



## **Head Coach/ Coach Responsibility**

### **The Aims of a Coach Responsibility**

- Is to ensure the successful coaching of their lifters at the international level, to encourage participation in the sport of Powerlifting, to help each lifter to achieve the best results that their potential indicates,

### **What is the Coach Responsibility?**

-The Coach has many duties associated with the above aims, he/she needs to always have a strong character and disciplined approach, he/she must always be in charge.

### **1. Being a Coach, you must ensure the following (IPF By-law 14.5.6):**

#### **The number of Coaches for each lifting group in the warm-up**

- 1 - Athlete = 3 Coaches
- 2 - Athletes in the same group = 3 Coaches
- 2 - Athletes in two different groups (e.g.: A & B group) = 5 Coaches
- Athletes = in the same group = 5 Coaches
- Athletes = in two different groups (e.g.: A & B group) = 6 Coaches
- Athletes = 6 Coaches which is the maximum number of Coaches allowed.

#### **The number of Coaches for each lifting group in the preparation area for Classic Lifting**

- 1 - Athlete = max 2 Coaches in one group
- 2 - Athletes = max 2 Coaches in one group
- Athletes = max 2 Coaches in one group
- Athletes = max 3 Coaches in two groups
- Athletes = max 4 Coaches in two groups which is the maximum number of allowed Coaches.

#### **The number of Coaches for each lifting group in the preparation/wrapping area for Equipped Lifting**

- 1 - Athlete = 2 Coaches
- 2 - Athletes = 4 Coaches
- 3 - Athletes = 5 Coaches
- 4 - Athletes = 6 Coaches which is the maximum number of Coaches allowed.

2. Promoters will install a Coach Observation zone in the wrapping area with a TV monitor link to the Lifting platform for coaches to be able to follow competition lifting. If this is not possible, then an Observation Zone behind the speaker table for coaches to view the lifting
3. The Head Coach must ensure only one coach goes with the athletes to the coaching zone.
4. **IPF By-Law 14.3:** Dress code for Coaches at international events shall be national team tracksuit plus team or IPF approved t-shirt, or sport shorts. 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 Controller shall notify the Jury on all violations of the dress code.

5. The behavior of the coaches and lifters in the warm-up and wrapping area is the responsibility of the Head Coach.
6. The Head Coach must ensure each of his/her coaches & assistant coaches receive an accreditation badge with a photo to gain access to the warm-up, wrapping, and lifting area.
7. The Head Coach must arrange with the meet director/organizer a fixed training time for his/her team.
8. The Head Coach must ensure that all equipment used during training is returned to the racks, the platforms are left tidy, and the training area is kept clean (no garbage, etc.). The same applies after the competition.
9. The Head Coach must ensure at weigh-in his/her lifters present the following to the Referees: Government ID/passport; first attempts for squat, bench, deadlift in kilos, IPF Anti-Doping Rules Consent Form, and one Head Coach/Coach Responsibility Form per team.
10. The Head Coach must ensure at the equipment check lifters equipment is in accordance with IPF Technical rules.
11. The Head Coach, Coaches, and Assistant Coaches in the warm-up, wrapping, and lifting area **must** acknowledge their requirement to adhere to all the IPF Anti-Doping rules.
12. The Head Coach is to ensure that the lifters are prepared and ready to take the platform when his/her name is called.
13. The Head Coach is to ensure that the lifters are prepared and ready to take the platform when his/her name is called for the awards ceremony.
14. Concerning warm-up and wrapping, any drinking of alcohol by Head Coach, Coaches, or Assistant Coaches and team lifters in the above-mentioned areas is strictly forbidden. **Under no circumstance can any person under the influence of alcohol be in the warm-up room at any time, and this must be ensured by the Head coach.**

**I acknowledge that I have read and understood the above. I understand that abuse of these expectations will render me liable for disciplinary action by the IPF Disciplinary Committee, or in case relating to item 11. above, for the review and hearing processes specified in the relevant articles of the IPF Anti-Doping Rules.**

NAME of Head Coach.....  
Please state

NAME of Coach.....  
Please state

National Federation.....

SIGNATURE ..... DATE .....