

IPF

2020

2020 IPF Annual Report

International Powerlifting Federation



**2020 Annual Report
International Powerlifting Federation**

Thursday, 29 October 2020

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1) President's Report

President's Report 2020

I trust this message report finds everyone in good health.

I must express to you that 2020 was a difficult year due to the COVID-19 Pandemic. Many of us lost friends and relatives. With this, I send to you my sincerest condolences on your loss. Despite the Pandemic, as organization, we've made significant strides forward in preparing for our future. However, unfortunately, most of our history was not so positive – for the first time ever, we had to cancel all of our Regional and World Championships despite trying to move to them to the last quarter of 2020. For me, this was a very difficult decision; however, we made choice for the safety of everyone. The safety of our coaches, officials, referees and most importantly, our lifters is first and foremost.

Despite the obstacles we faced, I want to personally thank our National Federation organizers that prepared all of the championships in advance, then had to postpone their competitions to 2021.

A huge thank you must be given to our VIP Partners – Eleiko, SBD, and APLYFT, and Sponsors - who understood this difficult situation; yet still provided to us their full, complete and unwavering financial support. I want to also recognize our manufacturers and companies that stepped forward to support the IPF, even given the situation affects all us. The IPF recognized the Pandemic has affected our VIP Partners, manufacturers and sponsors. As a result, we provided a 20% reduction to the license fees for both 2020 and for 2021. Some have accepted this rebate and several have rejected it. The non-acceptance of the refund was based on our positive and constructive work to move our federation forward, especially in terms of our Anti-Doping Program. Important to note, the license fee refunds were offered, equally, to each company.

During January, at our headquarters in Luxembourg, we prepared our Strategic Plan for 2021-2025. During the meetings, we revised our Constitution and By-Laws to reduce it to the required minimum and to move substantive matters from the Constitution to the By-laws. We have made the changes in consult with our lawyers, so the documents fall in line with Luxembourg Law. Unfortunately, this year, we had to postpone the annual General Assembly. However, next year, I shall call for an Extraordinary General Assembly to be held in Luxembourg, where the new documents shall be presented to you for approval. Thank you in advance for your trust in our work on the new Constitution and By-Laws.

At the January meetings, we've discussed several future projects. One of the projects concerns the advancement of our global/international media reach with well know outlets that shall dramatically improve the coverage of our World Championships. It was a very constructive week. My sincere thanks to Sigurjon Petursson, Robert Keller, Dietmar Wolf, Farshid Soltani, Hannie Smith, Emanuel Scheiber, Dr. Wing Yuk-Ip, Marc Theisen (IPF Legal Counsel), Volker Bernardi, Eric Rupp and Hagen Bossdorf (Media Consultant) who joined us for the meetings that started Monday and concluded on Friday.

The strategic plan has been accepted by all EC members and posted on our webpage.

Recently, Robert Keller, Emanuel and i had a conference call with IBSA Executive Director, Mr Henk Van Aller, concerning the inclusion of blind powerlifting into our program of events. The outcome was a positive one and the IBSA expressed their desire to sign an MOU with the IPF. Discussions with the IPC continue.

I started work on the reorganizing of the Commissions. Some are quite active and some were not working at all. So, the process is ongoing. If any of your members are interested in serving and working on one of the commissions, please contact me directly at our office email address. I have also prepared and once again installed the Technical Rules Group. The Rules Group consists of member of the

Executive Committee, the Technical Committee and the Chairperson from each Commissions. When we receive proposals, the Rules Group shall discuss and vote on the proposed rule changes. All approved rule changes have been sent to all member federations and will go into effect January 1, 2021. Recently, the Rules Group adopted the new Women's Weight Classes and several other small technical changes that were not very clear. Rule changes will only take place every four years. However, if there are Technical Rules that require our immediate and urgent attention, the Rules Group may adopt changes when absolutely necessary.

National Federations may send proposals up to 1 August 2021 for changes that will go into effect on January 1, 2022. We shall not accept any further proposals after this date, as the Rules Group requires time to review the changes to the Technical Rules.

My first and only trip in 2020 was to Greece to sign a contract with PSU University. They added Powerlifting on their curriculum. Dietmar Wolf will teach both the theoretical and practical aspects of Powerlifting at the University. This is of course another historical step forward for us as our sport becomes more mainstream. Of course, the MOU with FISU and now having a FISU World University Cup, will play a huge role in introducing the sport of Powerlifting to more universities world-wide.

Unfortunately the WADA Forum held every year, in Lausanne, Switzerland, was cancelled due to the COVID-19 Pandemic. Recently, we had a conference call with the Canadian Center for Ethics in Sport. We've signed a contract with this agency. They will now oversee the IPF Anti-doping Program. All matters are now overseen by professionals not involved in the sport of powerlifting. I want to thank Sabine Zangerle for all of years of services as the Anti-doping Commission Secretary. I want to thank both Sigurjon Petursson and Maia Blackman for their work in preparing the CCES contract and our revised IPF Anti-Doping Rules. A Newsletter was prepared and sent to all of the member federations notifying every one of these important changes.

SportAccord was canceled for this year. Normally, we attend the General Assemblies GAISF, AIMS and the IWGA. This year, those meetings shall be held virtually. The 2021 SportAccord Convention shall be held in Ekaterinburg, Russia.

Weekly, I have video conferences with the regions and our commissions. Recently, I reached out to the administrators that oversee the European University Sports Association (EUSA). We had then a call between EUSA, EPF and IPF and the outcome was that EPF and EUSA signed a memorandum of understanding. We have then informed all the regions to do the same. After all this decision, we were informed by FISU the qualifications for our first FISU World University Championships must be completed through the Regional University Federations. Subsequently, I had meetings with all our Regions to ensure that next year all Regional Federations shall have a University CUP.

Our financial year has been closed on a very positive note, especially during a very difficult period of time. My sincere thanks to the IPF Treasurer, Dietmar Wolf for his exceptional work. I want to also thank the Government of Luxemburg, who provided to us a partial reimbursement for the salary of our secretary, Sonja. Unfortunately, this past year, we ended the contract with Greta Ndoj who is no longer working for IPF. However, Sonja Hoffmann continues with us to this day.

Finally, we have started work on our 50th Anniversary project. I have formed the Committee and we've had several online conferences. The Committee shall prepare a commemorative book, celebrating the 50 years of history of the IPF. My sincere thanks go to the Committee. They're progressing very well and I'm very proud of their work.

I want to close by thanking all our EC Board Members and the volunteers on the IPF Commissions for their cooperation and constructive work this past year, even despite the Pandemic. I know it's been a difficult, but we shall persist and persevere together, as a family, toward our goal of IOC recognitions.

Once more, I would to thank our VIP Partners, Commercial Manufactures, and Sponsors for their timely financial support. And, finally, a special thanks and word to all of our athletes, coaches and officials who have remained supportive and understanding for their cancellation of our championships this year.

We continue our work forward in remembrance of those we loss to the Pandemic. My prayers for them, their families and friends.

I wish you good health and I look forward to working and seeing you in 2021!

Gaston Parage
President
International Powerlifting Federation

2) Vice-President's Report

IPF Vice President's Report 2020

Dear ladies and gentlemen, dear friends, and officials,

It is great pleasure for me to report to you on my activities in 2019/2020. I do thank you all for your trust by electing me again last years to the position of Vice President. These five years have gone very fast and have been filled with a lot of exciting and rewarding challenges but there have also been, as in life in general, some disappointments. But as we say: "When the going gets tough, the tough get going". As in the previous years a lot of my time has been spent on various matters related to legal and anti-doping issues.

Various legal issues have had to be tackled. What is of great concern is the increase in cases member nations/individuals are bringing against each other as can be seen both in local national cases as well as cases brought before the IPF Court of Justice. Why can't we all the read rules and respect them as well as demonstrate sportsmanship behaviour towards each other. The development is a disgrace.

Following a meeting in Luxembourg last January a lot of my time has been invested in revising the IPF Constitution and By-Laws. I've worked with Mr. Robert Keller our Secretary General on this and I want to thank him for our good cooperation and all his time and effort. The work is not finished yet, but we aim to present revised documents to the IFP General Assembly in 2021.

The IPF is as we all know a signatory to the World Anti-Doping Code, i.e. the *Code*. With that signature come roles and responsibilities. On 1st January 2021 two months from now a new revised World Anti-Doping *Code* with further and more stringent and detailed requirements that we and our member nations will have to comply with takes effect.

I have had the honour to work with our new Anti-Doping Commission (ADC) Chair Dr Maia Blackman on our new Anti-Doping Rules that take effect January 1st, 2021. This has been done in close cooperation with WADA with regard to how we fulfil our requirements and be compliant with the new Code. WADA's Compliance Department has been very professional and helpful and they deserve our thanks and respect. I and Maia have also worked a lot on establishing our cooperation with the Canadian National Anti-Doping Organisation CCES (The Canadian Center for Ethics in Sport). On August 1st this year CCES took over managing all of IPF anti-doping activities except Education and TUE processing. With this move most of IPF's anti-doping activities are now run by an independent organisation outside of IPF. On 31st August Sabine Zangerle who has served as the Anti-Doping Commission's Secretary for a great number of years stopped working for the IPF. I want to thank Sabine for all her contribution to anti-doping in IPF. She has been huge help and our cooperation has been second to none. Thank you Sabine for everything. I also want to thank Maia Blackman for our cooperation and your contribution.

This year less travel but more telephone calls, emails, meetings, conversations etc. as in previous years. I've of course as before worked remarkably close with Mr. Gaston Parage, Mr. Robert Keller, Dietmar Wolf as well and other members of the EC as well as staff and want to express my thanks and gratitude to all of them. The time and effort these people contribute to the sport of powerlifting on a voluntary basis is huge and should be appreciated by us all. We sometimes forget to say thank you to our volunteers and focus instead on the negative things. Actually, as a result of the IPF having grown as much as it has, doubling in size over a short period of time, the workload by now on some people is overload as these individual besides working for the IPF do have a living to make, i.e. jobs, family responsibilities, and other duties to perform as well. These are the pains that come with growth and these will have to be dealt with in the very near future if we want to retain good people and prevent burnout. We also need to show these and others full respect and gratitude.

Again, I thank you for the trust in electing me. I hope that my contribution has helped the sport. We need to invest more time and money in our methods and systems most importantly in Anti-Doping in order to become a more professional world class sport.

Finally, I want to thank Mr. Gaston Parage for the cooperation. I and Gaston sometimes have different opinions and temperament. Sometimes it takes energy, time and -dialog to reach a conclusion but in the end we always do. The time and passion that he contributes to our sport is second to none. Tremendous. Gaston! I also want to say special thanks to Mr. Robert Keller our Secretary General for the time we have spent working together. He as well contributes much more time than you can imagine. Thanks Robert. Dietmar Wolf our treasurer is always the voice of reason and fairness.

May we all have a successful Annual General Assembly.

Hafnarfjordur, Iceland
October 12th, 2020
Sigurjón Pétursson
IPF Vice President

3) Treasurer's Report

Treasurer report, period 1st October 2019 to 30th of September 2020

From the financial point of view, the budget year from 1st October 2019 to 30th September 2020 was very affected by the COVID-19. As a result of the pandemic period, there were no incomes from championships such as participation and anti-doping fees, which gave the IPF a negative impact in the current budget year. Continuous expenses, especially in the period from March – September 2020, had to be covered with savings from the past few years.

The larger additional expenses are linked to:

1. VAT (value-added tax) for the year 2019 to the tax department in Luxemburg. Reason: Many countries have high VAT rates. That is why many invoices to the IPF are issued without VAT. In Luxemburg, less VAT is charged for services and goods, therefore the IPF pays mostly of VAT in Luxemburg.
2. CCES Anti-doping Agency from Canada. The IPF gives its Anti-doping work to an independent anti-doping agency, so the IPF is no longer directly involved in the anti-doping work. With this step, a secretary position in the office and a part-time position is discontinued.
3. Legal Fees. Although that the IPF always won their cases in court (Luxemburg & Lausanne), appeals are still being lodged by the opposing side (R. Wilks), which still causes ongoing costs. Legal fees have also been incurred for other cases, e.g. Lausanne but also in connection with the change in the IPF constitution.

The whole world is affected from the COVID-19. So, our VIP partners, vendors, and equipment manufacturers, too. The IPF has tried to find solutions so that the daily business areas should not be affected too strong by this pandemic period for both sides as far as possible. The IPF was looking for solutions which resulted in, that vendors and equipment manufacturers are receiving a 20% discount on the license fee for 2020. Here, the IPF would like to thank the vendors and equipment manufacturers who continued to support the IPF despite this pandemic period.

I want to express an incredible thankfulness to our VIP partners (Sponsors) from IPF's side. Despite this pandemic period, they still supported us fully financially as it is stated in their contracts.

The vendors, manufactures, and our VIP partners (Sponsors) have contributed a lot during the difficult pandemic period, without these incomes, the IPF would not have been financially in a good situation at the end of this budget period.

The IPF also benefited from the state support program during the pandemic period.

Salaries paid by the IPF to the secretaries in the pandemic period were partially reimbursed by the state support program to the IPF.

I would like to thank to all affiliated member nations, my EC colleges, IPF committees and all other people in the IPF for a good cooperation during the year.

I wish the whole IPF family a successful and healthy rest of the year and hopefully we will see and meet each other again in 2021.

Balance Sheet

INCOMES 2019/2020

01.1	MEMBERSHIP FEE	€	32 763,08
01.2	PARTICIPATION FEE	€	12 403,71
01.2.1	WG	€	-
01.3	SANCTION FEE	€	1 000,00
02.1	REFEREE FEES/FINES NATIONS	€	13 401,50
03.1	SPONSORS	€	308 703,08
03.2	APPROVAL&LICENSE FEE	€	373 207,03
03.3	LOGO FEE	€	-
07.1	ANTI DOPING FEE	€	14 709,04
07.2	DOPING FINES	€	15 836,42
07.5	ADF REGIONS	€	82 131,37
08.3	IPF MAGAZINE	€	238,20
0.9	OTHERS	€	1 721,04
10.0	CASH	€	-

EXPENSES 2019/2020

01.2	PARTICIPATION FEE/ORGANIZER	€	9 747,68
01.2.1	WG	€	-
02.2	REFEREE TIES/BADGES/SCAFS	€	1 209,32
03.1	SPONSOR ARNOLDS	€	11 501,69
0.4	ADMINISTRATION	€	353 610,56
0.5	TRAVEL	€	137 313,05
0.6	DEVELOPMENT OF SPORT	€	121 912,44
0.7	ANTI DOPING	€	284 522,29
0.8	MARKETING&IPF MAGAZINE	€	66 905,75
08.2	ROAD TO BIRMINGHAM	€	5 690,13
0.9	OTHERS	€	24 368,60
10.0	CASH	€	-

Incomes: **€ 856 114,47**

Expenses: **€ 1 016 781,51**

Incomes 1.10.19 - 30.9.20 **€ 856 114,47**

Expenses 1.10.19 - 30.9.20 **€ -1 016 781,51**

Budget minus: **€ -160 667,04**

IPF Bank Account

IPF BANK ACCOUNTS

BCEE Daily account 30.9.20	€	97 005,80
BCEE Master Card account 30.9.20	€	695,71
BCEE Visa Card account 30.9.20	€	-2 142,31
Bank Balance BCEE	€	95 559,20

Saving account BCEE 30.9.19	€	150 000,00
From Saving wired to Dailiy account BCEE 23.12.19	€	-50 000,00
Account fees	€	-3,50
From Saving wired to Dailiy account BCEE 2.1.20	€	-99 996,50
Saving account closed		0,00

PayPal account 30.9.20	€	21 399,30
Balance PayPal	€	21 399,30

BCEE Daily accounts and PayPal account, total amount 30.9.20 **€ 116 958,50**

Daily&Saving accounts, total amount 30.9.19 **€ -257 426,29**

Daily accounts, total amount 30.9.20 **€ 116 958,50**

Net profit minus 2019/2020: **€ -140 467,79**

Financial Report

FINANCIAL REPORT 2018/2019, 1.10.18 - 30.9.19



Financial situation: 30.9.19

Bank accounts:

Banque et Caisse D'Epargne de L'etat - Daily account 30.9.19	€	113 822,11
Banque et Caisse D'Epargne de L'etat - Saving account 30.9.19	€	150 000,00
Banque et Caisse D'Epargne de L'etat - Visa Card account 30.9.19	€	-7 558,69
ING - Saving account 31.1.19	€	35 976,15
ING - Saving account, closed at 31.1.19	€	-35 976,15
PayPal account 30.9.19	€	1 162,87
Credit total amount:		€ 257 426,29

Financial situation: 30.9.18

Bank accounts:

Banque et Caisse D'Epargne de L'etat - Daily account 30.9.18	€	51 038,85
Banque et Caisse D'Epargne de L'etat - Saving account 30.9.18	€	20 025,00
Banque et Caisse D'Epargne de L'etat - Visa Card account 30.9.18	€	-4 848,51
ING - Daily account 30.9.18	€	371,87
ING - Saving account 31.12.17	€	35 992,15
PayPal account 30.9.18	€	3 677,23
Credit total amount:		€ 106 256,59

Financial situation: 1.10.18 - 30.9.19

Balance sheet

Financial situation 30.9.18	€	-106 256,59
Financial situation 30.9.19	€	257 426,29
Net profit income:		€ 151 169,70

The IPF was able to close the fiscal year with a net profit income: ⁹ € 151 169,70

FINANCIAL REPORT 2019/2020, 1.10.19 - 30.9.20



Financial situation: 30.9.20

Bank accounts:

Banque et Caisse D'Epargne de L'etat - Daily account 30.9.20	€	97 005,80
Banque et Caisse D'Epargne de L'etat - Master Card account 30.9.20	€	695,71
Banque et Caisse D'Epargne de L'etat - Visa Card account 30.9.20	€	-2 142,31
PayPal account 30.9.20	€	21 399,30
Credit total amount:		€ 116 958,50

Financial situation: 30.9.19

Bank accounts:

Banque et Caisse D'Epargne de L'etat - Daily account 30.9.19	€	113 822,11
Banque et Caisse D'Epargne de L'etat - Saving account 30.9.19	€	150 000,00
Banque et Caisse D'Epargne de L'etat - Visa Card account 30.9.19	€	-7 558,69
PayPal account 30.9.18	€	1 162,87
Credit total amount:		€ 257 426,29

Financial situation: 1.10.19 - 30.9.20

Balance sheet

Financial situation 30.9.19	€	-257 426,29
Financial situation 30.9.20	€	116 958,50
Net profit income:		€ -140 467,79

The IPF close the fiscal year with a net minus of: € -140 467,79

2020 Budget

BUDGET 2020, October - December



	Budget Income	Expenditure
01 Fees		
01.1 Membership fees	15 000.00	
01.2 Participation fees		
01.3 Sanction fees		
01.4 Membership fees - Umbrella organisations		
	15 000.00	0.00
02 Referee fee		
02.1 Examination		
02.2 Card renewal/line		
02.3 Tie's, etc.		
	0.00	0.00
03. Partners		
03.1 Sponsor	127 000.00	
03.2 Approval/License fee	68 500.00	
03.3 Logo fee		
03.4 Sponsor		
03.5 Equipment Championships		
03.6 Arnold's Classic		
	195 500.00	0.00
04 Administration		
04.1 Telecommunication		1 000.00
04.2 Interests, Account fees, Tax		100.00
04.3 Internet costs – Homepages regions		2 000.00
04.4 Awards, Certificates etc.		
04.5 Stationery		
04.6 Stamps		
04.7 Medals		
04.8 Computer Secretary		7 000.00
04.9 Expenses allowance		11 000.00
04.11 Employees/Officials expenses		48 000.00
04.11 Lawyers/CAS/Court		18 000.00
	0.00	85 100.00
05 Travel		
05.1 Championships / Meal expenses		
05.2 Intern, Congress / IOC / IWGA		
05.3 World Games 2021		
	0.00	0.00
Development Fund		
06.1 Travel		
06.2 Equipment/other activities		
06.3 Trainer Education		
06.4 Regions		
	0.00	0.00
07 Anti-Doping		
07.1 Anti-Doping fees		
07.1.2 Anti Doping fees World Games		
07.2 Fines Nation		
07.3 WADA-laboratory + transport costs		10 000.00
07.4 National Agencies costs/ travel officers		5 000.00
07.5 CCES		76 000.00
07.6 Education		
07.7 Assistant Secretary		
07.8 CAS / DHP		
	0.00	91 000.00
08 Marketing & Media		
08.1 Travel		
08.2 Road to Birmingham		
08.3 Newsletter/Magazine		
08.4 TV / Internet streaming		
08.5 Sportaccord		
	0.00	0.00
09 Other		
09.1 Additional income / expenditure		
	0.00	0.00
Balance	210 500.00	176 100.00
Profit	34 400.00	

2021 Budget

BUDGET 2021



	Budget Income	Expenditure
01 Fees		
01.1 Membership fees	48 000,00	
01.2 Participation fees	140 000,00	40 000,00
01.3 Sanction fees	6 500,00	
01.4 Membership fees - Umbrella organizations		8 000,00
	194 500,00	48 000,00
02 Referee fee		
02.1 Examination	1 500,00	
02.2 Card renewal/fine	6 000,00	
02.3.Tie's,etc.	500,00	2 000,00
	8 000,00	2 000,00
03. Partners		
03.1 Sponsor	500 000,00	
03.2 Approval/License fee	290 000,00	
03.3 Logo fee		
03.4 Sponsor		25 000,00
03.5 Equipment Championships	90 000,00	90 000,00
03.6 Arnolds Classic	60 000,00	65 000,00
	940 000,00	180 000,00
04 Administration		
04.1 Telecommunication		4 000,00
04.2 Interests, Account fees, Tax		70 000,00
04.3 Internet costs – Homepages regions		10 000,00
04.4 Awards, Certificates etc.		1 000,00
04.5 Stationery		6 000,00
04.6 Stamps		500,00
04.7 Medals		500,00
04.8 Computer Secretary		18 500,00
04.9 Expenses allowance		44 000,00
04.11 Employees/Offices expenses		135 000,00
04.11 Lawyers /CAS/Court/etc.		70 000,00
	0,00	359 500,00
05 Travel		
05.1 Championships / Meal expenses		110 000,00
05.2 Intern. Congress / IOC / IWGA		30 000,00
05.3 World Games 2021		10 000,00
	0,00	150 000,00
Development Fund		
06.1 Travel		20 000,00
06.2 Equipment/other activities		50 000,00
06.3 Trainer Education	15 000,00	15 000,00
06.4 Regions		90 000,00
	15 000,00	175 000,00
07 Anti-Doping		
07.1 Anti-Doping fees	300 000,00	
07.1.2 Anti Doping fees World Games		
07.2 Fines Nation	20 000,00	
07.3 WADA-laboratory + transport costs		90 000,00
07.4 National Agencies costs/ travel officers		20 000,00
07.5 CCES		290 000,00
07.6 Education		6 000,00
07.7 Assistant Secretary		
07.8 CAS / DHP		
	320 000,00	406 000,00
08 Marketing & Media		
08.1 Travel		20 000,00
08.2 Road to Birmingham		0,00
08.3 Newsletter/Magazine	1 000,00	12 000,00
08.4 TV / Internet streaming		160 000,00
08.5 Sportaccord	20 000,00	40 000,00
	21 000,00	232 000,00
09 Other		
09.1 Additional income / expenditure		10 000,00
09.2 Anniversary IPF 50th	20 000,00	20 000,00
	0,00	10 000,00
Balance	1 498 500,00	1 562 500,00
Profit	-64 000,00	

Auditors Report



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www.powerlifting.sport

Auditor report IPF 1.10.19 - 30.9.20

The bank account control and the verification of the bank account documents of the IPF was carried out on the 1st October 2020 in Luxembourg. The audit period includes 1st of October 2018 to 30th of September 2019.

Nedim Gürel from A&NG SARL-S (LUX) and the auditor Xavier de Puytonac (FRA) and the treasurer of IPF, Dietmar Wolf were present.

Discrepancies about the bank accounts and bank account documents were not found.
The invoice-, income-and expenses documents are very well organized by individual document lists.
The treasurer has been certified correct work with each of the bookkeeping processes and is to grant discharge.

The financial assets have during the fiscal year had decreased by 140 467.79 € and leads to bank balances of 116 958.50 € at 30.9.2020.

Due to the COVID-19 period, IPF had not enough income to cover the expenses, therefore the bank balance ended with 140 467.79 € less than the beginning of the financial year.

Luxembourg, 1.10.20

Nedim Gürel
A&NG SARL-S

Xavier De Puytonac
Auditor IPF

INTERNATIONAL POWERLIFTING FEDERATION - IPF a.s.b.l. - Office: 3, route d'Arion, L-8009 Strassen, Luxembourg
Non profit Association - R.C.S. Luxembourg F7468 - I.S.L.C. 22276082 - Matricule: 2007 6393 806 - TVA: LU22276082
IBAN: LU57 0019 1200 0000 0000 - BIC: BCEU3333 - Bank: Caixse d'Epargne de l'Etat du Luxembourg
The IPF is affiliated to OASF, FSI, IWGA and WADA.

4) Report from the Secretary General

Dear Friends:

Dear Colleagues:

I trust this report finds everyone well and in good health!

It goes without saying, as an organization, we had a very difficult year, due to the Pandemic, which essentially caused us to have to cancel all of our international championships during the end of March 2020.

Nevertheless, despite the cancellations of our championships, I continued my work. President Parage and I continue to speak daily to ensure my/our responsibilities are fulfilled to advance the federation forward and to reach our ultimate goal of IOC Recognition. As I've reported to you before, Gaston is the engine that drives this organization. You will not meet anyone that works as hard or is as devoted as Gaston. You cannot outwork him. Sigurjon Petursson, our Vice-President ensures our ship is steady as we press forward. Sigurjon and I have worked tirelessly, together, with Mr. Theisen to revamp both our Constitution and By-Laws. Not an easy task, however, I'm pleased to inform you we're nearly complete. Sigurjon also oversees with our attorneys our ongoing legal cases with Mr. Wilks, Powerlifting Australia and the Oceania Powerlifting Federation. Mr. Dietmar Wolf continues to handle and oversees our finances in a precise and orderly manner. I have the pleasure to work with our secretary – Sonja Hoffman in our office in the House of Sport -- Luxembourg National Olympic Committee. She has been a great addition to our staff. My colleagues on the Executive Committee are committed to ensuring our organization remains both successful and on track. I can assure you that Mr. Parage is firmly committed to reaching our goal of IOC recognition. Our executive and our committees are second to none and work tirelessly, day after day, and year after year. They deserve your continued praise.

Besides my normal day-to-day activities, now ranging between 40-50 hours a week, I attended several championships, meetings and conferences, both virtual and in person, since last year's General Assembly. The meetings and competitions are as follows:

Sport Accord Pan-American, Ft. Lauderdale, Florida
IPF Strategic Planning Meeting – Strassen, Luxembourg
NAPF Arnold Schwarzenegger Sports Festival, Columbus, Ohio, USA
Smart Cities/Sustainability Conference, Lausanne, Switzerland (Virtual)
IF Forum, Lausanne, Switzerland (Virtual)
IWGA General Assembly, Lausanne, Switzerland (Virtual)
AIMS General Assembly, Lausanne, Switzerland (Virtual)
GAISF General Assembly, Lausanne, Switzerland (Virtual)

The SportAccord Pan-American Convention in Ft. Lauderdale was a huge success for the IPF this year. During SportAccord Convention, I met and spoke with officials from the IOC, Special Olympics, AIMS, and the representatives of the National Olympic Committees in the Pan-American Region.

The Strategic Planning Meeting in Luxembourg focuses on the areas of the organization where improvement is required -- The meeting centered on five (5) core points:

- Office Structure
- Anti-doping
- Marketing
- Media Exposure
- Revision of IPF Constitution and By-Laws

One of the essential takeaways from this meeting was signing an agreement with the Canadian Centre for Ethics in Sport (CCES). CCES shall now oversee our organization's Anti-doping Controls at all of our future international and world championships. My compliments to Dr. Blackman and Sigurjon Petursson for getting this done! We have also hired as a consultant Mr. Hagen Bossendorf to assist us in securing major international sponsorship. Eric Rupp and our Media Team continues to perform superlative work and are presently preparing for next year's events.

Key and important, last year, the IPF received permission from FISU to direct the first ever World University Powerlifting Championships in Russia during 2022 and in Estonia during 2024. Future bids include the UAE, France and potentially China. Key and important, this year we have engaged the Regions to begin having regional university qualifying cups to prepare for the FISU World Championship. This is another huge step forward for the IPF. Once more, I would like to personally thank President Parage for allowing me to assemble the recognition package that was sent to FISU. I want to especially thank the Regional Federations for supporting this initiative of having the regional university cups and World Championship. The IPF's presence is now well known in the international sports world!

I want to take this opportunity thank our VIP Partners, APLYFT, SBD, Eleiko and our manufacturers for both their kind and generous support during the COVID Pandemic.

I continue to serve on the Board of Directors to Alliance of Independent Members of Sport Accord (AIMS). Our elections were to take place this year; however, have been postponed until next year. Next year's SportAccord will be held in Yekaterinburg, Russia. Last year, at SportAccord, AIMS, a provisionally IOC organization, established two committees. One that will assist fledgling sports to receive recognition of AIMS and Sport Accord. The other committee included the development of an AIMS Sports Festival. The IPF is a member of AIMS, and is now listed in the IOC Sport Directory of non-recognized sports. Overall, my work with AIMS focuses on assisting IFs in achieving IOC Recognition.

Key and important, one of the projects rolled out by AIMS this year included the United Through Sports (UTS) Virtual Youth Sports Festival. The International Powerlifting Federation athletes were invited to participate in this event. The 2020 UTS Virtual Youth Sports Festival falls under the patronage of the International Olympic Committee (IOC), the International Paralympic Committee (IPC), the Special Olympics International (SOI), Global Association of International Sports Federation (GAISF), SportAccord and the Alliance of Independent recognized Members of Sport (AIMS). Overall, the UTS Virtual Youth Sports Festival invites all of us to stand in solidarity under the Olympic, Paralympic and Special Olympics values towards the promotion of inclusion, equality, non-discrimination, and peace-promotion.

Jennifer Thompson and I were assigned to work on this project, together, and I'm pleased to report that we received 35 youth participants registrants, from 7 member federations. Selections are currently being made amongst the 35, on who shall proceed to the virtual finals to be held in Bangkok, Thailand. Good luck and congratulations to all of the athletes – Thank you for your participation. Special thanks are in order to the associations/federations that supported this initiative. Finally, my compliments to Jennifer Thompson for her exceptional work on this project – well done.

Another project that I'm pleased to be a part of is our 50th Anniversary celebration that shall take place at the IPF World Championships in Kiev, Ukraine, during 2022. Presently, the committee is preparing a special book detailing the history of the IPF dating back to 1972. My work on this project is both meaningful and important, as it will be essential to capture the history and events that have shaped our organization.

This year, we engaged CNA to provide our organization with Professional Indemnity Insurance. We were successfully able to secure a policy to protect us from both internal/external liabilities.

One of my primary duties each year is to oversee the membership of the IPF. Presently, the IPF has associations/federations. By the end of this year, we shall likely be at 130.

The most prominent of these new members will be China, which shall be our next member – Congratulations! Joining the IPF is not an easy task, as we require 5 essential documents. They are:

- Member Data Form, which includes the registration number in government registry.
- Association/Federation Constitution
- Letter from either the Sports Ministry and/or the National Olympic Committee for the country.
- Competition results.
- Acceptance of the WADA Anti-doping Rules.

Despite the strict requirements, the membership continues to grow at a rapid pace and we should land at 140 member federations by the end of 2021. Special thanks to Heinrich Van Rensburg for his assistance in placing the updated contact information onto the IPF website.

The legal cases presented to the IPF remain a significant distraction for the executive. Thus far, we've been successful in thwarting the efforts of persons bent on undermining the organization. However, the effort to do this comes at a significant cost of time and financial resources to the organization. The time and effort to combat these external threats should be used to concentrate on work for the benefit of the organization and sport. Once more, I must praise the monumental effort of Gaston, Sigurjon, Dietmar and Mr. Wahlstroem for their exceptional work in protecting the IPF. I would also like to recognize the superb work of Mr. Ross Wenzel, our legal counsel, in Switzerland and Mr. Marc Theisen our legal counsel in Luxembourg provided us the necessary and expert legal advice to achieve successful outcomes. However, once more, our efforts have come at a major expense in time, as well as our monetary resources that should have been directed toward both our application to the IOC and to the development our organization as a whole. Overall, we've handled our cases responsibly and successfully.

I would like to thank my colleagues on the executive committee, the committees, the commission members, the member federations as well as the athletes, coaches, officials, and referees. I look forward to our continued work, together, next year.

To close, I want to personally thank everyone for their cooperation despite the difficulties we encountered with the Pandemic. It has been a pleasure to work with each of you. Together, we shall get through this to have a very successful 2021.

With sincerest respect,

Robert Keller
Secretary General
International Powerlifting Federation
Orlando, Florida, USA
10.27.2020

5) Commission Reports

a) Technical Commission

Report from the Technical Commission

This year was a difficult year for all of us. We had to cancel all of the World Championships due to the Corona Virus Pandemic. The only item I would like to report is there were several changes to the IPF Technical Rules. The only major change included the change/addition to the Women's Weight Classes. Beginning on January 1, 2021, the 72kg weight class shall be eliminated and shall be replaced with the 69kg and 76kg weight class. This will now give the ladies the same number of weight categories as the men.

Next year, it will be a huge challenge for the athletes, coaches, officials and referees to travel to our scheduled international and world championships. Therefore, it will be important that we prepare well in advance for each event.

Lastly, I received notification from several manufacturers that want to bring new equipment into the powerlifting marketplace. I was impressed with the quality and ingenuity of the equipment being produced by our manufacturers.

I wish everyone a successful 2021.

Thank you.

Johan Smith

Chairman, IPF Technical Committee

b) Medical & TUE Committee

Report from the Medical Committee

Chairwoman: Dr Josephine Ip (Hong Kong)

Committee Members: Dr Lawrence Maile(USA), Dr Hugo Velasque (Costa Rica), Dr. Donovan Thompson (USA)

The committee is currently formed by medical doctors and other medical professionals.

The duty of the Medical committee is to ensure and promote the health and well-being of lifters and personnel involved in Powerlifting.

New initiatives in 2020:

1. Medical team in all IPF Championships:

A Medical team made up of doctor-on-duty and paramedical staff will be mandatory in all IPF Championships. The medical team is headed by a clinical doctor appointed by Medical Committee of IPF. It consists of **Doctors-on-duty, First aid providers**, other allied health professionals like Physiotherapists are preferred but not mandatory.

Medical committee will liaise with doctors of host countries to prepare a roster of doctor-on-duty. A team with at least one local doctor will be on call. The doctors are expected to come on site for patient management within a reasonable time frame. Doctors-on-duty team will supervise the first aid provision team for advanced management. Doctors-on-duty will also co-ordinate other allied health workers eg Physiotherapists, Chiropractors to provide pre-habilitation or rehabilitation service in the competition venue

2. Emergency Medicine Kit

An emergency medicine kit must be provided by the host and local doctors can prescribe if necessary. The host also needs to provide appropriate forms for treatment and prescription records

3. Recommendation for fitness to compete

Doctor-on-duty is empowered to give final recommendation of a lifter of fitness to compete. The aim is to protect the health of lifters and ensure their long term benefit.

4. COVID-19 precautions in IPF championships

As there is no IPF championship happen in 2020, the guidelines will be followed in 2021 until COVID-19 is under control in the world

Dr. Josephine Wing-Yuk Ip

Chairwoman, IPF Medical Committee

Report from TUE Committee

Chair: Dr Josephine Ip (Asia)

Committee members: Dr Dominic Doerr (Europe), Dr Donovan Thompson (America), Dr Ted Mah (Oceania-pending appointment), and Dr Tamer Sweed (Africa-pending appointment)

The TUE Committee was separated from Medical Committee in 2020. The committee was formed by medical doctors.

Owing to the COVID-19 outbreak, there were 17 TUE applications from January 1 to February 2020. As there is no IPF Championship, there was no TUE application after the cancellation of the championships.

From 2021 onwards, the TUEC shall consist of a minimum of five (5) members with experience in the care and treatment of Athletes and sound knowledge of clinical, sports and exercise medicine. Each appointed member should serve a term of four (4) years, which is renewable for a maximum of three terms. Before serving as a member of the TUEC, each member must sign a conflict of interest and confidentiality declaration. The appointed members shall not be employees of IPF.

When an application to IPF for the grant or recognition of a TUE is made, the Chair of the TUEC or the IPF shall promptly appoint three (3) members (which may include the Chair) to consider the application. Before considering a TUE application, each member shall disclose any circumstances likely to affect their impartiality with respect to the Athlete making the application. If a member is unwilling or unable to assess the Athlete's TUE application, for any reason, the Chair or the IPF shall appoint a replacement from the pool of members appointed under point (a) above. The Chair cannot serve as a member of the TUEC if there are any circumstances which are likely to affect the impartiality of the TUE decision.

Dr. Josephine Wing-Yuk Ip
Chairwoman, IPF TUE Committee

c) Court of Justice

Report from the Court of Justice

The Court of Justice (COJ) currently comprises the following members:

Richard Parker (Great Britain)	- Chairman
Gennadii Khodosevich (Russia)	- EC Appointee
Sean Dunston (USA)	- North America
Pavol Muller (Slovakia)	- Europe
Andre Smith (South Africa)	- Africa
Roland Blasi (Luxembourg)	- EC Appointee

The Court of Justice (CoJ) examines and decides on disciplinary cases within the IPF and determines penalties, except on doping related cases. In order to ensure objectivity and to prevent partiality, if a case involves a national of one of the countries from which a member of the CoJ comes, the said member recuses themselves and is not involved in processing of the case.

The CoJ deals with two categories of cases:

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a) Anti-Doping – involving examination of:

- Doping Control Forms
- Analysis Results Records

- TUE (Therapeutic Use Exemption)
- Other documents and evidence presented to, or collected by, the CoJ.

After examining a case in detail, if it is the opinion of the CoJ that a doping violation has occurred, it is cleared to be sent to the Doping Hearing Panel (DHP) for a decision. Some 10 cases of this nature from 10 countries have been processed to date since the last report.

The CoJ received non-doping related complaints received through the IPF Secretary General since the 2019 report, from the Executive, Regions, Nations or individuals.

- a. Executive - a Polish lifter who lifted in a non IPF sanctioned competition was suspended for one year.
- b. Regions – none
- c. Nations:
 - i. From the Australian Powerlifting Union (APU) – complaint against the Oceania Regional Powerlifting Federation (ORPF) alleging irregularities at their 2019 General Assembly. **Dismissed**
 - i. From the USAPL:
 1. Complaints against the US Virgin Islands Powerlifting Federation and several former USAPL members alleging they competed without USAPL consent. **Dismissed**
 2. Complaint against the IPF Executive concerning denial of World records at the 2019 Arnold Classic. **Dismissed**
 - ii. From the Algerian Powerlifting Federation – complaint against the African Powerlifting Federation alleging irregularities at their 2019 General Assembly. **Dismissed**
- d. Individuals:

From Julie Henderson - Complaint against the Australian Powerlifting Union alleging poor governance and unfair denials of membership. **Dismissed.**

In conclusion, I would like to thank all CoJ members for their help and support in dealing with all these cases.

Richard Parker
Chairman

d) Court of Appeal

Report from the Court of Appeal

On behalf of the IPF Court of Appeal, we offer our report:

Currently, the IPF Court of Appeal has one pending matter.

The IPF Court of Appeal heard one matter this year that was appealed¹⁶ from the IPF Court of Justice/Ethics & Disciplinary Committee. On February 20, 2020, the Decision of the IPF Court of Justice/Ethics & Disciplinary Committee was upheld by the IPF Court of Appeal, and upheld the Decision that Mr. Krzysztof Wierzbicki, a member of the Polish Powerlifting Federation, violated Article 14.9 of the IPF Constitution.

This summarizes the business of the IPF Court of Appeal for the past year, and since the last IPF General Assembly Annual Meeting.

Thank you for the opportunity for all of us on the Court of Appeal to serve the IPF, the IPF member nations, and the IPF athletes.

Thank you,

Bettina C. Altizer, IPF Appeal Chairperson

e) Law & Legislation Committee

Report form the Law and Legislation Committee

In the following, the members of the Law & Legislation Commission will be presented. Then there will be some remarks about its duties. This part is based on the chair's report from last year, Kalevi Sorsa. After that, it is explained which constitutions have been reviewed by the commission.

§ 1 Members of the Law & Legislation Commission

The Law & Legislation Commission consists/consisted of the following members:

- Cathrin Silberzahn (Germany), Chairwoman
- Robert Keller (United States of America), Member
- Sandro Rossi (Italy), Member
- Michael Patterson (Great Britain), Member

§ 2 Duties of the Law & Legislation Commission

The duties of the Law & Legislation Commission are listed in Article 11.8 of the IPF Constitution and are as follows:

11.8.1 Shall receive any proposals regarding Constitution and By-Laws documents of the IPF from member nations within the proper time frame, evaluate accordingly and suggest to the IPF Executive Committee alternative courses in action.

11.8.2 Shall serve as the parent committee in further amending the C onstitution and ByLaws.

11.8.3 Is responsible for updating the IPF Constitution and By-Laws.

11.8.4 Shall study the Constitutions of new applicant nations and report the results to the President and the Secretary General.

11.8.5 No constitution of a national federation applying for membership to the IPF is valid until the IPF Law & Legislation Committee (L&LC) has reviewed it and has given its approval. All amendments from existing federations must be sent to the L&LC for its approval and are not valid until approved by the L&LC.

11.8.6 Shall evaluate proposed changes to the IPF Constitution and report the results to the President and the Secretary General. The reported result shall be included in the distribution of proposed amendments, as specified in rule 7.3.6.3.

11.8.7 Shall evaluate candidates nominated for elections and report the result to the President and the Secretary General.

The most regular task of the Law & Legislation Commission still is to review the constitutions of member applicants. These must include especially the following rules (also in last year's annual report by Kalevi Sorsa):

- The Federation accepts and follows the Constitution and By-Laws of the IPF and those of the Concerned Regional Powerlifting Federation.
- The Federation cannot be a member of another international organization that is not recognized or approved by the IPF, i. e. the National Federations affiliated to the IPF shall not be affiliated to any other

organisation with similar objects to those of the IPF and, in particular, to any other organisation purporting to be, or seeking to become, a worldwide governing body for powerlifting.

- The Federation organises competitions in accordance with the IPF Technical Rules.
- The Federation accepts the IPF Anti-Doping Rules and the WADA Code.
- The Federation and its members recognize the Court of Arbitration for Sport (CAS) in Lausanne as the only external body for jurisdiction applying the Code of Sports-Related Arbitration for all disputes which cannot be settled amicably through mediation. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.
- The Federation has sanctions for national level anti-doping rule violations in full accordance with the sanctions set out in the IPF Anti-Doping Rules and the WADA Code. The IPF Law & Legislation Commission provides with each applicant a model rule which must be included, without any substantive change, in the relevant article of each applicant's constitution in regard of the duties of the Federation's Disciplinary Committee particularly in regard to imposing penalties on national level anti-doping rule violations.

There must also be a definite rule in the applicant's constitution about that the National Federation has a democratically elected Executive Committee, for a renewable two to four years (the term and numbers of the members must be specified) including:

- the President
- the Vice President
- the General Secretary
- the Treasurer
- other members

Additionally there must be a rule in the applicant's constitution for that the President and the members of the Executive Committee must have a passport of residency of the country from which they are concerned. Moreover there must be rules in the applicant's constitution for that the Chairpersons of commissions are elected democratically for a renewable term from two to four years (the term must be specified), including but not limited to:

- Technical Commission
- Doping Hearing Panel (Disciplinary Committee)
- Court of Appeal
- Law & Legislation Commission

§ 3 Reviewed Constitutions The Law & Legislation Commission has reviewed the following constitutions after the last year's General Assembly:

- Bangladesh
- Swiss IPF Association
- Niue Affiliation
- Uganda

The review of the new African Regional Constitution and the Bolivia Constitution is still in process. A new IPF Constitution is planned and it still has to be reviewed.

§ 4 Closing Remarks

It has been a year full of work. I want to thank all members of the Law & Legislation Commission and everybody I had the ability to work with. A special thanks goes to the previous holder of office, Kalevi Sorsa who supported me really much. I wish you a successful General Assembly.

Cathrin Silberzahn
Chair, Law and Legislation Commission

f) Anti-Doping Commission

Report from the Anti-doping Commission

At the beginning of 2020 a new Registered Testing Pool (RTP) was established and is updated throughout the year.

The World Antidoping Code requires that the IPF ensure that National federations implement code-compliant anti-doping programs at the National level. Education, as provided through a platform dedicated by WADA; Adel now becomes mandatory in an effort to increase compliance and encouraging clean sport.

After having built on the incredible foundation laid by former members of the Anti-doping Commission, a partnership with the Canadian Centre for Ethics in Sport (CCES); one of the World's leading agencies in the field of anti-doping and sport ethics was signed and now in force. The overall goal is to be compliant with the World Anti-Doping Code and its standards.

The following is a review of the IPF's anti-doping activity from 2019 based off of available data in ADAMS where the IPF is indicated as the Testing Authority.

Numbers by Quarter

Quarter	Tests ¹	Samples				
		Urine	Blood	Passport ²	Total	AAFs
Q1	135	136	0	0	136	4
Q2	171	181	0	0	181	2
Q3	235	260	11	0	271	9
Q4	177	197	12	0	209	4
TOTAL	718	774	23	0	797	19

¹ Tests are defined as any number of samples collected on an athlete during a single test session.

² Blood samples collected in support of the Athlete Biological Passport.

Numbers by Test Type

Type	Tests ¹	Samples				
		Urine	Blood	Passport ²	Total	AAFs
In-Competition	582	635	3	0	638	18
Out-of-Competition	136	139	20	0	159	1
TOTAL	718	774	23	0	797	19

¹ Tests are defined as any number of samples collected on an athlete during a single test session.

² Blood samples collected in support of the Athlete Biological Passport.

It has been a pleasure in my short tenure as Chair of the Anti-doping Commission. The viral pandemic has limited the actual competitions but it has given us the opportunity to plan and grow going forward.

With the continued support of the involved parties and those passionate about Clean Sport our sport has an incredible future ahead.

In Service,
Dr Maia Blackman

g) Doping Hearing Panel

Report from the Doping Hearing Panel

Due to the pandemic and resulting cancellation of international competition, the DHP has seen very few cases since the fourth quarter of 2019, when less than ten cases were reviewed by the panel. The primary substances at issue have been exogenous anabolic steroids and masking agents.

When international competition resumes, it will be under the 2021 WADA Code, which becomes effective on January 1, 2021. The code review process identified several areas of concern that led to changes to certain rules and sanctions in order to address areas of imbalance that are inconsistent with the focus of preventing and penalizing the use of substances that unfairly alter or affect sport performance.

A comprehensive review of the changes is beyond the scope of this report. However, some of the most significant changes, clarifications, and additions include:

- Revisions to the rules governing multiple violations and provisional suspensions;
- The reintroduction of "aggravating circumstances" that can increase a sanction (which had been removed after the presumptive suspension was increased from two to four years);
- Shifting the burden of proof from the athlete to the anti-doping organization in cases involving alleged violations of the prohibition on associating with individuals serving a period of suspension;
- Enhanced protection for whistleblowers who report anti-doping rule violations; and
- The formation a working group that will review levels of detection applicable to substances that are prohibited out of competition by which are found in an athlete's sample taken during in competition testing; and changes to the sanctions to be imposed for violations involving substances of abuse in situations where the athlete can establish the use was out of competition and was unrelated to sport performance.

The DHP sincerely looks forward to a time when competition can resume. When we can, as always, play true.

James Cirincione, DHP Chair
Whitefish Bay, Wisconsin, USA

h) Women's Committee

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Report from the Women's Committee

Positive feedback in 2020: The IPF followed their own guidelines and female lifters and officials in powerlifting have been fully integrated. Due to the situation because of Covid-19 pandemic, nearly all

international championships have been cancelled. For this reason, it is not possible to provide valid data and diagrams to show the development of the numbers of female athletes in competitions.

The most important change for women for 2020 is the achievement to have equal numbers of weight classes for men and women. This has been required already by many athletes in years before and it has been agreed at the General Assembly in 2019. So, it was not a questions to implement it, the question was to find the fairest solution.

After analysing a lot of results, the decision was to split the middle weight category from 63 kg – 72 kg into two new body weight categories.

These are the new categories:

	Class	Start	End	Comment
1.	-43 kg		43,0 kg	Only Sub-Junior and Junior
2.	-47,0 kg		47,0 kg	
3.	-52,0 kg	47,01 kg	52,0 kg	
4.	-57,0 kg	52,01 kg	57,0 kg	
5.	-63,0 kg	57,01 kg	63,0 kg	
6.	-69,0 kg	63,01 kg	69,0 kg	New in 2021
7.	-76,0 kg	69,01 kg	76,0 kg	New in 2021
8.	-84,0 kg	76,01 kg	84,0 kg	
9.	+84 kg	84,01 kg	unlimited	

The former weight category -72,0 kg is replaced by -69,0 kg and -76,0 kg.

The situation concerning women differs of course from region to region and from country to country. This depends on the general acceptance of women in society, the role they play in sports, families and culture and the political situation. We as IPF do our best to make it possible for women to take part in competitions and there is no place for unequal treatment of men and women.

Discussions

- Participation of trans and gender-diverse athletes
 - Answer: The IPF follows in this case strictly the IOC directive and the WADA code
- Allow more special equipment for reliogios female athlets
 - Answer: Our rules are not political and not religious. They allow all female athletes to participate without any discrimination.

Incidents

- No incidents happened in the last year at international championships.

Eva Speth

Chairwoman of the Women's Committee

i) Entourage Commission

Report from Entourage Commission

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Dear Ladies and Gentlemen

Due to the worldwide Corona Virus the work of the Entourage Committee during 2020 has been restricted. However, as stated in pervious report unless all members of the Entourage committee are

supported by their National federation to allowed them to attend meeting this will continue to be difficult, I think for the future we must look to arranged most of our meeting by Skype are Zoom.

Items of work in process to be implemented

- 1) To Develop a closer working relationship with the Coach Commission, and Athletes Commission
- 2) Proposal the Entourage Committee works in cooperation with the Anti-Doping Commission on setting up a system of electronic on-line anti-doping course with questions/exam.

Ralph Farquharson
Chairman of the Entourage Committee

j) Coach Commission

Report from the Coach Commission

Dear Ladies and Gentlemen

Due to COVID-19 worldwide the coach commission is unable to organize any course during 2020. One course was arranged in June at the Eleiko Centre in Sweden, but had to be cancelled due to the Pandemic. Presently, we're now scheduling dates for 2021.

I have discussed several rule changes proposed with the rule group and made our contribution as Chairman of the Coach Commission. I would like to thank all members of the Coach Commission for their constructive discussion and the constructive feedback within our group.

The Eleiko Headquarters in Sweden and not La Manga will now provide the venue for all IPF Coach Education. Needless to say, we're looking forward to working in their high-performance centre. A big thank you to La Manga Club, Spain for hosting the Coach Education for the past four years.

The commission is hopeful to have level 1 course ready to start in 2021.

My thanks to the commissions for their support during 2019 and hope for your continuing support with the development of the IPF Coach Education programme.

Ralph Farquharson
Chair Coach Commission

k) Athlete's Commission

Report from the Athlete's Commission

Active members: Marte Elverum, Priscilla Ribic, Joan Baez, Marcus Hirvonen and Pjotr van den Hoek, Tetyana Melnyk (Akhmamyetyeva), Reserve member: Phill Richards. Consultant: Inger Blikra and Speaker/IPF EC Board Member: Pjotr van den Hoek.

This last year has been the strangest in the history of powerlifting. Only 3 international competitions were held before the global shut-down. The first European University Cup and the European Classic Masters Championships. This was off course because of Covid-19. Nevertheless, we really hope everyone is staying safe and healthy.

I was fortunate enough to attend the first European Classic University Cup. This was a great competition, and well organized by the French Federation. Hopefully soon, there will be more International Regional University Cups held in the future.

After this all international competitions started getting cancelled, the training of the athletes fell off, as it was not possible for us to meet up. Almost all competitions have been moved up a year. We want to thank all the countries for their cooperation. On an interesting note, we can see online a lot of athletes started setting up their own home gyms and kept on training – clearly a spirit dedication and well done everyone! Most gyms are also open now so everybody can train again. Let's hope it stays this way.

So let's hope next year will be a lot better, and that all international competitions will happen and we can see each other again on and off the platform.

But we do have some good news to report this year. Tetyana Melnyk from the Ukraine joined the Athletes commission. She is an accomplished international powerlifter and bench presser and holds the current European Bench Press record and has numerous international medals with includes a 2nd place at the World games, she is also a great international respected coach an IPF category 1 referee. So, you can see why we are incredibly happy she joined the Athletes commission. Welcome to the Committee Tetyana.

As a commission, it was not possible to meet up this year, but we have been in contact with each other through email, social media, etc. We established a WhatsApp group which makes communicating easier. We will be having an online meeting which will also include our president Gaston Parage.

If you have any input or suggestions as an athlete, please contact us. Of course, if you have any problems, questions or just want information please contact us by sending a email to the Lifterscommission@powerlifting-ipf.com or approach us personally. And if you are a female lifter and would rather speak to a female let us know and we will let Marte, Priscilla, Joan or Tetyana contact you directly.

Information about us you can find on the IPF website. We have a Instagram account and you can find us under ipf_athletes_commission where you can follow and tag us. So Hopefully we can answer some of your questions or give you information, so please mail us or direct message us on Instagram.

We are all looking forward to a great new year in 2021 and lots of exciting competitions. This includes qualification for the world games in Stavanger Norway, the World classic Championships in Minsk Belarus, the World bench press Championships, Master, Junior and University Championships. We will be working together with all the commissions and committees from the IPF, to reach our goal of IOC recognition and to promote our sport worldwide.

Last of all, I would like to thank all of our members, for their input, and Inger Blikra, who we have been able to consult and use her knowledge. And once again we would like to thank the IPF EC Board Members and Gaston Parage for starting up this commission in Norway 2006.

Thank you for your attention and please stay safe and healthy.

Pjotr van den Hoek
Chairman, IPF Athletes Commission

I) Sports for All Commission

Report from the Sports for all Commission

As mentioned in Secretary General Report, currently, I serve as the Chairman for the IPF Sports for all Commission. Our federation's major work in the area of Sports for All centers mainly on the Special Olympics Program both at the National and International level. Each year, we invite Special Olympic Athletes to take part in the World Open Championships. However, this year, due to the Pandemic, there was no activity. Instead most of the activity took place at the national level in assisting the member federations in contacting and begin working with their national Special Olympics programs by coordinating training seminars and competitions.

Previously, Mr. Chip Hultquist, committee member, suggested as part of the competition at the World Championships, a Coaches Training Seminar be held either the day before or day after the championships. The seminar would add to the attractiveness of the event for both Special Olympics and IPF programs. This seminar shall emphasize IPF/Special Olympics Powerlifting Rules, Training of Special Olympics Athletes, Coaching of Special Olympics Athletes in Competition and any other areas both the IPF and the SOI feel important to promote this program.

This year, the IPF continued our meetings with the President of the IPC, Mr. Andrew Parsons and his staff members. However, recently, we were very surprised to see when the IPC signed their MOU with the IWF instead of the IPF. Nonetheless, we shall continue our open and constructive dialogue with the IPC.

This year we had our Sports for All Championship was scheduled for Bangkok, Thailand. However, the COVID Pandemic placed the dampers on it. Next year's event is scheduled to be held in conjunction with the World Bench Press Championships in Kazakhstan. The Sports for All competition in Almaty shall include Special Olympic Athletes, Blind Athletes and Paralympic Athletes. The Special Olympics competition will be a unified event with IPF athletes.

During the past several months, we have engaged in discussions with IBSA Powerlifting so their athletes have more competition opportunities. Their coaches shall have access to our coach certification course as well. We shall also offer referee courses for the IBSA Officials.

This year, I have had the pleasure of working with Ms. Jennifer Thompson (USA) on the United Through Sports (UTS) Virtual Youth Sports Festival. The youth athletes from the IPF were invited to participate in this event. The 2020 UTS Virtual Youth Sports Festival falls under the patronage of the International Olympic Committee (IOC), the International Paralympic Committee (IPC), the Special Olympics International (SOI), Global Association of International Sports Federation (GAISF), SportAccord and the Alliance of Independent recognized Members of Sport (AIMS). Overall, the aim of the UTS Virtual Youth Sports Festival invites all of us to stand in solidarity under the Olympic, Paralympic and Special Olympics values towards having our youth athletes experience the promotion of inclusion, equality, non-discrimination, and peace-promotion. Special thanks to both Julia Goviden and Mr. Stephen Fox for the invitation to be a part of this event.

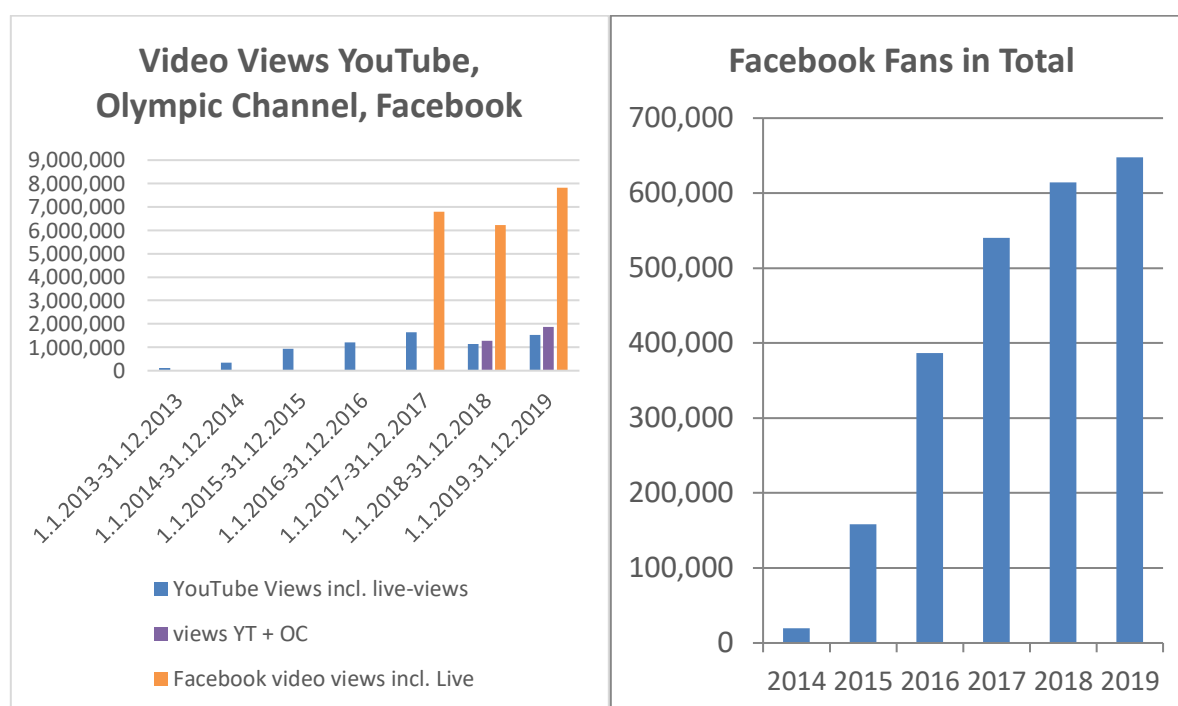
This committee plays an important an active role in reaching our goal of IOC recognition.

Thank you very much,
Robert Keller
Chairman, Sport for all Commission

m) Media Committee

Report from the Director of Communications

2019 has been an exceptional year for media in IPF. Never have we produced more photos, videos and livestreams than in 2019. All with increasing quality. IPF produced photos are hugely appreciated and therefore widely spread by athletes, families, and friends as well as federations and even The International World Games Association as well as Olympic Channel. The high-quality production of the photos speaks for itself. The same can be said about the live broadcasts of the major World Championships where the whole media team is constantly working on improving the production in many ways. This is also recognised and appreciated by Olympic Channel. 2 World Championships were streamed through OC with great success and great viewing figures. So, in future there will be more possibilities in broadcasting powerlifting on this platform where all major sports are presented. As we also streamed some of our competitions via Facebook, we found a significant increase in growth there as well. Our fanbase on all Social Media Channels is still growing, to show one example, there is the Facebook fan numbers attached.



The IPF magazine is still widely loved and valued. Its high quality combined with great photos and interesting articles is outstanding in the world of sports and recognised outside of the IPF. We are working on keeping our own standards high.

Thank you,
Eric Rupp
Chairman, Media Committee

N) Youth Committee

Report from the Youth Committee Report

Dear ladies and gentlemen, friends, and officials,

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I want to by wish to you good health and thanking you for electing me as the Chairman of the Youth Commission. This is indeed a great honor for me; but carries considerable responsibility. Nonetheless, I am up for this challenge. As I see it, working with the youth is one of the most important positions within

our commissions, since the athletes in their formative years are the continuation and future of the IPF. You shall only receive by best efforts. Once more, I thank you for your support.

After my election to the position of chairwoman of the youth commission, we immediately made some changes. This commission acquired volunteers that were more active and interested in working for the benefit of the International Powerlifting Federation. Since the changes in the constitution were adopted, the Chairman of the Youth Commission has now become a member of the IPF Executive Committee – an historical moment and time for the federation. I was incredibly pleased to see the IPF make such a decision to give both a voice and vote to the Youth of our sport. The establishment of this position falls in line with the IOC principles and a resolution of this nature shall prove only useful for our sport. In this way, the sports federation ensures that young people are also integrated into the EC to ensure the longevity of the administration. After reforming the commission, we started working on Social Media to present the IPF to the youth athletes. We have created a page on Instagram @ipf_youth and Facebook <https://www.facebook.com/ipf.youth>, where we present youth athletes at all levels. We present their training and also publish the most important news of the international federation. Please make it a point to follow us! The next step, after establishing the Facebook Group, we created our very own logo.

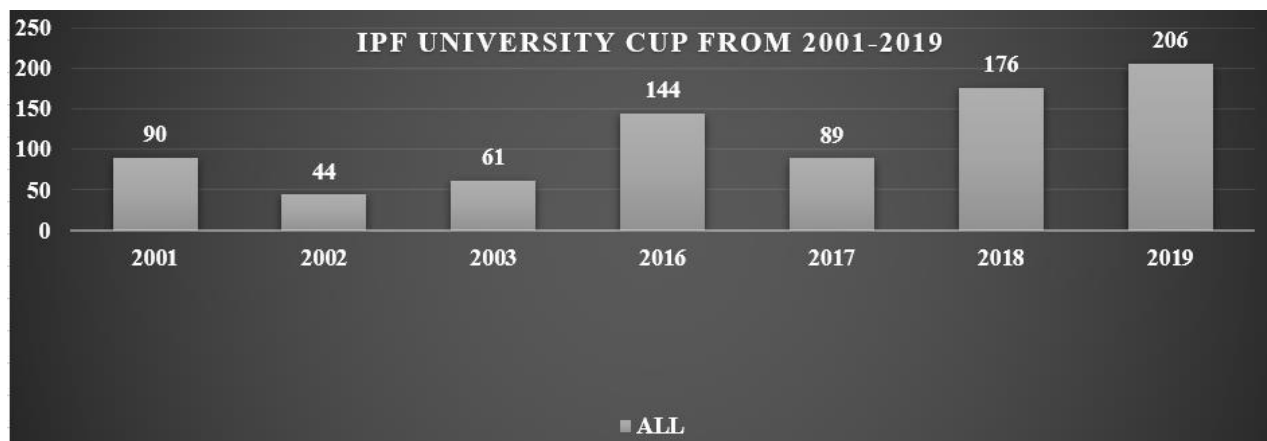


One of the most important responsibilities of the Commission is our work with the Technical Rules Group. We are active and present our recommendations and solutions to many of the difficulties that have been presented to us. We are actively a part of the discussion. As such, I am quite pleased to see the Women now have the same number of weight classes as our male counterparts.

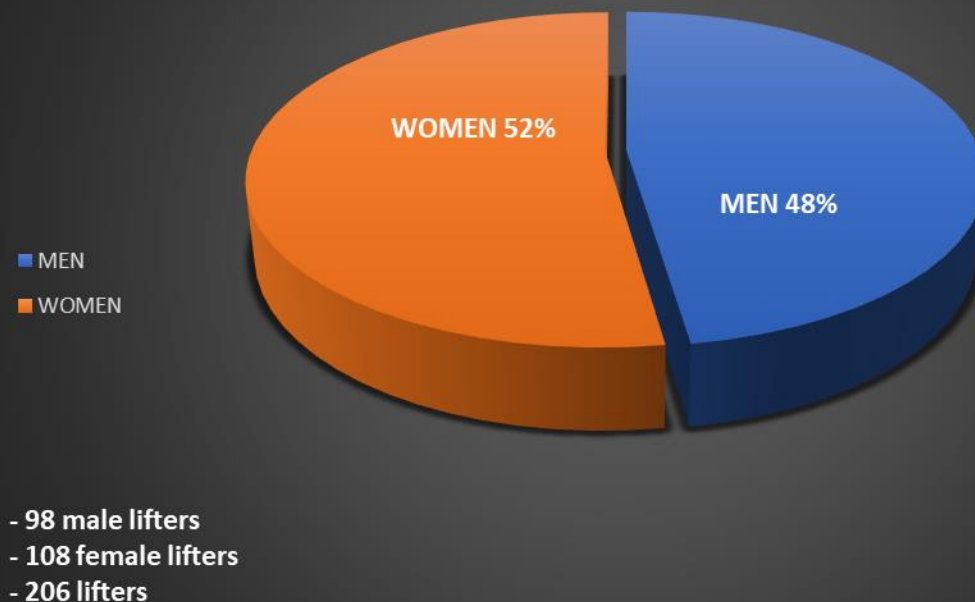
As the Chairwomen, I am taking an active role in the preparing for the celebration of the 50th anniversary of the foundation of the IPF. We have taken part in several especially important online conferences that discussed current issues facing our youth level athletes – such as the Pandemic.

One very encouraging project the IPF is now working on this year, despite not having any international events, has been part of VIRTUAL YOUTH FESTIVAL established United Through Sports, where a member of the Youth Committee - Jennifer Thompson - is making a significant impact. Special thanks to Jennifer.

Please find below the statistics demonstrating the growth of Youth Powerlifting!



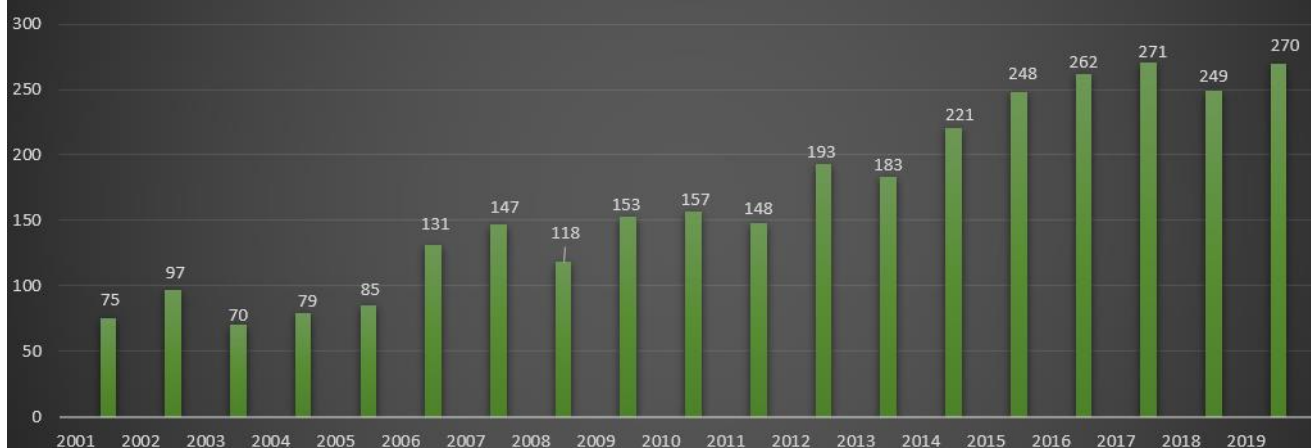
The comparison men and women (2019)

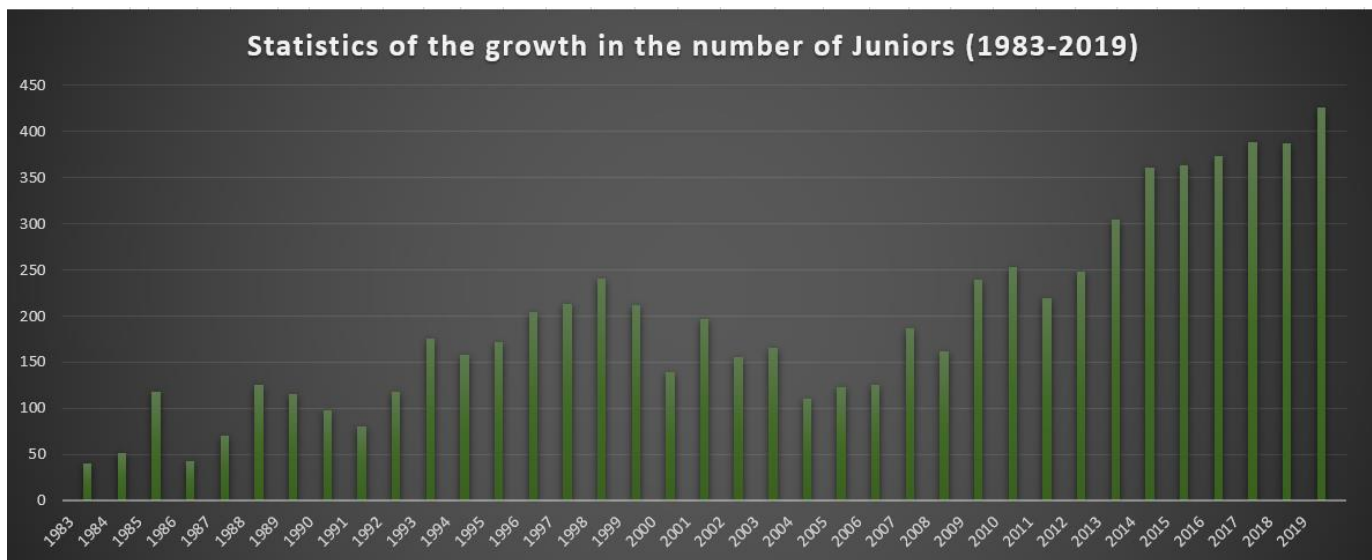


For the first time in the history of the IPF, the percentage of women is higher than that of men. It is great that we are seeing an increase in the number of school-age and college level students taking part in powerlifting. I am sorry the pandemic has deprived me of meeting all of you. But I am glad that the first European Cup among students took place.

Under the initiative of our President, all Regions should begin organizing Regional University CUPS in 2021. During 2022, we shall have the first FISU World Championship in Powerlifting in Moscow. We are extremely excited to take part on this event.

Statistics of the growth in the number of Sub Juniors (2001-2019)





It is gratifying that in general we are seeing an increase in youth in the world of powerlifting. It makes us stronger and more popular. The best of our youth is ours. I hope that we are able have more youth lifters join us and I am here to be your voice. I am open to any questions and solutions to any problems. I express my sincere gratitude to IPF President Gaston Parage for his consistent backing and encouragement. Thanks to my colleagues for working together and supporting my commission. Finally, our joint efforts together, we can achieve our cherished dream of IOC recognition!

With respect and gratitude,
Nadezhda Churilova
Chairwoman of the IPF Youth Commission
IPF Executive Committee Member

6) Regional Reports



a) Europe

Report from the President of the European Powerlifting Federation (EPF)

It was not possible to physically arrange the GA this year due to the Covid-19 situation.

The EPF GA Agenda with reports, balance account, budget etc. was sent to all national member nations in April with a voting deadline 28 May. Proposals and amendments of the Constitution and By-Laws intended for this GA were postponed to 2021. The voting was requested by e-mail and 21 nations out of 35 returned their votes. All 21 in favour.

European lifters and EPF Hall of Fame.

In January this year, the Executive appointed following lifters as **European lifters 2019** according to the highest IPF GL Score at both World and European Open Powerlifting championships. Equipped lifting: **Ankie Timmers from Netherlands** and **Anatolii Novopismennyi** from Ukraine. Classic lifting: **Priscilla Bavoil from France** and **Kjell Bakkeland** from Norway.

EPF Hall of Fame was awarded to **Klaus Brostrøm** (official) from Denmark, **Inna Orobets** (lifter) from Ukraine and **Antti Savolainen** (lifter) from Finland.

International championships.

In 2020, only two European championships or Cups are organized.

The remaining championships had to be cancelled due to the Covid-19 situation.

Host nations were:

- France (European Master Classic PL Championships),
- France (European University Cup – 1 edition)
- Cancelled (European Open, Jun, Sub-junior Equipped PL Championships),
- Cancelled (European Masters equipped PL Championships)
- Cancelled (European Open Masters, Jun, Sub-junior Classic BP Championships)
- Cancelled (Western European Championships),
- Cancelled (European Open/Master/Junior Equipped BP Championships)
- Cancelled (European Open, Junior and Sub-junior Classic PL Championships)

In addition, the participation at the Arnold Classic Europe 2020 was cancelled.

General.

By help from IPF, a MoU between EPF and the European University Sport Association (EUSA) has been signed. This means the EUSA will supervise EPF regarding organizing European University cups and in a few years EPF hopefully will be granted the organization of a European University Powerlifting Championship under the umbrella of EUSA. Important is that EPF maintain a high standard at the organization of the European University cups.

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The economy of EPF will suffer from the low activity in 2020.

By the end of the year, a minus of 20 – 30.000€ is expected.

EPF is working with additional sponsorships and by help of a highly qualified consultant we hope for some progress in 2021.

Anti-doping.

In year 2019, EPF made 142 doping tests at European championships and this means that about 7% of all lifters were tested.

Unfortunately, 4 lifters tested positive and received suspensions from 2 month to 8 years.

From 2021, IPF will direct and take on all doping controls at the European championships. IPF has contracted a Canadian Anti-doping agency to carry out all anti-doping work within the IPF organization.

EPF Officials.

The EPF officials have been busy this year as well, because each and every championship were worked on until the cancellation had to be done. Contracts have been prepared and sent out to organizers in 2021 and the preparation for the next season is in good progress.

No federation or company is better than people doing the work and I am proud to state that EPF has dedicated and hardworking officials that cooperate perfect in the leading team as well with the member federations.

They all deserve a great Thank You for running European powerlifting!

Arnulf Wahlstrom
President, EPF



b) Africa

Report from the IPF EC Board Member for Africa

As we move towards the end of 2020, a year in which the COVID-19 pandemic disrupted the scheduled calendar of national, regional and international sporting events, this Regional Report from Africa must sadly list the Powerlifting events in Africa that had to be cancelled:

- Arnold Classic Africa Powerlifting and Bench Press Event – cancelled
- African Powerlifting and Bench Press Championships – cancelled
- IPF Classic and Equipped Masters Powerlifting Championships - cancelled

Assuming that international travel will have normalized by the beginning of 2021, we look forward to increased numbers of competitors at the 2021 Regional and International events. The 2021 African Powerlifting and Bench Press Championships, to be held in South Africa³ in June 2021, will include an APF University Powerlifting Cup for the first time. South Africa will also host the Arnold Classic Africa, and the 2021 IPF Classic and Equipped Masters Powerlifting Championships.

During 2020 Uganda was accepted as a Provisional member of the IPF, and we look forward to welcoming the Ugandan powerlifters at our regional and international events in the future. This new addition will bring the number of members to 17 nations.

The APF General Assembly which was to have taken place at the African Championships was also cancelled, with the APF Executive taking the decision to follow the IPF example of distributing the annual reports to our membership by email instead. The APF Executive has been meeting virtually in order to continue to work on our Strategic Plan, to further the goals of Growth, Fair Play, Development, Quality and Promotion of the sport.

I am encouraged by the work being done by the dedicated APF Executive to advance Powerlifting in Africa.

Heather Leighton
IPF EC Board Member - Africa



c) Asia

Report from the President of Asia Powerlifting Federation

Dear friends

As you know, with the spread of Corona virus (Covid-19) in the world, the Asian Powerlifting Federation after the International Federation suspended all its activities until the end of 2020 and postponed the activities of 2021 until the updating of sports activity calendars. One of the ways to communicate with the main audience of Powerlifting in Asia, cyberspace such as: Facebook, Instagram, as well as communication with national e-mail federations and partners (members of the board of directors of the Asian Federation) Skype and WhatsApp, which is still useful and usable.

IPF

Several meetings were held at the International Powerlifting Federation as follows:

- 1) Strategic plan Meeting in Luxembourg
- 2) Cancellation of all competitions until the end of 2020
- 3) Postponement of competitions and activities of 2021 until the creation of a new calendar
- 4) Establishment of a rules group with the presence of members of the technical committee (TC) and executive members in the board of directors (EC) , as well as skilled, technical and experienced judges, members of the technical committee, Chair of woman, lifters , coaches and youth commission to review technical Rules.
- 5) The proposal to create a group by the President of the International Powerlifting Federation for the 50th anniversary of the International Powerlifting Federation in 2022 (founded in 1972) and the necessary predictions to commemorate this glorious event.

APF

Through Internet networks, we held regular meetings with members of the Board of Directors of the Asian Federation, and in these meetings, important decisions were made, which can be mentioned as follows:

- 1) Cancellation of all competitions until the end of 2020
- 2) Postponement of competitions and activities of 2021 until the creation of a new calendar

- 3) Communicate with members of the National Federation regarding the creation of a new calendar to host
- 4) Update the competition calendar to inform the member countries of the Asian Powerlifting Federation
- 5) Informing the members of the Asian Powerlifting Federation about some decisions (secrecy of some issues) in the International Powerlifting Federation
- 6) Interview with the President of the International Federation (Mr. Parage) on the Instagram page of the Asian Powerlifting Federation live on the following issues:
 - a. Why do athletes control doping?
 - b. How to choose a lift to control doping?
 - c. How lifters qualify to world games?
 - d. What do you think about the Disciplinary Committee's disciplinary committee's treatment of lifters activity in other powerlifting organizations? (14- 9)
 - e. What do you think about the development of powerlifting in the Asian Federation?
 - f. Coordination of officials in the Asian Federation with each other and comparing this management team with the previous one?
 - g. Advise to Asian Lifters?
- 7) Meeting with members of the Board of Directors of the Asian Powerlifting Federation as well as the President of the International Federation regarding the following issues:
 - a. Calendar of Events
 - b. Future General Assembly Dates (In case of a cancellation due to the COVID-19 Virus)
 - c. Anti-doping Rules (CCES)
 - d. IBSA / IPC Powerlifting
 - e. University Cup Program
 - f. Membership Fees – Discussion on delinquent fees that have not been paid in two year's or more to be deleted from membership
 - g. Regional Board members to work actively in helping out concerning report's and membership fees.
 - h. APF member update (address and email, phone) 3
 - i. APF webpage update (results, records and etc...)
 - j. Other business: The presentation of the calendar of the Asian Federation in 2021 and 2022 is as follows:

2021

Asian/Pacific classic & equipped Powerlifting & Bench press Championship to be held in Hong Kong from 10-17 April

Asian Equipped Powerlifting Championship to be held in Indonesia - Bandar Lampung from 1 to 6 May

Asia/Pacific University Cup Powerlifting Championship to be held in UAE - Sharjah from 1-5 August

Southeast Asia Cup to be held in Thailand - Bangkok from 10-12 September

Asian Classic & Equipped Bench press in Coimbatore, India from 1 to 5 September

Asian Classic Powerlifting Championship in Kuwait - Kuwait from 5-12 December

2022

Asian/Pacific Classic & Equipped Powerlifting & Bench press Championship to be held in Bangkok, Thailand from 10-17 April

Asian Equipped Powerlifting Championship in Kolkata, India from 1- 6 May

Asian Classic & Equipped Bench Press Championship in Mongolia – Ulaanbaatar, India during 1- 5 September.

South East Asia Cup to be held in Bangkok, Thailand from 10-12 September

Asian Classic Powerlifting Championship in Kulalampur, Malaysia from 5-12 December

Respectfully submitted,
 Farshid Soltani
 President, Asian Powerlifting Federation



d) North America

Report from the North American Powerlifting Federation

The NAPF administration (listed below) is a dynamic group of volunteers fully committed to both the development and success of our region. My sincere thanks to each of you for your dedicated and professional work for the athletes in our region.

- NAPF President: Dr Larry Maile (USA)
- IPF EC Board Member for North America: Dr. Larry Maile (USA)
- NAPF Vice-President: Dr. Hugo Velasquez (Costa Rica)
- NAPF Secretary General: Alex Alvarado (Puerto Rico)
- NAPF Treasurer: Arian Khamesi (USA)
- NAPF Technical Chairman: Bill Clayton (USA)
- NAPF Championship Secretary: Robert Keller (USA)
- NAPF Media Officer: Steve Crane (Puerto Rico)
- NAPF Central American Representative: Manolo Campos (Costa Rica)
- NAPF Caribbean Representative: Robert Massey (USVI)
- NAPF Records Chairman: Mike Armstrong (Canada)
- NAPF Women's Committee: Linda McFeeters (Canada)
- NAPF Social Media Representative: Ryan Allen (USA)

Unfortunately, this year, we had to cancel both the NAPF North American Regional Bench Press and Powerlifting Championship set for the Cayman Islands and Costa Rica, respectively. I want to personally thank Tony McInerney, the President of Cayman Islands Powerlifting Organization, and his staff for all of the work performed in preparation to have the competition in the Cayman Islands and to Manola and Zelmira Campos in Costa Rica. I want to also thank the Ministry of Sport in the Cayman Islands, the National Anti-doping Agency, and the staff members of the Margaretville Resort in Grand Cayman that was going to serve as our host for the championship for the Regional Powerlifting Championship.

Despite the Pandemic, and having no events, we turned our focus onto the Strategic Plan. The Strategic Plan of the NAPF centers on the following seven (7) points:

1. New Website completed (Completed)
2. The creation of a Media Team (Completed)
3. Establishment of an NAPF Instagram Page (Completed)
4. Update the NAPF Regional Bench Press and Powerlifting Records (Completed).
5. Recruitment of new federations to join the NAPF (Ongoing)
6. Recruitment of new referees within Central America/Caribbean (Pending).
7. Creation of the University Regional Cup (Completed).

Our finances remain strong; however, I must urge the NAPF Member Federations that have not paid their IPF Membership Fees to become current as soon as possible. After two years of non-payment, the IPF shall render your association/federation ineligible for competition until the fees are paid. Special thanks to our Treasurer, Arian Khamesi for his work in keeping our finances straight.

The Pandemic delayed several new provisional federations from joining the IPF/NAPF – Barbados, Jamaica and St. Kitts/Nevis. All three have committed to join the IPF/NAPF, once the Pandemic is over. Cuba remains interested in joining the IPF as well. We remain in communication with this federation.

Our marked achievement this year, with the financial support from the IPF, was the creation of the new NAPF website. Special thanks to the following folks for preparing and updating the new NAPF Website and logo – Eric Rupp, Alex Alvarado, Arian Khamesi, Heinrich van Rensburg, and Mike Armstrong. Job well done! The new site can be found here: www.powerlifting-napf.com

All of the NAPF Records are now up-to-date. Special thanks to Mike Armstrong from the CPU and Alex Alvarado, the NAPF Secretary General for stepping in and performing the critical work necessary to bring the records current. Special thanks to Ivan Cancel, for all of his years of service in maintaining the records leading up to this year.

The IPF has officially retired the Women's 72kg weight class. On January 1, 2021, the IPF shall replace the 72.00kg weight class with the 69.00kg and 76kg weight classes. NAPF records shall be established from previous NAPF championships results for the new weight categories.

The Arnold Sports Festival held in Columbus, Ohio was another blistering success, even despite the onset of the Pandemic just prior to the event. Special thanks to both Dr. Larry Maile and Priscilla Ribic, and to the volunteers of USA Powerlifting and NAPF for all of their hard work to make this event a success. Each year, USA Powerlifting has been successful in the improvement of this event, by adding new and interesting competitions. The prize monies, by far, are the best in the business.

The IPF recently signed an agreement with the Canadian Centre for Ethics in Sport (CCES) to oversee the testing at all of our Regional and World Powerlifting Championships. They will be overseeing all of our Anti-doping work at all future IPF/NAPF Championships to include out-of-competition testing.

Next year, the NAPF shall host 3 championship – The Pan-American University Cup in Birmingham, Alabama, USA during July that shall serve as a test event for the World Games. This will be a joint project between the IPF, NAPF and FESUPO.

Next up, I shall be directing the North American/Pan-American Powerlifting Championships on August 23-28, 2021 in Miami, Florida, USA. Next year's competition shall serve as an official qualifying event for the World Games. I want to thank the City of Miami for their support and for pressing forward with having this competition, despite the uncertainties of the Pandemic.

Finally, the NAPF North American Regional Bench Press Championships shall be held in San Jose, Costa Rica during October 2021. Special thanks to our friends Manolo Campos and Zelmira Sandi for hosting this event once more. During, 2022, we look forward to returning to Panama City for the NAPF North American Regional Championships.

I wish everyone a very successful 2021!

Thank you,

Robert Keller
Championship Secretary
North American Powerlifting Federation



e) South America

Report from the President of the Federation of South American Powerlifting

Dear friends,

Please find enclosed the major points for this year's IPF Annual Report.

1) 2020 South American Championship in Lima - Peru

Resolution:

In view of the health emergency caused by the Covid19 Pandemic, it has been resolved in an extraordinary Assembly and unanimously, to CANCEL the South American Championship that would be held next December in the city of Lima, Peru.

2) South American Championship FESUPO 2021

Resolution:

Host city: Lima-Peru, organizes the National Association of Power uprisings of Peru ANLPP, month of Organization of the Championship: September 2021.

Due to the date of the IPF Classic World Championship, a vote was again made with all Nations and it was decided to change the date of the Championship to December 2021

3) (Organization of the First South American University Championship FESUPO.

Resolution:

Unanimously, the holding of the first FESUPO University Powerlifting Championship was approved, with the same competition and scoring rules as the University Championship organized by IPF. The date of the Championship is the same as the FESUPO South American Championship, adding one more day of competition to hold the University Championship.)

4) Organization of the South American Bench Press Championship 2021

Resolution:

It was resolved that the South American Bench press Championship will be held on a separate day from the South American Powerlifting Championship, so lifters who want to do Powerlifting and Bench press single lift, must do lifts twice, that is, in each separate Championship.

5) The Championships are

South American Powerlifting Classic Championship. (Duration Approx. In 3 days)

South American Powerlifting Equipped Championship. (Duration Approx. in 2 days)

South American Championship of Bench press classic, (Duration Approx. in 1/2 day)

South American Championship of bench press equipped, (Duration Approx. in 1/2 day)

Classic South American University Championship. (Duration Approx in 1 day)

Total of the Championship 7 days.

6) South American Bench Press Championship Fees.

Resolution:

Due to the small number of lifters in Bench press single lift, it was decided, in order to promote the modality, to halve the registration fee for the Championship.

7) Situation of Paraguay.

Mr. Osmar Urbieta, present at the meeting, promised to continue with the registration to IPF and Fesupo, to be able to be in the Fesupo 2021 Championship as an entity affiliated to IPF. Fesupo promised to help in everything Paraguay needs to be in IPF.

8) Situation of Bolivia

Resolution:

We continue to strengthen efforts so that Mr. Edwin Yucra affiliates Bolivia with IPF and thus can participate in the FESUPO Championships. Let's hope that Bolivia is within the IPF in 2021.

The following Nations of FESUPO and representatives were present at the meeting - Congress of FESUPO

Colombia: William Restrepo

Ecuador: Marcos Sánchez

Peru: Jacob Carrasco G.

Chile: Felipe Pizarro

Argentina: José Inguanti

Uruguay: Eduardo Rodríguez

Brazil: Julio Conrado

Guests:

Paraguay: Osmar Urbietta

Panama: Jackes Tibi

In addition, I've enclosed the following reports:

Argentina Report

There were only training activities in January, February and March. Apparently, some provinces could start activities in October. Unofficially some lifters trained at home. If everything continues to improve, we have an event planned for December

Uruguay Report

During this year, like most of the Nations of America, Uruguay was affected by the Covid19 Pandemic, which strongly hit all sports and social activities, not being an exception, Powerlifting. Over the months we have been able to control it, so that we are in a gradual opening of activities. This allows us to be one of the few countries that will celebrate our National Championship in November, which, through sanitary protocol, we have divided the number of lifters into 4 weekends, where only athletes and coaches can participate. The tournament will be held behind closed doors without the presence of the public or family, with a maximum of 20 athletes participating per day. This activity is authorized by the National Secretary of Sports falling under the Presidency of the Republic.

Ecuador Report

In Ecuador from January to March, the training sessions were normal, even the provincial championships were scheduled for the end of March. But, due to Covid-19, everything was suspended from March 17 to the present. The athletes of the highest level managed to carry out their workouts in a gym behind closed doors. At the moment the situation has improved, but the holding of massive events is not yet authorized, we are waiting for everything to improve to be able to carry out a championship in December

We had several meetings with Mr Robert Keller and Mr Gaston Parage, regarding the University Championship, reaching an agreement on the realization of the University Cup in 2021 in Birmingham-USA, as a test event prior to the 2022 World Games. We will start the promotion in each country of the Powerlifting in universities.

I appreciate your attention to this report,

Attentively,

Marcos Sanchez

IPF EC Board Member for South America



f) Oceania

Report from the Oceania Regional Powerlifting Federation

The ORPF is the newest of the regions being formed in 2018 by Mr Joel Ridings after the departure of the OPF. The vision of the ORPF is to have all member nations fully engaged in all aspects of powerlifting from grass roots to the world games and we are particularly proud of our most recent World champion Jezza Uepa from Nauru.

Mission:

We see the ORPF as a facilitator for the professional development of our member nations in competing, coaching and as officials. Being involved with sport at a high level has an effect of developing the careers of our members and providing opportunities to the members of our region is of upmost importance to the executive of the ORPF.

Executive and elections:

Due to covid19 the planned regional championships and general assembly that was to be held in Nauru in March could not be held. This was because the government of Nauru made the decision to ban all travel to the island 14 days before the championship. It was unfortunate as the exec had gone to great lengths to ensure all the members would be in attendance for the general assembly. It has been very difficult to get all member nations to attend a virtual meeting as per the constitution. This difficulty is the result of unreliable internet access across the region and we are looking at ways to ensure we can overcome this in the future. The decision was made to roll over all executive positions from the Pacific Games general assembly, the current positions are;

President: Eric Jioje of Fiji

Vice President: Mr. Horasio Cook of Nauru (resigned May 2020)

General Secretary: Mr. Sailo Tulifau of Samoa

Treasurer: Prof. Gordon Thorogood of Samoa

Chair Technical Committee: Ms. Pam Cutjar of Samoa

Record Keeper: Mr Joel Ridings of Australia

Womens Committee: Posie Bop of Nauru

5-year plan:

The ORPF is working with our member nations to determine what the main issues are for them to finalise our 5-year development plan. However, the two main issues for member nations that have been identified are international refs and access to equipment of a good standard to train with.

Referees:

In the past there was a history of obstacles being placed in the path of island nations to qualify international referees. To run a regional event the bare minimum is that each nation attending be able to supply two international referees. Therefore, it is the main goal of the ORPF and the Chair Technical Committee to qualify this many for each member nation within the next 5 years. In the past member nations have attempted to undermine events by refusing to grant permission for Cat 1 and 2 refs from their nations to attend events this then resulted in the IPF having to fly in referees from other regions at great cost. It is our intention to ensure that this will not occur in the future.

Equipment:

Access to equipment on the IPF approved list is one of the biggest hurdles for our members, this is due to the fact that if gyms do exist the equipment is substandard or in the case of the newly formed Niue Powerlifting Federation, the gym is owned by an individual associated with another powerlifting organization. They encountered issues with membership and misinformation in regard to dual affiliation and how that would affect their ability to compete in IPF meets. To remedy this the ORPF joined with the Niue Powerlifting Federation and the Niue government and sourced some second hand Ivanko bars and weights, plus a power rack and bench to set up a national powerlifting gym on the island. We have run into issues with shipping as is usually the case in the island but the NAPF is assisting the ORPF with this issue.

Member nations: 11

Fiji Powerlifting Federation
Kiribati Powerlifting
Nauru Powerlifting
New Caledonia Powerlifting
New Zealand Powerlifting Federation
PNG Powerlifting
Tahiti Powerlifting
Tonga Powerlifting
Tuvalu Powerlifting
Samoa Powerlifting
Solomon Islands Powerlifting

New nations: 1

Niue Powerlifting Federation

Possible future nations: 1

American Samoa Powerlifting

Departed nations: 1

Australian Powerlifting Federation

Regional championships:

March 2020 Oceania Championships: Eventually cancelled due to covid19

2021 Oceania Championships: Currently looking at options to ensure cancellation that occurred in 2020 will have less chance of occurring. We are currently working with Fiji to hold a stand-alone Oceania's in Nadi in September 2021. This will allow for easy access to airports and resorts if people attending wish to remain for a holiday or with the Commonwealth Powerlifting Federation to run a combined event in Auckland New Zealand due to the low number of covid19 cases there.

We have also agreed to join with the Asian powerlifting federation for the Regional University cup to be held in Dubai and we look forward to working with the Asian Powerlifting Federation.

Anti-doping:

Although the 2020 Oceania's were cancelled it enabled the ORPF to establish a relationship with RADO who are based in Fiji and a MOU has been signed. This should facilitate access to anti-doping at the next regional championships.

4.

Treasure's Report:

In 2019 there were only a total of 6 transactions that are attached as appendix a. Due to this the executive made the decision not to audit the accounts to save money. Transaction for 2020 will be audited at the end of the calendar year however to date the two main expenses have been the purchase

of equipment for Niue with the development fund and covering of the outstanding memberships for 2020.

On behalf of the Executive of the ORPF
Prof. Gordon. J. Thorogood.

7) Outstanding Legal Matters

The current appeal cases are ongoing with Mr. Wilks in the Luxembourg Civil. We're also involved in one Anti-doping case that is presently before the CAS.

8) New Member Applicants

At the next General Assembly, to be held during 2021, the following member federation shall be proposed for provisional membership status:

- Niue Powerlifting Federation
- Bangladesh Powerlifting Association
- Uganda Powerlifting Federation

At the next General Assembly, to be held during 2021, the following member federation shall be proposed for full membership status:

- Powerlifting Federation of Chile
- Haitian Powerlifting Federation
- Vietnam Powerlifting Federation
- Brunei Powerlifting Federation

The following Member Federation applications remain pending:

- Barbados
- Jamaica
- St. Kitts and Nevis
- Paraguay
- Bolivia
- Cyprus
- China

There are now 126 member associations/federations registered with the IPF.

9) Future Events

2021

31. January	Reykjavik International Games	EPF	Reykjavik	Iceland
10. - 17. April	Asian Pacific Classic & Equipped Powerlifting & Benchpress Championship	APF	Hong Kong	China
22. - 24. April	European University Cup	EPF	Merignac	France
TBD May	ORPF Oceania Regional Federation General Assembly	ORPF	Noumea	Caledonia
TBD May	ORPF Oceania Regional Powerlifting Championships	ORPF	Noumea	Caledonia
01. - 06. May	Asian Equipped Powerlifting Championships	APF	Bandar Lampung	Indonesia
11. - 16. May	European Masters Classic Powerlifting Championships	EPF	Kaunas	Lithuania
23. - 28. May	SportAccord World Sport & Business Summit	IPF	Ekaterinburg	Russia
15. - 20. June	European Open, Sub-Junior, Junior & Master Equipped & Classic Bench Press Championships	EPF	Ekaterinburg	Russia
23. - 27. June	African Powerlifting & Bench Press Championships	APF	Potchefstroom	South Africa
07. - 11. July	European Masters Equipped Powerlifting Championships	EPF	Pilsen	Czech Republic
TBD July	South American Powerlifting & Bench Press Equipped and Classic Championships	FESUPO	TBD	TBD
05. - 10. July	World University Classic Powerlifting Cup	IPF	Vilnius	Lithuania
01. - 05. August	Asia Pacific University Cup Powerlifting Championship	APF	Sharjah	UAE
03. - 08. August	European Open, Sub-Junior & Junior Equipped Powerlifting Championships	EPF	Pilsen	Czech Republic
22. August	19th NAPF General Assembly	NAPF	Miami, FL	USA
23. - 28. August	19th Annual North American Powerlifting Championships	NAPF	Miami, FL	USA
23. - 28. August	18th FESUPO/NAPF Pan-American Powerlifting Championships	NAPF	Miami, FL	USA
22. - 28. August	World Sub-Junior & Junior Powerlifting Championships	IPF	Oradea	Romania
01. - 05. September	Asian Classic & Equipped Bench Press Championships	APF	Coimbatore	India
09. - 12. September	Western European Classic & Equipped Powerlifting Championships	EPF	Hamm	Luxembourg
10. - 12. September	Southeast Asia Cup	APF	Bangkok	Thailand
TBD September	Arnold Classic Europe	EPF	Barcelona	Spain
23. September - 03. October	World Sub-Junior, Junior & Open Classic Powerlifting Championships	IPF	Minsk	Belarus
25. - 26. September	Danube Cup Classic & Equipped Powerlifting	EPF	TBD	TBD
08. - 17. October	World Masters Classic & Equipped Powerlifting Championships	IPF	Potchefstroom	South Africa
21. October - 31. October	World Open, Sub-Junior, Junior & Masters Classic & Equipped Bench Press Championship	IPF	Almaty	Kazakhstan
28. - 30. October	16th Annual NAPF North American Regional Bench Press Championships	NAPF	San Jose	Costa Rica
8. - 14. November	World Open Powerlifting Championships	IPF	Stavanger	Norway
29. November - 05. December	Commonwealth Classic/Equipped Powerlifting & Bench Press Championships	CPF	Auckland	New Zealand
03. - 12. December	European Open, Sub-Junior & Junior Classic Powerlifting Championships	EPF	Västerås	Sweden
05. - 12. December	Asian Classic Powerlifting Championships	APF	Kuwait	Kuwait
06. - 12. December	South American Powerlifting & Bench Press Equipped and Classic Championships	FESUPO	Lima	Peru

2022

08. - 13. March	European Classic Master Powerlifting Championships	EPF	TBD	TBD
23. - 27. March	European University Cup Classic Powerlifting	EPF	Hamm	Luxembourg
TBD	World Classic & Equipped Bench Press Championship	IPF	Ufa	Russia
10. - 17. April	Asian Pacific Classic & Equipped Powerlifting & Benchpress Championship	APF	Bangkok	Thailand
01. - 06. May	Asian Equipped Powerlifting Championship	APF	Kolkata	India
02. - 08. May	European Equipped Open, Sub-Junior & Junior Powerlifting Championships	EPF	Bratislava	Slovakia
06. - 12. June	World Classic Sub-Junior, Junior & Open Powerlifting Championships	IPF	Sun City	South Africa
06. - 10. July	European Equipped Master Powerlifting Championships	EPF	TBD	TBD
07. - 17 July	IWGA World Games	IPF	Birmingham, AL	USA
25. - 29. July	FISU World University Powerlifting Cup	IPF	Moscow	Russia
02. - 07. August	European Open, Junior & Masters Classic & Equipped Bench Press Championships	EPF	Gyor	Hungary
TBD August	21st Annual NAPF North American Regional Powerlifting Championships	NAPF	Bid - Panama City	Bid - Panama
TBD	World Classic & Equipped Sub-Junior & Junior Powerlifting Championships	IPF	Guayaquil	Ecuador
01. - 05. September	Asian Classic & Equipped Bench Press Championship	APF	Ulaanbaatar	Mongolia
09. - 11. September	Western European Championships	EPF	Aulnat	France
10. - 12. September	South East Asia Cup	APF	Bangkok	Thailand
TBD September	Arnold Classic Europe	EPF	TBD	TBD
27. - 29. October	9th NAPF/FESUPO Pan-American Regional Bench Press Championships	NAPF	Bid - San Juan	Bid - Puerto Rico
27. - 29. October	17th Annual NAPF North American Regional Bench Press Championships	NAPF	Bid - San Juan	Bid - Puerto Rico
TBD	World Classic & Equipped Masters Powerlifting Championships	IPF	St. Johns, Newfoundland	Canada
13. November	IPF Congress	IPF	TBD	Denmark
14. - 20. November	World Equipped Open Powerlifting Championships	IPF	TBD	Denmark
02. - 11. December	European Classic Open, Sub-Junior & Junior Powerlifting Championships	EPF	Pilsen	Czech Republic
05. - 12. December	Asian Classic Powerlifting Championship	APF	Kuala Lumpur	Malaysia

2023

TBD	World Classic & Equipped Bench Press Championship	IPF	TBD	TBD
TBD	World Classic Sub-Junior, Junior & Open Powerlifting Championships	IPF	TBD	TBD
TBD	World Classic & Equipped Sub-Junior & Junior Powerlifting Championships	IPF	TBD	TBD
TBD	World Classic & Equipped Masters Powerlifting Championships	IPF	TBD	TBD
06. August	20 th NAPF Regional General Assembly	NAPF	Grand Cayman	Cayman Islands
07. - 12. August	20 th Annual NAPF North American Regional Powerlifting Championships	NAPF	Grand Cayman	Cayman Islands
TBD November	IPF Congress	IPF	Kiev	Ukraine
TBD November	World Equipped Open Powerlifting Championships	IPF	Kiev	Ukraine

2024

TBD	World Classic & Equipped Bench Press Championship	IPF	TBD	TBD
TBD	World Classic Sub-Junior, Junior & Open Powerlifting Championships	IPF	TBD	TBD
TBD June	World Classic & Equipped Sub-Junior & Junior Powerlifting Championships	IPF	Bid - Eskilstuna	Bid - Sweden
TBD	World Classic & Equipped Masters Powerlifting Championships	IPF	TBD	TBD
TBD	IPF Congress	IPF	TBD	TBD
TBD	World Equipped Open Powerlifting Championships	IPF	TBD	TBD