



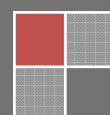
2009

AGENDA

IPF – General Assembly, New Delhi/ INDIA

IPF

01.11.2009



AGENDA

of the IPF General Assembly 2009

Ball room Fortune Hotels, Globe Arcade,
Gurgoan road, Gurguan 122002 Haryana,
New Dehli/ India

Sunday, 01.November 2009/ Begin: 02:00pm

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



2) President's Address

Dear Athletes, Dear Officials, Dear Ladies and Gentlemen,

An eventful year is almost over and we can on the one hand be quite satisfied but on the other we have to be disappointed.

Last year before Christmas the IOC Executive Board has denied not granting IOC recognition to the IPF.

The main reason was that the IOC has a policy of zero tolerance in respect to the fight against doping. Unfortunately due the still a very important percentage of positive cases in our sport, they cannot grant the recognition. We must accept this decision and it is still the main goal for the IPF to achieve the IOC recognition. IOC recognition means possible support of our member federations by their national governments and National Olympic Committees. That is the main reason, why we must follow on this way.

End of March 2009 our Secretary General Emanuel Scheiber and I have had an interesting meeting with the IOC Sports Department. They informed us that we have sent a very interesting and valuable application for IOC recognition.

I can affirm you that the "IOC door" is not closed. We have had the opportunity to talk with the IOC Sports Director Christophe Dubi and he told us that we shall stay in contact to them in order to proceed with our application.

The IPF Executive Committee has decided to strengthen our fight against doping at their meeting in Kaohsiung. The regions will support this most important goal.

But without the assistance of our member federations, we will not achieve this goal. I will invite all member nations to increase and improve their fight against doping. The IPF and the regions are planning education, support and seminars, handouts etc. for you. Please take this opportunity and support your own federation and the IPF.

Referring to our strategic plan the IPF Executive Committee has extended its activities to model the IPF to a modern and effective federation, which serve our members in the best manner. These tasks will not be fulfilled in a short term and step-by-step we will reach our goals.

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

Unfortunately due an illness I have not attended the World Games in Kaohsiung / Chinese Taipei. As I have heard, the Games were a unique experience for all, who have taken part. I followed the competition with the online score sheet, created and provided by our Computer Secretary Alexandre Kopayev.

This score sheets and our championships videos on YouTube are really an instrument that all interested persons can take part virtual at our championships.

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

Kind regards and I wish you all the best for very successful World Championships.

Detlev Albrings
President IPF



3) Minutes of the last General Assembly

See the e-mail to all member federations and on the IPF homepage from 18th of November 2008.

4) Report Treasurer – Report Auditors

The financial situation is still in a good condition and we close this year with a small benefit. This is due to the fact that we have with ELEIKO a main and VIP-partner. Also the extra donation by Titan leads to this benefit. My thanks are going to Emanuel, who negotiated the contract between the IPF and ELEIKO.

The IPF has spent a lot of money for the fight against doping and especially for the OCT test's we have made before the World Games. Due to this fact and the cooperation of our nations we achieved this goal and all tested lifters at the World Games were negative.

Also an increased amount was spent for the travel costs. We have had this year two more championships; the World Games and the World Sub-Junior & Junior Bench Press championships.

With the new VIP partner ELEIKO we have had the possibility to support the organisers with material as part of development. We have also supported Brazil with a lot of material, which can now be used at their regional championships. We ordered material of ELEIKO, Leoko, Pallini and ER-Equipment, which was delivered to Brazil. Also the North American region was supported with material of Ivanko, which was our part for the development of sport in this region.

We spent again money in the development of the IPF and it is the duty of all of us to go forward with the results of our strategy, which was prepared by the Sport Consulting Agency. It is not enough do make a review of the IPF by the consultant; we must have also the courage, the responsibility and the order to implement all these ideas. We have started with the first contract and nearly the full money we spent for the consulting service was coming back to the IPF. So it was a really helpful investment to hire the Consulting agency. I want to point out this fact, because some people make unqualified comments and believe this consulting service was not necessary. They do not even know the background of this strategy and instead doing the requested work we asked them to do, they tell us what we have to do and forget to fulfil their own duties. The consulting service will cost us also in the future money, but in return we will earn money and knowledge, how to form the IPF to a trend-setting and modern federation.

The IPF is willing to go this year ahead with the new manufactures contracts. Our entire partners have received our proposals and we asked them about their comments and proposals.

Some of them discussed the requirements and the pros and cons. Now we are able to offer to them the contracts, which bring the partners and the IPF in a win-win situation.

When the contracts are finalised, we will have we can expand our activities in the area of media and organisation of championships.

We will be able to offer more championship videos over YouTube, improve our magazine and perhaps if the financial situation allows us, to offer Television.

I want to express my heartily gratitude's to all of our partners.



Currently we have not enough subscribers for our magazine and I ask the officials of the regions and the member federations that you strengthen your efforts to increase the amount of subscribers. I would also like to ask the referees to subscribe our magazine so that they receive all information by our Technical Chairman.

We spend also again a lot of money in our streaming, which is for us a good advertisement for our sport and therefore mandatory.

Our financial goal is that we must not to work with our savings; otherwise we do not have any savings, when we need really this money. We must keep and increase our savings and work only with the annually incomes.

As Championship Secretary I have had a lot of work, but still we have federations, who make the work for me more difficult. They fill out the forms not correctly and send the nominations too late. It seems that they do not know the rules. Therefore all nations have received my message and also the same information will be published in our magazine. I will strongly work according our rules. This is not to harm the federations and athletes; the Federations must now know the rule changes, which we have decided 2 or 3 year's ago.

I was travelling to all Worlds except New Zealand and I have had a good cooperation with the organisers. When I receive the invitation, I examine and check among other items always the hotel prices. Sometimes federations criticise the hotels, because they are too expensive also when it is the correct price. We have to guarantee also a minimum of good standard. When we are pushing the organisers to fulfil all the requirements according the organiser contract, then we have also to make sure that our member nations stay in the official hotel.

In other World Federations you cannot take part, when you not stay in the official hotel. The same applies when you are not present at the technical meeting or the banquet. When we want have a better organisation then this is also a matter, which must be considered. We all have to work on this matter, but not only the organisers, also the participating member federations. Without organisers we cannot organise any World Championships. When we require more and more benefits by the organizer then we have also to stay in the official hotels.

It is also a disrespectful that not even one person from each participating nation is present at the technical meeting and at the banquet. Here changes are also necessary, because it is not our duty to travel over the whole world with cups and certificates, because the federations don't want to attend the banquet. My proposal is that a minimum of one responsible person from each nation is present at the technical meeting and the banquet.

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

Gaston Parage
IPF Treasurer
IPF Championship Secretary

a) To examine the accounts of the previous year

To be presented at the General Assembly

b) To approve the budget for the forthcoming year

To be presented at the General Assembly

c) Fees (if requested)



5) Report Secretary General

Dear Delegates, Ladies and Gentlemen!

Another powerlifting year is now quite over and it was a very successful year for the IPF.

I think, the most impressive Event were of course the World Games in Kaohsiung – Taiwan. The Whole Games, beginning with the opening ceremony and ending with a great and emotional closing ceremony showed the whole world the friendliness from the people in Kaohsiung and that they have the know how to organize such a big event like the World Games. The organizer from Kaohsiung prepared perfect venues and the citizens from the city were euphoric and everybody could see that all the “guests” from the whole world are welcome in Taiwan.

A lot of volunteers were also a grant for the success of these games and they did a great job. A lot of representatives from different international federations told me, that these World Games were the best they ever saw.

The Powerlifting competition was a great experience for all athletes, coaches, officials and also for the spectators. The venue was prepared perfect. The organizer ordered all new equipment and the platform and also the warming up area was definitely worthy for World Games.

Also the presentation from the different countries at the march in at the opening ceremony from the powerlifting event and the victory ceremonies were very emotional and I think nobody from the lifter will forget these ceremonies. A lot of important persons visited us and showed us their interest on our sport. Mr. Ron Froehlich, President from the IWGA, Mr. Joachim Gossow, sports director from the IWGA and the most board members from the IWGA were present at our competitions. The Vice Mayor and also some representatives from the NOC of Taiwan showed us also their respect for powerlifting. It was a big honor that the President from Taiwan Mr. Ma was on Saturday present. He was in the venue, when the Superheavyweight men did the squat and he could not belief, that a human can lift more than 400kg. He told me, that he was very impressed and he honored the work from the national federation and from the IPF.

The only downer was the quality from the hotel and we will make sure for the next time, that such a mistake like this never will happen again.

On this way I will also express my thanks and congratulations to the powerlifting federation from Taiwan, especially Mr. Lee and Erica, who had a lot of work and did a very good job for the preparation from this successful powerlifting event!

Another championship on which I was present was the first bench press World's for Sub-Juniors and Juniors in Pilsen-Czechia.

The event was prepared perfect as always from the meet director Vladimir Mati and the Czech powerlifting federation under Miroslav Vacek. I think this is the right way, which the IPF now goes, because we have to give our youth also the opportunity to be present at the same number of World Championships like the open class or the masters. With these Worlds we are also in the position to lead the youth to the open class. In the past it was always a problem for lifter, who came from the juniors in the open class. The difference between a lifter of the age of 24 years and an “old” established lifter with 30 years was very big and so a lot of young and quite good lifters did not take part on bench press competitions. There was also always the problem that young lifters (about 20) never had the opportunity to be in competition against lifter from the same age on a international level. At these Worlds in Pilsen, the “young generation” showed us, that it was a very good step to establish



bench press Worlds for the sub-juniors and juniors. We saw a lot of great lifts and a high quality of participants. For the next year I wish, that these Worlds will grow to World Championships with participants all around the world.

Our President Mr. Albrings and I were also present for the second time at the Arnold's in Columbus, Ohio – USA.

It was still a great event with a high number of spectators and also a lot of lifters in the different competitions. It was a big honor for our President and me, to meet Arnold Schwarzenegger. I gave him a little present from my home country and he was very surprised about the gift. In his speech in our venue he honored the work from the USAPL and the IPF.

To be present at the Arnold's is a big honor and it is a great promotion for powerlifting, especially for the USAPL and the whole IPF. I will congratulate the USAPL under the leadership from Dr. Larry Maile for this perfect organized event and I am looking forward to the Arnold's 2010!

But my work was not only to be present on different championships. Our President and I were also on the sport council from SportAccord (format GAISF) in Denver USA. There we had the opportunity to create some contacts with people from other federations, the IWGA and also the IOC. This council gives us also every year the chance to show the sports world, who we are and that we are interested to be a part of the big global sports family together with all the other sports!

Also a part of my work is to be in contact with the member federations. Here is often the problem, that I have not the right addresses (especially e-mail address) or there was a change in the EC from the federation (President or Secretary General) and I never was informed. It is a pity and very hard for me, when I have to write to some federations three or four times to receive the right contact persons. I have also to update the members list on our homepage and it is also not good, if there are contacts on the homepage, which are not current. One more problem is, when I send out some information's and I receive no response back. That was also a problem with some federations prior the World Games. The funny thing was, that federations like the Ukraine, USA or Taiwan, which had more than 20 persons to accredit, could send me ALL the information's in time and for federations with only 2 or 3 people it was not possible. There were also some mistakes about nomination of lifters, because some national federations did not inform their lifters. Please understand that I can contact only one responsible person from each federation and not each person individual.

For the World Games I had to administer 160 people and so I have to trust that the persons (mostly Secretary General or President) that they will inform all persons in their federation.

Other parts of my work were

- Prepare the incoming Emails from the Member Federations and the Committees
- Prepare the promoter contracts for the organizers from the World Championships
- Prepare the agenda and minutes from the EC-meetings
- Prepare the agenda for the Congress here in India
- Assist the President at different duties
- Be in contact with our partners (sponsors) and negotiate about partnership programs with the IPF

At the finish of my report I want to express my thanks to our President Mr. Albrings , the Treasurer Mr. Parage, and all other people in the IPF who assisted me in my work. I wish all delegates a nice stay here in India. For all competitors I wish you a successful and accident free competition with a lot of records. For the organizer, I wish you also very successful



World Powerlifting Championships and I thank you very much that we can stay here and be your guests in Delhi.

Emanuel SCHEIBER
Secretary General IPF

6) Committee Reports

a) Technical Committee

Members

Bill Clayton	USA
Bill Jamison	Canada
Myriam Busselot	Belgium
Johnny Wiklund	Sweden
Johan Hannie Smith	South Africa
Henk Keizer	Netherlands
Steve Lousich	New Zealand
Subrata Dutta	India

Another year has passed and this will be the thirteenth time that I have compiled our Annual Report to Congress.

The duties of The Technical Committee as prescribed in the Technical Rules have been fulfilled, hopefully to the satisfaction of all concerned.

No doubt because of the glut on the market of personal powerlifting apparel, and perhaps having reached its zenith, little or nothing has been received from manufacturers this past year requesting IPF Approval. Regardless of this, we continue to keep excellent relations with our suppliers.

The moratorium on bench shirts still remains!

The Technical Committee News Bulletin published bi-monthly (thanks to Dennis Unitt and IPF.com) has continued to keep members of the IPF informed on matters concerning our brief e.g. proposals, rules clarification, new referees etc..

To keep things simple there is little point going over topics here that have been featured in the News Bulletin

The Technical Committee met in Newfoundland at the Open World Championships discussing proposals that were felt might enhance the sport. The Chairman has met on two occasions since with the Executive Committee.

Daily e-mails have been answered promptly and accurately.

Referee Registrar Göran Gunnarsson is doing an excellent job as always, administering the Referee's Examinations and up-dating the list of referees worldwide. He has supplied the following figures. Our thanks to him.



	Number of Nations	Category 1	Category 2	Total of Referees
Europe	25	107	146	253
Africa	1	6	5	11
Asia	10	28	59	87
Oceania	2	9	10	19
Americas	13	16	79	95
Total	51	166	299	465

Judging from the above one would imagine that there would be no difficulty in finding enough referees to officiate at all of our World Championships, yet we still struggle at events other than the Open Championships or World Games. As has been said previously, the Referee's Clinic was introduced primarily to encourage referees to attend Junior and Master's Championships but apparently has not had the desired affect. It is appreciated that commitments and the economic climate may deter travelling, but we urge officials to try their utmost to make themselves available.

My thanks to Technical Committee Members who have made input and to the IPF Treasury for any necessary funding.

We shall endeavour to uphold the good name of the IPF and take care of all duties within our jurisdiction.

John Stephenson
Chairman

b) Medical Committee

No report!

c) Disciplinary Committee

Members

Dietmar Wolf (Norway)
Larry Maile (USA)
Stéphane Hatot (France) until June 09, thereafter
Fabien Lambiel (France)
Kalevi Sorsa (Finland) interim member

Since the last Congress held in St. John's / Canada 2008, the DC had to deal with and to decide in 10 cases.

Most of the workload was related to examine all actual doping cases (control of the doping control papers or if all requirements are accomplished) before the cases are sent to the Doping Hearing Panel. In addition we have to examine in some cases, if there actually a TUE (Therapeutic Use Exemptions) exists related to this doping case.

In one case, a national official leader brought the sport of Powerlifting into disrepute, which was a violation of article 14.10.2



The DC examined and discussed each of these cases in detail subsequently.

We thank all the members of the Committees and the EC-members for their good co-operation and help throughout the last year.

We wish you a successful Congress and World Championship Competition.

Best wishes,

Dietmar Wolf
Chairman

d) Appeal Committee

The IPF Appeal Committee (AC) have during the period since last General Assembly 2008 consisted of Lars-Göran Emanuelson (Sweden), chairman, Jean-Claude Verdonck (Belgium) and Steve Lousich (New Zealand)

The AC have has one appeal to decide upon since the last General Assembly. It was an official protest from the Japan Powerlifting Association, against judgment made on technical rules to the Japanese lifters from the referee and the jury in the IPF Worlds Men's and Women's Bench Press Single lift Championships 2009, held in Hamm, Luxembourg.

The AC found that a judgment made by the jury cannot be appealed. The AC also found that, no matter how, the judgment made by the jury was correctly made.

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

The AC is still understaffed and we will ask the nations for further committee members. For the moment the AC is staffed with two members from Europe and one from Oceania. Every nation that would like to have a member in the AC please contact Lars-Göran Emanuelson, Hinsaringen 16, S-139 53 VÄRMDÖ, SWEDEN or at Lars-Goeran.Emanuelson@powerlifting-ipf.com. We would like to see some applicant from other continents than Europe and Oceania.

Lars-Göran Emanuelson
Chairman

e) Law & Legislation Committee

First of all thanks to all the nations which are present this year at this IPF Congress.

Last year 5 new countries joined the IPF thanks to Mr. Robert Keller's good job. So I would like the other regions to work in the same direction. But unfortunately this year only one country proposed its constitution: Armenia. And the Armenian Powerlifting constitution was accepted after a few corrections.



Last year Nicaragua sent me their constitution but unfortunately in Spanish. One year later ...I am still waiting for the English version.

Therefore I think it would be a good thing to ask each country which want to join the IPF to send me the complete information about their Law & Legislation, so I can do my job and widespread our sport.

Personally I attended the more competitions as possible as a Referee Cat I. So I could collect much information from many countries as to develop and promote the IPF Powerlifting.

I went to:

The World Bench Press Championships-	in Hamm , Luxemburg,
The European Master Championships	in Pilsen , Czech Republic
The World Sub-Junior & Junior Bench Press Championships	in Pilsen, Czech Republic
The European Bench Press Championships	in Frydek-Mistek, Czech Republic
The World Master Championships	in Ostrava, Czech Republic
The European Master Bench Press Championships	in La Louviere, Belgium,
And I am now here in New Delhi for the Men & Women World Championships	

What I have to say is that all these countries well organised their championships which fully respected the rules of the IPF & EPF.

Furthermore a lot of new World & European records have been beaten, which prove that powerlifting is not only growing in performance but also in quality.

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

I think we must continue in the same direction with the open minded, respectful and honest mind. And with the help of the IPF, the Wada Code and our Law & Legislation we can, more easily, reach our goal which is to promote, develop and improve our beloved sport in respect of mankind.

Jean-Claude VERDONCK,
Chairman

f) Anti Doping Commission

INTERNATIONAL TESTING

The IPF conducted both in & out of competition testing in 2008 and 2009. A summary of those test results is as follows –

	<u>2008</u>	<u>2009(to Sept)</u>
In-competition	349	243
Out-Of-Competition	<u>12</u>	<u>22</u>
Total	361	265
Positives	23	4
Other AAFs	9	?



Thus the positive test ratio is in the order of 6.3%, a statistical improvement on 2007's 8%. In its administration of testing, the IPF continues to be blessed by having an efficient Disciplinary Committee & Doping Hearing Panel, whilst Detlev Albrings does a huge amount of administrative work in making the testing programme run. In 2008/9 the IPF Whereabouts programme has been further consolidated, with high-level athletes logging their data via the WADA ADAMS on-line system.

An area of difficulty remains the follow-up of Adverse Analytical Findings (AAFs) which are not unequivocal positives i.e. cases where T:E ratios are greater than 4:1. The WADA rules require a further follow-up of these of at least three tests, whilst expert evidence needs to be gathered for the interpretation of test patterns. This creates resource problems for the IPF, however it has been resolved that such cases will be pursued fully.

Further progress in 2009 and 2010 can also be made by more consistent engagement of external agencies for event testing. WADA rules require independence and certain qualifications for testing personnel and breaching those requirements exposes the IPF to challenges to test results. Once again, cost is a factor here, given that many World Championships are held in remote locations and consideration must be given to avenues for funding a completely arm's length programme. However, the IPF remains in overall compliance with the WADA Code and this is a cornerstone of our organization's credibility.

NATIONAL TESTING

To be effective, the IPF international testing programme must be supported by national testing programmes. Indeed, it is a requirement of the WADA/IPF rules that national federations conduct compliance testing programmes. Further, from 2010 onwards WADA will require that World Championships and other major events only be awarded to nations that are compliant with international standards in their testing. The data from the 2008 national doping reports indicates is as follows:

IPF Member federations	102
Reports lodged	66
Non-reporting nations	51
Departing but non-testing nations	26
Total national ICT	1147
Total national OCT	615
Total national positive cases	59

Thus much work remains to be done with IPF member federations, in terms of getting all nations conducting programmes, achieving an emphasis on OCT and in the following up of all AAVs. It is noteworthy that the evidence is that only 25% of IPF nations conduct any testing at all!

The IPF has in the last two years made particular efforts with nations having international testing records of concern. Russia and Ukraine have both transitioned through suspension and probation and have achieved some developments with national-level testing. The South African federation was most cooperative with IPF consultation following a number of positives in 2007 and now has a strong testing programme run in conjunction with its government agency. India has also made progress, with the re-accreditation of a WADA approved laboratory in that country and some testing activity being reported.



However the need for all nations to be proactive in developing testing programmes remains great. A special meeting and seminar on national testing programmes will be held in Delhi on 31st October, as a stimulus and guide for national programmes.

DOPING EDUCATION

Below the federation level, it is essential that athletes understand not only the broad reasons for the importance of anti-doping programmes, but also the mechanics of such systems. The IPF has had cases of positive tests which would seem to have been based on misunderstandings of the TUE process, whilst inattention to Whereabouts requirements can also bring on penalties for athletes.

Athletes must ultimately take responsibility for their compliance with the rules, however the IPF must also distribute information for athletes to act on. To that end, much information concerning the IPF anti-doping programme is shown on the IPF website. Further, in 2008/9 an IPF Doping Q & A document was prepared and also placed on the website.

In 2009 to 2010 the IPF website materials will be further developed, with Factsheet style documents being prepared on key topics. From there more sophisticated and interactive athlete education materials will be developed.

Robert Wilks
Chairman

g) Doping Hearing Panel

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

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

Since September 2008, the DHP has delivered judgments in roughly 20 doping cases, which is slightly less than average and significantly less than in the prior twelve-month period, in which judgments were rendered in 30 doping cases. We have examined each of these cases in detail. As of the date of this report, only three doping cases are under review by the DHP.

As you know, in 2008, the WADA Prohibited List was amended to add the Specified Substances clause, which applies to “substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents.” In cases involving such substances, the DHP has discretion to impose a lesser if an athlete can establish that his or her use of a prohibited substance was not intended to enhance performance. Intent is a key question.

In 2009, the WADA Prohibited List was amended again. Under the 2009 Prohibited List, all substances are considered Specified Substances *except* anabolic agents, hormones and related substances, agents modifying myostatin functions and certain stimulants. According to WADA, this change was made to align the 2009 list with the more flexible sanctions provided under the 2009 WADA Code. Under the 2009 WADA Code, an athlete who can unequivocally establish that a substance was not intended to enhance performance may



receive a reprimand and no period of ineligibility at minimum, and a two-year ban at maximum. The 2009 WADA Code also provides for enhanced sanctions (up to four years for a first offence) in doping cases involving aggravating circumstances such as participation in a large doping scheme, use of multiple prohibited substances, or deceptive conduct to avoid detection of an anti-doping violation.

Despite these changes, it is important to note that strict liability has been maintained in the 2009 WADA Code, meaning that athletes remain liable for each substance found in his or her body. However, there is the possibility for reduced sanctions, depending on the specific facts of each case.

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

We thank all the members of the Committees and the Executive Committee members for their excellent support and help throughout the last year.

We wish you a successful Congress and World Championship Competition.

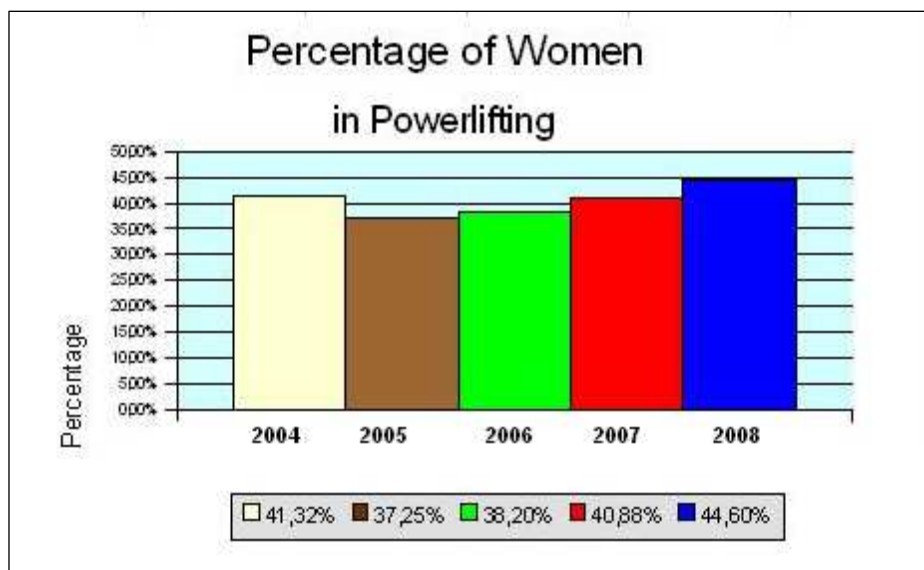
Best wishes,

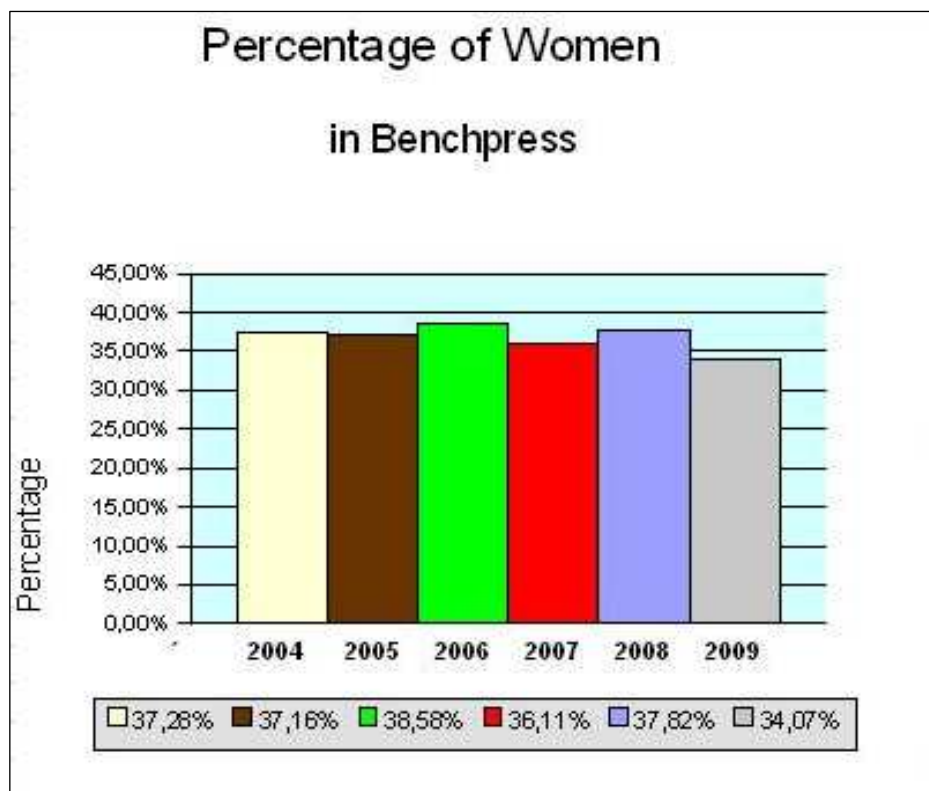
James Cirincione
Chairman

h) Women Committee

Like the years before, the female lifters in powerlifting have been fully integrated. During the last year on all championships women have had equal rights, never women have been discriminated.

The statistics and graphics below give an overview about the number and percentage of female lifters from 2004 until 2009 that took part in Open World Championships. You can see this number is nearly constant; differences may be a result of the host city and the costs of all athletes to go there. On average, 35% - 45% took part in these competitions.





Another interesting point is the number of nations that send female and male athletes to international powerlifting championships. The numbers below represent the nations at world championships in powerlifting.

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

Tabelle 1: Statistics Open Powerlifting World Championships

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

But there are still many regional differences. E.g., in Europe, in North America, in India, in Japan and some other countries women as a matter of course are parts of every team. In other regions there are only a few female lifters.



Good ways to promote female lifters are World Sub-Junior & Junior Powerlifting Championships and also the World Sub-Junior & Junior Bench Press Championships.

	2005*		2006*		2007*		2008*	
	Nations	Athl.	Nations	Athl.	Nations	Athl.	Nations	Athl.
Men	21	77	23	83	29	120	26	98
Women	14	45	17	43	18	67	22	64

Tabelle 2: Nations and Athletes at Juniors Powerlifting World Championships

** Only Juniors*

The table above shows, that in 2008 female lifters from 22 nations took part in this Championships that means from 8 nations more than in 2005.

For the future the following main priorities are seen:

1. In the past often the women lifted early in the morning or separated from the men. For this reason on nearly all International Championships the time tables should be reviewed. It is important, that we have a mix of men and women on every day; this would give a clear voice for the women in Powerlifting. This has been realised in all championships this year.
2. In all media, newspapers, the Internet and official press releases women should be more represented. These media are very important – they have to show that female lifters don't look like men and support the positive image. A representative of the women's committee should be invited to official meetings of the IPF to this point.
3. To go on with the hard Anti-Doping course of the IPF is the base to promote women. Female lifters would stay still females and to meet these requirements a drug-free sport is necessary.

Eva Speth
Chairwoman



7) Regional Reports

a) Europe



EPF Administration.

EPF has all together 37 member nations of which 30 are full members fulfilling all EPF membership obligations. The EPF administration is as follows:

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

General Assembly

The EPF General Assembly was staged in Ylitornio in Finland 5 May and delegates from 15 of the 30 full member nations were present. In the Open Europeans, starting the day after the General Assembly, lifters from 19 nations took part.

New election of chairman for the Women's Committee and a second Auditor took place.

EPF Hall of Fame was awarded to Jaroslaw Olech from Poland.

European lifters

In January the following lifters were appointed by the Executive as European lifters 2008:

Gundula von Bachhaus, Germany and Jaroslaw Olech, Poland.

Olech was awarded this prestige title for the 7th time.

International championships

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

In 2009 5 European championships, 1 Western European Championship and 1 Danube Cup are organized and also 3 World Championships are hosted in Europe.

General

At the General Assembly this year, Maria Pia Moscianese from Italy was elected as new chairman for the Women's Committee replacing Tone Ingebretsen from Norway and Marina Kail from Germany was elected 2nd Auditor.



The EPF Executive members and committee chairmen and officials are all experienced persons forming a good team to run the daily administration of EPF.

EPF has instituted a contract with the same agency as IPF to work out a new EPF logo and a new EPF web page. The logo was introduced at the General Assembly in May and the new web page intends to be ready within the end of this year.

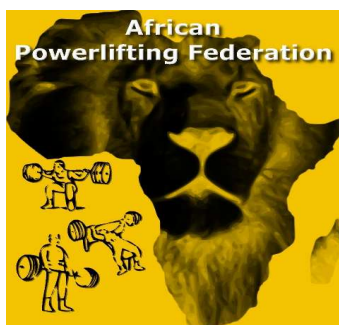
The economy is running well the last years due to good administrative routines and a good book keeping system that helps the Treasurer to keep up all his work to collect outstanding payments and paying all bills in time.

The good economy gives EPF the possibility to help organizers of European championships economically. EPF has instituted an “EPF sport development fund” which means that organizers of European championships are offered to buy cheap IPF recognized equipment. The manufacturers have lowered their prizes considerably and EPF pay half of the net price of this equipment and the organizer the other half. In 2009 1 organizer has been supported by this fund.

Also in 2009 a high number of doping tests have been carried out at European championships and cups meaning that more than 15% of all participants were tested. The fight against doping abuse to create fair play for all lifters has the highest priority within EPF.

Arnulf Wahlstrom
EPF President

b) Africa



2008/9 has been a year of mixed fortunes for African Powerlifting. Once again we were let down badly by Nigeria who had bid to host the 2009 African Championships in Lagos and at the last minute withdrew due to none funding and eventual disbandment of the Nigerian Federation.

South Africa once again stepped into the breach at the last minute and allowed the African Powerlifting Federation to piggyback on their South African Championships in Potchefstroom, subsequently all the African Federations were invited and the competition went ahead with Algeria emerging as the eventual winning nation.

Once again Algeria have bid to stage the 2010 African Championships in Algiers and at this time seem to have obtained government support so hopefully this will go ahead.

The Nigerian Federation disbanded due to in-fighting and corruption and at the time of writing we are still trying to resolve issues and restructure the federation. This needs to be sorted out as Nigeria has a number of good lifters who are missing out on international competition.



July saw the World Games in Kaohsiung and Africa provided two representatives in the form of Brian Green and Johan Smith who received tremendous experience from participating in the event.

On the subject of South Africa the SA Powerlifting Federation in compliance with the IPF's doping requirements has gone out of its way to ensure that it gets its house in order. With the support of the Institute for Drug Free Sport, the SAPF have conducted 125 dope tests both in and out of competition which is the fourth largest number of tests done in the IPF from a country with one of the smallest powerlifting populations.

As far as new membership is concerned, Kenya after many years of none involvement, re-applied and were granted membership and are now back in the fold. Applications for membership have been received from Gambia as well as Botswana.

Currently there are twelve African nations that are active in some way whether internally or at African Championships.

In conclusion, Africa generally is a large and poor continent and lack of finances and communication of course play a big part in the development of the sport. It is a perpetual battle to try and bring nations in Africa together to grow powerlifting however we do our best with whatever limited resources are available and will continue to do so in the future.

Hopefully 2010 will provide us with greater opportunities to promote the sport further.

Alan Ferguson
APF President

c) Asia



Asian Powerlifting Championships

2009, we had our annual championships in India. Host city was very historical old town of Udaipur. You can see the World Heritage called City Plaza which was built 400 years ago.

The championships were big and wonderful. Almost 300 lifters, young and veteran, men and women got together at the new 5 star Radisson hotel Udaipur..

The championships continue from early morning till late night. All the Asian officials together with Indian officials worked so hard.

The banquet was wonderful according the tradition of India.

World Games

One in 4 year's big event for the powerlifting was the World Games.

This year, Kaohsiung city of Taiwan prepared such a good championships for the World Games. The venue was big auditorium of the University and this place was renovated to the newest international level.

The Powerlifting event was televised and the main news paper report our event everyday. Only small concern was the hotel and hotel food.



Asian Benchpress Championships

We went to India again for the Asian Benchpress Championships.

Indian Powerlifting Federation organizes 3 international championships in 2009. We are surprised with their good spirit of hosting such big championships in short times.

The championships were held at the Chandigar city, beautifully designed by French Architect.

The number of the lifter was little bit smaller than Asian Powerlifting Championships but the level of the meet was super. Especially the governor himself attended the meet and we could feel the big support of government.

Asian Records

So many new Asian Records were made this year at the Asian and the other international championships. We are rewriting the records book soon after the international meet. You can see the new Asian Records at our web pages.

New Members

This year, we do not have new members.

If we point out some problem regarding the membership, some of them facing the domestic rival in their countries.

We can advise them to solve the problem but most important thing is their inner adjustments powers. We hope their strong leaderships and quick settlements.

Doping Test

Now in India, National Anti Doping Agency was formed.

We sent all the urine sample of the Asian Championships to this labo and we get the report from them.

Our problem is not many members are doing domestic dopingtests in their national championships.

Main reason is economic matters.

We strongly started the campaign of national level doping test in Asian.

Future

Next year we will go to Mongolia for the 2010 Asian Powerlifting Championships.

We also will go to Philippines for the 2010 Asian Benchpress Championships which will be hosted with the cooperation of Iran.

Our Web Pages

Visit our pages. You can enjoy the atomospher of Asia with many photos.

<http://www.powerlifting.jp/ASIA/index.html>

Susumu Yoshida
APF President



d) North America



The 2008-2009 competition years have been another good one for the North American Region. Starting with the successful hosting of the Men's and Women's World Championships last November in St. John's, Newfoundland and concluding with the very successful Pan American Championships in Miami, Florida in August, this competition year has been one of great achievement by our nations and competitors.

Starting first to last, the Pan American Championships is held every two years as a collaborative effort of the NAPF and FESUPO. The Pan Am's was held in Sao Paulo, Brazil in 2007, and the next meet is scheduled for 2011 in Buenos Aires, Argentina. In Miami, almost 200 athletes participated from approximately 25 countries, and some participated for the first time. This competition included very strong and competitive teams emerging from Guyana an Ecuador and Brazil, adding to the strong presence of Puerto Rico and the USA.

This fall, we are planning our first meet in Mexico with the North American Bench Press Championships. The venue in Acapulco in November will provide a nice break from winter for many of our northern competitors.

We continue to work in referee development with Mr. Robert Keller hosting several referee certification seminars in addition to referee testing scheduled with our championships. We also held a very successful Antidoping Seminar at the Pan American Championships in Miami.

We have continued to see several of our nations develop. One example of this is the new Mexico Federation under the leadership of Gabriel Garcia Corona. State level competitions are being developed as well as increased international competition. The Cayman Islands Federation under the leadership of Tony McInerney is developing a strong high school-age program, while Puerto Rico continues to have powerhouse teams and enthusiasm.

Many NAPF athletes were fortunate enough to participate in the World Games in Kaohsiung, Taiwan in July. Many reported this was a lifetime best experience and the camaraderie among the North American representatives shows the close relationships among our member nations.

Finally, thanks goes out to all those who made this a successful competition season: General Secretary Robert Keller, Vice President Nestor Gregory, Scoring Manager Sergio Centeno, Records Manager Ivan Cancel, and Technical Secretary Bill Clayton. These gentlemen provide the expertise that makes competition in the North American Region possible.

Larry Maile
NAPF President



e) South America



This year was very special for FESUPO-South America Powerlifting Federation, firstly hosted together the NAPF, in nice city of Miami, the Pan American Powerlifting Championships 2009, in "Hyatt Hotel", a beautiful hotel the same place where was World Men Powerlifting 2005.

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

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

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

You hope that we show to everybody that South America have truly conditions for host other competitions.

We have good changes in any Federations, especially in Peruvian Federations. Ms. Sara Gutierrez assist the Peruvian Federation and we are sure that the things going to change in Peru with major participation of Peruvian lifters in international competitions.

In next year we will have the South American Powerlifting Championships in Montevideo city, Uruguay.

Julio Conrado
FESUPO President

f) Oceania



MEMBERSHIP

In 2008 to 2009 the Oceania nations have lined up as follows -



Australia	Tonga
New Zealand	Samoa
Fiji	Papua New Guinea
Tahiti	New Caledonia
Nauru	Kiribati
Niue	American Samoa

Marshall Islands is not formally a member, however in August 2009 that nation held its first competition and we are hopeful of Marshall Islands joining in 2010.

ADMINISTRATION

The OPF remains a company incorporated under New Zealand law, No. 1489041. Cash on hand as at 31 12 08, as per the OPF Treasurer's report was NZD2,475. Office Bearers for 2007-2008 have continued to be –

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

EVENTS

In 2008 to 2009 there was one major event in Oceania, the Oceania Powerlifting Championships, held in Papeete, Tahiti December 5 – 8. Six nations and 50 lifters took part, in a highly successful event. Ten drug-tests were carried out via the Fiji RADO, all being negative. AN IPF Referees Clinic was conducted by Steve Lousich, with 6 attendees.

COMING EVENTS

The 2009 Oceania Bench Press Championships have actually been held over to February 2010, to be conducted in Tonga.

The 2010 Oceania Powerlifting Championships will be held December of that year, with Fiji and Samoa the bidders so far.

ANTI-DOPING

Australia and New Zealand have continued with strong government anti-doping programmes, involving in and out of competition testing and educational activities. New Zealand had one positive and Australia Nil in 2008 and 2009, although there has been official advice of two recent Australian positives for the stimulant methylhexanamine; the indications are that those were inadvertent, due to careless supplement use.

The Island nations still lag somewhat in testing activity. Fiji has had a RADO in place for two years now, but aside from testing at the 2008 Oceania Championships, there has not been a great deal of activity from that source. There has been recent advice of some Samoan DCOs obtaining WADA qualifications and hopefully this will add to the capacity in the



Islands. However education and financing are issues also needed to be progressed in anti-doping in the Pacific.

Robert Wilks
OPF President

8) Elections

No actions.

9) Proposals

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

IPF Anti-Doping rules 2010

The IPF Anti-Doping rules were sent attached to this agenda. These rules are according the WADA-Code 2009 and WADA has certified that these rules are WADA-compliant.

According IPF-Constitution 7.2.14 the IPF Congress ratifies the IPF Anti-Doping rules. The IPF-EC asks the Congress to ratify the presented Anti-Doping rules.

In connection with the proposed changes, some rules in the IPF By-Laws must be changed:

Proposals Executive Committee

101.9.4 Records Registrar

101.9.4.1 Shall certify all World records and maintain an up to date register of all records in all categories. World records can only be confirmed if IPF drug testing requirements **according IPF Anti-Doping rules 5.7** for the acceptance of World records have been complied with. Pending the confirmation of a negative drug test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than three months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

104.9 Recognition of World Records

World records will only be accepted from competitions where drug testing is carried out **according IPF Anti-Doping rules 5.7** and the lifter returns a negative drug test. This must be done strictly in accordance with the IPF Anti-Doping Rules including the analysis of samples in a laboratory accredited at the time of analysis by WADA.



104.8 Categories of World Records

The IPF recognises world records in the following categories: Men's Open, Women's Open, Juniors Men and Women, Juveniles Men and Women and Masters Men and Women, Single lift Bench press: Open Men's, Open Women's, Master's Men and Women.

104.8.1 World records will be accepted and registered only within the categories listed in this item.

104.8.2 Records will only be accepted if applications are made strictly in accordance with the requirements of the IPF Technical Rules **and according to the IPF Anti-Doping rules** and include a copy of the relevant score sheet. Claims to be sent to the Record Registrar.

1) Constitution

Proposal Luxembourg

12 Regional Federations

12.1 The IPF recognizes six (6) regional federations: the African, Asian, European, Oceania, North America and South-America Federations subject to the following conditions:

12.1.1 Each region shall elect an officer to act as IPF Board member for that region. Such nomination shall only come into force if ~~ratified~~ **elected** by the IPF General Assembly.

Reason

To have equal rights regarding election among the EC members.

2) By-Laws

2.1 Proposal Austria

Vice President

101.8.2.1

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~~ **for representative purposes.**

Secretary General

Add 101.8.3.6

He has such duties assigned 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.

Reason

The Secretary General is mainly involved in the daily work, attends the meetings with the IOC, IWGA, GAISF, prepares the agenda, minutes etc. and is therefore very qualified and able to provide information and order the meetings.



New

Add 105.4.4

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials does not stay in the official hotel during the championship, these people will not receive an accreditation and can not take part at this championship.

Reason

The organizers have special agreements with the hotels, that they can provide a special room rate for the championship. These rates are only possible, if the organizer has got a high number of people in the hotel.

It is also important for the organizer to know, how many rooms he should reserve, because it is always difficult, if he reserve about 300 rooms and than he need 350, or if he reserve 400 rooms and he need only 320.

Sometimes, if the organizer does not have the capacity he ordered, he has to pay the rest of the rooms by himself.

To stay in the official hotel is international standard and in all other sport federations and it is compulsive to stay in the official hotel.

2.2 Proposal Athletes Commission

1. BL 102.4

Timelines for Submitting, Awarding Bids for World Championships

Bids shall be made and world championships awarded three years in advance. **The bids shall contain all information mentioned in Organizing Checklist under “1. Preparing the bid 3-4 years prior to the championship.”** All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Secretary General at least ninety (90) days before the next General Assembly.

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

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

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

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

1a) The organizing bid.

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

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



3) Technical Rules

3.1 Proposal NAPF

TR Page 3

Weight Categories

Allow women's 44kg and men's 52kg weight classes to be contest at annual national/continental/regional championships.

Reason

When the women's 44kg and men's 52kg weight classes were eliminated from the technical rules, the technical committee did not take into account the large number of member federations and regions as a whole (Asia, North and South America), have an abundance of lifters that take part in these two weight classes. At a minimum, the national and regional federations should be allowed to contest and set national, regional and world records in these two categories at their annual national and regional championships.

3.2 Proposal Luxembourg

TR Page 9/10 Failure Cards

Bench press:

red card

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

Delete: or is touching the abdominal area

Reason

It is too difficult for the referee to judge what is sternum and what is abdominal area, because some athletes have very long sternums.

blue card

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

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

Failure to press the bar to the full extension of the arms at the completion of the lift, **the bar must be pressed with even extension to lock-out.**

Delete the first 2 reasons and add **the bar must be pressed with even extension to lock-out.**

Reason

Any pronounced or exaggerated uneven extension of the arms during the lift is allowed; because that will be more powerful for the audience and it is a simplification for the referees. Any downward movement of the bar should be allowed because it **is a disadvantage for the athlete.**

3. Yellow card

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



floor or lateral movement of the hands on the bar. **Feet movement is allowed as long it is a flat movement on the floor. It is not allowed to raise the feet's.**

Reason

If an athlete move his feet(s) than he/she can loose his/her tenseness, lifting stability, wrong direction of the bar movement and this can be a disadvantage for a lifter.

If the General Assembly is in favour for these proposals, please change accordingly the rules for Bench Press Page 19/20.

3.3 Proposal Luxembourg

Costume

Page 12, (g), Add:

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

3.4 Proposal Luxembourg

TR Page 12 / T-Shirt/Supportive Shirt

New: place under second paragraph.

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

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

3.5 Proposal Athletes' Commission

2. TR General rules of powerlifting

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

A lifter has to be present at the victory ceremony and enter the podium for receiving his/her medals. A lifter, who fails to do so, unless he/she is injured and need immediate medical treatment, will not receive any medals from these championships.

Reason:

A victory podium without all medalists' presents is not good promotion for the sport. Photos from the ceremony will be incomplete and difficult to be used by the media, and we will lose potential valuable promotion in newspapers around the world. Not showing up at the victory ceremony shows disrespect for the other medalists, for the organizer, and for the IPF.



3.6 Proposal Austria

Technical Rules – Sponsor's Logos Page 17

Delete - ... and must be accompanied by a fee of € 250,-- or such sum to be determined by the preceding Congress.

Reason

The fee can depend and it should be decided by the EC about the fees.

3.7a Proposal Germany

Technical Rules, Page 18, Squat

Squat

2) After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (~~erect to mean not leaning forward from the waist more than an angle of 15 degrees~~) with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat".

Please delete all references in the Rule book concerning this rule.

Reasons

No referee can decide in a split second, whether it is 15 degrees or 13 degrees, 17 degrees or whatever. That is the same with Bench Press. Measurements like this (15 degrees, 15 cm etc.) makes no sense. Furthermore in Bench Press, we have recognized that there is an inflation of athletes (mainly in Bench Press competitions), who are not able to fully extend their arms, whereas they are able to do it at the beginning of the lift and not at the completion of the lift.

In 3-lift the same concerned athletes are able to extend their arms at the Deadlift?

3.7b Proposal Luxembourg

15 degree starting position in Squat

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

Reason

Because no referee is able to judge exactly for example a 14 degree angle or 16 degree angle of the upper body in squat.



3.8a Proposal Luxembourg/Germany

Technical Rules, Page 19, Bench Press

Bench Press

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

Please delete all references in the Rule book concerning the impairment form and this rule.

Reason

This is a disadvantage for all the other athletes in bench press.

3.8b Proposal France

Deleting article on page 19 (Powerlifting and rules performance/Bench press/9.)

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

Reasons

The 15° degrees lockout angle turns out to be very very difficult to assess. We also have to face lenient certificates from doctors based more on friendship than genuine measurement, and we have witnessed an uneven enforcement of the rule on account of referees themselves having a different way of measuring the angle, which gives discredit to our discipline

3.9 Proposal Austria

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

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

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

Reasons

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

3.10 Proposal France

Modify article on page 19 (Powerlifting and rules of performance/Bench press/1.)

The bench should be set on the platform with the head part turned at a 45° angle either forward or backward.



Reasons

When we find ourselves among the public we can't see much of what happens during a bench press because the loader-spotters are in front of us, as well as the bench and the referee. By completely turning the bench the public, particularly if located high, will more clearly see the motion of the bar for nothing will be in the field of view. We have tested this in France and it proved relevant

3.11 Proposal France

Modify article page 26 (Order of competition/(o))

In the case of a single round, i.e. up to 14 lifters maximum, a 20mn pause should be granted between lifts, so as to make warm-ups and supportive shirt fitting easier. Yet, these single rounds must be avoided whenever possible especially when the TV staff is present

Reasons

During the latest World Games in Kaohsiung, the pace of competition was completely shattered. The competition lasted between 30 and 45 minutes with 20min pause. This rhythm is not appropriate to keep the public on focus that readily gets bored during the time outs and eventually leaves the room. This is also incompatible with a TV broadcast as well. Once again, if we want to get broadcasted, we must adapt to their format. When facing a 14 lifters group, we'd rather split it into smaller units and only give 10min pause between each lifts.

3.12a Proposal Athletes' Commission

TR page 28, addition to nr. 1

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

Reason

A lot of athletes need signals and instructions from the coach during the lift. If the coaches have to stay where they don't get a proper view of the lifter these signals have to be based on guessing and are more or less worthless.

3.12b Proposal Luxembourg

TR: Page 28 / Item 1

Coaching area (delete and add)

Coaches shall remain within the designated coaching area. ~~as defined by the Jury or Technical Officer in charge.~~ **The coaching area must be defined one day before the first**



competition day in cooperation with the organiser, the Technical Chairman and one (two) appointed representative(s) member of the Coach Commission.

3.13 Proposal France

Modify article on page 31 (Referees 5)

Referees can sit where they deem it to provide the best viewpoint, outside the platform for the three lifts. The head referee must nevertheless never forget that he must be clearly visible from the lifter performing his squat or deadlift, and side referees must in turn never forget that they must be seen by the head referee who needs to see their lifted arms. Yet, when TV is present, the Jury shall check that the head referee is not too close to the racks so as not to block the camera's view.

Reasons

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

3.14 Proposal Athletes' Commission

4. TR page 32, addition to nr. 15

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

Reason

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

3.15 Proposal NAPF

TR Page 35 / Jury, No. 9

The current technical rule No. 9 under Jury reads as follows:

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



Change technical rule No. 9 under Jury to read as follows:

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

Reason

Technical rule No. 9 was changed after the 2007 World Championships in Austria without the approval of the IPF general assembly. The change in the process now allows the possibility of two IPF category I referees on the Jury, to overturn the decision of three IPF category I referees on the platform as well as the third category I jury member.

3.16 Proposal Germany

Technical Rules, World records, Page 36/37

Delete the possibility to achieve World records on national championships.

WORLD AND INTERNATIONAL RECORDS

International Competitions ~~and National Championships~~

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

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

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

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

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

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

All following paragraphs are further on valid.

Reasons

We have a high number of Masters Athletes, who achieve records on national level; we cannot afford the costs for the doping control. Not all of our national organisers have a



approved bar and therefore we have bought a Leoko bar, which must be transported every time to such organiser.

In our opinion at World and Regional Championships all criteria for records were according our rules and therefore that are the best places to achieve records.

3.17 Miscellaneous Proposals referring to TR/By-Laws

3.17.1 Proposal Netherlands

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

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

So our athletes have a very busy calendar.

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

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

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

By example:

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

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

2012: same as 2010

2013: same as 2011 and World Games

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

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

Best regards,
Pardeep Kailey
boardmember dutch powerlifting federation

3.17.2 Proposal France

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



Reasons

In today's situation, bench Press as single lift discipline is, in the IPF, but by product of powerlifting, and has not existence of its own. Hence is it very difficult to get it recognized as a genuine discipline, which it is, to the eyes of local governments and to get financial support from local authorities for international competitions

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

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

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

Bench Press rules are getting more and more complex to enforce. There are differences in the understanding of rules about the legality of some bench shirts (even between people in charge of referees), and lifters keep trying to alter their shirts to have them fit their morphology. Hence do we propose to get rid of the supportive shirt in Bench Press in three-lifts and we lighten the burden of rules for Bench Press as single-lift discipline so as to leave more freedom to benchers and to simplify refereeing rules.

Consequences:

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

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

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

10) New Member Applicants

Full members: Panama

Provisional members: Guyana, Nicaragua, Armenia

11) Action on delinquent Nations

No action!

12) Hall of Fame

Will be announced at the General Assembly!

13) Future Championships

2010

29. - 30. January	ER Equipment Denmark Bench Press Championships		Rodovre	Denmark
05. - 07. March	Arnold Sports Festival	USAPL	Columbus (Ohio)	USA
TBA April	4 th NAPF Caribbean Islands Bench Press & Powerlifting Championships	NAPF	Georgetown	Guyana
1. - 4. April	World Masters Bench Press Championships	IPF	Orlando	USA
TBA May	Asian Powerlifting Championships	APF	Ulan Bator	Mongolia
04. - 08. May	Men's and Women's European Championships	EPF	Köping	Sweden
25. - 29. May	World Bench Press Championships for Women&Men: Open, Sub- Juniors & Juniors	IPF	Killeen	USA
08. - 12. June	European Juniors Championships	EPF	Hamar	Norway
22. - 26. June	European Masters Championships	EPF	Bratislava	Slovakia
TBA July	South American Powerlifting Championships	FE.SU.PO.	Punta del Este	Uruguay
20. July	8 th NAPF Congress	NAPF	Mayaguez	Puerto Rico
21. - 24. July	8 th NAPF North American Regional Powerlifting Championships	NAPF	Mayaguez	Puerto Rico



21. - 24. July	21 st Central America & Caribbean Games	ODECABE	Mayaguez	Puerto Rico
TBA August	Asian Bench Press Championships	APF		Philippines
05. - 07. August	European Bench Press Championships	EPF	Bratislava	Slovakia
28. August - 04. September	World Sub-Juniors & Juniors Championships	IPF	Prague	Czech Republic
17. - 18. September	Western European Championships	EPF	Hamm	Luxembourg
27. September - 02. October	World Masters Championships	IPF	Pilsen	Czech Republic
TBA October	IBSA World Bench Press & Powerlifting Championships for the Blind and Visually Impaired	IBSA	Kahramanmaras	Turkey
TBA October	5 th NAPF North American Regional & 3 rd FE.SU.PO. Pan-American Bench Press Championships	NAPF	Road Town	British Virgin Islands
21. - 23. October	European Masters Bench Press Championships	EPF	Hagondange	France
TBA November	South American Bench Press Championships	FE.SU.PO.	Bogota	Colombia
07. - 13. November	Men's and Women's World Championships	IPF	Durban	South Africa

2011

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



04. - 06. August	European Bench Press Championships	EPF	Bid: Yalta / Ukraine	
29. August - 03. September	World Sub-Juniors & Juniors Championships	IPF	Moose Jaw	Canada
16. - 17. September	Western European Championships	EPF	Bid: Netherlands	
TBA October	5 th NAPF Regional Bench Press Championships	NAPF	Bid: San Jose	Costa Rica
27. September - 01. October	World Masters Championships	IPF	St. Catharines	Canada
20. - 22. October	European Masters Bench Press Championships	EPF	Hamm	Luxembourg
31. October - 05. November	Men's and Women's World Championships	IPF	Prague	Czech Republic
TBA November	South American Bench Press Championships	FE.SU.PO.		Ecuador

2012

TBA March	6 th NAPF Caribbean Islands Bench Press & Powerlifting Championships	NAPF	Bids: Road Town - British Virgin Islands / Oranjestad - Aruba	
18. - 21. April	World Masters Bench Press Championships	IPF	Bids: Schwedt (Germany, but date 15.-18.08.2012), Johannesburg (South Africa), Warsaw (Poland)	
08. - 12. May	Men's and Women's European Championships	EPF	Donetsk	Ukraine



22. - 26. May	World Bench Press Championships for Women&Men: Open, Sub-Juniors & Juniors	IPF	Bids: Czech Republic, Johannesburg (South Africa), Udaipur (India)	
TBA June	10 th NAPF Congress	NAPF	Bid: Orlando	USA
TBA June	10 th NAPF North American Regional Powerlifting Championships	NAPF	Bid: Orlando	USA
05. - 09. June	European Juniors Championships	EPF	Herning	Denmark
TBA July	South American Powerlifting Championships	FE.SU.PO.	Guayaquil	Ecuador
03. - 07. July	European Masters Championships	EPF	Czech Republic	
09. - 11. August	European Bench Press Championships	EPF	Italy	
27. August - 01. September	World Sub-Juniors & Juniors Championships	IPF	Bids: Pune (India), Potchefstroom (South Africa), Warsaw (Poland)	
14. - 15. September	Western European Championships	EPF	Bid required	
25. - 29. September	World Masters Championships	IPF	Bids: Johannesburg (South Africa), Chandigarh (India), Lima (Peru), Warsaw (Poland)	
TBA October	6 th NAPF North American Regional & 4 th FE.SU.PO. Pan-American Bench Press Championships	NAPF	Bid: San Jose	Costa Rica
18. - 20. October	European Masters Bench Press Championships	EPF	Czech Republic	
29. October - 03. November	Men's and Women's World Championships	IPF	Bids: Koscian, Warsaw (Poland), Aguadilla (Puerto Rico), Mariupol (Ukraine)	

