



By-Laws of the International Powerlifting Federation

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BY-LAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

Terminology

Unless specifically stated otherwise, the terms "General Assembly", "President" "Technical Commission" and such like shall mean the "IPF General Assembly", "IPF President", "IPF Technical Commission" etc.

Unless specifically stated otherwise, the terms "him", "his" and "Chair" shall refer to persons of either sex.

1 GENERAL ASSEMBLY

1.1 General Assembly may be open to Public

The General Assembly (GA) may be open to the public provided seating space is available.

1.2 Outside Persons attending the General Assembly

The President may invite outside persons to attend the General Assembly.

1.3 Participation Guidelines for Commission Chairs

All Commission Chairmen and non-executive officers by virtue of their attaining officer status in the IPF are allowed admission to the General Assembly in its entirety but without vote and with voice only as pertains to their respective responsibilities.

1.4 Speeches by Candidates for IPF Office

Candidates for IPF office shall be permitted to address the General Assembly for a maximum period of five minutes.

2 EXECUTIVE COMMITTEE OFFICERS

2.2 President

He convenes meetings of the IPF as provided in the Constitution and presides at all meetings of the IPF and General Assembly.

He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

He is an ex officio member of all Commissions, except the Anti-Doping Commission, Doping Hearing Panel, Court of Justice, Court of Appeals, and the Ethics Commission.

The President provides leadership in the long-term and day-to-day activities of the IPF, delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct IPF business.

An expense allowance associated with his duties covering e.g., taxi when he travels to the Events telephone costs, invitations for dinner, gifts to partners or federations etc. is € 1200 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.

The President must sign all contracts performed in the name of the IPF when the majority of the Executive Committee has accepted such contract to be signed. A copy of the contracts must be given to all EC members if it is requested.

2.2 Vice President

He has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.

An expense allowance associated with his duties covering e.g., taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 1200 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.

2.3 Secretary General

Makes arrangements for keeping the records of the IPF and the General Assembly. Issues all official notices of all GA meetings.

Serves as Secretary of the General Assembly and at any special meetings of the IPF.

Certifies as a "Provisional Member" any applying nation that submits the proper fees and documents, until such time as the General Assembly shall deliberate such membership.

Delegates any of the duties to an "assistant secretary" appointed by the Executive Committee or to such assistants as may be provided by the IPF By-Laws to perform it.

An expense allowance associated with his duties covering e.g., taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 1200 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.

2.4 Treasurer

The Treasurer is responsible for the overseeing of the financial assets of the federation, to supervise the bookkeeping, to ensure proper books of accounts, and to supervise the preparation of the annual budget.

Reviews all deposits into the accounts of the IPF.

Signs all cheques, notes, and drafts together with one other signature as provided by the IPF By-Laws for sums greater than Euro 2.500.

Pays all bills approved by the duly authorised officer or by the General Assembly provided it is within the authorised current budget of the IPF.

When requested, hands over to the Auditors, all accounts, books, papers, vouchers and records pertaining to his office.

Presents an audited financial report to the annual General Assembly.

Is responsible for collecting all fees, penalties etc. due to the IPF.

Is responsible for issuing invoices and collecting any penalties.

An expense allowance associated with his duties covering e.g., the taxi when he travels to the championships, and telephone costs, invitations for dinner, gifts to partners or federations etc. is € 1200 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.

2.5 Duties of the Regional Executive Committee Officers

Take an active part in the Executive Committee's work and carry out such duties as assigned to them by the President.

Represent the IPF in their regions at National and International Events and meetings.

Ensure that their Regional Federation organises its yearly regional General Assembly and Events.

Contact and inform potential new National Member Federations in their regions.

Serve as consultants to the National Member Federations within their regions.

Represent their regions at the Executive Committee meetings and the General Assembly.

Make suggestions to the President who forwards them to the various Commissions.

Plan, organize, and oversee development programs within their regions.

3 NON-EXECUTIVE OFFICERS

3.1 Media Officer

Shall promote the IPF through electronic and print media. The President must approve in writing all promotional material and press releases.

Shall consider all opportunities for television rights for International Events and make appropriate recommendations to the Executive Committee that decides on it.

3.2 Magazine Editor

Shall publish the official IPF magazine.

Shall set advertising rates (which must be ratified by the Executive Committee) for the IPF magazine and shall work with the Media Officer to obtain paid advertising for the publication and to increase its circulation.

Shall maintain a current distribution list for the IPF publication. This list shall comprehend all entries in the IPF directory as well as additional parties to whom the IPF publication is distributed.

3.3 Records Registrar

Shall certify all World Record claims and maintain an up to date register of all records in all categories.

3.4 Championship Secretary

Shall maintain a Calendar of Events decided by the Executive Committee covering all major Events for a period of not less than 24 months from the date of the Calendar. In normal circumstances, all International and Regional Events shall be allocated dates within the Calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible. Regional Federations are to allocate similar annual dates for their own Regional Events and may combine Regional with International Events if they are hosts for the International Events.

The major Events on the IPF calendar are as follows:

- Equipped World Open Powerlifting Championship
- Equipped World Sub-Junior and Junior Powerlifting Championship
- Equipped World Masters Powerlifting Championship
- Equipped World Bench Press Championship (Open, Sub-Junior/Junior and Master)
- Classic World Open Powerlifting Championship
- Classic World Sub-Junior and Junior Powerlifting Championship
- Classic World Masters Powerlifting Championship
- Classic World Bench Press Championship (Open, Sub-Junior/Junior and Master)
- University World Cup
- Other International Events as approved by the EC

The Championship Secretary, in consultation with the Executive Committee, shall ensure that major International Events do not clash. If necessary, sanction(s) may be refused to achieve an orderly Calendar. If necessary, the Events on the Calendar may be combined into one Event.

Distributes to National Member Federations the invitation and details of major Events at least twelve months prior to the Event.

He shall also distribute team nomination forms and other necessary documents to National Member Federations. The invitation will be based upon the answers to a standard questionnaire sent to the organizers of the Event when a bid is accepted.

Closing date for an organizer of International Events to provide all details in the invitation is from 6 to 8 months prior to the Event date. If special hotel and transport booking forms are required, a draft copy of these forms shall also be sent to the Championship Secretary so that they may be distributed with the invitation.

Nomination forms for International Events must provide columns for the following information:

- Athlete's family name as well as maiden name if married.
- Athlete's first name
- Athlete's best total performed within the preceding twelve months at national or international level.
- Athlete's year of birth
- Athlete's passport number
- Athlete's ADAMS ID number
- Athlete's picture
- Athlete's Profile Form

Shall collect all team nomination forms and ensure that they are fully and properly completed. He shall then prepare a full list of athletes nominated for the Event.

Before a sanction for an Event is granted, he must ensure that the applicant has the capacity for successfully promoting the Event and the ability to comply with all the requirements of the IPF.

3.5 Internet Officer

Maintains the IPF website, including but not limited to:

- The Directory of National Member Federations
- Constitution and By-Laws
- All information related to the administration of IPF Anti-Doping Program.
- Technical Rules
- World Records
- Calendar of Events
- Invitations and details on forthcoming Events
- Results of Events
- Authorised material from the President or Executive Committee

Other than replies to routine enquiries he shall not post any material without the written consent of the President.

3.6 Referee Registrar

Maintains a complete register of all referees registered by their respective National Member Federations.

Administers examinations for Category I and Category II International Referee status. Examinations for Category 1 Referees may be done at any International Powerlifting Championship except Bench Press Championships.

Provides each National Member Federation with a current list of accredited referees. Updated annually.

Provides each National Member Federation with a list of referees who need to re-register to remain accredited.

4 COMMISSIONS

The Commissions act as consultative bodies to the Executive Committee.

In carrying out their functions each Commission shall respect eventual rules decided by the Executive Committee. The Chair of each Commission shall co-ordinate the proper running of activities and write reports on those activities to the Executive Committee.

4.1 Technical Commission

Goals and Objectives

- Is responsible for testing and publishing minimum standards for all equipment to be approved by the IPF.
- Approves equipment used at International and Regional Events conforms with the specific detailed requirements of the IPF.
- Organizes briefings before the start of each session at events.
- The Commission can propose that the Executive Committee withdraw a referee's International Card and terminate his appointment if it deems such action necessary.
- The Commission may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with methods of performance of the powerlifting disciplines. Such material shall be sent to all National Member Federations.

The Chair of the Technical Commission is a member of the Executive Committee, and shall receive a stipend of 500 Euros per month.

4.2 Women's Commission

Goals and Objectives

Shall work to defend the rights of women, promote female powerlifting and female referees, and recruit women into governing bodies in powerlifting.

The Chair of the Women's Commission is a member of the Executive Committee.

4.3 Athletes' Commission

The Athletes' Commission represents the interests of the athletes.

Goals and Objectives

- To represent the athletes in the decision-making bodies of the IPF.
- To act as mediator between active athletes and the IPF.
- To represent the athletes in the meetings of the Technical Commission and in the Medical Commission if invited by the Chair.
- To form the official opinion of the athletes concerning actual issues and to pass resolutions of the athletes.
- To work for the athletes' representation in the National Member Federations.
- To represent the athletes during the IPF Events as a spokesman / spokeswoman.

The election and operations of the Athletes' Commission shall follow the IOC guidelines relating to the creation of an IF Athletes' Commission. To be eligible an athlete must be internationally ranked in the last two seasons before the elections.

Two members of the Athletes' Commission, a male and a female, one being the Chair of the Commission, shall be members of the Executive Committee.

4.4 Coach Commission

The Coach Commission represents the interests of the coaches.

Goals and Objectives

- To represent the coaches in the decision-making bodies of the IPF.
- To act as mediator between coaches and the IPF.
- To form the official opinion of the coaches concerning actual issues and to pass resolutions of the coaches.
- To work for the coaches' representation upon their request in the National Member Federations.
- To work out and maintain a license for the coaches.

4.5 Youth Commission

Goals and Objectives

- To increase and further develop the Sub-Junior and Junior powerlifting program.
- To develop programs to increase the exposure of Sub-Junior and Junior Powerlifting at National, Regional and International Events.
- To develop and increase participation of Sub-Junior and Junior athletes at the National, Regional, and international-level, and to do its best for achieving continued development and promotion of such programs.
- To serve as the foundation in the orderly development of youth Powerlifting within the IPF.
- To develop and provide programming for youth athletes to remain involved while transitioning into open competition once the athletes have completed their Sub-Junior and Junior competition career.
- To support and assist organizations which have youth level powerlifting athletes with disabilities (e.g., Special Olympics Powerlifting and Blind Powerlifting).

The Chair of the Youth Commission is a member of the Executive Committee.

4.6 Sports for all Commission

Goals and Objectives

- Overall, to inspire children to take up Powerlifting; stimulate investments in Powerlifting infrastructures; promote measures to improve the safety of Powerlifting, and to enable

IPF's Events, top athletes, Regional, and National Member Federations to stimulate change in public policy to implement the above objectives.

- To serve as the coordinating body to develop programs to promote the sport of Powerlifting at the local, national, and international level.
- To encourage and promote the participation and the development of Powerlifting programs and Events at the club, local, national, and international level, with the overall aim to increase the exposure and the popularity of the sport of Powerlifting.
- To consider and make proposals which ensure the complete access to the sport of Powerlifting for all athletes' age, economic, ethnic, gender and ability level, with the overall goal of social inclusion.
- To support and assist organizations which have youth level powerlifting athletes with disabilities (e.g., Special Olympics Powerlifting and Blind Powerlifting).
- To seek and improve Powerlifting worldwide for future generations.
- To use the inspiration of the sport of Powerlifting to influence public policy decisions and to improve the perception of the sport of Powerlifting worldwide.
- To encourage dialogue with/between international sports organizations to include the IOC, IPC, IWGA, SOI, IBSA, FISU etc. to promote the physical, social, and societal benefits of Powerlifting, fitness, wellness programs.

4.7 Entourage Commission

Goals and Objectives

- To give support to the General Assembly to follow and to accomplish the General Principles dictated by the IOC and written in the Olympic Charter.
- To propose to the Executive Committee adequate actions to protect the interests of Athletes.
- To deal with matters concerning the relationship between athletes, coaches, managers, sponsors, and all other persons promoting the athletes' sporting career.
- To cooperate with the Coach Commission 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.
- To give support to the Executive Committee to obtain the IOC recognition.

The Entourage Commission is composed of the Chair 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, sport nutrition etc.

4.8 Medical Commission

The Medical Commission is charged with safeguarding the health and wellness of the powerlifting athletes.

Goals and Objectives

- To conduct research and collect material relating to the field of sports medicine. Such material when approved to be distributed to National Member Federations.
- To carry out specific studies in relation to sports injuries, treatment, and prevention.
- To take out and maintain membership of International Sports Medicine Federations.

The Chair shall act as a consultant to the organizers of International Events on such matters as medical and hygienic conditions, as well as meals and fluid supplies for the athletes. The Medical Committee Chair shall appoint on-duty doctor(s) for each day at the Event. The doctor(s)' specific duties shall include the following:

- To be available at each weigh-in period.
- To supervise the application of bandages and plasters in accordance with the IPF rules and notify the Jury of such treatment.

- To establish a liaison with local medical facilities and doctors for the provision of medical treatment, transport, and ambulance service if necessary.
- The on-duty doctor shall be present at the start of each competition.

The Chair of the Medical Commission nominates physicians to serve on the Therapeutic Use Exemption Committee (TUEC). The TUEC shall process and make decisions on all TUE applications received by powerlifting athletes requesting an exemption for the therapeutic use of prohibited substances or methods whilst competing or training. The entire TUE process shall be conducted in accordance with the International Standard for TUEs.

The Chair of the Medical Commission is a member of the Executive Committee.

4.9 Law and Legislation Commission

Goals and Objectives

- Shall serve as the review authority for proposals for amending the Constitution.
- Is responsible for updating the IPF Constitution.
- Shall study the Constitutions of new applicant nations and report the results to the President and the Secretary General.
- Shall evaluate proposed changes to the IPF Constitution and report the results to the Executive Committee. The reported result shall be included in the distribution of proposed amendments.
- Shall review and vet all candidates nominated for elections and report the results to the Executive Committee.

No Constitution of a National Federation applying for membership to the IPF will be approved until the Law & Legislation Commission (L&LC) has reviewed and approved it. All amendments from existing federations must be sent to the L&LC for its approval and are not valid until approved by the L&LC.

4.10 Rules Commission

Goals and Objectives

To revise and update the IPF Technical Rules. Changes to the IPF Technical Rules take place every four years, the year before the elections.

The Rules Working Group is composed of members of the Executive Committee, the members of the Technical Commission, and one representative from the following Commissions: Athletes', Coach, Medical, Women's and Youth.

The Chair of the Technical Commission is the Chair of the Rules Commission.

4.11 Membership Commission

Goals and Objectives

To develop and revise criteria for evaluating applications for membership in IPF.

To recruit Powerlifting Federations in countries that are not represented in the IPF.

5 COURT OF JUSTICE

5.1 Scope of Jurisdiction of the Court of Justice

The Court of Justice shall investigate the case of any IPF region, National Member Federation, official, athlete, support personnel, or any other person or organisation acting in the sport of Powerlifting under IPF`s jurisdiction accused of any of the following:

- Bringing the sport of powerlifting into disrepute.
- Acting in a manner that is contrary to the best interests of the IPF.
- Contravening any of the provisions of the Constitution or By-Laws.
- Contravening any of the rules governing the accepted behaviour of the IPF regions, the National Member Federations and individual persons under the jurisdiction of the IPF.

Following such an investigation, it may impose an appropriate penalty e.g., but not limited to a fine, suspension, ban from participation in IPF Events, ban from hosting IPF Events, and recommend to the General Assembly an exclusion.

5.1.1 **Disciplinary Hearings and Representation**

The Court of Justice may conduct documentary, web-based, and in person disciplinary hearings. The following provisions shall apply to all disciplinary hearings:

5.1.1.1 **Representation**

The concerned party may have itself represented at the Court of Justice by an authorised person, e.g., lawyer. As such, for all hearings, the parties may be represented or assisted by attorneys, or other persons of their choice.

The costs for the representative(s) must be paid by the concerned party, regardless of the outcome of the hearing. The IPF accepts no liability for the cost of legal or any other representation for any parties.

The names, addresses, electronic mail addresses, telephone numbers of the persons representing the parties shall be communicated to the Chair of the Court of Justice. Where an attorney is representing a concerned party wishes to be directly copied on correspondence, the lawyer shall file a signed Power of Attorney Document with the Chair of the Court of Justice.

All written statements (witnesses, claimants, respondents etc.) shall be signed and dated, and ideally be filed as an affidavit.

5.1.1.2 **Hearing Procedure**

This procedure details the processes to be followed for reviewing and ruling on cases referred to the Court of Justice.

If the complainant requests a hearing in person, or by video conference this may be granted at the discretion of the Chair of the Court of Justice.

All cases lodged must be submitted to the IPF Secretary General. No case shall be accepted directly by the Court of Justice from any source.

A fee of Euro 1000 must be paid for each complaint brought before the Court of Justice. The fee shall be refunded if the complaint is upheld, or the case decided in favour of the party bringing the case to the Court. Nothing will be done with the complaint, or no case be accepted until the Treasurer confirms receipt of payment in full.

If the complainant owes monies for any outstanding debts to the IPF, the case will automatically be rejected until such time as the debts are paid in full. The same principle applies to all other cases being brought forward before the Court at the discretion of the Chair of the Court of Justice.

Complaints must detail the applicable paragraph of the Constitution and/or By-Laws that has been violated. All complaints submitted must include independently substantiated evidence that a violation has occurred, or they will be rejected.

All sanctions imposed shall be in accordance with the Constitution, By-Laws and rules.

The burden of proof shall be on a balance of probabilities. The accused party shall be presumed innocent until proven guilty on a balance of probabilities. The principles of natural justice shall apply.

5.2 Independence and Impartiality of Court of Justice

Every member of the Court of Justice and any Hearing Panel shall be and remain impartial and independent of the parties in any hearing. This may be the entire Court of Justice or a sub-set, depending on the circumstances of the case and availability of members. The minimum number of a Hearing Panel shall be three.

Once nominated to a specific case by the Chair, each Court of Justice member shall sign a declaration that they are free from conflicts of interest and/or shall immediately disclose any circumstances which may affect their independence or impartiality with respect to any of the parties.

5.3 Format of Proceedings

Cases brought before the IPF Court of Justice shall be conducted primarily by way of documentary hearings unless a hearing in person or by video conference has been granted.

In case of a disagreement by the parties on the format of the proceedings the Court of Justice Chair shall make a final determination taking into account the urgency, the potential costs to the parties, and the particulars of the dispute.

5.4 Timeframe

The Court of Justice Chair shall within 14 days, forward the allegations to the accused party, who shall have 21 days to provide their defence. Extensions may be granted in exceptional circumstances.

The Court of Justice shall consider the submissions and request any clarifications they deem necessary from either party within 14 days.

The parties shall reply to any question from the Court of Justice within 14 days.

The Court of Justice shall send their decision, to the concerned parties, with a copy to the IPF Secretary General.

5.5 Procedure for Court of Justice Documentary Hearings

The proceedings before the Court of Justice comprise written submissions and a documentary hearing. Upon receipt of the file and if necessary, the Court of Justice Chair shall issue directions in connection with the written submissions.

As a rule, there shall be submissions filed by the persons against whom charges have been brought. Ideally these will be in the form of a formal brief with exhibits. However, any email correspondence exchanged, and all statements and/or documents filed shall be accepted as part of the case file. Should the claimant elect to file additional materials, the persons accused shall also receive an electronic copy of said submissions.

Any witness or expert statements filed as exhibits by any of the parties involved should at the minimum be signed and dated, and ideally be filed as an affidavit.

After the exchange of the written submissions, the parties shall not be authorized to produce further written evidence, unless the Court of Justice so permits because of exceptional circumstances. The written submissions shall be compiled and organized as needed by the Court

of Justice Chair or his designated representative as case reporter and submitted to the Court of Justice Hearing Panel for its deliberations.

In the course of its deliberations, should the Court of Justice determine that it requires additional information or clarifications from either of the parties concerned, other persons, or IPF on the submissions received, it shall be allowed to seek this out at any time prior to or in the course of the hearing via the Chair of the Court of Justice.

Once having decided on the matter by majority vote, the Court of Justice will then issue a written and reasoned decision that will be communicated to the Secretary General and each party.

The Court of Justice judgement can be appealed in accordance with the IPF Legal Code i.e., Constitution, By-Laws, and rules as stated in the Court of Justice decision.

5.6 Composition and Duties of the Court of Justice

The Court of Justice shall be composed of a maximum of nine (9) members appointed by the Executive Committee.

No current member of the Regional EC or the IPF EC shall be a member of the Court of Justice. No member of the Court of Justice may belong to any other IPF body.

The Chair of the Court of Justice shall appoint a Deputy Chair. If the Chair of the Court of Justice is prevented from acting in any matter, the Deputy Chair shall replace him. If both the Chair and the Deputy Chair are prevented from acting in any matter, the remaining members of the Court shall choose an acting Chair.

5.6.1 The Chairman of the Court of Justice shall appoint three persons from the Court of Justice into a Panel of whom at least one shall have legal training to adjudicate matters before it. In the case that all members are for any reason non independent to the case the Chair has the right to appoint on case by case basis substitutes. The Chair may decide that a sole member may hear and decide the matter.

The Court of Justice shall conduct hearings and apply sanctions in all disciplinary cases originating from violations from the IPF Rules (except Anti-Doping matters and Ethical matters)

The Hearing of the Court of Justice shall respect the following principles:

- A timely Hearing.
- A fair and impartial hearing body.
- The right of representation by a lawyer at the Hearing.
- The right to be fairly and timely informed of the rule violation.
- The right of each party to present evidence including the right to call witnesses.

All sentences must be duly motivated.

5.7 Other Breaches brought before the Court of Justice

An investigatory panel of at least 3 members of the Court of Justice appointed by the Chair shall investigate alleged violations of the Constitution, By-Laws, and rules. The Chair shall appoint one case reporter to prepare the case file for the respective case.

A confidential investigation shall be undertaken by the panel of the Court of Justice. The right to due process of the person concerned shall be respected.

The investigation outcomes shall be written down in a report that shall be presented to the Members of the Court. The Court shall adjudicate whether a violation of the Constitution, By-Laws and rules has been committed. The sanction decision, where appropriate, shall be made by the Court of Justice. After examining all facts and documents the Court makes its decision and sends it to the relevant parties and the IPF Secretary General who forwards it to the members of the Executive Committee.

Decisions taken by the Court of Justice on the cases arising from violations of the Legal Code may be appealed to the Court of Appeal, as a second instance before the case can be taken to the Court of Arbitration for Sport (CAS).

The Court of Justice shall conduct investigations and make decisions also on all other disciplinary cases or matters arising within the IPF and its Regional Federations, except on doping related cases, ethical matters, or matters with decision making authority for General Assembly.

The Secretary General shall refer the adjudication of all cases to the Court of Justice, except for:

- Cases arising from any violations to the IPF Anti-Doping Rules which shall always be dealt with by the Doping Hearing Panel.
- Cases arising from a breach of the IPF Code of Ethics.
- Cases arising from matters which are within the decision making authority of the General Assembly.

National Member Federations may request disciplinary adjudication before the Court of Justice via the IPF Secretary General.

The panel of the Court of Justice shall further collect all relevant information and evidence needed to deal with the cases as mandated in the various parts of the Constitution and By-Laws and the Legal Code. All sensitive information shall be treated with utmost confidentiality by all parties involved.

The Court of Justice may provide advisory opinions on any potential issue related to the Constitution, By-Laws and Rules.

6 COURT OF APPEAL

6.1 Introduction

The Court of Appeal shall serve as a second instance internal legal body of the IPF for all decisions rendered further to adjudication undertaken under IPF authority except for:

- Appeals from decision rendered further to a violation of the IPF Anti-Doping Rules.
- Cases arising from a breach of the Code of Ethics
- Cases which are within the decision-making authority of the General Assembly.

A decision by the Court of Appeal exhausts all internal remedies possible within the IPF.

A fee of Euro 500 must be paid for each complaint brought before the Court of Appeal. The fee shall be refunded if the appeal is upheld in favour of the Appellant. The complaint will neither be dealt with nor is it admissible until the Treasurer confirms receipt for payment in full of this fee.

Once having decided on the matter by majority vote the Chair shall send a copy of the decision to the Secretary General and to each party.

6.2 Appeal Hearings

The IPF Court of Appeal shall receive all documents relating to any appeal for which it has jurisdiction under the Constitution and By-Laws.

A Notice of Appeal to the IPF Court of Appeal must be received by the Secretary General within 30 days of the written notification of the decision on which the appeal is based. The Secretary General will forward the Notice of Appeal to the Court of Appeal Chair.

The Court of Appeal may, at its absolute discretion, in exceptional circumstances, extend the deadline for receipt of the Notice of Appeal, where the Appellant provides a compelling reason for being unable to meet such requirement.

Once the Appeal has been deemed admissible, the Court of Appeal Chair will so notify the parties to the Appeal and outline the Court of Appeal disciplinary process including but not limited to all submission deadlines, production of documents and expert evidence, hearing date etc.

The Court of Appeal shall, within 30 days of receiving all documentation and submissions relating to the appeal or, if a hearing is to be held, within 30 days of such hearing, examine the evidence submitted and decide on the case.

Decisions made by the Court of Appeal may exclusively be appealed to CAS. The time limit for appeal shall be twenty-one days from the receipt of the decision appealed against.

6.3 Composition and Procedures of the Court of Appeal

The Court of Appeal consists of a Chair appointed by the EC and a maximum of 6 members.

No current member of the Executive Committee or any Regional Federation's Executive Committee shall be a member of the Court of Appeal. Any member of the Court of Appeal shall not be simultaneously a member of the Court of Justice.

The procedures for the Court of Appeal are directed correspondent to the respective rules for the Court of Justice.

7 ETHICS COMMISSION

An Ethics Commission shall be established and maintained by the IPF to hear and decide all breaches of the Code of Ethics in accordance with the Rules as set out in the Constitution and By-Laws.

The Ethics Commission shall operate independently of the IPF in accordance with the Constitution, By-Laws, and applicable Rules.

The Executive Committee shall appoint an independent and impartial Ethics Commission composed of 3 members who are legally qualified persons and who shall serve for the quadrennium. One shall be appointed Chair of the Commission.

Upon receiving a written request from the Ethics Commission the concerned party against whom a complaint has been made shall provide such further information or documentation within such a period as may be reasonably required. The Ethics Commission will give the said party a reasonable opportunity to make representations in writing, in person or through the use of a duly appointed counsel or representative in connection with the said complaint before making any final decision thereon.

The Ethics Commission shall be entitled to impose appropriate sanction including, without limitation, the following:

- a warning or reprimand.
- a suspension for a fixed period of up to 4 years from holding office or other position held by an Official and/or until a specified set of conditions have been met to the IPF Ethics Commission's satisfaction return of any IPF award.
- a ban for a fixed period of up to a lifetime from taking part in any Powerlifting related activity.
- a recommendation to the IPF Executive Committee of the notification of the matter to the appropriate law enforcement authorities.

Decisions made by the Ethics Commission may exclusively be appealed to CAS. The time limit for appeal shall be twenty-one days from the receipt of the decision appealed against.

8 APPEALS FILED WITH CAS

No appeal shall be filed with the Court of Arbitration for Sports (CAS) before the Appellant has exhausted all legal remedies available to him prior to an appeal, in accordance with the relevant rules of these By-Laws and any other IPF rules including, without limitation the IPF Anti-Doping Rules.

An Appeal against the following IPF bodies' decisions may be filed with CAS in accordance with the Code of Sports-related Arbitration:

- The General Assembly (GA); decisions for cases where an appeal may be referred to the GA, as defined in the relevant rules of these By-Laws.
- The Court of Appeal (CA); decisions on cases where an appeal against a decision made by the Court of Justice is referred to the CA, as defined in the relevant rules of the By-Laws.
- The IPF Doping Hearing Panel (DHP) and the ADC; all decisions issued pursuant the IPF Anti-Doping Rules and the World Anti-Doping Code.
- The Ethics Commission; decisions on cases arisen from the Code of Ethics, as defined in the relevant articles of the of the By-laws and the relevant clauses of the Code of Ethics.
- The Therapeutic Use Exemption Commission; decisions on the granting or denial of TUE applications, as defined in the IPF Anti-Doping Rules and the International Standard for TUEs.

9 MEDIATORS

The Executive Committee shall appoint one person who has a legal background to serve as a Mediator in disputes that fall under the jurisdiction of the IPF between two or more IPF parties who voluntarily participate in mediation for such disputes between the parties that, according to these By-Laws and/or the Code of Ethics, or any other Code, do not necessarily require a full disciplinary process.

Mediation will take place only by the request of both (or more) parties. The written request must be sent to the Secretary General who shall refer the case to the Mediator.

The Mediator shall assist the parties to negotiate a settlement. The process shall be private and confidential. The Mediator shall act as a neutral third party and shall facilitate rather than direct the process.

The Mediator does not decide the outcome. Instead, the Mediation should produce a result that is mutually agreeable to the parties.

If the parties are unable to reach an agreement at mediation, then the case, if the circumstances require, can be referred to the Court of Justice. All information pertaining to the mediation shall remain private and shall not be disclosed.

10 ANTI-DOPING

10.1 Anti-Doping Commission (ADC)

The ADC is responsible for the IPF's and its National Member Federations' proper implementation of the IPF Anti-Doping Rules as well as the administration of the IPF's entire anti-doping program to ensure its full compliance and conformity with the World Anti-Doping Code and all applicable International Standards.

The ADC's responsibilities include but are not limited to management, oversight and administration of all IPF's activities related to anti-doping such as testing, analysis of samples, therapeutic use exemptions, investigations, education, results management and disciplinary procedures.

10.2 Doping Hearing Panel

The IPF Doping Hearing Panel (DHP) consists of a Chair and maximum of five other experts with experience in anti-doping. Each panel member shall be otherwise independent of the IPF and sign a Conflict-of-Interest Form to that effect prior to being named to decide on any case. Each panel member shall serve two renewable terms of four years.

Pursuant to Article 8 of the IPF Anti-Doping Rules, all DHP members are operationally independent from the IPF. They are responsible for adjudicating hearings when it appears, following the result management process described in Article 7 of the IPF Anti-Doping Rules, that the IPF Anti-Doping Rules have been violated, and the Athlete or other person has not waived their right to a hearing.

The DHP will typically hold hearing "on-the papers" and issue a written and reasoned decision to all relevant parties within 30 days of the conclusion of the hearing.

Decisions made by the DHP may be appealed as defined in Article 13 of the IPF Anti-Doping Rules.

11 EVENTS

11.1 Applications

The application to organize an International Event (the "Application") must be submitted by Regional Federations, National Member Federations, or third parties seeking IPF approval for any International Event to be organized or sanctioned by them.

The application and supporting documentation shall be submitted to the Executive Committee at a minimum of 36 months prior to the proposed date of the International Event.

11.2 Application Details and General Information

- Name of the Regional Federation, National Member Federation or alternatively the name, contact address, address, phone number, and email address of the third-party applicant.
- If a legal entity, the registered address, registration number, tax number(s), name and function of representative for applicant, direct contact number, and direct contact email address.
- Venue and facilities.
- Intended list of invited athletes (eligible and non-eligible).
- If the Event is organized by a National Member Federation or co-organized by a third party with a National Member Federation, the planned TV coverage and tentative telecast schedule in each territory falls under the jurisdiction and approval of the IPF EC. All distribution rights are the sole property to the IPF.
- Prize Money and/or appearance fees.
- A clear description of any proposed modifications of the IPF Rules and Requirements or any proposed novelty.
- A written declaration confirming that the Applicant conforms to the IPF Rules.

11.3 General Requirements

To ensure the proper functioning of International Events by third parties, proof of sufficient financial standing for organizing the planned International Event must be provided in advance. Applicants are requested to provide a copy of the previous year's annual financial report filed with the relevant companies' registry and a letter from a reputable accountancy firm confirming that the organizer is in good financial standing for the organization of the Event and in has sufficient funds to pay all prize monies or payments due to participating athletes and officials. The Applicant shall provide evidence of relevant professional risk liability insurance for the International Event.

11.4 Technical and Sporting Requirements

Proposed dates including an indication of any potential conflicts with Events on the IPF Calendar of Events (having regard to the proposed dates, level of athletes to be invited, and location of the proposed Event).

Proposed number and qualification of officials to be approved by the IPF, such approval not to be unreasonably withheld.

If necessary, an inspection of the facility may be required in advance to receive approval to organize the Event.

11.5 Authorization Procedure

The Executive Committee shall verify the completeness of the documentation contained in application and in the case of incompleteness grant the applicant the right to supplement its documentation. Failure to complete the application within the requested time frame, or revised time frame agreed with the applicant, shall result in the rejection of the Application for being manifestly incomplete.

A complete application shall be decided upon by the Executive Committee no later than 30 days upon receipt of the complete application.

The Executive Committee shall accept or reject the application on a non-discriminatory basis between third parties and IPF members based on the requirements set out above.

On payment of the required fee, the Executive Committee will issue a permit for the International Event to the organizer. An additional condition for permission is that, at the International Event doping tests must be carried out in accordance with the IPF Anti-Doping Rules, the ADC's test distribution plan, and in full conformity with the International Standard for Testing and Investigations. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms and are not to be used for any other purposes for the duration of the Event. The Event organizers are wholly responsible for the costs associated with ensuring compliance with the requirements outlined in the IPF Anti-Doping Rules, the International Standard for Testing and Investigations and any other specific directives related to anti-doping issued by the ADC on a need-be basis.

No National Member Federation shall take part in an International Event for which a permit has not been issued.

The Executive Committee's decision shall be communicated to the applicant in writing. Should an application be rejected, the Executive Committee shall provide the applicant with the reasons for the rejection.

11.6 Suspension for Failure to pay Appropriate Fees and Fines

All IPF membership fees and other fees are outlined at Article 13.7 of these By Laws.

Any National Member Federation nominating athletes for any of the Events listed in the By-Laws that has not fully paid a previously imposed fine arising from a violation of any IPF rule shall automatically have its IPF membership suspended, with all resulting consequences, until such time as the required fine is paid in full.

If a National Member Federation nominated for an International Event has not paid the required participation fee or anti-doping fee, representative of the number of Athletes nominated, to the bank account of the IPF within one day prior to the Technical Meeting for the Event, a penalty fee of 500 Euro will be charged.

A National Member Federation that cannot pay electronically and will pay in cash at the Event shall give a written notice to that effect to the Treasurer no less than 14 days prior to the Event.

The invoice must be sent to the nominating National Member Federations by the Treasurer, latest 14 days prior to the day of the Technical Meeting for each of the International Events. Clarification: To give the Treasurer ample time to check if the payments have been performed before the day of the Technical Meeting.

12 PROCEDURES

12.1 Incorporation of the IPF

The IPF is incorporated under the laws of Luxembourg. The IPF's business address is as follows:

International Powerlifting Federation

3, route d'Arlon L-8009 Strassen Luxembourg

Telephone: +352 2638 9114

Cell / Mobile: +352 6211 65214

Email: info@powerlifting.sport

The headquarters is located at the Maison-des-sports (House of Sport) in Luxembourg.

It is not necessary to move the country of incorporation with changes of officers or with a move of the headquarters if all functions of the IPF are continued without interruption and the corporate and legal integrity of it are maintained. The Executive Committee will make any necessary changes in location of incorporation or of location of the headquarters.

12.2 National Member Federations' Registry

All listings, in the Registry of the IPF National Member Federations shall include the name of the national federation, the names and addresses of officers and relevant organisational data such as email addresses, website etc.

12.3 Application for National Affiliation

The Secretary General shall design and maintain an application form for the use of nations wishing to affiliate to the IPF. The form shall require all necessary information from the applicant including the names and addresses of officers, other affiliations, and relevant organisational data. The form shall be returned together with a copy of the applicant nation's constitution.

12.4 Timelines for submitting and awarding Bids for International Event

All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Championship Secretary at least ninety (90) days before the next General Assembly. All organizers must sign a pre-organizer's contract with the bid submission and a final organizer's contract one year before the according Event otherwise the IPF sanctions will apply if this federation withdraws.

The Executive Committee will examine the bids and decide where the different Events will be held. The selected organizer must then report in detail to the General Assembly.

The IPF shall only print a master copy of the Technical Rules. Each National Member Federation will be permitted to reprint them for sale or distribution as it sees fit.

12.5 Permitted Expenses by Officers

The permitted expenses of all officers of the IPF shall be decided by the President and Treasurer and contained in the budget proposals. If necessary, the Executive Committee may by two-thirds majority vary payments approved in the budget.

A daily meal allowance of € 50 to cover additional food and other living expenses is paid to the committee members when traveling to Events. The daily meal allowance shall include ALL travel days as well as the event days. 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. This daily allowance of € 50 shall be granted also to other IPF officers, who oversee any duty.

12.6 Use of “World” as Relates to World Events Defined

The word “ World” in connection with powerlifting may only be used by the IPF for Events and records.

12.7 Membership Fee and other Fees

The annual membership fee shall include all Events and international sanction fees except for International Events.

For these, sanction fees shall be paid in accordance with the following scale of subscriptions and fees:

Annual National Membership Affiliation Fee	Euro	400
Referee Examination Fee (Exams are free of charge for women)	Euro	50
Referee Card Renewal Fee (Men and Women)	Euro	50
IPF Referee Tie and Scarf	Euro	30
IPF Referee Badge (if lost)	Euro	15
Event Sanction Fee World Championships	Euro	1000
Event Sanction Fee Combined World Championships (Equipped + Classic)	Euro	1500
Event Sanction Fee Other Events	Euro	250
TUE Application Processing Fee	Euro	100
Anti-Doping Fee	Euro	60
Analysis of B-Sample	Euro	at cost
Complaints to the Court of Justice	Euro	1000
Appel to the Court of Appeals	Euro	500
Farewell Banquet (If more than 35 Euros must be approved by IPF EC)	Euro	35

Regional Federations must be affiliated to the IPF and will not be subjected to any sanction fee for regional championships. In addition, the organizer shall be responsible for providing at his own expense all necessary medals, 1st 2nd and 3rd for all competition categories and classes. The category and class medals are to be ordered from the Championship Secretary at least three months prior to the Event.

The participating National Member Federations shall pay to the IPF an anti-doping fee of Euro 60 for each athlete entered and declared on the final entry form for all World Championships, other International Events and Regional Events. Anti-doping fees shall be clearly earmarked strictly for anti-doping purposes only. In addition to an anti-doping fee, the National Member Federation shall pay a participation fee of Euro 60 for each athlete entered all International Events. A Euro 30 of the participation fee shall be paid to the organizer.

If a national federation nominated for World championships or cups has not paid the required participation and Anti-Doping fees to the bank account of the IPF within one day prior to the Technical Meeting for the particular event, a penalty fee of 500 Euro will be charged. A member that cannot pay electronically and will pay in cash at the event, shall give written notice to the treasurer no less than 14 days prior to the event. The latest date of withdrawal of any lifter from the nomination list to avoid paying the Participation and Anti-Doping fees for those is 7 days prior to the Technical Meeting for the event.

The organizer may also receive equipment equivalent paid in participation fees, as well as support in goods donated by sponsors, as decided by the Executive Committee.

12.8 Television and Advertising Rights

The IPF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post Event production of video recording, advertising rights, and all other multimedia coverage of the International Events and other Events organised and controlled by the IPF. To obtain these rights or part of these rights, a fee must be paid to the IPF.

Television rights, marketing and sponsorship revenues from International Events are apportioned according to the signed contract between the organizer and the IPF.

At International Events organised by the IPF, on each piece of equipment of the powerlifting athlete's outfit, the IPF allows the application of the identification (logo, name or a combination of both) of the Manufacturer of the product and/or the identification of their commercial sponsor (logo, name or a combination of both) with the total maximum size of 10 cm x 2 cm per piece of equipment. Distinctive design patterns of a Manufacturer are not considered for this measurement of the application. Anything exceeding this size is regarded as advertising and the relevant rules apply. At World Games, the IWGA rules prevail.

12.9 Hotel Bills for National Member Federations and Officials at International Events

At all International Events, participating National Member Federations shall be responsible for their own hotel bills. All pre-booked rooms must be paid before the Events, except those rooms which were cancelled until twenty-one (21) days before the beginning of the Events. If required Visa is not obtained, the hotel must be notified at the latest 7 days prior to the Technical Meeting to cancel the reservation. Cancellation must be proofed by a written confirmation to the organizer e.g., an email or fax. No other exception shall be accepted. National Member Federations will be charged for any damages or thefts occurring in the hotel room.

12.10 Hotel Bills for IPF Officials attending International Events

The hotel bills of a maximum of 4 IPF Officials and the Computer Secretary as decided by the Executive Committee shall be paid by the organizer of the Event on the basis of room and breakfast for a maximum of eight (8) days or the length of the competition plus 2 days.

12.11 Travel Costs for the IPF Executive

The IPF shall pay travel costs and other expenses of four executive members as follows:

- One hundred per cent of the most affordable airfare obtainable from recognised carriers less any subsidy paid by any other agency.
- In the event of an organizer not being in a position to honour his obligations to four executive members with regard to their hotel bills, the IPF shall pay the same on the basis of a length of stay at least equal to that of the teams, or for a reasonable period of time not to exceed eight (8) days or the length of the competition plus 2 days.
- No payments shall be made unless a fully completed and signed expense report with attached invoices is presented.
- No other recompense shall be made in favour of the four IPF officials.
- Both the President and the Treasurer must approve all claims for expenses or reimbursements. This ruling applies equally to the issue and signing of cheques.

12.12 Lapel Pins

A lapel pin portraying the official IPF emblem shall be obtained for sale to all members. In addition, the Treasurer will obtain a stock of items such as belt buckles, cuff links, ties and tie clasps etc. for sale to members and as a means of raising funds.

12.13 Development Fund

The IPF budgets for and maintains a Development Fund administered by the Executive Committee.

13 RECORDS AND AWARDS

13.1 National Records and Claims for World Records

Each National Member Federation shall be responsible for its own national records. Regional Federations are responsible for submitting World Records claims to the Records Registrar.

13.2 World Record Certificates

The IPF Records Registrar shall provide an honour certificate free of charge to all athletes who establish bona fide World Records.

13.3 Medals

All medals to be used at International Events shall be approved by the IPF Championship Secretary.

For all World Championships, the IPF shall maintain and provide standardised medals for use at International Events. Medals to be presented for first, second and third places in each category based upon totals.

In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and dead lift in each category. In the event of two athletes lifting the same weight, the lighter athlete will be declared the winner. Other awards and gifts may be provided according to the custom of the organizer.

Organizers may prepare medals to use as awards for category winners, in lieu of medals obtained from the IPF. Such medals must be of high quality and the design of the medal must be submitted to the Championship Secretary for approval no less than six months prior to the championship. Arrangements for the manufacturing and time of completion must be submitted as well.

Team medals shall be presented to the top three teams in each category. The top five athletes in each division by GL points shall receive the medals. The team medals are to be paid for by the IPF. The participation medals will be paid by the organizer.

An athlete that commits an Anti-Doping Rule Violation at an International Event will have his results automatically disqualified and must return all his/her medals from that Event to the IPF. Failure by the athlete's National Member Federation to return the medal(s) to the IPF within one month after receiving notice will result in the imposition of a fine of Euro 500 on the relevant National Member Federation. The replacement of a lost or stolen medal shall cost 50 Euros and shall be ordered through the IPF Office. Please allow 45 days to receive the medal.

13.4 International Event Participation Certificates

International Event participation certificates shall be awarded to each athlete and official. They shall also be awarded to all nominated IPF coaches, officials, and referees. All certificates will be posted on the IPF website for download.

13.5 Hall of Fame

There shall be an honorary body titled the "IPF Hall of Fame". Its purpose shall be to honour members who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting internationally. A maximum of three athletes and two officials, male and female, may be elected to the Hall of Fame each year but with the added provision that not more than three from each gender may be elected in the same year. A certificate

of achievement will be awarded. No one who has served a period of ineligibility for a doping offence involving a non-specified substance, or who has committed multiple Anti-Doping Rule Violations or who has been established as having associated with an individual on the WADA Prohibited Association List shall not be nominated to Hall of Fame. Any athlete or official previously awarded Hall of Fame will lose this distinction if suspended or brings the sport of powerlifting into disrepute or for doping or any other Legal Code violations. The decision for removal shall be made by the Executive Committee.

13.6 Election to Hall of Fame

The Executive decides prior to the General Assembly, after having received the bids from National Member Federations, to whom will be awarded Hall of Fame. The appointed persons will be honoured at the General Assembly.

13.7 Complimentary Entry to Events

Members of the Executive Committee, Commission Chairs, and members of the IPF Hall of Fame shall receive complimentary entry to any Powerlifting Event organised by a National Member Federation or its affiliates. Prior to receiving the complimentary entry to the championship, an identification card will be issued by the IPF.

13.8 Categories of World Records

The IPF recognises world records in both the equipped and classic categories in the following: Men's Open, Women's Open, Junior Men and Women, Sub-Junior Men and Women, and mass acceptance of the quotas and event information for Men and Women. Single lift Bench Press: Men's and Women's Open, Junior Men and Women, Sub-Junior Men and Women, and Masters Men and Women.

World records will be accepted and registered only within the categories listed in this item. Records will only be accepted if applications are made strictly in accordance with the requirements of the Technical Rules. A copy of the score sheet and World Record Claim Form must be sent to the Record Registrar.

14 EVENTS

14.1 Non-discrimination in IPF Events

No one is to be denied access to Events on the grounds of continents, countries, or individuals for reasons of race, colour, gender, sexual bent / orientation, religions, or politics.

14.2 National Flags

Each participating National Member Federation at an International Event must provide if required, a national flag approximately 1.5 m x 1.0 m in size. Any National Member Federation failing to meet this obligation will be fined the sum of Euro 30 to reimburse the organizer for any loss and inconvenience suffered. It is the responsibility of the organizer to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the organizer fails to return a nation's flag; he shall be required to reimburse that National Member Federation for the loss suffered.

Athletes may not display National Flags before or during the medal presentation.

14.3 Entry to Events

At all International Events the organizer shall provide free access to the venue and other Event buildings or functions for team officials and coaches on the following scale:

- For the first competing athlete, 3 officials or coaches shall be permitted access per nation.

- For 2-3 athletes, 5 coaches or officials shall be permitted access.
- For 4 athletes or more, 6 coaches or officials shall be permitted access which is the maximum number of coaches or officials allowed per competing group.

The courtesy of free access shall also be extended to all officiating referees and jury members to a maximum of three per nation.

The courtesy of free access shall be extended to all members of the Sports Medicine Team and referees and Jury members who participate during the Event. The names of such personnel shall be forwarded to the organizer and an agreement reached between the Chair of the Medical Commission and the organizers upon the number to be accepted.

Organizers of International Events shall provide for the referees and the IPF officials free meals during the Event. Free meals should preferably include at least two servings of food and non-alcoholic drinks each Event Day served in the Event area. Only referees and IPF officials that work with official duties during an Event Day shall be granted such benefit from the organizer.

Dress code for coaches at International Events shall be national team tracksuit, plus team or IPF approved t-shirt, or sport shorts, plus team or IPF approved t-shirt. All coaches must adhere to this code. A coach failing to adhere to the rules shall be excluded from the Event warm up room and Event platform area. For coaches not adhering the rules, the Technical shall notify the Jury to exclude the coach.

The Organizer of any International Event shall ensure that there is a system of registering and monitoring coaches, such that all coaches present in the warmup room or preparation area are identifiable. Persons not identifiable shall be requested to leave the warmup room or preparation area. The warm-up area and preparation area shall be checked by the Technical and/or Jury Members a minimum of one hour prior to the Event start time to ensure there are no unidentifiable persons present.

14.4 Invitation and Accommodation

The official invitations and details of International Events must be received by National Member Federations at least six months prior to the Event. Details shall include the date of the General Assembly, Event date, names and addresses of hotels and the rates to be charged.

Accommodation rates charged by the organizer must not exceed the normal rack rate charged by the establishment providing the accommodation.

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

- By bank transfer as specified by the organizer in the invitation for each International Event at the latest 14 days prior to the competition.
- By credit card.

All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that Event. All room reservations must be done through the meet director of the Event, unless otherwise specified on the Invitation to the Event.

14.5 Nomination

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

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

A National Member Federation taking part in an International Event shall pay the IPF the doping test fee and the participation fee for each athlete nominated and entered on the final entry form. No such fees are to be paid for nominated reserve athletes if not replacing any of the nominated athletes. If a hotel reservation fee is specified in the invitation for the Event, the same rule and time limits as above apply for nominated athletes and officials. If challenged, the National Federation may be required to provide evidence of an athlete's total during the previous 12 months.

14.6 Organizers may not negotiate Television Contracts without Permission of the IPF Executive Committee

An organizer may not negotiate a TV contract for an International Event without the approval of the Executive Committee. Failure to comply with this regulation may result in suspension of the National Member Federation until the next General Assembly.

14.7 Sub-Regional Events

The Regional Executive Committee may sanction sub-regional Events on an international level. Sub-regional means a competition between two or more nations, but not open to all the nations in that region.

14.8 Events

Any organizer of an International Event must not attempt to advertise or invite athletes and officials to the Event without first obtaining a written sanction from the IPF Secretary General. Only written contracts or sanction will be valid.

Only National Member Federations affiliated to the IPF may apply for sanctions. In special cases the Executive Committee can make exception to this rule.

14.9 Eligibility to Represent an IPF National Member Federation

All athletes taking part in International Events representing a National Member Federation must be either a resident or passport holder of the country of the National Member Federation entering or sanctioning the participation of those athletes.

An athlete who is a resident or passport holder of two or more countries at the same time may represent either one of them, as he or she may elect. However, after having represented one country in an International Event, he or she may not represent another country unless he or she meets the conditions set forth in paragraph below.

An athlete who has represented one National Member Federation in an International Event and decides to change either their residency or passport to another National Member Federation country may participate in International Events as a representative of his or her new National Member Federation country provided that at least six months have passed since the athlete last represented their former National Member Federation country. The six months period may only be reduced with the agreement of both National Member Federations and with the final approval of the Executive Committee or in exceptional cases as defined by the Executive Committee with unilateral Executive Committee approval. A National Member Federation may only decline that an athlete moves from one National Member Federation to another National Member Federation country for justified reasons, to the satisfaction and [sole discretion of the Executive Committee](#).

If an athlete moves from one National Member Federation country to another and does not have the passport for their new National Member Federation's country, the residency of the athlete must be verified (e.g., school documents, employment contract, etc.) to the satisfaction and sole discretion of the Executive Committee. The athlete must have resided in the country for at least six months before being able to start representing the new National Member Federation.

All cases related to the determination of the National Member Federation which an athlete may represent in an international event, shall be resolved by the Executive Committee [at its sole discretion](#). In resolving such matters, the Executive Committee may make all decisions of a

general or individual nature to ensure that the athlete is treated fairly. The Executive Committee will consider national legislation when taking decisions. The athlete may not change federations if he/she has been charged with an Anti-Doping Rule Violation or if the athlete is subject to disciplinary action.

14.10 Eligibility to represent a Member as an Official

The term "official" wherever it may appear in these By-Laws, the Constitution, and applicable rules shall be deemed to include all persons described as such in the Technical Rules or appointed by the organising committee of an Event, to act in any official capacity during the whole or any part of that Event.

All individual officials taking part in International Events must be members of the National Member Federation entering or sanctioning the participation of those Officials.

An official, who is a member of the National Member Federation but is not a national of that country, may still take part as an official for the nation, provided he/she is not already nominated by another National Member Federation.

An individual cannot be nominated by multiple nations as an official. However, an official nominated for one nation already taking part in an International Event may also assist other nations provided there is the agreement between both National Member Federations and the assistance is within the IPF Rules.

The Executive Committee shall resolve all cases and all matters relating to the determination of the country of which an official may be nominated in an International Event.

In resolving such matters, the Executive Committee may make all decisions of a general or individual nature regarding issues of eligibility.

14.11 Disabled Athletes competing in Able Bodied Divisions, Procedures for Weigh-In

Bench Press Championships shall be organised without a special division for disabled athletes. Disabled athletes can compete within the non-disabled classes if they fulfil the IPF rules as for non-disabled athletes pertaining to the actual lift. The blind, sight impaired, and mobility impaired, may be assisted to and from the bench with the aid of the coach, handler, or/and with the aid of crutches, wheelchair, or sticks.

For athletes who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The athlete shall be weighed in without the device, with compensatory weight added according to the established fractional charts. For athletes with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the athlete shall be weighed in wearing the device.

14.12 Multisport Events / World Games

Any National Member Federation which incurs one or more positive test results at any World or Regional Open or Junior championship in the calendar year prior to the year of a World Games powerlifting Event, will have the number of selected athletes from that nation reduced by the same number as the number of the positive tests. This shall apply in such a way that female athlete positives will reduce the number of female athletes and male athlete positives will reduce the number of male athletes. National Member Federations with athletes that have committed an Anti-Doping Rule Violation at the World Games shall be suspended from all International Events for one year.

14.13 Failure to use IPF Approved Equipment

If the organizer of an Event listed on the Calendar of Events does not use the IPF recognised bars and/or plates at the competition platform, the organizer will be fined a sum of Euro 1.500, and any World Record broken by the athletes at the Event will not be certified.

14.14 Facilities and Equipment differing from those specified in the Technical Checklist

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the organizer will be fined a sum of Euro 1.500, and the IPF will not grant any International Events to this nation for a period of two years after the Event where the deviation from the Technical Checklist specifications are considered being seriously against the IPF rules.

14.15 Including a Referee in National Teams, Fine, Restrictions

Any National Member Federation, being a member of the IPF for more than 5 years and participating with more than 4 athletes in the IPF Events, should include international referee(s) among its team officials available for refereeing or being a member of the Jury at least for two days. The host federation can nominate six referees. A federation participating with more than 4 athletes, as stated in the preliminary nomination, is obliged to nominate at least one referee and a National Member Federation with more than 14 athletes, as stated in the preliminary nomination, is obliged to nominate at least two referees.

No nominated referees may be currently serving periods of ineligibility as a result of an Anti-Doping Rule Violation. It is the nominating National Member Federation's obligation to ensure that none of the referees it nominates are currently subject to disciplinary action of any kind under any IPF rule. Each referee assigned to an International Event is required to know and understand the IPF Anti-Doping Rules.

In combined Events (men and women) the 4 athletes and the 14 athletes include the total number of athletes from one National Member Federation. If a referee(s) from that National Member Federation is not present, or if present, but is not available to act in the capacity of either a referee or a member for Jury for at least two days during the Event, the athletes are allowed to take part, but a fine of Euro 500 has to be paid by the National Member Federation for each missing referee. The Treasurer must receive such payment before the athletes from that National Member Federation can take part in any further IPF International Events.

Each National Member Federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the Technical Commission Chair issues a Referee duty list for the whole Event. Any changes of a Referee's duty may be reported to the Technical Commission's Chair until 14 days prior to the Event. After that date, the referees cannot expect to officiate in other duties than specified on the Referee duty list.

For combined championships, the Member Federations must send a referee for each competition (Sub-Junior/Junior, master's and Open) or have one referee for the entire time a minimum of two sessions.

Referee duties, specified by the Technical Commission Chair, are mandatory 14 days prior to the Technical Meeting. However, National Member Federations may allocate duties between their own referees at the latest at the Technical Meeting upon agreement with the appointed Technical Commission member. Any changes, withdrawals or no show up by a referee regarding the allocated duty after the Technical Meeting, may lead to a warning or € 100 in fine depending on the reason as decided by the Jury in cooperation with the appointed Technical Commission member.

14.16 Competition Fixing Guidelines

The IPF has Competition Fixing Guidelines in the Code of Ethics. These apply with the same force as any other By-Law or regulation of the IPF.

15 DISCIPLINARY ACTIONS AND PENALTIES

15.1 Failure to apply for Competition Permit

National Member Federations, which neglect to request the required IPF permit for an International Event and do not pay the required fee, shall be fined an additional Euro 1000. The Treasurer shall send a warning letter to them. If the fee (Euro 250) and fine are not paid within thirty (30) days of sending out the warning, the National Member Federation shall be suspended until such time as the total amount has been paid. Sanction fees for International Events must be paid at the time of application for the Event.

15.2 Defaulting on Agreements to Compete

If a National Member Federation defaults on a competition engagement with another country or countries, the Court of Justice may, in the case of disagreement between them, make a decision or impose penalties if the Constitution, By-Laws, or rules have been violated.

15.3 Reporting Infractions at International Events

If an athlete or official commits any form of violation during an International Event in another country, the organising National Member Federation must send a detailed report to the Secretary General who in turn will inform the Court of Justice which shall examine the case and make its decision on it. The organising National Member Federation cannot penalise athletes or officials from other countries.

15.4 Suspension of Federations for Violations of the Constitution and By-Laws

Any Regional Federation or National Member Federation, which violates the Constitution, By-Laws, or any IPF rules, shall be suspended by the recommendation of the Court of Justice for a period to be decided by the General Assembly. In serious cases the Executive Committee may provisionally suspend the Regional Federation or National Member Federation until the next General Assembly.

15.5 Hearing prior to Penalty

Any Regional Federation, National Member Federation, athlete, or official asserted to have committed a rule violation has the right to be heard in its or his/her case before the relevant IPF disciplinary or hearing body makes its decision on the case. This right may be satisfied by the opportunity to make written submissions.

15.6 Procedure for Filing Complaints against Individuals

Any athlete or official who considers that he has been wronged during an International Event has the right to file a written complaint accompanied by Euro 75 with the Jury stating his reasons for complaining. If another person is implicated, the latter must be heard if at all possible. It must be examined immediately and if possible, a decision taken. A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Court of Justice via the Secretary General. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the sum may be retained and donated to the IPF at the discretion of the Jury.

15.7 Participation of Foreign Athletes in National Events

An athlete living in a foreign country may only participate in Events organised in that country provided that he presents written evidence of permission from his National Member Federation to take part in such an Event.

15.8 Participating in Non-IPF Events

Any athlete, coach, referee, or official who competes or participates in an International Powerlifting or Bench Press Event not organised, sanctioned, and approved by the IPF shall not be permitted to take part in any IPF International, Regional or National Event for a period of 12 months from the date of that non-approved Event.

Notwithstanding the above the athlete, coach or official may participate in multi-sport international games, e.g., the Commonwealth Games, the University Games, or the Students' international or regional multi-sport games that are not sanctioned by the IPF, however provided that there is not any athlete or other person participating in such games in any capacity who is serving his/her ineligibility period for a doping offence.

15.9 Other Causes for Suspension/Expulsion

The following may be subject to suspension or expulsion:

- Any athlete or referee properly entered for a competition that without acceptable reasons does not attend.
- Any athlete who is deemed guilty of violating the rules or disobedience towards his National Member Federation or any official in the execution of his duties.
- Any athlete convicted of agreement to alter his best effort.
- Any athlete, coach, referees, or official who by words or gestures threatens referees or any other officials in the execution of their duties.
- Any athlete who participates in an Event with other countries without a permission from his National Member Federation.

Penalties: Up to a maximum of 12 months suspension and a maximum fine of Euro 250.

The determination of the applicability or otherwise of penalty under this rule shall be made by the Court of Justice. Prior to such determination by the Court, the Executive Committee may provisionally suspend the athlete or official, such suspension to commence from the date of the alleged violation.

An athlete or official shall not participate in any Events if there is any Athlete or official participating in any division, section or bodyweight class of that Event who has been expelled or suspended from his or her International or National Member Federation or who is serving the period of Ineligibility for a doping related offence. Penalty for violation of this rule shall be in accordance with the IPF Anti-Doping Rules.

15.10 Offences against Person while at Championships, Jury Role

For offences such as false accusations of dishonour or dishonesty against an athlete or official occurring at an Event, the Jury decides in these cases as soon as is possible.

Penalties:

- First minor offence: up to a maximum of 6-month suspension.
- Second minor offence: up to a maximum of 12-month suspension and a maximum fine of Euro 250.
- First serious offence: up to a maximum of 12-month suspension.
- Second serious offence: up to a maximum of 24-month suspension and a maximum fine of Euro 500.

15.11 Penalty for “Bringing the Sport into Disrepute”

Any member of a National Member Federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV, radio broadcasts etc. may be requested to appear before the Court of Justice. Should the Court decide that a bona fide case of violation exists, they will then present the matter to the General Assembly with a recommendation for an appropriate penalty. In serious cases the Executive Committee may provisionally suspend the member. The case will then be immediately sent to the Court of Justice for decision.

15.12 Responsibility for Payment of Fines

The concerned National Member Federations are responsible for the payment of all fines that the Court of Justice has imposed.

15.13 Limitations to Jury's Role in Discipline

The Jury has the right to act as Court of Justice, but only in cases which are connected to the Event, and which need an immediate decision. The decision of the Jury is definite for this Event. The President of the Jury must send a copy of all decisions with all related documents to the Secretary General who forwards it to the Court of Justice that will then review the decisions of the Jury.

15.14 Sanctions and Consequences for Violations of the IPF Anti-Doping Rules

- In case of an Anti-Doping Rule Violation as defined in Article 2 of the IPF Anti-Doping Rules, the appropriate consequences shall be imposed on the athlete or other person pursuant to Articles 9 and 10 of the IPF Anti-Doping Rules.
- Consequences to Teams shall be as defined under Article 11 of the IPF Anti-Doping Rules.
- Sanctions and costs assessed against National Member Federations shall be as defined and imposed pursuant to Article 12 of the IPF Anti-Doping Rules.

15.15 Staying in the Venue until the End of Medal Ceremony

- All athletes taking part in International Events must stay in the venue after the weigh-in for that lifting session until the end of the medal ceremony for the weight category in which the athlete competed in that International Event.
- An athlete who wants to leave the venue before the end of the medal ceremony for his/her weight category must ask and obtain a written permission from the Jury before leaving the venue.
- If the athlete leaves the venue before the end of the medal ceremony without a written permission from the Jury, it may be considered as an asserted violation of article 2.3 of the IPF Anti-Doping Rules (Evading, Refusing or Failing to Submit to Sample Collection). If the athlete is found to have committed an abovementioned anti-doping rule violation the consequence for that violation is as defined in the IPF Anti-Doping Rules.

15.16 Enforcing of Penalties

Any sanction imposed on an athlete or other person by the relevant body of the IPF or by an IPF recognised body shall be recognised and enforced by all National Member Federations and all Regional Federations of the IPF.

15.17 Offences against IPF Protocol at Events and Ceremonies

- The Court of Justice is entitled to take final decisions on breaches of protocol at any IPF Events and ceremonies.
- The protocol is defined in the respective IPF rules and Event briefings.
- The Jury is entitled to take preliminary decisions during IPF Events to be reviewed by the Court of Justice.

16 STANDING ORDERS

16.1 Order of Business

An agenda shall be prepared by the Secretary General and circulated to all National Member Federations at least 30 days prior to the General Assembly. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for the consideration by the meeting may only do so after the business on the agenda has been completed.

16.2 Minutes

The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be regarding the accuracy of the minutes. After confirming the accuracy of the minutes, the Chair shall sign them, and the delegates at the General Assembly shall be at liberty to ask questions regarding matters arising from the minutes. Such questions shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the Secretary General within four months of the date of notation of the minutes to the National Member Federations.

16.3 Order of Speakers

The Chair shall decide the order of speakers.

Chair's Ruling

The ruling of the Chair on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken, and a two-thirds majority required to oppose the ruling.

16.4 Speeches

No member shall speak for more than five minutes at any one time.

16.5 Motions and Amendments

The first proposal on any subject shall be known as the original motion. All succeeding proposals on that subject shall be called amendments. Every original motion or amendment must be proposed and seconded by members present at the meet before they can be discussed. It is permissible for a member to make a speech first and conclude with a proposal. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendments must be given before the first amendment is put to the vote.

16.6 Substantive Motions

If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, provided that it is consistent with the business and not been covered by an amendment or notion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

16.7 Voting

Except when the Chair at his absolute discretion, authorises a vote to be by secret ballot the voting shall be by show of hands or coloured cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

Counting the votes at the General Assembly is as follows:

- The valid votes only are counted to the result of voting.
- The following shall not be counted as valid votes and are not taken into consideration in the calculation of the required majority:
 - Abstentions
 - Blank votes
 - Votes for more or fewer candidates than the number required.

- Votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

Examples

Two-thirds majority required:

Number of votes cast	35 including
Abstentions	2
Blank vote	1
Void vote	<u>1</u>
Number of valid votes	31
Necessary to pass (two-thirds of 31)	21

Votes for	22
Votes against	9
The proposal accepted	

Absolute majority (more than 50 %) required:

Number of votes cast	35 including
○ Abstentions	2
○ Blank vote	1
○ Void vote	<u>1</u>
Number of valid votes	31
Necessary to pass (more than 50 % of 31)	16

Votes for	15
Votes against	16
The proposal failed	

16.8 Matters of Procedure

At meetings, all matters of procedure which are not covered under these standing orders shall be decided by the Chair of the meeting.

17 APPENDIX - OFFICIAL AGENDA

1. Welcome
2. Roll Call
3. Minutes of the last General Assembly
4. President's Report and approval
5. Vice President's Report and approval
6. Treasurer's Report and approval
7. Budget and approval
8. Auditors' (internal and external) reports and approval
9. Secretary General's Report and approval
10. Commissions' Reports and approval
11. Regional Reports and approval
12. Action on proposed amendments
13. Elections
14. New Member Applications
15. Delinquent Nations
16. Hall of Fame
17. Any Other Business
18. Adjournment

18 APPENDIX - RULE AMENDMENTS

Proposals to amend the IPF Constitution, By-Laws, Technical Rules and/or Appendices, hereinafter referred to as rule(s), shall be set out as follows:

- a. Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."
- b. Action to be taken:
 - Deletion, or
 - Addition, or
 - Amendment, delete ... and insert (or replace with)...Text involved and (109.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers sentences and words should be quoted in full and (109.2.3) above. The text of the addition or insertion accompanied in the former case by the proposed rule No. or location.
- c. Optional

A brief statement of the reasons(s) for the proposal: This will form part of the formal proposal but is merely for the guidance of the General Assembly. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be affected, have been consistently dealt with by the proposal. Renumbering: It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.

19 ADOPTION AND EFFECTIVE DATE

So adopted by the IPF Executive Committee 09.04.2023