



**INTERNATIONAL POWERLIFTING  
FEDERATION  
ASBL**

**MEETING MINUTES  
First Extraordinary General Assembly**

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

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

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# INTERNATIONAL POWERLIFTING FEDERATION ASBL

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## MEETING MINUTES FOR THE FIRST EXTRAORDINARY GENERAL ASSEMBLY

HELD ON June 10<sup>th</sup>, 2019 at 19:00 p.m.

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The following are the Meeting Minutes for the First Extraordinary General Assembly held in HELSINGBORG on June 10<sup>th</sup>, 2019 at 19:00 p.m.

### 1. Roll Call

#### EC Members (11)

Gaston Parage  
Sigurjon Petursson  
Dietmar Wolf  
Robert Keller  
Arnulf Wahlstrom  
Alan Ferguson  
Farshid Soltani  
Dr. Wing Yuk Ip  
Eva Speth  
Pjotr Van Den Hoek  
Johan Smith

#### Africa (3)

Algeria  
Libya  
South Africa

#### Asia (6)

Chinese Taipei  
Hong Kong  
India  
Japan  
Malaysia  
Mongolia

#### North America (4)

Canada  
Mexico  
US Virgin Islands  
USA

#### South America (4)

Brazil  
Colombia  
Ecuador  
Uruguay

#### Oceania (2)

New Zealand  
Nauru

#### Provisional

Australia  
Cape Verde  
Thailand  
\*no vote

#### Europe (25)

Austria	Denmark	Iceland	Netherlands	Serbia
Belarus	Finland	Ireland	Norway	Slovenia
Belgium	France	Italy	Poland	Sweden
Croatia	Germany	Lithuania	Romania	Switzerland
Czech Republic	Great Britain	Luxembourg	Russia	Ukraine

#### Votes:

Member Federations: 44

EC Members: 11

Total: 55

#### Scrutineers:

Klaus Brostrom (Denmark); Cathy Marksteiner (USA)

The scrutineers were approved by Extraordinary General Assembly: Yes: 54 / No: 0 / Abstention: 0 / No Vote: 1

#### Note 1:

Please find attached the member federation registration sheets for the Extraordinary General Assembly.

**Note 2:**

In accordance to Luxembourg Law, a quorum of 74 member federations were required to be present at the first Extraordinary General Assembly to form a legal quorum and to be able to approve the Constitutional and By-law Amendments from 2007 to 2017.

Before closing the first Extraordinary General Assembly, the proposed technical rule changes (found below) were voted on and approved. Each Technical Rule proposal required a simple majority of 28 votes. After reviewing the Technical Rule proposals, the first Extraordinary General Assembly closed at 7:40pm.

**2. President's Message – Gaston Parage, President**

Gaston Parage welcomed the member federations to the meeting and explained to the member federations the rational for having the Extraordinary General Assembly. President Parage summarized the following:

- A. The Luxembourg Civil Court rejected Mr. Wilks request for Dissolution of the IPF.
- B. The Luxembourg Civil Court rejected the injunction order to prevent the 2019 Extraordinary General Assembly from taking place on June 10, 2019.
- C. The Luxembourg Civil Court disallowed our Constitution Changes from 2007 to 2017. However, cited no wrongdoing by the IPF. The IPF must retroactively go back and approve the Constitution and By-Law Motions from 2007 to 2017.

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

Special Note: Gaston Parage called for a vote to proceed forward with the discussion on the proposed technical rules changes. Several member federations protested to discussing the motions and wanted to postpone the vote on the Technical Rule Proposals until the General Assembly that will be held in Dubai during November 2019. On the original invitation, it was not mentioned that Technical Rule Amendments were going to be a part of the Extraordinary General Assembly.

Yes: 38 / No: 12 / Abstention: 0 / No Vote: 5 / Motion Passes.

The Extraordinary General Assembly voted to accept and vote on the proposed Technical Rule Changes.

**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.

**Vote: Yes: 36 / No: 8 / Abstention: 3 / No Vote Cast: 8 / Motion Passes**

**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 forbid to nominate the lifter to any competitions – it’s violation of his/her human rights.

**Vote: Yes: 38 / No: 11 / Abstention: 3 / No Vote Cast: 3 / Motion Passes**

**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
<p>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.</p>	<p>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.</p>	<p>1. (red) Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back.</p>
<p>2. (blue) Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift.   <span style="color: red;">Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</span></p>	<p>3. (blue) Any downward movement of the whole of the bar in the course of being pressed out.             Failure to press the bar to straight arms length elbows locked at the completion of the lift.</p>	<p>2. (blue) 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.             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</p>

		not reason for disqualification.
<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><del>Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</del></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>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</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 order to make the lift easier.</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>	<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>

**Vote: Yes: 47 / No: 3 / Abstention: 2 / No Vote Cast: 3 / Motion Passes**

## **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.

**Vote: Yes: 50 / No: 0 / Abstention: 3 / No Vote Cast: 2 / Motion Passes**

## **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?

**Motion tabled until General Assembly in Dubai**

## **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.

**Vote: Yes: 53 / No: 0 / Abstention: 1 / No Vote Cast: 2 / Motion Passes**

**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.

**Vote: Yes: 44 / No: 1 / Abstention: 6 / No Vote Cast: 5 / Motion Passes**

3. Any other business.

4. Adjournment

**7:40pm**

Robert Keller  
Secretary General  
International Powerlifting Federation