EXECUTIVE SUMMARY

INTERNATIONAL POWERLIFTING FEDERATION

2026 Extraordinary General Assembly | 8 November 2026

Integrity and Good Governance Unit (IGGU) — Consolidated Reform Packet

Draft v1 — Pending IPF Executive Committee Approval

This document brings together the proposal of the IPF Executive Committee and the proposed IPF Integrity and Good Governance Unit (IGGU) governing instruments for consideration by Member Nations ahead of the 8 November 2026 IPF Extraordinary General Assembly. It is intended for advance review of the full interdependent reform and preparation for a proposed block vote, subject to the governing IPF voting procedures.

The package contains the 1 October 2026 draft Constitution and By-Laws with their original redline / sideline markings, followed by the complete supporting Code, Rules, Policy and Regulations. The explanatory proposal and the Terms of Reference appear together in Section 1. Nothing in this cover or index replaces, accepts or rejects any amendment shown in the attached source documents.

Circulation status and action requested

Submitted by: IPF Executive Committee (proposed, pending final EC approval)

Meeting: IPF Extraordinary General Assembly — 8 November 2026

Action to be taken: Consider approval of the coordinated IGGU reform as a package, subject to constitutional requirements.

Document status: Draft v1 for EC approval and Member Nation preparation; not an official adopted version.

Amendment categories and interpretive notes

Addition: Introduction of the new IGGU system, including its independent adjudicatory bodies and instruments.

Partial amendment / replacement: Changes in the redlined Constitution and By-Laws redirect jurisdiction or replace references to existing Ethics and Court of Justice structures.

Consequential amendment: Terminology, cross-references and numbering changes necessary to make the new instruments function together.

The source redlines are included for reference and must be read directly. A descriptive section heading or this cover note does not amend the legal text. Text deleted in the redline is not automatically approved merely because the draft appears in this packet.

Voting requirements

The Executive Committee rationale recommends adoption as a single coordinated package to avoid internal contradictions. The EGA Chair and Executive Committee must nevertheless confirm the legal availability of a block vote and apply the required approval threshold for each class of amendment under the IPF Constitution and By-Laws. No voting threshold is independently asserted by this circulation cover.

Proposed effective date

The 1 October 2026 rationale proposes immediate effect following EGA approval on 8 November 2026, with pending cases transferring at their existing procedural stage. The uploaded IGGU Terms of Reference instead refers to introduction from December 2026. The authoritative commencement and transitional wording must be reconciled before EC approval and the vote.

PACKET CONTENTS

All ten sections are included in the order requested. Printed page ranges refer to this consolidated packet; existing internal page numbering in original source documents has been left untouched. The electronic PDF also includes bookmarks for each section and source document.

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Constitution amendment identification

The earlier IGGU Constitution proposal package identifies ten related provisions: Articles 4.1.3, 4.1.5, 5, 7.2, 7.4.6, 7.4.15, 7.5.3, 7.5.4, 13 and 14. The redlined Constitution also contains at least one separate non-IGGU-related change (Article 1.2.12). The Executive Committee must certify the precise text that is intended to be covered by the proposed vote.

Pre-circulation verification items — not part of the voting motion

- Confirm the final amendment scope, including whether the entire redlined By-Laws and Constitution drafts are being submitted, or only IGGU-related marked provisions.
- Harmonize the effective date: immediately on 8 November 2026 in the 1 October rationale versus December 2026 in the IGGU Terms of Reference.
- Check consistency in the naming and composition of the IGGU, the role of the Safeguarding Officer, cross-references and tribunal appeals.
- Resolve remaining tracked changes in the Integrity Code and Word review comments in the IGGU Dispute Resolution Rules before final Member Nation circulation.
- Confirm that all ten components have received EC approval and whether a single block vote is procedurally permissible; if not, identify the required separate ballots.
- Finalize clean, publication-ready versions after the vote while retaining the approved historical redline record.

Preparation note. This consolidated packet is an administrative compilation. Original uploaded source documents remain unchanged; two PDF-rendering copies were used to resolve Word comment/compatibility issues without changing substantive body text.

SECTION 01

Proposal from the IPF Executive Committee to the EGA - New IGGU

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

PROPOSAL FROM THE IPF EXECUTIVE COMMITTEE

IPF Extraordinary General Assembly | 8 November 2026

Establishment of the Integrity and Good Governance Unit (IGGU)

Coordinated Constitution, By-Laws and Integrity Rules Reform

Submitted by: IPF Executive Committee — pending Executive Committee approval of the final circulation text

Action to be taken: Proposed coordinated amendment and adoption by block vote, subject to all applicable IPF constitutional procedures and voting requirements.

Meeting: IPF Extraordinary General Assembly, 8 November 2026

Status: Draft proposal for Member Nation review; not an enacted or approved policy.

1. Purpose and background

The proposed reform establishes an independent Integrity and Good Governance Unit (IGGU) and updates the IPF Constitution, By-Laws and associated integrity instruments as one coordinated governance framework. The IPF Executive Committee rationale dated 1 October 2026 describes overlapping responsibilities of the existing Ethics Commission and Court of Justice, jurisdictional uncertainty, and the need for greater independence, impartiality and procedural clarity.

2. Proposed IGGU structure

The proposed system separates initial screening, investigation, discipline and adjudication. The accompanying Terms of Reference identifies the Integrity Officer, Investigatory Body, Disciplinary Officer, Integrity Tribunal, Good Governance Tribunal and Integrity Appeals Tribunal. The Dispute Resolution Rules additionally refer to a Safeguarding Officer; the respective instruments require terminology alignment before final adoption.

3. Jurisdiction and procedural safeguards

- Complaints are initially assessed for scope, jurisdiction and a prima facie basis by the Integrity Officer / IGGU under the proposed rules.
- Integrity Code, safeguarding, conflict-of-interest and competition-manipulation matters are addressed under the applicable Integrity Rules and Dispute Resolution Rules.
- Good-governance matters involving constitutional and By-Law obligations may proceed before the Good Governance Tribunal where its Rules confer jurisdiction.
- Investigations and tribunal adjudication are intended to be conducted independently and impartially, with notice, the opportunity to respond, and avenues of appeal.
- Anti-doping cases remain subject to the separate IPF Anti-Doping Rules and their prescribed adjudicatory framework.

4. Instruments submitted as one package

The following instruments are attached in this consolidated packet. The proposal and IGGU Terms of Reference form Section 1; the nine substantive instruments form Sections 2–10:

2. IPF Integrity Code
3. IPF Integrity and Good Governance Unit Dispute Resolution Rules
4. IPF Good Governance Tribunal Rules
5. IPF Conflict of Interest Regulations
6. IPF Constitution — redlined draft, 1 October 2026
7. IPF By-Laws — redlined draft, 1 October 2026

8. IPF Safeguard and Protection Policy
9. IPF Safeguarding Regulations
10. IPF Prevention of Competition Manipulation Regulations

5. Proposed effective date and transitional handling

The Executive Committee rationale dated 1 October 2026 proposes that adopted amendments take effect immediately and that pending cases transfer at their existing stage, preserving procedural rights and continuity. However, Article 1.2 of the supplied IGGU Terms of Reference states introduction from December 2026. The effective-date discrepancy must be expressly resolved by the Executive Committee and reflected consistently in the final EGA motion and governing instruments.

6. Justification

The coordinated reform is intended to reduce overlap between existing bodies, distinguish ethical and integrity matters from good-governance disputes, provide independent and competent adjudication, manage conflicts of interest, and protect the fair application of due process. A coordinated decision is requested because the proposed Constitution, By-Laws and detailed Rules are interdependent; separate approval of inconsistent combinations could leave gaps in jurisdiction and implementation.

7. Proposed block-vote resolution

> **Proposed resolution (for EC confirmation):** “That the IPF Extraordinary General Assembly of 8 November 2026 approve the coordinated establishment of the Integrity and Good Governance Unit, the associated IGGU-related amendments to the IPF Constitution and By-Laws, and the IPF Integrity Code, IGGU Dispute Resolution Rules, Good Governance Tribunal Rules, Conflict of Interest Regulations, Safeguarding Policy, Safeguarding Regulations and Prevention of Competition Manipulation Regulations, as contained in the circulated IGGU Reform Packet; approve the applicable transitional arrangements and an effective date specified in the final adopted resolution; and authorize consequential harmonization of references, headings and numbering without changing the substance of the text adopted.”

8. Block-vote qualification and scope control

This covering motion is proposed solely as a way to present interdependent reforms together. The General Assembly Chair and the IPF Executive Committee should confirm in advance that a block vote is permissible for the different classes of documents and that all applicable amendment thresholds are met. If a separate vote is required for any constitutional amendment or other component, it should be conducted without deeming the remaining text adopted by implication.

The full redlined Constitution and By-Laws drafts are reproduced for transparency. Any tracked changes unrelated to the IGGU reform should not be included in the scope of this motion unless separately identified and expressly approved by the Executive Committee. In particular, the Constitution redline contains a separate amendment to Article 1.2.12 concerning the name of an international sports federation association.

9. Supporting terms of reference

The IPF Integrity and Good Governance Unit Terms of Reference (uploaded as “TOR - IGGU and Integrity Officer (1).docx”) follows this proposal without alteration and forms an integral reference to the proposed unit’s purpose, duties, independence and appointment procedures.

Source and preparation note

This consolidated proposal is prepared from the 1 October 2026 Executive Committee “Summary of rationale for new IGGU v2” in the project records, the uploaded IGGU Terms of Reference, and the accompanying 2026 draft instruments. This cover proposal is explanatory; the adopted normative text, if approved, must be identified by the final EGA minutes and vote.

IPF INTEGRITY AND GOOD GOVERNANCE UNIT

Terms of Reference

1. PURPOSE

1.1. The IPF Integrity and Good Governance Unit (the "IGGU") is the independent body constituted to ensure the sport of powerlifting is administered with integrity in accordance with good governance principles, in a democratic, professional, ethical and transparent way and that people participate in competitions that are fair and free from any form of unethical behaviour.

1.2. These Terms of Reference were introduced from December 2026 along with the establishment of the IGGU.

2. DUTIES

2.1. The IGGU's principal duties are to independently and impartially:

2.1.1. Assist to oversee the application of the IPF Anti-Doping Rules and IPF's compliance with the World Anti-Doping Code.

2.1.2. Determine if the IGGU, the Good Governance Tribunal and/ the Integrity Tribunal has jurisdiction to process reported complaints

2.1.3. Oversee and investigate any allegation or suspicion of a violation of the Integrity Code, Conflict of Interest Regulations, Prevention of Competition Manipulation Regulations or Safeguarding Regulations;

2.1.4. Independently and impartially assist the IPF in all matters related to health, medical. good governance and integrity.

2.2. The IGGU is also vested with the following duties and tasks:

2.2.1. Investigate any referral of an allegation or suspicion of a violation of the Integrity Code, Conflict of Interest Regulations, Prevention of Competition Manipulation Regulations or Safeguarding Regulations;

2.2.2. Conduct Investigations and make recommendations as to whether any IPF Code, rules or regulations that are subject to discipline by the IPF Disciplinary Officer or the IPF Integrity Tribunal or the Good Governance Tribunal have been violated;

2.2.3. Assist in the fair, efficient and proper administration and adjudication of any cases brought before the IGGU Judicial Bodies

2.2.4. Recommend the exchange of relevant information to any external body/agency;

2.2.5. Give advice and assistance on health, integrity and ethical matters to the IPF Executive;

2.2.6. Put forward proposals aimed at raising knowledge and awareness in respect of health, integrity and good governance related matters; and

2.2.7. Provide opinions regarding any request from Covered Persons relating to the application of any Code, rule or regulations the IGGU helps oversee.

3. COMPOSITION

3.1. The IGGU shall be headed by an independent Integrity Officer who bears recognised competence in the domains of health and medicine, law and integrity.

3.2. The IGGU and Integrity Officer shall be fully independent from IPF, Member Federations or Regional Federations and any other powerlifting stakeholders.

3.3. The IGGU is comprised of the following bodies.

3.3.1. The Integrity Officer

3.3.2. The Investigatory Body

3.3.3. The Disciplinary Officer

3.3.4. The Integrity Tribunal

3.3.5. The Good Governance Tribunal

3.3.6. The Integrity (Appeals) Tribunal

3.4. All of the above are considered Judicial Bodies, other than the Investigatory Body.

3.5. Being “independent” means no individual involved in the IGGU in any capacity (including notably its Judicial Bodies) shall:

3.5.1. hold any official function in IPF, a regional or national federation or any other organisation under the jurisdiction of IPF; and

3.5.2. have any material business relationship with IPF, a regional or national federation, or an organisation under the jurisdiction of IPF during their term of office.

4. APPOINTMENT AND ACTIVITIES

4.1. Before an Integrity Officer or IGGU Member is appointed, they shall be vetted by the Secretary General as to their character and to ensure they meet the requirements for independence under paragraph 3.4.

4.2. The Integrity Officer and any IGGU Member, including members of the IGGU Judicial Bodies, shall be appointed for renewable four-year terms.

4.3. The IGGU is ultimately accountable to IPF Executive, and the Integrity Officer shall produce a short report of the IGGU's activities before each General Assembly if required and when requested.

SECTION 02

IPF Integrity Code

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

IPF INTEGRITY CODE

2026

Introduction

Objectives and Scope

1.1. The International Powerlifting Federation ("IPF") and its Member Federations are responsible for safeguarding the integrity and reputation of the sport of Powerlifting. Together, through their values, rules, education programmes and practices, they strive to protect the sport from illegal, immoral or unethical methods, activities and practices that may harm the participant community or bring the sport into disrepute.

1.2. The aim of this Integrity Code (which replaces the prior Code of Ethics) is to ensure the sport is administered with integrity in a democratic, professional, ethical and transparent way and that people participate in competitions that are fair and free from any form of unethical behaviour.

1.3. This Integrity Code defines the most important core values, principles for behaviour and conduct of personnel and participants in the sport.

1.4. This Integrity Code is issued by IPF pursuant to one of its fundamental purposes set out in the IPF Constitution and By-laws, being to preserve the integrity of sport by adopting appropriate rules and regulations which promote good governance and integrity.

1.5. A 10-year statute of limitations is applicable to this Integrity Code.

1.6. This policy should be read in conjunction with IPF's Anti-Doping Rules, Regulations on the Prevention of Competition Manipulation, Conflict of Interest Regulations, and Integrity Rules (defined below). For the avoidance of doubt:

1.6.1. Conduct relating to an anti-doping offence shall be dealt with exclusively by the IPF Anti-Doping Rules and not this Integrity Code.

1.6.2. Conduct which relates to the manipulation of Powerlifting competitions shall be dealt with primarily under the IPF Regulations on the Prevention of Competition Manipulation.

1.6.3. Conduct which relates to conflicts of interest or conflict of duties shall be dealt with primarily under the IPF Conflict of Interest Regulations.

1.6.4. All IPF Rules and Regulations that generally deal with ethical and integrity related matters shall be together considered to be the IPF Integrity Rules herein. This includes:

1. **This Integrity Code,**

2. **The Conflict of Interest Regulations,**
3. **The Safeguarding Regulations,**
4. **The Regulations on the Prevention of Competition Manipulation, and**
5. **The Dispute Resolution Rules (Integrity Tribunal and Integrity Appeals Tribunal).**

1.7. The Good Governance Tribunal (‘”GGT”), which falls under the umbrella of the Integrity and Good Governance Unit (“IGGU”) but functions as a stand-alone Tribunal to deal with matters falling outside the jurisdiction of the Integrity Code (as explained below), shall operate in accordance with the GGT Rules. An appeal against a decision of the GGT must be made to the Integrity Appeals Tribunal in accordance with the IPF Constitution and By-laws, the IPF Dispute Resolution Rules and the GGT Rules.

Exclusions

1.8. For the sake of clarity, while any breach of the IPF Constitution or By-laws necessarily will hold an element of integrity or ethics, the Integrity Code and IPF Integrity Rules shall not apply to any alleged breach indirectly to directly related to:

1. **An IPF member federation’s and/or its executive and/or its members’ respect or lack thereof of IPF requirements under its Constitution and By-Laws in terms of IPF affiliation or accreditation (including but not limited to administrative, operational, legislative, financial, election-related issues or other good governance related principles).**

2. **National-level matters that should be dealt with by national level bodies, including National Anti-Doping Organisations (as defined in the IPF antidoping rules), National Safeguarding Authorities (as defined in the IPF Safeguarding Regulations) or any other integrity and good governance related matter that may be dealt with nationally under the applicable Member Federation’s rules and regulations.**

1.9. Any complaint received by the IGGU, which is deemed, at the sole discretion of the Integrity Officer, to fall within the exclusions listed at Article 1.8. shall be considered outside of the jurisdiction of the Integrity Rules and Integrity Tribunal. The complaint or claim will then promptly be:

Deemed inadmissible
Remitted back to the Complainant and closed for lack of jurisdiction, and/or

Remitted back to the Complainant who shall be advised to redirect the matter to the relevant national authority, or,
Referred to the Good Governance Tribunal for processing in accordance with the Good Governance Tribunal Rules.

1.10. Where a matter involving a Member Federation that should normally be dealt with at the national level cannot be dealt with on the national level for reason of fear of reprisal or retribution or for other well justified reason, the Integrity Officer shall, at its sole discretion, consider processing the matter but shall do so at the relevant Member Federation's costs. For the sake of clarity, should an Integrity violation be deemed to have been committed by one or more members of the relevant Member Federation's executive, the Member Federation will have to bear all costs related to the IGGU's treatment of the complaint including but not limited to costs related to the investigation, offer of consequences, and any adjudication before the Integrity Tribunal.

2. Covered Persons

2.1. "Covered Persons" as defined and used in this Integrity Code and all IPF Integrity Rules include but are not limited to the following natural and legal persons:

2.1.1. All participants in IPF activities including but not limited to players, coaches, trainers, therapists, physicians, Technical Officials, other officials, Executive Committee Members, or other IPF Officers.

2.1.2. All Member Federations and their members who compete at the international level. All Member Federations are responsible~~,~~ and may be held accountable for the acts and omissions of their members, officials, employees, representatives, delegates, athletes, coaches, support personnel and any other persons acting on their behalf or under their authority, even if the Member Federation can prove the absence of any fault or negligence.

2.1.3. All persons who take part in the sport of Powerlifting in any capacity directly or indirectly at a IPF sanctioned or IPF approved championship.

2.1.4. All IPF employees or IPF-appointed consultants or agents.

2.1.5. All individuals who compete, coach, officiate, work at, or otherwise participate in a supporting role, including parents and legal guardians of a player in a championship organised, sanctioned or approved by IPF.

2.1.6. All individuals who hold an IPF or IPF-recognised officiating or coaching certification or Technical Official certification.

2.1.7. All individuals who receive accreditation at any IPF Championships and activities or act as an IPF contractor or volunteer in relation to such Championships and activities.

2.1.8. All individuals who serve as members of any IPF committee or national or international committee related to IPF.

2.1.9. All persons who have, whether by enjoying any form of licence, accreditation or any other status from IPF, or otherwise consented (expressly or impliedly) to be bound by this Integrity Code.

2.2. Any person who ceases to be a Covered Person for any reason shall for all purposes under this Integrity Code be deemed to be and to remain a Covered Person in respect of any allegation into conduct whilst that person was a Covered Person.

2.3. Any person who became a Covered Person shall be deemed to be and to remain a Covered Person for a continuous period of twelve (12) months after the date upon which that person ceased to be a Covered Person.

2.4. Any person who is not otherwise a Covered Person but who engages in conduct which would amount to conduct which is a breach of this Integrity Code may be treated as a Covered Person and be disciplined by way of a suspension and/or a venue exclusion order.

3. Unethical or Indecent Acts, and Bringing Sport into Disrepute

3.1. Covered Persons shall not act, or fail to act, in any manner which could reasonably and objectively be seen as being unethical, indecent and/or:

3.1.1. Adversely affecting the reputation of IPF or the sport of Powerlifting; or

3.1.2. Bring IPF or the sport of Powerlifting into disrepute; or

3.1.3. Be contrary to the purposes of IPF; or

3.1.4. Be prejudicial to, or adversely affect the interest of, IPF or the sport of Powerlifting.

3.2. Instances of Covered Person misconduct include, but are not limited to:

3.2.1. Misuse of social media, including but not limited to the publication, sharing or endorsement of content that is abusive, offensive, discriminatory, defamatory, threatening, harassing, misleading,

inappropriate, damaging to the reputation or integrity of the sport, or otherwise contrary to the objectives and values of the IPF;

3.2.2. Abusive or insulting comments or conduct in-competition, or while carrying out IPF duties;

3.2.3. The criticism and/or abuse of competition officials;

3.2.4. Committing criminal offences outside of the sport;

3.2.5 Any other misconduct or prohibited behaviour set out in IPF Integrity Rules or generally understood as being unethical or prohibited.

4. Dignity and Non-Discrimination

4.1. All Covered Persons shall respect the rights, dignity and worth of all persons and shall act with understanding, tolerance, sensitivity and respect for diversity and shall act without discrimination of any kind.

4.2. Covered Persons are prohibited from engaging in actions that discriminate against people based on protected grounds. This includes, but is not limited to, undertaking any action, using any words that denigrate an individual, or using any other means that offends the human dignity of a person or group of persons, on any grounds including but not limited to:

i. ancestry, colour or race,

ii. religion and belief,

iii. ethnic or social origin,

iv. gender,

v. sexual orientation,

vi. pregnancy,

vii. disability,

viii. age,

ix. political affiliation,

or any other reason contrary to human dignity and/or internationally recognized human rights.

5. Safeguarding Physical and Mental Integrity

5.1. Covered Persons must refer to the IPF Safeguarding Regulations for further detailed guidance and any breach of those Regulations shall be treated as a violation of this Integrity Code.

5.2. Covered Persons should be knowledgeable on the IPF Safeguarding Policy and are bound by the IPF Safeguarding Regulations.

5.3. It will be a breach of the Integrity Code for any Covered Persons to violate any provision of the Safeguarding Regulations and to commit any prohibited behaviour proscribed therein.

5.4. Covered Persons shall protect, respect and safeguard the physical and mental well- being, integrity, personal dignity and rights of others.

5.5. The welfare of Covered Persons under the age of eighteen (18) is paramount. This Integrity Code and the Safeguarding Regulations seeks to protect them from various prohibited behaviours including harassment, abuse and poor practice, abuse and bullying.

6. Integrity of Championships

6.1. No Covered Person shall influence the course or result of a Powerlifting Championship to remove all or part of the uncertainty normally associated with the sport, be this through match-fixing, doping or any form of cheating.

6.2. Covered Persons must refer to the IPF Regulations on the Prevention of Competition Manipulation for further detailed guidance and any breach of those Regulations shall also be treated as a violation of this Integrity Code.

7. Conflicts of Interest

7.1. Covered Persons shall avoid any situation that could lead to an actual, perceived and/or potential conflict of interest by taking appropriate measures such as abstaining from taking part, directly or indirectly, in a decision or an agreement and/or disclosing potential interests that are susceptible of influencing the decision-making of the person concerned.

7.2. A conflict of interest shall arise when the objectivity of a Covered Person, in expressing an opinion, undertaking any action or taking part in a decision, may be influenced or be perceived as being influenced due to private or personal interests.

7.3. Private or personal interests include gaining any possible advantage for the family, relatives, friends and acquaintances of a Covered Person.

7.4. Covered Persons must refer to the IPF Conflict of Interest Regulations for further detailed ~~guidance~~guidance, and any breach of those Regulations shall be treated as a violation of this Integrity Code.

8. Integrity in Election Processes

8.1. Candidates for elected IPF positions must conduct their candidacies (and must ensure that individuals assisting them with their candidacies conduct themselves) with honesty, dignity and respect for their opponents, and in accordance with applicable law and any applicable IPF Rules and Regulations and/or guidelines, including this IPF Integrity Code.

Note: A "candidate" as used herein is identified as such when their nomination is submitted to IPF. Additionally, an individual shall be regarded as a "candidate", and subject to all IPF Rules and Regulations including this Integrity Code, if they publicly state their intention to be a candidate or campaign in such a way that gives the appearance of being a candidate, even if they have not been nominated.

8.2. Candidates may outline and describe, in a written document, their plans and views and may grant interviews to bona fide or appropriate media outlets. Copies of any document used to support a candidature must be provided to the IPF Law and Legislation Committee before publication or distribution. Any directives issued by the IPF Law and Legislation Committee regarding the document's content shall be complied with immediately by the candidate. Candidates shall notify the IPF Law and Legislation Committee in advance of any media interview.

8.3. Candidates must refrain from:

entering into any form of legally binding undertaking with any individual or organisation that is likely to bind the candidate's freedom of decision or action if elected;
engaging in any act, coalition, collaboration or collusion by or between candidates with the intent to defraud or unduly manipulate the result of the vote; and
requesting or using support, resources or services from the IPF, professional leagues or leagues affiliated with government or government-related agencies or personal companies in connection with their candidacies even if they currently occupy elected or appointed positions within the IPF.

8.4. Covered Persons and in particular voting delegates must:

respect the integrity of the candidacy process, allowing equal conditions and opportunities for each candidate and potential

candidate, treating them in a fair and equal manner, and avoiding any risk of conflict of interests.

not accept gifts or hospitality on behalf of themselves nor any organisation that they represent from any candidate, unless permitted under this IPF Integrity Code.

Note: A "gift" is defined herein or in other IPF Integrity Rules as an item for use or advantage (regardless of any value) by a Covered Person or a party immediately related to a Covered Person without exchange of any consideration.

not directly or indirectly solicit or accept any form of undue advantage from the process; and,

not use the resources of the IPF to assist or back any candidate, unless it could be reasonably agreed to be necessary in the circumstances and not providing any undue benefit to any Covered Person

8.5 Any claims and matters related to a Covered Person's actions or inactions in relation to national-level election processes fall outside the jurisdiction of the Integrity Code. If the IGGU determines in its sole discretion that the GGT has jurisdiction for the same it shall refer any such claims to the GGT. Otherwise, the matter shall be deemed inadmissible and referred back to the national level body to process in accordance with its own rules.

9. Gifts, Bribery and Corruption

9.1. Covered Persons shall not solicit or accept gifts including travel and 'in-kind' benefits from any external source which may bring into question their integrity, independence, impartiality and objectivity. Gifts in the form of money are forbidden in any case.

9.2. Only gifts of a nominal value, in accordance with the prevailing local customs, may be given or accepted as a mark of respect or friendship. Reasonable hospitality in accordance with the prevailing local customs may be given and accepted as a mark of respect or friendship.

9.3. Any gifts above the acceptable nominal value of any other kind must be declared to the IGGU at the earliest available opportunity.

9.4. Covered Persons shall not, directly or indirectly, offer, promise, solicit, give or accept any form of undue remuneration or commission, nor any concealed benefit or service of any nature.

10. Abuse of Position

10.1. Covered Persons shall not abuse their position in any manner, including by using their position to obtain an improper advantage or private benefit for themselves or others, or by facilitating or enabling, or concealing the abuse, maltreatment, exploitation, or other misconduct of another Covered Person.

11. Misappropriation and Misuse of Funds

11.1 Covered Persons shall not misappropriate or misuse funds of IPF, Member Federations, Powerlifting leagues or clubs, whether directly or indirectly through, or in conjunction with, third parties.

12. Lobbying

12.1. Covered Persons shall refrain from approaching any person, party, or third authority, with a view to obtaining any financial, political or de facto support inconsistent with the provisions of this Integrity Code.

13. Neutrality

13.1. In dealings with government institutions, national and international organisations, associations and groupings, Covered Persons shall remain politically neutral whenever expressing themselves on behalf of the IPF or any other Powerlifting organisation they represent.

14. Other Integrity Breaches or Alleged Violations of the Constitution, Bylaws and IPF Rules and Regulations

14.1. Where other alleged integrity breaches occur or where alleged violations of the Constitution, By-Laws or other IPF Rules and Regulations are reported, the matter will be remitted to the IGGU and subject to discipline under the Dispute Resolution Regulations.

14.2. Any allegations related to Anti-Doping shall be dealt with in accordance with the IPF Anti-Doping Rules and shall not be referred to the IGGU.

14.3. Complaints and cases arising from matters which pursuant to the By-Laws or Constitution are within the decision-making authority of the Executive Committee or General Assembly shall neither be referred to the IGGU nor fall under the jurisdiction of the IGGU.

14.4. National Member Federations may request that the IGGU consider a matter by contacting the IGGU confidential email directly at IGGU@powerlifting.sport or via the IPF Secretary General (if they believe the matter falls under the authority of the Executive Committee) -who will then refer the matter to the IGGU if it is outside the decision-making authority of the Executive Committee or General Assembly.

15. Confidentiality

15.1. Covered Persons shall not disclose Confidential Information.

15.2. Disclosure of other information shall not be for personal gain or benefit, nor be undertaken maliciously to damage the reputation of any person or organisation.

15.3. The obligation to respect confidentiality survives the termination of any relationship which makes a person subject to this Integrity Code.

15.4. Any breach of confidentiality under any IPF rules including but not limited to the Integrity Rules is subject to discipline under the IPF Dispute Resolution Rules.

15.5. For the purpose of this section, "Confidential Information" includes, but is not limited to, information entrusted to them in confidence and which has not been made public, and information in recorded or unrecorded form that is not generally available to the public and is generated, collected or used in the course of the IPF's current and anticipated business activity and includes information provided to the IPF by third parties, which the IPF is obligated to keep confidential.

16. Attempts

16.1. An "Attempt" is defined as an act and/or omission which is more than mere preparation and which constitutes a real and substantial step (individually or cumulatively) towards the commission of a violation (in circumstances where, save for the Attempt itself, the violation was not committed and/or completed and notwithstanding whether the person involved was aware that the act and/or omission may amount to a violation).

16.2. Any Attempt by a Covered Person to act in a manner that would be a violation of this Integrity ~~Code~~Code, or any IPF Integrity Rule shall be treated as a violation whether or not such Attempt or agreement was in fact successful.

16.3. A Covered Person who authorises, causes, knowingly assists, encourages, aids, abets, covers up or is otherwise complicit in any acts or omissions of the

type described in this Integrity Code shall be treated as having committed such act or omission him/herself.

17. Reporting

17.1. Any individual may report an incident or complaint of a breach of this Integrity Code to IPF, or a relevant disclosure/reporting mechanism or authority, at the first available opportunity.

17.2. Covered Persons have an obligation and must report in writing to IPF, or a relevant disclosure/reporting mechanism or authority, at the first available opportunity, full details of:

i. any approaches or invitations received by the Covered Person to engage in conduct that could amount to a violation of this Integrity Code or any other IPF Integrity Rule;

ii. any incident, fact or matter that comes to the attention of the Covered Person (or of which they ought to have been reasonably aware), including violations that have been committed by another Covered Person, which may be relevant information within this Integrity Code or any other IPF Integrity Rules; and

iii. names of the witness(es) (if any) or other person(s) with relevant information to provide about the incident (if any) and contact information (if known).

17.3. Covered Persons shall not take any action against any person which has the effect of discouraging that person from reporting of an alleged violation of this Integrity Code or any other IPF Integrity Rules.

17.4. Covered Persons shall not retaliate against a person who has reported in good faith an alleged violation of this Integrity Code or any other IPF Integrity Rule.

18. Investigation Co-operation and Non-Retaliation

18.1. IPF will ensure that an investigation appropriate in the circumstances is conducted.

18.2. Covered Persons are obliged to cooperate fully with any investigation instigated under this Integrity Code if requested in writing to do so.

18.3. Covered Persons' duty to cooperate includes complying with requests for the following types of information:

18.3.1. Copies or access to all records relating to the alleged breach (such as without limitation telephone records, bank account, credit card and transaction details, internet and email records, betting account records, computer hard drives and other electronic information storage devices and documents); and/or

18.3.2. a written statement setting out in detail all the facts and circumstances of which they are aware with respect to the alleged violation of this Integrity Code.

18.4. If an accused Covered Person fails to cooperate, such failure may either be considered an additional Integrity Code violation and/or as an aggravating factor for sanctioning purposes.

18.5. It shall be an additional Integrity Code violation for a Covered Person to obstruct or delay any investigation that may be carried out in relation to any possible violation of this Integrity Code, including (without limitation) concealing, tampering with or destroying any documentation or other information that may be relevant to that investigation and/or that may be evidence of or may lead to the discovery of evidence of conduct which may amount to a violation.

18.6. Covered Persons shall not retaliate against another Covered Person or witness who is cooperating with an investigation related to this Integrity Code or any other IPF Integrity Rules.

19. Investigation Conclusion

19.1. Information about complaints and incidents shall be kept confidential to the extent possible. While the investigation is on-going, those involved should not discuss the incident or complaint or the investigation with each other or other witnesses unless necessary to obtain advice about their rights. The investigator may discuss the investigation and disclose the incident or complaint-related information only as necessary to conduct the investigation

19.2. The accused and the individual who allegedly experienced misconduct, such as harassment etc. (if any) will be informed in writing of the results of the investigation further to a decision being issued by the responsible organ.

20. Discipline

20.1. Any discipline sought, accepted or imposed by IPF further to an alleged breach of this Integrity Code shall only arise in accordance with and by application of the IPF Dispute Resolution Rules and any amended version of the same.

20.2. Additional discipline beyond that provided in the IPF Dispute Resolution Rules for any breach of this Integrity Code may be imposed by IPF or other authorities where the actions or inactions of Covered Persons so warrant under other applicable rules, regulations and laws.

20.~~3.The~~3. The principles of natural justice will be respected, and all Parties will be afforded procedural rights throughout all IPF disciplinary processes.

20.4. Where any Covered Person fails to respect discipline imposed by the IGGU, the IPF Disciplinary Officer, the Integrity Tribunal, the Good Governance Tribunal or the Integrity Appeals Tribunal, that failure shall be considered a breach of this Integrity Code and may result in the imposition of additional discipline.

SECTION 03

IPF Integrity and Good Governance Unit Dispute Resolution Rules

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

IPF

GOOD GOVERNANCE AND INTEGRITY UNIT

DISPUTE RESOLUTION RULES

2026

- **Introduction**

1.1. These Dispute Resolution Rules (these Rules or the "DRR") are issued by the International Powerlifting Federation ("IPF") pursuant to the IPF Bylaws to establish resolution procedures and appropriate and binding investigative, adjudicatory and disciplinary processes in relation to any dispute or conflict arising in or out of IPF related activities with the oversight of the IPF Integrity and Good Governance Unit ("IGGU").

1.2. Any defined terms not found in these Rules are in the Statutes.

1.3 The IGGU is comprised of the following bodies all of which are bound by the DRR, with the exception of the Good Governance Tribunal ("GGT) which is also bound by the GGT Rules:

Integrity Officer;

IGGU Investigation Unit;

Disciplinary Officer;

Safeguarding Officer;

Integrity Tribunal;

Good Governance Tribunal;

Integrity Appeals Tribunal.

1.4 As expressly stated in the Integrity Code, for the same of clarity, while any breach of the IPF Constitution or Bylaws necessarily will hold an element of integrity or ethics, the Integrity Code and IPF Integrity Rules, including these DRR shall not apply to any alleged breach indirectly or directly related to:

i. An IPF member federation's and/or its executive and/or its members' respect or lack thereof of IPF requirements under its Constitution and By-Laws in terms of IPF affiliation or accreditation (including but not limited to administrative, operational, legislative, financial or other good governance related principles).

National-level matters that should be dealt with by national level bodies, including National Anti-Doping Organisations (as defined in the IPF antidoping rules), National Safeguarding Authorities (as defined in the IPF Safeguarding Regulations) or any other integrity and good governance related matter that may be dealt with nationally under the applicable Member Federation's rules and regulations.

1.5 Any complaint received by the IGGU which is deemed, at the sole discretion of the IPF Integrity Officer, to fall within the exclusions listed at Article 1.3 shall be considered outside of the jurisdiction of the Integrity Rules and Integrity Tribunal. The complaint will then promptly be:

Deemed inadmissible
Remitted back to the Complainant and closed for lack of jurisdiction, and/or
Remitted back to the Complainant who shall be advised to redirect the matter to the relevant national authority, or,
Referred to the Good Governance Tribunal for processing in accordance with the Good Governance Tribunal Rules.

1.6. Where a matter involving a Member Federation that should normally be dealt with at the national level cannot be dealt with on the national level for reason of fear of reprisal or retribution or for other well justified reason, the IPF Integrity Officer shall, at its sole discretion, consider processing the matter but shall do so at the relevant Member Federation's costs. For the sake of clarity, should an Integrity violation be deemed to have been committed by one or more members of the relevant Member Federation's executive, the Member Federation will have to bear all costs related to the IGGU's treatment of the complaint including but not limited to costs related to the investigation, offer of consequences, and any adjudication before the Integrity Tribunal.

- **Scope and Covered Persons**

2.1. These Rules set out process applicable to the resolution of all disputes arising from any IPF Integrity Rules and any potential discipline that may arise from a breach of the same. This includes:

2.1.1. Alleged breaches of the Integrity Code (also known/formerly known as the Code of Ethics).

2.1.2. Alleged breaches of the IPF Prevention of Competition Manipulation Regulations.

2.1.3. Alleged breaches of the IPF Conflict of Interest Regulations.

2.1.4. Alleged breaches of the IPF Safeguarding Regulations.

2.1.5. Alleged breaches of any other IPF Codes, Rules or Regulations other than the IPF Anti-Doping Rules (which expressly provide for referrals to the DHP).

2.2. "Covered Persons" as defined and used in these Rules and all IPF Integrity Rules include but are not limited to:

2.2.1. All participants in IPF activities including but not limited to athletes, coaches, trainers, therapists, physicians, Technical Officials, other officials, Executive Committee Members, or other IPF Officers.

2.2.2. All Member Federations and their members who compete at the international level. All Member Federations are responsible, and may be held accountable for the acts and omissions of their members, officials, employees, representatives, delegates, athletes, coaches, support personnel and any other persons acting on their behalf or under their authority, even if the Member Federation can prove the absence of any fault or negligence.

2.2.3. All persons who take part in the sport of Powerlifting in any capacity directly or indirectly at an IPF sanctioned or IPF approved championship.

2.2.4. All IPF employees or IPF-appointed consultants or agents.

2.2.5. All individuals who compete, coach, officiate, work at, or otherwise participate in a supporting role, including parents and legal guardians of a player in a championship or activity organised, sanctioned or approved by IPF.

2.2.6. All individuals who hold an IPF or IPF-recognised officiating or coaching certification or Technical Official certification.

2.2.7. All individuals who receive accreditation at any IPF championships and activities or act as an IPF contractor or volunteer in relation to such championships and activities.

2.2.8. All individuals who serve as members of any IPF commission, committee or national or international committee related to IPF.

2.2.9 All persons who have, whether by enjoying any form of licence, accreditation or any other status from IPF, or otherwise consented (expressly or impliedly) to be bound by this Code. Any person who ceases to be a Covered Person for any reason shall for all purposes under these Rules be deemed to be and to remain a Covered Person in respect of any allegation of misconduct whilst that person was a Covered Person as defined herein or in any other IPF Integrity Rule.

2.3. Any person who became a Covered Person shall be deemed to be and to remain a Covered Person for a continuous period of 12 months after the date, on each occasion, upon which that person became a Covered Person.

2.4. Any person who is not a Covered Person but who engages in conduct which would amount to conduct which is a breach of any IPF Integrity Rule may be treated as a Covered Person and be disciplined by way of a suspension and/or a venue exclusion order.

- **Jurisdiction**

3.1. IPF, the IPF Disciplinary Officer (or Ad Hoc Disciplinary Officer) and the Integrity Tribunal or Integrity Appeals Tribunal shall have exclusive jurisdiction to hear disputes and issue decisions imposing discipline in relation to possible breaches of any IPF Integrity Rules, other than the IPF Anti-Doping Rules, which occur at or in connection with an IPF Event or IPF-related activities when relevant and to impose discipline on a Covered Person as a consequence to the same in accordance with these Rules.

3.2. For any conduct that may amount to a breach of IPF Rules but arises outside of the scope of the DRR, the primary responsibility shall rest within the jurisdiction of the IPF Member Federation, subject to Articles 1.5, 3.3 or 6.2 of these Rules. Each Member Federation is encouraged to adopt its own disciplinary and dispute regulations to resolve national level integrity disputes.

3.3. The Member Federation can make a written reasoned request for IPF to be delegated jurisdiction to conduct or take over a matter or investigation and possibly impose discipline under these Rules. Similarly, if IPF has concerns that a matter or investigation is not being conducted in an acceptable or timely manner by the Member Federation, it can make a written demand (with reasons) to take-over the matter or investigation. Where IPF is delegated jurisdiction over a matter or investigation, it shall be at the Members' cost.

3.4. Where a Covered Person or Participant has been charged with a criminal offence, or is the subject of an investigation by any law enforcement agency or any other public or other regulatory authority, in respect of conduct which may be a breach of IPF Integrity Rules, IPF shall still retain jurisdiction to decide on the matter and the eligibility of the Covered Person and may seek advice from the relevant agency as to whether or not IPF or a Member Federation should postpone consideration of the matter pending the outcome of any such proceedings/investigation, and as to whether or not in the meantime, interim measures should be imposed. One action does not preclude the other.

3.5. IPF may at any time during a process undertaken under these Rules notify any law enforcement agency, or any other relevant external body, of any details relating to the matter as such body may need to know for the proper exercise of its functions.

- **Confidentiality**

4.1 Any Covered Person who is required to participate in or is subject to an investigation under these or any other IPF Integrity Rules must always keep the information confidential, except as otherwise permitted by these Rules, other applicable laws or law enforcement agencies, or where consent to share information is given in writing.

4.2. An alleged breach of confidentiality of any IPF Integrity Rules is subject to discipline and shall be treated as such under the IPF Integrity Code.

- **Statute of Limitations**

5.1 Proceedings subject to the resolution facilitation and disciplinary processes of these Rules shall not be brought for an alleged breach of any IPF Rules if the conduct or dispute occurred over five years previous unless expressly provided otherwise in the specific Integrity Rule.

- **Prima Facie Case**

6.1 The IPF Integrity Officer shall first assess whether the report relates to an alleged violation of IPF Integrity Rules. In carrying out a preliminary analysis, the IPF Integrity Officer will assess whether the IPF IGGU has prima facie jurisdiction to investigate the report and whether the report has any reasonable prospect of establishing one or more violations of IPF Integrity Rules. Where the IPF Integrity Officer considers that the IGGU does not have jurisdiction or that the report has no reasonable prospect of establishing one or more IPF Integrity Rules violations, the IPF Integrity Officer may decide, in his/her full discretion, to take no further action other than informing the reporting party that the case is closed. Such decision is not subject to appeal.

6.2 Where the conduct reported to it could be pursued as either an IPF Integrity Rule Violation by the IGGU or by an IPF Member Federation on national level, the IGGU shall decide whether to pursue the matter under IPF Integrity Rules or to refer the matter to the IPF Member Federation (as applicable). Where an IPF Member Federation fails to act effectively in respect of the matter, the IGGU may (at its absolute discretion) pursue the matter under these DRR, at the National Federation's cost.

6.3 If the IPF Integrity Officer considers it appropriate to do so, they may ask any person filing a report to provide further information or make other enquiries.

6.4 If the evidence submitted with, or subsequent to, any report is considered by the IPF Integrity Officer to establish a prima facie case of an Integrity Code Violation, the IPF Integrity Officer will cause an investigation to be commenced, unless in the sole discretion of the IPF Integrity Officer, there is a good reason not to cause an investigation to be commenced either immediately or at all.

6.5 Grounds do not need to be given for the initiation of an investigation into an alleged IPF Integrity Rules violation, and the decision to do so or not, may not be appealed. The Covered Person shall be notified of the commencement of such an investigation and of the possible IPF Integrity Rules Violation(s) to which the investigation relates and shall

be afforded the right to make a written submission as part of the investigation or may be asked to participate in an interview. The Covered Person must cooperate with any request for an interview under these DRR and any refusal to do so shall be deemed to be an additional violation of the IPF Integrity Rules.

6.6 The IPF Integrity Officer may write to any Covered Person against whom a prima facie case has been found to exist, to ask whether that person wishes to admit any IPF Integrity Rules Violation(s) and enter an agreed-upon sanction. In this case, the IPF Integrity Officer will proceed with ratification of a settlement agreement. If no settlement agreement can be reached, the IPF Integrity Officer may refer the case to the Integrity Tribunal for adjudication.

6.7 At any time, either before, during or after an investigation, the IPF Integrity Officer or Integrity Tribunal may refer any information received from a report or otherwise, to the appropriate criminal authorities or other regulatory or law enforcement bodies, whether required by law or not.

- **Mediation**

7.1 Further to its initial assessment, the IGGU may in exceptional circumstances suggest the appointment of a person who has a legal background to serve as a Mediator in disputes that fall under the jurisdiction of the IPF. The parties shall be given the option to voluntarily participate in mediation in disputes that do not necessarily require a full disciplinary process and all parties must agree to mediation in order for it to occur.

7.2 Mediation will take place by video conference when suggested by the IGGU and only if agreed upon by all parties.

7.3 The Mediator shall assist the parties to negotiate a settlement. The process shall be private and confidential. The Mediator shall act as a neutral third party and shall facilitate rather than direct the process.

7.4 The Mediator does not decide the outcome. Instead, the Mediation should produce a result that is mutually agreeable to the parties.

7.5 If the parties are unable to reach an agreement at mediation, then the case, if the circumstances require, can be red to Integrity Tribunal. All information pertaining to the mediation shall remain private and shall not be disclosed.

- **Investigation Into Possible Violations**

8.1 Where a prima facie breach of any Integrity Rule is established and an investigation is required, the IGGU Investigatory Body will investigate the case and report back to the

IPF Disciplinary Officer. The IGGU will, if needed, ultimately refer the case to the Integrity Tribunal.

8.2 The Investigatory Body may make a written request to a Covered Person to provide any document, information, or item that the Investigatory Body reasonably believes may evidence or lead to the finding of an IPF Integrity Rule Violation. The IPF Disciplinary Officer may be called upon to assist in this regard.

8.3 The Investigatory Body shall have the power to call any Covered Person or other person as a party or witness to participate in an interview. Any Covered Person shall be obliged to cooperate with such interview and may be accompanied by a legal representative.

8.4 As provided above, a refusal or failure by a Covered Person to comply immediately with a request for interview shall constitute a separate violation of applicable IPF Integrity Rules.

8.5 Any attempted or actual damage, alteration, destruction or hiding of any documents, information, or item relevant to the investigation, whether before or after a request for interview or sharing of information is issued, shall also constitute a further separate violation of the IPF Integrity Rules.

8.6 The Complainant and the Covered Person(s) against whom the complaint has been made or who have been requested to cooperate with the investigation shall be notified by the Investigatory Body, to the extent possible, required or necessary (keeping in mind possible privacy and confidentiality restrictions), of all relevant steps in the investigatory process and allegations brought against them.

8.7 The Investigative Body shall grant the Covered Person(s) against whom the complaint has been made procedural rights including the opportunity to be heard and defend the charge(s) of committing an alleged IPF Integrity Rule Violation (including Safeguarding Regulations Offence(s)) prior to an Investigative Report being issued and the matter being remitted first to the IPF Disciplinary Officer and then, if determined by the latter, ultimately to the Integrity Tribunal.

8.8 The Investigatory Body shall be responsible for investigating the case independently on behalf of the IGGU and impartially and tendering a written confidential Investigative Report to the IPF Disciplinary Officer, including an assessment of whether there has been an IPF Integrity Rule violation (or other IPF rule or regulation offence) and non-binding recommendations of possible discipline that may be offered or imposed by the IPF Disciplinary Officer of the Integrity Tribunal as a result of such Violation(s) or offence(s).

8.9 Investigatory Reports are treated as confidential. There are, however, limits to confidentiality. The IPF will make reasonable efforts to protect the privacy of individuals involved in the administration of Investigative Reports, while balancing the need to

gather information to assess and / or investigate a complaint and to implement the Safeguarding Rules and Integrity Code in a manner that is procedurally fair.

8.10 To assist with the adjudication of the matter and reduce duplication of witness testimony, the Investigatory Body's findings shall be considered findings of facts. The Investigative Body's Report shall automatically become part of the case file, so long as any confidential sections are redacted to the Investigatory Body's satisfaction (in order among others to protect the identity of at-risk-witnesses), prior to being shared with the parties in the event the matter proceeds to adjudication.

8.11 Where the Investigatory Body determines on the balance of probabilities that no violation of IPF Integrity Rules occurred and no further investigation is warranted, the matter shall not proceed, and any provisional measures previously imposed by the relevant organ of the IGGU shall be lifted. All Parties shall be so informed. A Decision that a matter shall not proceed is final and binding.

9. Offer Of Consequences / Discipline

9.1 For all matters others than those dealt with under the Safeguarding Regulations (which are dealt with below):

> 9.1.1 The IPF Disciplinary Officer (or the Ad Hoc Disciplinary Officer appointed by the IGGU in the event the IPF Disciplinary is recused) will consider the contents of the Investigative Report, the Investigative Body's non-binding disciplinary recommendations and the scope of application of the relevant IPF Integrity Rule.
>
> 9.1.2 Based upon the same, the IPF Disciplinary Officer shall, by written confidential and official correspondence, offer to the Respondent an option to accept "Proposed Consequences" in a full, final and binding resolution of the matter in lieu of proceeding to a hearing.
>
> 9.1.3 Should the Respondent consent to the IPF Disciplinary Officer's Proposed Consequences, they shall expressly agree to the same and shall sign a form to that effect.

9.2 The Proposed Consequences may include but not be limited to the discipline provided in the "Discipline and Sanctions" section below. Bespoke consequences and discipline may be offered to the Covered Person/Respondent by the IPF Disciplinary Officer on a case-by-case basis.

9.3 The Covered Person / Respondent shall have 14 calendar days from the date of receipt of the IPF Disciplinary Officer' Proposed Consequences to accept them or not pursuant to these Rules.

9.4 Should the Respondent not respond to the offer of Proposed Consequences, they will be deemed to have accepted them. The IGGU will then advise the Covered Person

of the same and promptly proceed to issue a determination confirming the imposition of the Proposed Consequences which will thereafter be enforceable and imposed as final and binding on all Parties.

9.5 Should the Covered Person / Respondent accept the Proposed Consequences they will de facto forfeit any right to appeal the discipline imposed to the Integrity Tribunal. Within 21 calendar days from the acceptance of the same the Integrity Tribunal will inform all Parties of the outcome of the matter by way of a written and reasoned communication which shall be confidential but for the operative part of the decision which may be subject to public reporting.

9.6 The operative part of the communication shall be final and binding and include:

i. Details of the Integrity Code Violation,

ii. The Integrity Tribunal's finding,

iii. The discipline proposed and accepted by the Respondent,

iv. The fact that the Integrity Tribunal's Decision is final and binding.

v. Any privacy and confidentiality restrictions with regards to the publication of Decisions.

9.7 Where it is determined that an IPF Integrity Rule Violation has occurred, and the Covered Person/Respondent does not accept the Proposed Consequences, the matter, including the redacted Investigative Report shall be referred to the Integrity Tribunal (sitting in a one member panel) for a hearing that shall be conducted in accordance with Article 13 and the procedural rules applicable before the Integrity Tribunal.

9.8 Investigative Reports are treated as confidential. There are, however, limits to confidentiality. The IPF will make reasonable efforts to protect the privacy of individuals involved in the administration of Investigative Reports, while balancing the need to gather information to assess and/or investigate a complaint and to implement the Safeguarding Rules and Integrity Code in a manner that is procedurally fair.

9.9 To assist with the adjudication of the matter and reduce duplication of witness testimony, the Investigatory Body's Report and findings shall be considered findings of facts. The Investigative Report shall automatically become part of the case file, so long as any confidential sections are redacted to the Investigatory Body's satisfaction (in order among others to protect the identity of vulnerable or at-risk-witnesses), prior to being shared with the parties in the event the matter proceeds to adjudication.

1. **Offer of Consequences Or Discipline For Matters Under The Safeguarding Regulations**

10.1 The IPF Disciplinary Officer (or Ad Hoc Disciplinary Officer) will consider the contents of the Investigative Report, the Investigative Body's non-binding disciplinary recommendations and the scope of application of the relevant IPF Integrity Rule.

10.2 Investigative Reports are treated as confidential. There are, however, limits to confidentiality. The Integrity Tribunal will make reasonable efforts to protect the privacy of individuals involved in the administration of Investigative Reports, while balancing the need to gather information to assess and/or investigate a complaint and to implement the Safeguarding Rules and Integrity Code in a manner that is procedurally fair.

10.3 To assist with the adjudication of the matter and reduce duplication of witness testimony, the Investigatory Body's Report and findings shall be considered findings of facts. The Investigative Report shall automatically become part of the case file, so long as any confidential sections are redacted to the Investigatory Body's satisfaction (in order among others to protect the identity or at-risk-witnesses), prior to being shared with the parties in the event the matter proceeds to adjudication.

10.4 Pursuant to Article 7.5 of the Safeguarding Regulations, in matters involved Safeguarding Offences, the IPF Disciplinary Officer shall inform the Complainant of the Proposed Consequences prior to the same being offered to the Respondent to provide them with an opportunity to accept the same.

10.5 The Complainant shall have 7 working days from the date of the receipt of the anticipated Proposed Consequences to agree to the same.

10.6 Should the Complainant accept the Proposed Consequences the Integrity Tribunal will propose the Consequences to the Covered Person/Respondent who will have 7 working days to accept the Proposed Consequences or not.

10.7 If both the Complainant and the Covered Person/Respondent accept the Proposed Consequences, both Parties will de facto forfeit their right to appeal the Integrity Tribunal Decision imposing the same.

10.8 Should the Covered Person/Respondent accept the Proposed Consequences, and within 20 working days of the same, the IPF Disciplinary Officer will inform all Parties of the outcome of the matter by way of a short written and reasoned Decision /Communication which shall be confidential but for the operative part of the decision which shall be subject to public reporting. The Decision / Communication shall be final and binding and include:

i. Details of the relevant Integrity Rule Violation,

ii. The IPF Disciplinary Officer's finding,

iii. The discipline proposed and accepted by the Respondent,

iv. The fact that the Decision is final and binding.

v. Any privacy and confidentiality restrictions with regards to the publication of Decisions.

10.9 Where it is determined by the IPF Safeguarding Officer that a Safeguarding Regulations Offence has occurred, and:

10.9.1 Neither the Complainant nor the Covered Person/Respondent accept the Proposed Consequences, the matter shall be referred to the Integrity Tribunal (sitting in a three-member panel) for a hearing that shall be conducted in accordance with the provisions below.

10.9.2 The Covered Person / Respondent does not accept the Proposed Consequences, the matter shall be referred to the Integrity Tribunal (sitting in a one- or three-member panel) for a hearing that shall be conducted in accordance with the provisions below and the Integrity Tribunal Rules.

10.9.3 The Complainant does not accept the Proposed Consequences, the IPF Disciplinary Officer may still proceed with offering the Proposed Consequences to the Respondent who may accept them, thereby waiving his right to appeal the decision. In such a case, the IPF Safeguarding Officer's Decision would be subject to appeal by the Complainant in accordance with the provisions below.

1. Integrity Tribunal

11.1 Further to a confirmed violation of any IPF Integrity Rule where no offer of consequences was accepted, a case will be referred to the Integrity Tribunal. A Panel shall then be appointed by the IGGU and the adjudication of the case shall be conducted in accordance with the procedural rules applicable before the Integrity Tribunal, expeditiously and in respect of the rules of natural justice.

The Integrity Panel shall be appointed on a case-by-case basis by the IGGU (in accordance with its policies and procedures) and shall have the discretion of conducting the hearing process as it deems just to ensure a fair and expeditious handling of justice. This includes providing for procedural accommodations when necessary.
Adjudications may be conducted on the basis of documentary evidence alone. If a hearing is deemed necessary to resolve the matter, it shall generally be conducted by videoconference and shall be governed by the Rules of the Integrity Tribunal.

11.4 The Integrity Panel will consider the contents of the Investigative Report (as findings of fact), the Investigatory Body's non-binding disciplinary recommendations and the scope of application of the applicable Integrity Rule (as applicable), in addition to any submissions made by Parties to the matter during the adjudication.

11.5 Failing exceptional circumstances, the adjudication process, including the issuance of a written and reasoned Decision should last no longer than 3 months from the moment an Integrity Tribunal is appointed to decide a specific matter.

11.6 Integrity Tribunal members shall not be appointed to decide a case if they participated in the initial assessment of offer of Consequences stage of the process or if circumstances exist that give rise to justifiable doubts as to their ability and availability to ensure a timely, fair and impartial hearing. In principle, no Integrity Tribunal member shall be appointed to the Integrity Panel to hear a specific case if they are a citizen of the country of the Respondent. Exceptions to such limitations may be made where necessary or appropriate upon consent of the Parties.

2. Burden and Standard of Proof

12.1 Other than for Safeguarding Regulations violations, the Complainant will have the burden of establishing that an IPF Integrity Rule Violation has been committed. In all circumstances, the standard of proof shall be on the balance of probabilities.

12.2 For Safeguarding Regulations Offences, the Complainant shall have the burden of establishing that a Safeguarding Regulations Offence has been committed on a balance of probabilities.

12.3 Facts upon which a finding of liability may be made shall be established by any reliable means. The Integrity Panel shall at its own discretion determine the admissibility, relevance, materiality and weight of the evidence tendered.

12.4 The principle of strict liability applies. Once established to the required standard of proof, IPF Integrity Rule violations are punishable regardless of whether they have been committed intentionally, recklessly, and/or negligently.

12.5 The Integrity Tribunal may draw an adverse inference against any Covered Person who fails to comply with any request for information, documentation or assistance, or fails to cooperate with the investigation process and/or retaliates against those who do.

3. Decision

13.1 Where the Integrity Tribunal determines further to a hearing that an IPF Integrity Rule Violation (including Safeguarding Offences) has been committed, it shall issue a written and reasoned Decision, subject to Article 13.9.

13.2 The Integrity Tribunal shall issue its Decision in writing to the Parties as soon as reasonably practicable setting out, in principle and subject to any necessary redactions, the following:

i. the name of the Panel members(s) who decided the case;

ii. the name of the Parties;

iii. a summary of the relevant facts;

iv. an account of the procedure followed;

v. the Decision on jurisdiction;

vi. the provisions or a reference to the provisions on which the Decision is based;

vii. the reasons for the Decision, including the IPF Integrity Rule Violation(s) committed, the applicable consequences and start date (if applicable);

viii. the operative part of the Decision;

ix. the Decision, if any, in regard to costs;

x. a notice indicating any possibility to file an appeal in CAS and the relevant time limit and;

xi. any privacy and confidentiality restrictions with regards to the publication of Decision under applicable laws.

13.3 In rendering the Decision, the Integrity Panel shall apply these Rules as well as other IPF Integrity Rules and applicable IPF Regulations and, subsidiarily, Swiss law.

13.4 The Integrity Panel will make its Decision unanimously or by majority (in the case a three-member Panel has been convened). No members of the Integrity Panel may abstain.

13.5 Decisions are enforceable as soon as the operative part is communicated to the Parties by email.

13.6 A copy of the Decision will be sent to the Covered Person’s IPF Member Federation (where applicable). The Decision may, at the IPF’s discretion, be subject to redaction requests in accordance with all applicable privacy regulations and/or be made public upon receipt, including by posting a copy on the IPF website.

13.7 Where the Complainant or the Covered Person/Respondent is a minor, the Decision shall not under any circumstances be published unless all parties consent to the same and redactions to the identity of the minor are made.

13.8 If the Integrity Tribunal rules that no IPF Integrity Rule Violation (including Safeguarding Regulations Offences) was committed, the Decision will only be published

with the consent of the Respondent/Covered Person. However, and subject to all applicable privacy laws, the fact that the charge has been dismissed may be publicly disclosed without such consent. The Integrity Tribunal may decide to redact specific parts of the Decision before any publication.

13.9 The Integrity Tribunal may decide to communicate the operative part of the Decision prior to the delivery of the full Decision including the reasons upon request by the Parties or upon its own initiative with the consent of the Parties where exceptional circumstances exist. The reasons to an operative part of the Decision shall be requested within ten (10) days following receipt of the operative part of the Decision. If no reasons are requested by the Parties within the afore-mentioned time limit, the Parties are deemed to have forfeited their right of appeal. If reasons are requested by either Party, the reasoned Decision shall be delivered to both Parties.

4. Possible Discipline and Sanctions

14.1 Upon finding a breach(s) of these Rules or a party at fault, the IPF Disciplinary Officer, Integrity Tribunal or Appeals Tribunal hold jurisdiction and shall be entitled to impose such sanctions as they deem fit. Sanctions for violations may be imposed individually or cumulatively, and may be served concurrently as deemed appropriate in the circumstances. The sanctions imposed must be proportionate and may include (but shall not be limited to):

i. A caution or a warning as to future conduct;

ii. A formal reprimand;

iii. A suspension for a definite or indefinite period;

iv. An order to pay a fine;

v. A ban on taking part in any Powerlifting related activity for a definite or indefinite period (including a lifetime ban);

vi. Annulment of the result of a match;

vii. Withdrawal of a license or accreditation;

viii. A deduction of points, exclusion or disqualification from any competition; or

ix. A venue exclusion order.

x. An educational or rehabilitation program.

xi. Any bespoke sanctions or discipline which may be warranted if reasonable and proportional to the violation.

14.2 In determining the appropriate sanction under these Rules, the Integrity Tribunal shall be entitled to take account of aggravating and/or mitigating factors.

14.3 Aggravating factors which may increase the severity of the sanction(s) imposed upon the Covered Person include (but are not limited to):

14.3.1 the age or experience or position of trust or authority of the Covered Person (e.g., as coach of the team);

14.3.2 the Covered Person's previous disciplinary record, including in particular any prior violations of IPF Integrity Rules or similar offences;

14.3.3 any finding that the Covered Person violated more than one Article of the IPF Integrity Rules or violated the same Article more than once;

14.3.4 any finding that the Covered Person received or expected to receive a significant Benefit as a result of their violation;

14.3.5 any finding that the Covered Person's violation affected or had the potential to affect the course or outcome of an Event;

14.3.6 any finding that the violation was part of a broader scheme involving other Covered Persons, including evidence of coercion backed up by threats;

14.3.7 the Covered Person's deceptive and/or obstructive behaviour during the course of the IPF's investigation and/or the proceedings before the Integrity Tribunal, such as providing no (or incomplete or inaccurate) information in response to questions or requests for information, or pursuing frivolous arguments or defences or retaliating against witnesses who cooperate with investigations; and / or

14.3.8 a lack of remorse on the part of the Covered Person (including, for example, refusing to take part in Integrity educational programs organised by IPF).

14.4 Mitigating factors which may decrease the severity of the sanction(s) imposed include (but are not limited to):

14.4.1 the presence and timing of an acknowledgment of culpability by a Covered Person;

14.4.2 a Covered Persons disciplinary record and/or good character;

14.4.3 the youth and inexperience of the Covered Person and/or any finding that there was taken advantage of them by more experienced or more senior Covered Persons;

14.4.4 a Covered Persons' good conduct;

14.4.5 any finding that the Covered Person did not receive or expect to receive any significant benefit as a result of the violation(s);

14.4.6 any finding that the Covered Person's violation(s) did not affect or have the potential to affect the course or outcome of an Event;

14.4.7 the Covered Person's timely admission of a violation when confronted with the alleged violation(s);

14.4.8 the Covered Person's cooperative behaviour during the investigation and/or the proceedings before the Integrity Tribunal, such as providing information requested on a timely and complete basis, and/or volunteering information;

14.4.9 the Covered Person's provision of Substantial Assistance (provided that the extent of the mitigation will depend mainly on the extent to which the Substantial Assistance enabled the IGGU or other relevant authority to establish other violations of IPF Integrity Rules or other applicable laws or regulations);

14.4.10 the Covered Person displaying remorse (including, for example, by agreeing to take part in integrity educational programmes organised by IPF).

14.4.11 the Covered Person's behaviour was negligent as opposed to deliberate

14.4.12 the Covered Person having demonstrated remorse for their conduct, including the timing of such remorse; and

14.4.13 any other mitigating factor that a Tribunal considers relevant and appropriate.

14.5 In addition to a sanction, the Integrity Tribunal may also order a Covered Person to undertake remedial measures as a condition of reinstatement This includes but is not limited to a specific education or rehabilitation program.

14.6 If the Integrity Tribunal decides to impose a period of suspension, it shall consider the length of any interim suspension already served by the Covered Person.

14.7 In cases of multiple offenses, the Integrity Tribunal may impose sanctions to run either on a concurrent or a consecutive basis, provided that the total sanction is in all the circumstances proportionate to the level of the overall offending.

14.8 If a Participant/Covered Person violates any prohibition on participation in a Competition imposed in accordance with these Rules, such individual shall be disqualified immediately from the relevant Competition and the IPF Disciplinary Officer may issue a Decision that the period of ineligibility originally imposed in accordance with this Code shall recommence from the date of such violation. Any Decision taken under this article shall be subject to Appeal pursuant to Article 15 of these DRR.

5. Appeals to the Integrity Appeal Tribunal

15.1 Admissibility and Jurisdiction

15.1.1 The Integrity Appeal Tribunal has jurisdiction over all matters as outlined in Article 3 of these Rules. In addition to appeals of Good Governance Tribunal decisions

15.1.2 An appeal against a Decision of the Integrity Tribunal or Good Governance Tribunal may only be made by a named party to an Integrity Tribunal Decision or Good Governance Tribunal Decision or by the IPF.

15.1.3 An appeal may only be made to the Integrity Appeal Tribunal against a decision on the grounds that the Integrity Tribunal or Good Governance Tribunal:

15.1.3.1 Came to a decision to which no reasonable body could have come; or

15.1.3.2 Made an error of law in reaching its decision; or

15.1.3.3 Failed to act fairly in a procedural sense; or

15.1.3.4 Imposed a sanction that was so unduly lenient or excessive as to be grossly disproportionate or unreasonable.

15.2 Process

15.2.1 If the appealing party believes one or more of the applicable appeal grounds applies, then they must file a Notice of Appeal in writing to the IPF Disciplinary Officer within ten (10) calendar days following the receipt of the Integrity Tribunal or Good Governance Tribunal Decision. If the Decision is communicated in its operative part only, the time limit of ten (10) calendar days commences upon receipt of the reasoned Decision.

15.2.2 The Notice of Appeal to the Integrity Appeal Tribunal shall only be admissible where the appealing party has:

15.2.2.1 Set out the date of the determination against which the appeal is lodged and filed the appeal within the 10-day deadline.

15.2.2.2 Set out the grounds of appeal relied upon;

15.2.2.3 Set out a statement of facts upon which the appeal is based, specifying whether the appeal is against finding and/or sanction and include any supporting documentation upon which the appealing party seeks to rely.

15.2.2.4 Made a deposit an amount of 2500 Euro at the same time as the Notice of Appeal is filed. If the payment is not received within the same ten (10)

calendar day deadline from receipt of the Integrity Tribunal Decision, the Notice of Appeal shall be deemed inadmissible.

15.2.2.5 If, in the Appeal Tribunal's sole discretion, the claim does not contain all elements required under Articles 15.2.2.1 to 15.2.2.3, the Appeals Tribunal may refer the appeal back and grant the Appellant a short time limit to remedy such deficiencies and complete the appeal. For the avoidance of doubt, no additional time limit may be granted if the deposit pursuant to Article 15.2.2.4 is not made within the prescribed time limit.

15.2.3 On the assumption that a valid Notice of Appeal has been filed, the IGGU shall appoint an independent one or three-member Appeal Panel from its roster of independent and impartial members to hear the appeal.

15.2.4 The adjudicatory process before the Integrity Appeal Tribunal shall respect the rules of natural justice and generally follow the process outlined in Articles 9-12 of these Rules as well as the Integrity Tribunal Rules. An Integrity Appeal Tribunal Panel shall have the discretion of conducting the hearing process as it deems just to ensure a fair and expeditious handling of justice.

15.2.5 Integrity Appeal Panel Decisions arising from Appeals from the Integrity Tribunal are final and binding.

15.2.6 Integrity Appeal Tribunal Decisions arising from appeals from decisions of the Good Governance Tribunal may exclusively be appealed to CAS to the exclusion of State courts. Any Integrity Appeal Tribunal Decisions were any fine imposed is less than 10 thousand Euro are also not subject to appeal to CAS.

15.2.7 To be admissible, any appeals of Integrity Appeal Tribunal decisions must be filed with CAS 20 days calendar days from the date of being issued by email to the Parties.

15.2.8 Appeal routes shall otherwise respect the IPF Bylaws and Constitution and all applicable Luxembourg and EU laws**.**

16. Enforcement, Respect and Mutual Recognition of Decisions and Sanctions

16.1 Decisions issued by the IGGU, the IPF Disciplinary Officer (or Ad Hoc Disciplinary Officer), Integrity Tribunal, the Good Governance Tribunal or the Integrity Appeals Tribunal shall be immediately enforceable, unless a deadline to satisfy any disciplinary requirement is clearly set out in the decision.

16.2 Where any Covered Person fails to respect discipline imposed by the IGGU, the IPF Disciplinary Officer, the Integrity Tribunal, the Good Governance Tribunal or the Integrity Appeals Tribunal, that failure shall be considered a breach of the IPF Integrity Rules and shall result in the imposition of additional discipline under these DRR.

16.3 Any determination and sanction by the IGGU, the IPF Disciplinary Officer (or Ad Hoc Disciplinary Officer), the Good Governance Tribunal, Integrity Tribunal or the Appeals Tribunal in compliance with these Rules should be recognised and respected by other sporting bodies, including all Member Associations. A failure to recognise and respect a Decision of the IPF may be regarded as an integrity violation and treated in accordance with these IPF Integrity Rules.

16.4 IPF shall respect any integrity-related sanctions imposed by any other recognised sporting body if such decisions are within the authority of that recognised sporting body and the integrity code of that body is consistent with the IPF Integrity Code. If there are any doubts as to the procedure followed by the recognised sporting body who has issued the sanction, then the Integrity Officer shall make the appropriate and necessary enquiries of the recognised sporting body in question and consequently decide on the appropriate course of action to adopt. A recognition shall be without prejudice to the IPF's right to seek further sanctions against the Covered Person beyond the sanctions imposed by the other sporting body, in accordance with the IPF Integrity Code. The IPF may decide not to recognise such a decision if it violates the IPF Constitution or important principles of law.

SECTION 04

IPF Good Governance Tribunal Rules

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

IPF

GOOD GOVERNANCE TRIBUNAL

RULES

2026

1. Introduction

1.1 These Good Governance Tribunal (“GGT”) Rules (the “GGT Rules) are issued by the International Powerlifting Federation (“IPF”) pursuant to the IPF Bylaws to establish appropriate and binding investigative, adjudicatory and disciplinary processes in relation to any dispute arising in or out of IPF-related activities within the oversight of the IPF Integrity and Good Governance Unit (“IGGU”) and its Integrity Officer.

2. Jurisdiction and Scope

2.1 Any claim received by the IGGU which is deemed, at the sole discretion of the Integrity Officer, to fall within the exclusions listed in the Integrity Code shall be considered outside of the jurisdiction of the Integrity Rules and Integrity Tribunal. The matter will then promptly be:

i. Deemed inadmissible
ii. Remitted back to the Claimant and closed for lack of jurisdiction, and/or
iii. Remitted back to the Claimant who shall be advised to redirect the matter to the relevant national authority, or,
iv. Referred to the GGT for processing in accordance with the GGT Rules.

2.2 The GGT shall have jurisdiction over claims of any IPF region, National Member Federation, official, athlete, support personnel, or any other person or organisation acting in the sport of Powerlifting under IPF's jurisdiction accused of any of the following (except in matters where another disciplinary body is expressly stated as holding jurisdiction).

i. Contravening any of the provisions of the IPF Constitution or By-laws,
ii. Contravening any of the rules of good governance and accepted behaviour by executive members of the IPF regions, the National Member Federations, and individual persons under the jurisdiction of the IPF.
iii. Contravening IPF Constitution and By-laws requirements in terms of IPF affiliation or accreditation (including but not limited to administrative, operational, legislative, financial, election-related issues or other good-governance-related principles).

2.3 Where a matter involving a Member Federation that should normally be dealt with at the national level cannot be dealt with on the national level for reasons of fear of reprisal or retribution or for other well justified reason, the Integrity Officer shall, at its

sole discretion, consider processing the matter but shall do so at the relevant Member Federation's costs. The Member Federation will have to bear all costs related to the IGGU's treatment of the claim including but not limited to costs related to processing and any adjudication before the GGT. If additional IPF Integrity Rule Violations appear to have been committed by one or more members of the relevant Member Federation's executive, these may be dealt with separately under the other applicable IPF Integrity Rule.

3. Possible Investigation

3.1 If a matter is received by the IGGU for referral to the GGT and the IGGU's prima facie assessment of the file concludes that it warrants an investigation into additional integrity breaches committed by Covered Persons, an investigation may be undertaken by the IGGU Investigation Unit.

3.2 Following such an investigation the GGT may decide that additional claims may need to be made and/or that an interim sanction should be imposed on any Covered Person pending the outcome of the GGT's disciplinary process. The imposition of any interim measures would be imposed directly by the GGT. Decisions of the GGT concerning interim measures are final and binding.

4. Processing Requirements

4.1 All claims lodged for GGT adjudication must be received by the IGGU. Unless exceptional circumstances exist, no claim for GGT processing shall be accepted by the IGGU other than by direct email to the IGGU at IGGU@powerlifting.sport.

4.2 The submission of a claim to the GGT must refer to the applicable paragraph of the Constitution and/or By-Laws that have been violated and provide a brief explanation as to why or how. The explanation must be sufficiently detailed to allow the IGGU to determine if the GGT holds jurisdiction for the claim. However, beyond the initial statement of claim, all parties will be given an opportunity to file extensive submissions and supplementary evidence.

4.3 Once a claim is received as filed by "the Claimant", the IGGU shall proceed in accordance with Article 2 above to confirm the GGT holds jurisdiction to process the matter. If, in the IGGU's sole discretion, the claim does not contain all elements required under Article 4.2, the IGGU may refer the claim back to the Claimant and grant the Claimant a short time limit to remedy such deficiencies and complete the submission. The IGGU shall proceed with its jurisdictional assessment upon receipt of the completed submission or upon expiry of the prescribed time limit, as appropriate.

4.4 No fee shall be payable for the first two (2) claims submitted to the IGGU for GGT processing within any rolling twelve (12) month period.

4.5 In accordance with the IPF By-Laws, the two (2) claim limit shall apply collectively to:

i. each individual claim;
ii. each IPF Member Federation, regardless of the number of officers, directors, representatives, delegates, members, or other persons acting on its behalf; and
iii. each legal entity or organization, regardless of the capacity in which a claim is submitted.

4.6 A claim shall be counted toward the applicable limit if it is filed directly or indirectly by, on behalf of, for the benefit of, or in the name of the same individual, Member Federation, legal entity, or organization. The IGGU and GGT shall disregard any attempt to circumvent the application of the IPF By-Laws through the use of multiple complainants, representatives, affiliated entities, or other intermediaries.

4.7 A fee of Euro 1000 shall be payable at the time for each additional claim submitted by the same Claimant, whether an individual, Member Nation, legal entity, or organization within the same rolling twelve (12) month period.

4.8 The fee will need to be paid along with the filing of the Claimant's submissions failing which the matter will not proceed.

4.9 The fee shall be refunded to the Claimant, by way of a fine to the Respondent, if the Claimant's claim is successful before the GGT.

4.10 No claim requiring payment of a fee shall proceed until the IPF Treasurer has confirmed receipt of the fee in full.

4.11 If the Claimant owes monies for any outstanding debts to the IPF, the case will automatically be suspended until such time as the debts are paid in full.

4.12 If a Party requests a hearing by video conference, this request may be granted by the Chair of the GGT if it deems at its sole discretion that the matter is so complex that it cannot be dealt with on the papers. For a matter to proceed by way of a video conference hearing, an additional fee of Euro 1500 must first be paid in full to the IPF Treasurer by the party requesting the video conference hearing. If the Party requesting the video conference is successful in its claim, the fee will be refunded to them by way of a fine to the opposing losing Party.

5. Burdens and Standard of Proof

5.1 The burden of proof shall be on the Claimant to establish the breach occurred.

5.2 The standard of proof shall be on the balance of probabilities.

5.3 The Respondent shall be presumed innocent until the alleged violation is established on a balance of probabilities.

5.4 The principles of natural justice shall apply throughout all procedures before the GGT .

6. Composition of the Good Governance Tribunal

6.1 The GGT shall be appointed by the Executive Committee and be composed of a chair and a maximum of nine (9) members.

6.2 All GGT members must have legal training and be independent and impartial. No member of the GGT may belong to any other IPF body.

6.3 The Chair of the GGT may decide to appoint a sole Panel Member to decide the matter or may appoint three members to a Hearing Panel if the circumstances so warrant.

i. The Chair of the GGT shall not necessarily sit on each matter before the GGT. A Deputy Chair may be appointed in any three-person panel.
ii. The Chair may decide that a claim does not require three individuals to resolve the claim and may name a sole member to hear and decide the matter as Deputy Chair.

7. Independence and Impartiality of Good Governance Tribunal

7.1 Every member of the GGT shall be and remain impartial and independent of the parties in claim. This may be the entire GGT or a sub-set, depending on the circumstances of the case and availability of members.

7.2 Once nominated to a specific case by the Chair, each GGT member shall sign a declaration that they are free from conflicts of interest and/or shall immediately disclose any circumstances which may affect their independence or impartiality with respect to any of the parties.

8. Format and timeline of Proceedings

8.1 Cases brought before the GGT shall be conducted primarily by way of documentary hearings unless a hearing by video conference has been granted.

8.2 In case of disagreement by the parties on the format of the proceedings the GGT Chair shall make a final determination considering the urgency, the potential costs to the parties, and the particulars of the dispute.

8.3 Once a matter is referred from the IGGU as being under the jurisdiction of the GGT, the GGT Chair shall appoint a Panel to adjudicate the matter, the relevant Panel Chair or Deputy Chair shall invite the Claimant to file additional complementary submissions to its claim within 21 calendar days.

8.4 The Respondent shall then be sent the Claimant's submissions and be invited to file its written answer within 21 days.

8.5 Extensions to the above deadline may be granted in exceptional circumstances.

8.6 Any Party represented by Legal Counsel will need to file a Power of Attorney with the GGT for the GGT to communicate with Counsel on the relevant Party’s behalf.

8.7 The GGT shall consider the submissions and request any clarifications they deem necessary from either party within 14 calendar days.

8.8 The parties shall reply to any question from the GGT within 14 calendar days.

8.9 Once the written procedure has been closed the Panel Chair (or Deputy Chair) shall so inform the Parties and GGT shall issue an operative decision, with an option for the Parties to request grounds. A fee of e.g. EUR 1‘000 may be requested to issue a reasoned decision. Where Parties do not request a reasoned decision within 10 days of receipt of the operative decision, the Parties are deemed to have forfeited its right both to a reasoned decision and to an appeal before the Integrity Tribunal.

9. Procedure for GGT Hearings

9.1 The proceedings before the GGT comprise written submissions and a documentary hearing. Upon receipt of the file and if necessary, the GGT Chair shall issue directions in connection with the written submissions.

9.2 Although the Claimant and Respondent's written submissions should be filed in the form of a formal brief with exhibits, any email correspondence exchanged, and all statements and/or documents filed shall be accepted as part of the case file which shall be shared with the other party

9.3 Any witness or expert statements filed as exhibits by any of the parties involved should at the minimum be signed and dated and ideally be filed as an affidavit.

9.4 After each party has been given 21 days to exchange written submissions, the parties shall not be authorized to produce further written evidence, unless the GGT so permits because of exceptional circumstances. The written submissions shall be compiled and organized as needed by the GGT Chair or his designated representative as case reporter and submitted to the GGT Hearing Panel for its deliberations.

9.5 During its deliberations, should a GGT Panel determine that it requires additional information or clarifications from either of the parties concerned, other persons, or IPF on the submissions received, it shall be allowed to seek this out at any time prior to or during the hearing via the Chair of the GGT.

9.6 The GGT Panel's deliberations will commence from the date all Parties to the matter will be advised when the evidentiary procedure is closed.

9.7 Once having decided on the matter by majority vote the Panel Chair (or Deputy Chair) shall so inform the Parties and GGT shall issue an operative decision, with an option for the Parties to request grounds. A fee of e.g. EUR 1'000 may be requested to issue a reasoned decision. Where Parties do not request a reasoned decision within 10 days of receipt of the operative decision, the Parties are deemed to have forfeited its right both to a reasoned decision and to an appeal before the Integrity Tribunal.

9.8 The decision will also be shared with the IPF Executive Committee .

10. Discipline

10.1 The discipline imposed by GGT may include but is not limited to the following sanctions:

- Suspension of a Member Federation for a definite or indefinite period
- Suspension of individuals for a definite or indefinite period (including a lifetime ban)
- Fines against federations and/or individuals
- Remedial training
- Temporary or permanent removal from office
- Probation
- Administrative oversight probation

10.2 Additional disciplinary action may be taken by the IGGU when regional federations, national federations, athletes, coaches, or officials fail to promptly comply with GGT decisions. Such failure to comply shall be considered a breach of the Integrity Code.

10.3 Disciplinary sanctions imposed may be served concurrently or cumulatively at the sole discretion of the GGT panel who issues the decision.

11. Appeals

11.1 Appeals of reasoned GGT decisions can be brought to the Tribunal in accordance with these GGT Rules, the IPF Constitution and Bylaws and the IPF Dispute Resolution Rules.

11.2 Appeals of GGT decisions to the Integrity Appeals Tribunal must be filed with the IGGU within 10 calendar days from the date of issuance of the GGT decision.

SECTION 05

IPF Conflict of Interest Regulations

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

CONFLICT OF INTEREST

REGULATIONS

2026

Introduction

1.1. These Conflict of Interest Regulations (the “Regulations”) set out the International Powerlifting Federation’s (“IPF”) procedures for identifying and managing actual, perceived, potential and/or conflicts of interests or duty (“Conflicts”) affecting all persons involved in the administration and running of IPF.

1.2. These Regulations are issued by IPF pursuant to the IPF Statutes and in accordance with the Basic Universal Principles of Good Governance within the Olympic Movement, with the purpose to establish regulations concerning conflicts of interest.

1.3. If there is a difference between the terms of these Regulations and any provisions relating to conflicts of interest in any other IPF regulations, these Regulations shall take precedence.

1.4. Any breach of these Regulations beyond those that may be swiftly dealt with in accordance with these Regulations shall be treated as a violation of the IPF Integrity Code and be dealt with under the IPF Disciplinary and Dispute Resolution Rules.

1.5. Annex I of these Regulations contains a three-step process which supplements and provides illustrations on the practical application of these Regulations.

1.6. Annex II provides some non-exhaustive examples of conflicts of interest and how they can be managed.

1.7. There shall be no statute of limitations applicable to these Regulations.

1.8. Any term not defined in these Regulations are defined in the IPF Statutes.

2. Covered Persons

2.1. “Covered Persons” as defined and used in these Regulations and all IPF Integrity Rules include but are not limited to:

2.1.1. All participants in IPF activities including but not limited to athletes, coaches, trainers, therapists, physicians, Technical Officials, other officials, Executive Committee Members, or other IPF Officers.

2.1.2. All Member Federations and their members who compete at the international level. All Member Federations are responsible, and may be held accountable for the acts and omissions of their members, officials, employees, representatives, delegates, athletes,

coaches, support personnel and any other persons acting on their behalf or under their authority, even if the Member Federation can prove the absence of any fault or negligence.

2.1.3. All persons who take part in the sport of Powerlifting in any capacity directly or indirectly at a IPF sanctioned or IPF approved championship.

2.1.4. All IPF employees or IPF-appointed consultants or agents.

2.1.5. All individuals who compete, coach, officiate, work at, or otherwise participate in a supporting role, including parents and legal guardians of a player in a championship or activity organised, sanctioned or approved by IPF.

2.1.6. All individuals who hold an IPF or IPF-recognised officiating or coaching certification or Technical Official certification.

2.1.7. All individuals who receive accreditation at any IPF championships and activities or act as an IPF contractor or volunteer in relation to such championships and activities.

2.1.8. All individuals who serve as members of any IPF committee or national or international committee related to IPF.

2.1.9. All persons who have, whether by enjoying any form of licence, accreditation or any other status from IPF, or otherwise consented (expressly or impliedly) to be bound by this Code.

2.2. Any person who ceases to be a Covered Person for any reason shall for all purposes under these Regulations be deemed to be and to remain a Covered Person in respect of any allegation into conduct whilst that person was a Covered Person.

2.3. Any Covered Person shall be deemed to be and to remain a Covered Person for a continuous period of twelve (12) months after the date, on each occasion, upon which that person became a Covered Person.

2.4. Any person from outside the sport of Powerlifting who applies to be a member of an independent committee or commission of IPF shall be known as an “Outside Party” and shall upon appointment to the IPF Committee automatically be bound to these Regulations and other applicable IPF rules and regulations.

3. Connected Persons

3.1. A “Connected Person” is a natural or legal third-party connected to a Covered Person, and includes:

3.1.1. any parent, grandparent, child, stepchild, grandchild, brother, sister or spouse of a Covered Person or any person living with the Covered Person as his/her partner;

3.1.2. a firm, company or association in which the Covered Person is a partner, officer, employee, consultant, director, member or shareholder.

4. Purpose

4.1. Covered Persons have an obligation to act in the best interests of IPF and in accordance with the IPF Statutes, the IPF Integrity Code and all other IPF rules or regulations. They are expected to act impartially and objectively and to actively take steps to avoid Conflicts.

4.2. Conflicts matter because they affect discussions and decision-making and may result in decisions being reached that are not in the best interests of IPF. They can give the perception internally, to external stakeholders, and to the wider public that improper conduct has occurred even when it has not.

4.3. A Conflict can come in various forms. Each Covered Person is responsible for identifying if there is an actual, potential or perceived Conflict that may affect them or someone connected to them.

4.4. Sound decisions can be made around an actual, potential or perceived Conflict by identifying, disclosing and mitigating the conduct appropriately.

4.5. These Regulations are not intended to adversely affect normal decision making within IPF. It is intended to make it more transparent, and to allow the management of Conflicts that will inevitably arise. It is important that management of a Conflict is proportionate to the risk that it poses to the best interests of IPF.

5. Types of Conflict

5.1. There are two types of Conflicts:

5.1.1. Conflict of interests - This is where a Covered Person or Outside Party has an interest personal to them (which may be financial or non-financial) which conflicts, or may conflict, or may be perceived to conflict, with the best interests of IPF.

5.1.2. Conflict of duties – This is where a Covered Person or Outside Party owes a duty to another body (such as being an employee, elected official, director, etc.) that conflicts, or may conflict, or may be perceived to conflict, with their duties to act in the best interests of IPF. This type of conflict does not have to be personal or financial to the Party. A conflict of duties can also be described as a ‘conflict of loyalties’

5.2. A Conflict can still arise if it involves a payment or benefit being given to a Connected Person.

5.3. As noted in these Regulations, Conflicts can be actual, perceived or potential.

5.3.1. An “actual” Conflict means a situation in which a Covered Person, Outside Party, or Connected Person, has a private or personal interest which conflicts with the best interests of IPF.

5.3.2. A “perceived” Conflict exists when a reasonably well-informed individual could properly have a reasonable belief that a Covered Person or Outside Party will be influenced in the performance of their duties by considerations relating to the Covered Person, Outside Party or Connected Person with whom the Covered Person has a close personal relationship, private or personal interests.

5.3.3. A “potential” exists when a Covered Person, Outside Party, or Connected Person with whom the Covered Person has a close personal relationship, has a private or personal interest that could influence the performance of a Covered Person’s or Outside Party’s duties or responsibilities, even though they have not yet exercised that duty or responsibility.

5.3.4. Examples of these types of Conflicts is found at Annex 2.

6. Duty to Avoid Conflicts

6.1. All Covered Persons are under a duty to avoid a Conflict where possible.

6.2. If an actual, potential and/or perceived Conflict exists, it must be declared by the Covered Person or Outside Party and managed as set out in these Regulations.

6.3. Any doubt as to whether certain facts or circumstances may give rise to a Conflict should be resolved in favour of declaring those facts or circumstances.

7. Declaration of Interests

7.1. When standing for an elected position within the IPF Executive Council or any IPF Committee the Covered Person or Outside Party must declare their interests in writing on a need-be basis in the form a written declaration.

7.2. Any declaration must include as a minimum identifying:

7.2.1. Directorships, partnerships and employments with IPF, Member Federations or businesses that are engaged in the sport of Powerlifting or derive any substantial portion of their revenue from the sport;

7.2.2. Any office held with IPF, Member Federations and any other body at whatever level of the sport; and

7.2.3. Any material or pecuniary interests arising from close family or personal relationships with another Covered Person.

7.3. The IPF Secretary General will use the information in the Declarations to maintain a Register of Interests. The IPF Secretary General shall maintain the information in the declarations in accordance with applicable data protection principles and shall not be used for any other purpose by IPF.

7.4. Covered Persons must submit declarations as soon as possible following any change in circumstances and, in any event, must re-submit them not later than fourteen (14) days before each IPF General Assembly if running for an Executive position or sitting on the Executive.

7.5. At any IPF committee or commission meeting relevant to a Covered Person or Outside Party and in which they are attending, the Covered Person or Outside Party is required to declare to the chair pf the relevant committee or commission the nature and extent of any potential, perceived or actual Conflicts they may have in the proposed business of the meeting. In particular this includes declaring any Interests they or any Connected Person may have in any existing or proposed transactions or arrangements with IPF. This procedure applies also to meetings held by any remote means of communication.

7.6. Each meeting of any IPF committee or commission should provide an opportunity to disclose possible Conflicts. Such declarations shall be recorded. If a Covered Person or Outside Party realises at a later point in the meeting that they may need to declare a Conflict, this must be done promptly and shall be recorded.

7.7. Any Covered Person who has a concern or is unsure of the proper procedure to follow should contact the IPF Integrity and Good Governance Unit (“IGGU”) for guidance.

8. Managing Conflicts

8.1. Covered Persons may self disclose a possible conflict of interest to the IGGU to obtain a recommendation on the proper course of action to be taken in relation to their possible conflict and any mitigating measures that should be taken in relation to the conflict of interest if confirmed.

8.1.1 Recommendations will be made to assist the Covered Persons make disclosures to the Committee/Commission on which they sit and suggest mitigating measures .

8.1.2 The IGGUs recommendations may be followed at the discretion of the Covered Person.

8.1.3 IF the Recommendations are not followed the Covered Persons will then be subject to conflict of interest complaints or reports being filed against them with the IGGU by other Covered Persons.

8.2 All Covered Persons should disclose conflicts to their relevant Committee/Commission as soon as they arise.

8.3 If a Covered Person is alleged to hold a Conflict of interest, then a decision must be made as to how to manage it. The principal organ for making such a decision will be the relevant Committee/Commission on which the Covered Person in question may hold a conflict of Interest. For reasons of convenience or expediency, it is possible to refer the matter to the IGGU.

8.2 Any decision as to whether or not a conflict of interest exists and requires mitigation, and what the mitigating measures should be shall be the responsibility of the Chair of the Committee/Commission meeting at which the Conflict becomes relevant; and/or (if for example the Chair is the one with the Conflict) the Secretary General and /or the Disciplinary Officer

8.3. A Covered Person or Outside Party is required to give the decision-maker any additional information asked for to determine how the alleged Conflict is to be assessed and/or managed if confirmed.

8.4. The decision-maker may decide that the Covered Person:

8.4.1. can continue to participate in the normal way with the Conflict of interest being recorded;

8.4.2. shall not participate in the proceedings and is to abstain in any vote (but the body may ask the Covered Person to provide any relevant information concerning the matter); or

8.4.3. is to withdraw for the whole or part of the affected proceedings.

8.4.4. has committed more egregious instances of Conflicts of Interest which have wider ranging consequences and implications and may lead to violations of the IPF Integrity Code or other IPF regulation.

8.5 A decision made pursuant to Article 8.4 may be referred to the Integrity Unit's Disciplinary Officer and/or appealed to the Integrity Tribunal pursuant to the DDR.

9. Relationships with Member Federations

9.1. Covered Persons will often be involved with their Member Federation, which is to be expected and anticipated. When working for IPF, or sitting on an IPF committee or commission, Covered Persons must act and vote as independent individuals and not as representatives of their National Federations. Conflict of Interest forms are to be signed by all IPF committee or commission members to this effect.

9.2. By way of further guidance, there is no Conflict due to the Covered Person or Outside Party's involvement with a Member Federation, even when that National Association has made a submission that is being discussed, unless the discussion or proposed decision:

9.2.1. affects that individual's Member Federation specifically;

9.2.2. affects that individual's Member Federation in a different way from all other Members; or

9.2.3. the individual works for their Member Federation and that position may be affected by the decision.

Annex 1

This three-step process for dealing with Conflicts of Interest is to be considered part of these Regulations.

I. Report Conflict

i. Notification by a Covered Person of the existence of an alleged conflict of interest situation.

II. **Assess Conflict**

i. Consideration of risk exposure for IPF and the Covered Person.
ii. Consolidation and evaluation of facts.
iii. Consultation with Integrity Officer/Disciplinary Officer
iv. Discussion on gathered facts and information relating to the conflict, subject to dispute resolution pursuant to the IPF Dispute Resolution Rules.

III. Notify Actions

i. An offer of consequences or dispute resolution addressing the conflict of interest risks in order to minimise risk exposure.

ii. Communication of the decision, reasoning and potential actions by the relevant body, which could be:
    a. Accepting - the risk exposure is minor but will be monitored;
    b. Mitigating - through one or more mitigating actions including the imposition of provisional measures by the IGGU if required;
    c. Rejecting - where conflict cannot be mitigated, a potential situation may have to be rejected; or
    d. No conflict - the assessment concludes no conflict exists.

Annex 2

Examples of Dealing with Conflicts of Interest

This Annex should guide the implementation of these Regulations.

EXAMPLE 1 – Actual Conflict

An IPF Director provides paid consulting services to an IPF supplier during the weekend.

> Solution: Disclosure of the conflict. Approval from the Integrity Officer and Secretary General to be obtained, with additional mitigation steps proposed (e.g. no involvement in activities relating to the supplier).

EXAMPLE 2 – Potential Conflict

An IPF employee would potentially be involved in the decision process for a job vacancy for which their partner has indicated an interest in as they already work in the same role for another international federation.

> Solution: There is no actual conflict yet, but one will arise if the employee's partner actually applies for the open position or asks for additional information. The employee is advised to disclose the potential conflict, when relevant, to be cautious about providing information in order not to disadvantage other candidates and to withdraw from the decision-making process in general.

EXAMPLE 3 – Perceived Conflict

A significant supplier contract was awarded to the brother-in-law of a IPF Athletes Committee member leading to the perception from the outside world that favouritism occurred.

> Solution: This perception can be mitigated by demonstrating that: (i) there was full disclosure from the Athletes Committee member, (ii) by evidencing that bids

from several potential suppliers were considered, and (iii) the member was not part of the decision- making process.

SECTION 06

IPF Constitution - Redlined / Sideline Amendments

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

Constitution of the International Powerlifting Federation

In force from 22.9.2025

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CONSTITUTION OF THE INTERNATIONAL POWERLIFTING FEDERATION

Terminology
Unless specifically stated otherwise, the terms "General Assembly", "President", "Technical Commission" and such like shall mean the "IPF General Assembly", "IPF President", "IPF Technical Commission" etc. Unless specifically stated otherwise, the terms "him", "his" and "Chair" shall refer to persons of either sex.

1 NAME, NATIONALITY, OFFICE, OBJECTIVES and STATUS

1.1 Name, Nationality and Office

The INTERNATIONAL POWERLIFTING FEDERATION hereinafter called “IPF” is an organisation founded in 1972, in Harrisburg, Pennsylvania, United States. The IPF registered office is located in the municipality of Strassen (Grand-Duchy of Luxembourg), and is regulated by Luxembourg Law for non-profit associations, dated 21st April 1928 as amended.

1.2 Objectives

1.2.1 To be the union of all eligible National Member Federations and Regional Federations in powerlifting throughout the world.
1.2.2 To develop standardized Technical Rules.
1.2.3 To maintain a system for recognizing and approving records.
1.2.4 To establish administrative and technical commissions when considered appropriate.
1.2.5 To establish, define, and enforce rules for good governance of powerlifting internationally.
1.2.6 To promote, support and encourage clean/doping free powerlifting sport.
1.2.7 To produce official bulletins and/or powerlifting publications.
1.2.8 To secure other national affiliates (countries).
1.2.9 To promote, sanction and supervise international development programs and events, including World Championships and single lift competitions.
1.2.10 To maintain a General Assembly of bona fide international representatives.
1.2.11 To further the cause of powerlifting and strive for and maintain recognition by the International Olympic Committee, the International Paralympic Committee, and FISU.
1.2.12 To maintain membership of the ~~Global Association of International Sports Federations~~ Association of Recognized International Sport Federations and strive for further international memberships.
1.2.13 To take part in the IWGA World Games and other Multisport Games of International Multisport Games Organizers as are particularly but not exclusively IMGA (Masters Games), CGF (Commonwealth Games), the FISU Universiade, Special Olympics as well as the International and Continental Games of the Olympic Organizations (ANOC, EOC, OCA, ONOC, PASO, and ANOCA).
1.2.14 To work towards gender equality in powerlifting around the globe.
1.2.15 To safeguard the integrity of powerlifting, respecting good governance and observing human rights principles as well as operating sustainable development standards and risk management processes.

1.3 Status

1.3.1 The IPF is a “not-for-profit” organisation.

1.3.2 The IPF is composed of the affiliated National Member Federations governing the sport of powerlifting based on one National Member Federation per country.

1.3.3 The members have no interest in the federation’s property. The members of this body work in an honorary capacity; the property of the IPF serves solely for the benefit of the sport. Any profits may be supplied only for statutory purposes. The members receive no shares in the profits and are not liable for any losses.

1.3.4 The IPF is recognized as a member by the Global Association of International Sport Federations

(GAISF), the International World Games Association (IWGA), the International University Sports Federation (FISU), and the Alliance of Independent Recognized Members of Sports (AIMS) and accepts and recognizes their statutes and objectives.

1.3.5 In its activities, the IPF follows the Olympic ideals, principles, and beliefs and maintains the ideals and objectives of the Olympic movement as enshrined in the Olympic Charter, and established in the Olympic Agenda 2020 and its recommendations, the IOC Code of Ethics, the IOC Basic Principles of Good Governance of the Olympic and Sports Movement, the Olympic Movement Code on the prevention of the Manipulation of Sport Competitions, the IOC Guidelines relating to the creation of an IF Athletes' commission, the IOC Consensus of Sex Reassignment and Hyperandrogenism, the IOC Sustainability strategy, and the IOC Athletes Safeguarding Regulation.

1.3.6 As a Signatory to the World Anti-Doping Code (Code), the IPF accepts the Code and all International Standards and recognizes its responsibilities of adopting and implementing antidoping policies and rules that conform with the Code and International Standards to maintain both the IPF's compliance with the Code and its status as a Code Signatory.

1.3.7 The IPF recognizes the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration for all disputes. Subject to the exhaustion of all prescribed internal legal remedies, all disputes involving the IPF including, without limitation, disputes relating to the Constitution, By-Laws or other rules of the IPF or arising out of the IPF´s actions (or omissions), decisions, or relationships with its National Members Federations, Regional Federations or other affiliates or persons that are subject to its rules shall be submitted to the Court of Arbitration for Sport.

1.3.8 All political and religious discussions or demonstrations are forbidden within the IPF.

1.3.9 The IPF supports all initiatives by powerlifters for peace and understanding.

1.3.10 No distinction is made between, and no discrimination shall be accepted regarding continents, countries, or individuals for reasons of race, colour, gender, sexual orientation, religion, or politics.

1.3.11 The IPF headquarters is located in the Grand-Duchy of Luxembourg.

1.3.12 The Governing law of the IPF is the law of the Grand-Duchy of Luxembourg.

1.4 Funds for the reaching of the organizational Objectives

To fulfil the federation's tasks, necessary money is raised by:

- Membership fees from the National Member Federations, athletes, and referees.
- Income from events.
- Event participation fees.
- Fines imposed as sanctions for a breach of any IPF statute or rules.
- Donations.
- Fees.
- Income from advertisements.
- Income from Internet Pay TV.
- Fines imposed as sanctions paid by athletes or National Member Federations as a result of Anti-Doping Rule Violations or other violations of the IPF Anti-Doping Rules.
- Miscellaneous income.

2 EMBLEM AND FLAG

2.1 Emblem

The emblem of the International Powerlifting Federation is the abbreviation "IPF" written in oblique letters of font "Arial" in blue. The letters "IPF" are embraced by a curved blue line on the top and by a curved red line at the bottom. The top of the red line ends with two arms directly under a red bended bar, having three red discs on either end with light red marked distances between the discs. The colours of IPF emblem are defined by the Executive Committee (EC). The emblem is the exclusive property of the IPF.

2.2 Flag

The flag of the IPF is the emblem together with the full name “International Powerlifting Federation” written with the font Helvetica Italic” in blue. The lettering begins where the two curved lines of the emblems converge on the right side of the emblem. On the right side of the flag, a stylized globe in light blue and the IPF website address are displayed. The flag is the exclusive property of the IPF.

3 OFFICIAL LANGUAGE

The official language of the IPF is English. All the publications and reports of the IPF are in English. The proceedings of the General Assembly, Executive Committee, and the Commissions are held in English.

4 MEMBERSHIP

4.1 Categories of Memberships

4.1.1 Full Member

The General Assembly grants full membership of a national federation. A corresponding application must be addressed to the Executive Committee, which has sole authority to determine whether they meet the criteria to become a member federation of the International Powerlifting Federation. Members are required to pay an annual subscription fee, the amount of which is set by the General Assembly and may not exceed 1000 Euros[1] per year. The minimum number of member federations is *two*.

The membership of the IPF consists of National Member Federations and Regional Federations active in powerlifting. The IPF can recognise only one member (organisation) as a National Member Federation from each country as defined by the IOC glossary. The recognition of a National Federation will be done in agreement with the Olympic Charter and following the rules contained in these statutes. The IPF will inform the NOC of the country in question. The National Member Federations affiliated to the IPF must be independent inside their own country, i.e., must not accept any political or other interference from persons or institutions from outside of the National Member Federation.

National Member Federations must adopt a Constitution, By-Laws, and Rules which comply with and are not inconsistent with the IPF Constitution, By-Laws, Rules, circulars, and all decisions taken by the IPF and its bodies. In case of divergence, only the IPF Rules shall apply.

The members of the Executive Committee and the President must be elected democratically by the National Member Federation’s members and have the passport or residency of the country concerned. The IPF Executive Committee shall investigate each case of interference into the autonomy of its National Member Federations and take appropriate action according to IPF rules.

The Membership Fee is payable at the latest by the 31st of January each year. Any National Member Federation, which has not paid its Membership Fee for the current year, cannot participate or vote in the various meetings of the IPF. Its athletes cannot take part in Events or meetings organised under the rules of the IPF nor obtain ratification of their records. A reminder letter shall be sent to every National Member Federation that has not paid its Membership Fee by the 15th March. National Member Federations more than two years in arrears with their annual membership fees may be excluded from membership of the IPF by the General Assembly upon proposal from the Executive Committee.

All National Member Federations and their members shall recognise the Court of Arbitration for Sport in Lausanne, Switzerland (CAS) as the only external body for jurisdiction, applying the Code

of Sports-Related Arbitration. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.

A new National Member Federation must be affiliated to the IPF before it can be affiliated to its Regional Federation. The IPF respects the autonomy of its National Member Federations with respect to matters that do not have an international dimension, do not breach the IPF Constitution, By-Laws or other IPF rules and do not otherwise negatively affect the IPF.

A National Member Federation cannot be a member of another international organization that is not recognized or approved by the IPF. The National Member Federations affiliated to the IPF shall not be affiliated to any other organization with similar objectives to those of the IPF and, in particular, not to any organization purporting to be, or seeking to become, a worldwide governing body for powerlifting. This restriction shall be explicitly set out in the Constitution of the affiliated National Member Federation. A National Member Federation which joins a competing international association, or a body declared as such by the Executive Committee shall be suspended if it refuses to respect the recommendations served hereto by the Executive Committee.

Each National Member Federation, and its employees and members are deemed, as a condition of participation or involvement in the sport of powerlifting, to have agreed to and be bound by the IPF Anti-Doping Rules, to have submitted to the authority of IPF to enforce its IPF Anti-Doping Rules, including any *Consequences* for the breach thereof, and to the jurisdiction of the hearing panels specified in Article 8 and Article 13 of the IPF Anti-Doping Rules to hear and determine cases and appeals brought under the IPF Anti-Doping Rules.

4.1.2 Provisional Member

A Provisional Member may only compete in International Events by the decision of the IPF Executive Committee or in Regional Events by decision of the Regional Executive Committee. However, once granted permission, a Provisional Member shall have all competition rights, but cannot vote at the General Assembly until they are approved as a full member in good standing. The Executive Committee is authorised to determine the amount of annual membership fee required for a Provisional Member. All countries applying for membership shall provide to the Secretary General a set of basic membership documents. A payment of an annual membership fee shall also be paid to the IPF within 30 days. Once these requirements are fulfilled they will be granted a provisional membership to the IPF subject to ratification at the next General Assembly.

4.1.3. Withdrawal of IPF Membership

Membership shall be withdrawn by the IPF when:

- Written resignation is sent by email or registered mail service to the IPF Executive Committee. Correspondence shall be sent to the office in Luxembourg.
- The death of the natural person or the dissolution of the legal person,
- Automatic suspension in the event of non-payment of the annual subscription within three months of the subscription due date,
- Expulsion by the General Assembly for serious reasons or serious harm to the interests of the Federation.

The following points are considered serious violations to the IPF Constitution:

- Behaviour contrary to the objectives of the federation.
- Damage to the reputation of the federation, such as public defamation of the non-profit organization, disparaging remarks or behaviour, or serious breaches of the statutes and internal regulations, refusal to comply with internal rules, obstruction of the functioning of

the non-profit organization, deliberate obstruction of the implementation of decisions taken by the General Assembly or the Executive Committee, undeclared conflicts of interest, threats, moral or sexual harassment, and physical or verbal violence within the non-profit organization.

The Executive Committee submits the proposal for exclusion of a member federation to the General Assembly. To exclude a member federation, a vote of two-thirds of the members presented or represented at the General Assembly is required. Prior to a suspension by the General Assembly, the Executive Committee may provisionally suspend a member federation, based on the above-mentioned grounds.

Any suspension of a member federation may be referred to the Good Governance Tribunal by way of the Integrity and Good Governance Unit ~~appealed to the Court of Justice of IPF~~ within ~~2 weeks~~14 calendar days of the decision, and after the member federation has been notified by email of the suspension or exclusion from the IPF.

Member federations that resign or are excluded have no rights to the membership fees they paid to the IPF or to their assigned Regional Federation.

Resigning or excluded member federations have no rights to the membership fees they paid to the IPF or Regional Federation.

4.1.4. Registration list of the members

The Federation shall maintain and update a registry of member federations at its headquarters per Article 9 of the Luxembourg Law of non-profitable associations which members may consult.

4.1.5. Membership of Regional Federations

The IPF recognizes six Regional Federations, one from each region: the African, Asian, European, Oceania, North American, and South American Federations.

Every Regional Federation recognized by the IPF is required to follow the IPF Constitution, By-laws, Technical Rules, and IPF Anti-Doping Rules. As a condition of membership, all Regional Federations agree to and are bound by the IPF Anti-Doping Rules. A decision made by the IPF or by any other Code-compliant Signatory as a result of an anti-doping rule violation shall be recognized and automatically be binding on the IPF and all IPF National Member Federations and Regional Federations.

Regional Federations do not have a right to vote at the General Assembly.

Regional Federations have no authority to either include or exclude a National Member Federation.

Each Regional Federation shall elect an officer at their General Assembly to act as an IPF EC member for that region. Such nomination shall only come into force if ratified by the IPF General Assembly. After a National Member Federation affiliate first to the IPF, they will then be assigned to the appropriate Regional Federation. Regional Federations shall not be affiliated to any other organisation with similar objectives to those of the IPF or to any other organisation purporting to be, or seeking to become, a worldwide governing body for the sport of powerlifting. The membership of a Regional Federation shall be comprised solely of National Powerlifting Federations that are members of the IPF in the relevant geographical area. These restrictions shall be stated explicitly in the Constitution of the Regional Federations.

Their Constitution and rules of operation must be submitted to the Secretary-General General who sends them to the Law and Legislation Commission for approval. These must conform to all IPF statutes and rules where applicable. Regional Federations shall adhere to the IPF Constitution, By-Laws, and all other IPF rules and respect all decisions taken by the IPF bodies. In the case of

conflict between the IPF Constitution and the Constitution of any Regional Federation or National Member Federation, the terms of the IPF Constitution shall prevail.

All Regional Federation shall recognise the Court of Arbitration for Sport in Lausanne, Switzerland as the only external body for jurisdiction, applying the Code of Sports-Related Arbitration. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.

Their Events must be conducted in full accordance with the IPF Technical Rules. They cannot issue permits for Events other than their own Regional Events open for two or more nations of that Region and must also be sanctioned by the IPF.

In Regional Events, the Regional Federations have the authority to suspend athletes and officials and take disciplinary actions against them when the circumstances require. Regional Federations cannot suspend National Member Federations but may propose such an action to the Executive Committee by way of the Secretary General Where Regional Federations which to raise a claim regarding internal issues in breach of the IPF Bylaws or Constitution, they must file the claim with the IPF Integrity and Good Governance Unit who may then refer it to the IPF Good Governance Tribunal for processing or adjudication. ~~They must report these facts to the Secretary General of the IPF, who in turn shall refer the case to the Court of Justice for investigation and a decision.~~

Where the issue is doping related, the procedure shall in all cases be strictly governed by the IPF Anti-Doping Rules. ~~Regional Federations cannot suspend National Member Federations but may propose such an action to the Executive Committee~~.

Regional Federations agree to, are bound by, and must enforce the IPF Anti-Doping Rules. Any mandatory doping controls carried out during Regional Events must be carried out in full compliance with the IPF Anti-Doping Rules and the World Anti-Doping Agency's International Standard for Testing and Investigations.

Each Regional Federation must submit the following documents seven days after its General Assembly to the IPF Secretary General:

- Annual Report
- Financial Report including Balance Sheet, P/L statement, notes etc.
- Auditors' Report and Budget
- Minutes of all official meetings, including meeting agendas
- Calendar of Events (dates and location)
- Results and Report from all regional Events
- Confirmation from Regional Records Registrar that all records have been updated.
- Ranking Lists
- Any other relevant information requested by the IPF.

The IPF President or a person he nominates as his substitute shall be invited to the Executive Committee meetings and the General Assemblies of the Regional Federations. Costs shall be assumed by the IPF.

All Executive Committee and Commissions reports shall be provided when requested by the IPF. The Regional Federations shall post all reports and minutes of General Assembly on their website for transparency and good governance.

5. LEGAL BODIES OF THE IPF

The IPF is composed of the following legal bodies:

- The General Assembly (GA)

- The Executive Committee (EC)
- The Commissions
- The Integrity and Good Governance Unit (IGGU) and its judicial bodies

6. GENERAL ASSEMBLY

6.1. General Provisions

- The General Assembly is the supreme governing body of the IPF.
- The General Assembly shall meet annually one day before the start of the Classic World Open Powerlifting Championship.
- It is composed of the Officers and other members of the IPF Executive Committee elected in accordance with these Articles, and the delegates nominated by the voting National Member Federations. EC members have voice only but not the right to vote at the General Assembly.

6.2. Powers

The General Assembly has the power:

6.2.1. To admit or exclude any National Member Federation as well as any Regional Federation by means of a two-thirds majority of votes cast.

6.2.2. To approve the annual reports for the preceding year.

6.2.3. To approve the annual accounts (balance sheet and financial accounts) of the preceding year after having taken into consideration the reports of the auditors.

6.2.4. To approve the budget for the following year.

6.2.5. To prescribe and amend the Constitution, subject to the Luxembourg Law of non-profitable associations, by a two-thirds majority of votes cast. A quorum of 2/3 of National Member Federations with full membership status is required to amend the Constitution.

6.2.6. To suspend and apply sanctions against National Member Federations or Regional Federations for any violation of the IPF Constitution or By-Laws as well as other applicable rules where competence is not explicitly reserved for another organ, body, or commission of the IPF. An appeal against a decision made by the General Assembly according to this rule may only be filed with CAS.

6.2.7. To remove from office by means of a two thirds majority vote, any person who through neglect of duty or misconduct has brought the IPF into disrepute or in any way impaired its function or development.

6.2.8. To control the income, expenditures, and the property of the IPF.

6.2.9. To call and determine the time and place of extraordinary meetings of the General Assembly.

6.2.10. To institute, locate, conduct, and manage all international powerlifting affairs.

6.2.11. To establish, define and enforce rules for the government of international powerlifting.

6.2.12. To explain, define and interpret any provision of the Constitution.

6.2.13. To elect the Executive Committee members of the IPF every four years. To elect Executive Committee members to fill any casual vacancies, which may occur between such election years.

6.2.14. To determine the creation, deletion, and modifications of the By-Laws.

6.3. General Assemblies (GA)

A General Assembly may be an Ordinary or an Extraordinary Assembly.

6.3.1. Ordinary General Assembly (GA)

Unless otherwise determined by the GA, the ordinary GA of the IPF will be held once a year to comply with Luxembourg law related to the non-profit associations. Under special circumstances, the Executive Committee may determine an alternative date and location for ordinary GA.

Members may participate by videoconference or any other means of telecommunication enabling their identification and are thus deemed to be present at the General Assembly meeting.

The resolutions of the General Assembly are recorded in meeting minutes which are prepared by the Secretary-General and signed by both the President and Secretary General. The finalized minutes are to be kept at the headquarters of the federation where the member federations can review them.

The General Assembly shall meet at least once a year, no later than six months after the closing date of the year, to approve the annual accounts for the past fiscal year and the budget for the following fiscal year. The fiscal year shall coincide with the calendar year.

The General Assembly must meet if at least one fifth of the members make the request.

6.3.2. Extraordinary General Assembly (EGA)

Extraordinary General Assemblies of the IPF are scheduled:

- By the General Assembly.
- At the request of the President.
- At the written request of two thirds of the members of the IPF.

Member federations may participate by videoconference or any other means of telecommunication enabling their identification and are thus deemed to be present at the General Assembly meeting.

The resolutions of the General Assembly are recorded in minutes, which are prepared by the Secretary-General and signed by the President and Secretary General. The official minutes are stored at the headquarters of the federation where they can be reviewed by the member federations.

Member federations may be represented by written proxy by another member. A member federation may not hold more than one proxy. Proxy letters shall be received and verified by the Secretary in advance of the General Assembly.

6.3.3. Notices

Not less than ninety (90) days' notice must be given of any annual GA and not less than thirty (30) days' notice must be given of any Extraordinary General Assembly of the IPF. The Secretary General will send by email a notice and an agenda to all National Member Federations. The abovementioned documents will be placed simultaneously on the IPF website at www.powerlifting.sport

A notice sent to the last email address known to the Secretary- General complies with this requirement the official agenda for the General Assembly must be received by all members at least thirty (30) days before the General Assembly takes place. Items not on the agenda cannot be considered by the General Assembly.

6.4. Order of Business

The President presides as Chair at any General Assembly. If the President is not present, the Vice President shall preside in his absence. If neither are present, the eldest member of the EC shall preside over the General Assembly.

At all Annual General Assembly meetings of the IPF the following will be the order of business:

1. Welcome
2. Roll Call

3. Minutes of the last General Assembly 4. President's Report and approval
5. Vice President’s Report and approval
6. Treasurer's Report and approval
7. Budget and approval
8. Auditors’ (internal and external) report and approval
9. Secretary General's Report and approval
10. Commissions’ Reports and approvals
11. Regional Reports and approval
12. Action on proposed amendments
13. Elections
14. New Member Applications
15. Delinquent Nations
16. Hall of Fame
17. Any Other Business
18. Adjournment

6.5. Voting Procedure

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

6.5.2. Abstentions shall not be counted.

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

6.6. Procedures

The following are the procedural rules for meetings of the General Assembly:

6.6.1. The Standing Orders of the IPF are the supreme document for all GA meetings except when they are against the provisions of the Constitution. In such cases, the Constitution prevails.

6.6.2. A motion to table is debatable only when a time to debate is fixed by a simple majority of the GA.

6.6.3. All proposals to amend the Constitution must be submitted to the President, the SecretaryGeneral, and the Chair of the Law and Legislation Commission at least ninety days (90) prior to the date of the General Assembly. The Executive Committee, a National Member Federation, and a Regional Federation can submit amendments to the Constitution. The Secretary-General shall send out all proposed amendments to the National Member Federations at least thirty (30) days prior to the date of the GA.

6.7. Credentials

The following are required:

National Member Federations may designate a maximum of two delegates to all General Assemblies, preferably the President and the Secretary-General. Delegates other than the President and Secretary General must present a written authorization from their National Member Federation no later than at the opening of the Annual or Extraordinary GA.

7. EXECUTIVE COMMITTEE (EC)

7.1. Titles

The titles of the total18 Executive Committee Members are:

- The President
- The Vice President
- The Secretary-General
- The Treasurer
- The Chair and one member of the Athlete’s Commission (one of each gender)

- The Chair of the Women's Commission
- The Chair of the Technical Commission
- The Chair of Medical Commission
- The Chair of the Youth Commission
- The Chair of the Entourage Commission
- The Chair of the Coach Commission
- Six members elected by the Regions (One member per region).

There shall be no more than two Executive Committee members from any one nation. A member of a Regional Executive Committee cannot hold a regional and an IPF officer function as President, Vice President, Secretary General or Treasurer. Only the regionally elected Executive Member can hold a regional and an IPF officer function.

Election of six members elected by the Regions shall only come into force if ratified by the IPF General Assembly. The Chair and one member of the Athlete's Commission shall be elected by the Athletes, following the IOC guidelines relating to the creation of an International Federation Athletes' Commission and ratified by the IPF General Assembly.

7.2. Vacancies of Executive Committee

In the event of death, resignation, or in case of inattention to duty, by recommendation of the ~~Court of Justice~~Integrity and Good Governance Unit, the various offices are to be filled as follows:

- President: The Vice President shall succeed the President until the next General Assembly. At this General Assembly, the presidential successor shall be elected.
- Vice President: The Executive Committee shall appoint a successor to serve until the next GA. At this General Assembly, the Vice President´s successor shall be elected.
- Secretary General and Treasurer: The Executive Committee shall appoint a successor to serve until the next GA. At this General Assembly, the Secretary and Treasurer shall be elected.
- All other EC members: The Executive Committee shall appoint a successor to serve until the next GA. At this General Assembly, a new EC member shall be elected to the vacant position.

7.3. Quorum

There shall be at least a quorum of five members. In the event of an impasse (stalemate), the President shall cast the deciding vote.

7.4. Powers of the Executive Committee

The EC shall be the governing body of the IPF between General Assemblies and shall have the following powers, without limitation:

7.4.1. To maintain a running control of the expenditure of the IPF, in accordance with the budget approved by the General Assembly.

7.4.2. To prepare a budget for the forthcoming year for presentation and approval by the General Assembly.

7.4.3. To appoint the non-executive officers. The EC shall also have the power to remove a non- executive officer from his/her position.

7.4.4. To administer the IPF Development Fund.

7.4.5. To amend the IPF Anti-Doping Rules upon consultation with the Anti-Doping Commission and on prior approval from the World Anti-Doping Agency.

7.4.6. To establish the Commissions and Working Groups and operationally independent disciplinary panels as specified in the IPF Anti-Doping Rules and IPF Integrity Rules, and to appoint the Chair and other members of each Commission, Working Group, and panel established under this rule. Chairs and Commission members who are also members of the Executive Committee are elected and are not subject to this appointment process.

7.4.7. To invite the Chairs of the Commissions and Working Groups for discussion of issues that fall within the competence of their particular Commissions and Working Group.

7.4.8. To negotiate and sign contracts.

7.4.9. To implement and monitor the Strategic Plan.

7.4.10. To prepare and finalize the Calendar of Events.

7.4.11. To vary the composition of Events on the Calendar of Events. The EC may also establish new Events. The EC shall inform the Annual General Assembly of the Calendar of Events as well as the host countries and cities.

7.4.12. To negotiate at its sole discretion the participation of Powerlifting as a sport in Multisport Games and events, particularly but not limited to the events and organisations listed under Article 1.2.13.

7.4.13. To appoint Commissions and Working Groups, and panel and determine their function, responsibilities, and objectives.

7.4.14. To appoint the Chairs and the members of the Commissions and the Working Groups. Chairs and Commission members who are also members of the Executive Committee are elected and are not subject to this appointment process.

7.4.15. The Executive Committee members have duties and responsibilities as specified in the Constitution and By-Laws. Any misconduct or negligence by a member not solved by the Executive Committee, shall be forwarded to the ~~Court of Justice~~Integrity and Good Governance Unit for review and decision.

7.4.16. The IPF shall hold IPF officials harmless from undue actions from third parties including civil lawsuits connected to their IPF work, as long as their work conforms to the Constitution, By-Laws, rules and EC decisions.

7.4.17. The decisions of the Executive Committee may be taken by unanimous consent expressed in writing in exceptional and duly justified cases.

7.4.18. The Executive Committee may participate by videoconference or by any other means of telecommunication as long as they can be identified. They may give a proxy to another director, by post or electronically, to represent them at any meeting of the Executive Committee. The same member of the Executive Committee may only represent one other member at a time

7.4.19. The resolutions of the Executive Committee are recorded in minutes that are prepared by the Secretary General and signed by the President and Secretary General of the IPF and will be stored at the headquarters of the Federation.

7.4.20. The Federation may delegate the day-to-day management to one or more natural or legal persons, Executive Members. Those members may act alone or jointly. The delegation of dayto-day management is subject to the prior authorization of the General Assembly.

7.4.21. **Executive Orders** The IPF Executive Committee shall have the authority to issue Executive Orders that temporarily breach or override existing provisions of the IPF By-Laws. Executive Orders can be issued exclusively in circumstances where a provision of the IPF By-Laws is found to be in direct conflict with the IPF Constitution, any binding external legal requirements, or official documents and regulations issued by the International Olympic Committee (IOC) or other governing bodies to which the IPF is obligated to adhere.

The issuance of an Executive Order shall require the unanimous approval of all members of the Executive Committee.

Each Executive Order must be accompanied by a clear and detailed written justification at the time of its publication, including an explanation of the specific conflict identified and the rationale for the action taken. Furthermore, the Executive Committee is required to propose corresponding amendments to the relevant section(s) of the IPF By-Laws for consideration at the next scheduled General Assembly.

Executive Orders shall remain in effect only until the next General Assembly, at which time their validity must be reviewed. All Executive Orders shall be subject to retrospective approval by the General Assembly. Failure to obtain such approval shall result in the immediate nullification of the Executive Order.

7.5 Election of the IPF Officers

7.5.1 Elections

Elections of all Executive Committee members will be held every four years at the General Assembly. Election is by a simple majority, i.e. the person who has obtained the highest number of valid votes is elected. When two or more candidates obtain an equal number of votes, another ballot shall be held. If after the second ballot there is still a tie, the President shall cast the deciding vote. Elections shall be held by secret ballot. The General Assembly shall select two scrutineers that will be approved by the GA to collect, inspect, and count the votes. The tally of the votes shall be reported to the Secretary General and the Chair of the GA.

7.5.2 Valid Vote

A valid vote is one that conforms with all stated requirements. To determine the outcome of each election, only valid votes are counted. The following shall not be counted as valid votes and are not taken into consideration in the calculation of the required majority:

- Abstentions • Blank votes
- Votes for more or fewer candidates than the number required.
- Votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

7.5.3 Term of Office

The term of office for all Executive Committee members of the IPF shall be four years and the mandate of all officers, even those who were elected between General Assemblies, shall expire at the electoral General Assembly. All Executive Committee members shall be eligible for reelection. A person may be nominated for IPF office by any National Member Federation. An individual cannot serve more than a total of twelve years as president.

Prior to the candidate being elected as an Executive Committee member, the existing executive committee, in consultation with the Law and Legislation Commission shall determine, whether the candidate for office is in good standing with the IPF. If a dispute arises between the Executive Committee and any of the candidates on the matter of the candidate's standing or behaviour in the IPF the matter shall be referred to the ~~Court of Justice~~Integrity and Good Governance Unit.

Nominations of candidates for IPF office shall be received by the President, the Secretary General and the Chair of the Law and Legislation Commission, latest ninety (90) days prior to the date of the General Assembly, where the election shall take place. Later nominations shall not be accepted, except there is no nomination for an office. All nominations must be posted on the IPF website at least sixty (60) days prior to the GA.

7.5.4 Permanent Ineligibility Due to Misconduct – Executive Committee Board Member

An individual shall not be eligible for election or appointment to the IPF Executive Committee, and if already in office, then the person in the position shall be subject to immediate suspension by the relevant Integrity and Good Governance Unit judicial body(~~pending review~~pending referral by ~~IPF Ethics Commission and/or IPF Court of Justice where applicable~~the Integrity and Good Governance Unit), ~~if~~ if any of the following circumstances ~~applies~~apply to that person and/or if that person is found to have violated any of the IPF Integrity Rules:

- Conduct Bringing the IPF into Disrepute. Actions, behaviour, or public statements that undermine the reputation, dignity, or integrity of the International Powerlifting Federation.
- Charged, Admission of or Conviction for Illegal Activity. Acknowledgement of, charged by a police or law enforcement authority having jurisdiction with, or legal conviction for, criminal conduct under domestic or international law, which may negatively impact the reputation or operations of the IPF.
- Morally Reprehensible or Indecent Conduct. Engagement in actions deemed morally reprehensible or contrary to public decency, even if not criminal, which tarnish the image or ethical standards of the IPF.

- False and Defamatory Public Statements. Public dissemination of knowingly false or defamatory accusations directed at the IPF, its Executive Committee members, or affiliated bodies, where such statements damage the federation's reputation or internal trust.
- If the person is disqualified or is banned from being a director of a corporation or being involved with the management of a corporation, company, or business, because of any final decision made by a tribunal or authority with competent jurisdiction.
- If the person is serving any period of ineligibility (including any provisional suspension) for any breach of any rules of the Sport or any other sport, including any rules relating to ethics and conduct (without limitation to corruption, manipulation of competitions and illegal gambling).
- If the person has been determined by the CAS, or any court, tribunal, or other body with jurisdiction as being guilty of any Anti-Doping Rule Violation punishable with a period of ineligibility of at least ~~six (6)~~one year ~~months~~ and regardless as to whether that Anti-Doping Rule Violation relates to the Sport, and regardless as to whether or not the person has already served the whole of the sanction imposed as a consequence of being found to have committed that Anti-Doping Rule Violation. For the avoidance of doubt, this provision shall apply in respect of any Anti-Doping Rule Violation committed by the person in the last twenty-five (25) years. If it is finally determined by a court or tribunal with competent jurisdiction that this provision is unenforceable under the Applicable Law, then the applicable duration shall be the longest duration determined as valid by the court.
- If the person has been deprived of their civil rights due to a court decision or legal penalty.
- If the person has been declared bankrupt.
- If the person has been declared to be a mentally incapacitated person.
- If the person is an employee, on whatever terms, of the International Powerlifting Federation.

The ~~IPF Court of Justice~~ relevant Integrity and Good Governance Unit judicial body shall have the ~~authority~~ jurisdiction to review such cases, evaluate supporting evidence, and make a final determination. The individual under investigation shall be notified in writing of the opening of an investigation, notified in writing of the final decision of an investigation, including the justification and applicable evidence. ~~This~~ The decision~~provision~~ is subject to appeal to the ~~IPF Court of Appeal~~Integrity Appeal Tribunal. ~~once the IPF Court of Justice has issued its final decision.~~

8. NON-EXECUTIVE OFFICERS

8.1. Titles

The titles of the non-executive officers of the IPF are: Championships Secretary, Internal Auditor, Newsletter Editor, Media Officer, Internet Officer, Parasport-delegate, Sustainability Officer, Integrity Officer, Records Registrar, Referee's Registrar and Meditator.

8.2. Appointment and Rights

The Executive Committee shall appoint non-executive officers taking into consideration the gender ratio. By invitation of the President, they may attend meetings of the Executive Committee but without vote and with voice only on matters relating to their respective offices.

9. FINANCIAL YEAR

The accounting period of IPF is from January 1st to December 31st.

10. ACCOUNTING SYSTEM

The IPF is required to follow Article 18, Act from August 7, 2023, of Luxembourg Law for nonprofit federations.

11. COMMISSIONS AND WORKING GROUPS

11.1. General Provisions

The Commissions and Working Groups act as consultative bodies to the Executive Committee.

In carrying out their functions each Commission and Working Group shall respect eventual rules decided by the Executive Committee. The Chair of each Commission and Working Group shall co-ordinate the proper running of activities and write reports on those activities to the Executive Committee.

12. AUDITORS

12.1. Internal Auditor

The internal auditor shall be elected by the General Assembly for a term of four years.

12.2. External Auditor

The annual financial statement shall be audited by an external auditor appointed by the Executive Committee. The external auditor shall be a licensed and practicing accountant that shall be independent from the IPF. He is responsible for auditing the accounts in compliance with the Constitution of the IPF and By-Laws as well as all pertinent rules. All audits should follow good governance principles and international accounting standards.

13. JUDICIAL BODIES

Judicial bodies of the IPF are as follows:

- The General Assembly
- The Anti-Doping Commission
- The TUE Commission
- The Doping Hearing Panel

Judicial Bodies administered independently from the IPF but operating under the jurisdiction of the Integrity and Good Governance Unit in accordance with all applicable IPF Integrity Rules are as follows:

- The Integrity Officer
- The Disciplinary Officer
- The Integrity Tribunal
- The Good Governance Tribunal

- The Integrity Appeals Tribunal

14. CONFLICT OF INTEREST

Members of any IPF decision-making body shall avoid any situation that could lead to a conflict of interest or perceived conflict of interest. Any actual, perceived, or potential conflict of interest must be declared, and action taken by the individual to remove him/herself from the situation where a conflict may arise. It is the personal responsibility of each person to avoid any case of conflict of interest. Conflict of Interests must be disclosed to the Chair of the relevant Commission or Committee as soon as a conflict or perceived conflict arises and all mitigating actions relating to the same must respect the IPF Conflict of Interest Regulations.

Alleged ~~The~~ conflicts of interest held by members of any IPF decision making body that cannot be resolved at the Commission or Committee level must be reported ~~and sent~~ to ~~the Secretary General.~~ the Integrity and Good Governance Unit. iggu@powerlifting.sport

Any officer who violates this principle shall have a complaint filed against by with ~~be referred to~~ the ~~Ethics Commission~~Integrity and Good Governance Unit.

15. PARTICIPATION IN NON-COMPLIANT ANTI-DOPING EVENTS

Any athlete, coach, referee or official who competes or participates in an International Powerlifting or Bench Press event not organised, sanctioned, or approved by the IPF shall not be permitted to take part in any IPF international, regional or national event for a period of 12 months from the date of that non-approved event.

Any athlete, coach, referee or official that participates in any competition or Event which is organized by a Sporting Body, Federation or Organisation that has not received recognition from the World Anti-Doping Agency and is thus non-compliant with the Code and International Standards shall be automatically rendered ineligible and shall not be permitted to take part in an authorized National or International Powerlifting or Bench Press Event for a period of 12 months from the date of the last non-compliant Event. Should the athlete, coach, referee or official participate in an unauthorized Powerlifting or Bench Press Event prior to the lapse of the 12 months, he/she may be sanctioned with a period of ineligibility of an additional 12 months from the date of the noncompliant Event. In the case of a second infringement for such participation, the period of ineligibility may be a maximum of 24 months. The decision to extend the period of ineligibility will be at the sole discretion of the Anti-Doping Commission.

16. THE IPF ANTI-DOPING RULES

As a Signatory to the World Anti-Doping Code, IPF fully accepts, implements and enforces the Code and its International Standards and as a condition of membership, all IPF Member Federations (both National and Regional) agree to and are bound by the IPF Anti-Doping Rules, the World Anti-Doping Code, and its International Standards. The IPF Anti-Doping Rules shall thus apply to:

- IPF, including its board members, directors, officers, specified employees, and Delegated Third Parties and their employees, who are involved in any aspect of Doping Control.
- each IPF National Member Federations, including their board members, directors, officers, specified employees, and Delegated Third Parties and their employees, who are involved in any aspect of Doping Control.
- the following Athletes, Athlete Support Personnel and other Persons:
    - all Athletes and Athlete Support Personnel who are members of IPF, or of any National Member Federation, or of any member or affiliate organization of any National Member Federation (including any clubs, teams, associations, or leagues). o

all Athletes and Athlete Support Personnel who participate in such capacity in Events, Competitions and other activities organized, convened, authorized or recognized by IPF, or any National Member Federation, or by any member or affiliate organization of any National Member Federation (including any clubs, teams, associations, or leagues), wherever held.

- any other Athlete or Athlete Support Personnel or other Person who, by virtue of an accreditation, a license or other contractual arrangement, or otherwise, is subject to the authority of IPF, or of any National Member Federation, or of any member or affiliate organization of any National Member Federation (including any clubs, teams, associations, or leagues), for purposes of anti-doping.
- Athletes who are not regular members of IPF or of one of its National Member Federations but who want to be eligible to compete in a particular International Event.

17. MATTERS NOT COVERED BY THE CONSTITUTION

For all matters not regulated by these Articles of Association, the provisions of Luxembourg Law shall apply.

18. VOLUNTARY DISSOLUTION OF THE ORGANISATION

Dissolution of the IPF shall only be possible by a decision of the General Assembly and in accordance with article 25 of the Law For this purpose, a written request stating the reasons for such dissolution shall be handed over to the Executive Committee. After discussion of the request, the Executive Committee will then put the request on the agenda of the next General Assembly. For the dissolution to become valid, a three- quarters majority of all votes cast is required. In the event of such dissolution of the IPF and provided the IPF still holds assets, and having covered any liabilities, the General Assembly shall also decide to whom to transfer the remaining assets. These assets shall, if possible and permitted, be transferred to an organisation having the same or similar interests compared to the IPF or allocated to charitable causes.

19. MISCELLANEOUS

In these Articles, unless the context requires another interpretation:

- Words importing the singular number only shall include the plural number and vice versa.
- Words importing the masculine gender only or neuter shall include the feminine gender.
- Words importing persons shall include corporations.

20. ADOPTION AND EFFECTIVE DATE

So adopted by the IPF Extraordinary General Assembly 22 September 2025

SECTION 07

IPF By-Laws - Redlined Amendments

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

By-Laws of the International Powerlifting Federation

In force from 12.06.2026

Revision History

Version 1 | 12.06.2026

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BY-LAWS OF THE INTERNATIONAL POWERLIFTING FEDERATION

Terminology
Unless specifically stated otherwise, the terms "General Assembly", "President," "Technical Commission" and such like shall mean the "IPF General Assembly", "IPF President", "IPF Technical Commission," etc. Unless specifically stated otherwise, the terms "him", "his" and "Chair" shall refer to persons of either sex.

1 GENERAL ASSEMBLY

1.1 General Assembly may be open to Public

The General Assembly (GA) may be open to the public provided seating space is available.

1.2 Outside Persons attending the General Assembly

The President may invite outside persons to attend the General Assembly.

1.3 Participation Guidelines for Commission Chairs

All Commission Chairmen and non-executive officers by virtue of their attaining officer status in the IPF are allowed admission to the General Assembly in its entirety but without vote and with voice only as pertains to their respective responsibilities.

1.4 Speeches by Candidates for IPF Office

Candidates for IPF office shall be permitted to address the General Assembly for a maximum period of five minutes.

2 EXECUTIVE COMMITTEE OFFICERS

2.1 President

He convenes meetings of the IPF as provided in the Constitution and presides at all meetings of the IPF and General Assembly.

He has the right to exercise all the duties pertaining to his office in accordance with the Constitution.

He is an ex officio member of all Commissions, except the Anti-Doping Commission, Doping Hearing Panel, Court of Justice, Court of Appeals, and the Ethics Commission.

The President provides leadership in the long-term and day-to-day activities of the IPF, delegating responsibility for completion of tasks, and making necessary contact with outside agencies to conduct IPF business.

An expense allowance associated with the duties of the President, including but not limited to local transportation, communication costs, official hosting, and protocol-related expenses, shall be determined in accordance with this Article.

The IPF General Assembly may approve a maximum monthly allowance of up to €2,000. Within this approved ceiling, the IPF Executive Committee shall determine the actual monthly amount, taking into account the responsibilities, workload, and role of the officer.

The amount determined and applied shall be reported to the IPF General Assembly as part of the IPF’s financial reporting and governance transparency obligations.

The allowance specified in this item does not cover actual costs of travel and accommodation, which shall be reimbursed separately in accordance with applicable IPF governance protocols. The President must sign all contracts performed in the name of the IPF when the majority of the Executive Committee has accepted such contracts to be signed. A copy of the contracts must be given to all EC members if it is requested.

2.2 Vice President

He has such duties as assigned to him by the President and has all the power to perform the duties of the President in the absence or inability of the latter to attend.

An expense allowance associated with the duties of the Vice President, including but not limited to local transportation, communication costs, official hosting, and protocol-related expenses, shall be determined in accordance with this Article.

The IPF General Assembly may approve a maximum monthly allowance of up to €2,000. Within this approved ceiling, the IPF Executive Committee shall determine the actual monthly amount, taking into account the responsibilities, workload, and role of the officer.

The amount determined and applied shall be reported to the IPF General Assembly as part of the IPF's financial reporting and governance transparency obligations.

The allowance specified in this item does not cover actual costs of travel and accommodation, which shall be reimbursed separately in accordance with applicable IPF.

2.3 Secretary-General

The Secretary-General makes arrangements for keeping the records of the IPF and the General Assembly. Issues all official notices of all GA meetings.

Serves as Secretary of the General Assembly and at any special meetings of the IPF.

Certifies as a "Provisional Member" any applying nation that submits the proper fees and documents, until such time as the General Assembly shall deliberate such membership.

Delegates any of the duties to an "assistant secretary" appointed by the Executive Committee or to such assistants as may be provided by the IPF By-Laws to perform it.

The Executive Committee may appoint an Assistant Secretary-General to assist the Secretary General with day-to-day work assignments. Compensation to be determined by the Executive Committee.

An expense allowance associated with the duties of the Secretary-General and Assistant Secretary-General, including but not limited to local transportation, communication costs, official hosting, and protocol-related expenses, shall be determined in accordance with this Article.

The IPF General Assembly may approve a maximum monthly allowance of up to €2,000. Within this approved ceiling, the IPF Executive Committee shall determine the actual monthly amount, taking into account the responsibilities, workload, and role of the officer.

The amount determined and applied shall be reported to the IPF General Assembly as part of the IPF's financial reporting and governance transparency obligations.

The allowance specified in this item does not cover actual costs of travel and accommodation, which shall be reimbursed separately in accordance with applicable

IPF.

2.4 Treasurer

The Treasurer is responsible for the overseeing of the financial assets of the federation, to supervise the bookkeeping, to ensure proper books of accounts, and to supervise the preparation of the annual budget.

Reviews all deposits into the accounts of the IPF.

Pays all bills approved by the duly authorized officer or by the General Assembly provided it is within the authorized current budget of the IPF.

When requested, hands over to the Auditors, all accounts, books, papers, vouchers, and records pertaining to his office.

Presents an audited financial report to the annual General Assembly.

Is responsible for collecting all fees, penalties etc. due to the IPF.

Is responsible for issuing invoices and collecting any penalties.

An expense allowance associated with the duties of the Treasurer, including but not limited to local transportation, communication costs, official hosting, and protocol-related expenses, shall be determined in accordance with this Article.

The IPF General Assembly may approve a maximum monthly allowance of up to €2,000. Within this approved ceiling, the IPF Executive Committee shall determine the actual monthly amount, taking into account the responsibilities, workload, and role of the officer.

The amount determined and applied shall be reported to the IPF General Assembly as part of the IPF's financial reporting and governance transparency obligations.

The allowance specified in this item does not cover actual costs of travel and accommodation, which shall be reimbursed separately in accordance with applicable IPF.

2.5 Duties of the Regional Executive Committee Officers

Take an active part in the Executive Committee's work and carry out such duties as assigned to them by the President.

Represent the IPF in their regions at National and International Events and meetings.

Ensure that their Regional Federation organizes its yearly regional General Assembly and Events.

Contact and inform potential new National Member Federations in their regions.

Serve as consultants to the National Member Federations within their regions.

Represent their regions at the Executive Committee meetings and the General Assembly.

Make suggestions to the President who forwards them to the various Commissions.

Plan, organize, and oversee development programs within their regions.

3 NON-EXECUTIVE OFFICERS

3.1 Media Officer

Shall promote the IPF through electronic and print media. The President must approve in writing all promotional material and press releases.

Shall consider all opportunities for television rights for International Events and make appropriate recommendations to the Executive Committee that decides on it.

3.2 Magazine Editor

Shall publish the official IPF magazine.

Shall set advertising rates (which must be ratified by the Executive Committee) for the IPF magazine and shall work with the Media Officer to obtain paid advertising for the publication and to increase its circulation.

Shall maintain a current distribution list for the IPF publication. This list shall comprehend all entries in the IPF directory as well as additional parties to whom the IPF publication is distributed.

3.3 Records Registrar

Shall certify all World Record claims and maintain an up-to-date register of all records in all categories.

3.4 Championship Secretary

Shall maintain a Calendar of Events decided by the Executive Committee covering all major Events for a period of not less than 24 months from the date of the Calendar. In normal circumstances, all International and Regional Events shall be allocated dates within the Calendar that fall at approximately the same time each year. This principle shall be adhered to wherever possible. Major Regional events should be organized prior to the IPF events - Classic Open World Championships and Equipped World Open Championships. All other regional events should be organized preferably before the corresponding World Championships. Regional events shall not be held in conjunction with any World Championship.
The major Events on the IPF calendar are as follows:

- Equipped World Open Powerlifting Championship
- Equipped World Sub-Junior and Junior Powerlifting Championship
- Equipped World Masters Powerlifting Championship
- Equipped World Bench Press Championship (Open, Sub-Junior/Junior and Master)
- Classic World Open Powerlifting Championship
- Classic World Sub-Junior and Junior Powerlifting Championship
- Classic World Masters Powerlifting Championship
- Classic World Bench Press Championship (Open, Sub-Junior/Junior and Master)
- University World Cup
- Other International Events as approved by the EC.

The Championship Secretary shall ensure that major International Events do not clash. If necessary, sanction(s) may be refused to achieve an orderly Calendar. If necessary, the Events on the Calendar may be combined into one Event.

The Championship Secretary distributes to National Member Federations the invitation and details of major Events at least twelve months prior to the Event.

The Championship Secretary shall also distribute team nomination forms and other necessary documents to National Member Federations. The invitation will be based upon the answers to a standard questionnaire sent to the organizers of the Event when a bid is accepted.

Closing date for an organizer of International Events to provide all details in the invitation is from 6 to 8 months prior to the Event date. If special hotel and transport booking forms are required, a draft

copy of these forms shall also be sent to the Championship Secretary so that they may be distributed with the invitation.

Nomination forms for International Events must provide columns for the following information:

- Athlete's family name as well as maiden name if married.
- Athlete's first name
- Athlete's best total performed within the preceding 18 months at a national level championship international level or IPF Calendar event, e.g. World Championship or IPF Regional Federation Championship (Note: The qualifying total must be achieved prior to the preliminary nomination deadline for the respective championship in which the athlete is seeking to participate.
    - If a lifter is nominated in a lower weight class without having achieved a total in that weight class (within the preceding 18 months at a national championship or an IPF calendar event), they should be nominated using a 25kg-25kg-25kg-75kg (Squat-Bench-Deadlift-Total). For example, if a lifter competed in the 120+kg class throughout the past 18 months and is now nominated in the 105kg class, they should use a 25kg-25kg-25kg-75kg (Squat-Bench-Deadlift-Total)
- Athlete's year of birth
- Athlete's picture
- Athlete's Profile Form
- Athlete's WADA ADEL certificate
- Athlete's email address
- Athlete's IPF Safeguarding Acknowledgment Form (Sub-Junior athletes only)
- Head Coach's "Coaches of High Performance Education Program" WADA ADEL certificate
- Head Coach - IPF Level II Coach Certification

The Championship Secretary shall collect all team nomination forms and ensure that they are fully and properly completed. He shall then prepare a full list of athletes nominated for the Event.

Before a sanction for an Event is granted, he must ensure that the applicant has the capacity for successfully promoting the Event and the ability to comply with all the requirements of the IPF.

The Executive Committee may appoint an Assistant Championship Secretary to assist the Championship Secretary with his/her duties. Compensation to be determined by the Executive Committee.

An expense allowance associated with the duties of the Championship Secretary and Assistant Championship Secretary, including but not limited to local transportation, communication costs, official hosting, and protocol-related expenses, shall be determined in accordance with this Article.

The IPF General Assembly may approve a maximum monthly allowance of up to €2,000. Within this approved ceiling, the IPF Executive Committee shall determine the actual monthly amount, taking into account the responsibilities, workload, and role of the officer.

The amount determined and applied shall be reported to the IPF General Assembly as part of the IPF's financial reporting and governance transparency obligations.

The allowance specified in this item does not cover actual costs of travel and accommodation, which shall be reimbursed separately in accordance with applicable IPF governance protocols.

3.5 Internet Officer

Maintains the IPF website, including but not limited to:

- The Directory of National Member Federations
- Constitution and By-Laws

- All information related to the administration of IPF Anti-Doping Program.
- Technical Rules
- World Records
- Calendar of Events
- Invitations and details on forthcoming Events
- Results of Events
- Authorized material from the President or Executive Committee

Other than replies to routine enquiries he shall not post any material without the written consent of the President.

3.6 Referee Registrar

Maintains a complete register of all referees registered by their respective National Member Federations.

Administers examinations for Category I and Category II. International Referee status. Examinations for Category 1 Referees may be done at any International Powerlifting Championship except Bench Press Championships.

Provides each National Member Federation with a current list of accredited referees. Updated annually.

Provides each National Member Federation with a list of referees who need to re-register to remain accredited.

3.7 Safeguarding Officer

Duties

The IPF Safeguarding Officer shall work with the IPF Integrity and Good Governance Unit to ~~provide strategic direction, guidance, and oversight to~~ create a safe organization for all athletes, coaches, officials, referees, and athlete support personnel.

The IPF Safeguarding Officer is responsible for ~~accountable~~assisting with the dissemination of the Safeguarding Regulations and the Safeguarding and Protection Policy and is accountable to the IPF Integrity and Good Governance Unit who shall implement the Safeguarding Regulations. ~~for and oversees the implementation of the Safeguard and Protection Policy.~~

The IPF Safeguarding Officer shall work with the Integrity and Good Governance Unit to periodically review ~~ensure the~~ the IPF Safeguarding and Protection Policy ~~, and procedures are reviewed periodically~~and to encourage IPF Member Federations and Regional Federations' to draft and implement national level safeguarding policies and regulations.

~~The IPF Safeguard Officer shall monitor safeguarding procedures followed by all member federation of the IPF including all Regional Federations to ensure compliance at all levels.~~

3.8 Sustainability Officer

Duties

To provide a constructive review of IPF sustainability strategy, policies and progress reports.

To provide strategic advice on priority sustainability themes for the IPF and its member federations.

4 COMMISSIONS

The Commissions act as consultative bodies to the Executive Committee.

The International Powerlifting Federation (IPF) shall establish Commissions to support the development, governance, and technical functions of the Federation. Each Commission shall act as consultative bodies to the Executive Committee, operate in accordance with its defined scope, responsibilities, and reporting obligations as determined by the IPF Executive Committee.

Appointment and Composition

a) The members of each Commission shall be appointed by the IPF Executive Committee unless otherwise specified in the IPF Constitution or By-Laws.

b) Each Commission shall consist of individuals possessing relevant expertise, experience, and qualifications appropriate to its mandate.

c) The IPF Executive Committee shall ensure that Commission composition reflects, as far as reasonably practicable, diversity, geographic balance, and gender representation.

4.1 Technical Commission

Goals and Objectives

- Is responsible for testing and publishing minimum standards for all equipment to be approved by the IPF.
- Approves equipment used at International and Regional Events that conforms with the specific detailed requirements of the IPF.
- Organizes briefings before the start of each session at events.
- The Commission can propose that the Executive Committee withdraw a referee's International Card and terminate his/her appointment if it deems such action necessary.
- The Commission may, subject to the approval of the Executive Committee, publish material of a technical nature, which deals with methods of performance of the powerlifting disciplines. Such material shall be sent to all National Member Federations.

An expense allowance associated with the duties of the Chair of the Technical Commission, including but not limited to local transportation, communication costs, official hosting, and protocol-related expenses, shall be determined in accordance with this Article.

The IPF General Assembly may approve a maximum monthly allowance of up to €2,000. Within this approved ceiling, the IPF Executive Committee shall determine the actual monthly amount, taking into account the responsibilities, workload, and role of the officer.
The amount determined and applied shall be reported to the IPF General Assembly as part of the IPF’s financial reporting and governance transparency obligations.

The allowance specified in this item does not cover actual costs of travel and accommodation, which shall be reimbursed separately in accordance with applicable IPF governance protocols.

4.2 Women’s Commission

Goals and Objectives

Shall work to defend the rights of women, promote female powerlifting and female referees, and recruit women into governing bodies in powerlifting.

The Chair of the Women’s Commission is a member of the Executive Committee.

4.3 Athletes’ Commission

▪ **4.3.1 - Establishment and Purpose**

The IPF Athletes' Commission is established as a permanent body within the IPF governance structure to represent the rights, interests, and perspectives of athletes in all matters relating to the sport of powerlifting.

The Commission shall:

- act as the official voice of athletes within the IPF
- Represent the interests and perspectives of athletes within the decision-making structures of the IPF.
- Serve as a formal channel of communication between active athletes and the IPF, ensuring that athlete views are effectively conveyed and considered.
- Participate in the work of relevant IPF bodies, including the Technical Commission and Medical Commission when invited, to contribute athlete-focused input on technical and health-related matters.
- Formulate and express the collective position of athletes on key issues affecting the sport and adopt resolutions reflecting athlete priorities and concerns.
- Promote and support athlete representation within IPF Member Nations, encouraging the development of athlete commissions at the national level.
- Act as the official voice of athletes during IPF events, representing athlete interests and providing a visible and accessible point of contact.
- serve as an advisory body to the IPF Executive Committee and shall promote athlete welfare, fair competition, integrity, and inclusion across all IPF activities,
- operate in alignment with the principles of the International Olympic Committee Athlete Commission framework.

▪ **4.3.2 – Composition**

The Athlete Commission shall consist of:

- Two (2) Athlete Representatives who are also members of the IPF Executive Committee:
    - o One (1) Male Athlete Representative ("Athlete Speaker – Male").
    - o One (1) Female Athlete Representative ("Athlete Speaker – Female"); and
- Additional Athlete Commission Members, as determined by the IPF Executive Committee, ensuring gender balance and global representation
- One (1) Chair, elected from among the Athlete Commission Members.

▪ **4.3.3** – **Eligibility**

- **4.3.3.1 Candidate Eligibility**

To be eligible for election as an Athlete Representative or Athlete Commission Member, an individual must:

- o Be at least eighteen (18) years of age by the final day of the IPF World Championships at which the election is conducted.
- o Have competed in at least one (1) IPF World Championship or IPF-sanctioned international event within the two (2) years preceding the election.
- o Be in good standing with the IPF and their National Federation, including compliance with the World Anti-Doping Agency Code and the IPF Code of Ethics.
- o Not be subject to any active sanction, suspension, or investigation under IPF rules at the time of nomination or election.
- o Not hold a position creating a conflict of interest with independent athlete representation.

- **4.3.3.2 Voter Eligibility**
    - o Athlete Representatives (Male and Female) and Athlete

Commission Members shall be elected by eligible athletes of IPF Member Nations in accordance with procedures established by the IOC guidelines relating to the creation of an International Federation's Athlete's Commission.
- o Only athletes accredited and competing at the relevant IPF World Championships may vote.
- o Each eligible athlete shall have one (1) vote.
- o Voting shall be gender-aligned for Athlete Representatives.
- o Eligibility shall be verified through the IPF Athlete Register and accreditation system.
- o Ineligible or sanctioned athletes may not vote.

▪ **4.3.4 – Election of Athlete Representatives**
- • **4.3.4.1 Principles**
  - o Elections shall ensure:
    - ▪ Athlete-led voting
    - ▪ Democratic legitimacy
    - ▪ Transparency and fairness
    - ▪ Equal opportunity
- • **4.3.4.2 Procedure**
  - o Elections shall be held every four (4) years during the IPF World Championships at which Elections for IPF Executive Committee members are conducted.
  - o Voting shall be conducted by secret ballot.
  - o Voting may be conducted electronically or through an approved secure system.
  - o The IPF shall ensure independent oversight or verification of the voting process where appropriate
  - o Voting shall be secure and auditable.
  - o An independent Election Oversight Panel shall supervise.
  - o Results shall be certified and published.
- • **4.3.4.3 Governance Oversight**
  - o The IPF Executive Committee approves procedures without interfering in independence.
  - o The Athlete Commission shall be consulted.
- • **4.3.4.4 Term**
  - o The Athlete Male Representative and Athlete Female Representative shall serve a four-year term as established by the IPF, with eligibility for re-election by the IPF General Assembly subject to applicable rules.
  - o Additional Athlete Commission members shall be elected by the IPF General Assembly and/or appointed by the IPF Executive Committee for four-year terms, with eligibility for re-election or re-appointment, as applicable.
  - o In alignment with internationally recognized governance principles, including those reflected by the International Olympic Committee the composition of the Athlete Commission shall ensure that a majority of its members are elected representatives.

▪ **4.3.5 – Athlete Register & Election Integrity Framework**
- • **4.3.5.1 Athlete Register**
  - o The IPF shall maintain an official Athlete Register to:
    - ▪ Verify voters
    - ▪ Verify candidates
    - ▪ Support governance transparency
- • **4.3.5.2 Member Nation Requirements**

Each IPF Member Nation shall submit a certified register of eligible athletes as of 1 January of the applicable election year.

- o Member Nations shall submit:
  - ▪ Verified athlete lists
    - • Minimum Information Requirements

The register shall include:

a) Athlete name or unique identifier (where required by applicable law).

b) Age division classification.

c) Confirmation of good standing; and

d) A valid email address for voting purposes,

- ▪ Certification of eligibility
  - • The register must be certified by the President or Secretary-General of the Member Federation.
  - • No modifications shall be permitted after the submission deadline without authorization from the IPF Executive Committee.
- ▪ Election-year submissions

• **4.3.5.3 Aggregated Data Reporting**

- o Purpose
  - ▪ To support evidence-based governance and development planning, Member Nations shall provide annual aggregated, non-personal athlete data.
- o Submission Requirement
  - ▪ Each Member Nation shall submit an annual report in a format prescribed by the IPF.
- o Minimum Reporting Categories

  The report shall include:
  a) Total number of registered athletes.
  b) Distribution by age division (Sub-Junior, Junior, Open, Masters).
  c) Gender distribution; and
  d) Year-over-year growth or change in athlete membership.
- o Data Protection

  All data shall be:
  a) Aggregated and anonymized.
  b) Free from personally identifiable information; and
  c) Used solely for statistical, governance, and development purposes.

• **4.3.5.4 Data Protection**

- o Data Protection and Use Limitation

  All data collected shall:

  a) Be used solely for the administration of Athlete Representative elections.

  b) Be processed in accordance with applicable data protection laws; and

  c) Not be retained longer than necessary for the stated purpose.
  d) Be stored securely

- o Alternative Voting Mechanism

  Where data protection laws restrict sharing of personal data, Member Federations may administer ballot distribution, subject to IPF approval, provided that confidentiality, integrity, and equal access are ensured.

• **4.3.5.5 Compliance and Enforcement**

- o Failure to comply with this Article may result in:
- o a) Exclusion from Athlete Representative elections; and/or

- b) Review and corrective measures under IPF By-Law 12.3 – Governance Compliance Review.

- **4.3.5.6 Audit & Verification**
  - The IPF may:
    - Audit submissions
    - Request supporting documents
    - Impose corrective measures, including suspension of voting rights or referral to disciplinary bodies
- **4.3.5.7 Election Integrity**
  - Only verified athletes may vote
  - Elections shall be independently monitored
  - Manipulation constitutes a governance violation
- **4.3.5.8 Implementation Tools**
  - The IPF shall provide procedural guidance to support consistent implementation across all Member Nations.
  - The IPF Governance Toolkit shall include:
    - Athlete Register Certification Form
    - Voting Eligibility Declaration
    - Aggregated Data Template
    - Data Protection Guidelines

4.4 Coach Commission

The Coach Commission represents the interests of the coaches.

Goals and Objectives

- To represent the coaches in the decision-making bodies of the IPF.
- To act as mediator between coaches and the IPF.
- To form the official opinion of the coaches concerning actual issues and to pass resolutions of the coaches.
- To work for the coaches' representation upon their request in the National Member Federations.
- To work out and maintain a license for the coaches.

The Chair of the Coach Commission is a member of the Executive Committee.

4.5 Youth Commission

Goals and Objectives

- To increase and further develop the Sub-Junior and Junior powerlifting program.
- To develop programs to increase the exposure of Sub-Junior and Junior Powerlifting at National, Regional and International Events.
- To develop and increase participation of Sub-Junior and Junior athletes at the National, Regional, and international-level, and to do its best for achieving continued development and promotion of such programs.
- To serve as the foundation in the orderly development of youth Powerlifting within the IPF.
- To develop and provide programming for youth athletes to remain involved while transitioning into open competition once the athletes have completed their Sub-Junior and Junior competition career.
- To support and assist organizations which have youth level powerlifting athletes with disabilities (e.g., Special Olympics Powerlifting and Blind Powerlifting).

The Chair of the Youth Commission is a member of the Executive Committee.

4.6 Sports for all Commission

Goals and Objectives

Overall, to inspire children to take up Powerlifting; stimulate investment in Powerlifting infrastructures; promote measures to improve the safety of Powerlifting; and to enable IPF's Events,

top athletes, Regional, and National Member Federations to stimulate change in public policy to implement the above objectives.

- To serve as the coordinating body to develop programs to promote the sport of Powerlifting at the local, national, and international level.
- To encourage and promote the participation and the development of Powerlifting programs and Events at the club, local, national, and international level, with the overall aim to increase the exposure and the popularity of the sport of Powerlifting.
- To consider and make proposals which ensure the complete access to the sport of Powerlifting for all athletes' age, economic, ethnic, gender, and ability level, with the overall goal of social inclusion.
- To support and assist organizations which have youth level powerlifting athletes with disabilities (e.g., Special Olympics Powerlifting and Blind Powerlifting).
- To seek and improve Powerlifting worldwide for future generations.
- To use the inspiration of the sport of Powerlifting to influence public policy decisions and to improve the perception of the sport of Powerlifting worldwide.
- To encourage dialogue with/between international sports organizations to include the IOC, IPC, IWGA, SOI, IBSA, FISU etc. to promote the physical, social, and societal benefits of Powerlifting, fitness, and wellness programs.

4.7 Entourage Commission

Goals and Objectives

- To give support to the General Assembly to follow and to accomplish the General Principles dictated by the IOC and written in the Olympic Charter.
- To propose to the Executive Committee adequate actions to protect the interests of Athletes.
- To deal with matters concerning the relationship between athletes, coaches, managers, sponsors, and all other persons promoting the athletes´ sporting career.
- To cooperate with the Coach Commission to provide the best possible environment for the athletes especially at the beginning (i.e., combine powerlifting with work/study) and at the end of a sporting career.
- To give support to the Executive Committee to obtain the IOC recognition.

The Entourage Commission is composed of the Chair and the relevant number of other members as to covering an athlete's Entourage, including the representative of the parents of Sub-Junior and Junior Athletes. Members must have a specific skill and experience in their area of expertise, i.e., in sport law, general sport management and sport contracts, coaching, sport medicine, sport psychology, sport nutrition etc.

The Chair of the Entourage Commission is a member of the Executive Committee.

4.8 Medical Commission

The Medical Commission is charged with safeguarding the health and wellness of the powerlifting athletes.

Goals and Objectives

- To conduct research and collect material relating to the field of sports medicine. Such material when approved to be distributed to National Member Federations.
- To carry out specific studies in relation to sports injuries, treatment, and prevention.
- To take out and maintain membership of International Sports Medicine Federations.

The Chair shall act as a consultant to the organizers of International Events on such matters as medical and hygienic conditions, as well as meals and fluid supplies for the athletes. The Medical Committee Chair shall appoint on-duty doctor(s) for each day at the Event. The doctor(s)' specific duties shall include the following:

- To be available at each weigh-in period.

- To supervise the application of bandages and plasters in accordance with the IPF rules and notify the Jury of such treatment. To establish a liaison with local medical facilities and doctors for the provision of medical treatment, transport, and ambulance service if necessary.
- The on-duty doctor shall be present at the start of each competition.

The Chair of the Medical Commission nominates physicians to serve on the Therapeutic Use Exemption Committee (TUEC). The TUEC shall process and make decisions on all TUE applications received by powerlifting athletes requesting an exemption for the therapeutic use of prohibited substances or methods whilst competing or training. The entire TUE process shall be conducted in accordance with the International Standard for TUEs.

The Chair of the Medical Commission is a member of the Executive Committee.

4.9 Law and Legislation Commission

Goals and Objectives

- Shall serve as the review authority for proposals for amending the Constitution.
- Is responsible for updating the IPF Constitution.
- Shall study the Constitutions of new applicant nations and report the results to the President and the Secretary General.
- Shall evaluate proposed changes to the IPF Constitution and report the results to the Executive Committee. The reported result shall be included in the distribution of proposed amendments.
- Shall review and vet all candidates nominated for elections and report the results to the Executive Committee.
- One of the members of the commission will be nominated a compliant officer.

No Constitution of a National Federation applying for membership to the IPF will be approved until the Law & Legislation Commission (L&LC) has reviewed and approved it. All amendments from existing member federations must be sent to the L&LC for its approval and are not valid until approved by the L&LC.

4.10 Rules Group

Goals and Objectives

▪ ~~To revise and update the IPF Technical Rules. Changes to the IPF Technical Rules take place when needed.~~ The IPF Technical Rules can be amended once per calendar year. All amendments to the IPF Technical Rules shall follow the procedure set out in Section 19 – Appendix: IPF Technical Rule Book Amendments.

▪ The Rules Group is composed of members of the Executive Committee, the members of the Technical Commission, and one representative from each of the following Commissions: Athletes´, Coach, Entourage, Medical, Women's and Youth.

The Chair of the Technical Commission is the Chair of the Rules Group.

▪ To support a structured and transparent amendment process, the IPF shall maintain an official IPF Technical Rulebook Amendment Form, through which IPF Member Nations, IPF Commissions/Committees, and relevant stakeholders may submit proposed amendments, clarifications, or technical inquiries.

▪ All submissions shall be reviewed by the Rules Group in accordance with established procedures and may be incorporated into periodic Technical Rulebook updates or presented to the appropriate IPF body for consideration.

▪ The official submission link to the IPF Technical Rulebook Amendment Form shall be maintained and published on the IPF Technical Rules page to ensure accessibility and transparency.

4.11 Master's Commission

- **4.11.1 Establishment**
  - The International Powerlifting Federation (IPF) shall establish a Masters Commission to address matters relating to Masters athletes and divisions within the IPF.

- **4.11.2 Purpose**
  - The purpose of the Masters Commission is to represent and advance the interests of Masters athletes and to promote fair competition, participation, and development across all Masters age divisions within the IPF.

- **4.11.3 Composition**
  - The Masters Commission shall consist of six (6) members, appointed by the IPF Executive Committee, including:
    - (a) one (1) Chair.
    - (b) one (1) representative from each of the following Masters age divisions: Masters I, Masters II, Masters III, and Masters IV; and
    - (c) one (1) additional member, appointed to support the work of the Commission.
  - Members of the Masters Commission shall have relevant experience in Masters powerlifting and demonstrate the ability to contribute to the development and promotion of Masters athletes within the IPF.

- **4.11.4 Duties and Responsibilities**
- The Masters Commission shall:
  - (a) promote participation and retention of Masters athletes across all age divisions at national, regional, and international levels.
  - (b) provide recommendations to the IPF Executive Committee on matters relating to Masters competition structure, categories, and applicable rules.
  - (c) monitor and evaluate participation trends and competitive standards within Masters divisions to support informed and data-driven decision-making.
  - (d) advocate for fair and equitable opportunities for Masters athletes within IPF events, programs, and policies.
  - (e) support IPF Member Nations in the development and organization of Masters programs and competitions; and
  - (f) collaborate with other IPF Commissions and relevant bodies to ensure alignment on technical matters, safeguarding considerations, and athlete welfare relating to Masters athletes.

- **4.11.5 Reporting Obligations**
  - The Masters Commission shall report to the IPF Executive Committee through its Chair.
  - The Commission shall provide:
    - (a) an annual written report outlining its activities, recommendations, and key developments relating to Masters powerlifting; and
    - (b) such additional reports or updates as may be requested by the IPF Executive Committee.
    - The Chair of the Masters Commission may be invited to present reports and recommendations at meetings of the IPF Executive Committee and the General Assembly, as appropriate.

- **4.11.6 Advisory Role**
  - The Masters Commission shall act in an advisory capacity only.
  - All recommendations of the Masters Commission shall be subject to review, approval, and implementation at the discretion of the IPF Executive Committee.

4.12 Gender Equality and Representation

- **4.12.1 Principle**
  - All elections, nominations, and appointments conducted under the IPF Constitution and By-Laws shall reflect the principle of gender equality and balanced representation, consistent with the governance standards of the International Olympic Committee

- **4.12.2 Nomination Requirements**
  - a) Member Nations and all authorized nominating bodies shall demonstrate that gender balance has been actively considered when preparing nomination submissions.
  - b) Where more than one (1) candidate is nominated, reasonable efforts shall be made to include candidates of different genders.
  - c) All nomination submissions shall include a completed Gender Representation Declaration confirming compliance with this Article.

- **4.12.3 Election and Appointment Safeguards**
  - a) Election and appointment procedures shall be conducted in a transparent and inclusive manner, including:
    - o Open calls for candidates.
    - o Equal access to nomination and election information.
    - o Clear and accessible nomination procedures.
  - b) Nothing in this Article shall override the principle of election by vote as established under the IPF Constitution.

- **4.12.4 Representation Benchmark (Non-Quota Standard)**
  - a) The IPF adopts a minimum target benchmark of forty percent (40%) representation of each gender within its governance bodies.
  - b) This benchmark shall not constitute a mandatory quota and shall not invalidate election results.
  - c) Where the benchmark is not achieved, Member Nations and IPF bodies shall demonstrate best efforts and, where appropriate, outline corrective actions within a reasonable timeframe.

- **4.12.5 Reporting and Record-Keeping**
  - a) The IPF Secretary-General shall maintain records of:
    - The gender composition of candidate pools.
    - The gender composition of elected and appointed bodies.
  - b) Such information shall be included in the IPF's annual governance and compliance reporting.

- **4.12.6 Non-Compliance**
  - a) Failure to submit a required Gender Representation Declaration may result in:
    - o Rejection or suspension of incomplete nomination submissions.
    - o A request for corrective documentation prior to validation of the nomination.
  - b) Persistent or material non-compliance may be reported to the IPF Executive Committee for further consideration and potential action in accordance with the IPF Constitution and By-Laws.

5 INTEGRITY AND GOOD GOVERNANCE UNIT

5.1 Scope and Jurisdiction of the IGGU

5.1.1 The IPF Integrity and Good Governance Unit (the "IGGU") is an independent and neutral body constituted to ensure the sport of powerlifting is administered and operates with integrity in a democratic, professional, ethical and transparent way.

5.1.2 The IPF IGGU is a body at arms-length from the IPF which carries out investigatory and judicial functions pursuant to the IPF Integrity Rules, the IPF Dispute Resolution Rules and the Good Governance Tribunal Rules.

5.1.3 The IGGU's mandate is for all athletes who participate in powerlifting under the jurisdiction of the IPF do so in a fair and ethical manner in respect of all IPF's Integrity Rules which include but are not limited to:

i. **The IPF Integrity Code**
ii. **The IPF Conflict of Interest Regulations**
iii. **The IPF Regulations on the Prevention of Competition Manipulation**
iv. **The IPF Safeguarding Regulations**
v. **The IPF Dispute Resolution Rules**

5.1.4 The IGGU is comprised of the following bodies all of which are bound by the Dispute Resolution Rules, with the exception of the Good Governance Tribunal ("GGT) which is also bound by the GGT Rules:

i. **Integrity Officer;**
ii. **IGGU Investigation Unit;**
iii. **Disciplinary Officer;**
iv. **Safeguarding Officer;**
v. **Integrity Tribunal;**
vi. **Good Governance Tribunal;**
vii. **Integrity Appeals Tribunal.**

5.1.5 Any complaint received by the IGGU which is deemed, at the sole discretion of the Integrity Officer, to fall within the exclusions listed in the Integrity Code shall be considered outside of the jurisdiction of the Integrity Rules and Integrity Tribunal. The complaint will then promptly be:

i. Remitted back to the Complainant and deemed closed for lack of jurisdiction, and/or
ii. Remitted back to the Complainant who shall be advised to redirect the matter to the relevant national authority, or,
iii. Referred to the Good Governance Tribunal for processing in accordance with the Good Governance Tribunal Rules.

5.1.4 The IPF IGGU will be governed by its Terms of Reference and shall be fully independent from IPF, Regional Federations, Member Federations or National Associations and any other powerlifting stakeholders.

5.1.5 The Integrity Officer who heads the IGGU shall (i) be vetted and appointed by the Executive Council , (ii) shall bear recognized competence in the domains of health and medicine, law and integrity, and, (iii) hold a renewable four-year term.

5.1.6 The IGGU shall maintain a list of a minimum of 5 qualified members who may be appointed to decide Good Governance Tribunal and Integrity Tribunal and Appeals Tribunal matters. This appointment of this list of members shall be confirmed by the Executive Committee.

6 THE GOOD GOVERNANCE TRIBUNAL

6.1 Pursuant to the IPF Dispute Resolution Rules, the Good Governance Tribunal ("GGT") shall have jurisdiction to hear all matters referred to it from the IGGU as expressly listed in the Good Governance Tribunal Rules, in addition to other matters that may be referred to it by the IGGU from time to time.

6.2 The Good Governance Tribunal Rules shall set out all the processes applicable before the GGT

6.3 GGT decisions may be appealed to the Integrity Appeals Tribunal.

7. INTEGRITY TRIBUNAL and INTEGRITY APPEALS TRIBUNAL

7.1 Pursuant to the IPF Dispute Resolution Rules, the Integrity Tribunal and its appeal body the Integrity Appeals Tribunal will hold the sole jurisdiction to adjudicate any disciplinary matter brought forward under any IPF Integrity Rule or as otherwise outlined in these By-Laws

7.2 The Integrity Tribunal will hold jurisdiction and have power to discipline and sanction all individual defined in all IPF Integrity Rules as “Covered Persons”.

7.3 The Integrity Tribunal will be supported by the Integrity Officer and an Investigatory Body which have full power and authority, subject to the applicable Integrity Rules and legal requirements under Luxembourg law, to investigate and adjudicate matters relating to any complaint brought to the IGGU.

7.4 Pursuant to the Dispute Resolution Rules, the IGGU shall operate both a first instance Integrity Tribunal and second instance adjudicatory body, “the Integrity Appeals Tribunal”, to resolve disputes that arise out of the Dispute Resolution Rules or the Good Governance Tribunal Rules where the matter could not otherwise be resolved without recourse to the Integrity Tribunal.

7.5 A decision by the Integrity Appeals Tribunal exhausts all internal remedies possible within the IPF and may be final unless stated otherwise the Dispute Resolution Rules .

8 APPEALS FILED WITH THE COURT OF ARBITRATION FOR SPORT

8.1 Subject to applicable Luxembourg law, the following IPF bodies´ decisions are the only decisions that may be filed with the Court of Arbitration for Sport (CAS) in accordance with the Code of Sports-related Arbitration and the deadlines provided therein and in applicable IPF rules:

i. **GA** decisions pursuant to the Constitution or these By-Laws.
ii. An Integrity Appeals Tribunal decision, where provided in the Dispute Resolution Rules
iii. The IPF Doping Hearing Panel (DHP), the ADC, and all decisions issued by an IPF body (such as the Therapeutic Use Exemption Commission) pursuant the IPF Anti-Doping Rules and the World Anti-Doping Code.

8.2 No appeal shall be admissible before CAS if the Appellant has not exhausted all legal remedies available to them under these By-Laws or other applicable IPF Rules. No Appeals may be filed from IPF Integrity Rules where an IGGU Judicial Body decision taken under the same was expressly stated as being final and binding.

9 MEDIATION

9.1 Further to its initial assessment, the IGGU may, to promote and efficient and amicable resolution to a dispute, suggest the appointment of a person who has a legal background to serve as a Mediator in disputes referred to the IGGU. All parties must agree to mediation in order for it to occur.

9.2 Mediation may take place by video conference when suggested by the IGGU and only if agreed upon by all parties. Alternatively, a mediated settlement may be arrived at purely on a documentary basis. In all circumstances, any materials collected prior to the attempted negotiation shall form part of the case file.

9.3 The Mediator shall assist the parties to negotiate a settlement. The process shall be private and confidential. The Mediator shall act as a neutral third party and shall facilitate rather than direct the process to produce a result that is mutually agreeable to the parties.

9.5 When a mutually agreeable resolution is agreed upon by the parties, a written settlement agreement will be prepared by the IGGU and expressly agreed by all parties in full, final and binding resolution of the matter.

9.6 If the parties are unable to reach an agreement at mediation, then the case, if the circumstances require, can be referred to Integrity Tribunal. The case file may be remitted to the Integrity Tribunal, but all information pertaining to the failed mediation shall remain private and shall not be disclosed

~~5 COURT OF JUSTICE~~

~~5.1 Scope of Jurisdiction of the Court of Justice~~

The Court of Justice shall investigate the case of any IPF region, National Member Federation, official, athlete, support personnel, or any other person or organization acting in the sport of Powerlifting under IPF`s jurisdiction accused of any of the following:

- Bringing the sport of powerlifting into disrepute.
- Acting in a manner that is contrary to the best interests of the IPF.
- Contravening any of the provisions of the Constitution or By-Laws.
- Contravening any of the rules governing the accepted behavior of the IPF regions, the National Member Federations, and individual persons under the jurisdiction of the IPF.

Following such an investigation, it may impose an appropriate penalty e.g., but not limited to a fine, suspension, ban from participation in IPF Events, ban from hosting IPF Events, and recommending to the General Assembly an exclusion.

5.1.1 **Disciplinary Hearings and Representation**

The Court of Justice may conduct documentary, web-based, and in person disciplinary hearings. The following provisions shall apply to all disciplinary hearings:

Representation

The concerned party may have itself represented at the Court of Justice by an authorized person, e.g., lawyer. As such, for all hearings, the parties may be represented or assisted by attorneys, or other persons of their choice.

The costs for the representative(s) must be paid by the concerned party, regardless of the outcome of the hearing. The IPF accepts no liability for the cost of legal or any other representation for any parties.

The names, addresses, electronic mail addresses, telephone numbers of the persons representing the parties shall be communicated to the Chair of the Court of Justice. Where an attorney representing a concerned party wishes to be directly copied on correspondence, the lawyer shall file a signed Power of Attorney Document with the Chair of the Court of Justice.

All written statements (witnesses, claimants, respondents etc.) shall be signed and dated and ideally be filed as an affidavit.

Hearing Procedure

This procedure details the processes to be followed for reviewing and ruling on cases referred to the Court of Justice.

If the complainant requests a hearing in person, or by video conference this may be granted at the discretion of the Chair of the Court of Justice.

All cases lodged must be submitted to the IPF Secretary General. No case shall be accepted directly by the Court of Justice from any source.

No fee shall be payable for the first three (3) complaints submitted within any rolling twelve (12) month period.

For the purposes of this By-Law, the three (3) complaint limit shall apply collectively to:

a. each individual complainant;

b. each IPF Member Nation, regardless of the number of officers, directors, representatives, delegates, members, or other persons acting on its behalf; and

c. each legal entity or organization, regardless of the capacity in which a complaint is submitted.

A complaint shall be counted toward the applicable limit if it is filed directly or indirectly by, on behalf of, for the benefit of, or in the name of the same individual, Member Nation, legal entity, or organization. The Court of Justice shall disregard any attempt to circumvent the application of this By-Law through the use of multiple complainants, representatives, affiliated entities, or other intermediaries.

A fee of **Euro 500** shall be payable for each additional complaint submitted by the same individual, Member Nation, legal entity, or organization within the same rolling twelve (12) month period.

The fee shall be refunded if the complaint is upheld or the case is decided in favor of the party bringing the complaint before the Court of Justice.

No complaint requiring payment of a fee shall be accepted or processed until the IPF Treasurer has confirmed receipt of the fee in full.

If the complainant owes monies for any outstanding debts to the IPF, the case will automatically be rejected until such time as the debts are paid in full. The same principle applies to all other cases being brought before the Court at the discretion of the Chair of the Court of Justice.

Complaints must detail the applicable paragraph of the Constitution and/or By-Laws that has been violated. All complaints submitted must include independently substantiated evidence that a violation has occurred, or they will be rejected. All sanctions imposed shall be in accordance with the Constitution, By-Laws, and rules.

The burden of proof shall be on a balance of probabilities. The accused party shall be presumed innocent until proven guilty on a balance of probabilities. The principles of natural justice shall apply.

5.2 Independence and Impartiality of Court of Justice

Every member of the Court of Justice and any Hearing Panel shall be and remain impartial and independent of the parties in any hearing. This may be the entire Court of Justice or a sub-set, depending on the circumstances of the case and availability of members. The minimum number of a Hearing Panel shall be three.

Once nominated to a specific case by the Chair, each Court of Justice member shall sign a declaration that they are free from conflicts of interest and/or shall immediately disclose any circumstances which may affect their independence or impartiality with respect to any of the parties.

5.3 Format of Proceedings

Cases brought before the IPF Court of Justice shall be conducted primarily by way of documentary hearings unless a hearing in person or by video conference has been granted.

In case of a disagreement by the parties on the format of the proceedings the Court of Justice Chair shall make a final determination considering the urgency, the potential costs to the parties, and the particulars of the dispute.

5.4 Timeframe

The Court of Justice Chair shall within 14 days, forward the allegations to the accused party, who shall have 21 days to provide their defense. Extensions may be granted in exceptional circumstances.

The Court of Justice shall consider the submissions and request any clarifications they deem necessary from either party within 14 days.

The parties shall reply to any question from the Court of Justice within 14 days.

The Court of Justice shall send their decision, to the concerned parties, with a copy to the Secretary General.

5.5 Procedure for Court of Justice Documentary Hearings

The proceedings before the Court of Justice comprise written submissions and a documentary hearing. Upon receipt of the file and if necessary, the Court of Justice Chair shall issue directions in connection with the written submissions.

As a rule, there shall be submissions filed by the persons against whom charges have been brought. Ideally these will be in the form of a formal brief with exhibits. However, any email correspondence exchanged, and all statements and/or documents filed shall be accepted as part of the case file. Should the claimant elect to file additional materials, the persons accused shall also receive an electronic copy of said submissions.

Any witness or expert statements filed as exhibits by any of the parties involved should at the minimum be signed and dated and ideally be filed as an affidavit.

After the exchange of the written submissions, the parties shall not be authorized to produce further written evidence, unless the Court of Justice so permits because of exceptional circumstances. The written submissions shall be compiled and organized as needed by the Court of Justice Chair or his designated representative as case reporter and submitted to the Court of Justice Hearing Panel for its deliberations.

During its deliberations, should the Court of Justice determine that it requires additional information or clarifications from either of the parties concerned, other persons, or IPF on the submissions received, it shall be allowed to seek this out at any time prior to or during the hearing via the Chair of the Court of Justice.

Once having decided on the matter by majority vote, the Court of Justice will then issue a written and reasoned decision that will be communicated to the Secretary General and each party.

The Court of Justice judgement can be appealed in accordance with the IPF Legal Code i.e., Constitution, By-Laws, and rules as stated in the Court of Justice decision.

5.6 Composition and Duties of the Court of Justice

The Court of Justice shall be composed of a chair and a maximum of nine (9) members appointed by the Executive Committee.

No current member of the Regional EC or the IPF EC shall be a member of the Court of Justice. No member of the Court of Justice may belong to any other IPF body.

The Chair of the Court of Justice shall appoint a Deputy Chair. If the Chair of the Court of Justice is prevented from acting in any matter, the Deputy Chair shall replace him. If both the Chair and the Deputy Chair are prevented from acting in any matter, the remaining members of the Court shall choose an acting Chair.

The Chair of the Court of Justice shall appoint three persons from the Court of Justice into a Panel of whom at least one shall have legal training to adjudicate matters before it. In the case that all members are for any reason non independent to the case the Chair has the right to appoint on case-by-case basis substitutes. The Chair may decide that a sole member may hear and decide the matter.

The Court of Justice shall conduct hearings and apply sanctions in all disciplinary cases originating from violations from the IPF Rules (except Anti-Doping matters and Ethical matters)

The Hearing of the Court of Justice shall respect the following principles:

- A timely hearing.
- A fair and impartial hearing body.
- The right of representation by a lawyer at the hearing.
- The right to be fairly and timely informed of the rule violation.
- The right of each party to present evidence including the right to call witnesses.

All sentences must be duly motived.

5.7 Other Breaches brought before the Court of Justice

An investigatory panel of at least 3 members of the Court of Justice appointed by the Chair shall investigate alleged violations of the Constitution, By-Laws, and rules. The Chair shall appoint one case reporter to prepare the case file for the respective case.

A confidential investigation shall be undertaken by the panel of the Court of Justice. The right to due process of the person concerned shall be respected.

The investigation outcomes shall be written down in a report that shall be presented to the Members of the Court. The Court shall adjudicate whether a violation of the Constitution, By-Laws and rules has been committed. The sanction decision, where appropriate, shall be made by the Court of Justice. After examining all facts and documents the Court makes its decision and sends it to the relevant parties and the IPF Secretary General who forwards it to the members of the Executive Committee. Decisions taken by the Court of Justice on the cases arising from violations of the Legal Code may be appealed to the Court of Appeal, as a second instance before the case can be taken to the Court of Arbitration for Sport (CAS).

The Court of Justice shall conduct investigations and make decisions also on all other disciplinary cases or matters arising within the IPF and its Regional Federations, except on doping related cases, ethical matters, or matters with decision making authority for General Assembly.

The Secretary General shall refer the adjudication of all cases to the Court of Justice, except for:

- Cases arising from any violations to the IPF Anti-Doping Rules which shall always be dealt with by the Doping Hearing Panel.
- Cases arising from a breach of the IPF Code of Ethics.
- Cases arising from matters which are within the decision-making authority of the General Assembly.

National Member Federations may request disciplinary adjudication before the Court of Justice via the IPF Secretary General.

The panel of the Court of Justice shall further collect all relevant information and evidence needed to deal with the cases as mandated in the various parts of the Constitution and By-Laws and the Legal Code. All sensitive information shall be treated with utmost confidentiality by all parties involved.

The Court of Justice may provide advisory opinions on any potential issue related to the Constitution, By-Laws, and Rules.

Disciplinary action may be taken by the COJ when regional federations, national federations, athletes, coaches, or officials FAIL to comply with IPF Court of Justice (COJ) decisions.

6 COURT OF APPEAL

6.1 Introduction

The Court of Appeal shall serve as a second instance internal legal body of the IPF for all decisions rendered further to adjudication undertaken under IPF authority except for:

- Appeals from decision rendered further to a violation of the IPF Anti-Doping Rules.
- Cases arising from a breach of the Code of Ethics
- Cases which are within the decision-making authority of the General Assembly.

A decision by the Court of Appeal exhausts all internal remedies possible within the IPF.

A fee of Euro 500 must be paid for each complaint brought before the Court of Appeal. The fee shall be refunded if the appeal is upheld in favor of the Appellant. The complaint will neither be dealt with nor is it admissible until the Treasurer confirms receipt for payment in full of this fee.

Once having decided on the matter by majority vote the Chair shall send a copy of the decision to the Secretary General and to each party.

6.2 Appeal Hearings

The IPF Court of Appeal shall receive all documents relating to any appeal for which it has jurisdiction under the Constitution and By-Laws.

A Notice of Appeal to the IPF Court of Appeal must be received by the Secretary General within 30 days of the written notification of the decision on which the appeal is based. The Secretary General will forward the Notice of Appeal to the Court of Appeal Chair.

The Court of Appeal may, at its absolute discretion, in exceptional circumstances, extend the deadline for receipt of the Notice of Appeal, where the Appellant provides a compelling reason for being unable to meet such requirement. Once the Appeal has been deemed admissible, the Court of Appeal Chair will so notify the parties to the Appeal and outline the Court of Appeal disciplinary process including but not limited to all submission deadlines, production of documents and expert evidence, hearing date etc.

The Court of Appeal shall, within 30 days of receiving all documentation and submissions relating to the appeal or, if a hearing is to be held, within 30 days of such hearing, examine the evidence submitted and decide on the case.

Decisions made by the Court of Appeal may exclusively be appealed to CAS. The time limit for appeal shall be twenty-one days from the receipt of the decision appealed against.

6.3 Composition and Procedures of the Court of Appeal

The Court of Appeal consists of a Chair appointed by the EC and a maximum of 6 members.

No current member of the Executive Committee or any Regional Federation's Executive Committee shall be a member of the Court of Appeal. Any member of the Court of Appeal shall not be simultaneously a member of the Court of Justice.

The procedures for the Court of Appeal are directed correspondent to the respective rules for the Court of Justice.

7 ETHICS COMMISSION

An Ethics Commission shall be established and maintained by the IPF to hear and decide all breaches of the Code of Ethics in accordance with the Rules as set out in the Constitution and By-Laws.

The Ethics Commission shall operate independently of the IPF in accordance with the Constitution, By-Laws, and applicable Rules.

The Executive Committee shall appoint an independent and impartial Ethics Commission composed of 3 members who are legally qualified persons and who shall serve for the quadrennium. One shall be appointed Chair of the Commission.

Upon receiving a written request from the Ethics Commission, the concerned party against whom a complaint has been made shall provide such further information or documentation within such a period as may be reasonably required. The Ethics Commission will give the said party a reasonable opportunity to make representations in writing, in person or using a duly appointed counsel or representative in connection with the said complaint before making any final decision thereon.

~~The Ethics Commission shall be entitled to impose appropriate sanction including, without limitation, the following:~~

- ~~a warning or reprimand.~~
- ~~a suspension for a fixed period of up to 4 years from holding office or other position held by an Official and/or until a specified set of conditions have been met to the IPF Ethics Commission's satisfaction return of any IPF award.~~
- ~~a ban for a fixed period of up to a lifetime from taking part in any Powerlifting related activity.~~
- ~~a recommendation to the IPF Executive Committee of the notification of the matter to the appropriate law enforcement authorities.~~

~~Decisions made by the Ethics Commission may exclusively be appealed to CAS. The time limit for appeal shall be twenty-one days from the receipt of the decision appealed against.~~

~~8 APPEALS FILED WITH CAS~~

~~No appeal shall be filed with the Court of Arbitration for Sports (CAS) before the Appellant has exhausted all legal remedies available to him prior to an appeal, in accordance with the relevant rules of these By-Laws and any other IPF rules including, without limitation the IPF Anti-Doping Rules.~~
~~An Appeal against the following IPF bodies´ decisions may be filed with CAS in accordance with the Code of Sports-related Arbitration:~~

- ~~The General Assembly (GA); decisions for cases where an appeal may be referred to the GA, as defined in the relevant rules of these By-Laws.~~
- ~~The Court of Appeal (CA); decisions on cases where an appeal against a decision made by the Court of Justice is referred to the CA, as defined in the relevant rules of the By-Laws.~~
- ~~The IPF Doping Hearing Panel (DHP) and the ADC; all decisions issued pursuant the IPF Anti-Doping Rules and the World Anti-Doping Code.~~
- ~~The Ethics Commission's decisions on cases arisen from the Code of Ethics, as defined in the relevant articles of the of the By-laws and the relevant clauses of the Code of Ethics.~~
- ~~The Therapeutic Use Exemption Commission's decisions on the granting or denial of TUE applications, as defined in the IPF Anti-Doping Rules and the International Standard for TUEs.~~

~~9 MEDIATOR~~

~~The Executive Committee shall appoint one person who has a legal background to serve as a Mediator in disputes that fall under the jurisdiction of the IPF between two or more IPF parties who voluntarily participate in mediation for such disputes between the parties that, according to these By-Laws and/or the Code of Ethics, or any other Code, do not necessarily require a full disciplinary process.~~

~~Mediation will take place only by the request of both (or more) parties. The written request must be sent to the Secretary General who shall refer the case to the Mediator.~~

~~The Mediator shall assist the parties to negotiate a settlement. The process shall be private and confidential. The Mediator shall act as a neutral third party and shall facilitate rather than direct the process.~~

~~The Mediator does not decide the outcome. Instead, the Mediation should produce a result that is mutually agreeable to the parties.~~

~~If the parties are unable to reach an agreement at mediation, then the case, if the circumstances require, can be referred to the Court of Justice. All information pertaining to the mediation shall remain private and shall not be disclosed.~~

~~10~~ 10 ANTI-DOPING

~~10~~10.1 Anti-Doping Commission (ADC)

10.1.1 Responsibilities
The ADC is responsible for the IPF´s and its National Member Federations' proper implementation of the IPF Anti-Doping Rules as well as the oversight of ~~administration of the~~ IPF's operationally and administratively independent ~~entire~~ anti-doping program to ensure its full compliance and conformity with the World Anti-Doping Code and all applicable International Standards.

10.1.2 Scope of Activities
The ADC's responsibilities include but are not limited to ~~management~~, oversight~~, and administration~~ of all IPF's activities related to anti-doping such as testing, analysis of samples, therapeutic use exemptions, investigations, education, results management, and disciplinary procedures.

10.1.3 Composition
The Anti-Doping Commission shall consist of a Chair and no fewer than four (4) members with a maximum total composition of six(6) members all possessing relevant experience in anti-doping **matters.**
~~additional members, with a maximum total composition of six (6) members, all possessing relevant experience and expertise in anti-doping matters~~

~~10~~10.2 Doping Hearing Panel

The IPF Doping Hearing Panel (DHP) consists of a Chair and maximum of five other medical or legal experts with experience in anti-doping. Each panel member shall be ~~otherwise~~ independent of the IPF and sign a yearly Conflict-of-Interest Form ~~to that effect prior to being named to decide on any case.~~as well as a Declaration of Independence for each matter for which they are appointed. Each panel member shall serve renewable four ~~-~~ year~~s~~ terms.

~~Pursuant to Article 8 of the IPF Anti-Doping Rules, all DHP members are operationally independent from the IPF. They are responsible for adjudicating hearings when it appears, following the result management process described in Article 7 of the IPF Anti-Doping Rules, that the IPF Anti-Doping Rules have been violated, and the Athlete or other person has not waived their right to a hearing.~~

~~The DHP will typically hold hearing "on-the papers" and issue a written and reasoned decision to all relevant parties within 30 days of the conclusion of the hearing.~~

Decisions made by the DHP may be appealed as defined in Article 13 of the IPF Anti-Doping Rules.

11 EVENTS

~~11~~.1 Applications

The application to organize an International Event (the "Application") must be submitted by Regional Federations, National Member Federations, or third parties seeking IPF approval for any International Event to be organized or sanctioned by them.

The application and supporting documentation shall be submitted to the Executive Committee at a minimum of 36 months prior to the proposed date of the International Event.

11.2 Application Details and General Information

- Name of the Regional Federation, National Member Federation or alternatively the name, contact address, address, phone number, and email address of the third-party applicant.
- If a legal entity, the registered address, registration number, tax number(s), name, and function of representative for applicant, direct contact number, and direct contact email address.
- Venue and facilities.
- Intended list of invited athletes (eligible and non-eligible).

- Undertaking that all International Event staff and volunteers will have undergone background screening to ensure the safety and well-being of all participants.
- If the Event is organized by a National Member Federation or co-organized by a third party with a National Member Federation, the planned TV coverage and tentative telecast schedule in each territory falls under the jurisdiction and approval of the IPF EC. All distribution rights are the sole property to the IPF.
- Prize Money and/or appearance fees.
- A clear description of any proposed modifications of the IPF Rules and Requirements or any proposed novelty.
- A written declaration confirming that the Applicant conforms to the IPF Rules.

11.3 General Requirements

To ensure the proper functioning of International Events by third parties, proof of sufficient financial standing for organizing the planned International Event must be provided in advance. Applicants are requested to provide a copy of the previous year's annual financial report filed with the relevant companies' registry and a letter from a reputable accountancy firm confirming that the organizer is in good financial standing for the organization of the Event and in has sufficient funds to pay all prize monies or payments due to participating athletes and officials. The Applicant shall provide evidence of relevant professional risk liability insurance for the International Event.

11.4 Technical and Sporting Requirements

Proposed dates including an indication of any potential conflicts with Events on the IPF Calendar of Events (having regard to the proposed dates, level of athletes to be invited, and location of the proposed Event).

Proposed number and qualification of officials to be approved by the IPF, such approval not to be unreasonably withheld.

If necessary, an inspection of the facility may be required in advance to receive approval to organize the Event.

11.5 Authorization Procedure

The Executive Committee shall verify the completeness of the documentation contained in the application and in the case of incompleteness grant the applicant the right to supplement its documentation. Failure to complete the application within the requested time frame, or revised time frame agreed with the applicant, shall result in the rejection of the Application for being manifestly incomplete.

A complete application shall be decided upon by the Executive Committee no later than 30 days upon receipt of the complete application.

The Executive Committee shall accept or reject the application on a non-discriminatory basis between third parties and IPF members based on the requirements set out above.

On payment of the required fee, the Executive Committee will issue a permit for the International Event to the organizer. An additional condition for permission is that, at the International Event doping tests must be carried out in accordance with the IPF Anti-Doping Rules, the ADC's test distribution plan, and in full conformity with the International Standard for Testing and Investigations. Facilities must be made available in which doping control may be carried out. These are separate facilities or rooms and are not to be used for any other purposes for the duration of the Event. The Event organizers are wholly responsible for the costs associated with ensuring compliance with the requirements outlined in the IPF Antidoping Rules, the International Standard for Testing and Investigations and any other specific directives related to anti-doping issued by the ADC on a need-be basis.

No National Member Federation shall take part in an International Event for which a permit has not been issued.

The Executive Committee's decision shall be communicated to the applicant in writing. Should an application be rejected, the Executive Committee shall provide the applicant with the reasons for the rejection.

11.6 Suspension for Failure to pay Appropriate Fees and Fines

All IPF membership fees and other fees are outlined at Article 12.7 of these By Laws.

Any National Member Federation nominating athletes for any of the Events listed in the By-Laws that has not fully paid a previously imposed fine arising from a violation of any IPF rule shall automatically have its IPF membership suspended, with all resulting consequences, until such time as the required fine is paid in full.

If a National Member Federation nominated for an International Event has not paid the required participation fee or anti-doping fee, representative of the number of Athletes nominated, to the bank account of the IPF within one day prior to the Technical Meeting for the Event, a penalty fee of 500 Euro will be charged.

A National Member Federation that cannot pay electronically and will pay in cash at the Event shall give a written notice to that effect to the Treasurer no less than 14 days prior to the Event. The invoice must be sent to the nominating National Member Federations by the Treasurer, latest 14 days prior to the day of the Technical Meeting for each of the International Events.

12 PROCEDURES

12.1 Incorporation of the IPF

The IPF is incorporated under the laws of Luxembourg. The IPF's business address is as follows:

International Powerlifting Federation
3, route d'Arlon L-8009 Strassen Luxembourg
Phone: +352 661 555 964
office@powerlifting.sport

The headquarters is located at the Maison-des-sports (House of Sport) in Luxembourg.

It is not necessary to move the country of incorporation with changes of officers or with a move of the headquarters if all functions of the IPF are continued without interruption and the corporate and legal integrity of it are maintained. The Executive Committee will make any necessary changes in location of incorporation or of location of the headquarters.

12.2 National Member Federations' Registry

All listings in the Registry of the IPF National Member Federations shall include the following information:

12.2.1 Public Registry Information
The publicly accessible registry shall include:
a) the name and official physical address of the National Member Federation.
b) the names, official email addresses, and official phone numbers of the National Member Federation's President and Secretary- General.
c) the National Member Federation's official webpage

12.2.2 Internal Governance Records
The IPF shall maintain internal governance records, which may include:
a) The names, official email addresses, and official phone numbers of all Executive Committee officers of the National Member Federation;
b) Additional organizational data and contact information necessary for governance, administration, and communication purposes.

12.2.3 Accuracy and Maintenance
National Member Federations shall ensure that all submitted information is accurate and kept up to date. Any changes shall be reported to the IPF Secretary-General, Assistant Secretary-General, and IPF office email via within a reasonable period.

12.2.4 Data Protection
All personal data collected and maintained under this provision shall be processed in accordance with applicable data protection laws and IPF policies.

12.3 Application for National Affiliation

12.3.1 – Submission of Application for National Affiliation

- All new applications for national affiliation should be forwarded and/or received by the Secretary General, cc Assistant Secretary-General, and IPF office (office@powerlifting.sport).

12.3.2 Required Documentation

- Once the application for national affiliation is received, the Secretary General shall request that the federation submit the following documents (**English translation only)** via the IPF Application for National Affiliation (New Member Nation Federation) form desiring to join the IPF.

a. Governance Documents
• National Federation Constitution*
• National Federation By-Laws (or equivalent constitutional instrument governing internal operations) **

- The IPF recognizes that domestic law may permit the registration of a powerlifting national federation without bylaws. However, if an IPF Member Nation's Constitution does not contain the following components, it must submit By-Laws (or an equivalent constitutional instrument governing internal operations) to the IPF Law and Legislation Commission for review and approval as a Member Nation governance document:
  - **Democratic decision-making structures,** including a General Assembly with clearly defined authority over the federation's governance.
  - **Clearly defined roles, powers, and responsibilities** of governing bodies, including the Executive Committee and any other statutory bodies.
  - **Transparent and fair electoral procedures**, including nomination procedures, voting processes, and defined election cycles.
  - **Conflict-of-interest safeguards**, including procedures for disclosure, management, and resolution of potential conflicts.
  - **Disciplinary procedures,** including provisions ensuring athlete and member due process.
  - **Internal appeal mechanisms** allowing decisions to be reviewed through an independent or designated appeals process.
  - **Predictable and non-arbitrary governance**, ensuring that decisions are made in accordance with written rules and procedures.
  - **Regulation of the day-to-day operations of the federation**, including administrative, financial, and organizational procedures necessary for the effective management of a national sport federation.

- **Compliance with the IPF Constitution, By-Laws, and applicable international sport regulations,** including anti-doping obligations and safeguarding standards where applicable.

b. Organizational and Operational Documentation

- Member Data Form
- Competition Results

c. Legal Recognition

- Letter of recognition from either the Ministry of Sport or the National Olympic Committee. If the National Federation is not recognized by the Ministry of Sport and/or the National Olympic Committee, the Association/Federation MUST be registered in the applying nation's government public registry website as a non-profit organization.
- ~~General Assembly Meeting Minutes containing the annual report, the financial statements,balance sheet, P/L Statement, as well as an Auditor's Report.~~

d. Financial and Governance Accountability

- General Assembly Minutes confirming the presentation and approval of the federation's Annual Report and audited Financial Statements, including the Statement of Financial Position (Balance Sheet), Statement of Income and Expenditure (Profit and Loss Statement), and Cash Flow Statement, together with the Independent Auditor's Report or certified financial review, where applicable.
- Calendar of Annual Events (including one classic &equipped national championship per year)
- National Federation Anti-Doping Rules and Anti-Doping Officer Contact Information.

12.3.3 Governance Review IPF By-Law and Legislation Commission

- Upon receipt of a complete application for national affiliation, the Secretary-General shall forward the application to the IPF Law and Legislation Commission.
- The Commission shall:
  - Conduct a formal governance compliance review
  - Verify alignment with:
    - IPF Constitution
    - IPF By-Laws
    - Applicable international sport governance standards
- The review shall include a structured governance checklist assessment, identifying:

  - Compliance
  - Partial compliance
  - Non-compliance
  - Required corrective actions (if applicable)

12.3.4 Commission Assessment and Recommendation

- Following review, the IPF Law and Legislation Commission shall submit to the IPF Executive Committee:
  - Copies of all governance documents submitted with the member nation's application for national affiliation in line with IPF By-Law Article 12.3.2
  - A written governance assessment report
  - A clear recommendation, which may include:
    - Approval
    - Conditional approval (subject to corrective actions)
    - Deferral pending further information
    - Rejection

12.3.5 Executive Committee Review and Decision

- The IPF Executive Committee shall review the application and the Commission's assessment prior to voting on the application.
- The Executive Committee may:
  - Approve membership
  - Approve membership subject to conditions
  - Defer the application
  - Reject the application

12.3.6 Post- Membership Governance Compliance and Monitoring

Once the applying nation federation becomes an IPF member nation, the IPF may request ~~the following documents~~ copies of a Member Federation's governing documents and supporting information (**English translations only)** at any time in order to verify compliance with these governance standards.

~~Failure to provide the documents and reports, the IPF EC may elect to suspend National Federation on a temporary basis.~~ Failure to maintain governance structures consistent with these requirements may constitute grounds for corrective measures or disciplinary action in accordance with the IPF Constitution and By-Laws, to include an IPF By-Law 12.3 IPF Member Nation Governance Review, the IPF Executive Committee may elect to temporary suspend a National Federation.

- National Federation Constitution
- Competition Results
- ~~Annual General Assembly Meeting~~ Minutes ~~containing the annual report, the financial statements,balance sheet, P/L Statement, as well as an Auditor's Report.~~
  Annual General Assembly confirming the presentation and approval of the federation's Annual Report and audited Financial Statements, including the Statement of Financial Position (Balance Sheet), Statement of Income and Expenditure (Profit and Loss Statement), and Cash Flow Statement, together with the Independent Auditor's Report or certified financial review, where applicable.
- Calendar of annual Events (including one classic &equipped national championship per year)
- Member Nation Website
- National Federation Anti-Doping Rules and Anti-Doping Officer Contact Information
- Any other relevant information requested by the IPF.

12.3.7 Independence and Recognition of National Member Federations

National Member Federations affiliated with the IPF must be independent powerlifting federations whose primary purpose is the governance and administration of the sport of powerlifting within their respective country.

Applications for IPF membership shall be submitted only by a national powerlifting federation. Applications from joint federations, multi-sport strength organizations, or bodies representing multiple strength disciplines shall not be accepted unless powerlifting is governed through a clearly independent organizational structure within the federation.

National Member Federations affiliated with the IPF shall not be affiliated with any other organization having objectives similar to those of the IPF, nor with any organization purporting to be, or seeking to become, a worldwide governing body for powerlifting. This restriction shall be explicitly set out in the Constitution of the affiliated National Member Federation.

A National Member Federation that joins or maintains affiliation with a competing international association, or a body declared as such by the IPF Executive Committee, may be suspended if it refuses to comply with the recommendations or directives issued by the IPF Executive Committee.

12.3.8 Member Nation Website

Each IPF Member Federation shall maintain an official and publicly accessible website that provides accurate and up-to-date information regarding the federation's governance, administration, and sporting activities. The official website shall serve as the primary public

source of information regarding the federation's governance, regulations, and national sporting activities.

The official website of each Member Federation shall include, at minimum, the following information:

1. The name and contact information of the federation, including an official physical address, official email address, and official phone number.
2. The names, official positions, and official email address of all members of the federation's Executive Committee or governing body. Phone numbers are optional.
3. The federation's constitution, statutes, and by-laws or equivalent document (where member nation Constitution does not include components listed in IPF By-Law 12.3 paragraph 1), and a summary of its governance structure.
4. All annual General Assembly and Extraordinary General Assemblies (where applicable) meeting minutes and reports as well as the presentation and approval of the federation's Annual Report and audited Financial Statements, including the Statement of Financial Position (Balance Sheet), Statement of Income and Expenditure (Profit and Loss Statement), and Cash Flow Statement, together with the Independent Auditor's Report or certified financial review, where applicable.
5. The annual calendar of national events, including at minimum one Classic (Raw) National Championship and one Equipped National Championship conducted each year.
6. Information regarding athlete eligibility, membership requirements, and national team selection procedures, where applicable.
7. Reference to the federation's compliance with the IPF Constitution, By-Laws, Technical Rules, and anti-doping obligations, including adherence to the World Anti-Doping Code.

Member Federations shall ensure that the information published on their official website is kept current and accessible to athletes, officials, and the public. At a minimum, Member Federations shall maintain up-to-date information regarding their governance structure, Executive Committee members, applicable governance documents (Constitution, Statutes, By-Laws or equivalent document) rules, policies, and official contact channels. Compliance with this requirement shall form part of periodic governance reviews conducted by the IPF.

12.3.9 Governance Compliance Review

12.3.9.1 Purpose

The purpose of this Article is to establish a structured, transparent, and uniform process for reviewing the governance documents and statutory compliance of Regional Federations and Member Nations.

The Governance Compliance Review shall be conducted in accordance with the IPF Governance Compliance Review Policy adopted by the Executive Committee.

12.3.9.2 Periodic Review Cycle

12.3.9.2.1

A comprehensive governance compliance review shall be conducted every four (4) years, aligned with the Olympic cycle (Periodic Review).

12.3.9.2.2

The Periodic Review shall assess constitutional alignment, democratic processes, election procedures, judicial independence, conflict-of-interest safeguards, and other governance standards required under IPF regulations.

12.3.9.3 Annual Governance Confirmation

12.3.9.3.1

Except for the year in which a Periodic Review is conducted, each Regional Federation and Member Nation shall annually confirm in writing via the IPF's Annual Governance Confirmation Form:

a) That its Constitution and By-Laws remain unchanged;
b) Submit redlined Constitution and By-Laws amendments if modifications have been adopted.
c) Confirm, by way of written statement, whether documentation evidencing its legal and/or sport governance standing exists within its national framework and remains valid (as further described under Article 12.3.9.3.3). Such confirmation shall be made in good faith and shall be deemed a formal representation to the IPF.

12.3.9.3.2

The annual confirmation shall include the date of the most recent General Assembly and confirmation of democratic election compliance.

12.3.9.3.3

External Recognition Documentation (Upon Request)

Each Regional Federation and Member Nation shall, upon request by the IPF Executive Committee, provide documentation confirming its legal or sport governance standing, where such documentation exists or would reasonably be expected to exist within its national framework.

Such documentation may include:

a) A certificate or letter of good standing issued by the relevant governmental authority responsible for legal entity registration; confirming that the federation is duly registered and remains in good standing as a non-profit organization.

b) Confirmation of recognition or affiliation from the National Olympic Committee or national sports authority;

c) Proof of registration in an official national registry of sports organizations.

Failure to provide such documentation without reasonable justification may be subject to review and potential action under IPF governance and compliance provisions.

12.3.9.4 Trigger-Based Review

The IPF may request documentation under Article 12.3.9.3.3 where such a request is reasonably necessary and proportionate, including but not limited to the following circumstances:

a. IPF Membership applications

b. Adoption of a new Constitution or By-Laws

c. Receipt of a formal complaint supported by a reasonable factual basis and alleging a specific violation of the IPF Constitution, IPF By-Laws, and/or the IPF Code of Ethics;

d. Allegations of non-democratic elections

e. Failure to comply with governance submission requirements

f. Periodic Review (every four years)

g. Referral by the IPF Executive Committee, IPF Court of Justice, IPF Court of Appeal, or IPF Ethics Commission.

h. Significant governance concerns affecting IPF integrity, legitimacy, or recognition

i. Any matters arising from the Annual Governance Confirmation Form.

12.3.9.5 Reporting

The IPF Executive Committee will refer all relevant information to the Law & Legislation Commission for a governance compliance review. The Law & Legislation Commission shall submit a written compliance Report and any non-binding recommendations to the IPF Executive Committee following each governance compliance review.

The IPF Executive Committee shall consider such Report and recommendations and determine appropriate action, which shall be proportionate and consistent with the findings of the Report, with reasons provided where any recommendations are not adopted.

12.3.9.6 Notice and Cure Period

12.3.9.6.1 – Principle

Where a Regional Federation or Member Nation is found to be non-compliant with the IPF Constitution, By-Laws, or applicable governance standards, the Regional Federation or Member Nation shall be notified in writing. The IPF will provide a defined period (“Cure Period”) to remedy the identified deficiency prior to the imposition of further measures.

12.3.9.6.2 – Determination of Cure Period

The duration of the Cure Period shall be reasonable and proportionate to the nature, severity, and complexity of the matter, taking into account the need to ensure fairness, due process, and the integrity of the sport.

Unless otherwise specified, the following indicative timeframes shall apply:

a) **Minor administrative or documentation deficiencies:** 14–30 days
b) **Moderate governance or procedural deficiencies:** 30–60 days
c) **Serious governance breaches or structural non-compliance:** 60–90days
d) **Urgent matters affecting athlete eligibility for competition (international, regional, & national), athlete safety, safeguarding, anti-doping, or integrity:** Immediate action or a shortened Cure Period of up to 14 days, which may be accompanied by interim protective measures.

12.3.9.6.3 – Notice Requirements

Any Cure Period shall be communicated in writing and shall include:

a) A clear description of the identified deficiency;

b) The specific corrective actions required;

c) The applicable deadline(s);

d) The potential consequences of failure to comply within the Cure Period.

12.3.9.6.4 – Monitoring and Interim Measures

Where appropriate, the IPF may:

a) Require progress updates during the Cure Period;

b) Impose interim measures to safeguard governance, athlete welfare, or the integrity of the sport;

c) Provide guidance or support to facilitate compliance.

12.3.9.6.5 – Failure to Cure (Corrective Measures)

Failure to remedy the identified deficiency within the prescribed Cure Period may result in the imposition of measures, including but not limited to:

a) Formal warning or reprimand;

b) Suspension of certain membership rights;

c) Restrictions on participation in IPF activities or events;

d) Referral to the Executive Committee, Ethics Commission or Court of Justice for further action.

12.3.9.6.6 – Extension of Cure Period

An extension of the Cure Period may be granted upon written request, where the Member Federation demonstrates good faith efforts toward compliance and provides reasonable justification for the extension.

12.3.9.7 Facilitated General Assembly

Where a Regional Federation or Member Nation is unable or unwilling to properly convene and conduct a General Assembly in accordance with its governing documents and IPF requirements, the IPF Executive Committee may, as a measure of last resort, facilitate or administer the General Assembly process.
Such intervention may be invoked where there is a reasonable and substantiated basis, including but not limited to:

a) Expiration, invalidity, or dispute concerning the mandate of the Executive Committee;
b) Failure to hold elections within prescribed timeframes;
c) Material procedural irregularities affecting prior or proposed General Assemblies;
d) Governance paralysis or external interference; or
e) Any circumstance materially compromising governance integrity.

In such cases, the IPF shall act solely as a neutral and independent facilitator, with its role limited to ensuring that:

i) Proper notice is issued;
ii) A verified list of eligible members and voters is established;
iii) The agenda complies with applicable constitutional requirements;
iv) Quorum requirements are met;
v) Voting procedures are conducted fairly and transparently; and
vi) Proceedings are properly recorded.

Under no circumstances shall the IPF determine or influence the outcome of any vote, election, or decision.

12.3.9.7.1 Principles of Intervention

All actions taken under this Article shall be:

a) Temporary and limited to what is necessary to restore lawful governance;
b) Proportionate to the identified governance deficiency;
c) Respectful of the autonomy of the Member Nation or Regional Federation; and
d) Conducted in accordance with principles of transparency, fairness, and good governance.

Upon completion of the corrective process, full governance authority shall revert to the duly constituted governing body.

12.3.9.7.2 Record keeping /Final Documentation

The IPF shall maintain a written record of all governance compliance reviews and interventions, including:
a) The basis for review or intervention;
b) Actions taken; and
c) Confirmation of resolution.
Such documentation shall form part of the official IPF governance records.

12.4 Timelines for submitting and awarding Bids for International Event

All bids, accompanied by outline reports on the extent of preparations made, shall be sent to the Championship Secretary at least ninety (90) days before the next General Assembly. All organizers must sign a pre-organizer's contract with the bid submission and a final organizer's contract one year before the according Event; otherwise the IPF sanctions will apply if this federation withdraws.

The Executive Committee will examine the bids and decide where the different Events will be held. The selected organizer must then report in detail to the General Assembly.

12.5 Executive Committee Expenses and Financial Administration

12.5.1 Permitted Expenses by Officers

- The permitted expenses of all officers of the IPF shall be determined by the IPF Executive Committee and included within the annual budget proposals presented to the General Assembly. If necessary, the Executive Committee may, by a two-thirds majority vote, vary payments approved in the budget. In accordance with the duties and workload associated with their positions, IPF Executive Committee officers may receive a monthly expense allowance as determined by the Executive Committee and reflected in the approved budget.

12.5.2 Daily Allowance for the IPF Executive Officers at the IPF Events

- A daily meal allowance, as determined by the IPF Executive Committee, may be provided to Executive Committee members to cover reasonable meal and incidental expenses incurred while traveling to and attending IPF Events in an official capacity. The daily allowance shall apply to both travel days and event days.

12.5.3 Travel and Accommodation Costs for the IPF Executive Officers

- Travel, accommodation, and other expenses incurred by Executive Committee members while performing authorized duties may be reimbursed by the IPF in accordance with the approved IPF budget and financial policies.

12.5.4 Compensation for Other IPF Officials

- Other IPF officials may receive compensation for services performed on behalf of the IPF. Such compensation may be provided on a per-event, daily, monthly, or annual basis, as determined by the Executive Committee and in accordance with the approved IPF budget. All such compensation shall be administered through the Treasurer and included in the annual financial report presented to the General Assembly.

12.5.5 Expense Authorization and Financial Oversight

- All expense claims must be submitted to the Treasurer and supported by appropriate documentation. Reimbursements shall be approved and processed in accordance with the IPF financial procedures and the approved annual budget.

12.6 Use of "World" as Relates to World Events Defined

The word "World" in connection with powerlifting may only be used by the IPF for Events and records.

12.7 Membership Fee and other Fees

The annual membership fee shall include all Events and international sanction fees except for International Events.

For these, sanction fees shall be paid in accordance with the following scale of subscriptions and fees:

Annual National Membership Affiliation Fee	Euro	**500** ~~400~~
Referee Examination Fee (Exams are free of charge for women)	Euro	50
Event Participation Fee for each athlete	Euro	**100** ~~60~~
Referee Card Renewal Fee (Men and women)	Euro	50
IPF Referee tie and Scarf	Euro	30
IPF Referee Badge (if lost)	Euro	15
Event Sanction Fee World Championships	Euro	**1500** ~~1000~~
~~Regional/~~World Championship Capitation Fee for each nominated Coach	Euro	50
Event Sanction Fee Combined World Championships (Equipped/Classic)	Euro	**2000** ~~1500~~
Event Sanction Fee Other Events	Euro	250
TUE Application Processing Fee	Euro	100
Anti-Doping Fee (Effective June 1, 2025)	Euro	75
Analysis of B-Sample	Euro	at cost
Complaints to the Court of Justice	Euro	**0** ~~1000~~
Appeal to the Court of Appeals	Euro	500
Farewell Banquet (If more than 35 Euros must be approved by IPF EC)	Euro	35
Referee Team Fine	Euro	**1000** ~~2000~~
TUE Administration Fee	Euro	150

Regional Federations must be affiliated to the IPF and will not be subjected to any sanction fee for regional championships. In addition, the organizer shall be responsible for providing at his own expense all necessary medals, 1st 2nd and 3rd for all competition categories and classes. The category and class medals are to be ordered from the Championship Secretary at least three months prior to the Event.

The participating National Member Federations shall pay to the IPF an anti-doping fee of Euro 75 for each athlete entered and declared on the final entry form for all World Championships, other International Events and Regional Events. Anti-doping fees shall be clearly earmarked strictly for anti-doping purposes only. In addition to an anti-doping fee, the National Member Federation shall pay a participation fee of Euro **100** ~~60~~ for each athlete entered all International Events. A Euro **40** ~~30~~ of the participation fee shall be paid to the organizer.

If a national federation nominated for World championships or cups has not paid the required participation and Anti-Doping fees to the bank account of the IPF within one day prior to the Technical Meeting for the event, a penalty fee of 500 Euro will be charged. A member that cannot pay electronically and will pay in cash at the event, shall give written notice to the treasurer no less than 14 days prior to the event. The latest date of withdrawal of any lifter from the nomination list to avoid paying the Participation and Anti-Doping fees for those is 7 days prior to the Technical Meeting for the event.

The organizer may also receive equipment equivalent paid in participation fees, as well as support in goods donated by sponsors, as decided by the Executive Committee.

12.8 Television and Adverting Rights

The IPF is the exclusive owner of the TV broadcasting, marketing, Internet broadcasting (web casting), post Event production of video recording, advertising rights, and all other multimedia coverage of the International Events and other Events organized and controlled by the IPF. To obtain these rights or part of these rights, a fee must be paid to the IPF.

Television rights, marketing and sponsorship revenues from International Events are apportioned according to the signed contract between the organizer and the IPF.

At International Events organized by the IPF, on each piece of equipment of the powerlifting athlete's outfit, the IPF allows the application of the identification (logo, name, or a combination of both) of the Manufacturer of the product and/or the identification of their commercial sponsor (logo, name, or a combination of both) with the total maximum size of 10 cm x 2 cm per piece of equipment. Distinctive design patterns of a Manufacturer are not considered for this measurement of the application. Anything exceeding this size is regarded as advertising and the relevant rules apply. At World Games, the IWGA rules prevail.

12.9 Hotel Bills for National Member Federations and Officials at International Events

At all International Events, participating National Member Federations shall be responsible for their own hotel bills. All pre-booked rooms must be paid before the Events, except those rooms which were cancelled until twenty-one (21) days before the beginning of the Events. If required Visa is not obtained, the hotel must be notified at the latest 7 days prior to the Technical Meeting to cancel the reservation. Cancellation must be proofed by a written confirmation to the organizer e.g., an email or fax. No other exception shall be accepted. National Member Federations will be charged for any damages or thefts occurring in the hotel room.

12.10 Hotel Bills for IPF Officials attending International Events

The hotel bills for a maximum of 4 IPF Officials, the Doctor on Duty, and the assigned Computer Secretary shall be paid by the organizer. All IPF designated personnel shall be determined by the Executive Committee. The accommodation shall be paid by the organizer of the Event based on room and breakfast for a maximum of eight (8) days or the length of the competition plus 2 days.

12.11 Travel Costs for the IPF Executive

The IPF shall pay travel costs and other expenses of four executive members as follows:

- One hundred per cent of the most affordable airfare obtainable from recognized carriers less any subsidy paid by any other agency.
- In the event of an organizer not being able to honor his obligations to four executive members regarding their hotel bills, the IPF shall pay the same based on a length of stay at least equal to that of the teams, or for a reasonable period of time not to exceed eight (8) days or the length of the competition plus 2 days.
- No payments shall be made unless a fully completed and signed expense report with attached invoices is presented.
- No other recompense shall be made in favor of the four IPF officials.
- Both the President and the Treasurer must approve all claims for expenses or reimbursements. This ruling applies equally to the issue and signing of cheques.

12.12 Lapel Pins

A lapel pin portraying the official IPF emblem shall be obtained for sale to all members. In addition, the Treasurer will obtain a stock of items such as belt buckles, cuff links, ties, and tie clasps etc. for sale to members and as a means of raising funds.

12.13 Development Fund

The IPF budgets for and maintains a Development Fund administered by the Executive Committee. IPF Member Federations may apply to the IPF EC for grants from this fund.

13 RECORDS AND AWARDS

13.1 National Records and Claims for World Records

Each National Member Federation shall be responsible for its own national records. Regional Federations are responsible for submitting World Records claims to the Records Registrar.

13.2 World Record Certificates

The IPF Records Registrar shall provide an honor certificate free of charge to all athletes who establish bona fide World Records.

13.3 Medals

All medals to be used at International Events shall be approved by the IPF Championship Secretary.

For all World Championships, the IPF shall maintain and provide standardized medals for use at International Events. Medals to be presented for first, second and third places in each category based upon totals.

In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and dead lift in each category. In the event of two athletes lifting the same weight, the lighter athlete will be declared the winner. Other awards and gifts may be provided according to the custom of the organizer.

Organizers may prepare medals to use as awards for category winners, in lieu of medals obtained from the IPF. Such medals must be of high quality, and the design of the medal must be submitted to the Championship Secretary for approval no less than six months prior to the championship. Arrangements for the manufacturing and time of completion must be submitted as well.

Team medals shall be presented to the top three teams in each category. The top five athletes in each division by GL points shall receive the medals. The team medals are to be paid for by the IPF. The participation medals will be paid by the organizer.

An athlete that commits an Anti-Doping Rule Violation at an International Event will have his results automatically disqualified and must return all his/her medals from that Event to the IPF. Failure by the athlete’s National Member Federation to return the medal(s) to the IPF within one month after receiving notice will result in the imposition of a fine of Euro 500 on the relevant National Member Federation. The replacement of a lost or stolen medal shall cost 50 Euros and shall be ordered through the IPF Office.

13.4 International Event Participation Certificates

International Event participation certificates shall be awarded to each athlete and official. They shall also be awarded to all nominated IPF coaches, officials, and referees. All certificates will be posted on the IPF website for download.

13.5 Hall of Fame

There shall be an honorary body titled the "IPF Hall of Fame". Its purpose shall be to honor members and organizational partners who have made an outstanding contribution either by way of lifting achievement or service in general to the sport of powerlifting internationally. A maximum of three athletes and two officials, male and female, and partner, may be elected to the Hall of Fame each year but with the added provision that not more than three from each gender may be elected in the same year.

A certificate of achievement will be awarded. No one who has served a period of ineligibility for a doping offense involving a non-specified substance, or who has committed multiple Anti-Doping Rule Violations or who has been established as having associated with an individual on the WADA Prohibited Association List shall not be nominated to Hall of Fame. Any athlete or official previously awarded Hall of Fame will lose this distinction if suspended or brings the sport of powerlifting into disrepute or for doping or any other Legal Code violations. The decision for removal shall be made by the Executive Committee.

The Executive decides prior to the General Assembly, after having received the bids from National Member Federations, to whom will be awarded Hall of Fame. The appointed persons will be honored at the General Assembly.

13.5.1 – Hall of Fame Nomination, Selection, and Induction Procedure

The IPF Executive Committee shall decide prior to the General Assembly which individuals and official IPF partners will be awarded induction into the IPF Hall of Fame, based on nominations submitted by National Member Federations or IPF Executive Committee. Nominations must be submitted through the official IPF Hall of Fame Nomination Form available on the IPF Hall of Fame website and the form must be completed and submitted by a member of the Executive Committee of the respective IPF National Member Federation or member of the IPF Executive Committee. The individuals selected for induction shall be honored during the General Assembly.

13.5.2 – Integrity-Based Eligibility Restriction

An individual shall not be eligible for nomination or induction into the IPF Hall of Fame while they are:

a) serving or has served a period of ineligibility for a doping offense involving. Non-specified substance, or who has committed multiple Anti-Doping Rule Violations or who has been established as having associated with an individual on the WADA Prohibited Association
b) subject to an active investigation by the IPF Court of Justice or IPF Ethics Commission; or
c) serving a sanction imposed by the IPF Court of Justice or under the IPF Code of Ethics; or
d) a party to ongoing proceedings before the IPF Court of Justice or IPF Ethics Commission, whether at first instance or on appeal.

Any nomination submitted during such period shall be deferred and held in abeyance until final resolution of the matter.
Upon conclusion of the matter, the nomination may:

- proceed (if no violation is found), or
- be reassessed in light of any sanction or findings issued.

13.5.3 – Post- Sanction Eligibility

An individual who has previously been sanctioned under the IPF Court of Justice or IPF Code of Ethics may be considered for nomination only after:

a) full completion of the sanction; and
b) a minimum period of two (2) years following the conclusion of the sanction.

In such cases, the IPF Executive Committee shall assess:

- the nature and severity of the violation
- the individual's conduct following the sanction, and
- the overall impact on the integrity and reputation of the IPF.

13.5.4 - Dual Category Selection (Athlete and Official)

In the event that a nominee receives sufficient votes to qualify for induction in both the Athlete and Official categories within the same nomination cycle, the following procedure shall apply:

a) The nominee shall be inducted in only one (1) category during that cycle; dual-category induction in the same year is not permitted.

b) The category of induction shall be determined based on the category in which the nominee received the higher number of valid votes.

c) Where the nominee receives an equal number of valid votes in both categories, the IPF Executive Committee shall determine the category of induction by simple majority vote, in accordance with Article 6.5 of the IPF Constitution.

d) The nominee shall remain eligible for nomination and potential induction in the alternate category in future nomination cycles, subject to the standard nomination and selection procedures.

e) Where a nominee qualifies for induction in both the Athlete and Official categories but is inducted in only one (1) category in accordance with this Article, such dual qualification shall not result in the automatic elevation or substitution of any other nominee in the alternate category. Any remaining induction position in that category shall be determined solely based on the original voting results and applicable selection criteria, unless otherwise decided by the IPF Executive Committee in accordance with established procedures.

13.5.5 Tie-Breaking Procedure for Hall of Fame Selection

In the event of a tie in the final vote for induction in either the Athlete or Official category, and where the tie affects the determination of the inductee(s), the following procedure shall apply:

a) A tie-breaking vote shall be conducted by the IPF Executive Committee.

b) Each member of the IPF Executive Committee shall be entitled to one (1) vote.

c) The decision shall be determined by a simple majority of valid votes cast. Abstentions shall not be counted as valid votes.

d) In the event of a further tie within the Executive Committee vote, the IPF President shall exercise a casting vote.

e) Any Executive Committee member with a declared conflict of interest in relation to a nominee shall abstain from the tie-breaking vote.

13.5.6 Protection of Integrity of Awards

The IPF Executive Committee retains the authority to defer or decline induction where credible integrity concerns exist that could materially affect the reputation of the IPF, provided that such decisions are:

- reasoned,
- proportionate, and
- consistent with the IPF Code of Ethics and principles of procedural fairness.

13.6 Complimentary Entry to Events

Members of the Executive Committee, Commission Chairs, and members of the IPF Hall of Fame shall receive complimentary entry to any Powerlifting Event organized by a National Member Federation or its affiliates. Prior to receiving the complimentary entry to the championship, an identification card will be issued by the IPF.

13.7 Categories of World Records

The IPF recognizes world records in both the equipped and classic categories in the following: Men's Open, Women's Open, Junior Men and Women, Sub-Junior Men and
Women, and Masters Men and Women. Single lift Bench Press: Men's and Women's Open, Junior Men and Women, Sub-Junior Men and Women, and Masters Men and Women.

World records will be accepted and registered only within the categories listed in this item. Records will only be accepted if applications are made strictly in accordance with the requirements of the Technical Rules. A copy of the score sheet and World Record Claim Form must be sent to the Record Registrar.

14 EVENTS

14.1 Non-discrimination in IPF Events

No one is to be denied access to Events on the grounds of continents, countries, or individuals for reasons of race, color, gender, sexual bent / orientation, religions, or politics.

14.2 National Flags

Each participating National Member Federation at an International Event must provide if required, a national flag approximately 1.5 m x l.0 m in size. Any National Member Federation failing to meet this obligation will be fined the sum of Euro 30 to reimburse the organizer for any loss and inconvenience suffered. It is the responsibility of the organizer to issue a receipt on acceptance of the flag and request the return of this receipt on returning the flag to the team manager. If for any reason whatsoever, the organizer fails to return a nation's flag; he shall be required to reimburse that National Member Federation for the loss suffered.

Athletes may not display National Flags before or during the medal presentation.

14.3 Entry to Events

At all International Events the organizer shall provide free access to the venue and other Event buildings or functions for team officials and coaches on the following scale:

- For the first competing athlete, 3 officials or coaches shall be permitted access per nation.
- For 2-3 athletes, 5 coaches or officials shall be permitted access.
- For 4 athletes or more, 6 coaches or officials shall be permitted access which is the maximum number of coaches or officials allowed per competing group.

The courtesy of free access shall also be extended to all officiating referees and jury members to a maximum of three per nation.

The courtesy of free access shall be extended to all members of the Sports Medicine Team, referees, and Jury members who participate during the Event. The names of such personnel shall be forwarded to the organizer and an agreement reached between the Chair of the Medical Commission and the organizers upon the number to be accepted.

Organizers of International Events shall provide for the referees and the IPF officials free meals during the Event. Free meals should preferably include at least two servings of food and non-alcoholic drinks each Event Day served in the Event area. Only referees and IPF officials that work with official duties during an Event Day shall be granted such benefit from the organizer.

Dress code for coaches at International Events shall be national team tracksuit, plus National Team or IPF approved t-shirt, or sport shorts. All coaches must adhere to this code. A coach failing to adhere to the rules shall be excluded from the Event warm up room and Event platform area. For coaches not adhering the rules, the Technical Controller shall notify the Jury on all violations of the dress code.

The Organizer of any International Event shall ensure that there is a system of registering and monitoring coaches, such that all coaches present in the warmup room or preparation area are identifiable. Persons not identifiable shall be requested to leave the warm-up room or preparation area. The warm-up area and preparation area shall be checked by the Technical Controller. No music boxes are allowed in the warm-up room and wrapping area.

14.4 Invitation and Accommodation

The official invitations and details of ~~International Events~~ IPF Calendar Events (International) must be received by National Member Federations at least six months prior to the Event. Details shall include the ~~date of the General Assembly~~Event date, names and addresses of hotels and the rates to be charged. For IPF Calendar Events (International) associated with a General Assemblies (IPF General Assembly and Regional General Assembly), the details shall also include the date of the General Assembly.

Accommodation rates charged by the organizer must not exceed the normal rack rate charged by the establishment providing the accommodation.

At all International Events the accommodation fees shall be payable by bank transfer, credit card, or cash (in the accepted currency of the host country), as follows (Exceptions may be granted by the IPF Executive Committee):

- By bank transfer as specified by the organizer in the invitation for each International Event at the latest 14 days prior to the competition.
- By credit card or in cash at the meet hotel check in

All athletes~~, coaches, officials, and referees~~ nominated by their national federation for an IPF Calendar championship event are required to stay in the designated championship hotel for the duration of their official participation in the event. The stay must include a minimum of two consecutive nights in the designated championship hotel. **The accreditation badge issued corresponds to the number of days the individual is officially participating in the event. If a nominated athlete~~, coach, official, or referee~~ does not stay in the designated championship hotel, they will not be issued an accreditation badge and will also be excluded from participating in the event.**

All coaches, officials, and referees are required to stay a minimum of two consecutive nights in the designated championships hotel, **while their accreditation remains valid for the duration of the competition.**

Hotel reservations must be booked according to the instructions outlined in the hotels/accommodations section of the official invitation for the IPF Calendar championship event. This information can be found on the IPF's Invitation webpage under the relevant championship.

14.5 Nomination of Athletes and Coaches to IPF Calendar Events

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than **30** ~~21~~ days prior to an International Event, must be made from those nominated in the preliminary nomination.
- At open championships, both classic and equipped, each nation may only nominate a maximum of 4 official representatives.
- At combined Sub-junior - Junior powerlifting championship, both classic and equipped, combined Master's powerlifting championships, classic and equipped, and combined bench press championships, both classic and equipped, all age groups, each nation may only nominate a maximum of 6 official representatives.

14.5.1 A precondition for acceptance of a Preliminary nomination is that the nominating National Member Federation has successfully entered without exception the following information into the Goodlift System:

- Each nominated athlete, head coach, coach, and assistant coach.

    - For each IPF calendar events, every participating a member nation must nominate a head coach who is required to be present and actively participate in the even for which they are nominated.
    - For each IPF calendar event, every participating member nation must nominate an athlete's best total performed within the preceding 18 months at a national championship or IPF Calendar event, e.g. World Championship or IPF Regional Federation Championship (Note: The qualifying total must be achieved prior to the preliminary nomination deadline for the respective championship in which the athlete is seeking to participate.
        - If a lifter is nominated in a lower weight class without having achieved a total in that weight class (within the preceding 18 months at a national championship or an IPF calendar event), they should be nominated using a 25kg-25kg-25kg-75kg (Squat-Bench-Deadlift-Total). For example, if a lifter competed in the 120+kg class throughout the past 18 months and is now nominated in the 105kg class, they should use a 25kg-25kg-25kg-75kg (Squat-Bench-Deadlift-Total)

- A duly executed and signed Consent Form for each nominated athlete.

- Effective from January 1st, 2029, all coaches from IPF-affiliated member nations must hold an "IPF Basic Course" certificate.

- Effective from January 1st, 2026, all head coaches from IPF-affiliated member nations must hold an "IPF Coach Level II" certificate to be nominated for international, world, and regional championships and cups. Member nations must attend the first occurrence of the IPF Coach Level II in their region in 2026.

- All head coaches from IPF-affiliated member nations must successfully complete the High-Performance Coaches' Education Program course through WADA ADEL to be nominated for international, world, and regional championships and cups.

14.5.2 Should any athlete or official have a pending charge against them under the IPF Anti-Doping Rules, irrespective of whether they are currently provisionally suspended, as the rights of all other nominated athletes and officials, the IPF and their National Member Federation outweigh their own, the Championship Secretary shall not accept their Nomination.

If a period of ineligibility or suspension will have been fully served with all applicable reinstatement conditions and requirements respected and fulfilled by the date the Event begins, the Championship Secretary shall accept nomination for any athlete or official who is currently serving a period of ineligibility under the IPF Anti-Doping Rules or a suspension under any other IPF regulations on the day of the Preliminary nomination deadline. Should any reinstatement conditions be breached prior to the start of the Event, any applicable consequences under the Anti-Doping Rules would apply.

14.5.3 A National Member Federation taking part in an International Event shall pay the IPF the anti-doping fee and the participation fee for each athlete nominated and entered on the final entry form.

No such fees are to be paid for nominated reserve athletes if not replacing any of the nominated athletes.

If a hotel reservation fee is specified in the invitation for the Event, the same rule and time limits as above apply for nominated athletes and officials.

14.5.4 Only accredited athletes, coaches, support personnel, officials, and referees are allowed in the performance, preparation, and warmup area. At no time, for health and safety reasons, are infants and children allowed in these areas. Official representatives

shall be individuals nominated by the National Member Federation who are serving an official function for the national team during the championship. These may include coaches, team managers, medical personnel, or other designated support staff approved by the federation. Individuals nominated as official representatives must be actively performing duties on behalf of their federation during the event and shall not be accredited solely for the purpose of obtaining access to the competition venue.

14.5.5 Each national federation has the autonomy to establish their own rules and procedures when selecting their national team coaches and lifters. Coaches and lifters shall be nominated from the federation where they're a member in good standing.

The IPF recognizes that collaboration between Member Federations may occur in the interest of athlete support and development. Therefore:

a) A coach who is properly nominated by their own Member Federation may assist or handle athletes from another Member Federation;
b) Such assistance is permitted only where:
i. The coach has been duly nominated by their home Member Federation; and
ii. Both the coach's home Member Federation and the athlete's Member Federation have provided prior concurrence for this arrangement.
c) This provision shall not affect the requirement that all coaches must be nominated in accordance with this By-Law and remain members in good standing of their nominating federation.

14.5.6 At open championships, both classic and equipped, each nation may only nominate a maximum of 12 coaches.

At youth and junior combined powerlifting championship, both classic and equipped, each nation may only nominate a maximum of 12 coaches.

At Master's combined powerlifting championships, both classic & equipped, each nation may only nominate a maximum of 16 coaches.

At all age group combined bench press championship, both classic & equipped, each nation may only nominate a maximum of ~~20~~ **24** coaches. **This rule is effective 01 January 2027.**

Furthermore, the nations are committed to pay a capitation fee of Euro 50 for each nominated coach to each International and Regional Championship and Cups.
Persons participating in the Championship as a coach should be nominated in the Goodlift system as a Head Coach, Coach, Assistant Coach, Head Coach - Athlete, Coach - Athlete, Assistant Coach - Athlete, Head Coach - Referee, Coach - Referee, Assistant Coach - Referee.

Persons participating in the Championship as an "Head Coach - Athlete, Coach - Athlete, Assistant Coach - Athlete or Head Coach - Referee, Coach - Referee, Assistant Coach - Referee." should be nominated in the Goodlift system under one of those respective designations and are not required to pay the coach capitation fee of Euro 50.

The number of Coaches of each nation for each lifting group in the warm-up area.

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

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

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

The number of Coaches for each lifting group in the preparation area Classic lifting:

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

At all times only one coach is allowed in the designated coaching area.

The IPF together with the organizer must ensure that there is sufficient staff available to control the access to the warm-up and preparation area.

The pre-registered Coaches of each nation must in the final nomination state at the latest in which weight class and gender they will coach.

14.5.7 All coaches must be a member of an IPF Member Nation Federation to participate in powerlifting meets at the international, regional, national, and local levels. Coaches and assistant coaches from IPF Member Nation Federations are permitted to coach/handle athletes from other IPF Member.

Nation Federations at their national and local powerlifting meets as long as both IPF Member Nation Federations provide authorization and concurrence between each nation. For IPF calendar events (e.g. world championships, regional championships, cups, etc.), to coach/handle athletes from other IPF Member Nation Federations, requesting member nation federations must follow the guidance of IPF By-law 14.5 (Nomination of Athletes and Coaches to IPF Calendar Events).

All Head coaches must be a member of the IPF Member Nation Federation that they are appointed as head coach. The approval of a Head Coach for an IPF Member Nation Federation requires a written and signed agreement or contract between the candidate and the IPF Member Nation Federation.

The appointment of a head coach to another IPF Member Nation Federation must be reported to the IPF Executive Committee before approval to ensure no conflicts of interest with the IPF Constitution, By-laws, Anti-doping, and any other associated IPF governing documents or rules. All approval documents related to the Head Coach's appointment to another IPF Member Nation Federation (including the Head Coach's agreement or contract) must be provided to the IPF Executive Committee for review and concurrence. Additionally, once approved as Head Coach for another IPF Member Nation Federation, the approved coach is legally prohibited from serving as a head coach for another IPF Member Nation Federation at any IPF-affiliated calendar events (world championships, regional championships, cups, or tournaments).

A coach can only be nominated to an International or regional Championship by the National Federation where they're a member. This is to ensure the coach meets all the required national and IPF guidelines and policies to be accredited for the event.

14.5.8 **Safeguarding & Accommodation of Sub-Junior Athletes**

- **14.5.8.1 - Section 1 – Scope & Definitions**

- 1.1 This Article shall apply to all Sub-Junior athletes (under 18 years of age) participating in any IPF-sanctioned competition, meeting, camp, or official activity. This Article shall be read in conjunction with, and is supported by, the IPF Minor Protection Accommodation Policy.
- 1.2 For purposes of this Article, a “Legal Guardian” shall mean a person who:
  - (a) Holds parental authority under applicable civil law; or
  - (b) Has been formally appointed as guardian by a competent judicial authority.
- 1.3 Legal Guardian status shall not arise from nomination, accreditation, delegation appointment, travel authorization, or supervision arrangement.
- 1.4 As a condition of participation, all Sub-Junior athletes shall complete and submit an IPF Safeguarding Acknowledgment Form within the IPF nomination and scoring system as part of the preliminary nomination process for any IPF-sanctioned event listed on the IPF Calendar.

- **14.5.8.2 - Section 2 – Mandatory Accommodation Standards**
  - 2.1 A Sub-Junior athlete shall not share accommodation with:
    - (a) An unrelated adult.
    - (b) A coach, team official, or delegation representative.
    - (c) Any adult who is not their parent or legally recognized guardian.
  - 2.2 Sub-Junior athletes may be accommodated only:
    - (a) With their parent or Legal Guardian.
    - (b) With another Sub-Junior athlete of the same sex; or
    - (c) Other arrangement approved in advance by the IPF Safeguarding Officer pursuant to a documented Minor Protection Accommodation Plan
  - 2.3 Member Federations shall ensure that appropriate safeguarding measures are implemented for Sub-Junior athletes, including
    - (a) safe and appropriate accommodation arrangements.
    - (b) proper supervision by accredited officials; and
    - (c) compliance with all applicable safeguarding requirements established by the IPF.
  - 2.4 All accredited coaches, officials, and entourage members shall adhere to safeguarding principles and shall not engage in any conduct that may compromise the safety, welfare, or integrity of a Sub-Junior athlete.
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- **14.5.8.3 - Section 3 – Non-Delegable Duty of Care**
  - 3.1 The IPF and its Member Federations retain a non-delegable duty of care toward minor athletes.
  - 3.2 Delegation of supervision, coaching authority, or travel responsibility does not transfer legal guardianship.
- **14.5.8.4 - Section 4 – Event Safeguarding Oversight**
  - 4.1 Each IPF event shall designate an accredited Event Safeguarding Officer.
  - 4.2 Any accommodation exception must be:
    - (a) Documented in writing.
    - (b) Supported by parental consent documentation.
    - (c) Approved in advance by the Event Safeguarding Officer.
    - (d) Reported to the IPF Secretary-General and Assistant Secretary-General.
- **14.5.8.5 - Section 5 – Enforcement and Eligibility**
  - 5.1 Compliance with this Article shall be a mandatory condition of participation for all Sub-Junior athletes and their respective Member Federations.
  - 5.2 Any Sub-Junior athlete who fails to comply with § 14.5.8.1.4 shall be deemed ineligible for nomination and participation in any IPF-sanctioned event listed on the IPF Calendar.
  - 5.3 Member Federations shall be responsible for ensuring full compliance with all safeguarding requirements under this Article. Failure to comply may result in:
    - (a) rejection of athlete nominations.
    - (b) withdrawal of accreditation; or
    - (c) other corrective measures as determined by the IPF Executive Committee.
  - The IPF reserves the right to verify compliance at any stage of the nomination, accreditation, or competition process and to deny or withdraw participation status where safeguarding requirements have not been fulfilled.
- **14.5.8.6 – Section 6 – Sanctions and Disciplinary Measures**

- 6.1 Any breach of this Article may result in disciplinary action in accordance with the IPF Constitution, By-Laws, and Code of Ethics.
- 6.2 Sanctions may include, but are not limited to:
    - (a) removal of accreditation.
    - (b) disqualification from participation.
    - (c) suspension of the individual(s) involved.
    - (d) disciplinary action against the Member Federation; and/or
    - (e) referral to the IPF Ethics Commission or IPF Court of Justice, where appropriate.
- 6.3 In cases involving potential safeguarding violations or misconduct toward a Sub-Junior athlete, the matter shall be treated with priority and may be subject to immediate provisional measures to protect the athlete.

14.5.9. **Submission of Annual National Championship Results**

Each IPF National Member Federation shall submit the official results (English) of its annual National Championship to the IPF Nomination and Scoring System for record keeping and verification purposes. If a National Member Federation is unable to upload the results directly to the IPF Nomination and Scoring System due to technical limitations, the federation shall submit the official results to the IPF Championship Secretary, IPF Nomination and Scoring System administrator, and the IPF Office in the desired format requested by the IPF Championship Secretary within the timeframe established by the IPF.

The submitted results shall serve as the official record confirming that the National Championship has been conducted and may be used by the IPF to verify athlete eligibility and nominations for IPF Calendar Events. Failure to submit the official National Championship results may result in the rejection of nominations submitted by the National Member Federation until the required documentation has been received by the IPF.

This requirement shall become mandatory effective 1 January 2027. During the 2026 calendar year, submission of National Championship results through the IPF Nomination and Scoring System will be optional to allow National Member Federations time to transition to the new system.

14.5.10 Athlete Qualification and Nomination Transparency

14.5.10.1 – Principle

Eligibility to represent a National Member Federation in IPF-sanctioned competitions shall be determined through a clearly defined, transparent, and documented qualification and nomination process, established by the respective Member Nation.

14.5.10.2 – Written Policy Requirement

Each National Member Federation shall maintain a written athlete qualification and nomination policy, which shall include at minimum:

a) Qualification criteria (e.g., results, rankings, standards).

b) Selection criteria and decision-making framework.

c) Any discretionary provisions, including the conditions under which discretion may be exercised.

d) Nomination procedures, timelines, and deadlines.

14.5.10.3 – Publication and Accessibility

The policy shall be:

a) Publicly accessible to all athletes.

b) Published in advance of the applicable competition cycle.

c) Communicated in a manner that allows athletes to reasonably understand the pathway to eligibility and selection.

14.5.10.4 – Application and Consistency

National Member Federations shall apply their policies:

a) Consistently and objectively.

b) Without arbitrary deviation.

c) In a manner that upholds fairness and equal opportunity.

14.5.10.5 – Governance Oversight

Where the IPF receives credible information that:

- No written or publicly accessible policy exists; or
- The policy is not applied in a transparent, consistent, or fair manner.

the IPF may:

a) Request submission of the policy.

b) Request supporting documentation related to selection decisions.

c) Conduct a governance review.

d) Issue guidance or require corrective measures.

14.5.10.6 – Compliance

Failure to comply with this Article may constitute a breach of IPF governance standards and may result in:

a) Formal review under IPF procedures.

b) Referral to the appropriate IPF body, including the Ethics Commission or Court of Justice.

14.5.11. Eligibility, Presumption of Nomination, and Athlete Protection

14.5.11.1 – Federation Autonomy

Member Federations retain full authority to establish and administer their own qualification and nomination procedures for participation in IPF Calendar Events, including the determination of selection criteria, performance standards, timelines, and team composition.

14.5.11.2 – Transparency Requirement

All such procedures shall be clearly defined, formally adopted, and publicly accessible to athletes in advance of the relevant nomination period, in accordance with principles of transparency, fairness, and accountability.

14.5.11.3 – Minimum Eligibility Standard
An athlete shall be deemed eligible for nomination consideration where the athlete:
a) Is in good standing with their Member Federation, with no pending administrative, disciplinary, anti-doping, or financial restrictions; and
b) Has achieved a qualifying total at a recognized National or International competition in accordance with IPF Technical Rules and any applicable event-specific standards.

14.5.11.4 – Presumption of Nomination
Where an athlete satisfies the eligibility criteria set out in Article 14.5.X.3, there shall be a rebuttable presumption that the athlete will be nominated for participation in the relevant IPF Calendar Event.

14.5.11.5 – Rebuttal of Presumption
A Member Federation may decline to nominate an eligible athlete only where the decision:

a) Is based on pre-established, objective, and sport-related selection criteria, including but not limited to ranking, performance standards, team size limitations, or strategic selection considerations;
b) Has been applied consistently and non-discriminatorily across all athletes; and
c) Relies on criteria that were published and accessible in advance of the nomination process.

14.5.11.6 – Written Justification
Where an eligible athlete is not nominated, the Member Federation shall, upon reasonable request, provide a written explanation outlining the objective basis for the decision, with reference to the applicable selection criteria.

14.5.11.7 – Procedural Fairness
Member Federations shall ensure that athletes have access to a timely, fair, and impartial internal review or appeal mechanism in relation to nomination decisions, consistent with principles of natural justice.

14.5.11.8 – Governance and Compliance
Failure to comply with the principles set out in this Article, including obligations relating to transparency, consistency, and procedural fairness, may be subject to review under applicable IPF governance, ethics, or judicial procedures.

14.5.12. Financial Constraints and Athlete Self-Funding for IPF Calendar Events
A Member Federation shall not decline to nominate an otherwise eligible athlete solely on the basis of financial constraints where:

a) The athlete voluntarily agrees, in writing, to assume responsibility for all costs associated with participation in the relevant IPF Calendar Event, including but not limited to travel, accommodation, and related participation expenses; and

b) The athlete further agrees to comply with all applicable anti-doping requirements and, where permitted under applicable regulations, accepts financial responsibility for doping control costs and any consequences arising from an anti-doping rule violation, without limitation to sanctions imposed under the IPF Anti-Doping Rules.

c) Such self-funding arrangement shall not impose any financial, legal, administrative, or operational obligation upon the IPF.

The Member Federation shall remain responsible for all obligations imposed upon it under the IPF Constitution, By-Laws, Anti-Doping Rules, and any applicable decisions of the IPF, ITA, WADA, CAS, or other competent authority.

As a condition of approval for any self-funded participation arrangement, the Member Federation and athlete shall execute a written agreement providing that the athlete shall reimburse the Member Federation for any fines, penalties, testing costs, legal costs, results management costs, sanctions, or other expenses incurred by the Member Federation arising from any anti-doping rule violation or other disciplinary violation committed by the athlete.

The existence of such agreement shall not limit, waive, or reduce any obligation owed by the Member Federation to the IPF.

14.6 Organizers may not negotiate Television Contracts without Permission of the IPF Executive Committee

An organizer may not negotiate a TV contract for an International Event without the approval of the Executive Committee. Failure to comply with this regulation may result in suspension of the National Member Federation.

14.7 Sub-Regional Events

The Regional Executive Committee may sanction sub-regional Events on an international level. Sub-regional means a competition between two or more nations but not open to all the nations in that region.

14.8 Events

Any organizer of an International Event must not attempt to advertise or invite athletes and officials to the Event without first obtaining a written sanction from the IPF Secretary General. Only written contracts or sanction will be valid.

Only National Member Federations affiliated to the IPF may apply for sanctions. In special cases the Executive Committee can make exception to this rule.

14.9 Eligibility to Represent an IPF National Member Federation

14.9.1 – General Eligibility

All athletes taking part in International Events representing a National Member Federation must be either:

a) A passport holder of that country; or
b) A verified resident of that country

14.9.2. Dual Nationality

An athlete who is a resident or passport holder of two or more countries at the same time may represent either one of them, as he or she may elect. However, after obtaining membership in one National Member Federation and the athlete chooses to obtain membership in another National Member Federation, they must first initiate the IPF Transfer to Another IPF Federation Process via their current National Member Federation. Pending final approval of that request by the IPF Executive Committee and acceptance of the membership eligibility by the new National Member Federation; The athlete's transfer will be valid.

14.9.3 – Single Federation Membership

An athlete cannot hold membership in two National Member Federations at the same time. can only be a member of one national powerlifting federation to prevent instances of conflict of interest and to ensure the principles of anti-doping are followed in accordance with the WADA Code.

14.9.4 – Change of Representation After International Participation

An athlete who has represented one National Member Federation in an international competition may not represent another National Member Federation unless the conditions set out in this Article are satisfied.

14.9.5 – Transfer of Athlete Eligibility and Membership

An athlete transferring from one National Member Federation to another must:

a) Initiate the transfer through the IPF Transfer Form process via their current National Member Federation.
b) Obtain acceptance from the new National Member Federation via the IPF Transfer Form process;
c) Receive final approval from the IPF Executive Committee.

The transfer shall only be valid upon completion of all required approvals.

14.9.6 – Waiting Period

Where an athlete changes nationality or residency and seeks to represent a new National Member Federation:
a) A minimum period of six (6) months must have elapsed since the athlete last represented their former National Member Federation.
b) This period may be reduced:

- With the agreement of both National Member Federations; and
- Subject to approval by the IPF Executive Committee.

c) In exceptional cases, the IPF Executive Committee may approve a reduction at its sole discretion.

Where an athlete changes nationality or residency and seeks to represent a new National Member Federation:
a) A minimum period of six (6) months must have elapsed since the athlete last represented their former National Member Federation.
b) This period may be reduced:

- With the agreement of both National Member Federations; and

- Subject to approval by the IPF Executive Committee.

c) In exceptional cases, the IPF Executive Committee may approve a reduction at its sole discretion.

14.9.7 – Residency Verification

Where an athlete does not hold a passport of the new country:
a) Residency must be verified through appropriate documentation (e.g., employment, education, or other official records).
b) The athlete must have resided in the country for a minimum of six (6) months prior to eligibility.
c) Verification shall be subject to the satisfaction of the IPF Executive Committee.
Where an athlete does not hold a passport of the new country:
a) Residency must be verified through appropriate documentation (e.g., employment, education, or other official records).
b) The athlete must have resided in the country for a minimum of six (6) months prior to eligibility.
c) Verification shall be subject to the satisfaction of the IPF Executive Committee.

14.9.8 – Executive Committee Authority

All matters relating to the determination of athlete eligibility and national representation shall be resolved by the IPF Executive Committee.
In making such determinations, the Executive Committee shall:
a) Ensure that the athlete is treated fairly.
b) Consider applicable national legislation.
c) Exercise its discretion in both general and individual cases.

14.9.9 – Restrictions

An athlete may not transfer or change National Member Federation representation if:
a) The athlete is subject to an Anti-Doping Rule Violation; or
b) The athlete is currently subject to disciplinary proceedings or sanctions.

14.10 Eligibility to represent a Member as an Official

The term "official" wherever it may appear in these By-Laws, the Constitution, and applicable rules shall be deemed to include all persons described as such in the Technical Rules or appointed by the organizing committee of an Event, to act in any official capacity during the whole or any part of that Event.

All individual officials taking part in International Events must be members of the National Member Federation entering or sanctioning the participation of those Officials.

An official, who is a member of the National Member Federation but is not a national of that country, may still take part as an official for the nation, provided he/she is not already nominated by another National Member Federation.

An official who decides to change their National Member Federation must first initiate the IPF Transfer to Another IPF Federation Process via their current National Member Federation. Pending final approval of that request by the IPF Executive Committee and acceptance of their membership eligibility by the new National Member Federation; The official's transfer will be valid. ~~**An official cannot hold membership in two National Member Federations at the same time.**~~ A coach, official, or referee can only be a member of one national powerlifting federation to prevent instances of conflict of interest and to ensure the principles of anti-doping are followed in accordance with the WADA Code.

An individual cannot be nominated by multiple nations as an official. However, an official nominated for one nation already taking part in an International Event may also assist other nations provided there is the agreement between both National Member Federations and the assistance is within the IPF Rules. For instances related to national and local powerlifting competitions, an official who is a member of one IPF-affiliated member nation federation may also assist officials of another IPF-affiliated member nation federation provided there is an agreement between both National Member Federations and the assistance is within the IPF Rules.

The Executive Committee shall resolve all cases and all matters relating to the determination of the country of which an official may be nominated in an International Event.

In resolving such matters, the Executive Committee may make all decisions of a general or individual nature regarding issues of eligibility.

14.11 Disabled Athletes competing in Able Bodied Divisions, Procedures for Weigh-In

Bench Press Championships shall be organized without a special division for disabled athletes. Disabled athletes can compete within the non-disabled classes if they fulfill the IPF rules, as for non-disabled athletes pertaining to the actual lift. The blind, sight impaired, and mobility impaired may be assisted to and from the bench with the aid of the coach, handler, or/and with the aid of crutches, wheelchair, or sticks.

For athletes who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The athlete shall be weighed in without the device, with compensatory weight added according to the established fractional charts. For athletes with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the athlete shall be weighed in wearing the device.

14.12 Multi-sport Events / World Games

Any National Member Federation which incurs one or more positive test results at any World or Regional Open or Junior championship in the calendar year prior to the year of a World Games powerlifting Event, will have the number of selected athletes from that nation reduced by the same number as the number of the positive tests. This shall apply in such a way that female athlete positives will reduce the number of female athletes and male athlete positives will reduce the number of male athletes. National Member Federations with athletes that have committed an Anti- Doping Rule Violation at the World Games shall be suspended from all International Events for one year.

14.13 Failure to use IPF Approved Equipment

If the organizer of an Event listed on the Calendar of Events does not use the IPF recognized bars and/or plates at the competition platform, the organizer will be fined a sum of Euro 1.500, and any World Record broken by the athletes at the Event will not be certified.

14.14 Facilities and Equipment differing from those specified in the Technical Checklist

If the equipment and/or other facilities have not been as specified on the Technical Checklist, the organizer will be fined a sum of Euro 1.500, and the IPF will not grant any International Events to this nation for a period of two years after the Event where the deviation from the Technical Checklist specifications are considered being seriously against the IPF rules.

14.15 Including a Referee in National Teams, Fine, Restrictions

Any National Member Federation that has been affiliated with the IPF for more than five years and nominates more than 4 (four) athletes for an IPF Event must include qualified international referees among its team officials. These referees must be available to officiate on the platform or serve on the Jury for a minimum of 2 full days. In case a referee needs an exception on one of these days for a certain session, for example, because of coach duty(s), the country must nominate that referee for a minimum of 3 days.

No nominated referees may be currently serving periods of ineligibility because of an Anti-Doping Rule Violation. It is the nominating National Member Federation's obligation to ensure that none of the referees it nominates are currently subject to disciplinary action of any kind under any IPF rule. Each referee assigned to an International Event is required to know and understand the IPF Anti-Doping Rules.

For the World Open Classic and World Student Cup:
The number of mandatory referees is based on the number of lifters in the final nominations
•5–9 athletes — minimum 1 int. referee
•10–14 athletes — minimum 2 int. referees
•More than 14 athletes — minimum 3 int. referees

For the combined Championships:

- World Bench Press for both the equipped and classic part, the National Member Federation must supply referees. If there are more athletes than the referee threshold for both events.
- World Classic Sub-Junior/Juniors, for both the sub juniors and juniors, the National Member Federation must supply referees. If there are more athletes than the referee threshold for both events
- World Masters Equipped and Classic, for both the equipped and classic parts, the National Member Federation must supply referees if there are more athletes than the referee threshold for both Championships.
- For the World Sub-Junior/Junior and Open Equipped Championships for both the Sub-Junior/Junior and the Open part, the National Member Federation must supply referees. If there are more athletes than the referee threshold for both events.

The number of mandatory referees is based on the number of athletes in the Final nomination for both events.
•5–9 athletes — minimum 1 int. referee
•10–14 athletes — minimum 2 int. referees
•More than 14 athletes — minimum 3 int. referees

A Member Nation may nominate one referee in place of several requested referees, provided that he or she officiates the required number of days corresponding to those requests.

If a referee(s) from that National Member Federation is not present, or if present, but is not available to act in the capacity of either a referee or a member of the Jury for at least two days during the Event, the athletes are allowed to take part, but a fine of Euro 1000 must be paid by the National Member Federation for each missing referee. The Treasurer must receive such payment before the athletes from that National Member Federation can take part in any further IPF International Events.

Each National Member Federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the Technical Commission Chair issues a Referee duty list for the whole Event. Any changes

of a Referee's duty may be reported to the Technical Commission's Chair until 14 days prior to the Event. After that date, the referees cannot expect to officiate in other duties than specified on the Referee duty list.

- ~~Referee nominations shall be submitted only for available time slots as displayed in the system at the time of submission.~~

  ~~Once a time slot has reached its maximum capacity and is marked as full, no further nominations for that slot shall be accepted.~~

  ~~In case a selected time slot is full, the Member Nation shall nominate the referee for another available open slot.~~

  ~~A Member Nation may nominate one referee in place of several requested referees, provided that he or she officiates the required number of sessions corresponding to those requests.~~

  ~~In a situation when a nation is required to send more referees than the number of available time slots, no fines will be imposed.~~

- ~~For combined championships, the Member Federations must send a referee for each competition (Sub-Junior/Junior, Master's and Open) or have one referee for the entire time a minimum of two sessions.~~
- ~~Referee duties, specified by the Technical Commission Chair, are mandatory 14 days prior to the Technical Meeting. However,~~ National Member Federations may allocate duties between their own referees before the Technical Meeting upon agreement with the appointed Technical Commission member. Any changes, withdrawals, or no show up by a referee regarding the allocated duty after the Technical Meeting, may lead to a warning or Euro 100 fine depending on the rational as decided by the Jury in cooperation with the appointed Technical Commission member.
- However, if a referee is not able to fulfil his duties, he or his national federation must determine a substitute and inform the appointed Technical Commission member.

14.16 Competition Fixing Guidelines

The IPF has Competition Fixing Guidelines in the Code of Ethics. These apply with the same force as any other By-Law or regulation of the IPF.

15 DISCIPLINARY ACTIONS AND PENALTIES

15.1 Failure to apply for Competition Permit

National Member Federations, which neglect to request the required IPF permit for an International Event and do not pay the required fee, shall be fined an additional Euro 1000. The Treasurer shall send a warning letter to them. If the fee (Euro 250) and fine are not paid within thirty (30) days of sending out the warning, the National Member Federation shall be suspended until such time as the total amount has been paid. Sanction fees for International Events must be paid at the time of application for the Event.

15.2 Defaulting on Agreements to Compete

If a National Member Federation defaults on a competition engagement with another country or countries, the Court of Justice may, in the case of disagreement between them, decide or impose penalties if the Constitution, By-Laws, or rules have been violated.

15.3 Reporting Infractions at International Events

If an athlete or official commits any form of violation during an International Event in another country, the organizing National Member Federation must send a detailed report to the

Secretary General who in turn will inform the Court of Justice which shall examine the case and make its decision on it. The organizing National Member Federation cannot penalize athletes or officials from other countries.

15.4 Suspension of Federations for Violations of the Constitution, By-Laws or any IPF Rules

Any Regional Federation or National Member Federation, which violates the Constitution, By- Laws, or any IPF rules, shall be suspended by the recommendation of the Court of Justice for a period to be decided by the General Assembly. In serious cases the Executive Committee may provisionally suspend the Regional Federation or National Member Federation until the next General Assembly.

15.5 Hearing prior to Penalty

Any Regional Federation, National Member Federation, athlete, or official asserted to have committed a rule violation has the right to be heard in its or his/her case before the relevant IPF disciplinary or hearing body makes its decision on the case. This right may be satisfied by the opportunity to make written submissions.

15.6 Procedure for Filing Complaints against Individuals

Any athlete or official who considers that he has been wronged during an International Event has the right to file a written complaint accompanied by Euro 75 with the Jury stating his reasons for complaining. If another person is implicated, the latter must be heard if possible. It must be examined immediately and if possible, a decision taken. A copy of the complaint and the decision of the Jury must be in writing and must be sent to the Court of Justice via the Secretary General. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the sum may be retained and donated to the IPF at the discretion of the Jury.

15.7 Participation of Foreign Athletes in National Events

An athlete living in a foreign country may only participate in Events organized in that country if he presents written evidence of permission from his National Member Federation to take part in such an Event.

15.8 Eligibility Consequences for Competing or Participating in Non-Approved Events

Any athlete, coach, referee, or official who

(i) competes or participates in an International Powerlifting or Bench Press event not organized, sanctioned, or approved by the IPF (by way of memorandum of understanding or other agreement), together understood to be a “non-approved event,” or

(ii) competes or participates in a national level event not subject to anti-doping testing and results management conducted by a World Anti-Doping Code Signatory,

shall not be eligible to take part in an International, Regional, Invitational Powerlifting or Bench Press championship or event listed on the Calendar - International Powerlifting Federation IPF for a period of 12 months from the start date of the last non-approved event in which they competed or participated.

The decision of non-eligibility shall be imposed by the Anti-Doping Commission.

15.9 Other Causes for Suspension/Expulsion

The following may be subject to suspension or expulsion:

- Any athlete or referee properly entered for a competition that without acceptable reasons does not attend.
- Any athlete who is deemed guilty of violating the rules or disobedience towards his National Member Federation or any official in the execution of his duties.
- Any athlete convicted of agreement to alter his best effort.
- Any athlete, coach, referees, or official who by words or gestures threatens referees or any other officials in the execution of their duties.
- Any athlete who participates in an Event with other countries without a permission from his National Member Federation.

Penalties*:* Up to a maximum of 12 months suspension and a maximum fine of Euro 250.

The determination of the applicability or otherwise of penalty under this rule shall be made by the Court of Justice. Prior to such determination by the Court, the Executive Committee may provisionally suspend the athlete or official, such suspension to commence from the date of the alleged violation.

An athlete or official shall not participate in any Events if there is any Athlete or official participating in any division, section or bodyweight class of that Event who has been expelled or suspended from his or her International or National Member Federation or who is serving the period of Ineligibility for a doping related offense. Penalty for violation of this rule shall be in accordance with the IPF Anti-Doping Rules.

15.10 Offenses against Person while at Championships, Jury Role

For offenses such as false accusations of dishonor or dishonesty against an athlete or official occurring at an Event, the Jury decides in these cases as soon as is possible.

Penalties:

- First minor offense: up to a maximum of 6-month suspension.
- Second minor offense: up to a maximum of 12-month suspension and a maximum fine of Euro 250.
- First serious offense: up to a maximum of 12-month suspension.
- Second serious offense: up to a maximum of 24-month suspension and a maximum fine of Euro 500.

15.11 Penalty for “Bringing the Sport into Disrepute”

Any member of a National Member Federation who is found to be guilty of bringing the sport into disrepute by means of his comments, published articles, TV, radio broadcasts etc. may be requested to appear before the Court of Justice. Should the Court decide that a bona fide case of violation exists, they will then present the matter to the General Assembly with a recommendation for an appropriate penalty. In serious cases the Executive Committee may provisionally suspend the member. The case will then be immediately sent to the Court of Justice for decision.

15.12 Responsibility for Payment of Fines

The concerned National Member Federations are responsible for the payment of all fines that the Court of Justice has imposed.

15.13 Limitations to Jury’s Role in Discipline

The Jury has the right to act as Court of Justice, but only in cases which are connected to the Event, and which need an immediate decision. The decision of the Jury is definite for this Event. The President of the Jury must send a copy of all decisions with all related documents to the Secretary General who forwards it to the Court of Justice that will then review the decisions of the Jury.

15.14 Sanctions and Consequences for Violations of the IPF Anti-Doping Rules

- In case of an Anti-Doping Rule Violation as defined in Article 2 of the IPF Anti-Doping Rules, the appropriate consequences shall be imposed on the athlete or other person pursuant to Articles 9 and 10 of the IPF Anti-Doping Rules.
- Consequences to Teams shall be as defined under Article 11 of the IPF Anti-Doping Rules.
- Sanctions and costs assessed against National Member Federations shall be as defined and imposed pursuant to Article 12 of the IPF Anti-Doping Rules.

15.15 Staying in the Venue until the End of Medal Ceremony

- All athletes taking part in International Events must stay in the venue after the weigh in for that lifting session until the end of the medal ceremony for the weight category in which the athlete competed in that International Event.
- An athlete who wants to leave the venue before the end of the medal ceremony for his/her weight category must ask and obtain a written permission from the Jury before leaving the venue.
- If the athlete leaves the venue before the end of the medal ceremony without a written permission from the Jury, it may be considered as an asserted violation of article 2.3 of the IPF Anti-Doping Rules (Evading, Refusing or Failing to Submit to Sample Collection). If the athlete is found to have committed and above-mentioned anti-doping rule violation the consequence for that violation is as defined in the IPF Anti-Doping Rules.

15.16 Enforcing of Penalties

Any sanction imposed on an athlete or other person by the relevant body of the IPF or by an IPF recognized body shall be recognized and enforced by all National Member Federations and all Regional Federations of the IPF.

15.17 Offenses against IPF Protocol at Events and Ceremonies

- The Court of Justice is entitled to take final decisions on breaches of protocol at any IPF Events and ceremonies.
- The protocol is defined in the respective IPF rules and Event briefings.
- The Jury is entitled to take preliminary decisions during IPF Events to be reviewed by the Court of Justice.

16 STANDING ORDERS

16.1 Order of Business

An agenda shall be prepared by the Secretary General and circulated to all National Member Federations at least 30 days prior to the General Assembly. All items on the agenda shall take precedence over all other business. Members desirous of introducing any other business for the consideration by the meeting may only do so after the business on the agenda has been completed.

16.2 Minutes

The minutes of the previous meeting, having been circulated, shall be taken as read. No motion or discussion shall be permitted. The only exception to this rule will be regarding the accuracy of the minutes. After confirming the accuracy of the minutes, the Chair shall sign them, and the delegates at the General Assembly shall be at liberty to ask questions regarding matters arising from the minutes. Such questions shall be permitted for purposes of information only, and no debate on the policy outlined in the minutes shall take place. No correction or alteration to the minutes will be accepted unless written notification had been received and acknowledged by the Secretary General within four months of the date of notation of the minutes to the National Member Federations.

16.3 Order of Speakers

The Chair shall decide the order of speakers.

The ruling of the Chair on any question under the Standing Orders or on any point of order or explanation shall be final. If there is a difference of opinion on a point of substance, a vote shall be taken, and a two-thirds majority required to oppose the ruling.

16.4 Speeches

No member shall speak for more than five minutes at any one time.

16.5 Motions and Amendments

The first proposal on any subject shall be known as the original motion. All succeeding proposals on that subject shall be called amendments. Every original motion or amendment must be proposed and seconded by members present at the meet before they can be discussed. It is permissible for a member to make a speech first and conclude with a proposal. When an amendment is moved to an original motion, no further amendment can be discussed until the first amendment is disposed of. Notice of any further amendments must be given before the first amendment is put to the vote.

16.6 Substantive Motions

If an amendment is carried, it displaces the original motion and itself becomes the substantive motion; whereupon any further amendment relating to any portion of the substantive motion moved, if it is consistent with the business and not been covered by an amendment or notion which has been previously rejected. After the vote on each succeeding amendment has been taken, the surviving proposition shall be put to the vote as the main question. If carried, it shall then become a resolution of the meeting.

16.7 Voting

Except when the Chair at his absolute discretion, authorizes a vote to be by secret ballot the voting shall be by show of hands or colored cards, if these are available. On particularly sensitive matters, such as a vote, which is concerned with members, or prospective members who are present at the meeting, such persons may be asked to leave the room before voting takes place.

Counting the votes at the General Assembly is as follows:

- The valid votes only are counted to the result of voting.
- The following shall not be counted as valid votes and are not taken into consideration in the calculation of the required majority:

o Abstentions o Blank votes o Votes for more or fewer candidates than the number required.

o Votes declared void by the scrutineers whose decision shall be final, e.g., unintelligible votes.

Examples

Two-thirds majority required:

Number of votes cast 35 including
Abstentions 2
Blank vote 1
Void vote 1
Number of valid votes **21** **31** Necessary to pass (two-thirds of 31)

Votes for 22
Votes against 9 The proposal accepted

Absolute majority (more than 50 %) required:

Number of votes cast 35 including
o Abstentions 2 o Blank vote 1 o Void vote 1
Number of valid votes **31** Necessary to pass (more than 50 % of 31) **16**

Votes for 15 Votes against 16
The proposal failed.

16.8 Matters of Procedure

At meetings, all matters of procedure which are not covered under these standing orders shall be decided by the Chair of the meeting.

17 APPENDIX - OFFICIAL AGENDA

1. Welcome

2. Roll Call
3. Minutes of the last General Assembly
4. President's Report and approval
5. Vice President’s Report and approval
6. Treasurer's Report and approval
7. Budget and approval
8. Auditors’ (internal and external) reports and approval
9. Secretary General's Report and approval
10. Commissions’ Reports and approval
11. Regional Reports and approval
12. Action on proposed amendments
13. Elections
14. New Member Applications
15. Delinquent Nations
16. Hall of Fame
17. Any Other Business
18. Adjournment

18 APPENDIX - RULE AMENDMENTS

Proposals to amend the IPF Constitution, By-Laws, Technical Rules and/or Appendices, hereinafter referred to as rule(s), shall be set out as follows:

a. Clear identification of the exact rule(s) or portion thereof concerned. For example: "Constitution, 12.7..." or "Technical Rules page 24, Errors in loading 14, second paragraph, third sentence after the word 'appeal'."

b. Action to be taken:

- Deletion, or
- Addition, or
- Amendment, delete ... and insert (or replace with). Text involved and (109.2.3) above. Exact identification of the text to be deleted. Note: Paragraphs and sections may be referred to by numbers, sentences and words should be quoted in full and (109.2.3) above. The text of the addition or insertion accompanied in the former case by the proposed rule No. or location.

c. Optional

A brief statement of the reasons(s) for the proposal: This will form part of the formal proposal but is merely for the guidance of the General Assembly. It shall appear on a new line separate from the proposal proper and headed 'Reasons(s)'.

Note: Any proposal, which would cause the rules to become contradictory, shall be ruled out of order. That is, it is the responsibility of the proposer to ensure that the amendments in his proposal are comprehensively framed and all the rules, which would be affected, have been consistently dealt with by the proposal. Renumbering: It may be desirable to renumber a rule or rules to bring them into a more logical order. In such cases the proposal shall clearly indicate by number if available, which rules are to be renumbered and their intended new location, with new numbers(s) if available.

19 Amendments to the IPF Technical Rules

The IPF Technical Rules may be amended following proposals submitted by:

- The Executive Committee
- The Technical Commission
- The Rules Group
- IPF Member Nations

The procedure to amend the IPF Technical Rules shall be as follows:

1. Submission of proposals

Proposals written in accordance with Section 18 – Appendix: Rule Amendments shall be submitted to the Rules Group by 1 April of the respective year.

2. **Review and publication of proposals**
   The Rules Group shall review the submissions and present the accepted proposals to the IPF Member Nations no later than 1 July of the respective year.
3. **Consultation period**
   Following publication of the proposals, IPF Member Nations shall have 30 days to submit feedback to the Rules Group.
4. **Consideration of feedback**
   The Rules Group shall consider the feedback submitted by the IPF Member Nations when finalizing the amendments.
5. **Publication of amended rules**
   The Rule Group shall publish the finalized IPF Technical Rules no later than 1 October of the respective year.
6. **Effective date**
   All amendments to the IPF Technical Rules shall take effect on 1 January of the following calendar year.

Each publication of amendments at any stage of the above-outlined procedure shall include:

- The IPF Technical Rules Book with all amendments, written in accordance with Section 18 – Appendix: Rule Amendments.

Amendments to the IPF Technical Rules may also be made outside of this timeline. If recommended by the Rules Group and approved by a majority vote of the General Assembly. Such recommendations must be published and sent to the IPF Member Nations at least 30 days before the General Assembly meeting.

20 ADOPTION AND EFFECTIVE DATE

So adopted by the IPF General Assembly 13.06.2026

SECTION 08

IPF Safeguard and Protection Policy

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

IPF Safeguard and Protection Policy

1. Introduction

The International Powerlifting Federation ("IPF") is committed to providing a safe environment for all participants at IPF Events, free from discrimination on any protected ground and from harassment at work, including sexual harassment. The IPF will operate a zero-tolerance policy for any form of misconduct including but not limited to harassment, treat all incidents seriously and promptly investigate all allegations of misconduct. Any person found to have discriminated against or harassed another will face disciplinary action. All complaints of such misconduct will be taken seriously and treated with respect and in confidence. No one will be victimized for making such a complaint.

This IPF Safeguard and Protection Policy complements the IPF Safeguarding Regulations which establish a clear set of rules that must be in place, notably at all IPF Championships and training, in recognition of the importance of providing all IPF athletes, members, volunteers and competition officials with a field of play that is free from abuse and harassment

The IPF Safeguarding Regulations provide written disciplinary rules and processes aimed to regulate and guide IPF's responses to safeguarding cases and to the needs of individuals involved in them.

The IPF Safeguarding Regulations provide greater guidance on what behaviour is prohibited, how to report such behaviour and further to the process of the IPF Integrity and Good Governance Unit ("**IGGU**") upon receipt of the complaint.

Nothing contained in this policy is intended to supersede, replace, or otherwise invalidate the IPF Constitution and By-Laws, the IPF Safeguarding Regulations or applicable legislation.

2. Jurisdiction

Covered Persons (as defined in the IPF Safeguarding Regulations) participating in IPF sanctioned events or activities (including but not limited to the entire duration of events, congresses, meetings or any other activity that could be construed as under the authority of the IPF) will refrain from all forms of misconduct including but not limited to:

i. harassment and abuse (i.e. sexual, physical or psychological), whether occurring in isolation, in combination and/or whether consisting of a one-off incident or a series of incidents, whether done in person or online (i.e. social media); or any abuse of authority

(i.e. the improper use of a position of influence, power or authority over another person). Abuse can also take the for m of not providing protection.

ii. Abuse does not need to be by a person in a position of authority to be considered abuse.

Jurisdiction of National Federations

If an alleged misconduct of harassment or abuse has occurred between persons belonging to the same National Federation ("NF"), the incident will be referred to and resolved by such NF with the support of the IPF.

If the circumstances of the incident are such that could create a conflict of interest within the concerned NF, the matter will be dealt directly by the IPF, at the NF's expense.

3. Definitions

In addition to the terms defined in the Safeguarding Regulations, the following definitions apply to this policy:

Accused Individual: A Covered Person who is alleged to have violated this policy.

Adults: anyone who has reached or is over the age of majority (18 years).

Adult abuse: an act (or failure to act) that harms an adult. Adult abuse may be physical, sexual, psychological emotional or neglect, but there are also additional ways adults may be harmed, for example modern slavery, financial or material abuse, discriminatory, institutional, domestic violence or self-neglect.

Athlete: Any powerlifting athlete who participates in any IPF sanctioned event.

Child abuse: an act (or a failure to act) that directly harms a child or indirectly permits harm to occur. For example, someone may harm a child directly, or may be indirectly responsible for abuse due to a failure to prevent someone else harming the child. Child abuse can be physical, sexual, or non-physical (emotional or neglect). Abuse can happen in person or online. Abusers may be any gender, or another young person. Abusers are often well known to (and trusted by) the child and family.

Children and young people: anyone who has not yet reached the age of majority (18 years). Note: , "child," "children," "minor" and "youth" are used interchangeably in this Policy.

Child or adult protection: action taken in response to a specific concern for a child or adult who may be experiencing or who is at risk of experiencing harm or abuse. This is an essential part of safeguarding and requires referral to specialised protection services.

Child or Adult Protection Services: local specialist services, law-enforcement agencies and/or expert local organisations who are trained to advise on, respond to and manage cases, if concerns arise. What these services are called, and how they operate, will vary from country to country.

Coach/Trainer/Athlete Support Personnel: Any individual who has or shares the responsibility for instructing, teaching, schooling, training, or advising an athlete. For the purpose of this policy, “coach”, “trainer”, and “athlete support personnel” are used interchangeably.

Coach-Athlete Relationship: Exists when a Coach interacts with an Athlete. Such interactions may include but are not limited to:

i. providing an Athlete with a training program whether written or oral;
ii. assisting an Athlete during a training session; or
iii. handling an Athlete during a powerlifting competition, whether privately or as part of a NF team.

Intimate Relationship: An interpersonal relationship that involves physical or emotional intimacy.

Misconduct: Conduct which results in harm, the potential for harm or the imminent threat of harm. Age is irrelevant to misconduct. This policy recognizes six primary types of misconduct in sport:

i. Emotional Misconduct;
ii. Physical Misconduct;
iii. Sexual Misconduct;
iv. Bullying;
v. Harassment; or
vi. Hazing (or any form of ragging).

Participants: Individuals who participate at IPF Events including but not limited to Minor Athletes, Athletes, Athlete Support Personnel, IPF Technical Officials, elected or appointed IPF Officers and the IPF Secretariat Members (and anyone else included in the definition of Covered Person in the IPF Safeguarding Regulations).

Poor practice: refers to behaviour by staff or participants that falls below the standards the organisation has set (expectations are usually set out in a code of conduct). Serious incidents of poor practice will also constitute abuse and should be responded to in cooperation with local protection services. Lower-level poor practice is managed internally by the organisation. In both cases the organisation’s disciplinary policy, process and procedures should be implemented in collaboration with the safeguarding process.

Power Imbalance: A Power Imbalance may exist where, based on the totality of the circumstances, one person has supervisory, evaluative, or other authority over another. Whether there is a Power Imbalance depends on several factors, including but not limited to:

i. the nature and extent of the supervisory, evaluative or other authority over the person;
ii. the actual relationship between the parties;
iii. the parties’ respective roles;
iv. the nature and duration of the relationship;
v. the age of the parties involved;
vi. whether there is an aggressor; or
vii. whether there is a significant disparity in age, size, strength, or mental capacity.

Once a Coach-Athlete Relationship is established, a Power Imbalance is presumed to exist throughout the Coach-Athlete Relationship (regardless of age) and is presumed to continue for Minor Athletes after the Coach-Athlete Relationship terminates until the Athlete reaches 18 years of age. A Power Imbalance may exist, but is not presumed, where an Intimate Relationship existed before the Coach-Athlete Relationship (e.g., a relationship between two spouses or life partners that preceded the Coach-Athlete Relationship).

Safeguarding: action taken to ensure that children, young people and adults are safe from harm when involved in Powerlifting. Safeguarding means proactively doing everything possible to minimise risk and prevent abuse and harm. Safeguarding in sport may also be referred to as 'Safe Sport'.

Vulnerable groups: refers to children, young people, or adults who are vulnerable in some way. This policy recognizes that, generally, children are more vulnerable to harm and abuse than adults due to factors such as: imbalance of power, cognitive and/or physical development, emotional maturity, education and susceptibility to influence and exploitation. However, research shows that some groups of children face additional risks of harm (for example disabled or migrant children, those exposed to domestic abuse or poverty, or young people at the higher levels of sports talent pathway). Some groups of adults may be considered to be more vulnerable to harm or abuse (for example disabled adults or those with poor mental health, vulnerable adults, or older people).

4. Objectives

IPF wants to ensure that all Powerlifting activities for which it is directly or indirectly responsible, or which are provided by and through all national Member Federations (NFs), take place in a positive environment that prioritises the welfare of those involved. Implementation of this policy will:

- Ensure that IPF meets its legal and moral safeguarding responsibilities
- Promote the welfare of everyone involved in the sport by creating an environment where participants feel safe and included, are treated with respect, and are empowered
- Support a culture of vigilance to enable staff (paid and unpaid) and others to recognise and respond effectively when safeguarding concerns arise
- Reduce opportunities for the abuse of children, young people and adults (particularly those who may be more vulnerable to harm)
- Demonstrate the organisation's commitment to safeguarding to young people, their parents/carers, adult participants, our partners and all IPF staff.

5. Core principles

The IPF's core safeguarding principles reflect the organisational and individual responsibility for safeguarding in Powerlifting around the world, and for promoting the welfare and wellbeing of everyone involved:

- The welfare of every minor, young person and adult is of paramount importance; ensuring they are safeguarded is part of a commitment to enhance their enjoyment of and performance in Powerlifting.
- Safeguarding is everyone's responsibility, regardless of the country they are from or the role they hold in Powerlifting. When young people or other vulnerable groups are in our care there is a collective duty to safeguard them.

- Everyone, regardless of colour, race, nationality, ethnic or national origin, age, gender, sexual orientation, disability or religion have the right to protection from harm including harassment, abuse, violence, exploitation and poor practice.
- All minors and adults have the right to participate, enjoy and develop through Powerlifting, in a safe and inclusive environment, free from all forms of harassment, abuse, violence, exploitation and poor practice.
- Whatever their role in Powerlifting children, young people and adults should feel safe, respected and valued.
- All staff must understand their safeguarding responsibilities, be alert to the signs of abuse and neglect, and report concerns in line with the outlined process to ensure a swift and effective response.
- No single individual, organisation or agency can effectively safeguard vulnerable people – safeguarding requires cooperation and communication between participants, staff, IPF, its NFs and specialist protection services.

6. Actions

To achieve its safeguarding aims, IPF and/or the IGGU will:

- Identify and support an IPF Safeguarding Lead Officer to take lead in strategic, planning and practical safeguarding matters under the guidance of the IGGU.
- Establish, promote and implement safeguarding practice arrangements for IPF staff and volunteers at activities, competitions and events for which IPF is directly responsible.
- Include, as a condition to bid for championships and in LOC host contracts, provisions according to which all volunteers and staff should undergo background screens where legal permitted.
- Align other IPF regulations to this safeguarding policy and vice versa (including the IPF Safeguarding Regulations and the IPF Dispute Resolution Regulations) to ensure that a consistent safeguarding process runs through the organisation's arrangements
- Use IPF's authority and influence to establish minimum safeguarding standards for NFs
- Provide and/or signpost to safeguarding advice, guidance and materials (including this policy and procedures document, templates, practical guidance and opportunities) to support NFs in developing, implementing and promoting their own equivalent safeguarding arrangements
- Use IPF's influence with other third-party organisations to inform and promote safeguarding practice.

7. IPF & the IGGUs safeguarding responsibilities

When safeguarding concerns or issues arise IPF has a responsibility to ensure that information is shared with and/or action is taken by the appropriate organisation or authority.

Issues that involve IPF staff, volunteers, agents or arrangements will be managed through IPF's internal safeguarding procedures and systems under the direction of the IPF Safeguarding Lead Officer.

Issues that are raised with or through IPF but are identified by the IPF Safeguarding Lead Officer as the responsibility of individual NFs or other national organisations will be passed to those bodies for action locally.

8. Safeguarding legislation and guidance

IPF is an international organisation based in Luxembourg. As such, the legal framework in this policy is consistent with Luxembourg legislation – although the principles and practice guidelines are common to most countries. In the event of a discrepancy between this policy and applicable legislation, the legislation shall apply.

The United Nations Convention on the Rights of the Child 1989 ("UNCRC") is an international agreement, which defines anyone under the age of 18 as being a child, protects the rights of children and provides a child-centred framework for the development of services to children.

This was ratified by the governments in many countries ensuring children's rights to protection, expression and receipt of information are recognised. The majority of the UNCRC principles, aims and linked practices apply equally to all vulnerable groups.

Internationally agreed safeguarding standards (including the Safeguards for Children in Sport Framework) have been produced to guide the development and implementation of effective arrangements based on UNCRC and other principles. https://www.unicef.org.uk/wp-content/uploads/2014/10/International-Safeguards-for-Children-in-Sport-version-to-view-online.pdf

The majority of IPF Championships, events, activities and engagement with young people and adults are international, and hosting countries will have their own legislation relating to the protection of children and adults. Staff will comply with all relevant criminal laws in the country when working at IPF-sanctioned tournaments, events and activities. Applicable criminal laws will take primacy over provisions laid out in this policy.

9. Reporting Procedure

The IPF encourages all Covered Persons to report and to communicate violations of the IPF Safeguarding Regulations and/or allegations and suspicions of child physical and sexual abuse. Anyone affected by or who has observed an alleged incident of harassment or abuse during the period of an IPF Event or any other IPF activity may either file a Statement of Complaint against the Accused Individual to the IPF.

The reporting procedure is set out in the IPF Safeguarding Rules and any investigation or discipline arising from the same shall be governed by the IPF Dispute Resolution Rules.

Confidential reporting may be made to**:** **integrity@powerlifting.sport**

or **Safeguard@powerlifting.sport**

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SECTION 09

IPF Safeguarding Regulations

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

SAFEGUARDING

REGULATIONS

2026

1. Introduction

1.1. The International Powerlifting Federation (“IPF”) is the international governing body for the sport of Powerlifting. It was founded in 1972 and has been a leading force in the world of strength sports ever since.

1.2. In accordance with the IOC Consensus Statement on Harassment and Abuse in Sport, it is incumbent upon all stakeholders to adopt, implement and monitor policies and procedures for Safe Sport which state that all athletes have a right to be treated with respect and protected from non-accidental violence and all forms of harassment and abuse.

1.3. Accordingly, and in furtherance of the principles of the IPF Integrity Code to which all Covered Persons associated with IPF are bound; notably the respect for human dignity, the rejection of discrimination and the rejection of all forms of harassment and abuse, the IPF has adopted the IPF Safeguarding Regulations which are supplemented by the IPF Safeguard and Protection Policy to provide greater clarity in identifying prohibited behaviours and IPF’s commitment to safeguarding.

1.4. These Safeguarding Regulations establish a clear set of rules that must be in place, notably at all IPF Championships and training, in recognition of the importance of providing all IPF athletes, members, volunteers and competition officials with a field of play that is free from abuse and harassment.

2. Objective and Prohibited Behaviours

2.1. These Safeguarding Regulations provide written disciplinary rules and processes aimed to regulate and guide IPF’s responses to safeguarding cases and to the needs of individuals involved in them.

2.2. These Safeguarding Regulations set out:

i. clear non-exhaustive definitions of what constitutes prohibited behaviour,
ii. the steps to report prohibited behaviour,
iii. the IPF investigative process, and
iv. the possible disciplinary process and outcomes as provided in the IPF Dispute Resolution Rules.

2.3. Covered Persons are responsible for their actions and must adhere to the Safeguarding Regulations. These Safeguarding Regulations require that all Covered Persons refrain from any behaviour that constitutes a Prohibited Behaviour as defined in these Safeguarding Regulations.

3. Covered Persons

3.1. “Covered Persons” as defined and used in these Regulations and all IPF Integrity Rules include but are not limited to:

3.1.1. All participants in IPF activities including but not limited to athletes, coaches, trainers, therapists, physicians, Technical Officials, other officials, Executive Committee Executive Members, or other IPF Officers.

3.1.2. All Member Federations and their members who compete at the international level. All Member Federations are responsible, and may be held accountable for the acts and omissions of their members, officials, employees, representatives, delegates, athletes, coaches, support personnel and any other persons acting on their behalf or under their authority, even if the Member Federation can prove the absence of any fault or negligence.

3.1.3. All persons who take part in the sport of Powerlifting in any capacity directly or indirectly at a IPF sanctioned or IPF approved championship.

3.1.4. All IPF employees or IPF-appointed consultants or agents.

3.1.5. All individuals who compete, coach, officiate, work at, or otherwise participate in a supporting role, including parents and legal guardians of a player in a championship or activity organised, sanctioned or approved by IPF.

3.1.6. All individuals who hold an IPF or IPF-recognised officiating or coaching certification or Technical Official certification.

3.1.7. All individuals who receive accreditation at any IPF championships and activities or act as an IPF contractor or volunteer in relation to such championships and activities.

3.1.8. All individuals who serve as members of any IPF committee or national or international committee related to IPF.

3.1.9. All persons who have, whether by enjoying any form of licence, accreditation or any other status from IPF, or otherwise consented (expressly or impliedly) to be bound by these Safeguarding Regulations.

3.2. Any person who ceases to be a Covered Person for any reason shall for all purposes under these Regulations be deemed to be and to remain a Covered Person in respect of any allegation into conduct whilst that person was a Covered Person.

3.3. Any Covered Person shall be deemed to be and to remain a Covered Person for a continuous period of twelve (12) months after the date, on each occasion, upon which that person became a Covered Person.

4. Scope

4.1. All Covered Persons shall be bound by these Safeguarding Regulations both during competition periods, from the moment unofficial or pre-event-training begins until the end of the medal ceremony for the last event held at the competition, as well as outside of competition periods during any IPF-related activity (which includes but is not limited to for example, Officials Courses or Certifications, Committee Meetings, Workshops, Member Federation activities etc.).

4.2. For clarity, the Safeguarding Regulations may also apply to Covered Persons' conduct outside of IPF-related activities when such conduct adversely affects relationships with members, Covered Persons and other individuals affiliated with IPF, and when it is detrimental to the image and reputation of IPF.

5. Jurisdiction for Complaints

5.1. These Safeguarding Regulations are not meant to supersede any national level disciplinary processes which may be in place in a relevant a Member Federation, National Olympic Committee or National Safe Sport organisation (together or independently referred to as the "National Safe Sport Authority").

5.2. However, where a Covered Person believes they have been subject to behaviour in breach of these Safeguarding Regulations, they may report it directly to the IPF.

5.3. Where a complaint is received concerning a Covered Person, the IGGU Investigative Officer will proceed with assessing the merits of the complaint in accordance with these Safeguarding Regulations and/or the Dispute Resolution Rules and may:

a. Chose to refer the matter back to the relevant National Safe Sport Authority if the Investigative Officer is confident that the matter should be or may be appropriately dealt with at the national level.

b. Chose to work with the relevant National Safe Sport Authority to address the complaint.

c. Retain jurisdiction over the Covered Person and chose to undertake its own investigation independently from the National Safe Sport Authority.

5.4. Where there is no official National Safe Sport Authority in a Member Federation's country and the complaint has first been brought to the National Federation's attention by any Covered Person, if the Member Federation has not adequately addressed the complaint in accordance with internationally recognized safeguarding processes and principles and/or basic procedural human rights and the complaint is then referred to the IPF Safeguarding Lead Officer, the IPF shall retain jurisdiction to conduct its own investigation into the matter. Should the eventual finding be that a breach of these Safeguarding Regulations has occurred, the IGGU could ultimately seek from the relevant Member Federation reimbursement of IPF's costs as a possible disciplinary measure, in

addition to any other disciplinary measures which might be applicable under the IPF Integrity Code against any individual involved in the matter. Any such investigative and disciplinary process must respect these Safeguarding Regulations and the Dispute Resolution Rules.

5.5. It is possible that more than one entity (National Safe Sport Authorities and the IPF) may retain jurisdiction and may investigate safe sport misconduct in certain circumstances.

6. Definitions of Prohibited Conduct

6.1 Safeguarding Regulations Offences

A Safeguarding Regulations Offence will be deemed to have occurred whenever it is concluded further to the investigative process described at Article 9 of these Safeguarding Regulations that a Covered Person has engaged in prohibited behaviours defined and set out in these Safeguarding Regulations.

6.2 Harassment and Abuse

Whether during a competition period or outside competition periods, harassment and abuse are generally defined as follows and may occur in these various forms, in combination or in isolation:

6.2.1. “Psychological abuse” means any unwelcome act including confinement, bullying, isolation, verbal assault, humiliation, intimidation, infantilization, or any other treatment which may diminish the sense of identity, dignity and self-worth.

6.2.2. “Emotional misconduct” includes without limitation verbal acts, physical acts, acts that deny attention or support, criminal conduct or stalking.

a. Verbal acts: Repeatedly and excessively verbally assaulting, threatening or attacking someone personally in a manner that serves no productive training or motivational purpose.

b. Physical Acts: Repeated or severe physically aggressive behaviours, including but not limited to, throwing sport equipment, water bottles or chairs at or in the presence of others, punching walls, windows or other objects.

c. Acts that Deny Attention or Support: Ignoring or isolating a person for extended periods of time, including routinely or arbitrarily excluding a Participant from participation.

d. Criminal Conduct: includes any act or conduct described as emotional abuse or misconduct under federal or state laws (e.g., child abuse, child neglect). Note that any such complaints will usually be remitted to the relevant national authorities.

e. Stalking: occurs when a Covered Person purposefully engages in a course of conduct directed at a specific person, and knows or should know, that the course of conduct would cause a reasonable person to (i) fear for their safety, (ii) fear for the safety of a third person, or (iii) to experience substantial emotional distress.

6.2.3 “Physical Misconduct” means without limitation any physical contact or non contact behaviour that causes, or reasonably threatens to cause, physical harm to another person. Examples of physical misconduct may include, without limitation:

a. Contact violations: Punching, beating, biting, striking, strangling or slapping another; intentionally hitting another with objects, such as sporting equipment; encouraging or knowingly permitting an Athlete to return to play prematurely following a serious injury (e.g., a concussion) and without the clearance of a medical professional.

b. Non-contact violations: Isolating a person in a confined space, such as locking an Athlete in a small space; forcing an Athlete to assume a painful stance or position for no athletic purpose (e.g., requiring an athlete to kneel on a harmful surface); withholding, recommending against, or denying adequate hydration, nutrition, medical attention or sleep; providing alcohol to a person under the legal drinking age; providing illegal drugs or non-prescribed medications to another.

c. Criminal Conduct: Physical Misconduct includes any act or conduct described as physical abuse or misconduct under applicable federal or state law (e.g., child abuse, child neglect, assault). Note that any such complaint will usually be referred to applicable state authorities.

d. Exclusion: Physical Misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline, or improved Athlete performance. For example, hitting, punching and kicking are well regulated forms of contact in combat sports, but have no place in Powerlifting. Physical Misconduct also does not include conduct reasonably accepted as part of sport or conduct reasonably accepted as part of Participant’s participation.

6.2.4. “Bullying” means without limitation repeated or severe behaviour(s) that are (a) aggressive (b) directed at a Minor, and (c) intended or likely to hurt, control, or diminish the Minor emotionally, physically, or sexually. Bullying-like behaviours directed at adults may be addressed under other forms of misconduct, such as Hazing or Harassment. Examples of bullying behaviour may include, without limitation, repeated or severe:

a. Physical hitting, pushing, punching, beating, biting, striking, kicking, strangling, slapping, spitting at, or throwing objects (such as sporting equipment) at another person.

b. Verbal ridiculing, taunting, name-calling or intimidating or threatening to cause someone harm.

c. Social, including cyberbullying use of rumours or false statements about someone to diminish that person's reputation; using electronic communications, social media or other technology to harass, frighten, intimidate or humiliate someone; socially excluding someone and asking others to do the same.

d. Exclusion: Conduct may not rise to the level of bullying behaviour if it is merely rude (inadvertently saying or doing something hurtful), mean (purposefully saying or doing something hurtful, but not as part of a pattern of behaviour), or arising from a conflict or a struggle between persons who perceive they have incompatible views or positions.

Bullying does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline, or improved Athlete performance.

6.2.5. "Physical abuse" means without limitation any deliberate and unwelcome act – such as for example punching, beating, kicking, biting and burning - that causes physical trauma or injury. Such an act can also consist of forced or inappropriate physical activity (e.g., age-, or physique- inappropriate training loads; when injured or in pain), forced alcohol consumption, or forced doping practices.

6.2.6. "Sexual harassment" means without limitation any verbal or physical conduct of a sexual nature, which is unwelcome, or where consent is coerced, manipulated or cannot be given. Sexual harassment can take the form of sexual abuse.

6.2.7. "Sexual abuse" means without limitation any conduct of a sexual nature, whether noncontact, contact or penetrative, where consent is coerced, manipulated or is not or cannot be given.

6.2.8. "Neglect" means without limitation the failure of a Covered Person with a duty of care towards the athlete or competition official to provide a minimum level of care to the athlete or competition official, which is causing harm, allowing harm to be caused, or creating an imminent danger of harm.

6.2.9. "Harassment" means without limitation repeated or severe conduct that (a) causes fear, humiliation or annoyance, (b) offends or degrades, (c) creates a hostile environment (as defined above), or (d) reflects discriminatory bias in an attempt to establish dominance, superiority or power over an individual or group based on age, race, ethnicity, culture, religion, national origin, or mental or physical disability; or (e) any act or conduct described as harassment under applicable federal or state laws. Whether conduct is

harassing depends on the totality of the circumstances, including the nature, frequency, intensity, location, context, and duration of the behaviour.

a. Conduct may not rise to the level of Harassment if it is merely rude (inadvertently saying or doing something hurtful), mean (purposefully saying or doing something hurtful, but not as part of a pattern of behaviour), or arising from conflict or struggle between persons who perceive they have incompatible views or positions. Harassment does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline, or improved Athlete performance.

b. Harassment and abuse can include a one-off incident or a series of incidents.

c. Harassment and abuse may be in person or online.

d. Harassment and abuse may be deliberate, unsolicited and coercive.

e. Harassment and abuse may result from an abuse of authority or control, meaning the improper use of a position of influence, power or authority.

7. Reporting Process

7.1. Covered Persons, staff members, staff in partner organisations, participants and spectators should report safeguarding concerns to the IPF Integrity and Good Governance Unit (“IGGU”). The requirement for Covered Persons to report applies to any alleged or suspected violation(s) of the Safeguarding Regulations, whether it occurred domestically or abroad.

7.2. Contact details, including a Concern Report Form, will be actively promoted to all stakeholders, and available through the IPF website.

7.3. Complaints made under these Safeguarding Regulations may be made by or on behalf of athletes or any individual involved in any activities of the IPF.

8. Investigative process

8.1. As with all other integrity related complaints and issues, the IGGU Integrity Officer shall commence the investigative process upon receipt of a complaint.

8.2. The Integrity Officer shall promptly conduct a preliminary inquiry into the factual elements of any complaint it receives to determine if there has been an apparent breach of these Safeguarding Regulations. This inquiry will consist at a minimum of speaking with

the complainant, the person against whom the complaint is being made (respondent) and any possible witness(es).

8.3. Should the matter be able to be quickly resolved to all the parties' satisfaction, the Integrity Officer shall be authorised to do so.

8.4. Should the Integrity Officer deem it necessary, they will liaise with athlete psychologists and medical team(s) as required.

8.5. Should it be determined that the matter needs to be remitted to local authorities, in cases involving sexual abuse or assault or criminal behavior for example, the Integrity Officer shall refer the matter to the IPF Secretary General who will be entrusted with following up on this task.

8.6. Prior to or during the investigation, should it be determined, in urgent and serious situations, that conservatory measures need to be taken to safeguard a Covered Person (such as probation, a provisional suspension, restrictions on eligibility or expelling an offender from a Championship venue), such measures will be taken by the Secretary General on behalf of the Integrity Unit. Not following the usual disciplinary process in such an instance would be justified under applicable Human Rights legislation because the duty to protect outweighs the duty of procedural fairness owed to a possible dangerous offender.

8.7. Any actions taken by the Integrity Officer or any appointed Championships Safeguarding Lead shall be documented.

9. Process and procedural requirements

9.1. The Integrity Officer (or Investigatory Body) will make a written demand for individuals directly involved in the complaint to provide information or evidence or cooperate with the investigation in any way that will assist the determination as to whether a Safeguarding Regulations Offence has been committed. This will include at minimum but not be limited to making a written demand for information or speaking with the Complainant, the Covered Person against whom the complaint has been made and any relevant witness(es).

9.2. An adverse inference may be drawn when any individual directly involved in the complaint refuses to cooperate with the process. Where needed the IPF Disciplinary Officer, on behalf of the Investigatory Body, may make a final request for an individual to cooperate.

9.3 The Integrity Officer may make a written demand to additional Covered Persons to provide any information or evidence to an investigator that may lead to the discovery of

additional evidence relating to a possible Safeguarding Regulations Offence, including (without limitation) requiring the Covered Person to attend an in person or telephone interview and/or to provide a written statement setting forth his/her knowledge of the relevant facts and circumstances.

9.4 All Covered Persons must cooperate fully with such investigations. When requested to furnish information or evidence by the Integrity Unit's investigator, they shall be required to do so within seven (7) business days of the request failing which they will be deemed to have breached these Rules and the IPF Integrity Code. This will render the Covered Person subject to discipline under the IPF Dispute Resolution Rules.

9.5. The Complainant and the Covered Person(s) against whom the complaint has been made shall be notified of all relevant steps and accusations brought against them as required in these Safeguarding Regulations and the IPF Disciplinary and Dispute Resolution Rules.

9.6. Pursuant to the Dispute Resolution Rules, the Covered Person(s) against whom the complaint has been made shall be granted procedural rights and given the opportunity to be heard by the Integrity Officer (or Investigatory Body) and defend the charge of committing an alleged Safeguarding Regulations Offence prior to an Investigative Report being issued and the matter being remitted to the Integrity Tribunal.

9.7. The Complainant and the Covered Person(s) against whom the complaint has been made shall be notified of all relevant steps as required in these Safeguarding Regulations and the Dispute Resolution Rules. They may also be granted procedural accommodations if necessary.

9.8 As outlined in the IPF Dispute Resolutions Rules, further to completing the investigation, the Investigatory Body shall provide the IPF Disciplinary Officer with a written report documenting and outlining its findings on a preponderance of the evidence.

10. Disciplinary action and sanctions

10.1. A decision of the IPF Integrity Unit to impose urgent interim measures during an IPF Championship cannot be appealed. Not following the usual disciplinary process in such an instance is justified under applicable Human Rights legislation because the duty to protect outweighs the duty of procedural fairness owed to a possible offender.

10.2. When, after completing its investigative process set out in these Safeguarding Regulations the investigator/IGGU concludes on a balance of probabilities that a Safeguarding Regulations Offence has been committed, it shall so inform and refer the matter the IPF Disciplinary Officer by way of a detailed confidential Investigative Report which may include non-binding recommendations.

10.3. Investigatory Reports are treated as confidential. There are, however, limits to confidentiality. The IPF will make reasonable efforts to protect the privacy of individuals involved in the administration of Investigative Reports, while balancing the need to gather information to assess and/or investigate a complaint and to implement the Safeguarding Rules and IPF Integrity Code in a manner that is procedurally fair.

10.4. To assist with the adjudication of the matter and reduce duplication of witness testimony, the Investigatory Body's findings shall be considered findings of facts. The Investigative Body's Report shall automatically become part of the case, so long as any confidential sections are redacted to the Investigatory Body's satisfaction (in order among others to protect the identity of vulnerable or at-risk-witnesses), prior to being shared with the parties in the event the matter proceeds to adjudication.

10.5. The Disciplinary Officer (or Ad Hoc Disciplinary Officer when one is appointed by the IGGU in the event the Disciplinary Officer must be recused) will consider the contents of the Investigative Report, the Investigative Body's non-binding recommendations and the scope of application of the Safeguarding Regulations or other applicable Integrity Rule.

10.6. Based upon the same, the Disciplinary Officer shall, by written confidential and official correspondence offer to the Respondent an option to accept "Proposed Consequences" in a full and final resolution of the matter in lieu of proceeding to a hearing.

10.7. Prior to offering Proposed Consequences to the Respondent, the Disciplinary Officer shall request that the IGGU contact the Complainant, or do so on his/her own volition, and inform them of the anticipated Proposed Consequences so that the Complainant may consent to the consequences being proposed and waive their right to a hearing in a full and final binding resolution of the matter (imposing the Proposed Consequences on the Respondent)and/or appeal the Decision to the Integrity Tribunal.

10.8. Should the matter not be resolved by accepted consequences, the resolution or adjudication processes shall generally follow the procedures set out in the IPF Dispute Resolution Rules.

10.9. When, after completing the investigative process set out in these Safeguarding Regulations the Investigatory Body is not satisfied on a balance of probabilities that a Safeguarding Regulations Offence has occurred, it shall so inform the Disciplinary Officer by way of a confidential Investigative Report and may still make non-binding recommendations along with its general findings to assist with the final resolution of the matter. All parties will be informed of the outcome.

10.10. If the Investigatory Body or IGGU deem that the matter should be referred to local police authorities, they shall refer the matter to the IPF Secretary General who will be entrusted with following up with this task.

11. Nature and treatment of Complaints

11.1. All complaints brought forward in good faith under these Safeguarding Regulations will be carefully considered by the IGGU without retaliation or censure.

11.2. Retaliation is any adverse action or threat to take any adverse action against any person related to allegations of Prohibited Conduct. Adverse actions include, but are not limited to threatening, intimidating, harassing, coercing, or any other action or conduct with the potential effect of dissuading any reasonable person from reporting prohibited conduct or engaging in activity related to the reporting or investigative processes or punishing them for having done so.

11.3. All inquiries and investigations undertaken further to a complaint being filed shall be unbiased and impartial and any conclusions or actions taken under the Safeguarding Regulations shall be made without retaliation or censure.

11.4. It would be a serious violation of these Safeguarding Regulations and the IPF Integrity Code for a Covered Person to harass or retaliate against any person who is participating or has participated in an investigative process conducted under these Safeguarding Regulations, including any retaliation against an individual who reports an allegation or participates in related proceedings (e.g. a witness). All parties to an investigative process and Covered Persons must refrain from engaging in behavior or prompting or permitting someone else to engage in such behavior, which could constitute retaliation. Any such behaviour, when established on a balance of probabilities, would be subject to disciplinary action under the IPF Integrity Code and may also be subject to applicable national penalties.

11.5. A Covered Person who fails to report actual or reasonably suspected Sexual Misconduct or Child Abuse to the IPF or their National Safe Sport Authority, and when appropriate to law enforcement, may be subject to disciplinary action under the IPF Integrity Code and may also be subject to applicable national penalties.

11.6. Where further to the investigative process outlined herein, it is established on a balance of probabilities that the complaint brought against a Covered Person under the Safeguarding Regulations is knowingly false, frivolous, vexatious or malicious, the IGGU will refer the matter back to (i) the IPF Disciplinary Officer who will proceed with resolution facilitation or if the Proposed Consequences are not accepted, (ii) to the Integrity Tribunal who will proceed with implementing disciplinary processes, either of which shall be conducted in accordance with the IPF Dispute Resolution Rules.

12. Time Limit to File a Complaint

12.1. A complaint filed under these Safeguarding Regulations, especially where a complainant's safety is at risk, should always be filed as soon as practicable.

12.2. A complaint filed under these Safeguarding Regulations should be filed with the IPF within five years of the last event of alleged incident leading to the complaint unless there are extenuating circumstances which would allow the Investigative Officer to proceed with the investigative process at his or her own discretion. The information provided must be as precise and concise as possible. This Article does not preclude the complainant from filing a report with another entity.

12.3. Allegations can go back further in time to describe incidents or events if the complainant can demonstrate that they are directly related to the last event of alleged harassment that led to the complaint. This is especially necessary in cases where the complainant intends to demonstrate a pattern of events or prohibited behaviour.

13. Confidentiality

13.1. All procedures arising from the application of these Safeguarding Regulations shall respect all applicable privacy legislation, notably with respect to minors and human rights.

13.2. All procedures and investigations undertaken under these Safeguarding Regulations will always be kept confidential in complete respect for all the privacy rights of the Covered Person and in accordance with all applicable privacy legislation, unless IPF is required by law to disclose information relating to a specific case.

13.3. All information pertaining to an alleged incident of any prohibited behaviours set out in these Regulations, all matters and information of the Covered Persons and all information gathered during investigations and results of investigations shall be regarded as confidential and handled in accordance with all applicable laws.

13.4. Confidential information related to Minors will never be publicly disclosed.

13.5. All Covered Persons who are asked to take part in an investigation or disciplinary process under these Safeguarding Regulations agree to respect and be bound by all applicable privacy and human rights legislation and will be subject to discipline under the Integrity Code when failing to respect such privacy and confidentiality obligations.

14. Appeals

14.1. All matters referred to the IPF Integrity Tribunal as a result of a breach of these Safeguarding Regulations may be appealed to the IPF Integrity Appeal Tribunal in

accordance with the process provided in the IPF Dispute Resolution Rules and the procedural rules applicable before the IPF Disciplinary Tribunal.

14.2 Decisions of the IPF Integrity Tribunal arising from a breach of the Safeguarding Regulations will be final and binding with no appeal to CAS.

SECTION 10

IPF Prevention of Competition Manipulation Regulations

IPF Executive Committee — proposed IGGU governance reform

DRAFT — PENDING EXECUTIVE COMMITTEE APPROVAL

PREVENTION OF COMPETITION MANIPULATION REGULATIONS

2026

Preamble, Application and Scope

1.1 Acknowledging the danger to sports integrity from the manipulation of sports competitions, the International Powerlifting Federation ("IPF") states its commitment to safeguarding the integrity of sport, including the protection of competitions.

1.2 Due to the complex nature of this threat, the IPF recognises that it cannot tackle this threat alone, and hence cooperation with public authorities, in particular law enforcement and sports betting entities, is crucial.

1.3 The IPF declares its commitment to support the integrity of sport and fight against the manipulation of competitions by adhering to the standards set out in the Olympic Movement Code on the Prevention of the Manipulation of Competitions, these IPF Regulations on the Prevention of Manipulation of Competitions (the "Regulations") and the IPF Integrity Code and requires its members to do likewise.

1.4 All Covered Persons (as defined below and in all IPF Integrity Rules) have a special responsibility to themselves, their teams, their teammates, fans and the IPF to ensure that powerlifting is always done fairly, honestly and to the best of a Covered Person's ability.

1.5 Every Covered Person holds the personal responsibility to make himself or herself aware of these Regulations including, without limitation, taking appropriate steps to safeguard our sport against competition manipulation-related risks and corrupt behaviour. They are also expected to be educated on what conduct constitutes a violation of these Regulations and to comply with those requirements.

1.6 Covered Persons should also be aware that conduct prohibited under these Regulations may also constitute a criminal offence and/or a breach of other applicable laws and regulations including other IPF rules and regulations and codes. They must always comply with all applicable rules and regulations.

2. Definitions

2.1 "Benefit" means the direct or indirect receipt or provision of money or the equivalent such as, but not limited to, bribes, gains, gifts and other advantages including, without limitation, winnings and/or potential winnings as a result of a wager; the foregoing shall not include official prize money, appearance fees or payments to be made under sponsorship or other contracts;

2.2 "Betting Organisation" means any person or company or other undertaking that promotes, brokers, arranges or conducts any form of betting activity or that has interests in betting in any form whatsoever.

2.3 "Competition" means any sports competition, championship or event, organised in accordance with the rules of IPF or its affiliated organisations (including national sports

federations), or, where appropriate, in accordance with the rules of any other competent sports organisation.

2.4 “Inside Information” means information relating to any competition that a person possesses by virtue of his or her position in relation to a sport or competition, excluding any information already published or common knowledge, easily accessible to interested members of the public or disclosed in accordance with the rules and regulations governing the relevant Competition.

2.5. “Covered Persons” as defined and used in the Integrity Code and all IPF Integrity Rules including these Regulations on the Prevention of Competition Manipulation include but are not limited to:

2.5.1. All participants in IPF activities including but not limited to players, coaches, trainers, therapists, physicians, Technical Officials, other officials, Executive Council Members, or other IPF Officers.

2.5.2. All Member Federations and their members who compete at the international level. All Member Federations are responsible, and may be held accountable for the acts and omissions of their members, officials, employees, representatives, delegates, athletes, coaches, support personnel and any other persons acting on their behalf or under their authority, even if the Member Federation can prove the absence of any fault or negligence.

2.5.3. All persons who take part in the sport of Powerlifting in any capacity directly or indirectly at a IPF sanctioned or IPF approved championship.

2.5.4 All IPF employees or IPF-appointed consultants or agents.

2.5.5 All individuals who compete, coach, officiate, work at, or otherwise participate in a supporting role, including parents and legal guardians of a player in a championship or training camp or activity organised, sanctioned or approved by IPF.

2.5.6 All individuals who hold an IPF or IPF-recognised officiating or coaching certification or Technical Official certification.

2.5.7 All individuals who receive accreditation at any IPF tournaments, events and activities or act as an IPF contractor or volunteer in relation to such tournaments, events and activities.

2.5.8. All individuals who serve as members of any IPF committee or national or international committee related to IPF.

2.5.9. All persons who have, whether by enjoying any form of licence, accreditation or any other status from IPF, or otherwise consented (expressly or impliedly) to be bound by these Regulations.

2.6 Any person who ceases to be a Covered Person for any reason shall for all purposes under these Regulations be deemed to be and to remain a Covered Person in respect of any allegation into conduct whilst that person was a Covered Person.

2.7 Any Covered Person shall be deemed to be and to remain a Covered Person for a continuous period of twelve (12) months after the date, on each occasion, upon which that person became a Covered Person.

2.8 “Sports Betting, Bet or Betting” means any wager of a stake of monetary value in the expectation of a prize of monetary value, subject to a future and uncertain occurrence related to a sports competition.

3. Violations

The following conduct as defined in this Article constitutes a violation of these Regulations:

3.1 Betting

No Covered Person may place, solicit or facilitate any bet, whether directly or through a third party on any IPF championship or other event. This includes betting on outcome, statistics, score and performance of any individual participant, or any other kind of “proposition bet” in any way related to Powerlifting.

This includes betting in relation either to:

3.1.1 Competition/championship in which the Covered Person is directly participating; or

3.1.2 the Covered Person’s sport; or

3.1.3 any championship in a multisport Competition in which the Covered Person is participant.

3.2 Manipulation of sports competitions

No Covered Person may engage in any way in an intentional arrangement, act or omission aimed at an improper alteration of the result or the course of a sports competition to remove all or part of the unpredictable nature of the sports competition with a view to obtaining an undue Benefit for oneself or for others. This includes not giving best efforts.

3.3 Corrupt conduct

No Covered Person may provide, request, receive, seek, or accept a Benefit related to the manipulation of a competition (or championship) or any other form of corruption.

3.4 Use of inside information

No Covered Person may:

3.4.1 Use Inside Information for the purposes of Betting, any form of manipulation of sports competitions or any other corrupt purposes whether by the Covered Person or via another person and/or entity.

3.4.2 Disclose Inside Information to any person and/or entity, with or without Benefit, where the Covered Person knew or should have known that such disclosure might lead to the information being used for the purposes of Betting, any form of manipulation of competitions or any other corrupt purposes.

3.4.3 Give and/or receive a Benefit for the provision of Inside Information regardless of whether any Inside Information is actually provided.

3.4.4 Solicit Inside Information for any use whatsoever, including Betting or any manipulation of sports competition.

3.5 Failure to report and reporting mechanism

3.5.1 Covered Persons must report to IPF or relevant disclosure/reporting mechanism or authority (i.e. the confidential IPF IGGU email at: IGGU@powerfliting.sport):

3.5.1.1 full details of any approaches or invitations received by the Covered Person to engage in conduct or incidents that could amount to a violation of these Regulations.

3.5.1.2 full details of any incident, fact or matter that comes to the attention of the Covered Person (or of which they ought to have been reasonably aware) including approaches or invitations that have been received by another Covered Person to engage in conduct that could amount to a violation of these Regulations.

3.6 Benefits

The following are considered violations of these Regulations involving Benefits:

3.6.1 Providing, requesting, receiving, seeking, or accepting a Benefit related to the manipulation of a championship, or any other form of corruption. Without limiting the generality of the foregoing, this includes:

i. fixing or contriving in any way or otherwise improperly influencing (or being a party to the fixing, contriving or other improper influencing of) the result, progress, outcome, conduct or any other aspect of a championship;
ii. ensuring the occurrence of a particular incident in a championship, the occurrence of which is to the Covered Person's knowledge the subject of a Bet and for which the Covered Person or another person expects to receive or has received a Benefit;
iii. failing to perform to the best of one's abilities in a Championship, in return for a Benefit or the expectation of a Benefit (irrespective of whether such Benefit is in fact given or received) or further to another agreement with a third party;
iv. seeking, accepting, offering, or agreeing to accept or offer, a bribe or other Benefit to fix or contrive in any way or otherwise to influence improperly the result, progress, outcome, conduct or any other aspect of a championship (irrespective of whether such bribe or other Benefit is in fact given or received); and/or
v. providing, offering, giving, requesting or receiving any Benefit in circumstances that the Covered Person knew or should have known could undermine public confidence in the integrity of any Championship, IPF or the sport of Powerlifting generally (irrespective of whether such Gift or other Benefit is in fact given or received).

3.7. Failure to cooperate

3.7.1. Covered Persons must cooperate with any investigation carried out by the IPF IGGU or any Integrity Unit or organisation approved to undertake this task in relation to a possible breach of these Regulations, including, without limitation, failing to provide accurately, completely and without undue delay any information and/or documentation and/or access or assistance requested by IPF or any Integrity Unit or organisation approved to undertake this task as part of such investigation.

3.7.2. Covered Persons must not obstruct or delay any investigation that may be carried out by the IPF IGGU or any Integrity Unit or organisation approved to undertake this task in relation to a possible violation of these Regulations, including without limitation concealing, tampering with or destroying any documentation or other information that may be relevant to the investigation.

3.8. Relationships with betting organisations

3.8.1. A Covered Person must not have a business association or enter into any business arrangement (whether formal or informal) with any Betting Organisation that involves the

payment of any monies to or by, or the conferring of any benefit(s) or advantage(s) upon or by, the Covered Person, either directly or indirectly, as a result of such association or arrangement.

3.8.2. As an exception to Article 3.8.1 , a Covered Person will not have violated these Regulations if they are employed by, or have a business association (including any sponsorship arrangement) with, a parent company that has a Betting Organisation as a subsidiary company (or betting is a business interest of any subsidiary company), provided that the Covered Person can prove that

i. they have no direct involvement with the subsidiary,
ii. that they derive no direct or indirect benefit from the subsidiary, and
iii. that the parent company's business does not involve betting.

3.8.3. A Covered Person shall be considered to have acted in violation of Article 3.8.1 if any party related to them (e.g. Immediate family member, being a partner/spouse, parent, sibling, child or dependent and in all cases whether natural, adoptive or step) has a controlling interest in a Betting Organisation, or a substantial relationship with a Betting Organisation, or is employed in the day-to-day operational control of a Betting Organisation, unless this is disclosed to, and recorded and approved by, the IGGU Integrity Officer.

3.9 Application of Articles 3.1 to 3.8

For the determination of whether a violation of these Regulations has been committed, the following are not relevant:

3.9.1 Whether or not the Covered Person is participating in the Competition concerned;

3.9.2 The outcome of the Competition on which the Bet was made or intended to be made;

3.9.3 Whether or not any Benefit or other consideration was actually given or received;

3.9.4 The nature or outcome of the Bet;

3.9.5 Whether or not the Covered Persons effort or performance in the Competition concerned was (or could be expected to be) affected by the acts or omissions in question;

3.9.6 Whether or not the result of the Competition concerned was (or could be expected to be) affected by the acts or omission in question;

3.9.7 Whether or not the manipulation included a violation of an IPF technical rule;

3.9.8 Whether or not the competition was attended by the competent national or international IPF representative.

3.10. Any form of aid, abetment or attempt by a Covered Person that could culminate in a violation of these Regulations shall be treated as if a violation had been committed, whether such an act effectively resulted in a violation and/or whether that violation was committed deliberately or negligently.

4. Dispute Resolution Procedures

4.1. Preliminary Assessment and Provisional Measures

4.1.1. As set out in Article 7 of the IPF Dispute Resolution Rules, upon being informed of alleged violations of these Regulations, the IGGU shall undertake a preliminary assessment to determine if there is a case to answer.

i. Should there be insufficient evidence or cause and no case to answer the matter will not proceed further.
ii. Should there be sufficient evidence or cause to warrant moving forward an investigation will be undertaken by an independent and impartial Investigatory Body pursuant to the Dispute Resolution Rules and the provisions below.

4.1.2 IPF's Disciplinary Officer or Health and Integrity Unit may impose provisional measures, including a provisional suspension, on the Covered Person where there is a particular risk to the reputation of the sport, while carrying out Articles 3.1 to 3.3 of these Regulations and in full respect of Article 3.4 of these Regulations.

4.1.3 Where a provisional measure is imposed, this shall be taken into consideration and credited from the determination of any sanction which may ultimately be imposed.

4.2 Investigations

4.2.1. The investigative process is set out in the Disciplinary and Dispute Resolution Rules.

4.2.2. The Covered Person who is alleged to have committed a violation of these Regulations must be informed of the alleged violations that have been committed, details of the alleged acts and/or omissions, and the range of possible sanctions.

4.2.3. Notice to a Covered Person may be accomplished by delivery of the notice to the Member Federation concerned. The Member Federation shall be responsible for immediately communicating the notice to the Covered Person. The timing of the notice is at IPF's prerogative.

4.2.4. Upon request by IPF or its Integrity and Good Governance Unit that an investigation into the allegations has commenced, the concerned Covered Person must provide any information which IPF or its Integrity and Good Governance Unit or any other investigatory body who may be requested to undertake this task may be relevant to investigate the alleged violation, including agreeing to interviews, sharing records relating to the alleged violation (such as betting account numbers and information, itemised telephone bills, bank statements, internet service records, computers, hard drives and other electronic information storage devices), and/or providing a statement setting out the relevant facts and circumstances around the alleged violation.

4.2.5 Further to completion of an investigation, the Investigatory Body shall remit a Confidential Investigative Report to the IPF Disciplinary Officer which will include non-binding recommendations on applicable discipline in the event that the Investigatory Body concludes that a violation of these Rules has been established to the required legal standard.

4.3 Offer of Consequences

4.3.1. Pursuant to the IPF Disciplinary and Dispute Resolution Rules, where, following an investigation, IPF decides to charge a Covered Person with a violation of these Regulations, the IGGU Disciplinary Officer (or Ad Hoc Disciplinary Officer when relevant) will, with reference to the Investigative Report and the recommendations therein, determine what sanctions may be applicable to the violations and offer the Covered Person reasonable and proportional consequences to accept as an admission of said violations in lieu of proceeding to a hearing.

4.3.2. The Disciplinary Officer shall establish a firm timeline by which the Covered Person must respond.

i. If the Covered Person formally accepts the Proposed Consequences, this will amount to a full and final resolution of the matter.
ii. if the Covered Person does not respond to the IPF within the deadline provided, the Covered Person will be deemed to have accepted the proposed consequences. The IGGU will then notify the Covered Person of the same and promptly issue a a decision confirming the Proposed Consequences which will thereafter be enforceable as a full and final resolution of the matter.
iii. If the Covered Person does not accept the Proposed Consequences, he or she must inform the Disciplinary Officer before the deadline provided and expressly

request a hearing. The matter will then be referred to the Integrity Tribunal for adjudication pursuant to the IPF Dispute Resolution Rules.

4.4. Rights of the Covered Person

In all procedures linked to violations of the present Regulations:

4.4.1. The Covered Person will have the right to be informed of the charges and respond to the same.

4.4.2. The principle of confidentiality must be strictly respected by IPF and the Covered Person during all the procedure. Information should only be exchanged with entities on a need-to-know basis. Confidentiality must also be strictly respected by any person concerned by the procedure until there is public disclosure of the case.

4.4.3. Anonymous reporting is facilitated through the designated reporting mechanism provided by IPF, its Integrity and Good Governance Unit or other organization delegated to undertake this task.

4.4.4. A right to a hearing is available before the IPF Integrity Tribunal pursuant to the IPF Dispute Resolution Rules.

4.5. Appeals

4.5.1. Appeals of any Decision made by the Integrity Tribunal further to a confirmed violation of these Regulations may be filed to the IPF Integrity Appeal Tribunal in accordance with the IPF Dispute Resolution Rules.

5. Sanctions

5.1. Where it is determined that a violation of these Regulations has been committed, the IPF Disciplinary Officer or IPF Integrity Tribunal shall impose an appropriate sanction upon the Covered Person in accordance with the IPF Dispute Resolution Rules.

5.2. When determining the appropriate sanctions applicable, the applicable IPF body imposing the sanction shall take into consideration all aggravating and mitigating circumstances and shall detail the effect of such circumstances on the final sanction in the written decision.

6. Reinstatement

6.1. Once the period of the Covered Person’s ineligibility has expired, they will become automatically re-eligible to participate in IPF activities provided that they have:

i. completed an official integrity education imposed on him or her as a sanction by the
ii. IPF disciplinary body to IPF's satisfaction;
iii. has paid, in full, any fine imposed under these Regulations and/or any order of costs made against him or her by the relevant IPF disciplinary body; and
iv. has agreed to subject himself or herself to any reasonable and proportionate monitoring of his or her future activities in connection with IPF or any other Powerlifting or sport organisation may reasonably consider necessary given the nature and scope of the violation that he or she has committed.

7. Mutual Recognition

7.1. Subject to the right of appeal, any decision in compliance with these Regulations by any other Sporting Organisation whether bound or not by the Olympic Charter will be recognised and respected by IPF.

7.2. IPF will recognise and respect the decision(s) made by any other sporting body or court of competent jurisdiction which is not a Sporting Organisation as defined under these Regulations.

7.3. In the event of any conflict or inconsistency between these Regulations and a less restrictive provision of another Sporting Organisation' s gambling or match manipulation policy, the provisions of these Regulations shall govern.