

**16<sup>th</sup> Annual General Assembly  
North American Powerlifting Federation  
Sevilla Palace Hotel: Mexico City, Mexico  
August 1, 2018 / 10:00am to 12:00pm**

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**Meeting Minutes**

**1. Roll Call**

Meeting called to order on August 1, 2018 in the Goya Ballroom at the Sevilla Palace Hotel by Mr. Robert Keller, IPF Secretary General and Championship Secretary. Attending members were the following:

**Roll call**

IPF Delegates

Gaston Parage (IPF President) – LUX

Robert Keller (IPF Secretary General) – USA

**NAPF Delegates**

Hugo Velásquez (IPF Executive Board member for North America) – CRC

Ivan Cancel (Vice-president) – PUR

Alex Alvarado (Secretary General) – PUR

Bill Clayton (Technical Secretary) – USA

**NAPF Member Federations**

Nadina Taharally – GUY

Gabriel García – MEX

Genesse Caldero – PUR

Dr. Maia Blackman – TNT

Arian Khamesi – USA

Robert Massey – USVI

**Observers**

Deyaneira Rivera – PUR

**Total votes: 10**

Simple Majority: 6

2/3 Majority: 7

Welcome message by Gaston Parage, the President of the IPF.

**2. 2017 Meeting Minutes Approved**

**Approved Unanimously 10-0**

**3. President Report**

This has been a year filled with challenges and rewards. On the positive side, we have renewed interest from several nations who have fallen off over past years. While many countries face challenges in terms of travel, relationships with their respective ministries of sport, and lack of equipment, they are also making due with limited resources and, again, looking to the NAPF for venues for participation internationally. Our 2017 competition year closed as a success, and

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significant strides were made in terms of doping control being more broadly applied, as well as nations participating in seminars related to development of anti-doping programs and your Executive, particularly Alex Alvarado and Robert Keller have interfaced with national anti-doping authorities (NADO's).

With changes at the international level, and the increased costs of anti-doping, we have had to make sometimes painful adjustments, in cost, and in terms of coverage of potential problems. However, each nation is encouraged, strongly, to manage problems with use of prohibited substances at the national level. The costs of doping failures at the international level are difficult and expensive for all nations.

One area of concern for your Executive are the growing numbers of legal entanglements that many of our nations are facing, whether it be due to procedural issues and leadership issues, doping matters, or matters of jurisdiction and hosting/staffing/equipping events. Please continue to do your best, and realize that these proceedings will be time-limited and that if you follow your own, and the IPF Constitutions that you will fare much better than if you act on your own. Acting in the best interest of your athletes will always stand you in better stead than not. I must apologize for my absence. As both your President, and the President of my Nation Federation, I must consider the directives of both bodies, and may not attend an event that our lifters may not participate in. In recognition of world politics, and the risks that U.S. citizens take in travelling, there is no U.S. contingent this year. USA Powerlifting hopes to return next year with full participation.

Finally, I wish you the best competition possible. I know that your hosts, and the entire Mexico Federation have done their best to prepare and welcome you. We expect that you will have a great time and a fun and successful competition.

**Respectfully, Lawrence J. (Larry) Maile, Ph.D., President**

**Approved Unanimously 10-0**

**4. IPF EC Member for North America Report**

The IPF's main focus is of course still to receive the IOC recognition, but besides that there are now also a lot of other goals, like membership of the Commonwealth Games, cooperation with IPC powerlifting, and other Regional Games. The presence at SportAccord, the main sport convention in the world is of essence, as there will meet the decision makers in sport and with the visibility of the sport of powerlifting, the IPF has more options to go in touch with all kind of umbrella federations as well as members of the IOC, GAISF, IWGA, AIMS, Special Olympics, FISU and the Commonwealth Games.

**SPORTACCORD Convention Report (prepared by Mr. Robert Keller)**

Gaston Parage, Robert Keller and Emanuel Scheiber met with executive from Sport Accord regarding the status of our IOC Application. They related that five sports qualified and will be proposed. Of those five sports, the International Powerlifting Federation was number 1 of the 5, as we meet all of the criteria. Overall, the Powerlifting booth at the SportAccord Convention provides a significant impact and showcases the sport of powerlifting to the important

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stakeholders and officials representing IOC, GAISF, the IWGA, AIMS, Special Olympics, FISU and the Commonwealth Games. The official sports programme for The World Games 2021 in Birmingham, Alabama was published at the IWGA Meeting. The IWGA is projecting to have 3,600 athletes from more than 100 countries attend the World Games. The athletes will compete in 32 official sports in Birmingham. The World Games shall return to the United States for the first time since 1981. Key and important, Powerlifting was confirmed to return to the World Games in Birmingham. During the course of the IWGA Annual General Meeting the dignitaries were presented with the Anti-Doping Report. Of the 31 Sports, 401 athletes were tested (360 Urine – 41 Blood). 52 tests were carried out for the Sport of Powerlifting – No failures. The IPF was recognized as Tier I (highest Level) WADA Compliant with all of the IOC Olympic Games International Federations.

**Anti-doping Rule compliance**

Hereby I would like to inform you regarding the WADA-Compliance process. It is a prerequisite condition to become IOC recognized. One of the important matters is that you as a member federation follow the IPF Anti-Doping rules and have also established an Anti-Doping program in your country. Such an Anti-Doping program has to be documented in the regulatory documents of your federation. After completing the documentation please send all your Anti-Doping regulatory documents to the IPF Headquarters at the E-Mail: [office@powerlifting-ipf.com](mailto:office@powerlifting-ipf.com) latest end of May 2018. Please be aware, that beginning this year we can only accept Whereabouts through WADA-ADAMS. The written forms are not very easy to handle and such written Whereabouts doesn't reflect daily changes. Information you will find on the IPF Homepage under: <http://www.powerlifting-ipf.com/anti-doping/adams-whereabouts.html>

**International Federation of University Sport (FISU)**

FISU recognized the interest in Powerlifting and invites his members, the National Sports Federations (NUSFs), to consider Powerlifting and its National Governing Bodies as a partner for the development of FISU and the interests of the University Sport movement. The IPF and FISU will carry out initiatives to encourage the development of the practice of Powerlifting by university students of both sexes, promote sustainability, the concepts of fair-play and integrity, and join the fight against all forms of racism in sports.

**GAISF**

Also in December of 2017, the IPF became a certified member of the GAISF (Global Association of International Sports Federations) an umbrella organization for all (Olympic and non-Olympic) international sports federations as well as organizers of multi-sports games and sport-related international associations. GAISF is an international sport organization with 92 full members (international sports federations governing specific sports worldwide) and 17 associate members (organizations which conduct activities closely related to the international sports federations)

**Sponsor / VIP Partner Agreements:**

Eleiko Group AB, Sweden – For the avoidance of doubt, the industry of Eleiko will be defined as Powerlifting bars, discs, collars, Powerlifting racks, platforms, disc racks, magnesia container and

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barbell lifter. This contract they support us financially with the booth at SportAccord and a social project. It will give us also over years a security for the incomes we need to handle our Federation. Sponsor Agreement with SBD Apparel Limited from UK - SBD and the IPF are entering into a sponsoring partnership. Accordingly, the terms and conditions of the partnership and the respective rights and obligations of the parties finding a mutual agreement Dear Regional board members please make sure that from next year on the logo must be placed as agreed on our meeting Eleiko IPF and SBD as brand in the middle of your banner and then a space right and left and their you can add your sponsors. On the top, only the logo from the region or from the Championships; and on the bottom the Region or the championships. That's up to you how you would to do it. You are kindly requested to send us the banner for approval before order the banner to make sure it is ok. Only if you follow the contract the support goes to the Region.

APLYFT Inc. and IPF Sponsor agreement – APLYFT is the owner of an online portal and platform (“APLYFT Platform”) that connects users with inter alia global powerlifting experts while ensuring quality to help them reach their goals

APLYFT is entitled to use the designation “Official VIP Partner” of the IPF, which may be shown in combination with the logo of the IPF, from the Commencement Date 5 until the expiry of the Term and/or termination of this Agreement, in such a manner as APLYFT shall consider appropriate in connection with the promotion of its commercial interests, including without limitation by way of promotion on its platform, and/or by way of print, advertising, point-of-sale displays, product packaging, broadcast, media, photographic and digital images, sponsorship, licensing, merchandising, advertising and marketing rights.

The Parties shall announce the partnership by publishing a mutually approved press release, and the IPF shall, upon the request of APLYFT promote the partnership, including the press release, on its IPF official website, IPF Magazine, IPF social media pages and as information to all members of powerlifting national federations

**Others:**

Signature of Memorandum of Understanding between the IPF and the Olympic Channel Services (OCS), to set up a multi-platform network in order to further promote the ideals of Olympic movements and the Principle of Olympics as contained in the Olympic Charter.

**Agreement between the IPF and Sunflower Media SL – Viva TV.**

The Service is a live multi-camera video coverage production of 4 events per year over the next 2 years. The live coverage will include video inserts of graphic bumpers, sponsor adverts, competitor profiles and video explanation guides of each lift.

**Approval of Fees for Manufactures period 2019-2022**

As our equipment market is not that big compare to other sport around the world, we need to focus on those companies, who can be serious co-partners for us.

**Proposal to change by-laws was discussed the following:**

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The Anti-doping committee should calculate the number of ICT and OCT out from the total income of anti-doping money to see how high rate of ICT we can afford compared to OCT.

Proposal for an individual license was proposed by USAPL, I was of the opinion it was to open up for single IPF memberships outside the national federation. This means that members in national federations, competing in international competitions, MUST have a license. This license is based on a certain anti-doping education program they must fulfil.

Legal age: The member nations are responsible to bring the forms concerning the legal age if a lifter is still minor in that country. Minor: A natural Person who has not reached the age of eighteen years. Regional board members please inform also your members on the same way when you have your regional championships where lifters competing under minor age. You should add the parental form and the list also on your webpage with the invitations together. Thank you. Dr. Hugo Velasquez, IPF EC North American Representative

**Approved Unanimously 10-0**

**5. Vice-President Report**

Support of member federations - One more year we meet for the annual NAPF Powerlifting Championships, the main competition event in our region. I would like to mention first the importance of supporting our regional championships. Each of our member federations of our region, should understand the importance of this championship as for the development of the sport not only in the region, but also at national levels. At every championship, the NAPF Championship Secretary makes an scrutiny by traveling to the host city/country to make sure that everything is held an organized to an standard expected level, which is not only considered the logistics of the meet, the accommodations, venue, but also the security of all of our athletes, coaches and staff personnel. As all this effort has been made, and after so many years for Mexico looking forward to host an NAPF Championship, I can't ignore the absence of 2 countries that has held many of this Championship in the past and that has received the support from the other member federations in the region to make a successful championship. Either way, this should not opaque the effort and the celebration of what I'm sure it will be a well-organized championship by the Mexico Powerlifting Federation.

**Approved Unanimously 10-0**

**Anti-Doping**

As to the NAPF organization, I can mention that I'm pleased that as a region the member federations have work against anti-doping as compared to previous years. We are having more countries with an anti-doping program. Even though, we have to keep working against doping, there are countries that still need to have an anti-doping program at the national level. This is necessary for the IOC recognition and the IPF is making a great work on this matter. As a region, we also need to start doing an OCT program, installing a Whereabouts system for our region top athletes and any rising potential athletes. All efforts that approximates us to the so wished IOC recognition has to be made.

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**Olympic movement in our region**

We need to start a petition to be accepted in our regional games, the Central American Games and the Central American and Caribbean Games. A process that as a recommended by previous federations that succeeded, should start by each President of the national federations in the region to contact their National Olympic Committee so they know their national Powerlifting organization with full information of their EC board members, associations within their federation, number of members, anti-doping program information, and any other information necessary. This will help our region to an attempt to enter at the regional games. We cannot stay behind as a region and not do anything by just waiting to get and IOC recognition. If we succeed in this attempt it will benefit the IPF in the IOC recognition application.

Thank you, **Ivan Cancel, NAPF Vice-President**

**Approved Unanimously 10-0**

**6. Secretary General Report**

In this year we celebrate the 16th Annual IPF/NAPF North American Regional Powerlifting Championships, and 119 athletes from ten (10) member federations will be lifting and competing. This signifies a reduction (-38 lifters) in participation compared to last year, but it is due to the fact that two of the largest delegations will not be present in the tournament (USA and Canada). Interestingly there is a huge increase (+47) in participation of the member federations that will do take part in this championship. Even though Classic/Raw lifting is gaining a lot of ground, I see no signs of equipped lifting disappearing. In this year NAPF tournament we will have a balanced championship between both modalities compared to last year, where we had 99 Classic vs. 57 Equipped (63% and 37% respectively) lifters, and this year we will have 58 Classic vs. 56 Equipped (51% and 49% respectively) lifters. There is still a lot work to do for the development of the sport in our region, and it is still my goal to help those countries that are not IPF Members yet, to become new members and keep our region growing.

**Alex Alvarado, NAPF Secretary General**

**Approved Unanimously 10-0**

**7. Treasurer and Auditors Report**

As a reminder, all IPF Membership Fee payments must be made by January 31 of each year. The 400 Euros must be wired to the IPF. Paypal is also an option. Traditionally, the NAPF collects the NAPF membership fee at each championship. However, beginning in 2019, I will be requesting that each federation send their fees by March 31 of each year. Please see the attached reports. Overall, we had another successful year in terms of our finances. However, we spent in excess of 10,000 USD for Anti-doping. Second, was for travel related expense. Important, the IPF passed a motion at the IPF Congress in Pilsen, requiring for each region to send 50 Euros for each athlete, from each championship. The NAPF supports this motion. At the conclusion of each championship, Mr. Alex Alvarado shall prepare a finalized list of athletes and provide it to Robert Keller to verify the total number of fees. I will then have the monies wired to the IPF from the NAPF Bank Account. The primary reason for this rule change was for the IPF to be able to comply with the required WADA guidelines for IOC Recognition. Lastly, beginning in 2019, IPF will provide 15,000 Euros / 17,600 USD to each regional federation for development. In speaking to Robert Keller, I agree with his recommendation for the NAPF EC to create a budget and

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distribute the equipment to the member federations as needed and who have paid ALL of their debts to the IPF. Please see the attached finance sheet and auditors report. Special thanks once more to Mr. Desai, our external, independent auditor, for checking our finances. Thank you.

**Mike Licciardi, NAPF Finance Officer**

**Approved Unanimously 10-0**

**8. Committee Reports**

**a. Technical Committee Report**

I'd like thank all member federations, referees and championship directors for the outstanding work they've done the past year. Our championships have been excellent in quality and improving in numbers. I also want to acknowledge our member nations for their active participation & support to make the 2018 Arnold in Columbus, Ohio the success it was. I continue to request that member federations increase their numbers of IPF officials. Women are strongly encouraged to apply. The IPF has waived the cost of the examination for the ladies. At this year's regional championship we've had a large number of individuals apply to become international referees and we'll do the best we can to accommodate as many of those requests as possible given the lesser number of lifters, etc. Again, thank you. **Bill Clayton, NAPF Technical Chairman**

**Approved Unanimously 10-0**

**b. Championship Secretary Report**

Last year's NAPF Pan-American and North American Powerlifting Championship held at the Hyatt Regency Hotel, in Orlando, Florida was a huge success. Over 200 lifters from nearly 15 member federations took part and was capped off with a very successful banquet. The NAPF North American Bench Press Championship was held in Hamilton, Ontario, Canada by Ms. Linda McFeeters. Nearly, 100 lifters took part from 6 member federations. Our membership continues to grow and we're looking to strategically place championships with in new member federation countries in our region. The 2018 NAPF Bench Press Championships and the 2019 NAPF North American Championship will be held in San Jose, Costa Rica. Next year's NAPF Powerlifting Championship will be the largest in our history and the plan is to go six (6) days. The 2019 NAPF Bench Press Championship will be held in Panama City, Panama. We're pleased with how the current electronic nomination system is working; however, are now discussing an electronic system to compliment the current paper system. **Robert Keller**

**Approved Unanimously 10-0**

**Records Manager Report**

Dear all: I have been working updating the regional powerlifting and Bench Press records, and the Pan-American Powerlifting and Bench Press records since we started collecting all the records to publish them online. Goheavy.net has been a great place that was provided by Tony Cardella to publish in the records database.

During time the work has grown because it started only with the NAPF Powerlifting records, then the NAPF Bench Press were added, after that we started collecting the Pan-American Powerlifting records, and later the Bench Press records. After all of those

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set of records, the raw lifting started and all the work has doubled, or I could say more than double because every time we have more lifters breaking records, especially on the raw lifting format. Unfortunately as time consume has grown, my personal time is every time is less. On this past year, as many of you know, Puerto Rico was devastated by hurricane Maria. As effect of the hurricane the electricity and the communication networks fall. Even, after electricity came back again, internet networks lasted months to work again. Because of this all the records were not updated with appropriate time, as normally I finish all the work on December, which by that time internet house networks were still non-functional. Because of this Mr. Mike Armstrong has come up to volunteer with the records. We have agreed that Mr. Armstrong will work all the raw format records, and I'll continue with the equipped lifting format. I'm glad to share the work and I'm very thankful for Mike to volunteer his time in this project. Once again I'm glad to work with the NAPF records and I do apologize for any inconvenience during this previous year to this year.

My best regards to you all, **Ivan Cancel, NAPF Records Manager**

**Approved Unanimously 10-0**

**c. Women's Committee Report**

Last year, I proposed to establish the NAPF Women's Committee with the initiative to educate, promote and encourage women in the sport of power lifting throughout the NAPF nations. This initiative was approved. Special thanks to Robert Keller for nominating me, the NAPF EC for their support and finally to the NAPF Member Federations for their vote of confidence. I want to reiterate the three primary purposes of the committee:

1. To provide a central committee to bring forth discussions, recommendations and developments of female and gender specific issues.
2. To encourage the participation of women in the sport from local to international levels, both on the platform and in the areas of referees and coaching.
3. To identify and reduce barriers to participation in all sectors of the sport and to promote inclusivity within the parameters of the technical rules of both the IPF and NAPF.

Once more, with your support I will ask the federation members to reach out to me to build a committee of women whose purpose will be to collectively reach across borders to assist and develop the directive of the above. Thank you for your consideration,  
Respectfully, **Linda McFeeters, NAPF Women's Committee Chairwoman**

**Approved Unanimously 10-0**

**d. Central American Sub-Regional Report**

There are now five (5) registered member federation countries in Central America that are full members of the NAPF/IPF: Costa Rica, Guatemala, Nicaragua, El Salvador and Panama. During June 2018, we welcomed to the IPF/NAPF Belize. The only remaining country in Central America, yet to be a member of the IPF is Honduras. At the moment they're in the process of legitimizing their organization and national representation.



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Costa Rica is taking the leading role of powerlifting in the region, with the organization of the MC Invitational Cup, with the participation of dozen of athletes from Nicaragua, El Salvador and Costa Rica, considering a step forward in the development of the sport between their countries. It is important to point out their participation in IPF World Championship, such as World Open Powerlifting (Pilsen/Czech Rep.), World Sub-junior & Junior Powerlifting Championship (Orlando, Florida) and World Classic Bench Press Championship (Killeen, Texas). It is one of the biggest organization in the region, with over 300 top level athletes in all categories. This year they are organizing the IPF/NAPF Regional Bench Press Championship and we are looking forward that is going to be a great success.

Nicaragua, also called FENIPO. Mr. Oscar Matute has taken a leading in promoting the sport in Nicaragua and have encouraged his athletes to participate in NAPF Championship; also in promoting clean sport thru anti-doping seminars. This year they have some difficulties due to the political situation they are facing.

Guatemala. They held elections last year and a new Board of Directors was elected, with Mr. Carlos Marroquin elected as his president. They have been more active than in the past and participated in the NAPF Bench Press Championship in San Jose. They have registered 180 member athletes (30 women and 150 men)

El Salvador, also called ASALPO. Have run into financial difficulties and at the moment are at a standstill. ASALPO have not yet participated in any NAPF Championships. Robert Keller and I will pay a visit to see them before the end of the year.

Panama and Belize – new members of the IPF, are looking forward to their first international meet. Panama this year went from being an association to establishing themselves as a federation. We wish both member federations' great success. Seminars are planned for both organizations.

It is important to point out that all Central America member federations agreed they are very much in need of Regional Seminars on Anti-Doping, Coaching, Powerlifting Training and Referees. Also of they are in need of powerlifting equipment, such as official weights and Powerlifting racks if possible thru donations in order to organize regional IPF sponsored championships. **Dr. Hugo Velasquez, IPF EC North America, and NAPF Central America Representative**

**Approved Unanimously 10-0**

**e. Caribbean Sub-Regional Report**

Currently there are only four active participating members in the NAPF Championships from the Caribbean for the year 2017. The participating members were Guyana, Puerto Rico, USVI and Trinidad-Tobago. Inactive members are the Bahamas, British Virgin Islands, Cayman Islands and the Dominican Republic. Anguilla joined at the end of last year. Potential new member federation joining the NAPF from the Caribbean are Aruba,

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Barbados, Haiti and Jamaica. The Bahamas has expressed interesting in directing the 2020 NAPF Bench Press Championship; however, communication is sporadic with their communication. Robert Keller discussed with their President, visiting and meeting with the Ministry of Sport and the Ministry of Tourism and we're still waiting for an answer from the federation. The Bahamas will be splendid location; however, they lack an both infrastructure and equipment. The addition of the new members will increase the Caribbean participation. **Robert Massey Caribbean Representative**

**Approved Unanimously 10-0**

**f. Anti-Doping Report**

Please see attached report. I'm pleased to say that no federation has ever missed reporting their final numbers to the IPF. However, more federations, especially those member federations within the NAPF that receive monies from their Ministry of Sport should begin allocating funds for drug-testing and to start working with their National Anti-doping Agencies. Thank you. **Robert Keller**

**Approved Unanimously 10-0**

**g. Regional Member Federation Contact Report**

To be presented by Robert Keller at the General Assembly.

**Approved Unanimously 10-0**

**9. Motions**

- a. No motions received.

**10. Old Business**

- a. Establishment of an NAPF Office (Hugo Velasquez) / **Tabled.**

**11. Championship Calendar**

| <b>Championship</b>                                    | <b>City</b>                  | <b>Dates</b>               | <b>Status</b>    |
|--------------------------------------------------------|------------------------------|----------------------------|------------------|
| <b>16<sup>th</sup> NAPF Powerlifting Championships</b> | <b>Mexico City, Mexico</b>   | <b>August 1-4, 2018</b>    | <b>Confirmed</b> |
| <b>13<sup>th</sup> NAPF Bench Press Championships</b>  | <b>San Jose, Costa Rica</b>  | <b>October 25-27, 2018</b> | <b>Confirmed</b> |
| <b>17<sup>th</sup> NAPF Powerlifting Championships</b> | <b>San Jose, Costa Rica</b>  | <b>July 2-6, 2019</b>      | <b>Confirmed</b> |
| <b>14<sup>th</sup> NAPF Bench Press Championships</b>  | <b>Panama City, Panama</b>   | <b>Oct/Nov 2019</b>        | <b>TBD</b>       |
| <b>18<sup>th</sup> NAPF Powerlifting Championships</b> | <b>San Juan, Puerto Rico</b> | <b>July 2020</b>           | <b>Bid</b>       |
| <b>15<sup>th</sup> NAPF Bench Press Championships</b>  | <b>Nassau, Bahamas</b>       | <b>Oct/Nov 2020</b>        | <b>TBD</b>       |
| <b>19<sup>th</sup> NAPF Powerlifting Championships</b> | <b>Miami, Florida, USA</b>   | <b>August 2021</b>         | <b>Confirmed</b> |
| <b>16<sup>th</sup> NAPF Bench Press Championships</b>  | <b>Cancun, Mexico</b>        | <b>October 2021</b>        | <b>TBD</b>       |

**12. NAPF Hall of Fame**

**Bill Clayton, NAPF Technical Chairman**

**13. Motions from the floor**

- o No Motion was presented from the floor.**
- o Hall of Fame**

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- ☐ **The NAPF EC decided on selecting Bill Clayton to the NAPF Hall of Fame**
- o **Final Notes**
- ☐ **Gaston Parage, president of the IPF was emphatic of the importance of sending member nations representatives to the IPF Congress due to elections.**
- ☐ **Mr. Parage stated that if a member federation needs a FISU letter to organize FISU Games in its country, the IPF will provide it.**
- ☐ **He also encouraged nations to participate in the University Cup.**

**14. Adjournment**

**12:23pm**

**Alex Alvarado  
Secretary General  
North American Powerlifting Federation**