

INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER



IPF POWERLIFTING

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IPF PRESIDENTS MESSAGE—GASTON PARAGE

Dear Lifters and officials,

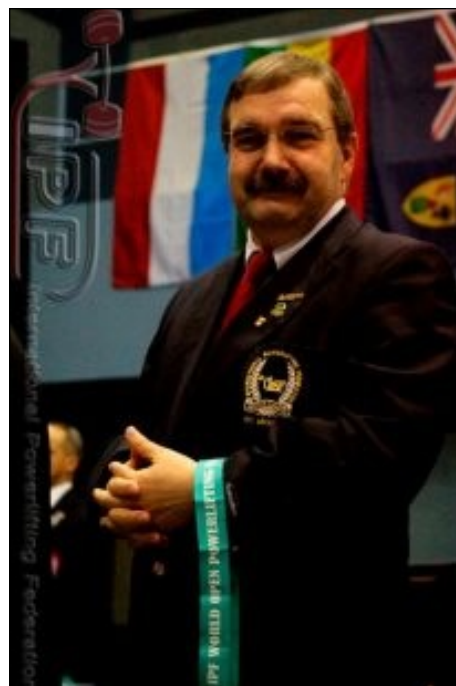
First of all let me thank you all for your support in electing me as the new President of the IPF!

This indicates to me that all the work I have carried out over the last 13 years has been recognised and appreciated by our IPF member nations. I am extremely humble and grateful for your confidence and support.

It is very important that the President has the trust of all member of the Federation. Your trust and support will enable me to make sure the IPF proceeds in the right direction.

I will be working closely with all concerned parties, committees and commissions to ensure IPF governance is open, transparent and accountable to all our regions Federations as well as lifters and officials.

I know I cannot making everyone happy with some of the hard decisions we need to take, but I can assure all our members I will listen to all those who have something to say about the direction our sport needs to take. I will be fair and as helpful as I can be within the responsibilities of my position as President of the IPF. I think it is correct to say, each of us wants our sport to progress in the right direction. Our sport must be progressive, fair and inclusive for all or our members. I will continue to make sure we adhere to these principles.



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IPF PRESIDENTS MESSAGE—GASTON PARAGE (CONTINUED)

Emanuel has had a meeting with representatives from the IOC. Progress has been made but we still have further tasks to complete to the satisfaction of the IOC. This work is in progress and I plan to meet Mr Tamas Ajan President of the Weightlifting Federation together with Emanuel in December and hope we can have a productive meeting and obtain an indication what further requirements are needed to progress our IOC application and ultimately our recognition as an Olympic sport.

We are heading in the right direction but I appreciate we need to obtain support from a number of international authorities. It is hoped from our meeting with the IOC we will be able to meet with other members of the IOC to further our membership application.

I appreciate this is not an easy task but we will continue to do what we have to do to progress our sport. We are proceeding in the right direction in our fight against doping and our anti-doping work, this is appreciated by the representatives of the IOC and WADA. We have reinforced our anti-doping rules and increased our fees. We are doing everything we can to stop the illegal use of drugs. I am calling on all our members to be vigilant and be proactive in informing all members of the adverse effects of drugs and the need to keep our sport clean and fair. I am happy to see that our OCT tests have been increased. Fortunately we haven't had too many positive tested lifters. It is an indication we are heading in the right direction.

Although the weight class changes are relatively new the initial results indicate the new classes are much more competitive.

I have decided to reinstate the newsletter and to make sure that all our members receive the appropriate information as quickly as possible about important decisions made by the IPF committees and the IPF Congress. We will inform all regions and their EC members, national federations, committee's lifters and referee's of the newsletter which will be published on our web page and sent forward by e-mail. It is intended to have our newsletter accessible to all our IPF members and regions.

The World Games selection is made and I hope that all the lifters who are selected take this opportunity to participate at these Games as it is one of the highest accolades of our sport to be selected for these games. It is an honour for all those lifters and officials who have been selected. I congratulate all those lifters who have done their best at the worlds in Puerto Rico. I was very impressed with the high level of competition. I believe the competition was very combative and fierce and demonstrated the highest standard of competitive powerlifting. As with most IPF World Championships the standard of lifting usually over shadows any deficiencies in other areas. This world championships was great and as usual, fiercely competitive. Congratulations to all lifters and officials who were involved with this championship. In the interest of fairness and inclusiveness, I want to say that we will now allow medals to be won in women Master 3 and Master 4-men. Bringing these two divisions in line with the other Master divisions. There is evidence that men and women are living longer so it seems only right that we should reward and encourage those lifters in Master 3-women and 4-men. The technical committee will be charged with changing the technical rules on this matter. I hope that this will increase the numbers of lifters in these age categories.

Last but not least I want to wish you all a successful year 2013. I hope all your goals become a reality and that we go forward with our excellent Championships next year. Let us hope that our sport continues to be enjoyed by those who watch it being streamed throughout the world.

Gaston Parage
IPF President

IPF REPORT — IOC MEETING IN LAUSANNE, SWITZERLAND

On Monday 12. November, the IPF Secretary General Emanuel Scheiber and representatives from the IOC met in Lausanne, Switzerland (SUI) regarding the IPF application for IOC recognition.

The IOC representatives were very impressed about the complete and well done application the IPF. They pointed out the improvement since the last application 2006 and the great work in Anti Doping and Media (live streaming, magazine) matters.

Another very positive effect is the cooperation with the Special Olympics and the International Blind Sports Association (IBSA).

During the meeting the Mr. Wassmer from the IOC described Mr. Scheiber the procedure until the final announcement of the recognition. Mr. Mollard and Mrs. McConnell did ask some details regarding media work, development efforts in the regions, preparations regarding the World Games 2013,...

The conclusion of the meeting was that the IPF has to finalize some additional paperwork but the IPF is on the right way and all participants of the meeting agreed that the IPF is ready for this big step - the IOC recognition.

Emanuel Scheiber—IPF General Secretary

New IPF Officials and Committee Members

At the General Assembly this year, a new IPF President was elected and at the EC Meeting in Puerto Rico, a new Treasurer was appointed. Also, there was also a need to appoint new members to the Disciplinary Committee, in which Mr. Wolf has worked as Chairman, until his recent appointment as the Treasurer for the IPF. Unfortunately, a former member of the DC, Mr. Kalevi Sorsa from Finland declined to remain on the committee, so there was a need to appoint three new members to the DC. All of them are very well known and are very hard workers for the IPF. Lastly, Robert Keller has been re-appointed as the Editor for the IPF Newsletter. He is assuming a position that he once had 7 years ago.

IPF President:**Gaston Parage (Luxemburg)****IPF Treasurer:****Dietmar Wolf (Norway)****Chariman, IPF Disciplinary Committee:****Sigurjòn Pètursson (Iceland)****Member, IPF Disciplinary Committee:****Jari Rantapelkonen (Finland)****Member, IPF Disciplinary Committee:****Richard Parker (Great Britain)****Editor, IPF Newsletter:****Robert Keller (USA)**

IPF ANTI-DOPING RULES — IMPORTANT UPDATES

To All IPF Member Federations:

The following IPF Anti-Doping Rules have been updated effective January 01, 2013.

Robert Wilks, Chairman, Anti-Doping Commission

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4.4.2.1 Beta-2 agonists.

All beta-2 agonists (including both optical isomers where relevant) are prohibited, except salbutamol (maximum 1600 micrograms over 24 hours), formoterol (maximum 54 micrograms over 24 hours) and salmeterol when taken by inhalation in accordance with the manufacturers' recommended therapeutic regime.

The presence of salbutamol in urine in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an Adverse Analytical Finding unless the Athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic inhaled dose up to the maximum indicated above.

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5.7.1.1 Athletes so chosen for testing must include those achieving World Records in the Sub-Junior, Junior, Open, and Master 1 age categories at international events for each particular age category including Sub-Junior, Junior, Open, and Master 1.

Athletes achieving World Records in the Master 2, Master 3 and Master 4 age categories at Masters international events may be selected for testing on decision of the members of the Anti-Doping Commission present, or on decision of the delegate or delegates appointed by the Anti-Doping Commission for that International Event.

Athletes achieving Sub-Junior, Junior, Master 1, Master 2, Master 3, or Master 4 World Records at World Open Championships do not need to be tested; notwithstanding of that they may be tested on decision of the members of the Anti-Doping Commission present.

5.7.1.2 In selecting athletes for testing at international events, the Anti-Doping Commission shall achieve the selection of a minimum of 5% of all athletes participating in international events for the entirety of a calendar year & the IPF Test Distribution Plan shall reflect that requirement.

5.7.1.3 Athletes achieving any (Sub-Junior, Junior, or Open) Unequipped/Classic World Records at international events do not need to be tested; notwithstanding of that they may be tested on decision of the members of the Anti-Doping Commission present.

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7.1 Results Management for Tests initiated by the IPF

Result management for Tests initiated by the IPF (including tests performed by *WADA* pursuant to agreement with the IPF) shall proceed as set forth below:

The results from all analyses must be sent to the IPF Anti-Doping Commission Chairman* Robert Wilks, GPO BOX 2322, Victoria, 3001, Australia, Phone: +61 418 366 416, Fax: +61 3 9670 4188, E-mail: Robert.Wilks@powerlifting-ipf.com in encoded form, in a report signed by an authorized representative of the laboratory. All communication must be conducted in confidentiality and in conformity with ADAMS, a database management tool developed by *WADA*. ADAMS is consistent with data privacy statutes and norms applicable to *WADA* and other organizations using it.

*Where the "IPF Anti-Doping Commission Chairman" appears in these Anti-Doping Rules it means that he is the contact person in these matters. In practice the Anti-Doping Commission Chairman will delegate the IPF Assistant Secretary doing most of the documentation in cases of asserted Anti-Doping Rule violations (ADRVs); sending the necessary notifications and receiving responses to them, and compiling of statistics etc.

IPF ANTI-DOPING RULES — IMPORTANT UPDATES

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7.1.2 If the initial review of an *Adverse Analytical Finding* under Article 7.1.2 does not reveal an applicable TUE, or departure from the *International Standard for Testing* or the *International Standard for Laboratories* that caused the *Adverse Analytical Finding*, the IPF Anti-Doping Commission Chairman shall promptly notify the *Athlete* of:

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7.1.5 If the B *Sample* proves negative, then (unless the IPF takes the case forward as an anti-doping rule violation under Article 2.2) the entire test shall be considered negative and the *Athlete*, his *National Federation*, and the IPF (Anti-Doping Commission Chairman) shall be so informed.

7.1.6 If a *Prohibited Substance* or the *Use of a Prohibited Method* is identified, the findings shall be reported to the *Athlete*, his *National Federation*, the IPF (Anti-Doping Commission Chairman), and to *WADA*.

7.1.7 For apparent anti-doping rule violations that do not involve *Adverse Analytical Findings*, the IPF DC shall conduct any necessary follow-up investigation and, at such time as it is satisfied that an anti-doping rule violation has occurred, the IPF Anti-Doping Commission Chairman shall then promptly be notified and he in turn shall promptly notify the *Athlete* of the anti-doping rule which appears to have been violated, and the basis of the violation.

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7.2.3 If the initial review of an *Atypical Finding* under Article 7.2.2 reveals an applicable TUE or departure from the *International Standard for Testing* or the *International Standard for Laboratories* that caused the *Atypical Finding*, the entire test shall be considered negative and the *Athlete*, his *National Federation* and the *IPF Anti-Doping Commission Chairman* shall be so informed.

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12.3 The IPF may elect to take additional disciplinary action against National Federation with respect to recognition, the eligibility of its officials and athletes to participate in International Events and fines based on the following:

12.3.1 If three or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 and 10.3) are committed by *Athletes* or other *Persons* affiliated with a *National Federation* within a 12-month period in testing conducted by the IPF or Anti-Doping Organizations other than the *National Federation* or its *National Anti-Doping Organization*, then the IPF may at its discretion elect to:

- (a) ban all officials from that *National Federation* for participation in any IPF activities for a period of up to two years and/or
- (b) fine the *National Federation* in an amount up to EUR **10,000**. (For purposes of this Rule, any fine paid pursuant to Rule 12.3.2 shall be credited against any fine assessed.)

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12.3.1.1 If four or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 and 10.3) are committed in addition to the violations described in Article 12.3.1 by *Athletes* or other *Persons* affiliated with a *National Federation* within a 12-month period in testing conducted by the IPF or Anti-Doping Organizations other than the *National Federation* or its *National Anti-Doping Organization*, then the IPF may suspend that *National Federation's* membership in whole or in part for a period of up to 4 years.

12.3.2 If one or more *Athlete* or other *Person* from a *National Federation* commits an *Anti-Doping Rule* violation during an *International Event*, then the IPF will fine that *National Federation* in an amount of EUR **2000** for the each offence.

IPF ANTI-DOPING RULES — IMPORTANT UPDATES

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14.2 Statistical Reporting

14.2.1 National Federations shall report to the IPF (Anti-Doping Commission Chairman) not later than 31st of March each year results of all *Doping Controls* within their jurisdiction during the previous calendar year sorted by *Athlete* and identifying each date on which the Athlete was tested, the entity conducting the test, and whether the test was *In-Competition* or *Out-of-Competition*. The IPF may periodically publish *Testing* data received from *National Federations* as well as comparable data from *Testing* under the IPF's jurisdiction. A failure to report such results by 31st of March will be fined with Euro 500. The national federation is suspended until the fine is paid and the national report is provided. The regional federations collect all reports and send them latest 15th of April to the IPF.

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APPENDIX 3 - Criteria for Inclusion in the IPF Registered Testing Pool

7. Every National Federation shall report to the IPF Anti-Doping Commission Chairman name and address of every Lifter whose result at national championships within the current calendar year is better than or equal to the tenth (10th) best result of his or her bodyweight class in the IPF World Ranking from the preceding calendar year whether in Powerlifting or Bench Press.

Once an Athlete has been named to the IPF Registered Testing Pool, the IPF Anti-Doping Commission Chairman shall communicate this fact immediately to the Athlete, and inform him/her of the resultant responsibilities, including at a minimum with regard to TUEs and (in accordance with Articles 5.5 through 5.9.6, as applicable, of the IPF Anti-Doping Rules and clause 11 of the International Standard

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The DCO shall send all relevant Sample Collection Session documentation to the IPF Anti-Doping Commission Chairman using the IPF's authorized transport method as soon as practicable after the completion of the Sample Collection Session.

9.3.5 Chain of Custody shall be checked by the IPF Anti-Doping Commission Chairman if receipt of either the Samples with accompanying documentation or Sample Collection Session documentation is not confirmed at their intended destination or a Sample's integrity or identity may have been compromised during transport. In this instance, the IPF shall consider whether the Sample should be voided.

IPF Technical Rules — Important Updates

IPF Technical Rules Book

Page 3

General Rules of Powerlifting

4. Women M 3 & 4 will receive medals for placing 1st, 2nd & 3rd.

Men M 4 will receive medals for placing 1st, 2nd, & 3rd.

Page 5

13. It is forbidden to whip and smash the lifter in front of the audience and media.

Page 11

Personal Equipment — Socks

Move (d) to General (e)

Page 12

Personal equipment”

(h.) Costume

“Where a tightening has been made in the shoulder straps and the excess material is longer than 3 cm’s, this must then be turned inside the suit and fixed flat. No more than 3 cm length may protrude outside the suit.” Any cutting of the excess material is not allowed.

Page 18

Powerlifts and the Rules of Performance - Bench press

2. His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. The hair must not hide the back of the head when lying down on the bench. Pony tail is preferred.

8. After receiving the signal, the lifter must lower the bar to the chest or abdominal area, hold it motionless, after which the Chief referee will signal the audible command “Press”. The lifter must then return the bar to straight arms length elbows locked. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.

Page 19

Causes for Disqualification of a Bench press.

3. Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.

5. Bar is not lowered to chest i.e. not reaching the chest and abdominal area.

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The Technical Committee with the co-operation and assistance of the organizer will appoint the following officials:

Speaker / Announcer, a national or International Referee who is able to converse in English and that of the host nation.

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“Referees”

3. When a lifter fails to complete a squat or a bench press, the command is “RACK”

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Referees

17. At World Championships, or any other championships where attempts may be made on world records, only IPF Category 1 and Category 1 or Category 2 referees adjudicate. Each nation may nominate a maximum of three referees to serve at the World Championships, plus extra Category One referees for Jury duty, if there is an insufficient number. All nominated referees attending a championship, must be available for at least two days.

IPF Technical Rules — Important Updates

Page 31 (Continued)

18. Referees and members of the Jury will be uniformly dressed as follows:

Men, Winter: Dark Blue Blazer with appropriate IPF badge on the left breast, Grey Trousers with a White Shirt and appropriate IPF tie. Men, Summer: Grey Trousers with a White Shirt and appropriate IPF tie. Women, Winter: Dark Blue Blazer with appropriate IPF badge on the left breast. Grey Skirt or Trousers and a White Blouse or Shirt, and appropriate scarf/tie. Women, Summer: Grey Skirt or Trousers and a White Blouse or Shirt. IPF badges and scarf/ties are red for category 1 referees and blue for category 2 referees. The Jury shall determine whether winter or summer dress will be worn. Shoes known as “trainers” do not compliment Blazer and Trousers! Dress/Day wear shoes must be worn.

19. Qualifications for a Category 2 Referee are as follows:

(c) Must take the Category 2 written and practical examination at a World Championship, Continental Championship, or Regional Championship.

22. Testing Procedures are as follows:

(a) Category 2: A written examination will be given only after a complete and comprehensive rules clinic has been Conducted under the direction of an approved Category 1 referee, who has been appointed as Chief Examiner, by the IPF Technical Committee and Referee Registrar. A practical examination will be given after the written examination during the competition, the candidate will be side referee and will adjudicate a total of 100 attempts, 40 of which must be squats. The candidate must be scrutinized by at least one Category 1 Referee and score at least 90 percent on all his decisions when compared with a majority of the scrutinizing referees. Adjudication will begin with the first round attempts. The practical Cat. II examination will be held only in conjunction with international or regional powerlifting championships.

31. International Referees, Category 1 and 2, must have refereed a minimum of two International and two National Powerlifting Championships during the previous four year period between Olympic years in order to be acceptable for re-registration. One national Bench press championship is allowed. One unequipped competition is allowed for re-registrations.

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World and International Records

International Competitions

2. (b) Each of the adjudicating referees must hold a current IPF International Referee’s Card and be a member of a national federation affiliated to the IPF. It must be referees from three different nations on the stage and there must be a three member jury.

2. (f) In the event two (2) lifters request the same weight for a new record, and if the first lifter by lot number succeeds, the second lifter must add 0.5 kg to his/her attempt to claim the record. This will also apply to the total.



INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER

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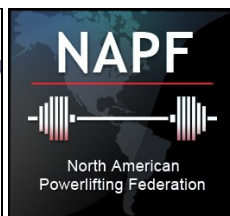
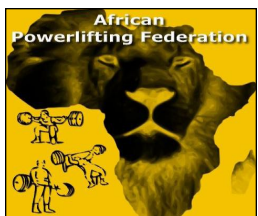
International Powerlifting Federation

The **International Powerlifting Federation (IPF)** is the governing body of Powerlifting internationally. The **IPF** is comprised of member federations from 100+ countries on six continents.

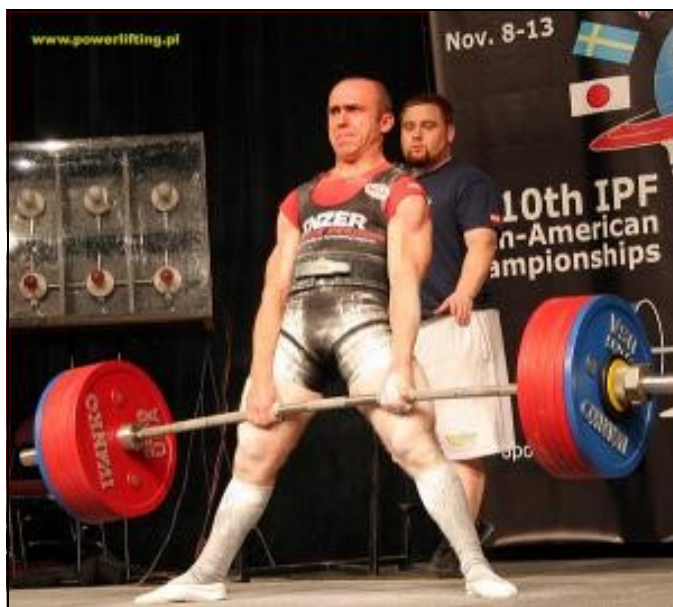
The **IPF** is responsible for fostering international competition by sanctioning regional and world championship events. Each year, top competitors from around the world compete in six **IPF** World Championships - the World Men's and Women's Powerlifting Championships, World Junior and Sub-Junior Powerlifting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

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



2012 IPF Hall of Fame Inductees — Congratulations!!



Jaroslaw Olech - Poland



Yukako Fukushima - Japan