

# INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER



## IPF POWERLIFTING

VOLUME VII: ISSUE II

JUNE 2016

Official Publication of the International Powerlifting Federation

### IPF PRESIDENTS MESSAGE—GASTON PARAGE

Dear Member Federations of the IPF:

First and foremost, I want to begin this message by sending my thoughts and prayers to the families and loved ones of the victims on the recent terrorist attack that took place in Orlando. Please know, we stand with you!

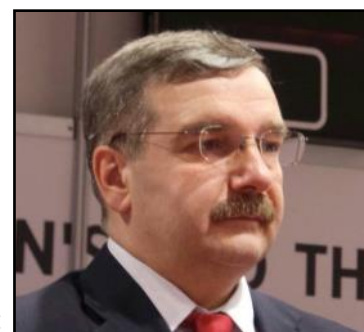
Second, I want to send a reminder that at our Worlds Open Powerlifting Championships will be held on November 13—19, 2016 at the Hyatt Regency Hotel—Orlando International Airport, Orlando. Robert Keller, the Secretary General of the International Powerlifting Federation, will be this year's organizer. As mentioned in the last newsletter, this year's World Championship shall be the official selection event for the athletes that shall take part in the World Games in Wroclaw, Poland. On page 2 and 3 of the newsletter you can find the official selection criteria.

The IPF EC is requesting that each member federation send as many athletes as possible to take part in this championship. The World Games is Powerlifting's Olympic Games — the highest level an athlete can reach and strive to achieve. For those that have never taken part in the World Games, I can only recommend to go and have a chance to qualify, in an exceptionally well organized event.

I also want to remind you the IPF will conduct an OCT test on each athlete prior to the World Games. Athletes qualifying at each of our regional championships must be tested as well. We are strongly going forward with the fight against doping and the member federation that receives one positive test at this year's World Games will be suspended. At the last World Games in Colombia, the IWGA focused on our sport and half of our lifters were tested. I'm pleased to tell you that all of the tests were negative. We expect to have a clean sport and clean World Games once more.

To close, I call on the IPF Member Federations to ensure your best lifters will take part in Orlando for the selection of the World Games. I look forward to seeing you there!

**Thank you, Gaston Parage, President, International Powerlifting Federation**



#### INSIDE THIS ISSUE:

IPF PRESIDENT'S MESSAGE	1
WORLD GAMES 2017	2-4
IPF INVITATIONS	5-8
COUNTERFEIT EQUIPMENT	9
NOMINATION FORMS	10
IPF COACHING COURSE	11-18

## THE WORLD GAMES QUALIFYING STANDARDS

Dear Member Federations of the IPF:

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

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

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

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

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



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

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

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

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

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

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

## THE WORLD GAMES QUALIFYING STANDARDS

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

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

Each weight class, will have a list of five (5) reserve lifters, in each IWGA weight category, and the reserve slots will be determined by the Wilks Points coefficient from the 2016 IPF Open World Powerlifting Championships.

Questions, please contact Robert Keller at: [rhk@verizon.net](mailto:rhk@verizon.net)

Thank you.

Robert Keller

Secretary General

International Powerlifting Federation



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

## WORLD GAMES — MESSAGE FROM THE IOC PRESIDENT



INTERNATIONAL  
OLYMPIC  
COMMITTEE

The President

To: Presidents of the  
National Olympic Committees

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

*Dear Presidents,*

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

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

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

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

*Yours sincerely*

*Thomas A. Bach*



## INVITATION — IPF WORLD OPEN POWERLIFTING CHAMPIONSHIPS

### Official Invitation

The International Powerlifting Federation and USA Powerlifting invite all IPF member federations to participate in the

### **37<sup>th</sup> WOMEN'S & 46<sup>th</sup> MEN'S WORLD OPEN POWERLIFTING CHAMPIONSHIPS**

**13 – 19 November 2016**

**Orlando, Florida, USA**

**Contest Director:** Robert Keller / E-mail: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +1.954.790.2249 / Fax: +1.954.301.3344

**IPF Championship Secretary:** Gaston Parage, 1 Rue Pasteur, L-4642 Differdange, Luxembourg  
Mobile Phone: +352.621165214 / Fax: +352-582696 / E-Mail: [gaston.parage@powerlifting-ipf.com](mailto:gaston.parage@powerlifting-ipf.com)

**Technical Secretary:** Bill Clayton / Email: [claytonw@ptd.net](mailto:claytonw@ptd.net) / Tel: 908.303.9267

**All Correspondence and Visa:** Please send all correspondence and visa request to Robert Keller  
E-mail: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +1.954.790.2249 / Please send the attached Visa Support Document with the Preliminary Nomination Form.

**USA Powerlifting:** [nationaloffice@usapowerlifting.com](mailto:nationaloffice@usapowerlifting.com)

**Host City:** Orlando, Florida, United States of America

**Dates:** 13 – 19 November 2016

**Venue:** Intercontinental Ballroom, Hyatt Regency Hotel -- Orlando International Airport, Orlando, Florida

**General Assembly:** Sunday, November 13, 2016, 15:00hrs, Briefing Room, Hyatt Regency Hotel

**Technical Meeting:** Sunday, November 13, 2016, 20:00hrs, Briefing Room, Hyatt Regency Hotel

**Hotel Information:** Hyatt Regency Hotel -- Orlando International Airport, 9300 Jeff Fuqua Boulevard  
Orlando, Florida 32827 / Telephone: 407.825.1234 / [www.orlandoairport.hyatt.com](http://www.orlandoairport.hyatt.com)

#### HOTEL ROOM RATE (S):

**There are two (2) hotel room options at the Hyatt Regency:**

Plan A: \$145.13 USD per room (includes tax), per night for Single Occupancy with NO Breakfast Buffet.  
Plan B: \$145.13 USD per room (includes tax), per night for Double Occupancy with NO Breakfast Buffet.  
Plan C: \$165.42 USD per room (includes tax), per night for Single Occupancy with Breakfast Buffet  
Plan D: \$185.72 USD per room (includes tax), per night for Double Occupancy with Breakfast Buffet

NOTE 1: ALL PLAN C & D HOTEL RESERVATIONS COME WITH A COMPLETE EUROPEAN-STYLE BREAKFAST BUFFET.

NOTE 2: IF YOU REQUIRE A TRIPLE OR QUAD ROOM, PLEASE CONTACT ROBERT KELLER AT:  
[RHK@VERIZON.NET](mailto:RHK@VERIZON.NET)

## INVITATION — IPF WORLD OPEN POWERLIFTING CHAMPIONSHIPS

THE ORGANIZER WILL NOT BE RESPONSIBLE FOR ANY HOTEL BILLS FOR THE PARTICIPATING IPF MEMBER FEDERATION. EACH MEMBER FEDERATION TEAM MANAGER WILL BE RESPONSIBLE. ALL ROOMS MUST BE BOOKED BY 7 OCTOBER 2016. AFTER THE DEADLINE THE ORGANIZER CANNOT GUARANTEE ROOM ACCOMMODATIONS IN THE HYATT REGENCY HOTEL.

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

Accommodation fees payable by:

1. Credit Card
2. Cash in US Dollars (according to the current exchange rate)
3. Wire/Bank transfer directly to the hotel (must be done NLT 14 days before the of the competition)

Payments must be received at the above mentioned bank account at the latest 14 days prior to the beginning of the Championship. All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform the organizer in advance. All rooms must be booked at the latest with the deadline of the final nomination – **7 October 2016**.

**Key and important, 30 October 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets.** If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the anti-doping and the banquet tickets for all lifters and officials specified on the final nomination form.

**Arrivals/Transportation:** Transport will not be required for this championship. The Hyatt Regency Hotel is connected directly to the Orlando International Airport.

**Scales:** Scales will be available beginning Saturday, 12 November 2016. Scales will be available 24hrs.

**Training:** Training facilities will be available starting on Saturday, 12 November 2016 at 17:00hrs.

**Flag and anthem:** Will be provided by the championship director.

**Identification Photos:** Identification will be required for security reasons. A maximum of three coaches will be allowed into the venue free of charge for each member federation. Electronically, please send a passport size photo with your preliminary nomination form for each administrator, coach, official or referee that is nominated for the championship.

**Closing Banquet:** Saturday, November 19 at 19:00 @ Hyatt Regency Hotel - Cost is **\$40.00 USD** per person. DJ and Entertainment will be provided at the banquet.

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

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

**Nominations:** Team Nomination Forms must be sent to both Robert Keller, the Championship Director and Gaston Parage, the IPF Championship Secretary by no later than:

**Preliminary: 14 September 2016**

(complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final: 23 October 2016** (later entries will not be accepted).

## INVITATION — IPF WORLD OPEN POWERLIFTING CHAMPIONSHIPS

**Championship Website:** <http://www.florida-powerlifting.com/IPF-World-Powerlifting-2016.html>

**World Games Qualifier:** This event is the qualifying event for the World Games in 2017 which will be held in Wroclaw, Poland. The World Games is an international, top-class multi-sport event. It is under the patronage of the International Olympic Committee and thus it explicitly accepts and adheres to all principles in the Olympic Charter. The IPF thus takes its rightful place as a member sport in this event, to showcase powerlifting's best and brightest athletes. Held every four years, the World Games is the pinnacle competition in the IPF calendar. Nearly 5000 athletes and officials representing 25 sports from over 100 nations will attend this spectacular event held over 11 days. The World Games generates worldwide exposure of the member sports and athletes that compete in it and as such it is our premier event to promote our sport and our best athletes. I encourage athletes and officials from all of our member nations to prepare now for the Open World Championship in Orlando, the qualifier for the World Games.

### Provisional Timetable of Events

Day	Weigh-in time	Classes		Start
Saturday, 12.11.2016		Arrival of Delegations		09:00
		Secretariat Office Opens		09:00
Sunday, 13.11.2016		Accreditation		09:00
		General Assembly		15:00
		Technical Meeting		20:00
Monday, 14.11.2016		Open Ceremony		11:00
	10:00 – 11:30	Men	59kg / 66kg	12:00
	15:00 – 16:30	Women	47kg / 52kg	17:00
Tuesday, 15.11.2016	10:00 – 11:30	Women	57kg	12:00
	15:00 – 16:30	Men	74kg	17:00
Wednesday, 16.11.2016	08:00 – 09:30	Men	83kg	10:00
	12:00 – 13:30	Women	63kg	14:00
	16:00 – 17:30	Men	93kg	18:00
Thursday, 17.11.2016	10:00 – 11:30	Women	72kg	12:00
	15:00 – 16:30	Men	105kg	17:00
Friday, 18.11.2016	10:00 – 11:30	Women	84kg / 84+kg	12:00
	15:00 – 16:30	Men	120kg	17:00
Saturday, 19.11.2016	08:00 – 9:30	Special Olympics Demonstration		10:00
	10:30 – 12:00	Men	120+kg	12:30
	19:00 – 01:00	Closing Banquet		19:00
Sunday, 20.11.2016	09:00 – 17:00	Departure of all Delegations		09:00

## INVITATION — IPF WORLD OPEN POWERLIFTING CHAMPIONSHIPS

### Important Items to Remember

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

According Technical Rules [Page 4, item 7] on the submitted Final Nomination Form you must send the definite list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and no one can change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Sunday, 13 November 2016. The Technical Meeting will be held in the Briefing Room in the Hyatt Regency Hotel.

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

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

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

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships. All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.

**Disney Theme Park Tickets:** Specially priced and discounted Disney Theme Park tickets will be available for sale prior to the championship. A link is provided on the championship website.



**Gaston Parage**  
IPF President  
IPF Championship Secretary

**Dr. Larry Maile**  
USAPL President  
NAPF President

**Robert Keller**  
Championship Director  
IPF Secretary General



## ALERT—COUNTERFEIT POWERLIFTING EQUIPMENT

Dear IPF Member Federations:

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

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



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

Sincerely,

**P.M. (Pete) Alaniz,**

**Titan Support Systems, Inc.**

9830 South Padre Island Drive

Corpus Christi, TX 78418

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

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

## THE NOMINATION & WHEREABOUTS FORM



### **Dear IPF Member Federations:**

Recently, there were questions on why each member federation is supposed to submit the Electronic copy and the paper document for the both the Preliminary and Final Nominations is two fold:

1. If for some reason, the electronic systems fails or crashes we have a back-up document for purposes of the preparing the competition. Often times, member federation secretaries accidentally erase a lifter from the database and the paper copy is used to confirm the athlete was in fact nominated.
2. The Preliminary and Final Nomination Forms serve as an official agreement between the member federation and the IPF.

Also, the Whereabouts Form is required to be submitted with the Preliminary Nomination Form, otherwise the nomination can no longer be accepted. Please take note. The Whereabouts Form are required for the following Championships:

1. World Open Equipped Powerlifting Championships
2. World Open Classic Powerlifting Championships
3. World Sub-Junior, Junior Equipped and Classic Powerlifting Championships

Thank you for your cooperation and your assistance.

**Gaston Parage, IPF Championship Secretary**

## **IPF / EPF AGREEMENT WITH LA MANGA CLUB—SPAIN**

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

#### **Introduction**

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

#### **Aims**

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

#### **Objectives**

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

#### **Facilities**

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

#### **Accommodation**

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

#### **Catering**

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

#### **Other facilities at LMC**

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

## IPF / EPF AGREEMENT WITH LA MANGA CLUB—SPAIN

### Benefits of this High-Performance Centre

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

### Where Located

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

### Voted One of the World's Top 3 Sports Resorts

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

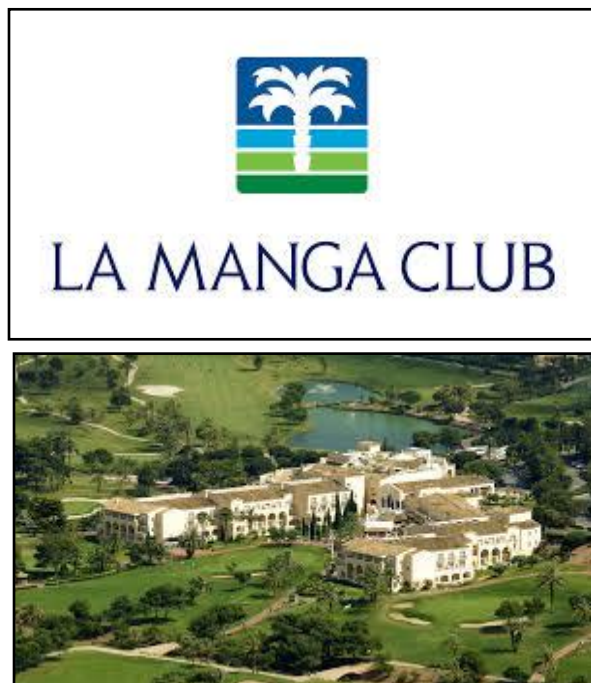
1. The England National football squad
2. Spanish National Football squad
3. Great Britain - Tottenham Hotspur and Chelsea Football Team
4. Spain - Real Madrid and Barcelona
5. Germany - Bayern, Munich
6. Netherland - Ajax
7. The Irish National Rugby union Squad
8. A number of Great Britain Rugby League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

### Nearest Airport to La Manga Club

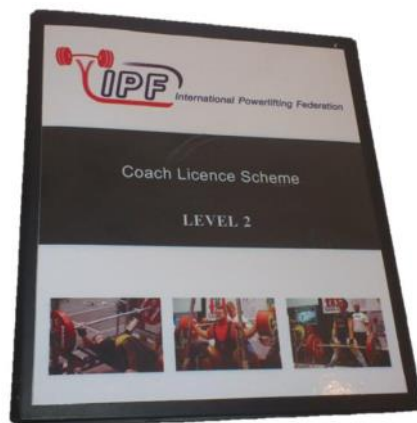
Murcia airport approximately 35Km

Alicante airport approximately 150Km

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



## IPF COACHING LICENSE—COURSE DESCRIPTION / OUTLINE



Course Manuel

### OBJECTIVES

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

### ORGANISATION STRUCTURE

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

### GENERAL SUBJECTS

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

### SPECIALISATION

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



## IPF COACHING LICENSE—COURSE DESCRIPTION / OUTLINE

### EXAMINATIONS

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

### PRECONDITIONS FOR APPLICATION

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

### COURSE FEE

650 EURO per person

### THE COURSE FEE WILL INCLUDE THE FOLLOWING:

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

### Contact details

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

The logo for ELEIKO, featuring the word "ELEIKO" in a bold, blue, sans-serif font. The letters are slightly shadowed, giving it a 3D appearance. A small registered trademark symbol (®) is located at the bottom right of the letter "O".

## IPF COACHING COURSE—APPLICATION



### International Powerlifting Federation (IPF) Coach Licence Level II

At La Manga Club, Spain from October 12 to October 16, 2016

Sanctioned by the International Powerlifting Federation

And

Spanish Powerlifting Federation

Invites the IPF member nations to participate in the

IPF coach licence level II course October 12 to October 16, 2016.

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

**Course Manager:** Ralph Farquharson - email : [ralph@europowerlifting.org](mailto:ralph@europowerlifting.org)

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

### Correspondence & Visa support :

Ralph Farquharson – email: [ralph@europowerlifting.org](mailto:ralph@europowerlifting.org)

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

### Accommodation & Transport:

Ralph Farquharson – email: [ralph@europowerlifting.org](mailto:ralph@europowerlifting.org)

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

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

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

Email : [Gaston.Parage@powerlifting-ipf.com](mailto:Gaston.Parage@powerlifting-ipf.com)

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

**Date:** October 12 to October 16, 2016

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

Tel: +34 968 331 234

### Accommodation:

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

## IPF COACHING COURSE—APPLICATION



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

All application form must be sent to Ralph Farquharson; email: [ralph@europowerlifting.org](mailto:ralph@europowerlifting.org)

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

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

email: [Dietmar.Wolf@powerlifting-ipf.com](mailto:Dietmar.Wolf@powerlifting-ipf.com)

**Course fee is payable to the following IPF Account:**

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

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

**Please note** no application will be accepted without paymentat.

**Arrivals/Transportation:**

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

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

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

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



## IPF COACHING COURSE—APPLICATION



### APPLICATION FORM FOR THE IPF COACH LICENCE LEVEL II

*At*  
***La Manga Club Resort – 30389, Cartagena, Murcia, Spain***  
***October 12—October 16, 2016***  
***Closing date for application September 12, 2016***

#### Requirement for booking

Full name and surname: \_\_\_\_\_ Nation \_\_\_\_\_

E-Mail: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Contact Number \_\_\_\_\_ Mobile: \_\_\_\_\_

Full postal address including post code: \_\_\_\_\_

Name of National Federation or Ministry of Sport or Sport Council: \_\_\_\_\_

Valid passport number: \_\_\_\_\_ Expire date \_\_\_\_\_

Arrival date: \_\_\_\_\_ Time: \_\_\_\_\_ Airport/flight Number: \_\_\_\_\_

Departure date: \_\_\_\_\_ Time: \_\_\_\_\_ Airport/flight number: \_\_\_\_\_

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

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

#### Health Questionnaire

##### **Please answer the following**

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

**IPF COACHING COURSE—APPLICATION**

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

If “Yes” explain:

**Declaration**

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

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Course fee is payable to the following IPF Account:**

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

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

**Please return this application form to**

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





## THE THERAPUETIC USE EXEMPTION (TUE)

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

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

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

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

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

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

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

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

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

National or international?

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

Source: German National Anti-doping Agency

**6TH ANNUAL NAPF / FESUPO PAN-AMERICAN BENCH PRESS CHAMPIOSHIPS**

Dear IPF Member Federations:

The 6th IPF / NAPF / FESUPO Pan-American Bench Press Championships will take place on October 27-29, 2016 at the Holiday Inn (Escazu) in San Jose, Costa Rica. The championships shall include both Classic (Raw) and Equipped Lifting. The invitation can be found on the NAPF Web-site at: [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)

Questions pertaining to the competition, please contact me directly at: [rhk@verizon.net](mailto:rhk@verizon.net)

Thank you,

**Robert Keller, Secretary General, International Powerlifting Federation**



## INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER

**Robert Keller**  
Editor, IPF Newsletter  
Office of the Secretary General  
International Powerlifting Federation

Post Office Box 291571  
Davie, Florida 33329, USA  
Tel: +1.954.790.2249  
Email: rhk@verizon.net

INTERNATIONAL POWERLIFTING  
FEDERATION  
[WWW.POWERLIFTING-IPF.COM](http://WWW.POWERLIFTING-IPF.COM)

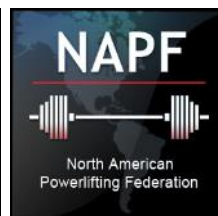
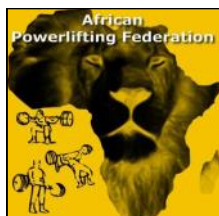
## International Powerlifting Federation

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

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

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

### IPF REGIONAL FEDERATIONS



Beautiful Orlando, Florida will be the site of the 2016 IPF World Open Powerlifting Championships the official qualifier for the IWGA World Games to held in Wroclaw, Poland — Be there!