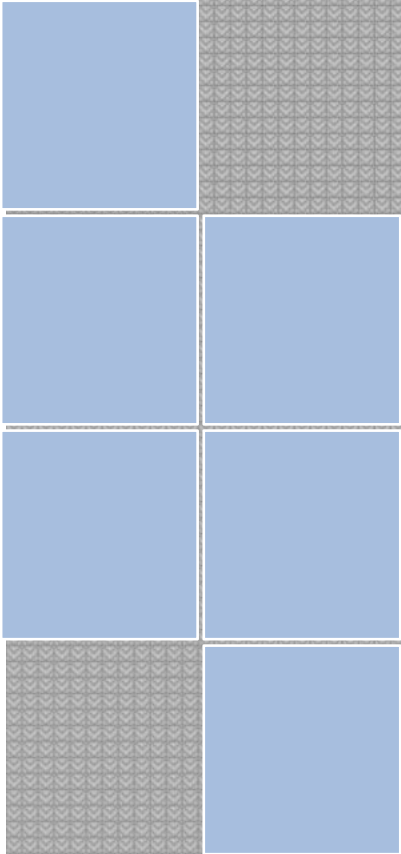


IPF
2019

Meeting Minutes

IPF General Assembly

Hamdan Sports Complex
Dubai, United Arab Emirates



2019 IPF General Assembly
Hamdan Sports Complex
Dubai, United Arab Emirates
Sunday, 17 November 2019 / Begin: 14:00 hrs.

Meeting Minutes

1. Roll call of Nations and Delegates, presentation of credentials of each Nation.

2. President's Address

3. Minutes of the last General Assembly

4. Report Treasurer – Report Auditors

To examine the accounts of the previous year

To approve the budget for the forthcoming year

Fees (if requested)

5. Report Secretary General

6. Committee Reports

- | | |
|--------------------------------|-----------------------------|
| a) Technical Committee | h) Women's Committee |
| b) Medical Committee | i) Entourage Commission |
| c) Court of Justice | j) Coach Commission |
| d) Court of Appeal | k) Athlete's Commission |
| e) Law & Legislation Committee | l) Sport for all Commission |
| f) Anti-Doping Commission | m) Media Report |
| g) Doping Hearing Panel | |

7. Regional Reports

- a) Region 1 (Europe)
- b) Region 2 (Africa)
- c) Region 3 (Asia)
- d) Region 4 (North America)
- e) Region 5 (South America)
- f) Region 6 (Oceania)

8. Outstanding Legal Matters

9. Elections / Confirmations

10. Action on Proposed Amendments

11. New Member Applicants

12. Action on delinquent Nations

13. Hall of Fame

14. Future Championships

15. Any other Business

16. Adjournment

1) Roll call of Nations and Delegates, presentation of credentials

The General Assembly convened at 1410hrs.

The following Executive Committee Members and Federations attended the General Assembly.

Scrutineers: Ralph Farquarson (Spain) and Veronica Kondraschow (Germany).

There were 52 votes approved by the General Assembly. The Uruguay representative arrived after point 8, which increased the votes. To 53.

Certification of Delegates

Executive Board (10)

Gaston Parage
Sigurjon Petursson
Robert Keller
Dietmar Wolf
Arnulf Wahlstrom
Alan Ferguson
Farshid Soltani
Dr.Wing Yuk Ip
Johan Smith
Pjotr Van Den Hoek

Europe (23)

Armenia
Austria
Belarus
Belgium
Czech Republic
Denmark
France
Germany
Great Britain
Iceland
Italy
Lithuania
Luxembourg
Netherlands
Norway
Poland
Romania
Russia
Slovakia
Spain
Sweden
Turkey
Ukraine

Asia (8)

Chinese Taipei
Hong Kong
India
Indonesia
Iran
Japan
Kazakhstan
United Arab Emirates

Africa (4)

Algeria
Egypt
Morocco
South Africa

North America (3)

Canada
US Virgin Islands
United States of America

Oceania (1)

New Zealand

South America (4)

Argentina
Brazil
Ecuador
Uruguay

Provisional Members (1)

Australia

Voting (Points 1 to 8 on the agenda)

Total Votes: 52
Majority Vote: 27
Two-Thirds: 35

Voting (Points 9 to 15 on the agenda)

Total Votes: 53
Majority Votes: 27
Two Thirds: 36
*Uruguay arrived late

2) President's Address

Dear national presidents, secretary generals, and friends of powerlifting,

On behalf of the International Powerlifting Federation (IPF), I would like to welcome each and every one of you to Dubai this year for the World Powerlifting Championships and IPF General Assembly.

As we approach the end of the year, another four-year term of my presidency is coming to an end. We have witnessed incredible growth and progress over the last years and I'd like to recap what we have achieved since became your President.

The IPF is growing very fast in terms of new member nations and overall numbers of lifters. The progress we have made as a global sports federation is apparent and we believe this is one of the reasons why more nations are applying to become member affiliates of the IPF. The IPF now has 120 member nations and we are delighted to witness the enthusiasm and energy of the newest member nations whom we warmly welcome into the IPF family.

The IPF has gained much more visibility and attention in the international sports arena through our membership and connections with GAISF, AIMS, IWGA, FISU and so on. This is largely because we have decided to have a stronger presence at the annual SportAccord Convention with an interesting and interactive booth at the last three conventions. Within the world of international sports federations, it is incredibly important to be known, active and respected by the leading sports umbrella organizations. This is vital for our IOC aspiration and we have worked harder and more consistently during the last years on this than previously.

Within the IPF, the fight against doping has changed and improved in recent times. Transparency and good governance have been adopted and today we are a very well structured sports federation in this respect. As I have stated many times, these changes are important for our progress towards IOC recognition. Today the IOC upholds the IPF, as an example for other sports concerning the fight against doping. We achieved the highest level of WADA endorsement, i.e. Tier 1. Of course, all the changes and improvements to these high standards must also be fully adopted by all of our member nations and so it is incumbent on all national and regional federations to comply and demonstrate their serious commitment to anti-doping. As regards our IOC application we have now added all the requirements requested by the IOC Sports Department. They were astonished at how fast we accomplished the improvements. IOC recognition will be achieved not only by the hard work of the IPF as an organization but also by the concerted effort by all the member nations. So I ask again and encourage national presidents and their Executive Committees to ensure the highest standards, transparency, good governance and so on.

The IOC also requested that we become a member of FISU in order to achieve recognition. Thus, we have become a member and we organized the IPF University CUP so that there is a world class competition available for university students around the world. I am thankful to those national federations who heard the call and brought lifters to compete at our University Cup. This has provided us the University World Championships in 2022, sanctioned by FISU. This is a clear benefit for our lifters as they will have the chance to receive support from their universities to attend the championship.

The Memorandum of Understanding with the Special Olympics is also another step in the right direction for us and it is wonderful to see more national federations working on the national level with SOI.

Unfortunately, though a lot of nations still have not stepped up to work with their national SOI.

Recently, I had a skype conference with IPC President Mr. Parson concerning the work between them and the IPF. It was a good discussion, as they will have their congress in October where they need to decide internally the way they want to handle the future of their sports. Whether they give the sports up to the international sports federations or not. We have been invited as an observer at this congress.

Other areas that point to progress being made:

- We have made progress in our finances with more VIP Partners and more sponsors and manufacturers. This is obviously important to help fund our continuing development and in making all these steps forward possible.
- We have also made great progress with professional streaming of our championships in order to make our sport ever more accessible and popular. With the number of views constantly increasing, we can say that we are much more popular now than ever before.
- We also have a great magazine and we encourage more people to subscribe to it. National Federations can and should do more to encourage individual members to subscribe and help us get more people reading our magazine.
- We have had incredible numbers of lifters participating at IPF Worlds in recent times (over 1000 in Japan and nearly 1000 in Helsingborg this year) and best of all was that from the many anti-doping tests we conducted there, not one person tested positive!
- In our regions we have made good progress too, especially in Asia and Africa where great steps forward have been made. We have established a new regional federation in Oceania. New member nations have come forward from South America, North America, and Europe. Regional development has been a high priority for us and we thus made sure to give 90,000 Euros to our regions for development on top of the existing develop found.
- New committees have been installed within the IPF to make sure we follow the IOC's requests about these matters.
- We have also built up strength to defend the IPF against those who wish to damage our federation and we have supported national federations who have been affected by destructive legal matters.
- A good relationship with the IWF through Mr. Tamas Ajan and myself has been forged which is very important for the IOC recognition process.

The IPF/SBD Invitational will be organized in Sheffield in 2021 with more prize money for our lifters.

- We are working on creating the "Power Games" for 2021 as we believe it is important that we are a part of Games where other strength sports will be involved.

A new Strategic Plan for the IPF will be worked out in January 2020.

- An office, free of charge, has been established in Luxemburg in the House of Sports. We have engaged employees as the workload within the IPF increases and that is of course also a right step for the IOC recognition.

At this point I would like to reiterate that “the IPF” consists of not only the IPF President, the IPF Executive Committee and the IPF Committees. It is all individual members, nations and regions and thus we all need to continually strive towards the same goal. It is true to say that the IOC recognition process is a political one. It is not easy for any of us to see other sports receive recognition while we have not. It is especially disappointing when we have often been told that we are at the front of the line and after the review, we have again not been one of the sports to receive recognition. Years ago, the opportunity to become IOC recognized was maybe easier than today as it has certainly tightened up now. At that time though, not enough was being done within the IPF to bring the sport forward and to make it truly capable of being part of the wider global sports community nor up to standard of the IOC. In recent times, the IPF Administration has been extremely attentive to the necessary improvements but we still need all our member nations to follow suit, follow the IOC guidelines and work together for our goal.

One important matter is for all member nations to come to our annual Congress in November at the Open World Championships as this is where you not only learn and are informed of the matters ahead of us but also you have a voice and a vote in how we the IPF progresses. Irrespective of whether a nation has lifters participating at that event or not, all should budget to attend the annual IPF Congress. This year we have an election Congress and therefore it is really important that member nations send a delegate to the Congress. Of course, normally it should be the President or the Secretary General who is present from a national federation. If it cannot be one of them, another delegate may certainly attend the meeting and participate providing they have informed the IPF with a letter as to who will be the official representative of your nation.

I am sure you will agree that never has so much been achieved within the IPF in such a short time, as has occurred under my presidency. The progress and growth have been achieved through hard work and co-operation between myself and my team – together we have made all these important steps a reality. So I want to thank my team for all that we have done so far together and I kindly ask all of you the member federation to give us your support again for the next period as we still have a lot to do and we have a strong vision of how to do it.

Thank you all for the support over many years and I hope to see you all in Dubai at our Congress in November.

Best regards,

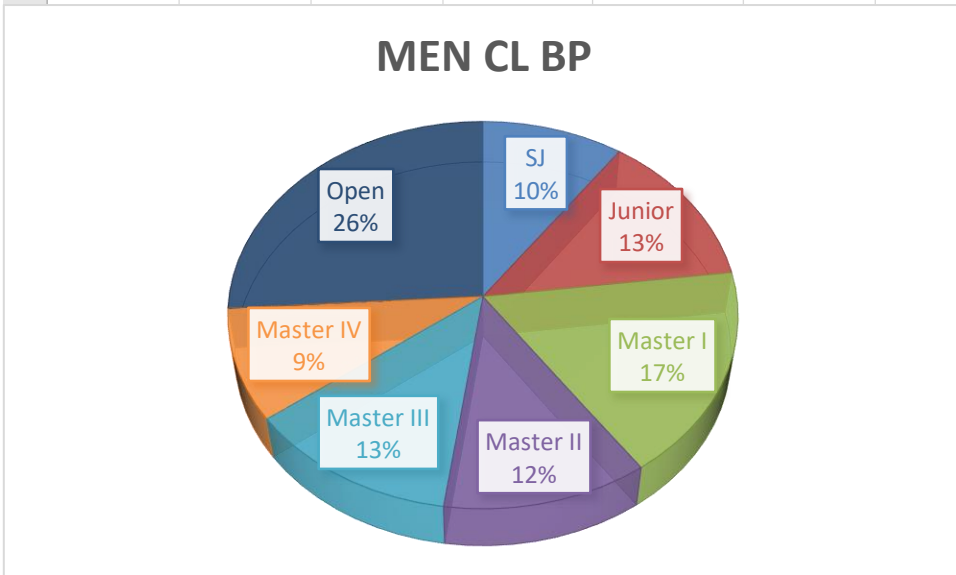
Gaston Parage President
International Powerlifting Federation

Report Accepted: Vote: Yes: 52 / No: 0

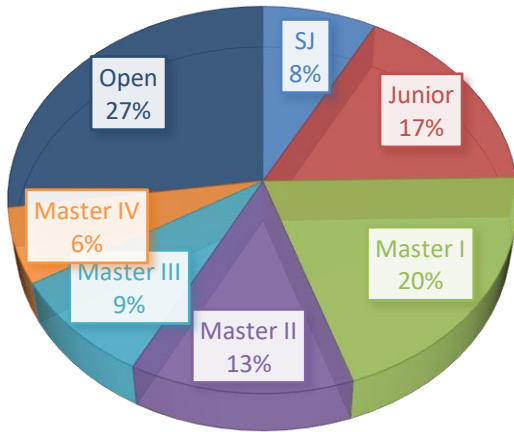
IPF Championship Secretary Report

Ladies and gentlemen,
 Please find enclosed my Championship Secretary Report for this year. It is largely made up of graphs and charts to review our tremendous growth over the past year.

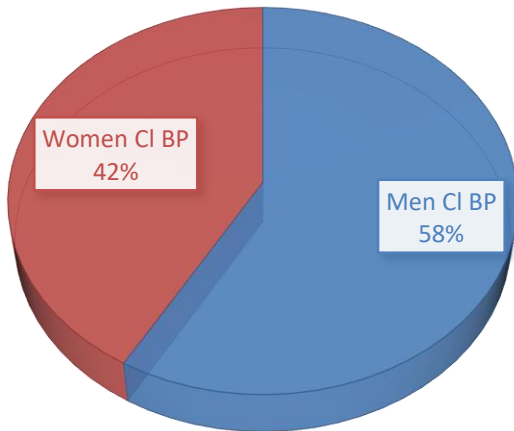
1	Participation of lifters in our Worlds				
2					
3		Men Cl BP	Men Equipped BP	Women Cl BP	Equipped BP
4					
5	SJ	33	24	SJ	19
6	Junior	44	45	Junior	40
7	Master I	58	53	Master I	48
8	Master II	40	45	Master II	31
9	Master III	42	34	Master III	21
10	Master IV	31	20	Master IV	15
11	Open	87	80	Open	65
12					
13	Total	335	301	239	187
14					
15	All	574	488		
16					
17	Total both	1062			



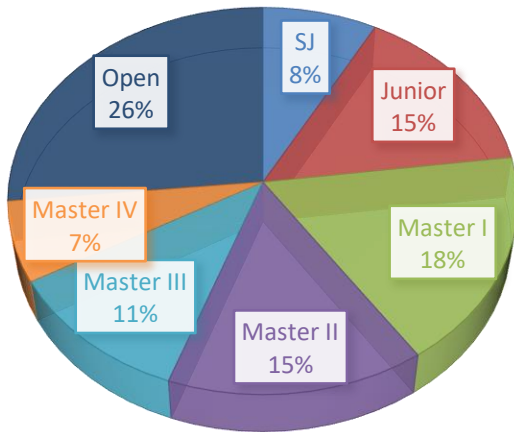
WOMEN CL BP



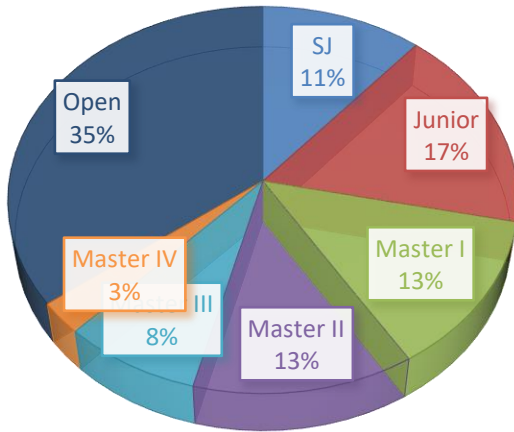
CL BP



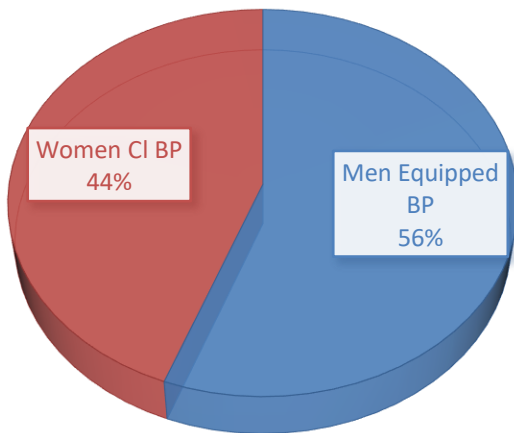
MEN EQUIPPED BP



WOMEN EQUIPPED BP

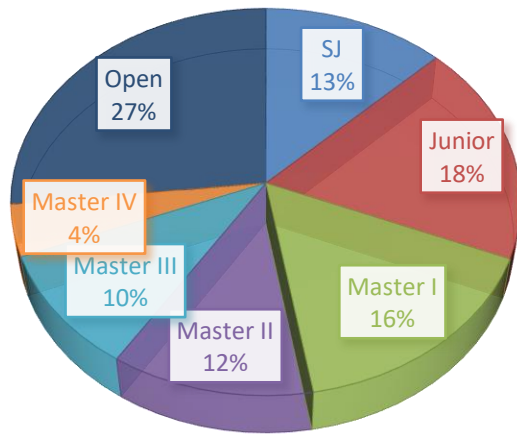


EQUIPPED BP

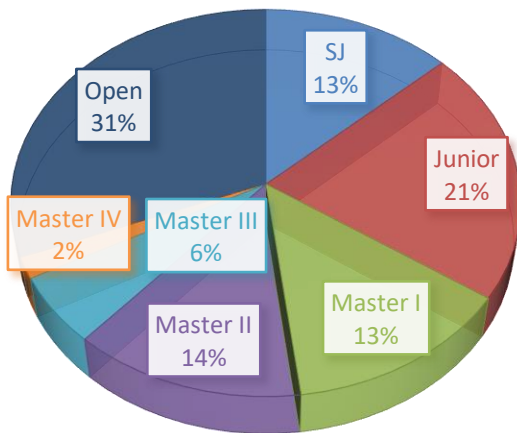


	Men CI PI	Men Equipped PI	Women CI PI	Women Equipped PI
19				
20	Men		Women	
21	SJ	68	31	53
22	Junior	99	51	85
23	Master I	86	40	54
24	Master II	63	31	54
25	Master III	53	18	23
26	Master IV	23	11	7
27	Open	143	156	124
28				
29	Total	535	338	400
30		873		608
31	All	935	546	
32				
33	Total both	1481		

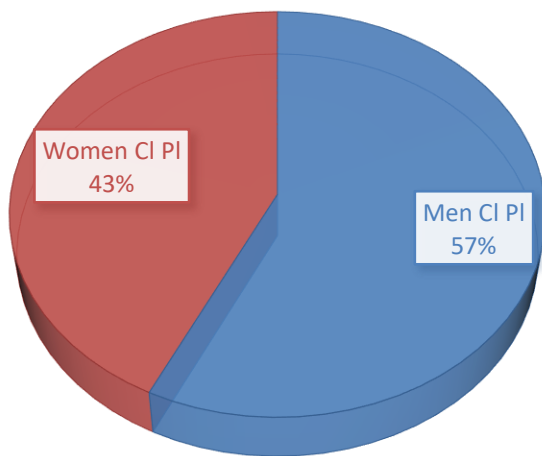
MEN CL PL



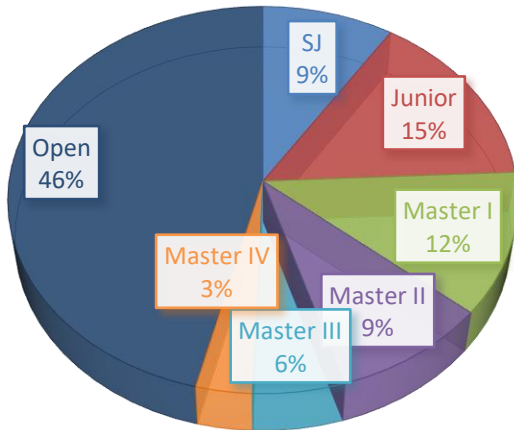
WOMEN CL PL



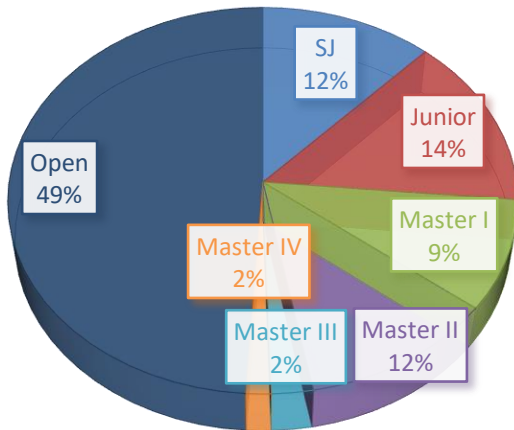
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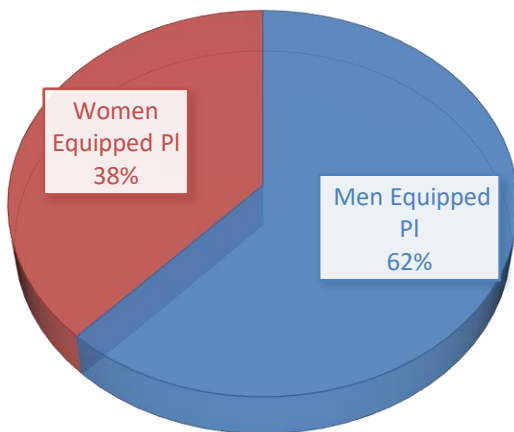
MEN EQUIPPED PL



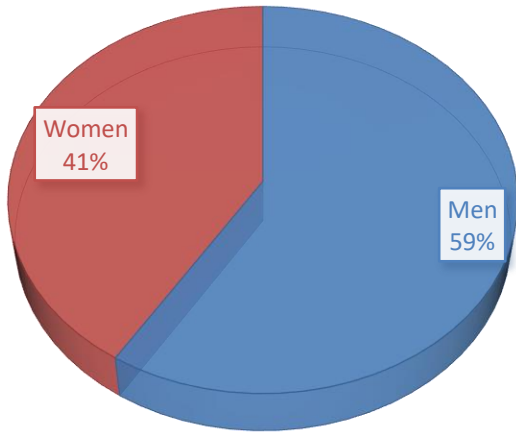
WOMEN EQUIPPED PL



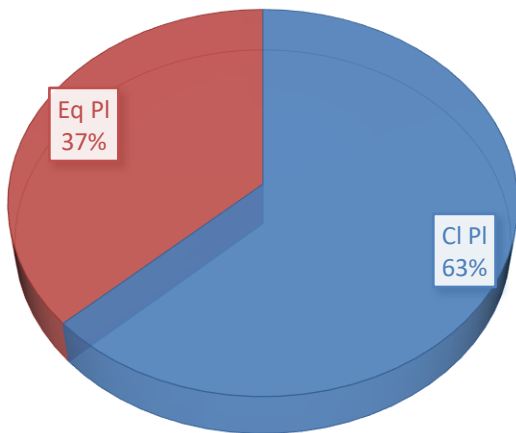
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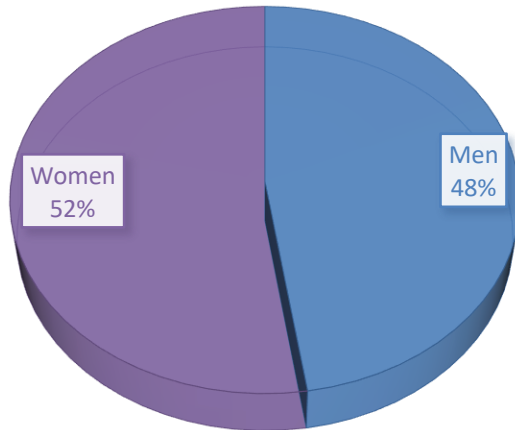


PL

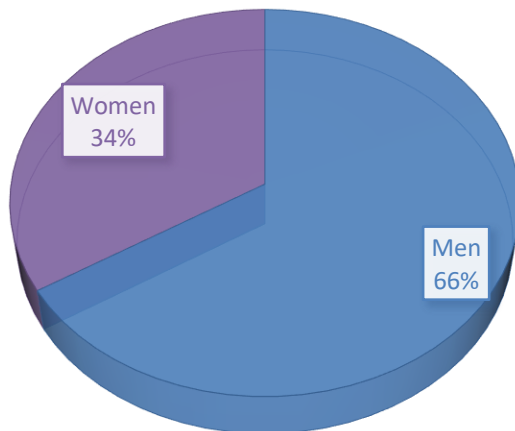


35	University CUP				
36		Men		Women	
37		98		108	
38					
39	Total	206			
40		Men		Women	
41	Arnold's	45		23	
42					
43	Total	68			
44					
45	Total men	1252	Total women	957	
46					

UNIVERSITY CUP



ARNOLD'S



To close my report, I need to remind everybody that the pictures you need to add on your profile need to be a picture face profile looking into the camera and no advertisement. It is a pity that we need to reject them always and mainly from the same Federation's pictures because still they do not add the correct pictures. Too much work for us, what should not be and everybody need do their homework. Thank you all in advance for future support on these initiatives.

Best regards,
Gaston Parage
IPF Championship Secretary

Report Accepted: Vote: Yes: 52 / No: 0

IPF Vice-President's Report

Dear ladies and gentlemen, dear friends and officials,

It is a pleasure for me to be here with you all today at this IPF Annual Congress in Dubai. I do thank you all for putting your trust in me by electing me four years ago to the position of Vice President. These four years have gone very fast and have been filled with a lot of exciting and rewarding challenges but there have also been, as in life in general, some disappointments. But as we say "When the going gets tough, the tough get going".

I would like to provide you with a short overview of my major activities in 2018/2019.

As in the previous year a lot of my time has been spent on various matters related to legal and anti-doping issues.

Following the decision of our Congress two years ago to expel Mr. Robert Wilks, OPF and PA we have still had to sort out various issues as well as give all the support possible to the establishment of a new powerlifting federation in Australia i.e. the Australian Powerlifting Union (APU) as well as a new Oceania region powerlifting, ORPF. I must say the people in Oceania involved in this have done a tremendous job in a very short time. Part of my job was to establish an Anti-Doping infrastructure for APU.

RW as well as OPF and PA as you all know lodged cases against the IPF both in Luxembourg and at the CAS in Lausanne, Switzerland. That has required some work on my behalf. Just to repeat what this means: RW as well as the PA and OPF have in their cases demanded that the court in Luxembourg rule as to the annihilation of the IPF and the nullification of all championships from 2008 and as well as the nullification of all records as well. In other words that all the time, money, effort and passion that all of us have put into this sport for the last 10 years be wiped out. My time and effort as well as that of many others should not have been wasted on matters like these but rather into building up a better future for our athletes and our sport.

The Extraordinary Congress in Helsingborg last June ratified all changes made to the IPF Constitution and By-laws from 2007 and with that ratification this chapter has come to a close with our complete victory. We should though be prepared for further problems regarding Mr. Wilks et. al.

Various other legal issues have been tackled. What is of great concern is the increase in cases member nations/individuals are bringing against each other as can be seen both in local national cases as well as cases brought before the IPF Court of Justice. Why can't we all the read rules and respect them as well as demonstrate sportsmanship behaviour towards each other. The development is a disgrace.

WADA took the IPF through a Compliance Questionnaire the year before last and following that we had to put a lot of work into our Compliance Action Plan in order to fulfil all requirements. Detlev Albrings, chairman of the Anti-Doping Commission did a tremendous job as well as others on our anti-doping team. It was my privilege to work with them on this. The result was that the IPF was one of the very first IFs to become a fully compliant Tier 1 federation. It is of tremendous importance for us that the IPF maintains this Fully Compliant Tier 1 Status. Not under any circumstances can this be compromised. This year we have had to deal with further compliance issues both on the national as well international level. This has required a tremendous amount of time and financial resource.

Again, we all need to read the rules in this case the *Code*, know what it says and act in accordance with it. The IPF is a signatory to the Anti-Doping Code, i.e. the *Code*. With that signature come roles and responsibilities. It is not enough to sign and promise to do something and then do the opposite and something else. Life does not work that way. These roles and responsibilities are defined in article 20.3 of the *Code*, i.e. Roles and Responsibilities of International Federations. In that article it says:

“20.3.1. To adopt and implement anti-doping policies and rules which conform with the *Code*.

20.3.2 To require as a condition of membership that the policies, rules and programs of their National Federations and other members are in compliance with the *Code*, and to take appropriate action to enforce that condition.”

We are working in very close cooperation with WADA with regard to how we fulfil our requirements. WADA's Compliance Department as well as WADA's Investigations and Intelligent Unit have been very helpful and deserve our thanks and respect.

On 1st January 2021 13 months from now a new revised *Code* with further, more stringent and detailed requirements that we and our member nations will have to comply with takes effect. In order to prepare for that member nations will be informed in due time.

This year involved trips, telephone calls, emails, meetings, conversations etc. as in previous years.

In March I attended the annual WADA Symposium in Lausanne Switzerland.

In May I travelled to Japan for the World Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships.

In June I travelled, as many of you, to Helsingborg, Sweden for our Extra Ordinary Congresses.

I've of course as before worked very close with Mr. Gaston Parage, Mr. Robert Keller, Dietmar Wolf as well as other members of the EC as well as staff and want to express my thanks and gratitude to all of

them. The time and effort these people contribute to the sport of powerlifting on a voluntary basis is huge and should be appreciated by us all. We sometimes forget to say thank you and focus instead on the negative things. Actually, as a result of the IPF having grown as much as it has, doubling in size over a short period of time, the workload by now on some people is overload as these individual besides working for the IPF do have a living to make, i.e. jobs, family responsibilities, and other duties to perform as well. These are the pains that come with growth and these will have to be dealt with in the very near future if we want to retain good people and prevent burnout. We also need to show these and others full respect and gratitude.

What has been the negative this year as in the previous year is all the time and money that has been wasted on the case that RW, OPF and PA brought against the IPF as well as on anti-doping non-compliance issues. In the end the CAS case RW brought against us in 2016 year was rejected by CAS on the basis of lack of jurisdiction and RW was required to pay the IPF 2000 CHF. To this date Mr. Wilks has not paid those CHF 2000 to the IPF as per the CAS's decision.

Again, I thank you for the trust in electing me. I hope that my contribution has helped the sport. We need to invest more time and money in our methods and systems most importantly in Anti-Doping in order to become a more professional world class sport.

Last but not least I want to thank Mr. Gaston Parage for the cooperation. I and Gaston we do have different opinions and temperament. Sometimes it takes energy, time and talk to reach a conclusion but in the end we do. The time and passion this individual gives to our sport is second to none. Tremendous. Gaston! I also want to say special thanks to Mr. Robert Keller our General Secretary for the time we have spent working together. He as well contributes much more time than you can imagine. Thanks Robert. Dietmar Wolf our treasurer is always the voice of reason and fairness. Very special thanks you Dietmar for our conversations during the year.

Detlev Albrings Chair of the Anti-Doping Committee has announced that he will not be running for the chairmanship. Detlev has done a tremendous job in his capacity in the ADC. Very professional and a huge resource of knowledge. Always positive and polite.

May we all have a successful Annual Congress.

Hafnarfjordur, 9 October 2019
Sigurjón Pétursson
IPF Vice President

Report Accepted: Vote: Yes: 52 / No: 0

3) Minutes of the last General Assembly

Minutes of the last General Assembly and the two Extraordinary Assemblies held in Helsingborg last June. The Minutes from the 2018 General Assembly, held in Halmstad, Sweden, as well as the minutes from the first and second extraordinary assemblies held in Helsingborg, Sweden last June can be found on the IPF Website see: <https://www.powerlifting.sport/federation/general-assembly.html>

Minutes from the 2018 General Assembly were accepted: Vote: Yes: 52 / No: 0

4) Treasurer's Report

Balance Sheet

INCOMES 2018/2019		EXPENSES 2018/2019	
01.1	MEMBERSHIP FEE	€	28 141,89
01.2	PARTICIPATION FEE	€	140 782,00
01.2.1	WG	€	-
01.3	SANCTION FEE	€	4 000,00
02.1	REFEREE FEES/FINES NATIONS	€	5 301,09
03.1	SPONSORS	€	376 053,08
03.2	APPROVAL&LICENSE FEE	€	579 845,62
03.3	LOGO FEE	€	3 947,25
07.1	ANTI DOPING FEE	€	161 753,39
07.2	DOPING FINES	€	20 432,72
07.5	ADF REGIONS	€	152 583,92
08.3	IPF MAGAZINE	€	609,46
0.9	OTHERS	€	47 265,42
10.0	CASH	€	-
Incomes:		€	1 520 715,84
01.2	PARTICIPATION FEE/ORGANIZER	€	42 466,47
01.2.1	WG	€	-
02.2	REFEREE TIES/BADGES/SCAFS	€	6 092,32
03.1	SPONSOR REGION/ARNOLDS	€	56 341,30
0.4	ADMINISTRATION	€	319 252,71
0.5	TRAVEL	€	140 651,95
0.6	DEVELOPMENT OF SPORT	€	196 693,67
0.7	ANTI DOPING	€	309 004,62
0.8	MARKETING&MAGAZINE	€	203 608,32
08.2	ROAD TO BIRMINGHAM	€	-
0.9	OTHERS	€	6 204,70
10.0	CASH	€	-
Expenses:		€	1 280 316,06
Incomes 1.10.18 - 30.9.19		€	1 520 715,84
Expenses 1.10.18 - 30.9.19		€	-1 280 316,06
Budget surplus:		€	240 399,78
IPF BANK ACCOUNTS			
Saving account BCEE 30.9.19		€	150 000,00
Daily account BCEE 30.9.19		€	113 822,11
Visa Card accounts 30.9.19		€	-7 558,69
		€	256 263,42
Saving account ING 31.1.19		€	35 976,15
Saving account ING 31.1.19, closed		€	-35 976,15
PayPal account 30.9.19		€	1 162,87
		€	1 162,87
Daily&Saving accounts total amount 30.9.19		€	257 426,29
Daily&Saving accounts total amount 30.9.18		€	-106 256,59
Daily&Saving accounts total amount 30.9.19		€	257 426,29
Net profit income 2018/2019:		€	151 169,70
Outstanding payments until 30.9.19			
Doping Fine Algeria		€	2 000,00
Doping Fine Afghanistan		€	846,89
Doping Fine Egypt		€	3 500,00
Doping Fine India		€	2 000,00
Doping Fine Libya		€	3 500,00
Doping Fine Kazakhstan		€	9 690,00
Doping Fine Uzbekistan		€	4 972,49
		€	26 509,38

Financial Report

FINANCIAL REPORT 2018/2019, 1.10.18 - 30.9.19



Financial situation: 30.9.19

Bank accounts:

Banque et Caisse D'Epargne de L'etat - Daily account 30.9.19	€	113 822,11
Banque et Caisse D'Epargne de L'etat - Saving account 30.9.19	€	150 000,00
Banque et Caisse D'Epargne de L'etat - Visa Card account 30.9.19	€	-7 558,69
ING - Saving account 31.1.19	€	35 976,15
ING - Saving account, closed at 31.1.19	€	-35 976,15
PayPal account 30.9.19	€	1 162,87
Credit total amount:	€	257 426,29

Financial situation: 30.9.18

Bank accounts:

Banque et Caisse D'Epargne de L'etat - Daily account 30.9.18	€	51 038,85
Banque et Caisse D'Epargne de L'etat - Saving account 30.9.18	€	20 025,00
Banque et Caisse D'Epargne de L'etat - Visa Card account 30.9.18	€	-4 848,51
ING - Daily account 30.9.18	€	371,87
ING - Saving account 31.12.17	€	35 992,15
PayPal account 30.9.18	€	3 677,23
Credit total amount:	€	106 256,59

Financial situation: 1.10.18 - 30.9.19

Balance sheet


Financial situation 30.9.18	€	-106 256,59
Financial situation 30.9.19	€	257 426,29
Net profit income:	€	151 169,70

The IPF was able to close the fiscal year with a net profit income: € 151 169,70

Question from the Netherlands: Why was the income from approval fee/license fees different from 2018/2019 budget to the budget for 2019/2020. The Treasurer informed the delegates that in 2018 the IPF received an approval fee as well as the license fee for new equipment and 2020 we shall receive only the incomes from license. The approval fee is an only a one time fee.

Report Accepted: Vote: Yes: 52 / No: 0

2020 Budget

BUDGET 2020		
		
	Budget Income	Expenditure
01 Fees		
01.1 Membership fees	32,000.00	
01.2 Participation fees	140,000.00	40,000.00
01.3 Sanction fees	8,000.00	
01.4 Membership fees - Umbrella organisations		8,000.00
	180,000.00	48,000.00
02 Referee fee		
02.1 Examination	1,500.00	
02.2 Card renewal/fine	12,000.00	
02.3 Tie's, etc.	500.00	2,000.00
	14,000.00	2,000.00
03. Partners		
03.1 Sponsor	519,000.00	
03.2 Approval/License fee	385,000.00	
03.3 Logo fee	4,000.00	
03.4 Sponsor		25,000.00
03.5 Equipment Championships	90,000.00	90,000.00
03.6 Arnolds Classic	65,000.00	65,000.00
	1,063,000.00	180,000.00
04 Administration		
04.1 Telecommunication		3,000.00
04.2 Interests, Account fees, Tax	100.00	80,000.00
04.3 Internet costs – Homepages regions		10,000.00
04.4 Awards, Certificates etc.		3,000.00
04.5 Stationery		8,000.00
04.6 Stamps		500.00
04.7 Medals	500.00	500.00
04.8 Computer Secretary		18,500.00
04.9 Expences allowance		42,000.00
04.11 Employees/Offices expences		160,000.00
04.11 Lawyers		80,000.00
	600.00	405,500.00
05 Travel		
05.1 Championships / Meal expences		119,350.00
05.2 Intern. Congress / IOC / IWGA		30,000.00
05.3 World Games 2021		10,000.00
	0.00	159,350.00
Development Fund		
06.1 Travel		20,000.00
06.2 Equipment/other activities		50,000.00
06.3 Trainer Education	15,000.00	15,000.00
06.4 Regions		90,000.00
	15,000.00	175,000.00
07 Anti-Doping		
07.1 Anti-Doping fees	300,000.00	
07.1.2 Anti Doping fees World Games		
07.2 Fines Nation	20,000.00	
07.3 WADA-laboratory + transport costs		110,000.00
07.4 National Agencies costs/ travel officers		40,000.00
07.5 OCT/CES		162,000.00
07.6 Education		6,000.00
07.7 Assistant Secretary		9,250.00
07.8 CAS / DHP		35,000.00
	320,000.00	362,250.00
08 Marketing & Media		
08.1 Travel		25,000.00
08.2 Road to Birmingham		0.00
08.3 Newsletter/Magazine	1,500.00	12,000.00
08.4 TV / Internet streaming		170,000.00
08.5 Sportaccord	20,000.00	50,000.00
	21,500.00	257,000.00
09 Other		
09.1 Additional income / expenditure		25,000.00
	0.00	25,000.00
Balance	1,614,100.00	1,614,100.00
Profit	0.00	

Report Accepted: Vote: Yes: 52 / No: 0

Auditors Report



3, route d'Arlos, L-8009 Strassen, Luxembourg
Mobile : +352 621165214 Fax : +352582996
www.powerlifting.sport

Auditor report IPF 1.10.18 - 30.9.19

The bank account control and the verification of the bank account documents of the IPF was carried out on the 1st October 2019 in Luxembourg. The audit period includes 1st of October 2018 to 30th of September 2019.

Henri Adam from LUXASCON (LUX) and the auditor Xavier de Puytorac (FRA) and the treasurer of IPF, Dietmar Wolf were present.

Complaints about the bank accounts and bank account documents were not found.
The invoice-, income- and expenses documents are very well organized by individual document lists.
The treasurer has been certified correct work with each of the bookkeeping processes and is to grant discharge.

The financial assets have during the fiscal year increased with 1511 69,70€ and leads to bank balances of 257426,29€ at 30.9.2019.

The IPF have generated a very positive surplus, even though in the last budget year again high costs incurred for lawyer's and additional tax payments to the Luxembourg Tax department. The total amount of the costs was 98 575,26 € (total amount is divided into 82 927,42 € lawyer costs and 15 647,87 € additional taxes in Luxembourg).

The auditors recommend the IPF, that more money will be deposited on the saving account to meet future financial needs!

Luxemburg, 1.10.19

Henri Adam
LUXASCON

Xavier De Puytorac
Auditor IPF

INTERNATIONAL POWERLIFTING FEDERATION - IPF a.s.b.l. - Office: 3, route d'Arlos, L-8009 Strassen, Luxembourg
Non profit Association - R.C.S. Luxembourg 77468 - I.B.L.C. 22276982 - Matricule: 2007 620 306 - TVA: LU2276982
IBAN: LU57 0019 1300 4802 3000 - BIC: BCEEL333 - Bank: Caisses d'Epargne de l'Etat du Luxembourg
The IPF is affiliated to IAAF, FISU, FWGA and WADA

5) Report from the Secretary General

Dear Friends:

Dear Colleagues:

I'm very pleased to report, as an organization, we've had another extremely busy, but very successful year.

I continue speak daily with the President, Mr. Parage to ensure my/our responsibilities are fulfilled to advance the federation forward and to reach our ultimate goal of IOC Recognition. As I've reported to you before, Gaston is the engine that drives this organization. You will not meet anyone that works as hard or is as devoted as Gaston. Sigurjon Petursson, our Vice-President ensures our ship is steady and has gone above and beyond the call of duty. Sigurjon was been exceptional in managing and overseeing our ongoing legal cases with Mr. Wilks, Powerlifting Australia and the Oceania Powerlifting Federation. Mr. Dietmar Wolf continues to handle and oversee our finances in a precision an outstanding manner. I have had the pleasure to work with our newest secretary – Sonja Hoffman in our office in the House of Sport -- Luxembourg National Olympic. My colleagues on the executive Committee are committed to ensuring our organization remains successful. I can assure you that Mr. Parage is firmly committed to reaching our goal of IOC recognition. Our executive and our committees are second to none and work tirelessly, day after day, and year after year. They deserve your continued praise.

Besides my normal everyday duties, I attended numerous championships, meetings and conferences since last year's General Assembly. Most of the meetings, I attended with Gaston Parage. The meetings and competitions are as follows:

ORPF Oceania Powerlifting Championships, Gold Coast, Australia
Nauru 50th Anniversary International Challenge Cup, Nauru
Arnold Schwarzenegger Sports Festival, Columbus, Ohio, USA
17th SportAccord Convention, Gold Coast, Australia
Thailand Powerlifting Federation, Bangkok, Thailand
World Bench Press Championships, Tokyo, Japan
World Classic Powerlifting Championships, Helsingborg, Sweden
IPF Working Group Planning Meeting, Strassen, Luxembourg
Pacific Games, Apia, Samoa
NAPF North American Regional Championship, San Jose, Costa Rica
World Sub-junior and Junior Powerlifting Championships, Regina, Canada
FESUPO/NAPF South American and Pan-American Championships, Piriapolis, Uruguay
NAPF North American Bench Press Championships, Panama City, Panama
IPF World Powerlifting Championships, Dubai, UAE
Sport Accord Pan-American, Ft. Lauderdale, Florida

USA Powerlifting directed another terrific Arnold Sports Festival. As Always, the competition was well directed by Dr. Larry Maile and Priscilla Ribic – Congratulations. In 2020, international lifters shall be able to return to the Columbus platforms.

The SportAccord Convention was a huge success for the IPF this year. During SportAccord Convention, Gaston and I met and spoke with officials from the IOC Executive, the IOC Sports Department, Special Olympics International, AIMS, FISU, the IWGA, FICS, WADA, IPC and the Commonwealth Games. From these meetings, our relationships continue to grow with Special Olympics International, and the Commonwealth Games. Key and important, this year, the IPF formally received permission from FISU to direct the first ever World University Championships in Russia during 2022 and in Estonia during 2024. Future bidders include the UAE and France. This undoubtedly another huge step forward for the IPF.

Once more, I would like to personally thank Mr Parage for allowing me to assemble the recognition package that was sent to FISU. I want to also specially thank the IPF member federations for supporting this initiative. This year the IPF, again, had a booth at the SportAccord convention which included a imitation set of Eleiko Weights. Literally, several hundred attendees picked the weights up and took photos. Special thanks to Emanuel Scheiber for organizing the booth and meetings for Gaston and me at the convention. I want to also thank our VIP Partners, APLYFT, SBD and Eleiko, the Australia Powerlifting Union and Chrissy Chamley for her work with Media/Communications at this event. Along with the SportAccord, the IPF participated in the Australian Youth Sports Festival which included a powerlifting demonstration on stage across the street from the convention center. Youth lifters from the APU took part in this festival, which I had a pleasure to MC. The IPF's presence is now well known in the international sports world!

I continued to serve on the Board of Directors to Association of Independent Members of Sport Accord (AIMS). This year, at SportAccord, AIMS, a provisionally IOC organization, established two committees. One that will assist fledgling sports to receive recognition of Sport Accord. The other committee included the development of an AIMS Sports Festival. The IPF is a member of AIMS, and is now listed in the IOC Sport Directory of non-recognized sports. Overall, my work with AIMS focuses on assisting IFs in achieving IOC Recognition.

After the Sport Accord Convention, I attended the Thailand National Championships where I delivered a National Anti-Doping Seminar. Thailand will be direct the first Southeast Asian Cup in 2020. The focus is to develop the Southeast Asia Region. Special thanks to Heinrich Van Rensburg for his assistance in placing the updated contact information onto the IPF website. This project was a significant and necessary part of our IOC Application.

This year, I was tasked to oversee the technical direction of the Pacific Games in Apia, Samoa. Mr. Minogue, the CEO of Pacific Games was very pleased with the overall coordination of this event by the IPF. The referees and staff were exceptional in the performance of their duties. As a result of the success of this event, the IPF has been invited back to the next Pacific Games that will take place in the Solomon Islands in 2023. The Pacific Games is an important part of our IOC recognition.

Last year, I continued to work on a project which identified a list of non-member federation countries world-wide that we have reached out too. The IPF now boasts to have 120+ member federations, the most member federations in our history. Most likely, we shall likely be at 130 members by the end of net year year!! Important to note, the Powerlifting Association of China has opened their doors in Beijing and we're currently in discussion with the Chinese National Olympic Committee to assist them in the establishment of this association – They will submit their forms in December. Africa, Asia and North America has seen the most growth this past year.

The legal cases presented to the IPF remain a significant distraction for the executive. We've been successful in thwarting the efforts of persons bent on undermining the organization. However, the effort to do this comes at a significant cost of time and financial resources to the organization. The time and effort should be used to concentrate on work for the benefit of the organization instead. Once more, I must praise the monumental effort of Gaston, Sigurjon, Dietmar and Mr. Wahlstrom for their exceptional work in protecting the IPF. I would also like to recognize the superb work of Mr. Ross Wenzel, our legal counsel, and Mr. Marc Theisen our legal counsel in Luxembourg provided us the necessary and expert legal advice to achieve successful outcomes. However, one more, our efforts have come at a major expense in time, as well as our monetary resources that should have been directed toward both our application to the IOC and to the development our organization as a whole.

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I would like to thank my colleagues on the executive, the committees, the commission members, the member federations as well as the athletes, coaches and referees. I look forward to our continued work, together, next year. Of special recognition, I would like to thank Mr. Hannie Smith and Mr. Richard Parker.

Though difficult at times, your efforts and resolve are appreciated by everyone. Special thanks also goes to the Media Team – Your work is phenomenal. Chrissy and Eric, thank you!

To close, I want to personally thank everyone for having confidence in my work and look forward to serving the lifters for another four years. Thank you.

My sincere and kind regards,

Robert Keller
Secretary General
International Powerlifting Federation
Orlando, Florida, USA
10.01.2019

Report Accepted: Vote: Yes: 52 / No: 0

6) Committee Reports

a) Technical Committee

Report from the Technical Committee

The Year 2019 is almost something in the past. I want to thank all the EC & TC Members and all the Referees who officiate at World & Regional Championships for their hard work and long hour on the platform and Jury table.

The selection and positioning of referees to officiate at IPF Championships has been made throughout the year according to Nations nomination. The 10 days in Tokyo with the combined Classic & Equipped Bench Press Championships and the 12 days in Helsingborg Sweden at the Classic World Powerlifting Championships we had more than 60 Referees and all the session run smooth and on time.

The 3rd University World Powerlifting Cup were held in Tartu Estonia there were 21 Referees. In Regina Canada at the S/Jnr & Jnr World Powerlifting Championships 28 Referees participate. At the Master Worlds in South Africa 28 Referees participate.

On behalf of the Technical Committee, I would like to call on the member federations to send more Referees to World Championships. As our championships grow in numbers, so must our referees grow in numbers to support such large events.

A large number of new Referees took their examination and I welcome you all in the IPF Referee Corps.

Also, I want to extend a big thanks to all the Meet Directors for hosting the International and World Championships this year – Never an easy task. Congratulations to all of you for a job well done. I received a couple of emails regarding rules and gear and answered them hopefully to everyone's satisfaction. Some rule change proposals passed at the Congress in Helsingborg and the rules book will be updated and posted on 1st Jan 2020.

Thank you.
Johan Smith
Chairman, IPF Technical Committee

b) Medical Committee

Report from the Medical Committee

Chairperson: Dr. Josephine Wing-Yuk Ip (HOK)
Members: Dr. Larry Maile (USA)
Dr. Benedicte le Panse (FRA)
Dr. Hugo Velasquez (CRC)
Dr. Donovan Thompson (USA)

The duty of the Medical committee is to ensure and promote the health and well-being of lifters and personnel involved in Powerlifting. Medical committee will collaborate with Coaching commission and Entourage Commission to achieve this mission. Research on health problems of Powerlifters will be promoted and the health of Powerlifters will be better safe-guarded. More health education information will be provided in the IPF website.

Currently, the main task of Medical Committee is to deal with TUE application. The No of application is increasing. There is more stringent requirement for documentation from WADA and IPF Medical committee is following closely the WADA recommendations.

In the EC meeting in 2018 and subsequent EC meeting, it was decided there will be changes in the Medical committee:

1. Doctor-on-Duty

- Will be introduced to look after the well-being of lifters during IPF Championships
- Doctor-on-duty will be responsible for providing appropriate medical care in competition for lifters, loaders, and other staff
- Qualification requirement and medical practice insurance requirement will be defined. Updated practicing certificate and valid medical insurance certificate are required.
- Medical committee will liaise with doctors of host countries to prepare a roster of doctor-on-duty. Contents in the equipment kit and emergency medicines that need to be provided by the host will be determined.
- The provision of local registered doctor by host country will be included in the Contract for Promotor.
- Doctor of IPF medical committee will be exempted from practicing right requirement of a country in warm up area and platform
- Doctor-on-duty will supervise and co-ordinate paramedics for first aid treatment and other allied health workers eg Physiotherapists, Chiropractors to provide rehabilitation service in the competition venue
- Doctor-on-duty is empowered to give final recommendation of a lifter of fitness to compete. The aim is to protect the health of lifters and ensure their long term benefit.

2. TUE Panel

The panel will be made up of registered medical doctors from various regions.

Medical doctors in the Medical committee will be members and well reputed medical doctors in various specialties will be invited. Specialists of relevant specialty are consulted when required for complicated cases that cannot be determined by the TUE member of Medical committee.

Dr. Josephine Wing-Yuk Ip
Chairperson, IPF Medical Committee

c) Court of Justice / Formally the Ethics & Disciplinary Committee

Report from the Court of Justice

The Ethics & Disciplinary Committee (E&DC) currently comprises the following members:

Richard Parker (Great Britain) Chairman	
Gennadii Khodosevich (Russia) Member-	- Exec Appointee
Sean Dunston (USA) Member	- North America
Pavol Muller (Slovakia) Member	- Europe
Volker Bernardi (Germany) Member	- Exec Appointee
Andre Smith (South Africa) Member	- Africa
Roland Blasi (Luxembourg)	- Exec Appointee

This report refers to the E&DC rather than the Court of Justice as no elections to the latter have yet been made. The E&DC examines and decides on ethics and disciplinary cases within the IPF and determines penalties, except on doping related cases. In order to ensure objectivity and to prevent partiality, if a case involves a national of one of the countries from which a member of the E&DC comes, the said member recuses themselves and is not involved in processing of the case.

The E&DC deals with two categories of cases:

a) Anti-Doping – involving examination of:

- Doping Control Forms
- Analysis Results Records
- TUE (Therapeutic Use Exemption)
- Other documents and evidence presented to, or collected by, the E&DC.

After examining a case in detail, if it is the opinion of the E&DC that a doping violation has occurred, it is cleared to be sent to the Doping Hearing Panel (DHP) for a decision. Some 10 cases of this nature from 10 countries have been processed to date since the last General Assembly. Two of these had valid TUEs in place.

Complaints received through the IPF Secretary General from the Executive, Regions, Nations or individuals.

- a. Executive:
 - i. Allegation that a Polish lifter lifted in a non IPF international – in process.
- b. Regions – none
- c. Nations:
 - i. From the USAPL against three IPF officers concerning anti-doping procedures – dismissed.
- d. Individuals - none.

In conclusion, I would like to thank all E&DC members for their help and support dealing with all the above cases.

d) Court of Appeal

Report from the Court of Appeal

Greetings to All:

The IPF Appeals Committee has not heard any additional appeals this year. We had a number of appeals filed by Robert Wilks in recent years, but those were withdrawn by default due to his departure, and the Committee did not take any further action.

Thank you,

Bettina C. Altizer, IPF Appeal Chairperson

e) Law & Legislation Committee

Report from the Law and Legislation Committee

The Law & Legislation Committee (L&LC) currently consists of the following members:

- Kalevi Sorsa (Finland), Chairman
- Robert Keller (United States of America), Member
- Michael Patterson (Great Britain), Member
- Sandro Rossi (Italy), Member

Duties of the Law & Legislation Committee, those are listed in Article 11.5 of the IPF Constitution, have been remained the same as have been for recent years, and are as follows:

11.5 Law and Legislation Committee

- 11.5.1 Shall receive any proposals regarding Constitution and By-Laws documents of the IPF from member nations within the proper time frame, evaluate accordingly and suggest to the IPF Executive Committee alternative courses in action.
- 11.5.2 Shall serve as the parent committee in further amending the Constitution and By-Laws.
- 11.5.3 Is responsible for updating the IPF Constitution and By-Laws.
- 11.5.4 Shall study the Constitutions of new applicant nations and report the results to the President and the Secretary General.
- 11.5.5 No constitution of a national federation applying for membership to the IPF is valid until the IPF Law & Legislation Committee (L&LC) has reviewed it and has given its approval. All amendments from existing federations must be sent to the L&LC for its approval and are not valid until approved by the L&LC.
- 11.5.6 Shall evaluate proposed changes to the IPF Constitution and report the results to the President and the Secretary General. The reported result shall be included in the distribution of proposed amendments, as specified in rule 7.3.6.3.
- 11.5.7 Shall evaluate candidates nominated for elections and report the result to the President and the Secretary General

One and actually the most regular task of the Committee is to review the constitutions of member applicants, those among other things must include explicit rules for that:

- The Federation accepts and follows the Constitution and By-Laws of the IPF and those of the concerned Regional Powerlifting Federation;

- The Federation cannot be a member of another international organization that is not recognized or approved by the IPF, i.e., the National Federations affiliated to the IPF shall not be affiliated to any other organisation with similar objects to those of the IPF and, in particular, to any other organisation purporting to be, or seeking to become, a worldwide governing body for powerlifting;
- The Federation organises competitions in accordance with the IPF Technical Rules;
- The Federation accepts and follows the IPF Anti-Doping Rules and the WADA Code;
- ***The Federation and its members recognize the Court of Arbitration for Sport (CAS) in Lausanne as the only external body for jurisdiction applying the Code of Sports-Related Arbitration for all disputes which cannot be settled amicably through mediation. However, all internal legal remedies must be exhausted before referring a matter to the Court of Arbitration for Sport.***
- The Federation has sanctions for national level anti-doping rule violations in full accordance with the sanctions set out in the IPF Anti-Doping Rules and the WADA Code.

The IPF Law & Legislation Committee provides with each applicant a model rule which must be included, without any substantive change, in the relevant article of each applicant's constitution in regard to the duties of the Federation's Disciplinary Committee, particularly in regard to imposing penalties on national level anti-doping rule violations.

There must also be a definite rule in the applicant's constitution about that the National Federation has a democratically elected Executive Committee, for a renewable term from two to four years (the term and the number of EC Members must be specified) including:

- the President;
- the Vice President;
- the General Secretary;
- the Treasurer;
- other members

Additionally there must be a rule in the applicant's constitution for that the President and the members of the Executive Committee must have a passport or residency of the country concerned.

Moreover, there must be rules in the applicant's constitution for that the Chairpersons of committees are elected democratically, for a renewable term from two to four years (the term must be specified), including but not limited to:

- Technical Committee
- Disciplinary Committee
- Appeal Committee
- Law & Legislation Committee.

- After the last year's General Assembly the Law & Legislation Committee has reviewed and approved the Constitutions of the Chilean Powerlifting Federation (FECHIPO) and the Haitian Powerlifting Federation (HPF).
- In addition to the Chilean and Haitian Powerlifting Federations a number of other national federations have been interested in joining the IPF within the last two years, but their applications are still in process – no constitutions received or received but not approved by now (when writing this report in the beginning of September).

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All member applicants must also file all other necessary documents (in addition to their Constitutions) with the IPF, i.e., the application form named "*Form for IPF Member Data*"; a letter from either the Ministry of Sport and/or National Olympic Committee stating the Federation/Association is recognized. Also results

from their last 1-2 competitions are asked from member applicants. After getting all necessary data from each member applicant they are accepted as provisional members of the IPF, however subject to ratification in the following General Assembly.

- As mandated in article 11.5.3, the Law & Legislation Committee has updated the IPF Constitution & By-Laws in accordance with the amendments decided at the IPF Extraordinary General Assembly in Halmstad, Sweden, on 4th of November 2018, including among other things the amendments due to the legal procedures and governance reform in the IPF.
- The L&LC has served also as the parent Committee in further amending the Constitution & By-Laws as set out in article 11.5.2 of the IPF Constitution.

Finally, this is my last annual report as a Chair of the IPF Law & Legislation Committee, as I am not a candidate for re-election at this General Assembly, and I want to state my sincere thanks to all with whom I have been privileged cooperating within the past several years.

We wish you all a successful General Assembly and World Championship Competition.

On behalf of the Law & Legislation Committee
Kalevi Sorsa
 Chairman

f) Anti-Doping Commission

Report from the Anti-doping Commission

Dear Ladies and Gentlemen, dear friends and officials,

Here are the highlights of the Anti-Doping Commission activities in 2018/2019. In January a new Registered Testing Pool (TRP) was prepared and posted. Through the year the pool is updated regularly as suspensions start and finish etc. As of this writing there are 30 athletes in the RTP. Kalevi Sorsa has updated the RTP regularly and I want to thank him for his excellent work.

Kalevi has unfortunately resigned and now the ADC updates the RTP according the WADA requirements and so the amount of the RTP-athletes can be less or more.

In January 2019 we started calling for the National Doping Reports 2018. After a lot of follow ups, out of 115 (110*) nations 81 (82) sent in a report. 34 (28) nations did not report. The ratio of those not sending in a report is a higher ratio than in previous years, i.e. 30%. Those that did not send in a report got fined with EUR 500,-. Total number of reported tests was 2819 (2280). 1936 (1615) men were tested and 883 (665) women. 1450 were ICT and 1314 OCT. On the national level there were 118 (111) positives. Of those nations that reported 45 (42) did not report any tests being made. (previous year* in brackets)

Details – National Doping Test Reports 2018

	Total # Urine tests	Men	Women	ICT	OCT	Positive athletes	Total # blood tests	Men	Women	ICT	OCT	Positive athletes
North America	610	391	219	208	402	13	21	17	4	5	16	0
South America	15	10	5	12	12	4	0	0	0	0	0	0

Europe	1765	1224	546	1033	732	81	204	157	47	88	116	0
Africa	23	16	7	5	18	2	0	0	0	0	0	0
Asia	145	97	43	70	16	17	05	3	2	0	0	0
Oceania	31	21	29	29	2	1	0	0	0	0	0	0
Worldwide	2589	1759	830	1357	1182	118	230	177	53	93	132	0

A Test Distribution Plan was drawn up based on the WADA standards and guidelines like the IS Testing, The Guidelines for Effecting Testing as well as other guidelines, previous test results and intelligence. One of the plan's objective is to get the number of OCTs up to 40% of the total number of tests. In order to implement the plan and the selection of individual lifters in an objective and neutral way a special selection unit was formed in 2016. The unit consist of the ADC-Chair, who belongs to the ADC but not to any EC of IPF, Regional or national federations. Other members of the Anti-Doping Commission belong to one of those so these do not do the selection and have no knowledge of who are selected. The selection unit draws up a list of all lifters to be tested at events. In addition, lifters that break records are tested as well. Due the resignation of Kalevi I make a proposal for every international and regional championships, who shall be tested.

In March 2019 Sabine Zangerle secretary of the ADC as well as Sigurjón Pétursson VP and Vice-chair ADC travelled to Lausanne, Switzerland for the annual WADA Symposium. Besides attending lectures, they also had a meeting with WADA Compliance regarding a Mandatory Information Request (MIR) from WADA.

One area of focus and emphasis is education programs. Educations seminar were held at several of our championships this year especially at juniors and sub-juniors. Education programs will be increased and most likely attendance/certificate made a compulsory prerequisite for nomination in the future. Important is the introduction of "ADeL" the WADA's Anti-Doping eLearning platform (ADeL). For the sub-junior and junior athletes, it will be made mandatory to go through this education and achieve a certificate before they can take part at World Championships.

In 2018 we had 471 tests, 16 positives (3,4%) and so far, this year as of 1.8 we have no ADRV decisions, but we have 18 pending cases. It is possible that there is a positive in one of those cases. So, until we have information on what happens for the rest of the year and what comes out of the pending cases we cannot compare this year to the years before. OCT tests should produce a higher ratio of positives so as we increase those up to 40%, we can expect an increase in the numbers.

There is no doubt in my mind that in the future we need to put much more money into our Anti-Doping Program. There are both external pressures and internal pressures. We need to get the blood samples up to 5%. We need to increase testing for the Athlete Biological Passport. Reanalysis of samples will require some financial resources.

A new Anti-Doping Code, *The Code*, will take effect 1.1.2021. This new *Code* will increase and expand the roles and responsibilities of International Federations like the IPF and this will require more funds in order for the IPF to maintain its WADA Tier 1 Compliance Status.

With the support of the EC and ADC members, we achieved our goal of WADA Code compliance. This was a hard work, because we must consider deadlines, where we must submit answers of a huge WADA questionnaire.

Now our duty is to implement all the tasks and maintain the status. This will be a challenge for all of us.

Cooperation with EC and ADC members has been good. I want specially to thank Sigurjon for his contribution and his assistance. He has done excellent work to lead the ADC and I am happy that he is still on board.

Sabine Zangerle I want to thank for all her work as the secretary of the ADC. All the paperwork she does is huge. Janie Soubliere of the Doping Hearing Panel as well as other DHP members thank you.

At this year General Assembly due to private and business reasons I am not able to stand for re-election as ADC Chair.

It was an interesting and exciting time for me to support the IPF in Anti-Doping matters and after nearly 40 years involved in Powerlifting it's for me the time to pass the baton into new hands.

München 14.09.2019

Detlev Albrings

Chairman, Anti-Doping Commission

g) Doping Hearing Panel

Report from the Doping Hearing Panel

This year, there is not much to report from the DHP. Cases are down again this year. The 4-year sanction could be a reason, as well as increased testing overall. We saw more fertility drug cases this year than ever before, which is interesting, but too early to draw a conclusion about what is going on.

James F. Cirincione

Chairman

h) Women's Committee

Report from the Women's Committee

Positive feedback also in 2019: The IPF followed their own guidelines and female lifters in powerlifting have been fully integrated. On all championship women have equal rights and they are widely accepted within the IPF. This is not only shown at the IPF website (gallery, promotion video etc.) but mainly at all championships. The Media Team does a great work to promote women in the IPF magazine, in Livestreams during the competition and in social media.

A good example for the promotion of women is the World University Powerlifting Cup 2019 hosted in Tartu, Estonia. For the first time more women than men have been nominated. At the end 106 female and 98 male lifters took part in this competition.

Another good example is the nomination of Jennifer Thompson for the IWGA Athlete of the Year 2018. She was very successfully and reached the second place, her 152 865 votes have been very closed to the number of votes for the winners Marina Chernova & Georgii Pataraiia.

The situation concerning women differs of course from region to region and from country to country. This depends on the general acceptance of women in society, the role they play in sports, families and culture and the political situation. We as IPF do our best to make it possible for women to take part in competitions and there is no place for unequal treatment of men and women.

The statistics and graphics below give an overview about the number and percentage of female lifters from 2004 until 2019 that took part in Open World Championships in Powerlifting and Benchpress. You can see this number is nearly constant, differences may be a result of the host city and the costs of all athletes to go there. On average, 35% - 45% took part in these competitions.

Development Classic Powerlifting

A very big and important event since 2014 is the Classic Powerlifting World Championships for all age categories. For this reason I added a graphics to compare classic and equipped powerlifting in the open

category. The number of female athletes in this category has been grown from 60 in 2014 to 124 (Total: 257) in 2019. The percentage in 2019 is growing to nearly 50 % of all athletes.

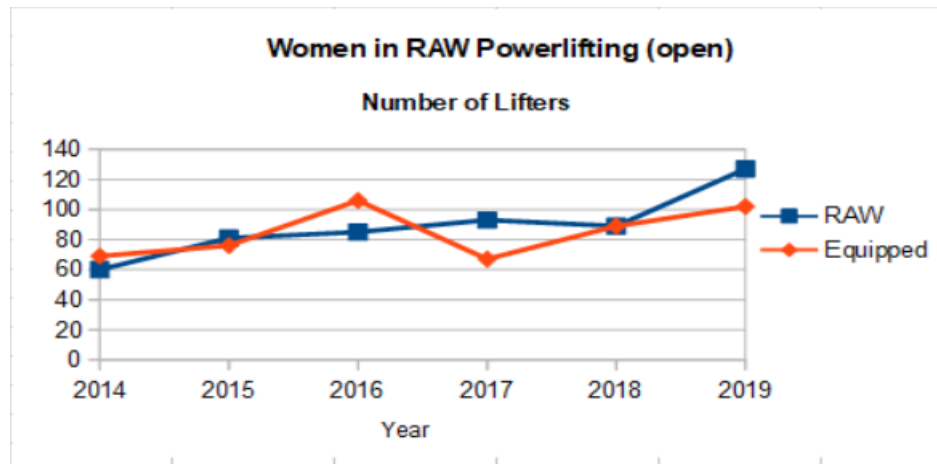


Diagram 1: Development Women in Classic Powerlifting

Equipped Powerlifting & Bench Press

Another interesting point is the number of nations, that send female and male athletes to international Powerlifting Championships. The numbers below represent the nations at World Championships in Powerlifting (Equipped). The latest date is 2018, because the World Championship will take place in November and only data from the preliminary are currently available.

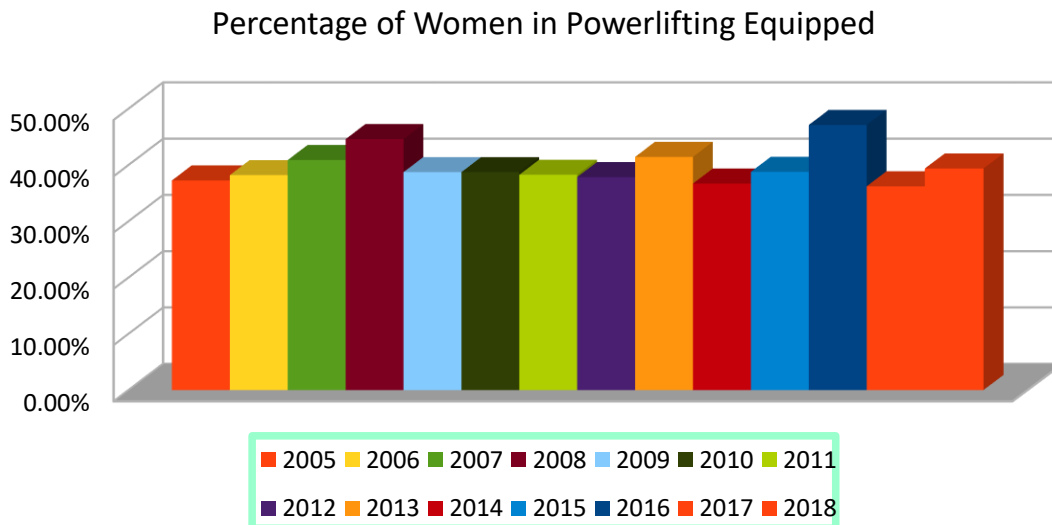


Diagram 2: Percentage of Women in Powerlifting Equipped World Championships

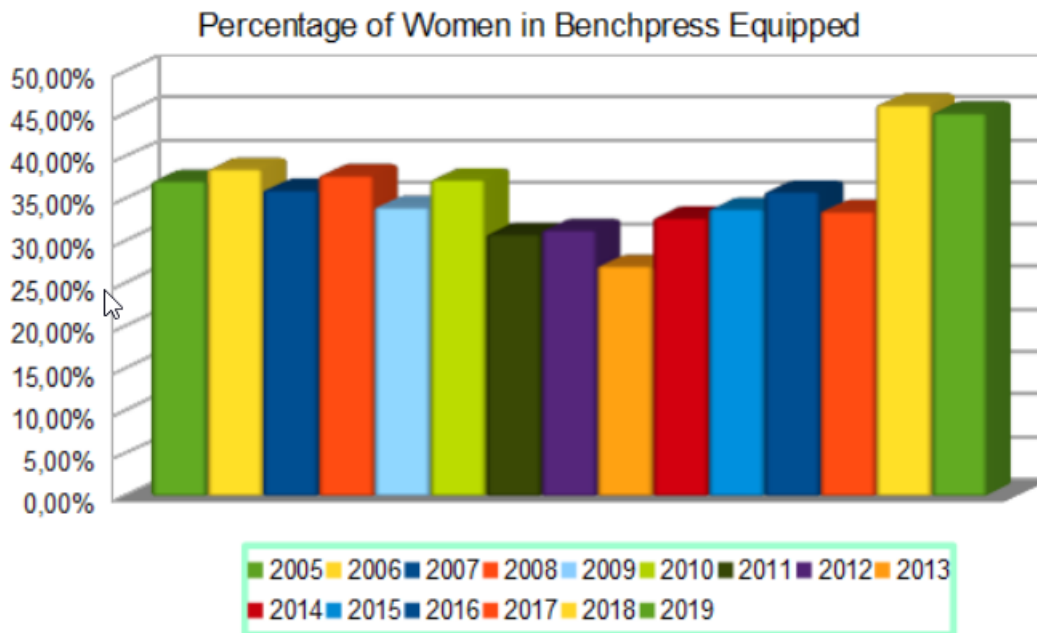


Diagram 3: Percentage of Women in Bench Press Equipped

	2008		2009		2010		2011		2012		2013		2014		2015		2016		2017		2018	
	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A	N	A
M	32	118	28	106	30	119	36	142	38	133	28	106	27	119	31	120	30	119	30	138	27	102
W	27	95	21	67	22	84	29	88	27	81	23	75	18	69	24	76	28	106	20	92	20	73
	N: Nations										A: Athletes											
	M: Men										W: Women											

Table 1: Statistics Open Powerlifting World Championships

The comparison shows, that the number of nations that sends female athletes to world championships is still at a high level. In 2016 there was only a small difference between the nominations of teams with men and women. This has been changed in 2018, where only 60% of all nations has sent a mixed team. For this reason it is an ongoing process to encourage women from countries, where gender equality is not a matter of course, to take part in international championships.

Committees

Having a look to the committees and commissions, the situation has not been improved during the last year. Only in new committees (Entourage Committee, Athletes Commission, Youth Committee) more women take responsibility. The percentage of women has not been increased all over the years. Some of the members work in more than one committee or commission. This should be changed in the future and the number of persons who work in more than one committee should be reduced.

More women should be encouraged to take responsibility. We have women in almost every commission, but too often only one and not at the top position. The hope is, vacancies will be filled with more women. If a man is the chairman of more than one commission, he should try to find a female replacement for this position in one of committees and switch to a normal member in this team.

Number of Committees and Commissions (incl. EC)	Members	Men	Women
16	113	79	34

Table 2: Female and Male members in Committees and Commissions in 2019

Improvements during the last year:

- The number of female referees has been increased. In nearly all cases female referees do the weigh in for female lifters. Although the situation is much better than in the years before, we cannot stop to promote and educate more female referees.
- Only new commissions consist of more women, especially the members of the Youth Committee are 4 women and one men.

Discussions

- The number of weight classes should be equal for men and women. Currently we have 8 weight classes for men and 7 for women. This should be changed and the number of weight classes for men and women should be equal. To reach this goal there are three options:
 - Add one weight class for women
 - Reduce the number of weight classes for men
 - A redefinition of all weight classes

It's not easy to do the right decision. For this reason an evaluation of the current situation and a detailed analysis with all the pros and cons is necessary. A project is already initiated and first analysis are done.

- Participation of trans and gender-diverse athletes
 - The IPF follows in this case strictly the IOC directive.

Incidents

- No incidents happened in the last year at international championships.

Eva Speth

Chairwoman of the Women's Committee

i) Entourage Commission

Report from Entourage Commission

Dear Ladies and Gentlemen

The activities by the Entourage Committee during 2019 is very low, as stated in my 2018 report unless members of the Entourage committee are supported by their national federation to allowed them to attend meeting this situation will not change.

Items work on to be implemented

At last year world in Sweden we discuss implementing a child protection policy, President Gaston Parage suggest IPF will work with lawyers and Kalevi Sorsa to produce a child protection document that all nations must name coaches for international championships.

The Entourage committee is working to achieve the following

- 1) **Develop a closer working relationship between the Coach Commission, and Athletes commission**
- 2) **President Gaston Parage state IPF will work towards inviting all commission/committee to attend meeting, IPF will pay flights and commission/committee members nations to pay accommodation cost.**
- 3) **Sigurjón proposed that the Entourage Committee works in cooperation with the Anti-Doping Commission on setting up a system of electronic on-line anti-doping course with questions/exam. Norway already has an on-line platform, as well as WADA,**
<https://adel.wada-ama.org/en>
- 4) **WADA has an anti-doping e-learning platform which is probably more relevant for IPF athletes. Here you can choose languages, also have the choice to choose role³ (athlete, coach, medical personal**
<https://adel.wada-ama.org/>

Nutrition Seminar / Benedicte Le Panse

Benedicte Le Panse propose the following, at the beginning of each European championships (Open and Junior): to do a 15 minutes meeting at the General Assembly for example), if it's not possible, to make a meeting with the coaches at the beginning of the European championship (first or second day) to give at this meeting a paper sheet to the coaches with 5 very general questions about nutrition/training and approach

- a) Is diet part of your athletes' training program
- b) does it matter to you
- c) do you consider diet as a performance aid
- d) do your athletes do diet
- e) how do they do it and how do you advise them

During this first meeting: give a nutrition card to help them in the future championship i.e. world championship) propose them individualize diet program. In second meeting: at the world championship: (15min) during the congress to show the statistic and results picked up at the European championship to bring general help with these results. give a second nutrition card to help them in the future championships. propose them individualize diet program.

Ralph Farquharson
Chairman of the Entourage Committee

j) Coach Commission

Report from the Coach Commission

Dear Ladies and Gentlemen

I'm delighted to inform the General Assembly that the IPF coach education level 11 course continue during 2019 to attract 26 new coaches, this can only be good for the IPF because if all the regains has qualified coaches the standard of lifting will also improve, we can see the high standard of lifting from nations that send candidates to the course.

To date we have 128 level 11 coaches. The commission is now working on material for level 1, we're hoping to have level 1 ready by the end of 2020, candidates from level II will be invited to upgrade to level I

They're some discussion whether the course should move from La Manga Club in Spain to Eleiko head quarter in Sweden, the commission do not support this move for several reasons.

- 1) La Manga Club, Spain is among the top three sport resort in Europe, it is used by professional sport such as Football, Golf, Tennis, Cricket and Rugby to name a few, infact Powerlifting is the only nonprofessional sport to have a base at LMC.
- 2) The feedback from all candidates attend the course say the accommodation, food and training is of the highest standard

We have no doubt Eleiko headquarter will provide a good venue but not sure if the accommodation, food and travel would be of a high standard.

As I stated in my 2018 report the standard of the IPF coach education programme must be maintained at a high level to ensure coaches gain in-depth knowledge how to delivery high quality training programme to our athletes. I hope the IPF executives will continue to encourage nations to attend the course especially the federations that so far not send any candidate to the course.

I would like to thank Dietmar Wolf the head tutor for his outstanding contribution and knowledge he brings to the course. I consider him to be one of the best Powerlifting coach in our sport. I would like also to thank the coach commission for their support with the continuing development of the IPF coach education programme.

Ralph Farquharson
Chair coach Commission

k) Athlete's Commission

Report from the Athlete's Commission

Active members:

Marte Elverum
Priscilla Ribic
Joan Baez
Marcus Hirvonen
Pjotr van den Hoek

Reserve member:

Philip Richards.

Consultor:

Inger Blikra

Speaker/IPF EC Board Member

Pjotr van den Hoek.

The last year has gone by quickly again and in my eyes one of the best years ever for powerlifting, Great world championships so well classic as equipped in bench-press and in powerlifting

As commission it was hard for us to meet up, due to us being at different championships, but we have been in contact with each other. And we have started a WhatsApp group which makes communicating easier, And at the equipped worlds here in Dubai, we will meet up with the members from the commission here including Gaston Parage.

This year as IPF board member Pjotr van den Hoek travelled to the Bench-Press World Championships in Japan the biggest bench competition ever, great to see so many new lifters, and such high standard of competition from the sub-juniors to the open lifters up to the Master 4. He then went to Sweden for a greatly organized World Classic Championships. Here Gaston Parage and SBD announced the next big thing in powerlifting the Professional Classic Cup in Sheffield with lots of prizemoney. This event is schedule for the latter part of March 2020.

Also, the prize money for the Arnolds has increased with the Finals being held in Spain. He then went to the University Student World Cup in Estonia. This competition growing each year. Especially now with the recognition of the FISU. In 2022 this will be a World championship, and hopefully our athletes can compete at the student FISU World games after this event. Here at this competition there was the next big thing we had more female athletes the male, this feat was repeated at the Sub-junior and Junior Equipped World Championships in Canada, well done Ladies. The standard of lifting is growing each year. And off course most of us will be here in Dubai. Last year we said to try and go the Bench worlds this year. And we did, it was great meeting all the bench-press athletes from around the world because we haven't been at the Bench worlds this year.

We do however think we should get more questions, input or suggestions from the Athletes worldwide. So we have been thinking about how to achieve this goal. Like introducing ourselves to athletes at the various championships, which we have done before at other championships. We will do it this year in Dubai. Also, it is being announced at all championships by the speaker, who we are and how to reach out to us. If you as lifter have any problems, questions or just want information please contact us by sending a email to the Lifterscommission@powerlifting-ipf.com or approach us personally. And if you are a female lifter and would rather only speak to a female let us know and we will let Marte, Priscilla or Joan contact you. Information about us you can find on the IPF website. We have also started up an

Instagram account and you can find us under the IPF athletes commission where you can follow and tag us. So, in 2020 we are going to start using that.

So Hopefully we can answer more questions or give information to the athletes worldwide this year, so please mail us or direct message us on Instagram.

We are all looking forward to a exciting new year In 2020 with off course even bigger, better and more exciting competitions like Sheffield and off-course the qualification for the world games in Stavanger Norway. We will be working together with all the commissions and committees from the IPF, To reach our goal of IOC recognition and to promote our sport worldwide. All we can say the future is looking bright for powerlifting.

But first these World championships in Dubai. Good luck to everyone competing

I would like to thank all of our members, for their input, And Inger Blikra who we have been able to consult and use her knowledge. And once again we would like to thank the IPF board and Gaston Parage for starting up this commission in Norway 2006.

Thank you for your attention.

Pjotr van den Hoek.
Chairman, Athlete's Committee

I) Sports for All Commission

Report from the Sports for all Commission

As mentioned in Secretary General Report, currently, I serve as the Chairman for the IPF Sports for all Commission. Our federation's major work in the area of Sports for All centers mainly on the Special Olympics Program both at the National and International level. Each year, we invite Special Olympic Athletes to take part in the World Open Championship. This year, we had several meetings with the President of the IPC, Mr. Andrew Parsons. Presently, it is the will of President Parsons to have IPC Powerlifting as part on the IPF. Having the IPC incorporated into the IPF will be discussed at the IPC General Assembly scheduled for later this month. We shall continue our dialogue with the IPC. We're still discussing to have a dedicated Sports for all Championship that will include a competition for Special Olympic Athletes, Blind Athletes and Paralympic Athletes. The Special Olympics competition will be a unified event with IPF athletes. Special thanks to both Chip Hultquist and Mr. Peter Thorne for their input and assistance. This committee will play an important an active role in reaching our goal of IOC recognition. In the past, Mr. Chip Hultquist suggested a part of the competition a Coaches Training Seminar be held either the day before or day after the championships. The seminars would add to the attractiveness of the event for both Special Olympics and IPF programs. This seminar could emphasize IPF/Special Olympics Powerlifting Rules, Training of Special Olympics Athletes, Coaching of Special Olympics Athletes in Competition and any other area that you feel should be added from the IPFs perspective.

Thank you very much,
Robert Keller
Chairman, Sport for all Commission

m) Media Committee

Report from the Director of Communications

The IPF Media Team has had a very busy year covering more events and producing extra content in the form of streamed lifter interviews and highlight packages from championships. The IPF Magazine has become bigger and continues to increase in subscriptions. Our social media platforms continue to outperform all comparable sports making the IPF one of the most popular international sports with enormous engagement of under 25 year olds globally.

Facebook.

- ✓ Continuing to rise year by year, now 633,000 followers.

YouTube channel.

- ✓ Huge increase this year, now 37,500 subscribers.
- ✓ First time streaming University Powerlifting Cup, attracted over 75,000 views.

Instagram.

- ✓ 105,000 followers.

Website.

- ✓ 6+ million page views this year.

Magazine.

- ✓ Excellent feedback on the quality of the magazine.
- ✓ Subscriptions increasing steadily worldwide.

All Committee / Commission Reports Accepted: Vote: Yes: 52 / No: 0

8) Regional Reports



a) Europe

Report from the President of the European Powerlifting Federation (EPF)

EPF has all together 35 member federations fulfilling all EPF and IPF membership obligations. The EPF General Assembly was staged in Pilsen, Czech Republic on 27 April and delegates from 22 member nations were present at the meeting as well as 6 Executive members. A Strategic plan specifying the EPF's *visions*, *values* and *missions* was updated for 2019-2022.

Election of new EPF officials took place and following persons were elected for the next 4 years:

- President: **Arnulf Wahlstrøm**, NOR (re-elected)
- Vice President: **Sandro Rossi**, ITA (re-elected)
- Secretary General: **Ralph Farquharson**, SPA (re-elected) 3€
- Treasurer: **Xavier de Puytorac**, FRA (re-elected)
- Technical Chair.: **Myriam Busselot**, BEL (re-elected)
- L&L chair: **Tero Hyttinen**, FIN (new)
- Champ.Secretary: **Bjørn Astad**, NOR (new)

- Auditors: **Pavol Müller**, SLK (re-elected) and **Silva Katutyte**, LIT, (new)
- Women com. chair: **Maria Pia Moscianese**, ITA (re-elected)

European lifters and EPF Hall of Fame.

In January this year, the Executive appointed following lifters as European lifters 2018 according to the highest Wilks score at both World and European Open.

Equipped lifting: **Karen Hesthammer** from Norway and **Volodymyr Rysiyev** from Ukraine.

Classic lifting: **Joy Nnamani** from Great Britain and **Krzysztof Wierzbicki** from Poland.

EPF Hall of Fame was awarded to **Gaston Parage** from Luxembourg and **Hassan El Belghiti** from France.

International championships.

In 2019, 7 European championships, one Western European Championship, one European Classic cup and one Danube cup are organized.

Host nations were:

- Hungary (European Master Classic PL Champ),
- Belarus (European classic Cup),
- Czech Republic (European Open, Jun, Sub-junior. equipped PL Champ.),
- Romania (European Masters equipped PL Champ.)
- Luxembourg (European Open Masters, Jun, Sub-junior classic BP Champ.),
- Italy (Western European Championships),
- Finland (European Open/Masters/Junior equipped BP Champ.),
- Ukraine (Danube cup)
- Lithuania (European Open, Juniors and Sub-junior Classic PL Champ.),

In addition, 1 World Championships and 1 World University cup as well as the Arnold Classic Europe were organized in Europe.

Most organizers of international championships in Europe have great experience and the technical standard is high. More than 2000 lifters take part yearly at European championships and cups. From each Europeans, internet streaming is provided. EPF uses the same company as IPF (Viva TV) for recording and streaming of two of the European championships in 2019. This is the European Open, Junior and Sub Junior equipped powerlifting as well as the European Open, Junior and Sub Junior classic powerlifting. This is expensive productions, but the quality is similar as TV productions. High standard of streaming is what powerlifting needs to be in line with Olympic sports and EPF works hard to find money to finance the production. Remaining European championships are streamed at a lower level (than Viva TV provides).

In the future, the EPF see the challenge to find enough organizers for European championships and cups. Besides the championships, different Games are organized and EPF seek membership in some of these games. Good economic conditions and close co-operation between EPF and the organizers are of vital importance to secure the high standard required.

New in 2020 is the *European Student Cup* which will be organized for the first time in France.

General.

EPF officials have for years worked close to every organizer of European championships. This to secure that all specifications contracted in the documents named: *Promoters Contract*, *Organizing Checklist* and the *Antidoping Control Agreement* are fulfilled.

EPF also support economically organizers if they need to buy IPF recognized equipment to meet the standard requested for the warm-up room and the competition platform. In 2019 the support is in range of 15-20.000 Euro from the EPF Sport Development Fund.

Besides, part of the sponsor agreement EPF has with Eleiko, Leoko, ER Equipment and Titex, are equipment valid about 30.000 Euro which is given free of charge to European organizers.

Anti-doping.

In year 2018, EPF made 129 doping tests at European championships and this means that about 6% of all lifters were tested. 4 lifters tested positive and have received suspensions from 4 to 8 years.

In 2019, EPF will make about the same number of tests as the year before but in an agreement with IPF, more OCT testing will be carried out.

The fight against doping abuse to create fair play for all lifters has still the highest priority within EPF.

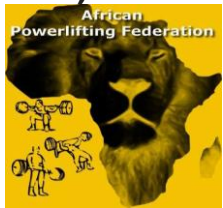
EPF Officials.

No federation or company is better than people doing the work and I am proud to state that EPF has dedicated and hardworking officials that cooperate perfect in the leading team as well with the member federations.

They all deserve a great “Thank You” for running European powerlifting!

Arnulf Wahlstrom
President, EPF

b) Africa



Report from the IPF EC Board Member for Africa

The year 2018/19 has been an exceptional for African Powerlifting as we have increased membership, we have had great competitions, many new records have been recorded, new referees qualified and more experienced ones promoted, all in all a very healthy situation.

The current membership of the APF consists of Full Member nations: Algeria, Cameroon, Egypt, Libya, Morocco, South Africa, Ivory Coast, Ghana, Togo, and Sierra Leone with Provisional members of Namibia, Benin, Somalia, Gambia, Zimbabwe, Cape Verde. The provisional members should gain full member status at the forthcoming IPF General Assembly in November 2019.

The 2018 African Championships was also an invitational event where a number of non African Arab countries such as Kuwait, Iraq and Syria were invited and billed as an Afro Arab Championship. The competition was held in Meknes City, Morocco with 115 lifters from 10 countries present. Twenty four new African records were broken and a good well run competition was enjoyed. The team trophy was once again won by Algeria.

With regard to international competitions: The African leg of the Arnold Classic was held in Johannesburg in May and drew competitors from all over Africa including Zimbabwe, Ivory Coast, Benin and of course South Africa. The incentive for this year was prize money and the opportunity for the winners to go forward with all expenses paid to the Arnold Classic in Europe.

The African Championships this year are being staged in Potchefstroom, South Africa in October and as at the time of writing have not yet taken place however the final nomination list indicates a record

number of lifters with 211 entries. This will also be the first time live streaming of the African Championships will take place

Following on directly after the African Championships, South Africa is hosting the World Masters equipped championships with 180 entries. This gives a total of 391 lifters over 5 days. Africa was well represented in International World Championships with 28 lifters at the Classic Worlds at which South Africa took home 17 medals and 9 medals to Algeria. One of the highlights being the Classic world record Bench Press of Algeria's Ilyas Boughalem, 290kg, in Helsingborg in June his second World Bench record for the year.

At the end of this Powerlifting year I will be retiring as the Liaison officer and IPF board member for the African Powerlifting Federation and so will end a Powerlifting and administrative career of over 30 years. I served as President of the APF and was appointed to the IPF Executive in 1994 so this ends 25 years of IPF Board membership. Over the years I have seen the APF grow from one member nation, South Africa, to what we see today of 16 nations and a well functioning APF executive. It heartens me to see an African championships with over 200 lifters taking part with lifters from all over Africa and I have no doubt that the Federation will grow stronger and stronger in the years to come. In conclusion I would like to thank all my colleagues both on the IPF Executive and the African Powerlifting Federation for the support and friendship shown to me over all these years.

Respectfully,
Alan Ferguson
IPF EC Board Member – Africa

c) Asia



Report from the President of Asia Powerlifting Federation

Minutes of the APF General Assembly 2019, was held at Queen Elizabeth stadium, Hong Kong on 21st April 2019.

The following member Federations attended

1. India
2. Indonesia
3. Chinese Taipei
4. Kazakhstan
5. U A E
6. Syria
7. Iran
8. Oman
9. Malaysia
10. Singapore
11. Thailand
12. Philippines
13. Hong Kong
14. Uzbekistan

The following agenda items were discussed, and decisions taken accordingly:

1. Roll call of nations and delegates

Secretary General took roll call of nations

2. President's address

President of Asian Powerlifting Federation, Mr Farshid Soltani, gave the Presidential address as follows:

Dear APF members and colleagues,

It gives me great pleasure to announce that the Asian Powerlifting Federation continues to grow from strength to strength in all areas of our activity we have advanced forward for the progress of our sport and the achievement of our goals and strategy. As you know, big successes do not come up for a moment, and it surely ensures team work and day-to-day efforts. And first of all I wish to thank our team that was working hard every day of our championships and during the days in between. I am happy to present our success here in Hong Kong again as 4 years ago we had a great meeting here and the Congress where we've elected the staff of APF EC. From 2015 till now we have specifically focused upon, has been expanding the quality of competitions due to using of Good lift System, Live streaming, providing all support and equipment to host countries, our media team is working hard on our Social media, Magazine and very correct presentation of our sport. As I have repeatedly pointed out, the highlights of recent years, especially in 2018, include the following: 1) The cooperation of a team of members of the Asian federation in a meaningful way 2) Establishment of the Office of the Asian Powerlifting Federation in Iran - Tehran at the following address: No: 66, Al E Ahmad St. Tehran—Iran Postal code: 1445843181 Tel: +98 21 88242100 Fax: +98 21 88270581

3) The willingness of countries in the Asian region to host 4) The approaching of the tournament to world standards, which has not yet been completed. 5) More attention of national federations in the Asian region due to the progress of media in this region 6) Asia Media Group activities in the fields of: A) Live broadcast of the tournament B) Asian magazine publication (C) Preparing and updating the website of the APF today, with the support of the International Federation of Media 7) And one more achievement of nowadays is our agreement with goodlift.info and now all nominations are available to be done online. ***APF Goals in 2019 Certainly the first category I was looking for was the entry of Powerlifting into Asian Games, which, with the support of the International Federation of Presidents, and the correspondence of the Secretary-General of the International Federation, as well as more meetings with the APF Executive board members and are trying to reach this point. Powerlifting enters Asian Games. To enter this category, however, you must provide the following: 1) Strongly fight doping in all countries of the Asian region. 2) Get all the entry standards for these games 3) Relations with senior members of the Asian Olympic Council 4) Communication, meeting and discussion with members of the National Olympic Committees of the Asian region (In some countries in the Asian region, these visits have taken place) 5) Familiarity with two years of National Olympic Committees of Asian countries with Powerlifting. (In some countries in the Asian region, these visits have taken place) And one more and important step is the establishment of Educational Committee in Asia that will cover all areas of needed knowledge in Sport.

***Education committee and activities: *Exclusive courses* 1) Equipment and supplies for exercises and powerlifting competitions 2) Powerlifting history 3) Applied Anatomy in Powerlifting 4) Doping and fighting with doping 5) Powerlifting training system 6) Technical rules in Powerlifting 7) Exercise design in powerlifting *General courses* 1) Sport Skills Analysis 2) Sport psychology 3) Basics of Physical Education 4) Safety in sports 5) Nutrition in Sport 6) Basics of Physical Fitness 7) Growth and evolution of movement 8) General physiology 9) General Anatomy 10) Role of coach 11) Workout Planning Thanks to international Powerlifting Federation our sport is growing up. And now the World powerlifting events are one of the prime events at the venues of World Games and Special Olympic World Games fully packed with enthusiastic spectators. The IPF VIP Partners support our regional federation by providing 15.000 €, per year, starting in 2019 to ensure the regional championships are directed at the highest level possible. As IPF new member I wish to welcome also Thailand, Malaysia and Syria and wish the best luck in achievements of powerlifting goals. And one more welcome to new members of national federations of Japan and Uzbekistan that were elected last year and started their activity in the region. As you can see Asian Region is growing in one speed with IPF and we have exceptional battles for medals and for the hosting of Asian Competitions. It is a pleasure to me to be a part of Asian Powerlifting Federation Family and these all achievements would be impossible without your hard work from day to day. I will conclude by thanking to all the lifters who have competed at all our Asian competitions and to all the coaches who trained the lifters every day and who are doing a hard job to bring the best lifters to the Asia. I wish you all a fruitful congress and I want to thank all the EC members and our commission members.

3. Minutes of the last general assemblies

Minutes of the last general assemblies were placed & adopted unanimously

4. Treasure's Report

Mr. Ramon Debuque presented books of accounts and auditor's report and the same was adopted unanimously by the congress.

5. Secretary General's Report

Mr. Rajesh Tiwari, presented his report and the same was adopted unanimously, which reads as follows:

Dear Friends,

I have very great pleasure in greeting all of you on this occasion of the Annual meeting of the Asian Powerlifting Federation.

As you know, the bygone year was full of activities and events for promoting Powerlifting in Asia and beyond. It is worth reporting that the tempo of powerlifting development in this continent is gaining momentum, which is evident from the increasing participation in various championships and resounding success of each championship in our continent.

The conduct of the first Asia-Pacific Powerlifting Championship in Gold Coast, Australia during 12-17 March, 2019 is a milestone achievement for Asian Powerlifting Federation, as the proposal was so vigorously and continuously followed up the President Mr Farshid and myself the Secretary General.

The Asian and World championships held in this review period are given below with detailed results separately annexed.

- Asian Powerlifting Championship was very successfully hosted by India at Udaipur from 1st to 6th May 2018. There were round 250 participants from 13 nations.
- Asian Benchpress Championship was organized in Dubai during 18 – 20 September, 2018 with 360 participants representing 14 nations.
- Asian Classic Powerlifting Championship was organized by Mongolia in Ulaanbaatar during 4 – 8 December, 2018. 15 Nations and 250 competitors took part.
- Mongolia also hosted World Masters Powerlifting Championship in Ulaanbaatar from 1 to 6 October, 2018.

All the above international events organized in Asian Region under the aegis of Asian Powerlifting Federation were historic success.

Reports of Regional Board Members, various committees like, Technical, Medical etc are attached separately.

In a nutshell, Powerlifting activities are gaining momentum and the Asian Powerlifting Federation is growing from strength to strength.

The Secretary General would like to thank all the office-bearers and member nations for the excellent support received during the period under review.

Paucity of time and space do not permit me to elaborate any further on the activities. But before sum up, I must place on record that owing to the continuous and well planned Powerlifting activities in our continent has made us a force to reckon with in the world Powerlifting arena. This is an achievement of the team work of all the office bearers of the Asian Powerlifting Federation, particularly the President Mr Farshid Soltani, the Treasurer Mr Ramon H Debuque and all member nations. I also place on record my boundless sense of gratitude for the wholehearted co-operation received from my colleagues in the Asian Powerlifting Federation, board members of the various regions, the chairmen of the sub committees. And last but not the least, I must thank Mr Gaston Parrage, the President of the International Powerlifting Federation and the Secretary General Mr Robert Keller for the solid support, guidance and patronage extended to me personally and our Federation during our tenure in the Asian Powerlifting Federation.

6. Committee Reports

Committee reports from Technical Committee, Medical Committee and Anti-Doping commission were taken note by the congress

Report from the APF Technical Committee

First of all, I would like to express my gratitude to ATF EC members, IPF TC Johan Smith and referees who dedicated so much of their personal time to help out with Asian championships last year. Volunteering to

refereeing is a often thankless and comes with certain level of stress. And makes matters worse, currently a referee at typical APF event are frequently require sitting for all 3 competitions a day, something's on consecutive days. I realize that it will be counterproductive for our region to introduce quotas and fines for sending referees, which is why it is important to our member federations to not only recommend competent individuals to become certified. But also seek out those who are willing to frequently volunteer (with time and money for travels and accommodations) for championships and get them trained and certified. I understand this is a big ask for many of our member federations, but not an unreasonable one I regret to report that one of the main issues facing APF championships is still the lack of referee. In 2018, I would like to thank all Asian EC members and the International Technical Committee Chairman John Smith for their help and all Asian referees, they perform work in the tournament for a long time. Now I would like to turn your attention to the chronic problem of referee shortage for APF competitions. refereeing requires a tremendous amount of concentration and focus to ensure minimum errors occurring. It is truly a high pressure but often thankless job. On behalf of the APF TC, I appeal to each Asian member association to send more referees and encourage women to become referees. The number of Asian women referees is also a number I really hope to improve. Many Asians passed the referee exam last year and welcome them to join the IPF and APF referees. I am also very grateful to the countries that hosted the Asian Championships in 2018. I would also like to see the number of women referees increase in the region and I encourage anyone interested to come forward and seek out any EC member to discuss any reservations you might have. Lastly, I want to welcome all the new referees that gained their certification last year. Please remember that you are not restricted to APF championships but IPF Events as well. Lastly, thank you to all the host nations of APF's 2018 championships.

7. Sub-regional reports

Sub-regional reports of sub-region 1 (East Asia), sub-region 2 (South Asia), sub-region 3 (Central Asia), sub-region 4 (West Asia), sub-region 5 (South East Asia) were taken note by the assembly as contained in the official booklet Report done by:

Faisal Alzaabi, APF EC Member, Board member of West Asia

Dear ladies and gentlemen, dear friends and officials,

Here are the highlights of the main achievements of West Asian Region that had a great step forward in 2018 and the beginning of 2019. First of all, let me thank all officials of West Asia that are always in contact with me discussing all possibilities and their needs.

During the last year and beginning of this year I had contacts and successful meetings with representatives of West Asian countries. In November 2018 I visited Oman and in February 2019 I visited Kuwait National Championships. We've made a mutual plan for development such as International West Asian Championships that will be open for all countries in August 2019 and also as scheduled before this tournament, we will organize Coach Course and Anti-Doping Seminar. In September 2018 UAE organized Asian Bench Press championships where National Federation did all the best for top level organization. In March 2019 I was involved in Special Olympics Word Games where I gave all facilities and support from National Federation to host the event in a high standard. We qualified 4 lady referees for this tournament. In 2019 UAE will organize mentioned below events:

- Referee course for national referees in May 2019 (planned annual referees and coach courses)

- West Asian Powerlifting Competition open for all countries with doping control in August 2019
- IPF World Open Powerlifting Championship in November 2019

As future plans:

- 2020 University Cup, 2022 Classic Powerlifting Championships in case of support from Government and Olympic Committee
- Academic for Powerlifting: 2 courses per year after confirmation from IPF
- Preparing the Ladies Powerlifting Team
- In 2019 UAE will start OCT doping tests (out of competition test)
- Bahrein has interest to join IPF

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Highlights of Regional events and news:

- Lebanon: 2 championships per year, has equipment for competitions but no IPF referees yet

- Syria: 2 championships per year, no IPF referees yet
- Kuwait: 1 championship per year, no IPF referees yet
- Iraq: 4 championships per year, has equipment for competitions and IPF referees

- Jordan: 1 championship per year
- Oman: 2 championships per year, has equipment for competitions and IPF referees
- UAE: 4 championships per year (university, benchpress, 2 powerlifting), 9 sets of Eleiko, no IPF referees yet.
- Iran: 6 championships per year (2 university, 2 benchpress, 2 powerlifting) and as planned competition in 2019 for women.

In addition I wish to mention very successful Powerlifting Activity in Iran thanks to efforts of Iran Powerlifting Union and APF President Farshid Soltani. Report on the training and operation of the Powerlifting Union in the fight against doping over the past 2 months. Powerlifting Education in the IPU began on December 30th in four stages as follows: 1. Introduction to the Articles of IPU Constitution. 2. Powerlifting Union structure and tasks of its committees 3. Identify actual powerlifting enthusiasts in order: a. Understanding the true powering of a documentary by providing historical documentation b. Recognition of international sports organizations that have approved the International Federation. c. Technical translation of 2019 d. Transmission of Powerlifting history 4. Doping (By Dr. Nasirzadeh) a. What is doping? b. The reason for opposition to doping c. Negative side effects of the substance on the body d. laws and penalties in relation to the perpetrator 5. Practical Workshop on Main Movements (Squat, Bench Press and Dead Lift) in Powerlifting (By Myself) 6. Written Test 7. Exercise Test of Powerlifting Gears About 26 women and 86 men participated in the first course. In conclusion I wish to thank all APF and IPF members for cooperation and wish good luck to all lifters on the platform of 2019. Best regards, Faisal Alzaabi Board member of West Asian Region

Report on Powerlifting Activities in South Asia Region, by P J Joseph

The South Asian Region comprises of India, Sri Lanka and Pakistan. All the 3 nations have been very active in conducting international championships as well as participation in Asian and World championships during the period under report, ending on 31st December 2018. Details of activities carried out in each regional member nation are given below:

- Powerlifting India India played the role of hosts by organizing the Asian Powerlifting Championship in their city called Udaipur, India during 1 st to 6th May 2018 With excellent arrangements, the championship was a total and resounding success. Besides, Powerlifting India took part in the following international championships too.
- World Benchpress Championship held in South Africa during.....
- World Sub Junior and Junior Powerlifting Championship held in South Africa during 2-8 September 2018
- Asian Powerlifting Chmpionship held in Udaipur during 1-6 May 1018
- World Classic Powerlifting Championship held in Canada 6-15 June 2018
- Asian Equipped & Classic Benchpress Championship held in Dubai During 18-24 September 2018
- World Open Powerlifting Championship held in Sweden from 4th to 8th November 2018
- World Master Powerlifting Championship held in Mongolia from 1st to 6th October 2018
- Asian Classic Powerlifting Championship held in Mongolia during 4th to 8th December 2018

Powerlifting India also conducted their national championships as follows:

- Sub Junior National Powerlifting Championship in the state of Andhra Pradesh during 21-25 June 2018
- Junior National Powerlifting Championship in Patiala during 21-25 october 2018
- Open National Powerlifting Championship in Sattinapalli , A P from 25th to 29th August 2018
- Master's National Powerlifting Championship in Kerala State during 26-29 July 2018.
- Sub Junior, Junior, Senior and Master's National Powerlifting Championship in the state of Uttar Pradesh during 25-29 september 2018
- National Equipped & Classic Benchpress Championship in Maharashtra State during 14-18 November 2018

Put together, around 5000 competitors from 30 states and 5 central sports boards took part. Dope test was made mandatory for all those championships.

4:

• Sri Lankan Powerlifting Federation

The Sri Lankan Powerlifting Federation has been very active and besides conducting their national championship during the period under review, they also participated in the below mentioned international championships:

- a) Asian Championship in Udaipur, India during 1st to 6th May 2018
- b) Asian Benchpress Championship held in Dubai during 18th to 24th September 2018
- c) Asian Classic Powerlifting Championship held in Mongolia during 4th to 8th 2018

• **Pakistan Powerlifting Federation**

The Pakistan Powerlifting Federation reported that they have conducted their national championships for various age groups, and also participated in the following international meets too:

- 1. World Classic Powerlifting Championship held in Canada from 6-15 June 2018
- 2. Asian Benchpress Championship held in Dubai 18-24 September 2018
- 3. World Masters Powerlifting Championship held in Mongolia during 1-6 October 2018
- 4. Asian Classic Powerlifting Championship held in Mongolia during 4-8 December 2018

Report on Powerlifting Activities in Central Asia Region, by Romanova Tatiana

Dear ladies and gentlemen, dear friends and officials,

First of all, let me welcome all of you at this year congress in Hong Kong organized by Hong Kong Powerlifting Federation and the Asian Powerlifting Federation. For me personally this meeting here is significant as 4 years ago I was elected as Board member of Central Asia in APF Congress 2015 in Hong Kong. It was a long way with positive and negative notes but I am happy that things that were planned are done and now Central Asian region is a real Family where every member respects and trusts each other. We've made a strong community in our Social media and out of it where we share regional news and events, I am in contact and always online with every member of Central Asia and I am really happy that people that didn't know me 4 years ago now are my friends and we have mutual interests in powerlifting development. Last year in my report I've announced that we have a contract with Titan Support (USA). Since 2017 all central Asian powerlifters have ability to get personal equipment at a very good discounted price lower than in the market. This is a key role in further regional development, and we are entered the stage of negotiations with SBD and local dealer in Kazakhstan (Sporthouse) for providing the better price for central Asian powerlifters. This means that every IPF Lifter (recognized by national federation) will have a discount on apparel approved by IPF. We have great plans for this year. In December, 2019 Kazakhstan will host Asian Classic Powerlifting Championships in Almaty that will positively effect on all Central Asian Region. 99% of lifters and coaches don't speak English and sometimes they have troubles during all International Events. And we have a great chance to gather all CA members together and organize Educational Programs on Russian for them such as Referee Clinic, Anti-Doping Seminar and Coach coffee break where the most experienced coaches of Kazakhstan will share experience with CA regional coaches. Due to the CA team decision, Regional Central Asian Competition planned on August 2019 is shifted on the beginning of 2020 as CA members have an interest to take part in West Asian Competition also planned in August 2019 in UAE. Last year and the beginning of 2019 was extremely active for me as I visited all Asian Championships in India, UAE, Mongolia and had a great opportunity to meet all my Regional members. I had a meeting with Uzbekistan and Turkmenistan members in UAE in September 2018, and in December 2018 I was pleased to meet also members of Tajikistan Powerlifting Federation. In March 2019 I visited Special Olympic World Games and had several successful meetings with IPF President Gaston Parage and APF President Farshid Soltani in Dubai Sport Council and University City. I also had important discussion with SOI Powerlifting Committee how important it is to arrange sport education for Special Olympics in regions. As an important for the region moment, we have now new people on board of Central Asia. There were changes in Uzbekistan Powerlifting Federation Executive Committee and new elected Vice President Mr. Sergey Fotiev and as President Mr. Matchanov Sadam Hakimovich that has good relationships with National Olympic Committee. We expect also positive changes in Turkmenistan and Kyrgyzstan Executive committees this year.

Please find here below the short reports by each country located in Central Asia.

Kazakhstan

The number of national championships organized during the year – 8, University Games - every 2 years and also 4-5 small championships in every region. The number of anti-doping seminars organized during the year – 4 (during national championships) and 8 referee clinics per year (during national championships). Last year Kazakhstan State Center of skills and professional development organized a big coach course for different range of coaches. Also as great bonus government announced a tender for purchasing the IPF apparel for lifters in a big volume due to our program of wholesale price for CA. In the beginning of April there will be the biggest Anti-

Doping Seminar during National Championships where KAZ NADO members and I will share very useful information about doping and rule violation.

Uzbekistan

The number of national championships per year – 15 (every month). The number of lifters participated in the last national championship - 134. Year ago the main problem was lack of financial support from government and anti-doping fines to IPF more than 13000 EURO. Now, after changes in National Executive Committee the debt is 7372 Euro and Federation has good speed to bring sport forward. The country has 2 IPF referees and 10 National referees with monthly Anti-Doping Seminars and referee education.

Tajikistan

Last year Tajikistan teams presented at the Asian Classic Powerlifting Championship in Mongolia, Asian Benchpress Competition in UAE and have 3 times National Championships each year. The number of active lifters – about 100. They have official website – tpbff.tj. The country has professional coach course. According to the information given by the President Mr. Olim Parpiev, during the last 2 years there is a significant growth in powerlifting in the country as big part of athletes that were busy with bodybuilding now are interested in powerlifting and all international events. National federation has already nominated lifters to the World Benchpress and World Classic Powerlifting Competitions.

Kyrgyzstan

Main problem of Central Asian countries is lack of finance support from government as powerlifting is non-Olympic sport. And Kyrgyzstan has this problem with negative effect on lifters. The number of national championships each year - 4. The number of participated lifters in the national championships – about 120. Important to note that at the last 2-3 years Government organized the World Nomad Games in Kyrgyzstan and the sports like Mas-wrestling is now more supported that's why most of lifters are shifted to the Nomad Competitions.

Turkmenistan

Turkmenistan lifters participated in Asian Benchpress Championships in UAE 2018 and have already nominated 13 lifters for Asian Powerlifting Championships 2019. This year country will have a congress with Ministry of Sport and will make decision of further activity of national Federation and Executive members.

8 Elections

Elections were held for the post of secretary general only as 2 candidates filed their nominations and they were, Mr. Rajesh Tiwari and Ms. Romanova Tatiana. The total electoral college found valid was 20 and 1 member did not cast his vote. The total vote in favor of Mr. Rajesh Tiwari was 11 against Ms. Tatiana Romanova who got 8 votes. and accordingly, Mr. Rajesh Tiwari was declared elected for another term of 4 years.

The other office bearers as elected for 4-year terms are:

President:

Farshid Soltani (Iran) unopposed

Vice president:

Pok Kim Won (Hong Kong) unopposed

Treasurer:

Josephine Wing-Yuk Ip (Hong Kong) unopposed

Board members:

Sub-region 1 (East Asia) Mr. Battulga Dash (Mongolia) unopposed

Sub-region 2 (South Asia) Mr PJ Joseph (India) unopposed 4⁵

Sub-region 3 (Central Asia) Ms. Romanova Tatiana (Kazakhstan) unopposed

Sub-region 4 (West Asia) Mr. Fizal Alzaabi (U A E) unopposed

Sub-region 5 (South East Asia)

It was decided that for above region members Will elect after their meeting a member to represent The region and inform apf etc, so that same can be appointed For an interim arrangement. This interim appointee will thereafter be confirmed in the Congress of APF for a full term of 4 years subject to he not being challenge by another candidate.

Medical Committee:

Josephine Wing-Yuk Ip (Hong Kong) unopposed

Technical Committee chairperson:

Ms. Chao Chen Yeh (Chinese Taipei) unopposed

Anti-doping commission chairperson:

Ms. Maria Bakasheva (Kazakhstan) Adopted unanimously

Championship Secretary:

PJ Joseph (India) unopposed

9. Proposals

No proposals were received from the member federations.

10. New Member Applicant

No new applicants were received

11. Action on delinquent nations

No input was given for action on delinquent nations.

12. Future championships:

2019

1. Asian Powerlifting Championships in Hong Kong was held
2. Asian Bench Press Championships - Mongolia
3. Asian Classic Powerlifting Championships - Kazakhstan

2020

1. Asian Pacific Championships - Chinese Taipei
2. Asian Powerlifting Championships – U A E
3. Asian Bench Press Championships - Kuwait
4. Asian Classic Powerlifting Championships - Japan

13. Any other business

No items were placed for the agenda

14. Adjournment

No adjournment was noted.

Special Note: The meeting ended with special voted of thanks to IPF President, Mr. Gaston Parage, for his all-around contributions and support during this entire stage of the meeting

d) North America



Report from the Vice-President of the North American Powerlifting Federation

The NAPF General Assembly was held 5th of August in San José, Costa Rica, and 12 delegates of our 17 members nations were present to plan the NAPF's strategic plan to our goal in the development of the sport in the area.

Election were held and the following are the new elected officials for the period (2019-2023):

- NAPF President: Dr Larry Maile (USA)
- IPF EC Board Member for North America: Dr. Larry Maile (USA)
- NAPF Vice-President: Dr. Hugo Velasquez (Costa Rica)
- NAPF Secretary General: Alex Alvarado (Puerto Rico)
- NAPF Treasurer: Arian Khamesi (USA)
- NAPF Technical Chairman: Bill Clayton (USA)
- NAPF Championship Secretary: Robert Keller (USA)
- NAPF Media Officer: Steve Crane (Puerto Rico)
- NAPF Central American Representative: Manolo Campos (Costa Rica)
- NAPF Caribbean Representative: Robert Massey (USVI)
- NAPF Records Chairman: Mike Armstrong (Canada) / Raw // Ivan Cancel (Puerto Rico) / Equipped
- NAPF Women's Committee: Linda McFeeters (Canada)
- NAPF Social Media Representative (Appointed after NAPF GA): Ryan Allen (USA)

Hall of Fame / Special Recognition

NAPF Hall of Fame was awarded to Michael Licciardi, Posthumously. Karen is wife was present at the Farewell Banquet to receive his plaque. We will miss Michael Liccardi a great deal. His contributions were numerous and made a significant impact in developing the region. Special recognition to the world champion athlete: Jennifer Thompson who came close to become the Athlete of the Year at IWGA

International championships:

5 regional championships were scheduled this year (2019)

- Arnold Sport Festival 2019 – in Columbus, Ohio (USA), is the largest of this international franchise with the participation of over 22,000 athletes in 80 sports and events. The 2019 Arnold USA Powerlifting Championships consisted in 7 events: A7 Pro Raw Challenge, SBD Pro American Invitational, USA Powerlifting TITAN Pro Bench Bash, USA Powerlifting Arnold Grand Prix by SBD, USA Powerlifting Battle of the Regions, USA Powerlifting Pro Deadlift, USA Powerlifting APLYFT Squat Challenge. It was a great success with excellent exposure of our sport and big price monies for the athletes.
- 17th NAPF North American Regional Powerlifting Championship, in San Jose, Costa Rica had the largest number of athletes (206 athletes) competing in the raw and equipped categories. This represents a huge increase in participation from previous years, and with more women participating in the sport.
- 17th NAPF/FESUPO Pan American Powerlifting Championship to be held in September in Piriapolis, Uruguay
- Commonwealth Powerlifting & Bench Press Championship to be held in St. Johns, Newfoundland, Canada
- 14th NAPF North American Regional Bench Press Championship to be held in October in Panama City, Panama.

1 World championships also were held in the region:

- World Sub-Junior & Junior Powerlifting Championship, in Regina, Canada

Referees:

The NAPF has a total of 88 referees (30 IPF Category 1 / 58 IPF Category 2 Referees), distributed:

Country	Cat. 1	Cat. 2	Total
Canada	8	8	16
Costa Rica	1	4	5
Guyana	0	1	1
Mexico	0	3	3
Puerto Rico	3	6	9
Trinidad Tobago	0	1	1
USVI	0	2	2
USA	18	33	51
Total	30	58	88

This year 11 officials took part in the IPF Referee Exam

Canada 5 (1 Cat. 1 / 4 Cat. 2); USA 2 (1 Cat. 1 / 1 Cat. 2); Guyana (1 Cat. 1 / 3 Cat. 2)

The NAPF Executive has urged the member nations to send officials to increase this number.

Anti-Doping:

All the national federations have the obligation to comply with IPF Anti-Doping Rules, as part of the WADA Code Compliance exercise. The NAPF, as well as the IPF, is performing an audit to all our member federations to ensure they have proper Anti-Doping Rules in place.

The National Doping Test Reports 2018 shows that only 3 countries in the region comply with the WADA Requirements with ICT and OCT, while the rest of the member federations reports zero testing.

NAPF	Urine test	Men	Women	ICT	OCT	Positive
Canada	112	90	22	79	33	5
Mexico	24	16	8	24	0	8
USA	474	285	189	105	369	0

Thus far, in the World Championships been held in the 2019, 30 NAPF athletes (USA 23, Canada 7) have been tested with negative results.

Special Olympics International Cooperation:

The NAPF and the Special Olympics International (SOI) are currently working together to determine how many members federations have incorporated Special Olympic Powerlifting into their current national federation.

Our region (NAPF) has done a great job in fulfill his commitment and has the largest number of SO athletes among all the regions in the IPF, totaling 307 athletes, with large participation from USA, Canada, Costa Rica and Mexico. Recently, we have opened the door to integrate SOI lifters in our member Federations. The overall goal, as well, is to integrate SOI lifters into our competition and on long term organizing a World Championship for them.

World Games 2021:

World Games 2021 will be held in Birmingham, Alabama. Christine Myers, who is from Birmingham, is very active in USAPL - State Alabama. She is a national referee as well as an organizer of several state championships. She has a bachelor degree in sports medicine and nutrition and is coaching several powerlifters (mainly women). She has a good understanding to organize things and is definitely willing to work with IPF/NAPF for the WG21. Additional Christine will be supported by Billy Keel, who was the state chair for about 15 years and who is an IPF Cat II referee. Now he is mainly working with SOI in USA but he will give full support to Christine and the whole project

Overall, this has been a difficult year for the region, with some nations torn by internal problems. Nonetheless, the Executive have urged the idea to bring championships to new country that no only motivates the region's athletes to come to visit new places, but also to bring the international experience to the host country, and to do so, the NAPF has set a strategy to plan, develop and increase the prestige of our Regional Championships.

Dr. Hugo Velasquez

e) South America



Report from the President of the Federation of South American Powerlifting

Dear IPF colleagues,

We are closing this year with the accomplishment and completion of large amount of work in South America.

We're very proud the athletes from FESUPO, as they took a large number of medals at both international and world events, whether it be open, Sub-junior, Junior or Master lifters. Special thanks to athletes from South America who received medals: Ana Rosa Castellain and David Coimbra from Brazil, Vilma Ochoa and Franklin Leon and true champions that led to South America at the highest point of our sport.

We've consolidated all of our FESUPO competitions into one Championship per year. Of course, this is not possible without our very dedicate championship directors. This year, we held the largest in North/South America – the PAN-AMERICAN AND SOUTH AMERICAN TOGETHER, in Piriapolis, Uruguay. My compliments to Mario and Gabriella Blanco from the Uruguay Federation for a job VERY well done! Thank you.

Several referee candidates from FESUPO completed their category I and II examinations. Overall, 11 countries and over 250 lifters participated in this championship. I want to congratulate all of the athletes that took part in this year's competition.

Many records were broken at the championship -- Ana Rosa performance, who broke two total world records in Classic and Equipped, two days apart from each other.

Peru is now an official member of the IPF. Bolivia will become a member in the next weeks.

I would like to congratulate the entire FESUPO management staff, specifically Mr. Inguanti. Peru will direct next year's FESUPO Championship in Lima.

Marcos Sanchez from Ecuador was elected our IPF EC Board to represent South America.

To close, I'm pleased with the work we have done and have made great strides to improve the direction of our championships for the athletes from the FESUPO region.

Thank you. With great respect.

Julio Conrado
President
Federation of South American Powerlifting

f) Oceania



Report from the Oceania Regional Powerlifting Federation

Regional meets; none held as this was a Pacific Games year.

Regional Referee clinics; none held as this was a Pacific Games year, normally held in conjunction with the regional meets. Financial report; this has been supplied separately to the IPF Secretary General.

The ORPF General Assembly (GA) was held at the Samoa indoor sports auditorium-gym 1 10.00AM on Tuesday 16th July 2019 in conjunction with the Pacific Games (it lasted for five and half hours).

The executive committee and member nations present were as follows (this was the largest ever attendance of a GA in the Oceania region);

- i. **President**-Mr. Eric Jioje (Fiji)
- ii. **Vice President**-Mr. Horasio Cook (Nauru)
- iii. **General Secretary**-Mr. Sailo Tulifau (Samoa)
- iv. **Treasurer** – Prof Gordon Thorogood (Samoa)
- v. **IPF General Secretary** – Dr. Robert Keller (USA)
- vi. **Samoa Powerlifting Federation President** – Mr. Christian Fruean
- vii. **New Caledonia Powerlifting Federation President** – Mr. Dominico Vaotoa
- viii. **Papua New Guinea Vice President** – Ms. Linda Pulsan
- ix. **Tuvalu Powerlifting Federation Representative** – Mr. Liai Mataio
- x. **Tahiti Powerlifting Federation President** – Mr. Christian Pothier
- xi. **Kiribati Powerlifting Federation** – Mr. Tokaruru
- xii. **Australia Powerlifting Union Vice President** – Mr. Ray Owen
- xiii. **New Zealand Powerlifting Federation President** – Mr. Graham Fong
- xiv. **Solomon Island Powerlifting Federation** – Mr. Joe Au Ramosaea
- xv. **ORPF Technical Official** – Ms. Pam Cutjar
- xvi. **ORPF Record-keeper** – Mr. Joel Riddings

Additional Members in Attendance were;

- I. **Ropati Mualia** – Samoa
- II. **Vagi Henry** – Papua New Guinea
- III. **Nakibae Kitiseni** – Tuvalu
- IV. **Pothier Fifij** – Tahiti
- V. **Andrew Tuhaika** – Solomon Island
- VI. **Victor Wai'ia** – Solomon Island
- VII. **Tawita** – Kiribati
- VIII. **David Vaughan** – Australia
- IX. **Pat Whymark** – Australia
- X. **Tony Edwards** – Niue
- XI. **Carol Edwards** – Niue
- XII. **Temakan Tannana** – Nauru

1. Absent – Sean Muir – Australia (APU)

2. GA was chaired by Mr. Fruean of the Samoa Powerlifting Federation with the approval of the board.

3. President's Address and approval of the last minutes of the last meeting. The Chair also acknowledged those who are not yet members of ORPF/IPF and are present in the meeting. Prof: Thorogood advised members

that he was present at the meeting and also read the minutes of the meeting and they are correct. This was seconded by Mr. Kitiseni.

4. Treasurer's Report

- Prof: Thorogood presented the ORPF financial report stating that the ORPF is currently insolvent. Interim Treasurer reported that ORPF (via APU) owed Mr. Kingston \$12,000AUD and other monies (profits) that were owed by APU to ORPF since the GC Oceania's in 2018 which was \$843.44AUD. There are also issues in respect to equipment bought during the 2018 Oceania competition held in the GC in addition to an outstanding payment for insurance which was not listed in the ORPF GC competition and report presented by APU.
- Action taken by interim Treasurer to recover all monies owed as advised by ASIC, ORPF external auditor and on advice of ORPF lawyers.
- Interim Treasurer read correspondence between him and Mr. Kingston dated 5th of May 2019 in which Mr. Kingston stated that it was a loan to ORPF through APU and he expected the float /loan repaid in full after the competition in 2018.
- The Chair stated that as a requirement by the ORPF constitution that a financial report be tabled.
- Mr. Ray Owens also mentioned that APU would meet with ORPF Treasurer to discuss to resolve the handling of funds during the Oceania championship in 2018 and also the Michael Kingston float to be reimbursed.
- The motion was moved by Nauru to accept the financial report as is and this was seconded by Mr. Fruean for the purpose of process. Majority approved except Mr. Ramosaea (Solomon Islands Powerlifting Federation) who stated that he would like to review the accounting treatment of the Euro grant of \$15,000. Prof Thorogood stated that amount would not be accessible until ORPF provides audited accounts from 2018.
- Dr. Keller advised that the IPF funds are supposed to be used for regional championship and related events e.g. to pay for referees, lighting systems etc. Further to this Dr. Keller reiterated that ORPF must have robust financial policy in place so that ORPF could excess those funds.
- Budget – discussion on revision of entry and-anti doping fees.

5. Interim General Secretary's Report

- The interim GS stated that apart from the documents that were circulated by email there were no matters tabled.
- The Chair stated that because the organization was in a transitional phase and as part of the constitution all items must be discussed and documented.
- There was a unanimous decision to accept the GS report.

6. Member Nations Report

- Chair requested each member nation to give a brief report or update on developments in their respective nations.
 - Mr. Horasio Cook presented for Nauru – and requested if the ORPF championship could be hosted in Nauru to help celebrate its independence as in 2019. Chair thanked Mr. Cook & Nauru for the offer and stated that the new EC will work with Nauru to organize the event.
 - Mr. Ramosaea presented for the Solomon Islands but only thanked the members and requested that every one respect their decision as he was not prepared to divulge any information when the opposing party to his organization were present
 - There was no presentation from Australia (APU)
 - Mr. Vaotoa presented for New Caledonia and requested if the Oceania championship could be held in New Caledonia in 2020. The Chair stated the new EC will meet and make a decision and inform the members respectively. 5:
 - There was no presentation from Tahiti
 - Mr. Vagi Henry from PNG presented and informed all members on PNG's domestic competitions and stated that PNG was supposed to have hosted the Oceania's in early 2020 but will withdraw from hosting the 2020 Oceania competition.

- Eric presented for Fiji – and informed members of the progress from 2017 till 2019 since taking up the executive position for FPF. FPF will be conducting an interclub championship towards the end of 2019 to prepare a team for the Oceania's in 2020.
- Mr. Fruean presented for Samoa – and shared his view on current development in Samoa, equipment donated by China and also the development of powerlifting at school level and also to retain athletes in the sport. Mr. Fruean also alluded bring powerlifting in to the major spot light like the commonwealth & Olympic events.
Dr. Keller responded to several comments made – at school level for the new EC to encourage Junior & sub-Junior at regional powerlifting competitions.

7. Outstanding Legal Matters

- The Chair, requested if Mr. Fong and Dr. Keller could update the members on current development between OPF and IPF from ORPF's perspective. Mr. Fong also stated that APU and ORPF requested that Mr. Fong be the represented lawyer in legal matters.

8. Election –

- Mr. Fong asked how many countries are eligible for voting. Chair responded as to eleven (11) who are competing & are present of which nine (9) are ORPF members, two (2) of which are present but are not ORPF members and these are American Samoa & Niue.
- Mr. Riddings raised an issue that Tahiti is a provisional member and can only vote if they are accepted as full member. Dr. Keller objected stating that as long as they (Tahiti) are a member of the IPF then they are a member of the regional federation. Tahiti voted in the ORPF-AGM.
- The Chair, confirmed counting that there are eleven (11) voting nations that are present and enquired if there is anyone who is not in favor of the voting nation identified. There was a unanimous decision made as everyone was in favor.
- The Chair, advised the members that there are five (5) positions that are being voted on with respective nominations and they are –

No	ORPF Positions	Nominations	Remarks
1	President	Mr. Fong-NZPF Ms. Maneana-SIPF Eric Jioje-FPF	Mr. Fong enquired as to who nominated the candidate from the Solomon Islands. Interim GS stated that it was the Solomon Islands but this was disputed by Mr. Ramosaea stating that he did not submit any nomination for Ms. Maneana.
2	Vice President	Mr. Pat Whymark-APU Mr. Anthony Wendt-NCPF Mr. Horasio Cook-NPF	Mr. Whymark of APU withdrew his nomination for the VC position.
3	General Secretary	Mr. David Vaughan-APU Mr. Ryan Bale-FPF Mr. Sailo Tulifau-SPF	Interim GS advised members that Mr. Bale of FPF has withdrawn his nomination citing personal issue & other commitments
4	Treasurer	Prof Gordon Thorogood-SPF Mr. Joe Au Ramosaea-SIPF Ms. Amanda Foulkes-NZPF	Mr. Fong advised the members that Ms. Foulkes has withdrawn her nomination
5	Chair Technical Committee	Ms. Pam Cutjar-SPF Mr. Sean Muir-APU	5:

- The Chair requested Mr. Ropati Mualia to be the scrutineer during the vote counting together with Dr. Keller of the IPF.

- Mr. Fong requested that before voting is cast each nominated member must do a small presentation to the members and recuse themselves before voting. This was seconded by Chair.
- The outcome of the election are as follows –
 - ORPF President – Eric Jioje of Fiji
 - ORPF Vice President – Mr. Horasio Cook of Nauru
 - ORPF General Secretary – Mr. Sailo Tulifau of Samoa
 - ORPF Treasurer – Prof: Thorogood of Samoa
 - ORPF Chair Technical Committee – Ms. Pam Cutjar of Samoa
- Mr. Riddings raised an issue with respect to the constitution stating that we cannot have more than two (2) members from the same country holding executive positions
- The newly EC members together with Dr. Keller advised members that the ORPF Chair of the Technical Committee be withdrawn as an executive member of ORPF until there is a constitutional amendment done to remove the Chair of the Technical Committee as an executive member of ORPF and this will be done in 2020.

9. Action on Proposed Amendments to the Constitution

- A motion was proposed by Mr. Fong to have the discussion/amendments done to the constitution to 2020.
- Chair concord with the motion and all members agreed

10. New Member Applications

- Interim GS stated that the only membership that was received was from Tonga
- Dr. Keller clarified that Tonga has been a member federation of IPF since its foundation in 1972 and IPF have since then reactivated its membership.
- Interim GS informed the members that Tahiti is now a member of ORPF.
- The Chair informed the members that Niue will undertake their internal process and will later register itself as a member of ORPF.

11. Delinquent Nations

- Prof Thorogood advised that if this matter can be discussed later as this matter has a link to the ORPF membership fees.
- Chair asked if the members are happy with the motion and there was a unanimous agreement from the rest of the members.

12. Hall of Fame

- Rolled over to the next AGM.

13. Future Championship

- Rolled over to the next AGM.

14. Any Other Business

- Chair has advised its members under this matter that remaining issues under the financial statement agenda will be discussed once other members recuse themselves from the meeting as earlier agreed upon.
- This motion was accepted by the ORPF board members

15. Conclusion –

In conclusion, the Chair wished to acknowledge and thank Mr. Vaotoa for giving the opportunity to Chair the ORPF meeting on his behalf and also thanked all members in attendance and to help move ORPF forward in terms of the putting a proper structure and processes in place.

All Regional Reports Accepted: Vote: Yes: 52 / No: 0

8) Outstanding Legal Matters

The active/current legal cases were presented at the General Assembly. They're as follows:

- Julie Henderson vs. APU (Dismissed)
- APU vs. ORPF (Dismissed, now on Appeal)
- Wierzbicki vs. IPF (Dismissed, now on Appeal)
- Algeria vs. APF (Dismissed)
- USAPL vs. IPF President, IPF Vice-President, Janie Soubliere (Dismissed)
- Robert Wilks vs. IPF (Open)
 - o Appeal from Wilks
 - o Appeal from IPF
 - o Wilks – Dissolution of the IPF

Report Accepted: Vote: Yes: 52 / No: 0

9) Elections / Confirmations

President

Gaston Parage (Luxembourg)

Vote: Yes: 45 / No: 0 / Abstention: 5 / Vote not cast: 3

Elected

Vice-President

Sigurjon Petursson (Iceland)

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3

Elected

Secretary General

Robert Keller (United States)

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3

Elected

Treasurer

Dietmar Wolf (Norway)

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3

Elected

IPF EC Regional Board Members

North American – Dr. Larry Maile (United States)

Vote: Yes: 48 / No: 1 / Abstention: 1 / Vote not cast: 3

Confirmed

Europe – Arnulf Wahlstrom (Norway)

Vote: Yes: 51 / No: 0 / Abstention: 0 / Vote not cast: 2

Confirmed

Asia – Farshid Soltani (Iran)

Vote: Yes: 49 / No: 0 / Abstention: 1 / Vote not cast: 3

Confirmed

Africa – Heather Leighton (South Africa)

Vote: Yes: 51 / No: 0 / Abstention: 0 / Vote not cast: 2

Confirmed

South America – Marcos Sanchez (Ecuador)

Vote: Yes: 51 / No: 0 / Abstention: 0 / Vote not cast: 2

Confirmed

Oceania – Eric Jioje (Fiji)

Candidate proposed by the ORPF was disqualified by the IPF Law/Legislation Committee for an ORPF Constitution violation to nominate the regional representative. Position on IPF EC remains vacant.

Technical Chairman – Hannie Smith (South Africa)

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3

Confirmed

Athlete's Speaker – Pjotr Van de Hoek (Netherlands)

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3

Confirmed

Women's Chairman – Eva Speth (Germany)

Vote: Yes: 52 / No: 0 / Abstention: 0 / Vote not cast: 1

Confirmed

Committee / Commission Chairman

Anti-Doping Commission Chairman – Not Received (Open)

IPF EC to Appoint Commission Chairperson

Court of Appeal Chairman – Bettina Altizer (United States)

Vote: Yes: 49 / No: 0 / Abstentions: 2 / Vote not cast: 2

Elected

Doping Hearing Panel Chairman – James Cirincione (United States)

Vote: Yes: 50 / No: 0 / Abstentions: 0 / Vote not cast: 3

Elected

Coach Commission Chairman – Ralph Farquharson (Spain)

Vote: Yes: 50 / No: 0 / Abstentions: 1 / Vote not cast: 2

Elected

Court of Justice Chairman – Richard Parker (Great Britain)

Vote: Yes: 48 / No: 0 / Abstentions: 3 / Vote not cast: 2

Elected

Law and Legislation Committee Chairman – Cathrin Silberzahn (Germany)

Vote: Yes: 52 / No: 0 / Abstentions: 0 / Vote not cast: 1

Elected

Media Team Chairman – Not Received (Open)

IPF EC to Appoint Chairperson

Medical Chairman – Dr. Josephine Wing Yuk Ip (Hong Kong)

Vote: Yes: 49 / No: 0 / Abstentions: 1 / Vote not cast: 3

Elected

5!

Sport for All Commission Chairman – Robert Keller (United States)

Vote: Yes: 50 / No: 0 / Abstentions: 1 / Vote not cast: 2

Elected

Youth Committee Chairman – Churilova Nadezhda (Russia)

Vote: Yes: 47 / No: 1 / Abstentions: 4 / Vote not cast: 1

Elected

10) Proposals

No Proposals this year.

11) New Member Applicants

New Provisional Members to be confirmed:

- Powerlifting Federation of Chile
- Hatian Powerlifting Federation
- Vietnam Powerlifting Federation
- Brunei Powerlifting Federation

Current Provisional members seeking full membership:

- Armenia Powerlifting Federation
- Australia Powerlifting Unión
- Belize Powerlifting Association
- Benin Powerlifting Federation
- Cape Verde Islands Powerlifting Association
- Gambia Powerlifting Federation
- Somalia Powerlifting Federation
- Thailand Powerlifting Federation
- Zimbabwe Powerlifting Federation

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3

All Member Federations New/Provisional Confirmed

12) Action on Delinquent Nations

No action taken this year.

13) Hall of Fame

Female Athlete

- Jennifer Thompson (USA)
- Natalia Salnikova (Russia)

Male Athlete

- Hassan EL Belghiti (France)

Official

- Robert Keller (USA)

14) Future Championships

2019

23. - 26. January	50th Anniversary Nauru International Powerlifting Challenge Cup	NPF	Nauru	Nauru
27. January	Reykjavik International Games	IPF/EPF	Reykjavik	Iceland
08. February	NAPF Caribbean Development Seminar for National Referees	NAPF	Port of Spain	Trinidad & Tobago
TBD February	ER Open Classic & Equipped Bench Press Championships	EPF	TBD	Denmark
06. - 10. March	European Masters Classic Powerlifting Championships	EPF	Gyor	Hungary
12. - 17. March	Asian Pacific Classic and Equipped Powerlifting & Bench Press Championships	APF/APU	Gold Coast	Australia
14. - 21. March	SOI World Summer Games	IPF	Abu Dhabi	UAE
22. - 24. March	European Classic Cup Powerlifting & Bench Press	EPF	Oshmiany	Belarus
03. - 07. April	IPF Coach License II	IPF	La Manga Club	Spain
20. - 26. April	Asian Equipped Powerlifting Championships	APF	Hong Kong	Hong Kong
28. April - 04. May	European Open, Sub-Junior & Junior Equipped Powerlifting Championships	EPF	Pilsen	Czech Republic

05. - 10. May	17th Annual SportAccord Conference	IPF	Gold Coast	Australia
18 – 25 May	World Bench Press Classic/Equipped Open, Sub-junior, Junior Championships	IPF	Tokyo	Japan
17. - 19. May	Arnolds Sports Festival Africa	SAPF	Johannesburg	South Africa
17. - 19. May	Sell Games - Classic Powerlifting	EPF	Kaunas	Lithuania
03 – 15 June	World Classic Open, Sub-junior, Junior Powerlifting Championships	IPF	Helsingborg	Sweden
03. - 07. July	European Masters Equipped Powerlifting Championships	EPF	Sibiu	Romania
18. - 19. July	Pacific Games	PG	Apia	Samoa
21. - 27. July	World University Powerlifting Cup	IPF	Tartu	Estonia
05. August	17th NAPF General Assembly	NAPF	San Jose	Costa Rica
06. - 10. August	17th NAPF North American Regional Powerlifting Championships	NAPF	San Jose	Costa Rica
07. - 10. August	European Open, Sub-Junior, Junior & Masters Classic Bench Press Championships	EPF	Hamm	Luxembourg
26. - 31. August	World Sub-Junior & Junior Powerlifting Championships	IPF	Regina	Canada
06. - 08. September	Western European Classic & Equipped Powerlifting Championships	EPF	Milan	Italy
07. - 08. September	Danube Cup	EPF	Mukachevo	Ukraine
06. - 12. September	Asian Classic & Equipped Bench Press Championships	APF	Ulaanbaatar	Mongolia
13. - 14. September	Nordic Sub-Junior & Junior Championships	EPF	Videbaek	Denmark
14. - 21. September	Commonwealth Powerlifting & Bench Press Championships	CPF/CPU	SNewfoundland	Canada
20. - 22. September	Arnold Classic Europe	EPF	Barcelona	Spain
18. - 23. September	South American Powerlifting & Bench Press Equipped and Classic Championships	FESUPO	Piriapolis	Uruguay
18. - 23. September	Pan-American Equipped & Classic Powerlifting Championships	NAPF/FESUPO	Piriapolis	Uruguay
03. - 06. October	African Powerlifting & Bench Press Championships	APF	Potchefstroom	South Africa
07. - 12. October	World Masters Powerlifting Championships	IPF	Potchefstroom	South Africa
16. - 19. October	European Open, Junior & Master Equipped Bench Press Championships	EPF	Tampere	Finland
24. - 26. October	14th NAPF North American Bench Press Championships	NAPF	Panama City	Panama
28. - 30. October	IF Forum	IPF	Lausanne	Switzerland
18. - 23. November	World Open Powerlifting Championships	IPF	Dubai	UAE
29. November - 08. Dec	European Open, Sub-Junior & Junior Classic Powerlifting Championships	EPF	Kaunas	Lithuania
02. - 08. December	Asian Classic Powerlifting Championships	APF	Almaty	Kazakhstan
10. - 12. December	Pan-American SportAccord Conference	IPF	Fort Lauderdale, Florida	USA

2020

21. - 25. January	Nauru Independence Day International Championships	NPF	Nauru	Nauru
26. January	Reykjavik International Games	EPF	Reykjavik	Iceland
TBD February	ORPF Powerlifting Championships	ORPF	Port Moresby	PNG
22. - 29. February	Asian Pacific Classic and Equipped Powerlifting & Bench Press Championships	APF	Kaohsiung city	Chinese Taipei
25. - 29. February	European University Cup	EPF	Bordeaux	France
09. - 14. March	European Classic Masters Powerlifting Championships	EPF	Albi	France
28. - 29. March	Sheffield 2020 Powerlifting Championships	IPF/SBD	Sheffield	United Kingdom
10. - 12. April	Southeast Asian Cup	IPF/APF	Bangkok	Thailand
19. - 24. April	18th Annual SportAccord Conference	IPF	Beijing	China
19. - 25. April	World Classic Masters Powerlifting Championships	IPF	Cape Town/Sun City	South Africa
01. - 05. May	Asian Equipped Powerlifting Championships	APF	Dubai	U.A.E.
04. - 10. May	European Open, Sub-Junior & Junior Equipped Powerlifting Championships	EPF	Thisted	Denmark
16. - 23. May	World Classic & Equipped Bench Press Championship	IPF	Pilsen	Czech Republic
12 – 21 June	World Classic Open, Sub-Junior and Junior Powerlifting Championships	IPF	Minsk	Belarus
01. - 05. July	European Masters Equipped Powerlifting Championships	EPF	Pornainen	Finland
TBD July	South American Bench Press and Powerlifting – Classic & Equipped	FESUP	Lima	Peru
19. - 25. July	18th NAPF General Assembly	NAPF	Georgetown	Cayman Islands
19. - 25. July	18th North American Regional Powerlifting Championships	NAPF	Georgetown	Cayman Islands
06. - 11. July	World University Classic Powerlifting Championships	IPF	Sharjah	UAE
05. - 09. August	European Open, Sub-Junior, Junior & Masters Classic Bench Press Championships	EPF	Kaunas	Lithuania
31. August - 05. Sept	World Equipped Sub-Junior & Junior Powerlifting Championships	IPF	Birmingham, AL	USA
06. - 12. September	Asian Classic & Equipped Bench Press Championships	APF	Alleppey	India
10. - 13. September	Western European Classic & Equipped Powerlifting Championships	EPF	TBD	Iceland
TBD September	Arnold Classic Europe	EPF	Barcelona	Spain
TBD October	World Masters Powerlifting Championships	IPF	Newfoundland	Canada
15. - 18. October	European Open, Sub-Junior, Junior & Masters Equipped Bench Press Championships	EPF	Ekaterinburg	Russia
22. - 24. October	15th Annual North American Regional Bench Press Championships	NAPF	San Juan	Puerto Rico
22. - 24. October	8th Annual Pan-American Regional Bench Press Championships	NAPF	San Juan	Puerto Rico
TBD November	ORPF Bench Press Championships & Francophonie Pacific Championships	ORPF	Noumea	New Caledonia
02 – 07 November	World Open Powerlifting Championships	IPF	Stavanger	Norway
28. November - 06. Dec	European Open, Sub-Junior & Junior Classic Powerlifting Championships	EPF	Warsaw	Poland
04. - 08. December	Asian Classic Powerlifting Championships	APF	Nagano prefecture	Japan

2021

05. - 07. March	Arnold Sports Festival	NAPF	Columbus, OH	USA
10. - 14. March	European Classic Masters Powerlifting Championships	EPF	Kaunas	Lithuania
12. - 17. March	Asian Pacific Classic and Equipped Powerlifting & Bench Press Championships	APF/APU	Gold Coast	Australia
24. - 28. March	European Classic University Cup	EPF	TBD	TBD
TBD April	World Classic Masters Powerlifting Championships	IPF	TBD	TBD
01. - 05. May	Asian Equipped Powerlifting Championships	APF	Kolkata	India
03. - 09. May	European Open, Sub-Junior & Junior Equipped Powerlifting Championships	EPF	Oshmiany	Belarus
TBD May	World Open, Sub Junior, Junior & Masters Classic & Equipped Bench Press Championship	IPF	TBD	TBD
12. - 20. June	World Sub-Junior, Junior & Open Classic Powerlifting Championships	IPF	Sun City	South Africa
TBD July	South American Powerlifting & Bench Press Equipped and Classic Championships	FESUPO	TBD	TBD
07. - 11. July	European Masters Equipped Powerlifting Championships	EPF	TBD	TBD
TBD July	World University Classic Powerlifting Championships	IPF	Kaunas	Lithuania

15. - 25. July	IWGA World Games	IPF	Birmingham, AL	USA
01. August	19th NAPF General Assembly	NAPF	Miami, FL	USA
02. - 07. August	19th Annual North American Powerlifting Championships	NAPF	Miami, FL	USA
02. - 07. August	18th FESUPO/NAPF Pan-American Powerlifting Championships	NAPF	Miami, FL	USA
02. - 07. August	European Open, Sub-Junior, Junior & Masters Classic & Equipped Bench Press Championships	EPF	Pilsen	Czech Republic
TBD	World Sub-Junior & Junior Powerlifting Championships	IPF	TBD	TBD
06. - 12. September	Asian Classic & Equipped Bench Press Championships	APF	Kuala Lumpur	Malaysia
09. - 12. September	Western European Classic & Equipped Powerlifting Championships	EPF	Hamm	Luxembourg
TBD September	Arnold Classic Europe	EPF	Barcelona	Spain
26. September	Danube Cup Classic & Equipped Powerlifting	EPF	TBD	TBD
TBD October	ORPF Bench Press Championships	ORPF	TBD	BID - Solomon Islands
02. - 03. October	European Balkan Cup	EPF	TBD	TBD
TBD October	World Masters Equipped Powerlifting Championships	IPF	Hong Kong	Hong Kong
TBD November	World Open Powerlifting Championships	IPF	Kiev	Ukraine
02. - 08. December	Asian Classic Powerlifting Championships	APF	Kaohsiung City	Chinese Taipei
03. - 12. December	European Open, Sub-Junior & Junior Classic Powerlifting Championships	EPF	Riga	Latvia

Vote: Yes: 50 / No: 0 / Abstention: 0 / Vote not cast: 3
Confirmed

15) New Business

Presentation – 2019 IPF Open World Championships in Norway
Presentation – Eleiko
Presentation – SBD
Presentation – APLYFT

President's Closing Speech

Dear Friends, Dear Colleagues,

As we close this year's General Assembly, I want to state to you that our main goal remains the same -- IOC recognition.

To receive IOC recognition, we ALL must all to follow the guideline and principles of the IOC -- Good governance, transparency and protecting our lifters.

It is easy to ask always when we will we become an IOC recognized sport – it will be when we're all going in the same and right direction!

REFEREES

To reach our goal, all the member federations must move forward with what I have previously outlined – This includes coming to our World Championships with referees. This is a problem we MUST resolve. There are two possibilities to resolve this matter:

1. The member federation's add to your annual budgets the necessary monies to pay for one referee for the whole week to be present and working at our championships. It is sure that if we cannot organize one day a competition, because we do not have enough referee's then we can 100% forget our goal. The Masters are a big contingent of our members and have the right to get also the support from the Federation by sending a referee. We always encouraging you to do so and if this last call on this is not fruitful we have no other option to implement a very strict rule to ensure to have enough referees.
2. IPF charges the attending member federations a fee, so that we can invite referees from the region to participate in the World Championship.

FISU

The first FISU Worlds will be held in 2022. The final decision on the host city will be announced from FISU beginning December. I'm very proud to say that I have managed this to completion. The

universities will support our lifters to attend this championship. One of the major pillars to achieving IOC recognition was the to obtain FISU recognition.

POWER GAMES

With the Power Games, we will show all those people who don't want have strength sports into their Games, that we're able to organize a Games by ourselves. More importantly, the Power Games will be part of the GAISF organized games in future - the same as all the other Games like Martial Art Games, Beach Games, Urban Games,....

SHEFFIELD

With Sheffield IPF/SBD invitational we open a door to promote our stars and giving them the possibility to win a big prize money. It was always a dream for me to make sure we can promote our stars on the same way like other sports doing it. And to state it in clear words: Our stars are our lifters!

ARNOLD SPORT FESTIVAL

Also, the Arnold Sports Festivals will be a platform to promote stars and to promote the sport of Powerlifting. The last two editions of the Arnold's in Europe have shown us that we had success. We could find a main partner in Rogue Fitness who is supporting us financially and with this support we are able to pay out a good prize money to the lifters. We already started with this project and of course we will continue with it also in Brazil and South Africa.

ANTI-DOPING

We continue our fight against doping – we shall use straight forward approach to ensure that our sport remains clean and to make sure there are no more positive tests. Important is to say that we had zero positive tests at the last World Games --- our testing strategy worked, despite the IWGA testing more than 50% of our lifters. Clearly, we're the most tested sport in the World Games.

We are proud of this and it is time that they realize that we do more than each other sport in the IWGA against doping.

COMMITTEES/COMMISSIONS

We will renew our committees/commissions with people who will have time to fulfill their duties. The volunteers will work together in our commissions and will need to receive the support from their member Federations to pay them, minimum, once a year a trip to take part in the meetings. I will personally be working with the commissions mostly over Skype to make sure that they're working. I want to have all the Commission Chairpersons' in the EC or minimum inviting them to our main EC Meetings, so they know what is going on and have direction on where we're going with all. Only then they can working fruitfully for our sport.

YOUTH

In the same time we need have more young people to become involved to make sure the day we decide to stop, there will be enough young people that can go forward with the work we have done and that there will be a continuation of our mission. It is the same in most companies, if the Executive Board all decides to retire at one of time, the company collapses. If all going together into pension then the company can close because there is nobody behind with the knowledge to continue the work. The same applies to our Regions and National Federations.

RULES GROUP

We will install the Rules group once more and in this committee we will have all Commission chairs Entourage, coach commission, lifters commission, Youth chair, woman committee chair, athletes speaker, TC chair and myself as President). The rule group need discuss the proposals in their committee's and at the End the rule group and the TC and EC making the final decision. The primary goal of this must be in future to have rule changes serving the sport and not just individual lifters by proposals made by their Federation to have an advantage or giving disadvantage to other lifters. I will

lead this rule group but they will have also a chair of this group. I am just making sure that we not get a disaster like it happened before. This week, we will decide the details in our Executive committee.

IPF CONSTITUTION

The constitution will be shortened do to the fact that our members are not giving the importance to it to reach the quorum. Therefore in the constitution will only be what is really needed and all the rest will be moved forward to the by-laws or maybe deleted and also added things what is not precise enough like example the 14.9 concerning lifters taking part in other Federations.

This of course because our lawyers have mentioned it. 14.9 shall become more robust.

STRATEGIC PLAN

Last but not least we will working out a new strategy plan 2020 to 2024

Supporting our Regions and making sure that all have the same rules as it should be and not 6 Regions with 6 different rules.

IPC, SOI and IBSA are also on our focus and we need see if we can manage a Sport for all competition to regroup all in one championships.

So that are the main topic's we will focus on for the next 4 years and of course we hope also to increase financially to make sure we can fulfill all what need be done.

CLOSING REMARKS

I thank you all for the support you have given to me from 1999-2012 as treasurer and from 2012 until today as President.

I hope you still support me and my team to bring our sport forward for our lifters.

I now officially close the General Assembly.

Best regards
Gaston Parage
IPF President

16) Adjournment

Meeting Adjourned at: 1745hrs

General Assembly Minutes prepared by:

Robert Keller
Secretary General
International Powerlifting Federation