



IPF POWERLIFTING

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IPF PRESIDENTS MESSAGE—GASTON PARAGE

Dear Member Federations of the IPF:

I would like to begin this message by wishing everyone a very happy new year. I must tell you, 2015 marked another very successful year for the IPF. Likely, one of the best in history. However, we must not rest on our laurels and we must continue our steady work forward toward our goal of IOC recognition, which we will find out about this coming June!

Yesterday, I returned from Poland with Emanuel Scheiber. We met with the Polish Federation as well as officials from both the IWGA and the Local organizing committee for the World Games 2017. I'm very pleased to inform you everything is going very well in the preparation for Wroclaw! All systems are go!

Once more, I'm kindly requesting the member federations notify both your athletes and coaches of the official qualifying procedures. It is important we present to the international sporting community our very best athletes. The primary selection event will be the 2016 IPF World Open Championships that will be held on November 13—20 at the Hyatt Regency Hotel — Orlando International Airport, Orlando, Florida. Please plan on attending and qualifying for the World Games.

Finally, the IPF will roll out two new World Championship events this year—the World University Cup that will take place this July in Minsk, Belarus and the World Classic Bench Press Championships that will take place this May in Potchefstroom, South Africa.

To close, I wish everyone a very successful and happy new year. I look forward to seeing you very soon.

Thank you, Gaston Parage, President, International Powerlifting Federation



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THE WORLD GAMES QUALIFYING STANDARDS

Dear Member Federations of the IPF:

The following qualification guidelines have been established for the IWGA World Games (WG 2017) that will be held on July 20 – 30, 2017 in Wroclaw, Poland. The procedures are as follows:

The 2016 IPF Open World Powerlifting Championships that will be held at the Hyatt Regency Hotel in Orlando, Florida on November 13 – 20, 2016 will be the official qualifying competition for the 2017 World Games.

The established weight categories for the WG 2017 will be as follows:

Men's Lightweight (59.00kg and 66.00kg)
Men's Middleweight (74.00kg and 83.00kg)
Men's Heavyweight (93.00kg and 105.00kg)
Men's Super-Heavyweight (120.00kg and 120.00+kg)

Women's Lightweight (47.00kg and 52.00kg)
Women's Middleweight (47.00kg and 63.00kg)
Women's Heavyweight (72.00kg)
Women's Super-heavyweight (84.00kg and 84.00+kg)



Each of the eight (8) IWGA weight classes will contain ten (10) athletes each, with the total number not to exceed eighty (80) lifters (40 Men and 40 Women).

The 1st, 2nd and 3rd place finishers, in each IPF weight class, at the 2016 IPF World Championships, will qualify automatically for the 2017 World Games, with the EXCEPTION of the following circumstances:

No more than two (2) lifters, per country, can be selected for each of the IWGA weight category listed above (i.e. Men's Middleweight 74.00 – 83.00).

In circumstances of a tie between two (2) lifters, the athlete with the highest Wilks Score will determine the higher placing. As an example, if the Ukraine has lifters which finish 1st and 2nd in the 74.00kg weight class and 2nd place in the 83.00kg weight class, the Ukrainian lifter, which placed second, with the higher Wilks Score, will be awarded the World Games slot. The third Ukrainian lifter will be placed onto the reserve list; however, the reserve Ukrainian lifter can only be selected, if one of the top two (2) Ukrainian lifters in the IWGA weight category (74.00kg – 83.00kg) drops out.

Each Regional Federation shall receive three (3) wild card slots. One (1) wild card for men, one (1) wild card for women and one (1) slot for a woman in the heavyweight category (72.00kg). The established wild card slots, will be selected at each of the six (6) regional championships.

The host country of Poland will receive a maximum of four (4) wild card slots. The polish men will receive two of the wild card slots and the polish women shall receive two (2) slots. The slots must be in different weight categories. The wild card lifters must lift in a category, where there are no qualified lifters from the host country which qualified at the 2016 IPF World Open Powerlifting Championships. The total number of lifters for the host country cannot exceed a total of eight (8) lifters. If the host country of Poland has more than four (4) lifters qualified via the official qualifying event, the 2016 IPF World Open Powerlifting Championships, the number of wild cards will be automatically be reduced. As an example, if the host country qualifies five (5) lifters at the 2016 IPF World Powerlifting Championship, they will receive only three (3) wild card slots.

THE WORLD GAMES QUALIFYING STANDARDS

(Continued Page 2) The quota of wild card lifters cannot be extended as described in number 6, section c. For example, if the host country qualifies six (6) male lifters and no female lifters at the 2016 IPF World Open Powerlifting Championships, the two (2) wild card slot, must be used for the women's categories.

The remaining open slots will be filled based on each athletes Wilks Score from the 2016 IPF Open World Powerlifting Championships.

Each weight class, will have a list of five (5) reserve lifters, in each IWGA weight category, and the reserve slots will be determined by the Wilks Points coefficient from the 2016 IPF Open World Powerlifting Championships. Questions, please contact Robert Keller at: rhk@verizon.net

Thank you.

Robert Keller

Secretary General

International Powerlifting Federation



Wei-ling Chen (TPE) is one of the most accomplished lifters in the International Powerlifting Federation. She is the only lifter ever to win a medal at both the Olympic Games and World Games!

WORLD GAMES — MESSAGE FROM THE IOC PRESIDENT



INTERNATIONAL
OLYMPIC
COMMITTEE
The President

To: Presidents of the
National Olympic Committees

Lausanne, 22 October 2015
Ref. No. 2015/THB/PMS/KML
By e-mail only

Dear Presidents,

The International World Games Association and The World Games event play important roles in the sports framework of the Olympic movement. They continue to provide an invaluable opportunity for athletes from a variety of sports and events not currently on the program of the Games of the Olympiad to compete in their own elite multi-sport event and represent their countries as members of a national delegation.

In previous Games, there has been excellent support from the National Olympic Committees to athletes and officials taking part, which we greatly appreciate.

The World Games have enjoyed exceptional development since their inception in 1981 and the importance of this event is now reflected in Olympic Agenda 2020. The 9th World Games 2013 Cali were an outstanding success, thanks to the commitment of the International World Games Association and the important support of the National Olympic Committees. I am confident that the 10th World Games in 2017 will also be a great success, given the commitment of the IWGA, the organizers, the athletes and the NOCs involved.

I look forward to the continuing success and growing importance of The World Games and encourage all National Olympic Committees to support this important event in Wrocław, Poland, 20 – 30 July 2017.

Yours sincerely

Thomas Bach

VOTE — IWGA ATHLETE OF THE YEAR AWARD



Larysa Soloviova, Ukraine

The 27-year-old athlete won Gold medal in the squat at the IPF World Powerlifting Championship 2015 in Luxembourg. She is a multiple World Champion and the World Games Champion 2009 and 2013 in the Heavyweight division. She has set more than 20 World Records. She is also coaching young lifters in Ukraine and is a member of the IPF Hall of Fame.

You can vote for her here: <http://www.theworldgames.org/the-iwga/athlete-of-the-month/24-athlete-of-the-year-2015>

INVITATION — IPF WORLD EQUIPPED BENCH PRESS CHAMPIONSHIPS

OFFICIAL INVITATION

The International Powerlifting Federation and the Danish Powerlifting Federation

invite the IPF member nations to participate in the
2016 IPF WORLD BENCH PRESS CHAMPIONSHIPS
Masters, Sub-junior, Junior & Open categories
19. – 24. of april 2016

In **LALANDIA HOLIDAY CENTER, Denmark**

Please note: all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Meet Director : Anders Pedersen, Kirkeallè 12, 4970 Rødby, Denmark
 email : anbp@roebymotion.dk phone : +45 21 22 22 39

Informations at our homepage : <http://www.benchpressdenmark.com/IPF>

Correspondence, transport : Skørringe bustrafik att. Coordinator Jan Martin, email: janmartin@skbus.dk

Correspondence, accomodations : Lalandia A/S : benchpress@lalandia.dk

IPF Championship Secretary :

Gaston Parage, rue Pasteur, 1, L-4642 Differdange, Luxembourg
 phone : +352-621165214 fax : +352-582696
 e-mail : Gaston.Parage@powerlifting-ipf.com

Host City : Rodby, Denmark

Date : 19th – 24th April 2016

Venue : LALANDIA HOLIDAY CENTER, EVENT CENTER

Technical Meeting : Tuesday 19th May at 20:00 at Lalandia Holiday Center – meeting room

Closing banquet: Thursday 21st at 19:00 & Sunday 24th at 20:00 in Lalandia Holiday Center

The organizer and Lalandia would appreciate that the participants would make their reservation for the banquet at the same time as they are making their preliminary nomination.

Official hotels :

See special informations for all participants – <http://www.benchpressdenmark.com/IPF>

accomodation info LALANDIA HOLIDAY CENTER, <http://www.lalandia.dk> - Lalandia A/S, Lalandia Centret 1, DK-4970 Rødby

Contact : benchpress@lalandia.dk

Meet director and the Lalandia Holiday Center manager showed IPF all the different types of houses, which will be available for the teams and also for the IPF representatives – meeting 31.3.2012

IPF approved the houses for :

- a) Three persons
- b) Four persons
- c) Eight persons (biggest/best house)
- d) Breakfast is not included, but possible to purchase at the venue.
- e) Bed wear, electricity and towels will be included in the rates
- f) There will be free internet available in each house

COMFORT 4

Holiday home with bed loft, 56 m² . Max. 4 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkeyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

INVITATION — IPF WORLD EQUIPPED BENCH PRESS CHAMPIONSHIPS

Living room & kitchen : Fridge with freezer compartment, coffee maker, electric kettle, glass ceramic cooker with min. 2 rings, tabletop oven and dishwasher

Bedroom : 1 double bed

Bathroom : WC, hand basin and shower cubicle

BED LOFT :

Sleeps 2 – not adult standing height

NB : Vertical ladder to bed loft

402,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

COMFORT 8

Holiday home with bed loft, 77 m² . Max. 8 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Fridge with freezer compartment, coffee maker, electric kettle, glass ceramic cooker, oven and dishwasher

Bedroom : 1 double bed

Bedroom : 1 double bed

Bedroom : Bunk bed, sleeps 2

Bathroom : WC, hand basin and shower cubicle

BED LOFT :

Sleeps 2 – not adult standing height

NB : Ideal for two families. Vertical ladder to bed loft

598,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

NORDIC 6

Holiday home on two floors, 69 m² . Max. 6 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Refrigerator with freezer compartment, coffee maker, electric kettle, glass-ceramic stove, oven and dishwasher

Bathroom : WC, hand basin and shower cubicle

1ST FLOOR :

Bedroom : 3 single beds

Bedroom : 2 single beds (can be combined to form a double bed)

NB : 1 sleeping place in the living room. The stairs to the first floor are steep

480,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

NORDIC PLUS 8

Holiday home on two floors, 103 m² . Max. 8 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Fridge/freezer, coffee maker, electric kettle, glassceramic stove, oven, microwave and dishwasher

Bedroom : 1 double bed

Bathroom : WC, hand basin, shower cubicle, sauna and spa

Utility room : Washing machine and tumble dryer

1ST FLOOR :

Bedroom : 1 double bed + 1 single bed

Bedroom : 1 double bed + 1 single bed

Toilet : WC and hand basin

NB : Double beds can be separated into single beds. Ideal for two families.

686,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

INVITATION — IPF WORLD EQUIPPED BENCH PRESS CHAMPIONSHIPS

Notes :

Note 1 : All athletes, coaches, referees and officials from each federation have to book their rooms at Lalandia and have to stay in the official hotel during the championship. If not they will have to pay administration fee of 100 EUR or they will not be allowed to participate at the championship.

Note 2 : The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay at the latest on the arrival day. Lack of payment will result in that the organizer and Lalandia can't ensure that there are houses available. It is possible to pay cash, with credit card or bank transfer, but payment prior to the arrival will be appreciated.

HOW TO ORDER :

You can book your holiday home by sending an e-mail to benchpress@lalandia.dk.

You will then receive confirmation of your booking. In the confirmation mail there will also be listed the condition for payment and account number. Your stay includes free entry to the Aquadome and MonkeyTonky Land plus bed linen, final cleaning and environmental tax. All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform Lalandia in advance. In case that the participating nation wishes to pay with cash, written accept and confirmation fra Lalandia is required. All rooms must be booked at the latest with the deadline of the final nomination : **29th March 2016**.

5th April 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

Arrivals/Transportation :

Arrival by plane – Copenhagen International airport

Transport from Copenhagen airportstation to LALANDIA HOLIDAY CENTER

35 EUR per person/one way

From the 16th of April to the 25th of April 2016

Price of transport must be paid on arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid. Therefore please send your detailed travel itinerary to *Skørringe att. Coordinator Jan Martin, email: janmartin@skbus.dk* : so that the transfer can be provided. If you order the transport, you must pay for it, even if you later decide not to use it. Transport itinerary can be found at the website www.benpressdenmark.com/IPF, and please check for further details and information.

Scales: Scales available at the official hotels.

Training: Special training area available at the venue every day from 9:00 am to 8:00 pm

Flag and anthem: Will be provided by the organizer.

Closing Banquet: Thursday 21st April, 19:00 & Sunday 24th April, 20:00 at the LALANDIA HOLIDAY CENTER
Price per ticket : **37,00 EUR**

Participation Fee: **50,00 EUR** for each lifter must be paid by bank transfer **to the IPF bank account** before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.

Anti-Doping Fee: **50,00 EUR** for each lifter must be paid by bank transfer **to the IPF bank account** before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.

Opening Ceremony: Tuesday 19th April, 14:00 at the Venue (LALANDIA HOLIDAY CENTER).

All representatives from each participating country shall take part at the Ceremony.

Health and travel insurance: All delgate must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or hospital.

We recommed travel insurance for covering loss of luggage, theft, delayed planes, ect.

INVITATION — IPF WORLD EQUIPPED BENCH PRESS CHAMPIONSHIPS

- Nominations :** Team nomination forms must be in the hands of the Meet Director
anbp@roedbymotion.dk and the IPF Championship Secretary
Gaston.Parage@powerlifting-ipf.com
- Preliminary :** **19th Februar**(complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
- Final :** **29th March**(later entries will not be accepted).
- Correspondence :** Emails regarding the championships must be sent to Anders Pedersen,
anbp@roedbymotion.dk + a copy to the IPF Championship Secretary,
Gaston.Parage@powerlifting-ipf.com

Important items to remember :

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the time table of events. All changes will at the latest take place at the technical meeting that will be held on Monday April 18, 2016.

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

If the organizer does not receive a confirmed cancellations of hotel rooms at least 14 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation have to book their rooms by Lalandia and have to stay in the official hotel during the championship.

If not they will be obliged to pay an administration fee of € 100.-- per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships.

Gaston Parage	Anders Pedersen	Klaus Brostrøm
IPF President	Meet Director	President Denmark PL Fed.eration
PF Championship secretary		

INVITATION — IPF WORLD EQUIPPED BENCH PRESS CHAMPIONSHIPS

World Open, Sub-Junior, Junior & Master's Bench Press Championships			
in Rodby, DENMARK, APRIL 18-24, 2016			
Provisional timetable			
Day	Weigh in time	Classes	Start
Monday 18 th April		Technical meeting	20:00
Tuesday 19 th April	8.00 – 09.30	Men M1 – M4 59 kg. & 66 kg.	10:00
	10:00 – 11.30	Women M1 – M4 47 kg. & 52 kg.	12:00
		Opening Ceremony	14:00
	13:00 – 14:30	Men M1 & M2 74 kg.	15:00
	15:00 – 16:30	Men M3 & M4 74 kg. & 83 kg.	17:00
	17:00 – 18:30	Men M1 & M2 83 kg.	19:00
Wednesday 20 th April	8.00 – 09.30	Women M3 & M4 57 kg. & 63 kg. & 72 kg.	10:00
	10:00 – 11.30	Men M3 & M4 93 kg.	12:00
	13:00 -14:30	Women M1 & M2 57 kg. & 63 kg. & 72 kg.	15:00
	15:00 – 16:30	Men M1 & M2 93 kg.	17:00
	17:00 – 18:30	Women M1 – M4 84 kg. & +84 kg.	19:00
Thursday 21 st April	8.00 – 09.30	Men M3 & M4 105 kg. & 120 kg. & +120 kg.	10:00
	10:00 – 11.30	Men M2 120 kg & +120 kg	12:00
	13:00 – 14:30	Men M1 & M2 105 kg.	15:00
	15:00 – 16:30	Men M1 120 kg & M1 +120 kg	17:00
		BANQUET FOR MASTERS	20:00
Friday 22 nd April	8:00 – 09:30	Sub-Junior Men 53 - 74 kg.	10:00
	10:00 – 11:30	Sub-Junior Women All	12:00
	13:00 – 14:30	Sub-Junior Men 83 - +120 kg.	15:00
	15:00 – 16:30	Junior Women 43 – 57 kg	17:00
	17:00 – 18:30	Junior Men 53 – 83 kg	19:00

INVITATION — IPF WORLD EQUIPPED BENCH PRESS CHAMPIONSHIPS

Day	Weigh in time	Classes	Start
Saturday 23 rd April	08.00 – 09.30	Junior Women 63 - +84 kg	10:00
	10:00 – 11.30	Junior Men 93 - +120 kg	12:00
	13:00 – 14:30	Open Women 47 - 63 kg	15:00
	15:00 – 16:30	Open Men 59 - 66 kg	17:00
	17:00 – 18:30	Open Women 72 - +84 kg	19:00
Sunday 24 th April	07.00 – 08.30	Open Men 74 - 83 kg	09:00
	09:00 – 10.30	Open Men 93 - 105 kg	11:00
	11:00 – 12:30	Open Men 120 kg	13:00
	13:00 – 14:30	Open Men +120 kg.	15:00
		2. CLOSING BANQUET	19.00

INVITATION — IPF WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS**OFFICIAL INVITATION**

The International Powerlifting Federation and the South African Powerlifting Federation
Invite's the IPF member nations to participate in the

**1st WOMEN'S & MEN'S IPF OPEN, SUB/JNR, JUNIOR & MASTERS WORLD CLASSIC
BENCH PRESS CHAMPIONSHIPS 2016**

In Potchefstroom, North West - South Africa from 14 – 21 May 2016

Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Meet Director: Johan (Hannie) Smith - email: hannie@lagayim.co.za

Cell: +27 82 5663433 Fax +27 86 5243879 - Cell: +27 82 6419612

Correspondence & Visa support: Vicki Botha email: hannie@lagayim.co.za

Cell; +27824473848 fax; +27865243879

Nominations: hannie@lagayim.co.za Cell: +27 82 5663433

Accommodation Helen de Wet. Email: elgrores@iafrica.com Tel: +27 18 2975411

Fax: +27 86 646 3689

Please send to Hannie Smith all information concerning your stay in South Africa: transport request, preliminary and final nomination.

Technical Secretary: Vicky Botha hannie@lagayim.co.za – Cell: +27 82 4473848

Copy: IPF Championship Secretary: Gaston Parage, rue Pasteur, 1, L-4642 Differdange, Luxembourg. Mobile Phone : +352-621165214, Fax : +352-582696,

Email: Gaston.Parage@powerlifting-ipf.com

Host City: Potchefstroom - North West South Africa.

Date: 15 – 21 May 2016

Venue: Elgro Hotel Conference Centre Potchefstroom. elgrores@iafrica.com <tel:+27182975411>

Technical Meeting: Saturday 14 May 2016, 20:00 hrs at the – Drostdy Venue 1st Floor – Elgro Hotel

Hotel: Elgro Hotel, Willows Hotel & Elgro Lodge. Helen de Wet email :

elgrores@iafrica.com Tel: +27 18 2975411 Fax: +27 86 646 3689

INVITATION — IPF WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS

Note 1: **All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4)**

Note 2: The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms to the ELGRO Hotel.

Option 1	Luxury Accommodation
Single Room	R1 250.00 per person per night Bed, and Breakfast
Double / Twin Room	R1 695.00 per room per night Bed and Breakfast

Option 2	Standard Accommodation
Single Room	R 850.00 per person per night Bed, and Breakfast
Double / Twin Room	R1 300.00 per room per night Bed and Breakfast

Dinner can be booked at reception at The ELGRO Hotel at the rate of R200.00 per person per night.

Here are some of the facilities we are able to offer our guests in our rooms:

Tea/Coffee Making facilities

Air Conditioning

On-Suite Bathrooms

Accommodation fees payable by credit card;

1. Cash in RAND, EUR and DOLLAR (according to the current exchange rate);
2. Bank transfer to the following bank account:

Banking details:

Account name: ELGRO HOTEL

Account: Absa Bank

Account number: 680 146 934

Branch: POTCHEFSTROOM

Branch code: 632005

Swift code: ABSAZAJJ

I-Ban Code: ZA632005

Payment must be received at the above mentioned bank account at the latest 7 days prior to the beginning of the Championship. All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform the organizer in advance. All rooms must be booked at the latest with the deadline of the final nomination – **1st May 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets.** If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

Arrivals/Transportation:

Transport from OR-THAMBO International Airport to ELGRO Hotel is **55 EUR one way**. Payment will be in Cash on arrival at the hotel.

Please send your detailed travel itinerary to the Meet Director Hannie Smith - email: hannie@lagayim.co.za and Vicki Botha email; hannie@lagayim.co.za so that the transfer can be provided.

INVITATION — IPF WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS

Shuttle: Shuttle service will be provided from Other Hotels to Venue.

Scales: Scales will be available at all the hotels.

Training: Training facilities available at the venue.

Flag and anthem: Flag will be provided by the Organizer.

Photos: Identification is necessary for security reasons. Picture of each lifter, coach and official will be taken for the accreditation card after arrival at the Championship office.

All rooms and venue will have Wi-Fi connection.

Closing Banquet: Saturday 21st May 2016 - Price: **30 EUR** per person includes drinks on table.

More information at Venue during the competition week.

Participation Fee: 50 EUR for each lifter declared must be wired to the IPF bank account

Anti-Doping Fee: 50 EUR for each lifter declared must be wired to the IPF bank account

Opening Ceremony: Sunday 15th May 2016 at 14:00 at the venue.

Health and Travel Insurance: All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc.

Nominations: Team nomination forms must be in the hands of the Meet Director Hannie Smith hannie@lagayin.co.za and IPF Championship Secretary Gaston.Parage@powerlifting-ipf.com

Preliminary: 16th March 2016 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: 24th April 2016 (later entries will not be accepted)

All nominated lifters and officials must cancelled Hotel rooms 14 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws105.5.2).

14 Days before Technical Meeting.: 1st MAY 2016 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms.

If not any withdrawal is made 14 days prior to the Technical Meeting of an World

Championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form.

Correspondence, Visa: emails regarding the championship must be sent to: Vicki Botha email; hannie@lagayim.co.za

Send a copy to the IPF Championship Secretary Gaston Parage: email: Gaston.Parage@powerlifting-ipf.com

INVITATION — IPF WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS

World Open, Sub-Junior, Junior & Master's RAW Bench Press Championships			
in Potchefstroom South Africa , May 14-21, 2016			
Provisional timetable			
Day	Weigh in time	Classes	Start
Saturday 14 th May		Technical meeting	20:00
Sunday 15 th May	8.00 – 09.30	Men M1 – M4 59 kg. & 66 kg.	10:00
	10:00 – 11.30	Women M1 – M4 47 kg. & 52 kg.	12:00
		Opening Ceremony	14:00
	13:00 – 14:30	Men M1 & M2 74 kg.	15:00
	15:00 – 16:30	Men M3 & M4 74 kg. & 83 kg.	17:00
	17:00 – 18:30	Men M1 & M2 83 kg.	19:00
Monday 16 th May	8.00 – 09.30	Women M3 & M4 57 kg. & 63 kg. & 74 kg.	10:00
	10:00 – 11.30	Men M3 & M4 93 kg.	12:00
	13:00 -14:30	Women M1 & M2 57 kg. & 63 kg. & 74 kg.	15:00
	15:00 – 16:30	Men M1 & M2 93 kg.	17:00
	17:00 – 18:30	Women M1 – M4 84 kg. & +84 kg.	19:00
Tuesday 17 th May	8.00 – 09.30	Men M3 & M4 105 kg. & 120 kg. & +120 kg.	10:00
	10:00 – 11.30	Men M1 & M2 93 kg	12:00
	13:00 – 14:30	Men M2 120 kg. & +120 kg.	15:00
	15:00 – 16:30	Men M1 & M2 105 kg	17:00
	17:00 – 18:30	Men M1 120 kg. & + 120 kg.	19:00
Wednesday 18 th May	8:00 – 09:30	Sub-Junior Men 53 - 74 kg.	10:00
	10:00 – 11:30	Sub-Junior Women All	12:00
	13:00 – 14:30	Sub-Junior Men 83 - +120 kg.	15:00
	15:00 – 16:30	Junior Women 43 – 57 kg	17:00

INVITATION — IPF WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS

		BANQUET FOT MASTERS	19:00
Thursday 19 th May	9.00 – 10.30	Junior Men 53 – 83 kg	11:00
	11:00 – 12.30	Junior Women 63 - +84 kg	13:00
	14:00 – 15:30	Junior Men 93 - +120 kg	16:00
	16:00 – 17:30	Open Women 47 – 63 kg	18:00
Friday 20 th May	9.00 – 10.30	Open Men 59 – 66 kg	11:00
	11:00 – 12.30	Open Women 72 - +84 kg	13:00
	14:00 – 15:30	Open Men 74 – 83 kg	16:00
	16:00 – 17:30	Men 93 – 105 kg.	18:00
Saturday 21 st May	9.00 – 10.30	Open Men -120 kg	11:00
	11:00 – 12.30	Open Men +120 kg	13:00
		BANQUET	19:00

Important Items to remember

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Saturday, 14th May 2016 at 20.00 hrs

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National

Team Warm-up/Track Suit for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 14 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF By-Laws105.5.2).

INVITATION — IPF WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS

All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR, per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnify and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships.

Gaston Parage
IPF President
IPF Championship Secretary

Johan Smith
Meet Director

Johan Smith
South African President



Potchefstroom, South Africa shall be the host of the inaugural IPF World Classic Bench Press Championships this year. Hannie Smith, Chairman of the IPF Technical Committee will be the championship organizer and we're looking forward to yet another exciting and well directed championship. The picture is of Northwestern University in Potchefstroom at sunset — Simply beautiful and well worth the

INVITATION — IPF WORLD UNIVERSITY POWERLIFTING CUP

The International Powerlifting Federation and the Belarus Powerlifting Federation

Invite all IPF member federations to the:

1st IPF World University Powerlifting Cup

Minsk, Belarus

July 11 to July 17, 2016

Championship Directors: Chuchval Andrei 1_dynamo@mail.ru

Belarus PL Federation: Burykin Konstantin ipfblr@gmail.com

Visa Information: Shevchenko Sergei +375 0447003237, +375 0298724383, ser502@mail.ru

Arrivals/Departure: Katulin Vasiliy +375 296500884, dinamo_org@mail.ru

Transport: by taxi from airport 25 € - 1 car (4 persons) one way, from railway station 10 € - 1 car (4 persons) one way.

Airport: National airport Minsk 2, Railway station.

Hotel Website:

1. **Students hotel 107** Pobediteley Ave., Minsk, 220020, the Republic of Belarus sportedu.by 2 bedroom suite for 4 persons, full board (breakfast/lunch/dinner) – 35 € per person per night.

2. Hotel Complex “Yubileiny” 19 Pobediteley Ave., Minsk, 220004, , www.yhotel.by single room with breakfast 50 € per person per night or double room with breakfast 40 per person per night

Hotel Rates:***

Hotel bookings:

All athletes/nations are responsible for payment of their hotel expenses. The organizer of this event is not responsible for payment of hotel accommodations. All rooms must be booked at the latest with the deadline of the final nomination – 19 June 2016. After the deadline the organizer cannot guarantee accommodations.

Copy : IPF Championship Secretary Gaston Parage, 1, rue Pasteur, L-4642 Differdange, Luxembourg, Mobile

Phone +352 621165214, Fax +352-582696, e-mail Gaston.Parage@powerlifting-ipf.com

Host City Minsk, Belarus

Date July 11 – 17, 2016

Championship Venue Athletics arena BSUFC

Technical Meeting July 10, 2016 - 19.00 hrs Conference hall BSUFC 105 Pobediteley Ave

At all World Championships, the accommodation fees shall be payable by bank transfer or credit card. (Exceptions may be granted by the IPF EC). Payment details are provided in the booking confirmation.

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4).

INVITATION — IPF WORLD UNIVERSITY POWERLIFTING CUP

Scales	Scales will be available at the hotel.
Training	11 July, 09:00
Participation Fee	50 € for each lifter declared must be wired to the IPF bank account
Anti-Doping Fee	50 € for each lifter declared must be wired to the IPF bank account
Opening Ceremony	11 July, 13:30
Closing Banquet	17 July 19.00, 30 € per person Hotel complex Yubileiny 19 Pobediteley Ave.
Health and Travel Insurance	All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.
Nominations	Team nomination forms must be in the hands of the Meet Director and IPF Championship Secretary by the following dates.
Preliminary	No later than 11 May 2016 (complete filled in preliminary form must be sent.) No final nomination will be accepted if preliminary was not sent.
Final	June 19, 2016. No late entries will be accepted.

Please note that all information is posted only for information purposes. All team selection, all official entries for the championships and all hotel bookings must be done by IPF Member nations.

All nominated lifters and officials must cover all hotel costs if we have not received information about a cancellation 14 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws 105.5.2).

June 26, 2016 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. Any withdrawal made less than 14 days prior to the Technical Meeting of a World championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form.

Technical Meeting: Sunday, July 10, 2016. Begins 19:00 Conference hall BSUFC 105 Pobediteley Ave

Competition Guidelines:

The World University Championship will structured and scored as follows:

1. The competition will be set using the classic / raw lifting style.
2. Each National Federation may nominate up to three universities in the men's category and three university team's for the women's category. The men's team may consist of 8 lifters and the women's team shall consist of 7 lifters.
3. The best three universities for both men and women will receive team awards.
4. Team scoring will be determined by calculating the scores of the best five for men and for women for each university (12, 9, 8, 7...)
5. The athletes may be from 17 – 25 years of age.
6. The standard weight classes for both men and women will be used.
7. The best three men and women will be awarded best lifter awards, of course, determined by Wilks Scoring.
8. Gold, Silver and Bronze medals for total will be awarded for each weight class.
9. Only two athletes from each university, maximum, can be nominated for each weight class.

INVITATION — IPF WORLD UNIVERSITY POWERLIFTING CUP

Provisional Timetable of Events

Day	Event			Start
Sunday 10 July 2016	Accreditation			09:00
	Accreditation			09:00
	Technical Meeting			19:00
Day	Weigh-in	Classes		Start
Monday 11 July 2016	07:00 – 08:30	Classic Women	47.0 – 52.0 kg	09:00
	Opening Ceremony @ Venue			13:30
Tuesday 12 July 2016	12:00 – 13:30	Classic Men	59.0 – 66.0 kg	14:00
	07:00 – 08:30	Classic Women	57.0 – 63.0 kg	09:00
Wednesday 13 July 2016	11:00 – 12:30	Classic Men	74.0 kg	13:00
	07:00 – 08:30	Classic Women	72.0 kg	09:00
Thursday 14 July 2016	11:00 – 12:30	Classic Men	83.0 kg	13:00
	07:00 – 08:30	Classic Women	84.0 – +84.0 kg	09:00
Friday 15 July 2016	11:00 – 12:30	Classic Men	93.0 kg	13:00
	07:00 – 08:30	Classic Men	105.0 kg	09:00
Saturday 16 July 2016	11:00 – 12:30	Classic Men	120.0 kg	13:00
	07:00 – 08:30	Classic Men	+120.0 kg	09:00
Sunday 17 July 2016	Farewell Banquet			19:00
	Departure of Delegations			07:00

Important Items to Remember

All payments should be provide in accreditation area.

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Sunday, July 10, 2016 at 19:00hrs. Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 14 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 100,-- per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4). **Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World

ALERT—COUNTERFEIT POWERLIFTING EQUIPMENT

Dear IPF Member Federations:

Counterfeit Pakistani equipment, mainly wraps, remain a **huge** problem for our company.

Please ensure when purchasing your Titan Powerlifting equipment, you're buying it either from an authorized dealer or from the main corporate headquarters. To ensure you're receiving genuine equipment from Titan Support Systems, our wraps feature a 4 part tag that certifies **IPF Approval** and **authenticity**.



We kindly request that you report any violations or counterfeit equipment to us immediately. Your assistance is very much appreciated.

Sincerely,

P.M. (Pete) Alaniz,

Titan Support Systems, Inc.

9830 South Padre Island Drive

Corpus Christi, TX 78418

National Toll Free Phone [1-800-627-3145](tel:1-800-627-3145)

International Phone [1-361-937-1458](tel:1-361-937-1458)

IPF / EPF AGREEMENT WITH LA MANGA CLUB—SPAIN

International Powerlifting Federation and European Powerlifting Federation Form an Agreement with La Manga Club, Spain to Develop a World Class Powerlifting High-Performance Centre

Introduction

The International Powerlifting Federation (IPF) and European Powerlifting Federation (EPF) have had discussions with La Manga Club management to develop a world-class Powerlifting high-performance centre, located in Murcia, South East Spain.

Aims

The aim of the partnership is to raise the profile of Powerlifting by taking a quantum leap forward in the facilities that are available to Powerlifters, coaches and referees within the sport.

Objectives

1. Provide world-leading training facilities
2. To ensure that IPF and EPF members reach and sustain their optimum level of performance and achievement
3. To delivery high level coaching and referee education for the sport
4. To develop a model on which to develop regional training and coaching facilities

Facilities

Agreement has been reached between IPF, EPF and LMC to develop a fully equipped Powerlifting high-performance centre. This would incorporate an area consist of 4 to 6 lifting platforms, 6 Eleiko bars and plates (435Kg per platform), 6 Eleiko Racks and benches. This is in addition to the excellent training facilities already in existence that includes a comprehensive range of cardiovascular and strength-training equipment, incorporating a range of machines and free weights.

Accommodation

La Manga Club is a 5* Hotel with 192 guestrooms. In addition to these facilities there is a purpose-built athletes village comprising deluxe 1, 2 and 3 bedrooms apartments and 60 guestrooms.

Catering

La Manga Club has a Grand Ballroom that can cater for up to 400 people. There are 4 board rooms, a banquet lobby, and a large terrace with spectacular views. There are more than 20 bars and restaurants, shops, banks, petrol station, pharmacy, and medical centre onsite.

Other facilities at LMC

- 8 full-size grass pitches for Football and Rugby
- 2 Cricket pitches plus warm up pitches
- 28 Tennis court
- 3 x 18 hole Golf Course, North, South and West
- A 25 meter indoor swimming pool, steam room and sauna
- 5 outdoor swimming pools

IPF / EPF AGREEMENT WITH LA MANGA CLUB—SPAIN

Benefits of this High-Performance Centre

1. Support continuous development of Powerlifting as a sport by raising the profile of the sport to enhance our profile for IOC recognition .
2. To provide a top-quality facility for the IPF coach and referee education programme, ensuring consistent and standardised coaching and referee standards for the sustainable future of the sport, and further strengthening our positioning for IOC recognition.
3. To provide athletes with a year-round warm weather training and vacation facility, thereby increasing participation.
4. To provide a world –class venue for future World and European championships

Where Located

La Manga Club sport resort is located in South-East Spain and is within easy travelling distance of 3 international airports. It benefits from unique natural surroundings and mild sunny weather all year round

Voted One of the World’s Top 3 Sports Resorts

La Manga Club has a huge range of world class sports and leisure facilities and over the years has regularly provided training camps for teams, clubs and sportsmen including:

1. The England National football squad
2. Spanish National Football squad
3. Great Britain - Tottenham Hotspur and Chelsea Football Team
4. Spain - Real Madrid and Barcelona
5. Germany - Bayern, Munich
6. Netherland - Ajax
7. The Irish National Rugby union Squad
8. A number of Great Britain Rugby League Team
9. Hosting the Davis Cup
10. Host several Spanish golf tournaments

Nearest Airport to La Manga Club

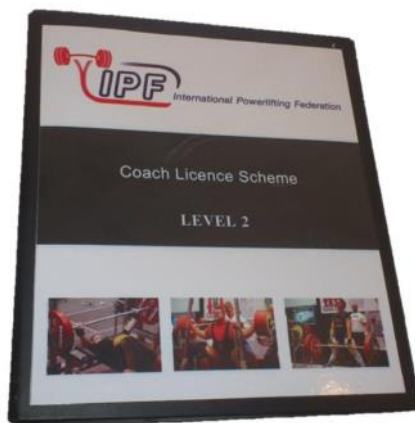
Murcia airport approximately 35Km

Alicante airport approximately 150Km

New International airport in city of Murcia due to open in 2014 – approximately 45Km



IPF COACHING LICENSE—COURSE DESCRIPTION / OUTLINE



Course Manuel

OBJECTIVES

The IPF is designed to train and educate coaches from around the World. The programme attempts to promote and develop excellence in coaching. The Course provides coaches with a systematic way to improve their knowledge and skills in the theoretical, technical and practical aspects of Powerlifting coaching.

ORGANISATION STRUCTURE

The IPF will organise two coach licence scheme, level II and Level I. They are intensive, concentrated, and intermediate level courses. The courses will be organised from May to December each year depending on demands. See the attached application form for the course. The duration of the course will be 3 days.

GENERAL SUBJECTS

The curriculum of the theoretical part (general subjects) deals with the art and science of coaching powerlifting, the content of the theory courses cover the Broader education of the programme and includes the following subjects: training theory, sport psychology, exercise and conditioning, coach in action, strength training and injuries, women and sport, youth and sport, disability and sport, technical rules, Anti-Doping education, sport management, sport and nutrition and other related subjects.

SPECIALISATION

The Sport Specialisation component has two parts: technical and practical. The technical part provides sport-specific information, which includes classroom instruction, sport-specific presentation, participatory activity and formal evaluation. The content includes coaching information pertaining to Powerlifting. These courses apply coaching principles. Skills, training methods, strategy and tactics, detection and correction of errors as well as psychological preparation are among the topics covered. The practical component involves actual coaching experience, practical lessons. The practical part of the programme involves applying theoretical and Technical knowledge to actual coaching situations, coaches coaching will be evaluated by on-the-scene observation. The practical and technical parts will also contain home assignments.

IPF COACHING LICENSE—COURSE DESCRIPTION / OUTLINE

EXAMINATIONS

The exams will consist of written and practical. Examinations in the sport of Powerlifting consist of sports theory and sports practice. The examination is taken before an IPF International coach. Participants who completed the course with a final Examination and pass will receive an IPF Coach Diploma and membership card.

PRECONDITIONS FOR APPLICATION

- Recommendation from your National Powerlifting Federation or Ministry of Sport or Sport Council
- General knowledge of the English language if not you must bring a translator
- Information regarding the condition of your health
- Copy of valid passport

COURSE FEE

650 EURO per person

THE COURSE FEE WILL INCLUDE THE FOLLOWING:

1. Course Manuel
2. Instruction
3. Examinations
4. Accommodation include breakfast and evening meals
5. Transportation to and from the airport
6. The use of all facilities of the LMC (sport centre)
7. All participants of the course will receive a IPF official course T/Shirt
8. Successful participants will receive IPF Diploma
9. Successful participants will receive IPF membership card

Contact details

Ralph Farquharson
Calle Galena 5, Casa 44
Villapiedra, Orihuela Costa
03189
Alicante
Spain
Tel: +34 966 733367
Mobile: +34 650041559
E-Mail: Ralph@europowerlifting.org
www.powerlifting-ipf.com

The logo for ELEIKO, featuring the brand name in a bold, blue, sans-serif font. The letters are thick and blocky, with a registered trademark symbol (®) at the end of the word.

IPF COACHING COURSE—APPLICATION



International Powerlifting Federation (IPF) Coach Licence Level II

At La Manga Club, Spain from March 30 to April 3, 2016

Sanctioned by the International Powerlifting Federation

And

Spanish Powerlifting Federation

Invites the IPF member nations to participate in the

IPF coach licence level II course March 30 to April 3, 2016.

Please note: all information is posted only for information purposes. All candidates must be selection by the IPF Member nation, all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Course Manager: Ralph Farquharson - email : ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

Correspondence & Visa support :

Ralph Farquharson – email: ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

Accommodation & Transport:

Ralph Farquharson – email: ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

IPF President: Gaston Parage, rue Pasteur, 1, L-4642 Differdange, Luxembourg

Mobile Phone : +352-621165214, Fax : +352-582696,

Email : Gaston.Parage@powerlifting-ipf.com

Host City : La Manga Club Resort, 30389, Cartagena, (Murcia), Spain.

Date: March 30 to April 03, 2016

Venue : IPF High Performance training centre, La Manga Club Resort, Spain.

Tel: +34 968 331 234

Accommodation:

Los Lomas athlete's village, La Manga club resort, 30389, Cartagena, (Murcia), Spain. Tel: +34 968 331 234

IPF COACHING COURSE—APPLICATION



COURSE FEE: 650 EURO per person, include accommodation breakfast, lunch and evening meals, airport transfer, course Manuel, Instruction, use of the facilities of the LMC (sport centre, Successful participants will receive IPF Diploma, IPF membership card and course T-shirt

All application form must be sent to Ralph Farquharson; email: ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

Copy of application form together with payment to IPF Treasurer: Dietmar Wolf.

email: Dietmar.Wolf@powerlifting-ipf.com

Course fee is payable to the following IPF Account:

Name of the account:	International Powerlifting Federation
Name of the Bank:	Caisse d'Epargne de l'Etat du Luxembourg
Account number:	(IBAN) LU57 0019 1300 4802 3000
Bic Code:	BCEELULL
Address:	Place de Metz L-2954 Luxembourg

Payment must be received at the above mentioned bank account with copy of payment together with the application form to the IPF Treasurer Mr. Dietmar Wolf email: Dietmar.Wolf@powerlifting-ipf.com

Please note no application will be accepted without paymentat.

Arrivals/Transportation:

Transport from Alicante airport to La Manga club resort is included in the course fee.

Please send your detailed travel itinerary to the Course Manager: Ralph Farquharson - email: ralph@europowerlifting.org

Tel: +34 966 733 367 - Mobile +34 650041559, so that the transfer can be arranged.

Training facilities available at the venue. **All candidates must bring with them their training kit, include shoe, belt, lifting suit, knee wraps or knee sleeves etc.**



IPF COACHING COURSE—APPLICATION



APPLICATION FORM FOR THE IPF COACH LICENCE LEVEL II

At
La Manga Club Resort – 30389, Cartagena, Murcia, Spain
March 30—April 3, 2016
Closing date for application March 1, 2016

Requirement for booking

Full name and surname: _____ Nation _____

E-Mail: _____ Date of birth: _____

Contact Number _____ Mobile: _____

Full postal address including post code: _____

Name of National Federation or Ministry of Sport or Sport Council: _____

Valid passport number: _____ Expire date _____

Arrival date: _____ Time: _____ Airport/flight Number: _____

Departure date: _____ Time: _____ Airport/flight number: _____

Nearest airport to La Manga Club Resort is as follows: **Alicante airport and Murcia airport, Spain**

Please note Accommodation cost is base on staying in twin room. If you require single room the cost will be extra

Health Questionnaire

Please answer the following

- | | | | |
|---|-----|------|---------------------|
| 1. Have you been advised by your doctor against exercising? | Yes | – No | please state |
| 2. Are you recovering from an illness or operation? | Yes | – No | please state |
| 3. Are you on any medication? | Yes | – No | please state |
| 4. Do you suffer from high blood pressure/low blood pressure? | Yes | – No | please state |
| 5. Do you have a heart condition? | Yes | – No | please state |
| 6. Are you Diabetic? | Yes | – No | please state |

IPF COACHING COURSE—APPLICATION

7. Do you suffer from Epilepsy? Yes – No **please state**
8. Are you Asthmatic? Yes – No **please state**
9. Do you currently have any muscular injuries? Yes – No **please state**
10. Is there any other information or problems that you feel may be relevant to you undertaking the course? Yes – No **please state**

If “Yes” explain:

Declaration

I hereby confirm that I am fit to undertake the course, and I will not hold IPF or its staff responsible for any personal injuries suffered through the undertaking of the course, whether occurring during participation or any activity or not.

Signed: _____ Date: _____

Course fee is payable to the following IPF Account:

Name of the account: International Powerlifting Federation
Name of the Bank: Caisse d'Epargne de l'Etat du Luxembourg
Account number: (IBAN) LU57 0019 1300 4802 3000
Bic Code: BCEELULL
Address: Place de Metz L-2954
 Luxembourg

Please note once payment has been received the course manual will be sent to you

Please return this application form to

Ralph Farquharson
 Calle Galena 5, Casa 44
 Villapiedra
 03189
 Orihuela costa
 Alicante
 Spain
 E-Mail: ralph@europowerlifting.org
 Phone: +34 966 733367, Mobile: +34 650041559

REHBAND



10TH ANNUAL NAPF REGIONAL BENCH PRESS CHAMPIOSHIPS - PONCE, PUERTO RICO

The 10th Annual IPF/NAPF North American Regional Bench Press Championships was held in historic and beautiful Ponce, Puerto Rico on November 19 – 21, 2015. Ponce is a city with a population of rough 200,000 and is Puerto Rico's second largest city behind San Juan. Ponce is commonly referred to as the Pearl of the South or *La Perla del Sur* *La Ciudad de los Leones* and also the city of Lions or *La Ciudad de las Quenepas*. Interestingly enough, Ponce was founded in 1692 by Juan Ponce de León's great-grandson - Loíza Ponce de León. Ponce was Spain's capital of the southern region until the United State took control of the island.

After conducting a brief search, the Ponce Plaza Hotel and Casino was selected for the championship. The hotel sits directly on the main square adjacent from the historic fire house. A perfect setting for this year's competition.

The competition was well directed by Ivan Cancel and Alex Alvarado, the President and Vice-President of the Puerto Rico Powerlifting Federation. The hotel provided all of the necessary amenities to ensure a unique experience for the athletes, coaches, officials and their guests. Overall, the lifting over which took place over the course of two days was nothing short of exceptional. Notably, the competition between Dennis Cieri and LS McClain in the 93kg Classic Weight Classic on Day 2 was one of the major highlights. For the first time ever in the 10 year history of the competition, the classic lifters far outweighed the number of equipped lifters. Moreover, now that the IPF has approved a Classic Bench Press World Championships, the lifters in this category will now be able to set IPF World Records in this category. Also, next year, we're going with two days of Classic lifting and one day of equipped lifting. In the Women's Category, World Powerlifting Championship Silver medalist Mara Luisa Vasquez, in the 47kg weight class, pressed 100kgs on her third attempt to substantiate her as one of the best lifters in the World not only in powerlifting, but now, also, in the bench press.

The overall best lifters for the men were Dennis Cieri (Classic) and Carlos Rivera (Equipped) and Kimberly Munoz (Classic) Maria Luisa Vasquez (Equipped) the Women. The farewell banquet ensured both a pleasant and enjoyable closure to the competition. Special thanks go to the following referees and volunteers who made the championship a success. Without their exceptional work the championship would not have been a success! Also, I would like to take the following opportunity to thank Bodybuilding.com and SSP Nutrition for their sponsorship for this year's championship. Finally, I would like to thank you Dr. Trey Cunningham, the NAPF Media Officer, for overseeing the live stream. Exceptionally well done! Once more, once more, special thanks go to our championship directors – Ivan Cancel and Alex Alvarado for making our 10th Anniversary Championship memorable. We look forward to seeing you next year in San Jose, Costa Rica! Thank you. **Robert Keller, NAPF Championship Secretary**



Above, Maria Luisa Vasquez from the PR, wins overall best lifter for the ladies. Nora Montilla, Costa Rica, goes 3 for 3, winning gold in the 63kg equipped category.

THE THERAPEUTIC USE EXEMPTION (TUE)

For certain disease patterns, athletes can apply for therapeutic use exemptions, granting them permission to take substances and use methods, which are otherwise prohibited under the WADA Code. The procedure involved is explained on this site. What's more, special sections deal with the topics of use exemption for prohibited substances, glucocorticosteroids and und asthma sprays. The procedures to be used have been bindingly laid down in the International Standard for Therapeutic Use Exemptions (ISTUE).

The International Standard for TUE contains assessment criteria, criteria for passing on information, and the physicians who are members of the TUE Committee, plus details of the recognition process.

Effective 1 January 2015, the new Standard for Therapeutic Use Exemptions has come into force.

For athletes who are not members of a testing pool the attestation rules still apply. An unrestricted obligation to obtain a TUE continues to apply for all members of any of the testing pools (RTP, NTP and ATP) and for league players. You will find an overview on our checklist.

From 1. March 2013 any other athlete taking substances - both specific or non-specific - a medical certificate is mandatory. Anyone taking medicines from this group will have to have therapeutic justification attested by a doctor's certificate, and to submit a copy of this certificate when doping-tested. In case of a positive finding with a non-specific substance, retroactively an application for a Therapeutic Use Exemption (TUE) must be submitted to NADA. NADA reserves the right to review the medical certificate at any time.

To make it easier for the athletes to keep an overview of their medications, and to reduce the risk of an athlete not being able to give specific particulars on the medicines he has taken recently during a doping test routine, his personal doctor can issue a certificate detailing the medicines administered. Such a certificate should give details of the active ingredient(s) involved, the precise dose administered in mg or µg, and the type of administration concerned. This can be done informally, but you will also find a form for this under Downloads, which can be used as a template for the certificate. The purpose of such a medicine listing is merely to serve as an aide memoire for the athlete and the test form; it is not meant to be submitted to NADA. You will find more detailed information on this under the heading of "use exemption for prohibited substances".

Furthermore, the following shall apply: as from 1 January 2011, non-systemic use of glucocorticosteroids = cortisone need no longer be notified in advance (even when administered through inhalation) by means of a declaration of use. This shall also apply for the inhalation of salbutamol and salmeterol, since 1. January 2012 for formoterol and for non-systemic administration of platelet-rich-plasma (PRP) preparations. Note, however, that the use of these must be mentioned on the doping test form.

Please note when sending personal medical data and documents that are subject to applicable data protection regulations, please submit medical reports and findings only sealed and per post only.

We would also like to draw your attention to the new forms: the PDF files can be filled in at the PC. For athletes who must enter their medications in ADAMS, the NADA can do that for them, so as to avoid any medical errors, or formal errors. For further notes on use exemption for prohibited substances, asthma sprays and glucocorticosteroids, please click directly on the links concerned.

National or international?

As a general rule, the NADA will process the notifications and applications of athletes starting on a national level or athletes who are members of the national testing pool. The international sport federation concerned will be responsible for athletes starting on an international level or belonging to an international testing pool. In exceptional cases, the NADA can also issue therapeutic use exemptions for internationally active athletes, once the international sport federation concerned has given its consent beforehand.

Source: German National Anti-doping Agency



**INTERNATIONAL POWERLIFTING
FEDERATION NEWSLETTER**

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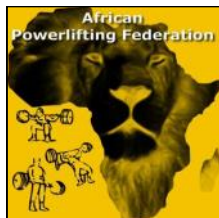
International Powerlifting Federation

The **International Powerlifting Federation (IPF)** is the governing body of Powerlifting internationally. The **IPF** is comprised of member federations from 90 countries on six continents.

The **IPF** is responsible for fostering international competition by sanctioning regional and world championship events. Each year, top competitors from around the world compete in seven **IPF** World Championships - the World Men's and Women's Powerlifting Championships, World Junior and Sub-Junior Powerlifting Championships, World Master's Powerlifting Championships, the World Bench Press Championships, World Master's Bench Press Championships and the Open, Junior and Sub-Junior Classic Cup (Raw).

The **IPF** is also responsible for coordinating power lifting's participation in the World Games. The World Games is an international multi-sports event hosted by the International World Games Association (IWGA), under the patronage of the International Olympic Committee (IOC). The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held every fourth year, following the year of the Summer Olympics.

IPF REGIONAL FEDERATIONS



Beautiful Wroclaw, Poland will be the site of the 2017 World Games — All systems go!