

INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER



IPF POWERLIFTING

VOLUME VI: ISSUE III

JULY 2015

Official Publication of the International Powerlifting Federation

IPF PRESIDENTS MESSAGE—GASTON PARAGE

Dear Member Federations of the IPF:

This past week, the IPF Executive Committee finalized the qualifying guidelines for the IWGA World Games that will be held on July 20 – 30, 2017 in Wroclaw, Poland. For those athletes and coaches that are new to our sport, the World Games is an international multi-sport event hosted by the International World Games Association (IWGA) and falls under the patronage of the International Olympic Committee (IOC). In short, the World Games competition is powerlifting's "Olympic Games."

For the IPF athletes, there is absolutely no championship event more prestigious than the powerlifting competition hosted at the World Games. The direction and standards for this event are of Olympic caliber from the opening ceremony to the closing celebration. On page 2 –3 of this newsletter, you will find the official qualifying standards to be invited to the World Games. Important, 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. Finally, the primary selection event will be the 2016 IPF World 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. It is an experience of a lifetime and one you will never forget!

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!

ELEIKO CONTEST



IPF and Eleiko

Social Media Sponsorship Challenge!

Our major sponsors Eleiko Sports have thrown down a social media challenge to us:

Who can be the first to 100 000 "likes" on Facebook?

But it is not just for bragging rights - there's sponsorship money on this!

If Eleiko wins this challenge they will provide the IPF with additional sponsorship money.

And if the IPF wins, Eleiko will DOUBLE that amount!

Currently Eleiko is sitting at 42 000 likes and the IPF is now on 75 000.

So come on nations, let's get moving on this!

We must all work together to get our IPF Facebook page "likes" up.

Remember: Increasing our Facebook page "likes" is also critical for our IOC Recognition.

So lets respond to the challenge!

How you can help:

Increase the interesting content on your national and regional Facebook pages.

Promote your stars from your region with photos and videos on your Facebook page.

Advertise news and events relevant to your nation and region.

Most importantly:

Regularly encourage your members to "like" the IPF Facebook page. And provide links to it on your page.

Every new "like" we get, helps us towards our goal:

First to 100 000 "likes"

AND IOC RECOGNITION

THE IPF COACHES CERTIFICATION COURSE

Dear members of the IPF,

The next coaching license will be held on October 14 to 18 in La Manga (see below the application and information) . Coaches who have taken part in the La Manga program to date, have all confirmed that they have found the experience very valuable and have learned a great deal.

The reason we have created this coaching license is to ensure a very high standard of knowledge and application to the coaching of our athletes.

Especially regarding to our sub juniors and juniors lifters. IPF coaches must know their responsibilities and be able to assure the athlete's parents that their children are in safe hands.

In future, it may be a required that coaches hold such a license in order for them to operate as IPF coaches, so now is the time to go to the course and get certified.

It is also essential for our IOC recognition that we have well-trained coaches which the correct qualifications o ensure consistent and high standards throughout our sport.

The program has been well designed and constantly being revised. Therefore, it is now up to responsible individuals and nations to access it.

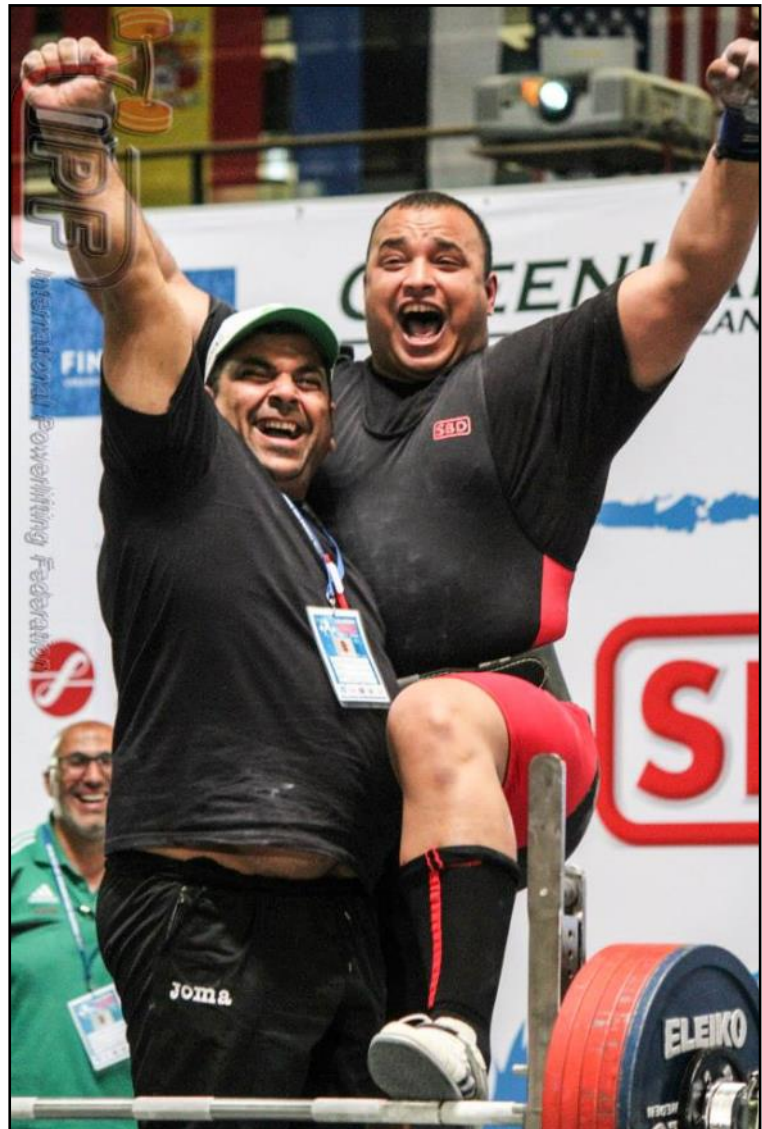
I kindly ask everyone to direct some time and money to send coaches to La Manga, to show that you value the course and value our IOC recognition.

IOC recognition is not just about submitting lots of paperwork, it is about what we're doing to constantly improve our sport.

Now it is up to you to help us to bring our sport forward. Please send one or two coaches to the next course we plan to have this October and both you and the IPF will see the benefit. Thank you everyone in advance for your contribution.

Best regards
Gaston Parage

President, International Powerlifting Federation



Knowledgeable Coaching is paramount to the overall success of any athletic program. The IPF Course is exceptional and member federations are encouraged to register their National Team Coaches to become certified and improve their skills. The course in La Managa shall provide to coaches the necessary information for your athletes to excel.

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

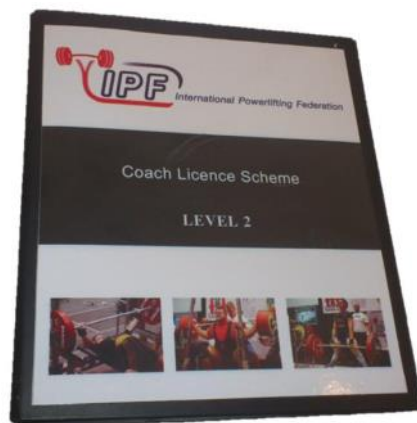
Murcia airport approximately 35Km

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 large, bold, blue, sans-serif typeface. A small registered trademark symbol (®) is located at the bottom right of the letter 'O'.

IPF COACHING COURSE—APPLICATION



International Powerlifting Federation (IPF) Coach Licence Level II

At La Manga Club, Spain from 14—18 October 2015

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 14th to 18th October 2015

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: 14 to 18 October 015

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
14 to 18 October 2015
Closing date for application 15 September 2015

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



INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER

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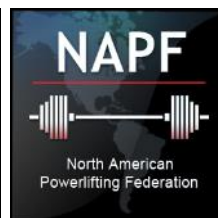
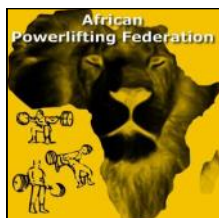
International Powerlifting Federation

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



Host City of TWG 2021



The beautiful city of Birmingham, Alabama, USA shall play host for the 2021 World Games. The USA now joins Germany as being the only country to host two World Games. The Birmingham Organizing Committee is now underway preparing for 2021 edition of the games. Birmingham has the complete and full support of the United States Olympics Committee (USOC).