:

	<u>2010</u>	<u>2011</u>	<u>2012</u>
ICT National Tests	1307	1188	1107
<u>OCT National Tests</u>	607	812	1010
TOTAL National Tests	<u>1914</u>	<u>2000</u>	<u>2117</u>
POSITIVES	78	88	79
	4.1%	4.4%	3.7%

These IPF figures indicate a slight improvement in the total number of tests and the ratio of positives. However there is an anomaly in the IPF 2012 figures, in that for one nation, Ukraine, non-WADA lab test figures are for some reason included and if these are excluded the 2012 IPF national test figures become

ICT	1039
<u>OCT</u>	<u>847</u>
<u>TOTAL</u>	<u>1886</u>
POSITIVE	77
	4.1%

i.e. status quo for recent years.

Testing density within nations is difficult to tell without knowing exact lifter registration figures, but tests per head of lifters would seem to be high in Scandanvian nation (up to 300 tests per 2000 or so lifters), Germany and Australia (59 per 500 lifters). Russia had the highest absolute number of tests at 351, although that was with a lifter population of 100,000 plus. Russia had 6.8% national positives, other national positive figures were small and difficult to analyze.

GLOBAL TESTING

The total figures from IPF records for 2012 of:

ICT	275 + 1039	= 1314
<u>OCT</u>	<u>57 + 847</u>	= <u>904</u>
TOTAL	332 + 1886	= 2218
POSITIVES	24 + 77	= 101
		4.6%

should be identical to the figures for Powerlifting collated by WADA. And that was the case for years up to 2010. However in 2011 there was a gap of some 300 unexplained extra tests in the WADA figures. In 2012 that enigma has both grown and been explained.

For 2012 WADA has released an unprecedentedly detailed set of statistics – 149 pages thereof, versus 6-8 pages in earlier years. Those WADA figures show 3379 total Powerlifting tests for 2012 i.e. a gap of 1161 tests. This can be explained by WADA-Powerlifting tests including such groups as:

IPC - 484 tests

World Drug Free - 150 tests

British Drug Free - 48 tests

WPC Ukraine - 22 tests

Etc.

In 2011 a number of tests were carried out by the GPC and GPA and those outfits have advertised 2013 testing programs.

The WADA figure for total World Powerlifting positives for 2012 is 192, about 5.7%.

A large number of IPC tests is understandable but the new phenomena of non-IPF Powerlifting federations being involved in the WADA system is surely of concern. This may well relate to broader issues of the IPF's market share of world Powerlifting and any decline herein.

There is a further anomaly in the WADA v IPF figures. WADA identifies only 248 total IPF tests for 2012, with a positive ratio of 8.1%. This is a discrepancy which requires further explanation.

NATION SANCTIONS

In 2012 or 2013, thus far there were four nations which incurred one year federation suspensions for incurring 4 or more positives in a 12 month period –

Iran 2012

India 2013

Iraq 2013

Kazakhstan 2013

Three nations being suspended in one year is unprecedented in the IPF and unfortunate.

OPERATIONAL MATTERS

The ADC in 2012 to 2013 continued to operate with a high workload. This has included maintaining an RTP of high-level athletes, supervising

Whereabouts data of various types, collating the IPF Anti-Doping Rules, arranging and supervising OCT and handling the early stages of adverse findings. Our Anti-Doping Administrator Sabine Al-Zobaidi has done sterling work in almost all those areas. The ADC also benefits greatly from the unparalleled technical knowledge of Kalevi Sorsa.

In 2013 the EC made a notable decision, to confirm the ADRs to the effect that national-level approved TUEs are binding upon the IPF in the case of international athletes. This creates the risk of some dubious TUEs gaining currency, but does control the workload upon the Medical Committee.

Robert Wilks
IPF-ADC Chairman

g) Doping Hearing Panel

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

James Cirincione (USA)

Janie Soubliere (Canada)

Hugo Velasquez (Costa Rica)

Norbert Wallauch (Austria)

David Sperbeck (USA)

Since September 2012, the DHP has delivered judgments in approximately two dozen doping cases. This number of cases is consistent with our past average of doping cases per year. We examine each of these cases in detail and issue a reasoned judgment in support of each decision.

This is the second year in which we have followed a streamlined results management procedure that allows the DHP to deliver written judgments in a short and defined time-frame after date on which an ADRV is reported to the IPF. We believe that the IPF, National Federations, and Athletes each have been well-served by these changes. These new procedures are all compliant with the World Anti-Doping Code and have been well-received and commended by WADA.

WADA is in the final stages of its Code Review Process.. The next version of the Code is scheduled to become effective in 2015. In early 2013, WADA published the third and final draft of the 2015 Code. It is available on WADA’s website in both clean and redlined versions.

The 2015 Code will be voted on this fall at the 2013 World Anti-Doping Conference in Johannesburg, South Africa.

Many notable changes are proposed to the 2015 Code. Of particular interest, draft Rule 2.10 introduces a prohibition on associating with banned coaches and support staff. Draft Rule 10.2 imposes a four-year period of ineligibility for a first offense in two classes of cases: those that do not involve a Specified Substance and in which the athlete cannot establish that the ADRV was unintentional, and those that involve the intentional use of a Specified Substance. If adopted, this means that the presumptive sanction for a first offense will be a four-year suspension. Draft Rule 10.6 provides reasons that may justify a lesser sanction, such as substantial assistance in uncovering other anti-doping rule violations and prompt admission of guilt by the athlete upon notice of an ADRV.

Rule 10.4, allowing the elimination of sanctions for “no fault or negligence,” will continue to be restricted to “exceptional circumstances,” such as sabotage by a competitor. Draft Rule 10.5 allows the reduction of sanction in cases involving “no significant fault or negligence” and “contaminated products.” The concept of “contaminated products” is a new introduction to the Code. WADA proposes to define a “contaminated product” as: “A product which an Athlete or other Person could not have known, with the exercise of care appropriate in the circumstances, contained a Prohibited Substance.” Under the Code, an athlete who ingests a “contaminated product” will not be able to escape fault completely (consistent with the strict liability set forth in the Code). However, it might be possible to show that the fault is not “significant.” We have handled many cases in which athletes have identified contaminated dietary supplements or vitamins as the cause for an ADRV. These cases can be difficult to decide, because each involves many unique facts and circumstances. The proposed definition of “contaminated products” provides some additional guidance, but each case will continue to depend on its unique facts.

With reference to prohibited substances contained in nutritional supplements, WADA has informed the IPF that it is appealing a recent decision of the DHP to the Court of Arbitration For Sport. The case on appeal involves a Specified Stimulant, methylhexanamine, that was contained in a supplement taken by an athlete in a relatively undeveloped country. No anabolic agents or masking agents were found in the sample. The athlete admitted his use of the supplement but declared that he did not know the prohibited substance was contained in it. In light of the lesser status of methylhexanamine in the Prohibited List, the athlete’s prompt admission of use, and other facts about the case, the DHP imposed a two-month sanction, vacated the athlete’s results, and imposed a fine on the national federation. The DHP believes that its decision is sound and will defend it.

Finally, for the first time, the IPF Disciplinary Committee has elected to invoke its authority under Rule 12.4 to seize jurisdiction of four national-level doping cases from a member federation that had not adequately conducted timely results management procedures. Each affected athlete has been notified of the adverse analytic finding and assertion notices will be sent promptly by the IPF. The DHP will decide these cases promptly after the applicable notice deadlines expire.

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

We also will strive to fairly and reasonably interpret and apply the Code and the Anti-Doping Rules to reach correct and just results in every case. 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

h) Women Committee

Report of the Women's Committee 2013

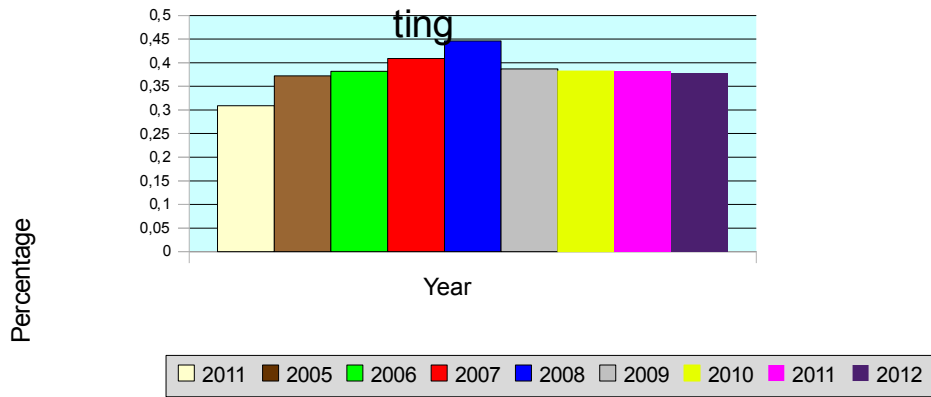
Like all the years before, female lifters in powerlifting have been fully integrated and on all championships women have had equal rights. Women are widely accepted within the IPF. This is not only shown at the IPF website (gallery, promotion video etc.) but mainly at all championships.

The statistics and graphics below give an overview about the number and percentage of female lifters from 2004 until 2013 that took part in Open World Championships in Powerlifting and benchpress. 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, 30% - 45% took part in these competitions.

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.

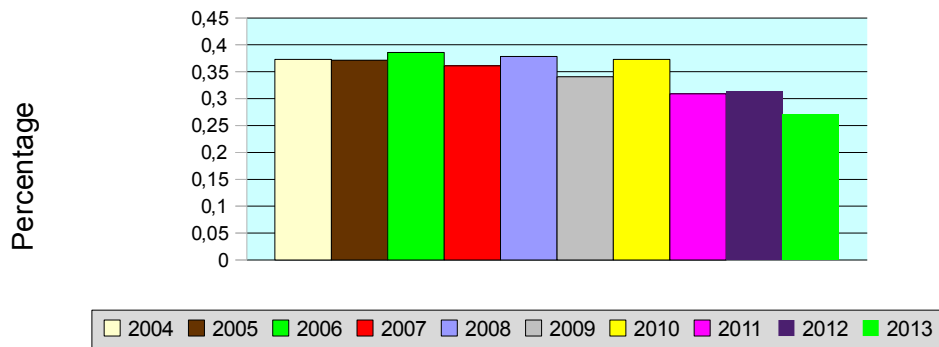
Percentage of Women

in Powerlifting



Percentage of Women

in Benchpress



	2004		2005		2006		2007		2008		2009		2010		2011		2012	
	N.	A.	N.	A.	N.	A.	N.	A.	N.	A.	N.	A.	N.	A.	N.	A.	N.	A.
Men	27	143	38	160	37	144	34	162	32	118	28	106	30	119	36	142	38	133

	2004		2005		2006		2007		2008		2009		2010		2011		2012	
Women	25	100	21	95	27	89	31	112	27	95	21	67	22	84	29	88	27	81
N: Nations	A: Athletes																	

Table 1: Statistics Open Powerlifting World Championships

The comparison show, that the number of nations that sends female athletes to world championships is still at a high level.

Having a look to the committees, the situation is not the same. There are very few women in top positions in the IPF. In my eyes a quota is not the solution, but women should be asked to take more responsibility. I speak from personal experience when I say that mixed teams are the most successful teams. Here the IPF has got a backlog demand.

The situation concerning the referees has been improved during the last year. The statistic says that we have a few more females referees and they took responsibility on international championships. But there are still too less female referees on duty to nearly all World Championships.

Improvements during the last year:

a) The IPF Policy of Gender Equality. It makes clear, that within IPF there is zero tolerance for discrimination and harassment irrespective of gender, ethnic background, religious faith, sexual orientation and disability.

b) The number of Masters 3 and Masters 4 athletes that can be sent to international championships is the same than in all other age categories.

This was my proposal two years ago. I am happy that it is now reality. Hopefully more of all that older athletes in a good shape take the opportunity and take part in international championships.

c) In most cases female referees do the weigh in for female lifters. This is very important, because this is a an intimate situation.

Incidents

d) Unfortunately two incidents against female lifters happened during international championships. One happened at the Europeans in the UK, the other at the Asian Raw Championships held in India. In both cases the timely intervention of officials, coaches and other athletes prevented something more worse happening. In both cases the DC/EC has been informed.

Suggestions:

The lesson learned from the incidents described above is, that no general policy protects women or people against aggression, sexual or gender harassment. In a concrete situation the help of cool-headed people is required. My proposal is to nominate a specific point of contact to prevent worst cases. This particular person should be named in the invitation and be communicated at the Technical Meeting to all team representatives.

Requirements for the position:

1. should be of female sex as female athletes find it easier to talk about such issues with a woman
2. should be trusted and respected by female athletes
3. should be an experienced and sensible person
4. should be present at the Championship
5. should be respected by Meet Director and Organizer
6. should be member of the Women's' Committee if there is one present at the Championship or should be a female referee or official

Responsibilities of this person:

- should take care of protecting the female athlete concerned (if required by such athlete):
- make sure concerned athlete is accompanied by trusted person during the competition
- make sure concerned athlete is not to sleep alone in hotel room but is accompanied by trusted person
- take care of safe transport from competition venue to the airport and/or make sure concerned athlete is not travelling alone but accompanied by trusted person
- should consider the incidents reported to her with all necessary seriousness and confidentiality
- should clarify facts surrounding the reported incident
- should inform Meet Director and Organizer of any reported incident by agreement with the person.
- should inform police in case of any serious incidents (in consultation with Meet Director and Organizer; if required by athlete concerned)
- should assist athlete during testimony with the police (if any)
- should be available during the whole Competition as a point of contact

We all have no training and education of safety personnel, so this person can not act alone as bodyguard. The person taking care of such incidents is neither police nor security personnel but only a point of contact coordinating and organizing help and support in case of an incident, that hopefully never will happen. She should therefore be supported by other persons such as other coaches, athletes, team members etc.

Main priorities and general steps for the future:

- We still 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. 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.
- More women should be encouraged to take responsibility in committees. We have women in almost every commission, but too often only one and not at the top position.
- 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
Women Committee - Chairwomen

8) Regional Reports

a) Europe



Regional Report from Europe 2013

EPF General Assembly.

EPF has all together 32 member federations fulfilling all EPF and IPF membership obligations.

The EPF General Assembly was staged in Pilsen in Czechia 6 May and delegates from 23 member nations were present at the meeting as well as 5 of the 6 Executive members.

Sandro Rossi from Italy was elected new Vice President, Ralph Farquharson from Spain new Secretary General and Jari Rantapelkonen from Finland new chair for Law & Legislation committee.

European lifters.

In January this year the Executive appointed following lifters as *European lifters 2012*:

Ielja Strik from the Netherlands and Jaroslaw Olech from Poland. Olech was awarded this prestigious title for 10th time.

EPF Hall of Fame.

Two lifters were awarded EPF Hall of Fame at the General Assembly in Pilsen. They are Dariusz Wszola and Jan Wegiera from Poland.

International championships.

In 2013, 5 European championships, one Western European Championship and one Danube Cup are/will be organized.

Host nations were, Czechia (Open and Juniors), Luxembourg (Masters), Bulgaria (Masters Bench), Slovakia (Open Bench), France (Western Europeans) and Hungary (Danube Cup).

In addition, 3 World Championships as well as the IPF Classic World Championships were organized in Europe.

New of the year is that Arnold Classic Europe is organized in Madrid in Spain.

Most organizers of international championships in Europe have great experience and the technical standard is high. All together about 800 lifters take part yearly at the European championships.

From each Europeans, internet streaming is provided. The quality varies as the capacity of the internet lines and the capacity of the internet host also varies. EPF is working together with IPF to better the conditions in the future. Internet streaming is important for our sport as long as the television companies show low interest.

General.

EPF officials have for years worked close to every organizer of European championships. This to secure that all specifications contracted in the documents named:

Promoters Contract, Organizing Checklist and the Antidoping Control Agreement are fulfilled.

EPF also support economically organizers if they need to buy IPF recognized equipment to meet the standard requested for the warm up room and the competition platform.

EPF is working to establish training courses and training sessions for coaches and lifters in La Manga Club in Spain. La Manga Club is a well known training and recreation center used by many kind of sports. Together with the management in La Manga Club and in cooperation with IPF, the EPF furnishes a complete strength room for powerlifting and all will be completed by the end of 2013 or early 2014.

The La Manga Strength center is since summer 2013 open for lifters, coaches and family.

Also in 2013, a high number of doping tests have/will be carried out at European championships and cups. However, the policy within all Olympic sports as well as powerlifting is that more out of competition tests shall be carried out. EPF has in 2013 transferred 15.000 Euro to IPF for OCT testing.

In 2012 EPF made 50 in competition tests at European championships and unfortunately one lifter was positive.

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

EPF Officials.

No federation or company is better than people doing the work and I am proud to state that EPF has dedicated and hardworking officials that cooperate perfect in the leading team as well with the member federations.

Competition Secretary Jiri Hofirek is working untiring and accurate with championship preparations and take part at all Europeans.

Treasurer Alain Hammang conducts the economy carefully and secure that all federations get what belongs to them and collect what they have to pay.

Ralph Farquharson takes care of the General Secretary work as well as the Media, Myriam Busselot supervises referees and jury work and Jari Rantapelkonen looks after the Law and legislation matters.

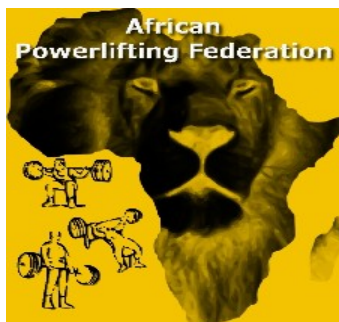
Sandro Rossi changed from the Law and Legislation matters to the vice president function in May.

Record registrar Anatoliy Stetsenko works excellent by updating all European records and issuing record diplomas and the good work of Olexandre Kopaev at European championships is highly appreciated. In addition, the remaining EPF officials do their work in a perfect manner.

They are all a great team that deserves a great Thank You for running European powerlifting.

Arnulf Wahlstrom, President EPF

b) Africa



2013 African Powerlifting Federation Regional Report

2013 has so far proved to be an exciting year for African Powerlifting. Three new African member nations have been accepted into the IPF namely Ghana, Cameroon and Egypt. Egypt has been a problem for some time and a completely new committee have taken over and even with the current political problems they have managed to sort out their membership issues. We are looking forward to seeing them all in action at our African Championships in December.

Other nations that we are working on at the moment are Libya who were very prominent up to the downfall of Col Gadaffi and then just seemed to fade away. It seems now they are starting to get their act together again and contact has been initiated. Nigeria has created problems over the years with various factions claiming to be the official representatives of Powerlifting in the country so these issues need to be worked on and resolved.

Our General Secretary Elmamoun Mohamed who is also President of the Moroccan Powerlifting Federation is staging the African championships in Rabat in December and we are looking forward to an interesting competition.

We have decided to do something different this year with the Championships in that we are staging two competitions in one. Firstly the African Championships and at the same time the Arab League Championships this in effect should create a reasonable size competition. It also gives the Arab nations that fall outside of Africa such as Lebanon, who have also just been accepted as an IPF member, the UAE and Jordan the opportunity to compete in an International competition.

At the other end of Africa, South Africa have had a very busy year with an outstanding number of lifters competing in SA Championships 117 in the Raw, 130 in the Three lift and 90 in the Bench Press competitions. As far as World Championships were concerned 11 lifters in total competed this year. Another encouraging aspect for South Africa was that there was only 1 positive drug test with testing done at every competition.

Finally South Africa has been awarded the IPF Raw Classics World Championship for 2014 to be held in Johannesburg and for those who have attended a World's in South Africa you will know this will be a competition to be remembered.

All in all Powerlifting in Africa is alive and well and we are looking forward to a bright future.

**Alan Ferguson,
APF President**

c) Asia



1, Anti-Doping

We had been doing doping test at the Asian Powerlifting Championships. But it seemed that the number of the tests is not enough, the quality of the tests is not high enough. There were not so many positive lifters at the Asian Championships.

But the turning point was 2011 Asian Championships in Japan, Kobe-city. New elected Medical committee chairman, Dr.Kojo emphasized the importance of Anti-Doping in Asian Region and we did good number of doping tests.

Last year Iran was suspended by IPF with many positive at the Asians and the Worlds. Also from the results of last year doping test, India and Afghanistan were suspended for this year.

And now, from the 1st of August, Kazakhstan and Iraq were suspended by their offence of Anti-Doping.

This is very ironical that we do our effort of Anti-Doping movements, and then our member federations were suspended by violation of Anti-Doping.

But we cannot reduce the number of doping tests at the Asian Region. Because OCA will only recognize us if we are doping free. We need to fight against doping more and more in Asian Region.

2, Difficult time for Asia

This September, we APF will have 2013 Asian Benchpress Championships in Mongolia.

But two big team are missing. India and Kazakhstan. Always they sent 50 to 70 lifters to the Asian Championships. Iraq becomes our important members and size of their team getting bigger and bigger recently. But we also miss their team this year.

The organizer of Mongolia cries for help because the size of the Asian Benchpress Championships becomes the half of expectation.

We definitely against to the use of drugs but suspension after suspension will destroy the regions.

We need to think for the future of the powerlifting in Asian Region.

3, Change of Constitution

Last December, we got the strong objection from IPF to our Constitution. That we cannot have two positions in one person. In Asia, we traditionally General Secretary work also as the treasure. This is one men two position.

But IPF want us to have same constitution as one men one position.

OK we did the change of constitution at the 2013 Asian Congress.

4, Election

At the time before the 2013 Asian Congress, P.J. Joseph was Chairman TC and Treasure. We deliver the Invitation of 2013 Asian Powerlifting Championships and the Congress little bit behind 2 month before the Congress. Because host country Iran had some sponsor problem and they could not fix the Invitation at that time.

We did the congress at the Asian Championships and elected Mani Kosravi for the new Chairman TC. P.J. Joseph was elected as treasure.

(At the EC meeting at the World Games, this congress was not recognized by IPF because the Invitation of the congress was not published two month before the congress)

5, Championships

2012, we did 3 Asian Championships. This year, 2013 we also do the 3 Asian Championships.

1, Asian Men's Powerlifting Championships in Iran, on May

This was big success. Many Asian New Records and big audience. Many doping tests.

Thank you Farshid Soltani the Chairman Organizing Committee.

2, Asian Benchpress Championships in Mongolia, on September.

3, Asian Classic Benchpress Championships and Women's Powerlifting Championships in Philippines, on December.

The number of participants will decrease dramatically because of Major members are under suspension.

6, Where we go?

We want to increase the member federation.

We want to do the big and enjoyable Asian Championships

We want to be recognized and to be the member of OCA (Olympic Committee of Asia)

But to be the member of OCA, we need to have zero doping offence.

We need more education for Anti-Doping in each member federation.

We need more exposure for the public. (In India, all the major National Championships are televised)

We will work hard to realize our dream.

**Susumu Yoshida,
President Asia**

d) North America



Introduction

2013 was another very successful year for the North American Powerlifting Federation. This was due to the very hard work of our volunteers, which serve in the following critical positions; Dr. Larry Maile, IPF Executive Board Member, Sergio Centeno, NAPF Secretary General, Bill Clayton, NAPF Technical Chairman, Ivan Cancel, NAPF Records Manager, Michael Licciardi, NAPF Finance Officer, Robert Massey, Caribbean Representative and Dr. Hugo Velasquez, our Central

American Representative. Special thanks go out to Tony Cardella for keeping our website current. The folks that I previously mentioned, make the NAPF a success – Thank you!! One area of improvement involves our use of professional social media productions.

2013 Arnold Sports Festival – Columbus, Ohio, USA

The 2013 NAPF Arnold Sports Festival was directed exceptionally well by Dr. Larry Maile and Priscilla. Well over 200 athletes from around the world took part in 5 separate championship, over 5 days.

At the championship, multiple world records were set by the athletes and Dr. Larry Maile was inducted into the NAPF Hall of Fame. A well-deserved honor for one of the founding members and director of this particular event.

2013 NAPF/FESUPO Pan-American Championships – Orlando, Florida, USA

This year's championships was held at the Hyatt Regency Hotel, in Orlando, Florida. Well over 160 lifters from 14 member federations took part in this highly successful event. The competition was lived streamed by the Students at Full Sail University in Orlando. The live stream included graphics never seen before in a powerlifting competition -- The worked performed by the students at Full Sail was nothing short of exceptional. I have invited them back for the World Masters Powerlifting Championships. I am pleased to report that we performed eight (8) drug-tests and all were negative and 2 IPF World Records being set. For economic reasons, this year, we combined the North America Regional Powerlifting Championships and the Caribbean Championships together, with the Pan-American Regional Championships. A great success overall. Next year's championship will take place on the island of St. Croix.

2013 NAPF Regional Bench Press Championships – Miami, Florida, USA

This championship shall take place at the Deauville Beach Resort Hotel, in Miami Beach, Florida. The date of the competition has been confirmed for November 23-24, 2013. We're looking forward to having nearly 100 lifters from 10 NAPF Member Federations attend the competition. 2014's championships shall tentatively take place in San Jose, Costa Rica.

Drug-testing

Drug-testing education is one of the main driving forces in the NAPF. We're continuously delivering Anti-doping seminars and workshops to our member federations. Most recently, this past February, in the Bahamas. At the conclusion of the one-day workshop, the Bahamas Federation signed an agreement with their National Anti-doping Agency. One area of improvement involves more testing by our member federations. Some have adopted testing standards and protocols and come have not. Therefore, during 2014, a Regional Anti-Doping Seminar will be held to assist our member federations in developing their National Federation Anti-doping protocols. This needs to be done. As a region, our anti-doping controls must be increased by our member federations.

Development

The NAPF continues it outreach to build its region. We want to make it larger and include more countries. During the remainder of this year, official visits shall be paid to the Powerlifting Federations located in the following countries, which have showed sincere intentions on (re)joining the International Powerlifting Federation and the North American Powerlifting Federation. Those

countries to be visited are: Anguilla, Bahamas, Belize, El Salvador, and Nicaragua. Recently, Dr. Hugo Velasquez held a meeting with the representatives in Nicaragua and they appear ready to come back to the IPF.

Thank you.

Dr. Robert Keller
President NAPF

e) South America



South America 2013 report

The year of 2013 was amazing for FESUPO and South America !

We had a special event in our continent The World Games 2013 and hosted the best of lifters in around the world for an excite competition, in Cali city, Colombian beautiful city.

The competition was the best competition in South American with excellent equipments from Eleiko.

In the last day we had ample broadcast by TV in live and newspaper during every days.

Congratulations to all that support this event, especially to lifters and especially to Vilma Ochoa, José Castillo and Ana Castellain, lifters that get medals to South America.

And in September we gonna host in Quito city, Ecuador our South American Powerlifting Championships with more than 100 lifters and a lot break records !

One more time gonna has seminar to new referees category II.

We will be in Trujillo, Peru to Bolivarian Games. This excelent oportunity for contacts with South America federations for aplication at IPF. We are contacting with Chile and Boliva about this.

And finally in November Uruguay host for first time, the South America Powerlifting Raw and also the Bench Press Championships.

Julio Conrado,

FESUPO President

f) Oceania



MEMBERS

As of August 2013 the OPF membership included –

Australia
Fiji
Marshall Islands
Nauru
New Zealand
Niue
New Caledonia
Papua New Guinea
Samoa
Tahiti

Tonga
Kiribati (Provisional)
Tuvalu (Provisional)

Note that --

- e) From 2012 to 2013 Papua New Guinea has been reformed under the guidance of the PNG National Olympic Committee.
- ii New Caledonia has established a new Committee which has resumed effective communications with the OPF after internal difficulties up to 2012/3.
- iii Kiribati & Tuvalu remain as divisions of their NOCs and thus difficult to categorize within the IPF system.

ADMINISTRATION

Elections in December 2012 established the office-bearers of the IPF as –

President & IPF Board Member	Robert Wilks
Vice President	Julian Perry
Secretary	Pam Cutjar
Treasurer	Steve Lousich
Committee	Jason Wharton
Committee	Aitken Fruen
Recordkeeper	John Myers
Referees Director	Pam Cutjar
WebMaster	Wing Ho

COMPETITION

- **Oceania Raw Championships, Sydney Australia December 2012** – this event overcame some administrative difficulties to succeed with 145 lifters from 78 nations. 3 World Records were set, by lifters from Australia and Nauru, the latter being a first for that nation
- **Pacific Raw Invitational, Melbourne, March 2013** – this is a one-session international event, which has become a fixture and draws a significant live & streaming audience and this year, mainstream television. In 2013 two USA lifters took part, as well as lifters from Niue, Nauru, Papua New Guinea and Samoa. Three World Records were set, bringing on unparalleled government recognition from the nations concerned, esp. Nauru and Samoa.

FUTURE EVENTS

- **December 2013 combined Oceania & Commonwealth Championships (Raw, Equipped & all age groups)** - will be held in Auckland New Zealand. Australia already has 150 lifters entered and New Zealand nearly 100 and this will be the largest event ever held in Oceania
- **March 2014 Pacific Raw Invitational** – will once again be held in Melbourne
- **December 2014 Oceania Championships** – will be held most likely in Melbourne; there is a proposal to combine this with the Asian Raw Championships
- **July 2015 Pacific Games** – will feature Powerlifting, in Port Moresby Papua New Guinea. This is the biggest sporting event in the Region and Powerlifting is privileged to be included.

ANTI-DOPING

Australia and New Zealand have for many years now had very strong, government supported testing programmes, with ICT, OCT, comprehensive Whereabouts systems and urine and blood testing.

In 2012 Australia had one positive, for methylhexanamine and New Zealand three positives, for cannabis and methylhexanamine.

Testing in the Island nations remains somewhat sporadic and competition-focused. Dialogue with the WADA RADO remains our most hopeful avenue for improving this situation.

Notable in Australia has been extensive law enforcement activity and associated publicity re criminal involvement in sports drugs. In all this Powerlifting Australia and the IPF have generally been acknowledged as organizations attempting to uphold anti-doping in sports.

DEVELOPMENT

Great distances between nations, difficulties with communications and limited resources in small nations are eternal problems in Oceania. However in 2012/13 –

7. Papua New Guinea sent a squad of 13 to Melbourne in March to complete our Level 1 Coaching accreditation and also national referee training
8. Australia continue to develop greatly in size via the growth of Raw lifting, with 2013 membership triple that of 2010; similar trends were evident in Nauru, Samoa and New Zealand.
9. Although actually in the Asian region, Singapore liaise with the Australian federation in acquiring equipment and conducting its first National Championships; Singapore will apply for formal IPF membership in 2013/14.

**Robert Wilks,
OPF President**

9) Elections

Treasurer: Candidates: Dietmar Wolf (NOR)
Nominated by the German Powerlifting Federation & Norway Powerlifting Federation

10) Proposals

Anti Doping Rules

IPF Anti-Doping Rules

Amendments made by the EC after the 2012 General Assembly (**amendments in red**):

- 4.4.2.1 Beta-2 agonists.** All beta-2 agonists (including both optical isomers where relevant) are prohibited, except salbutamol (maximum 1600 micrograms over 24 hours), formoterol (maximum 54 micrograms over 24 hours) and salmeterol when taken by inhalation in accordance with the manufacturers' recommended therapeutic regime.

The presence of salbutamol in urine in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an *Adverse Analytical Finding* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic inhaled dose up to the maximum indicated above.

- 5.7.1.1** Athletes so chosen for testing must include those achieving World Records in the Sub-Junior, Junior, Open, and Master 1 age categories at international events for each particular age category including Sub-Junior, Junior, Open, and Master 1. Athletes achieving World Records in the Master 2, Master 3 and Master 4 age categories at Masters international events may be selected for testing on decision of the members of the Anti-Doping Commission present, or on decision of the delegate or delegates appointed by the Anti-Doping Commission for that International Event.

Athletes achieving Sub-Junior, Junior, Master 1, Master 2, Master 3, or Master 4 World Records at World Open Championships do not need to be tested; notwithstanding of that they may be tested on decision of the members of the Anti-Doping Commission present.

- 5.7.1.3** Athletes achieving any (Sub-Junior, Junior, or Open) Unequipped/Classic World Records at international events do not need to be tested; notwithstanding of that they may be tested on decision of the members of the Anti-Doping Commission present.

7.1 Results Management for Tests initiated by the IPF

Result management for Tests initiated by the IPF (including tests performed by WADA pursuant to agreement with the IPF) shall proceed as set forth below:

The results from all analyses must be sent to the IPF Anti-Doping Administrator Sabine Al-Zobaidi, Kärntnerstraße 46, 6020 Innsbruck, Austria, Phone: +43-660- 5256207, Fax: +43-512-937331, E-Mail: Sabine.Al-Zobaidi@powerlifting-ipf.com in encoded form, in a report signed by an authorized representative of the laboratory. All communication must be conducted in confidentiality and in conformity with ADAMS, a database management tool developed by WADA. ADAMS is consistent with data privacy statutes and norms applicable to WADA and other organizations using it.

Note. "President" has been replaced by "Anti-Doping Administrator" in several articles of the

Anti-Doping Rules

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

(a) ban all officials from that *National Federation* for participation in any IPF activities for a period of up to two years and/or **12.3.1.1**

(b) fine the *National Federation* in an amount up to EUR **10,000**. (For purposes of this Rule, any fine paid pursuant to Rule 12.3.2 shall be credited against any fine assessed.)

12.3.1.1 If four or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 and 10.3) are committed by *Athletes* or other *Persons* affiliated with a *National Federation* within a 12-month period in testing conducted by the IPF or Anti-Doping Organizations other than the *National Federation* or its *National Anti-Doping Organization*, then the IPF may suspend that *National Federation's* membership **in whole or in part** for a period of up to 4 years.

12.3.2 If one or more *Athlete* or other *Person* from a *National Federation* commits an *Anti-Doping Rule* violation during an *International Event*, then the IPF **will** fine that *National Federation* in an amount **of** EUR **2000** for the each offence.

13.2.3 Persons Entitled to Appeal

In cases under Article 13.2.1, the following parties shall have the right to appeal to CAS: (a) the *Athlete* or other *Person* who is the subject of the decision being appealed;

(b) the other party to the case in which the decision was rendered;

(c) the IPF and any other *Anti-Doping Organization* under whose rules a sanction could have been imposed;

(d) the *National Anti-Doping Organization of the Person's country of residence or countries where the Person is a national or licence holder*;

(e) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games; and

(f) *WADA*.

In cases under Article 13.2.2, the parties having the right to appeal to the national-level reviewing body shall be as provided in the *National Federation's* rules but, at a minimum, shall include the following parties:

- (a) the *Athlete* or other *Person* who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IPF;
- (d) the *National Anti-Doping Organization of the Person's* country of residence; and
- (e) WADA.

For cases under Article 13.2.2, WADA and the IPF shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

- 14.2.1** National Federations shall no later than 31st March each year report to the IPF Anti-Doping Administrator Sabine Al-Zobaidi (sabine.al-zobaidi@powerlifting-ipf-com) the results of all Doping Controls carried out within their jurisdiction during the previous calendar year. Those reports must state the total number of In-Competition tests and Out-Of-Competition tests conducted within the nation for that year (further broken up into male and female numbers of tests) and the number of Anti-Doping Rule Violations occurring in the nation for that year, with the substance or method indicated for each case. The report must also state the identity of the laboratory or laboratories analysing samples for the nation for that year. Failure by a National Federation to provide this report by 31st March in the year following the year reported on shall result in a fine of EUR 500 on that National Federation; the National Federation is suspended until that fine is paid and the national report is provided.

Constitution

Proposal Germany:

7.3 Annual General Assembly

7.3.2 Special

Special meetings of the IPF are scheduled at the request of the President or at the written request of two thirds of the members of the IPF. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

New

7.3.2 Special

Special meetings of the IPF are scheduled at the request of the **President a unanimous decision of the Executive Committee** or at the written request of two thirds of the members of the IPF. Specific matters, except amendments to the Constitution, can be considered at a special meeting.

Reason:

Such special meeting can cause a lot of costs (travel, accommodation) for the member nations and the IPF. Furthermore it is not proportional that for a special meeting is only the

decision of the President necessary, whereas the member needs a quote of two thirds. The IPF is a democratic sport organization and therefore a decision of only one person can be considered as monarchical style.

Proposal IPF EC: Change 8.2 Executive:

Elected Members:

The President

The Vice President

The Secretary General

The Treasurer

A male or female member as a lifters' speaker (first time he or she is appointed by the Executive in 2013. After that the male or female member will be elected at the electoral General Assembly). Six members determined by the Regions (Continents)

Reason: To include the lifters speaker as a member of the Executive Committee with a voting right and to follow the recommendation of the IOC in focus of the IOC recognition.

Proposal IPF EC: Change 9.1 Election:

Elections for all officers will be held every four years. Election is by simple majority, i.e. the person who has obtained the highest number of votes is elected.

- i. When two or more candidates obtain an equal number of votes, another ballot is held. If after the second ballot there is still a tie, the President has the right to cast a deciding vote, or decide for further ballot.

9.1.1 Valid Vote

A valid vote is one that conforms to all stated requirements. The following shall not be counted as valid votes:

- (a) abstentions;
- (b) blank votes;
- (c) votes for more or fewer candidates than the number required;
- (d) votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

Reason: To clarify the rule

Proposal IPF EC: Change 9.2 Term of Office

- 9.2.1 The term of office for all officers of the IPF shall be for four years and the mandate of all officers, even those who were elected between electoral General Assemblies, shall expire at the electoral General Assembly. All officers shall be eligible for re-election.
- 9.2.2 A person may be nominated for IPF office by any national member federation, provided that the candidate is in good standing in his national federation. "A member in good standing" shall be defined as a **bona fide member** or an honorary member in his national federation, who is not under suspension by that federation's **disciplinary body** or **by the disciplinary body of** any other respectable sport organization, including the IPF and its regions.
- (a) If an internal dispute arises in national federation on the matter of the potential candidate's good standing in that federation, the issue may be assigned to the IPF Disciplinary Committee which shall examine the facts and provide its recommendation on the case.
- (b) Once the candidate has been elected as to the IPF officer, the IPF Executive will determine, where the circumstances require, whether the officer is in good standing in the IPF.
- (c) If a dispute arises between the IPF Executive and any of the officers on the matter of the officer's situation or behaviour in the IPF (refer to articles 7.2.5, 8.3.4 and 16 of this Constitution), the matter shall be assigned to the Disciplinary Committee which shall examine the facts and provide its recommendation to the Executive, or, where the circumstances require, present the matter to the General Assembly with recommendation for appropriate action or penalty.
- 9.2.3 Nominations of candidates for each IPF offices shall be received by the IPF Secretary General at the latest 45 days prior to the date of the General Assembly where the election shall take place. Later nominations shall not be accepted, except there is no nomination for an IPF-Office.**

Reason: To clarify the rule

Replace 16 Restriction on Trading

Delete: The President, Board Members, Secretary General, Treasurer, Auditor and all the committee members and their spouses, de-facto partners, siblings, parents and children shall not be permitted to deal in or supply powerlifting equipment.

New: The IPF Code of Ethics shall apply to the IPF, each National Federation of the IPF, and each Participant in the activities of the IPF or any of its National Federations by virtue of the Participant's membership, accreditation, or participation in the IPF, its National Federations, or their activities or Events.

Reason: The Code of Ethics is a recommendation from the IOC and it superseded the old rule.

By-Laws

Proposal IPF EC: 101.7.1

President

101.7.1.1 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 900 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.

101.7.2 Vice President

101.7.2.2 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 500 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.

101.7.3 Secretary General

101.7.3.7 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 900 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.

101.7.4 Treasurer

101.7.4.8 An expense allowance associated with his duties covering e.g. the meals and taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 500 per month. An amount of allowance is to be decided by the General Assembly in which the election of officers takes place. An allowance specified in this item does not cover the actual cost of travel and accommodation.

101.7.5 Board members

101.7.5.9 A daily allowance of € 30 to cover additional food and other living expenses is paid to the board members when traveling to the championships. An amount of allowance is to be decided by the General Assembly in which the election of board members takes place. The allowance does not cover the actual cost of travel and accommodation.

Reason: The President, Vice President, Secretary General and Treasurer have a huge workload and need often to travel around the world to represent the IPF.

Often they have to pay for taxis, meals from their own pocket. They also meet with representatives from other sports federations or umbrella federations like IWGA, SportAccord, IOC. When they represent the IPF, they use many of their vacation days to work and do the best for the IPF. They often are also in the situation that they don't receive a bill (taxi). The daily allowance for Board Members will cover meals like lunch or dinner, as they also represent the IPF at the several championships or meetings.

101.8.8.5.3.6: Coach Commission

To work out and maintain a license for the Coaches responsibility.

Reason: To fix it in the ByLaws

101.8.8.6 Entourage Commission

101.8.8.6.1 The Entourage Commission is composed of the Chair appointed by the Executive Committee and the relevant number of other members as to covering an athlete's Entourage, including the representative of the parents of sub-junior and junior Athletes. Members must have a specific skill and experience in their area of expertise, i.e. in sport law, general sport management and sport contracts, coaching, sport medicine, sport psychology etc.

101.8.8.6.2 The duties of the Entourage Commission are:

- a) To give support to the General Assembly to follow and to accomplish the General Principles dictated by the IOC and written in the Olympic Chart.
- b) To propose to the Executive Committee adequate actions in order to protect the interests of Athletes with particular regard to the female, sub-junior and junior Athletes.
- c) To deal with matters concerning the relationship between athletes, coaches, managers, sponsors and all other persons promoting the athletes sporting career.
- d) To cooperate with the Coach Commission in order to provide the best possible environment for the Athletes especially at the beginning (i.e. combine powerlifting with work/study) and at the end of a sporting career.
- e) To give support to the Executive Committee in order to obtain the IOC recognition.

101.8.8.7 **General Principles**

The Members of the Entourage Commission must respect the following principles:

- a) To avoid the conflict of interest.
- b) To take resolute and appropriate action against any form of cheating or corruption in sport.
- c) To support and make proposals to strengthen the IPF rules.
- d) To reject any form of doping: comply with the WADA Code and support its programs.
- e) To refrain from any form of betting or promoting of betting activity on the athlete's sport.
- f) To refrain from any form of sexual harassment.
- g) To refrain from any abuse of a position of influence.

101.8.8.8 **Athletes' Responsibility**

101.8.8.8.1 The Athletes have to act responsibly, choosing their Entourage members with care and with the exercise of due diligence and to use their best efforts to ensure that any contract is negotiated with fair conditions.

101.8.8.9 **Commitment and Procedures**

101.8.8.9.1 All members of the Entourage Commission are committed to the IPF rules and regulations including the IPF Anti-Doping Rules by virtue of their membership of the Entourage Commission, and are subject to sanctions defined in the relevant IPF Rules.

101.8.8.9.2 The investigation, results management and hearing processes are as specified in the relevant IPF rules, including the Anti-Doping Rules.

101.8.8.9.3 Any member of the Entourage Commission asserted to have committed a rule violation has the right to be heard in his or her case before the relevant disciplinary or hearing body makes its decision on the case.

101.8.8.10 **Penalties**

101.8.8.10.1 In case of breaching the General Principles (refer to article 101.8.8.7) or acting or behaving against the general principles of sportsmanship by the member of the Entourage Commission, the member in question shall, without unnecessary delay in the hearing process conducted by the Disciplinary Committee, be excluded from the membership of the Entourage Commission.

101.8.8.10.2 Any member of the Entourage Commission who is proven to be guilty of bringing the sport into disrepute by means of his or her comments, published articles, TV or radio broadcasts or through Internet shall, without unnecessary delay in the hearing process conducted by the Disciplinary Committee, be excluded from the memberships of the Entourage Commission.

101.8.8.10.3 Where an anti-doping rule violation by the member of the Entourage Commission has established, he or she shall be penalized as defined in articles 9 and 10 of the IPF Anti-Doping Rules.

Reason: This is a recommendation from the IOC and from highest importance for the IOC recognition.

Proposal Germany:

105.4 Invitation and Accommodation

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

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

New

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

- 1) By bank transfer as specified by the organizer in the invitation for each World Event;
latest 14 days before the competition
- 2) By credit card.

Reason:

Refer to our proposal for 105.5

105.5 Nomination

105.5.1 Nomination of lifters and officials to world championships shall be received by the IPF Championship Secretary with a copy to the Meet Director within following time limits:

- Preliminary nomination not later than 60 days prior to a world championship.
- Final nomination, submitted not later than 21 days prior to a world championship, must be made from those nominated in the preliminary nomination.

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

Latest date of withdrawal of any lifter from the nomination list, to avoid paying the fees for those, is 7 days prior to the technical meeting for this competition.

If a hotel reservation fee is specified in the invitation for the championship or cup, same rule and time limits as above apply for nominated lifters and officials.

New

105.5.1 Nomination of lifters and officials to world championships shall be received by the IPF Championship Secretary with a copy to the Meet Director within following time limits:

- Preliminary nomination not later than 60 days prior to a world championship.
- Final nomination, submitted not later than 24 **28** days prior to a world championship, must be made from those nominated in the preliminary nomination.

105.5.2 A national federation taking part in World championships and cups shall pay the IPF doping test fee and the participation fee for each lifter nominated and entered on the

final entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters.

Latest date of withdrawal of any lifter from the nomination list, to avoid paying the fees for those, is **7 14** days prior to the technical meeting for this competition.

If a hotel reservation fee is specified in the invitation for the championship or cup, same rule and time limits as above apply for nominated lifters and officials.

Reason:

An organizer must negotiate mainly with hotels. Hotels ask for a guarantee that the reserved rooms are used and paid. They have cancellation clauses in their contract with the organizer.

Therefore it is necessary that the organizer have in time the possibility to cancel rooms and the hotels to offer non used rooms on the public market.

In our opinion 14 days information in advance of cancellation is very helpful for the organizer. In this context the date of the final nomination must be 1 week earlier. Also if the participating member nations pay their costs by bank transfer, it must be guaranteed that the money is in time on the bank account.

Proposal IPF-EC:

105.10 Eligibility to Represent a Member

105.10.1 Members (affiliated national federations/organizations; hereafter called "Members") shall be represented only by athletes who are citizens of the country which the affiliated

Member represents and who comply the eligibility requirements of items 105.10.1 through 105.10.6, proven by an official document issued by that country (such as passport).

105.10.2 An athlete who has never competed in an international competition shall be eligible to represent a Member in an international competition specified in the IPF Calendar of Events if he or she is:

(a) a citizen of the country by virtue of having been born or by virtue of having a parent or grandparent born in the country; or

(b) a citizen of the country through the acquisition of a new citizenship but, in such case, he or she may represent his or her new Member no earlier than one year following the date of acquisition of new citizenship to the athlete's application. This period of one year may be reduced or cancelled as specified below:

(i) the period shall be cancelled if the athlete has completed one continuous year of residence in the country immediately preceding the international competition in question;

(ii) the period may be reduced or cancelled in exceptional cases by the Executive Committee. An application for a reduction or cancellation must be submitted by the relevant member in writing to the IPF (Secretary General) at least 75 days before the international competition in question.

105.10.3 Subject to item 105.10.4 below, an athlete who has represented a Member in an international competition specified in the IPF Calendar of Events shall not be eligible to represent another member in an international competition referred to in this item.

105.10.4 Acquisition of new citizenship: If the athlete acquires a new citizenship, he or she may represent his or her new Member in the IPF Calendar Events, but no earlier than three years following the date of acquisition of new citizenship pursuant to the athlete's application. This period of three years may be reduced or cancelled as set out below:

(a) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IPF (Secretary General) of a notification of the Members' agreement;

(b) the period shall be cancelled if the athlete has completed three continuous years of residence in the country of his or her new membership immediately preceding the international competition in question;

(c) the period may be reduced or cancelled in exceptional cases by the IPF Executive. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IPF (Secretary General) at least 75 days before the international competition in question.

(ci)

105.10.5 If an athlete holds citizenship of two or more countries, he or she may represent the Member of either of them, as he or she may elect.

However, having once represented his or her elected Member in an international competition listed in the IPF Calendar of Events, the lifter shall not represent another Member of which he or she is a citizen for a period of three years from the date he or she last represented the first elected Member. This period may be reduced or cancelled as set out below:

(a) the period may be reduced to 12 months with the agreement of the Members concerned. The reduction shall be effective upon receipt by the IPF (Secretary General) of a notification of the Members' agreement.

(b) the period may be reduced or cancelled in exceptional cases by the IPF Executive. An application for a reduction or cancellation must be submitted by the relevant Member in writing to the IPF (Secretary General) at least 75 days before the international competition in question.

The application of this sub-item is limited to athletes who were born with dual citizenship. An athlete who holds citizenship of two or more countries' by virtue of the fact that he or she has acquired a new citizenship (for example, through marriage) without relinquishing his or her citizenship of birth is subject to the provisions of item 105.10.4 above.

105.10.6 The eligibility of an athlete competing under the items above (105.10.1 through 105.10.6) shall at all times be guaranteed by the Member to which the athlete is affiliated. The burden of proof is establishing whether an athlete is eligible in accordance with items 105.10.1 through 105.10.6 rests with the Member and the athlete concerned. The Member must provide the IPF with valid/authentic documentation demonstrating the athlete's eligibility and such other evidence as may be necessary to prove the athlete's eligibility on a definite basis. If required by the IPF, Members shall provide a certified copy of all documentation on which it seeks to rely in demonstrating the athlete's eligibility under items 105.10.1 through 105.10.6.

"Residence" for the purposes of items 105.10.1 through 105.10.6 means the place or location in which the athlete is registered with relevant authorities as having his or her primary and permanent home.

The same principles as specified in items 105.10.1 through 105.10.6 shall apply also to other individuals who officially represent the Members.

Reason: To clarify the rule

105.14 The IPF has set of Competition Fixing Guidelines & these apply with the same force as any other ByLaw or regulation of the IPF

Reason: Recommendation from the IOC

Technical Rules

Proposals Australia:

- (i) From 2014 the IPF conducts a World Raw/Classic Powerlifting Masters Powerlifting Championships for Men & Women in M1, MII and MIII. In 2014 and 2015 that Masters Championships shall be held in conjunction with the World Raw/Classic Open & Junior Championships
- (ii) As from 1 January 2014 the IPF recognizes new World Record Standards and World Records in Raw/Classic Powerlifting in all Masters categories
- (i) Subject to the agreeance of already contracted Promoters, as from 2014 the IPF conducts World Raw/Classic Bench Press Championships in conjunction with the World Open, World Junior & SubJunior & world Masters Bench Press Championships
- (ii) As from 1 January 2014 the IPF recognizes the existing (or newly created) World Record or Standard in Raw/Classic Powerlifting Bench Press as the only Standard or World Record for Raw/Classic Bench Press i.e. in Raw/Classic there is only one Bench Press record in each bodyweight class

REASONS: Raw is the fastest growing segment of our competition and dominates in many countries. Masters & Bench Press only have been excluded from the success of Open & Junior Raw. These two proposals allow for the uptake of Masters & Bench Press Raw without creating any additional events in the Calendar.

Proposal Japan:

Technical Rules

Page 33, REFEREES, item 30

1) Proposal 1

International Referees, both Category 1 and 2, must have refereed a minimum of ~~two~~ **one** International and ~~two~~ **three** National Powerlifting Championships during the previous four year period between Olympic years in order to be acceptable for re-registration. One national Bench press championships is allowed. One unequipped competition is allowed for re-registration.

Reason: In the Asian area, distance to the neighboring countries is very far. Many countries surrounded by the sea.(Ex. Hong Kong, Taiwan, Philippines, Indonesia, etc.) Two international championships experiences are high target for us.

2) Proposal 2

Whether Proposal 1 accepts or not, add following sentence.

..... One national Bench press championships is allowed. One unequipped competition is allowed for re-registration. **Regard three international Bench press championships as one International Powerlifting championships.**

Reason: Also Bench press championships are important championships in the IPF. In the present IPF rules, But, if referees have refereed International Bench press championships, this experience doesn't count for re-registration.

Proposal Canada

TR Page 12 Personal Costume Article (h):

Delete: Where a tightening has been made in the shoulder straps and the excess material is longer than 3 cm's, this must then be turned inside the suit and fixed flat. No more than 3 cm length may protrude outside the suit. Any cutting of the excess material is not allowed.

New: Personal Costume Article (h) Where a tightening has been made in the shoulder straps and the excess material is longer than 3 cm's, this must then be turned inside the suit and not sewn back onto the strap". No more than 3 cm length may protrude outside the suit.

Reason: Not being allowed to cut the material means that a lifter may have a very large amount turned inside the suit, this then being required to be sewn back against the suit would allow the strap to become double, or triple ply.

TR Page 14 #4: Knees

Delete: Knee sleeves 30 cm in length are also legal and the medical/surgical sleeves is also an option.

New: IPF approved knee sleeves are allowed.

Reason: This is a very confusing area, in equipped lifting you can wear any sleeve that matches a description and in classic lifting you can only wear approved knee sleeves and I think it would be simpler if it was the same for both.

General Proposal

Proposal: Australia

General Rules 14 “ A lifter shall not be carried by a coach when going to the platform for their attempt”.

11) New Member Applicants

Full members: ---

Provisional members: Kiribati, Tuvalu, Afghanistan (currently suspended regarding doping failures), Lebanon, Dominican Republic, Pakistan, Croatia, Cameroon, Egypt;

12) Action on delinquent Nations

No Action!

13) Hall of Fame

Will be announced at the General Assembly!

14) Future Championships

2014

28. February - 02. March	Arnold Sports Festival	USAPL	Columbus (Ohio)	USA
27. - 30. March	8 th NAPF Caribbean Islands Powerlifting Championships	NAPF	Port of Spain	Trinidad & Tobago
09. - 13. April	European Junior & Sub-Junior Powerlifting Championship	EPF	St. Petersburg	Russia
17. - 20. April	World Masters Bench Press Championships	IPF	Northumberland	Great Britain
07. - 11. May	European Open Powerlifting Championship	EPF	Sofia	Bulgaria
21. - 25. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Rodby	Denmark
10. - 15. June	IPF Classics Powerlifting World Cup (un-equipped)	IPF	Johannesburg	South Africa

TBA July	12 th NAPF General Assembly	NAPF	Charlotte Amalie, St. Thomas	US Virgin Islands
TBA July	12 th NAPF North American Powerlifting Championships	NAPF	Charlotte Amalie, St. Thomas	US Virgin Islands
TBA July	12 th IBSA World Bench Press and Powerlifting Championships for the Blind and Visually Impaired	IBSA	Moscow	Russia
09. - 13. July	European Masters Powerlifting Championship	EPF	Plzen	Czech Republic
08. - 10. August	European Open Bench Press Championship	EPF	Prague	Czech Republic
01. - 07. September	World Sub-Junior & Junior Championships	IPF	Oroshaza	Hungary
13. - 14. September	Western European Powerlifting Championship	EPF	Senigallia	Italy
29. September - 07. October	World Masters Championships	IPF	Plzen	Czech Republic
16. - 18. October	European Masters Bench Press Championship	EPF	Hamm	Luxembourg
10. - 16. November	Men's and Women's World Championships	IPF	Denver (Aurora)	USA
19. - 20 November	5 th FE.SU.PO. / NAPF Pan-American Bench Press Championships	NAPF / Fe.-SU.PO.	Roadtown, Tortola	British VI
19. - 20 November	9 th NAPF North American Regional Bench Press Championships	NAPF	Roadtown, Tortola	British VI

2015

14. - 15. March	Danube-Cup	EPF	Bid requested	
08. - 12. April	European Junior & Sub-Junior Powerlifting Championship	EPF	Bid: Hungary	
16. - 19. April	World Masters Bench Press Championships	IPF	Denver Aurora	USA
06. - 10. May	European Open Powerlifting Championship	EPF	Chemnitz	Germany
20. - 24. May	World Bench Press Championships for Women&Men: Open, Sub-Junior & Junior	IPF	Sundsvall	Sweden
09. - 14. June	IPF RAW Classics Powerlifting World Championships (unequipped)	IPF	Helsinki	Finland
TBA July	13 th Annual IBSA World Bench Press and Powerlifting Championships for Blind and Visually Impaired Athletes	IBSA	Washington DC	USA
08. - 12. July	European Masters Powerlifting Championship	EPF	Ostrava	Czech Republic
07. - 09. August	European Open Bench Press Championship	EPF	Frydek-Mistek	Czech Republic
31. August - 6. September	World Powerlifting Sub-Junior & Junior Championships	IPF	Prague	Czech Republic
12. - 13. September	Western European Powerlifting Championship	EPF	Glasgow	Great Britain
16. - 18. October	European Masters Bench Press Championship	EPF	Bid: Talin / Estonia	
28. September - 04. October	World Masters Championships	IPF	Aurora Denver	USA
09. - 15. November	Men's and Women's Powerlifting World Championships	IPF	Hamm / Luxembourg	Luxembourg

2016

TBA May	World Bench Press Championships for Women & Men: Open, Sub-Junior & Junior	IPF	Bid: Denver/Aurora USA	
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TBA June	IPF RAW Classic Open, Sub Juniors & Juniors World Powerlifting Championships	IPF	Killeen/USA Potchefstroom RSA Bid: Czech Republic Killeen/USA
TBA August	World Powerlifting Sub-Junior & Junior Championships	IPF	Bid: Poland Johannesburg/RSA
TBA October	World Powerlifting Masters Championships	IPF	Bid: Charlottetown/ Canada
TBA November	Men's and Women's Powerlifting World Championships	IPF	Bid: Miami/USA Paris/FRA

15) Any other Business

16) Adjournment