



**INTERNATIONAL POWERLIFTING
FEDERATION
ASBL**

2019 IPF Extraordinary General Assembly
Extraordinary General Assembly required by Article 8 Law dated 28th of April 1929* for
non-profitable associations (ASBL) registered in Luxembourg
Should no quorum exist following article 8 of the Luxembourg Law to the non-Profit
Associations at the commencement of the meeting a second Extra-Ordinary General
Assembly will be convened at 1915 hrs. with the agenda and a quorum of 20% will be
sufficient.

Helsingborg Arena – Gerdas Sal Room
Mellersta Stenbocksgatan 14 25437
Helsingborg, Sweden

Monday, 10 June 2019 / Begin: 19:00 hrs.

Registered office: 3, route d' Arlon, L-8009 STRASSEN
RCSL : F 7468

INTERNATIONAL POWERLIFTING FEDERATION ASBL

AGENDA OF THE EXTRAORDINARY GENERAL ASSEMBLY TO BE HELD ON June 10th, 2019 at 19:00 p.m.

The following amendments to the IPF Constitution are proposed for adoption at the Extraordinary General Assembly to be held in HELSINGBORG on June 10th, 2019 at 19: 00 p.m.

- 1. Roll Call**
- 2. President's Message – Gaston Parage, President**
- 3. Motions**
 - a. APPROVAL OF ALL CONSTITUTIONAL STATUTORY MODIFICATIONS APPROVED FROM 2007 UNTIL 2017 (Submitted by the IPF Executive Committee).**
 - b. MODIFICATION OF ARTICLE 5 REGARDING THE REPRESENTATION OF IPF (Submitted by the IPF Executive Committee)**

New proposed wording of Rule 5:

 - 5.1. The IPF is governed by a General Assembly consisting of a maximum of two delegates from each national affiliate with one vote per country, and the IPF EC members with one vote each.
 - 5.2. EC members are restricted to only one vote even as the officers cannot represent both their nation and the IPF Executive Board.
 - 5.3. An annual membership fee as stipulated in 103.2.1 of the IPF By-Laws must be paid by the member nations at the latest by the 31st of January each year to have voting rights at the annual General Assembly of this particular year.
 - 5.4. New member nations (Associations) must have paid their membership fee annually, from the year of their provisional membership.

c. **INTRODUCTION OF ARTICLE 10 REGARDING THE VOTING RIGHTS AND QUORUM OF IPF (Submitted by the IPF Executive Committee)**

Proposed wording of Rule 10:

At all meetings of the IPF, unless otherwise prescribed in this Constitution, a proposal shall be passed if supported by a simple majority of the valid votes cast.

Abstentions shall not be counted.

In the event of a tie, the Chairman of the meeting shall have a casting vote.

A proposal for the dissolution of IPF shall be passed in accordance to the Luxemburg Law.

A proposal to amend the Constitution shall be passed if supported by two thirds or more of the Member Associations present at the Meeting

The Quorum at any meeting shall be 20 % if not otherwise requested by the Luxembourg Law.

d. **CHANGE OF ANY NECESSARY RULE NUMBERS OR RULE NUMBER REFERENCES (Submitted by the IPF Executive Committee)**

All necessary changes to Rule numbers and references to Rule numbers arising from the above amendments shall be made.

e. **GENERAL ASSEMBLY (Submitted by France)**

Please Article 7.2.13 with the following paragraph:

Accept or reject the proposals made by the Working Group composed of the members of the Executive Committee, the Members of the Technical Committee and one representative from the following committees (Athlete, Coach, Medical, Women's and Youth). Changes to the IPF Technical Rules will preferably take place every four years, the year before the elections. In specific circumstances, the Executive Committee may call for a General Assembly to have Rule Changes placed on to the Agenda.

4. The following amendments to the IPF Technical Rules proposed for adoption at the Extraordinary General Assembly to be held in HELSINGBORG on June 10th, 2019 at 19:00 p.m.

Technical Rule Change 1: (IPF Executive Committee)
General Rules of Powerlifting
Page 2, Paragraph 1 (b).

Current Rule

(b) Competition takes place between lifters in categories defined by sex, bodyweight and age. The Men's and Women's Open Championships permit lifters of any age in excess of 14 years. In the event of a Powerlifting or Bench Press Championships being combined

e.g. with a Sub-Junior, Junior Open & Master's Championships, a lifter has the option of competing in either the Sub Junior & Junior, Junior & Open, Open & Master's Championships, and receive the award for both that in which he/she competed. The athlete to pay entry fee for both and need to compete twice.

Change to:

(b) Competition takes place between lifters in categories defined by sex, bodyweight and age. The Men's and Women's Open Championships permit lifters of any age in excess of 14 years.

In the event of a Powerlifting or Bench Press Championships being combined e.g. with a Sub-Junior, Junior Open & Master's Championships having both Classic and Equipped, a lifter has the option of competing in both Championships. The athlete shall be required pay entry fee for both championships and will be required to compete twice. Once the athlete is entered on the Preliminary Nomination, he/she may not change their age division. The lifter may only change the weight class on the Final Nomination.

Technical Rule Change 2: (Ukraine)

General Rules of Powerlifting

Page 4, Paragraph 7

Withdraw:

7. Each Nation must submit a team roster giving the name of each lifter and his/her body weight category. Best totals from National or International Championships during the previous 12 months shall be stated. ~~A nation cannot nominate a lifter, which have only one purpose to break a record in only one lift in a three lift powerlifting competition.~~

Reason: There is no mechanism of detecting the purpose of any lifter and no one can forbidden to nominate the lifter to any competitions – it's violation of his/her human rights.

Technical Rule Change 3: (Ukraine)

Equipment and Specifications

Referees numbered card system - reason for failure

Pages 7-9

Reason: Move this cause for disqualification to the blue card, so that all the typical causes for disqualification (downward movement of the whole bar) were in the cards of the same colour. It will be easier for referees to remember and for spectators to understand what was the lifter's error.

SQUAT	BENCH PRESS	DEAD LIFT
1. (red) Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.	1. (red) Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or is touching the belt.	1. (red) Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back.
2. (blue)	3. (blue)	2. (blue)

<p>Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift.</p> <p>Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p>	<p>Any downward movement of the whole of the bar in the course of being pressed out.</p> <p>Failure to press the bar to straight arms length elbows locked at the completion of the lift.</p>	<p>Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.</p> <p>Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>
<p>3.(yellow) Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.</p> <p>Failure to observe the Chief Referees signals at the commencement or completion of the lift.</p> <p>Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p> <p>Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.</p> <p>Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.</p> <p>Any dropping or dumping of the bar after completion of the lift.</p>	<p>3. (yellow) Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.</p> <p>Failure to observe the Chief Referees signals at the commencement, during or completion of the lift.</p> <p>Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.</p> <p>Contact with the bar or the lifter by the spotters/loaders between the Chief Referees signals, in order to make the lift easier.</p> <p>Any contact of the lifters feet with the bench or its supports.</p> <p>Deliberate contact between the bar and the bar rest supports during the lift in</p>	<p>3. (yellow) Lowering the bar before receiving the Chief Referees signal.</p> <p>Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.</p> <p>Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.</p> <p>Foot movement after the command “Down” will not be cause for failure.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.	order to make the lift easier. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.	
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Technical Rule Change #4 (Ukraine)

General Rules of Powerlifting

Page 2, Paragraph 1 (d)

Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.

World and International Records

Page 31-32, Paragraph 2 (f)

In the event two (2) lifters request the same weight for a new record in an individual lift, and if the first lifter by lot number succeeds, **0.5 kg** will be added by the Computer secretary (if it's not a multiple of 2.5 kg's) to his/her attempt to claim the record. Where the question is of the record in total, the record holder is determined in accordance with item 1. d) on page 2 under GENERAL RULES OF POWERLIFTING.

Proposal:

2.(f) In the event two (2) lifters request the same weight for a new record in an individual lift, and if the first lifter by lot number succeeds, **0.5 kg** will be added by the Computer secretary (if it's not a multiple of 2.5 kg's) to his/her attempt to claim the record. Where the question is of the record in total, ~~the record holder is determined in accordance with item 1. d) on page 2 under GENERAL RULES OF POWERLIFTING~~ **the record holder is the lifter who makes the record total first.**

Reason: The meaning of the word "record" is the best achievement ever done. So if one person has once set a record, the following (be he/she lighter or heavier) will just repeat it. If we take the bodyweight as a key notion here, than we should every time register not only the total, but also the bodyweight of the record holder and compare his/her bodyweight with the bodyweight of the next person attempting the world record.

Technical Rule Change #5 (Ukraine)

World and International Records

Page 31-32, Paragraph 1.

Add:

From 2021 start to register the World Games records.

The records should be registered in that bodyweight category to which belongs the competitor according to his bodyweight. The starting record standards should be equal to the World records in powerlifting as for 14/07/2021.

Reason: The World Games are the most important and ultimate competitions for the sport of powerlifting. In Olympic kinds of sports the Olympic records are registered. Why should we underestimate the highest achievements of our lifters?

Technical Rule Change #6 (IPF Technical Committee)

Equipment and Specifications

Page 7.

Squat Racks.

2. The squat racks shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m in ~~2.5 cm~~ ~~5 cm~~ increments.
3. All hydraulic racks must be capable of being secured at the required height by means of pins.

Bench Press

6. Attached safety stands must be used in all events.

Add the following: Minimum Height of Safety Racks shall be 36 cm, having 10 holes in increments of 2.5 cm and 50 cm in length.

Technical Rule Change #7 (IPF Technical Committee)

Jury and Technical Committee

Page 30, Paragraph 9.

Current Rule

Jury

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

Change Rule to the following:

Jury

Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, by unanimous jury vote with **three (3) Member Jury or with Majority vote with five (5) member Jury** may reverse the decision. Only 2 to 1 referee decisions may be considered by the Jury.

5. Any other business.
6. Adjournment

Robert Keller
Secretary General
International Powerlifting Federation