



Dear Member Federations,

After having switched in 2018 to the new IPF Formula, the IPF did an evaluation of this method in 2019. This evaluation has been done by a team consisting of Oleksandr Kopayev, Dr. Borys Onyshchenko and Dr. Anatoliy Stetsenko. The reason for this evaluation is, because we realised that the Formula we implemented in 2018 is still not balanced and fair to all lifters. As we are a modern federation and want to be fair to all, we are always striving to optimise all processes in our federation and in this case also the bodyweight coefficient. This is a part of our evolution and most important for our sport to be up to date, most fair and integre.

The result of the evaluation is that the team around Mr. Kopayev could find out another calculating method, which is more fair among all weight classes. For this reason, the IPF Executive Board decided to replace the 2018 introduced IPF Formula with the new IPF GL Points.

The new points will be valid with **1st May** and will be used on all IPF sanctioned events (IPF World Championships and World Events, Regional Championships,...)

The IPF encourage all of our member federations, also using the new IPF GL Points on all national events to guarantee that all lifters around the world are using and calculating with the one and same method. With this you all can ensure that the lifters, who competing on national events, will have immediately the chance to compare their results with other lifters on the globe.

The IPF did an evaluation based on scientific knowledge to find a fair method. It is the duty for all member federations using the one and same bodyweight calculator around the world, instead to mix it up with others.

Evaluation process

The work contains the comparison of the IPF GL Formula (new formula) against the current IPF Formula, Wilks, Wilks-2 and COTS formula.

Used are two methods:

1. Comparing coefficients of variation
2. Comparing rank correlations

Details to the evaluation process and the comparison methodes are published in the reports below.

Summary:

1. Overall Models' Scores by Coefficient of Variation

	GL	IPF	WILKS	WILKS-2	DOTS
Men's Equipped Powerlifting	1	2	5	4	3
Men's Classic Powerlifting	1	4	5	3	2
Women's Equipped Powerlifting	2	4	5	1	3
Women's Classic Powerlifting	2	5	1	4	3
Men's Equipped Bench Press	1	2	4	5	3
Men's Classic Bench Press	1	5	4	3	2
Women's Equipped Bench Press	2	1	3	5	4
Women's Classic Bench Press	1	5	4	2	3
Overall Scores	11	28	31	27	23

2. Overall Models' Scores by Coefficient of Variation

	GL	IPF	WILKS	WILKS-2	DOTS
Men's Equipped Powerlifting	1	2	5	4	3
Men's Classic Powerlifting	1	4	5	3	2
Women's Equipped Powerlifting	2	4	5	1	3
Women's Classic Powerlifting	2	5	1	4	3
Men's Equipped Bench Press	1	2	4	5	3
Men's Classic Bench Press	1	5	4	3	2
Women's Equipped Bench Press	2	1	3	5	4
Women's Classic Bench Press	1	5	4	2	3
Overall Scores	11	28	31	27	23

GL: IPF Good Lift Points

IPF: Current IPF points

Wilks: Former Wilks points

Wilks-2: New Wilks 2.0 formula

DOTS: DOTS Method

Attachments

- a. Models evaluation Report
- b. IPF GL Points evaluation report
- c. Championships IPF GL points example
- d. Championships IPF GL points MS-Excel Sheet for competitions

Apps

Links to apps will be published as soon as they are available.