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THE **IPF** MAGAZINE

THE OFFICIAL PUBLICATION OF THE INTERNATIONAL POWERLIFTING FEDERATION



JEZZA UEPA

SUPERHEAVY KING OF POWERLIFTING

OPEN CLASSIC WORLDS ROLLING

HUNGARY IS ON THE RISE



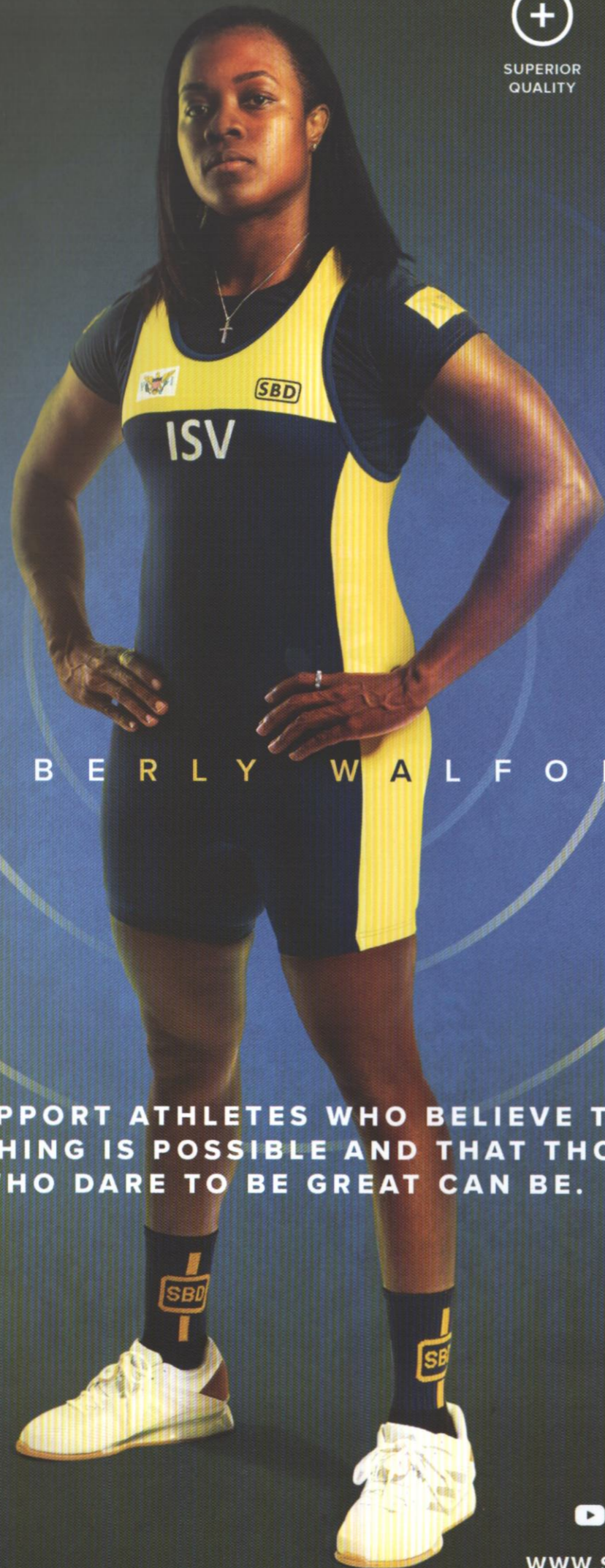
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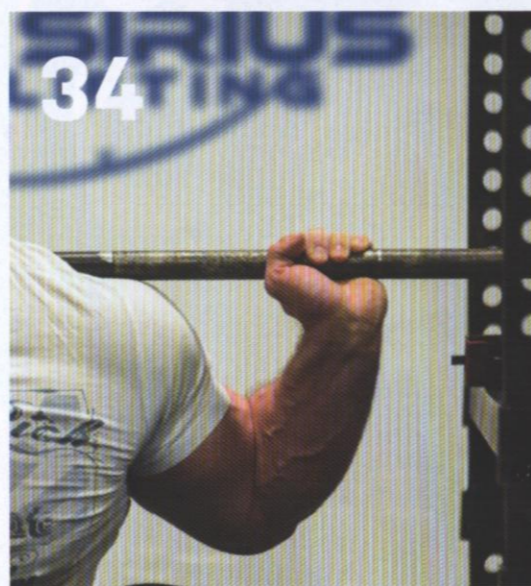
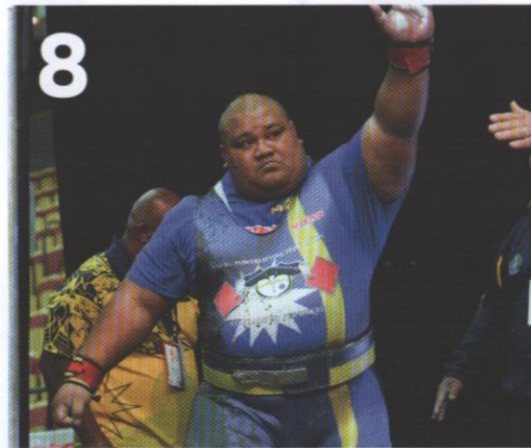


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WE SUPPORT ATHLETES WHO BELIEVE THAT
ANYTHING IS POSSIBLE AND THAT THOSE
WHO DARE TO BE GREAT CAN BE.



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IN THIS ISSUE

From The President	6
Keeping The Faith Secures The Win Jeza Uepa	8
Sweden Hosts The Perfect Championships World Classic Championships, Helsingborg, Sweden, June 2019	14
Education Key To Upholding The Standards In Iran Powerlifting Union	22
IPF Progress Impresses Partners At 2019 Future Summit	23
IPF Welcomes New Bodyweight Formula	26
World Games 2021 Update	28
Sun Rises On New Era of Bench Press Championships	30
Balancing Eastern And Western Styles Of Lifting	34
IPF Shines At SportAccord Convention On The Gold Coast	40
IPF Launches Arnold's "Rogue Classic Grand Prix Series"	43

Contributors: Christina Chamley, Gaston Parage, Robert Keller, Ryan Lapadat, Farshid Soltani, Miklos Fekete.

Photos: Heinrich Janse van Rensburg, Paco Gutierrez, Þóra Hrönn Njálssdóttir, Farshid Soltani, Christina Chamley, Elka Chamley, Istvan Angyal

Editor in Chief: Christina Chamley

Managing Editor: Miklós Fekete

Design: Istvan Angyal

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FROM THE CHIEF EDITOR

Now is definitely a time to celebrate being part of the IPF. We've had an exciting year already!

After scientific analysis of many credible bodyweight formulas, the IPF implemented the best and fairest formula as of 1 January. Developed by Joe Marksteiner, the new formula is robust and adaptable enough to take the IPF forward into the modern era of lifting with the modern era of lifters. Read more about it in the **IPF Welcomes New Bodyweight Formula**.

The new formula was put straight to work in Japan at the largest Bench Press World Championships in IPF history. Check out our exclusive photos in the **Sun Rises On New Era of Bench Press Championships**. In other exciting news read how **The IPF Launches Arnold's "Rogue Classic Grand Prix Series"** and the €47,000 prize pool for lifters! This year's Classic Worlds were also a knock-out as you will see from our

photographic montage in **Sweden Hosts the Perfect Championship**.

It will come as no surprise that our VIP Partners have renewed their commitment to the IPF and guaranteed their ongoing support, check out the highlights in **IPF Progress Impresses Partners At 2019 Future Summit**. Also in this edition we have updates about the **World Games In 2021** and the **FISU Powerlifting World Championships in 2022**, as well as a full wrap up of the **SportAccord Convention** on the Gold Coast, Australia.

There's a veritable party going on within this edition and you're invited to enjoy every page!

Happy reading.

Chrissy



FROM THE PRESIDENT

Dear National Presidents, Secretary Generals, and friends of powerlifting,

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 few years and I'd like to recap where we are today since becoming 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 GAISE, 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 two conventions. Within the world of international sports federations, it is incredibly important to be known, active and respected by the leading sports umbrella organisations. This is vital for our IOC aspirations and we have worked harder and more consistently in the last few years on this than in another time previously in the IPF.

Within the IPF, the fight against doping has changed and improved in recent times. Transparency and good governance has 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. We have now added all the requirements requested from the IOC Sports Department. They were astonished at how fast we accomplished the improvements and today they uphold us the IPF, as an example for other sports concerning the fight against doping. We achieved the highest level

"Within the world of international sports federations, it is incredibly important to be known, active and respected by the leading sports umbrella organisations. This is vital for our IOC aspirations and we have worked harder and more consistently in the last few years on this than in another time previously in the IPF."

of WADA endorsement, 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. IOC recognition will be achieved not only by the hard work of the IPF as an organisation but also by the concerted effort by all the member nations, so I again ask 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 organised the IPF University

CUP so that there is 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 possibility to now host a University Worlds in 2022 which will be a major benefit of our lifters in that 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 did not step up to work with their national SOI.

I recently had a skype conference with IPC President Mr Parson concerning the work between them and the IPF. It was a good discussion but 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 1,000 in Japan and nearly 1,000 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 within South America, North America and Europe. Regional development has been a high priority for us and we thus made sure to give €90,000 to our regions for development on top of the existing develop found.

New Committees have been set up within the IPF to make sure we follow the IOC's requests about these matters. An independent Doping Hearing Panel has been installed to make sure the highest standards of integrity are kept regarding suspended lifters.

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 was very important for the IOC recognition process.

The IPF Sheffield event will be organised with more prize money for our lifters.

We are working on creating the "Power Games" for next year 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 planned and agreed in January.

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 been told often 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 recognised 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 for the IOC. In more 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 be 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 has 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 federations, 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 to you all for the support over the many years and I hope to see you all in Dubai at our Congress in November.

Best regards,
Gaston Parage
IPF President



Keeping the **FAITH** secures the **WIN**

Transcript from interview by Ryan "6 pack" Lapadat "King of the Lifts"
Interpreter: Irving Harris
Editor: Chrissy Chamley

Jezza Uepa

Super Heavy Weight Champion of the World



Moments after the biggest powerlifting moment of Jezza Uepa's life, IPF live-stream commentator Ryan Lapadat scored this interview via Team Nauru interpreter Irving Harris, with Jezza Uepa, the new IPF Super Heavy Weight Champion of the World.

Q. When Jezza realised that he had become the World Champion, how did he feel?

A. He was very happy that the results were as they were, simply because he knew he wasn't 100% when he came into the event. He was even thinking of pulling his name out (of the event) when we were still back home, but our Government had given us full support and had paid for our full expenses to come to the World Championships so he had to step up and make that sacrifice. Jezza says if it wasn't for Lord Jesus Christ this would not have happened.

Q. What would Jezza's message be to anyone who is not 100% and is thinking about pulling out of a World Championship - because people from various weight classes did pull out of this event. What would his message be to those who doubt themselves?

A. Simply, keep the faith. That's the motto we say at our gym as well. Jezza was not 100% as we said, before the event he had trouble with one of his knees and just weeks before arriving, both knees started playing up. So he had to go with faith into the competition.

"In terms of training and weights there are no professional gyms on the island they are all backyard gyms, the best gym on the island is where we train it's a big shed."

Q. What does this mean to the people of Nauru (a South Pacific island nation of only 10,000 people) to hear that one of their own has won a World Championship?

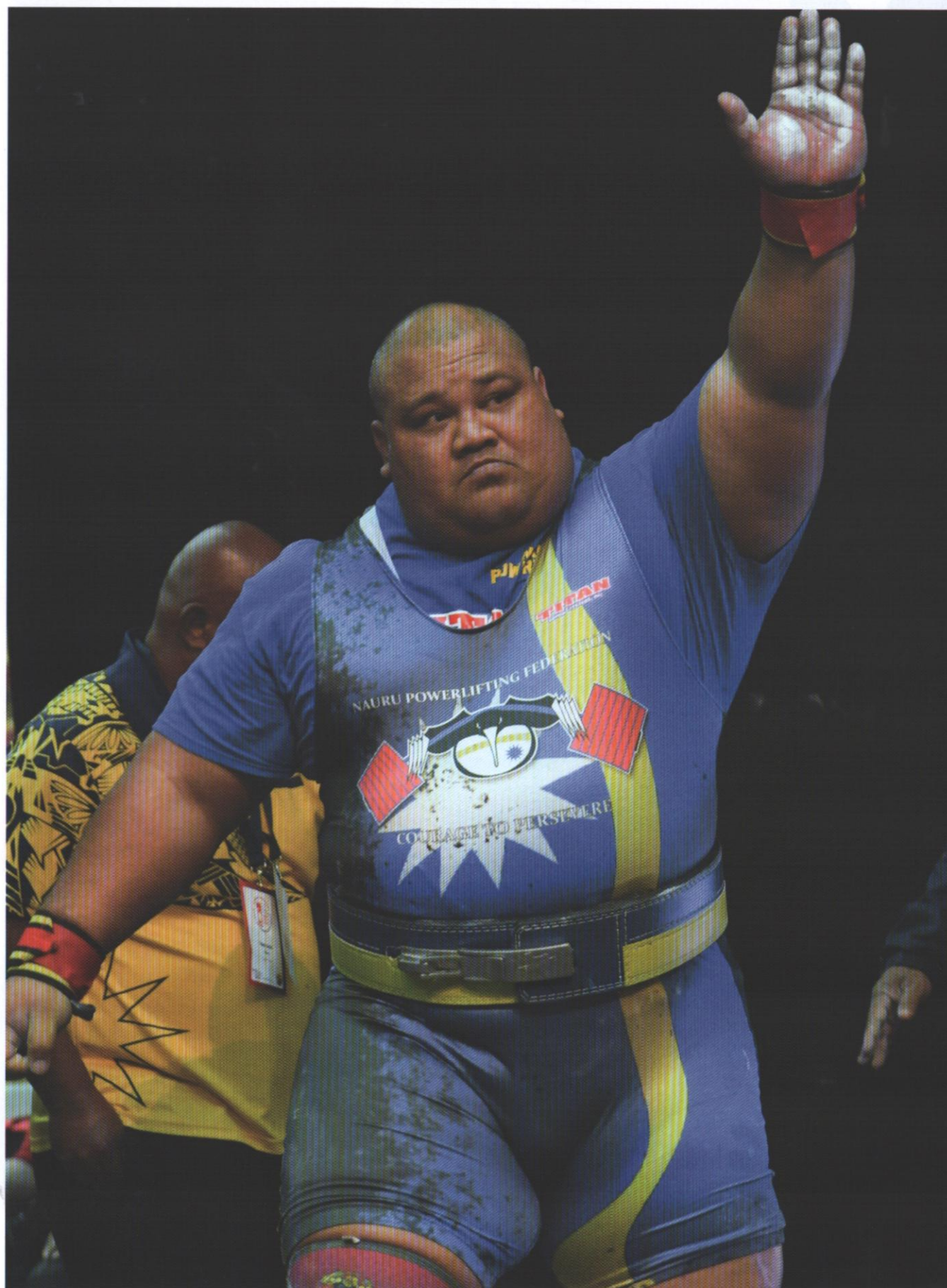
A. Jezza is very honoured and he knows the whole island as well as the Government is behind the team, especially this result, winning this Open Men's SHW World Championship. Previously there was another World Champion from Nauru and our anthem was sung then at Worlds in 2017, the winner being a Sub-Junior, but this time it is an Open lifter.

Q. As you said, Jezza has a knee injury - on his opening deadlift of 280kgs there were some lock out issues for the referees, and he was holding the weight trying to get the lockout, he started to lose his grip on the bar, and then he missed his opening deadlift! I think everyone in the crowd started thinking "oh my gosh, first Ray Williams of the USA bombed out in the squat, is Jezza Uepa going to bomb out too now?" What was the conversation with the team when he went back after that missed deadlift?

A. Jezza really felt the pressure going into the deadlift. The weight of 280kg felt alright but with all the pressure of unfortunately Ray Williams bombing out, he really felt the pressure at that point. He had to think twice and make his adjustments. The adjustment he made was instead of pulling "back" he would pull "up" and that made the difference.

Q. As the deadlift event unfolded, Jezza got his second attempt at 280kg having missed it once, but by the final lift he had to go up by 20kgs to 300kg to win the World Championship. He must have known, "if I get this, I'll probably win", but all the other lifters were coming after him so he knew, "if I miss this, I lose, that's my chance for the World title gone". He literally had the chance in his hands, what were his thoughts realising that one lift - was everything?

A. Walking up to the final lift, the 300kg deadlift he had full confidence, he wasn't worried about having missed his opener of 280kg. All his mindset



was about home: his family and his Government. The Government had made a lot of sacrifice to bring us all here so it was for all of us to repay that, so he knew he had to step up with faith.

Q. When Jezza stood up on that wining podium at the end, everyone was cheering and clapping. He is such a popular lifter and he has a lot of fans. Winning the World Championship couldn't have happened to nicer guy. Then the national anthem came on, what was he feeling then? Does he feel he's reached a peak, is he satisfied, and where does he see himself going in the future?

A. When Jezza came here with the injuries that he brought with him he had to put up numbers that were realistic within the injuries, but he had to compete because everything had been paid for so he had to honour that. So it wasn't planned to be standing there with the national anthem playing at the end because we knew Ray Williams of USA is a very, very strong champion and he still is a champion, because he also came to this event with an injury and that was very obvious. Jezza looks up to Ray and he honours Ray, he is telling Ray not to give up and he is telling him to come back because he still is a strong champion in Jezza's eyes.

Q. What's next for Jezza, any goals he has been looking to hit, staying in this game can be rough on the body, is there an exit plan. How long does he want to stay powerlifting now he's checked this box, the World Championship?

A. When we head home we have another meet in three weeks' time, the South Pacific Games in Samoa, it's our Pacific "Olympics". Although he still has the knee injury he and his coach will control the weight to account for the injury. He will attend those

Games because like here, the trip has been paid for by the Nauruan Government and he must honour that investment in him. Another goal for him now as he heads into the Masters 1 age category, will be to start competing in Equipped Powerlifting as up until now, he has only competed in the Classic format.

Q. What type of reception will he get when he gets home in Nauru? On an island nation of 10,000 people, World Champion Kimberly Walford said they're probably going to throw Jezza a parade!

A. Kimberly knows, she has been on our island, she knows how the Nauruan people will throw a surprise party! It always happens every time we go and have success in a World Championship. We never expect it but we get something. When someone from our small island wins a World Championship, the whole island is going crazy! Previously we have been met by our President at the airport when we return home. Now that the national anthem has been played on the World platform, it's going to be even bigger this time when we get home.

Q. How did Jezza start in powerlifting? What type of equipment did he have to use, what was his training like on his way up?

A. When he started Jezza was a boxer, with a bodyweight of 115kg. A year later he started training in powerlifting to get strength, then he realised his lifting numbers were going up, so he went straight to the national powerlifting coach, the same coach he has now and his numbers really started shooting up. In terms of diet, it's a small island which is dependent on all food coming in imported – so all vegetables, everything must come in. So there are no supplements available here,

“All his mindset was about home: his family and his Government. They had made a lot of sacrifice to bring us all here so it was for all of us to repay that, so he knew he had to step up with faith”

we have to ask family to buy such things in Australia. We all have to make a sacrifice to buy those supplements because we have to put something on the table for the kids to eat, it's a tough life; we have to find the balance between buying supplements and the needs of the family. In terms of training and weights there are no professional gyms on the island they are all backyard gyms, the best gym on the island is where we train it's a big shed. Before that we were using weightlifting racks that were so thin holding up just over 400kgs of weight, I have no idea how! Everything has to be shared on the island we started off sharing with the weightlifters on the island using their rubber plates, then the Government started realising this sport was serious so now we have some Eleiko racks, but previously everything else had been welded up to make a squat rack or bench rack.

Ryan: It sounds like it doesn't matter where you start it only matters where you finish and you can't beat hard work. Thank you very much Irving for interpreting and thank you Jezza and congratulations on your phenomenal performance!!



SWEDEN HOSTS "THE PERFECT" CHAMPIONSHIPS

World Classic Championships,
Helsingborg, Sweden, June 2019

► 12 days jam-packed with lifting; the 2019 IPF World Classic Powerlifting Championships was the biggest 3-lift Powerlifting event in the history of our Federation.

1,000 competitors representing over 40 nations from 5 continents

► 58% of lifters were female - evidence that the IPF's work towards gender equality is paying off - powerlifting is inclusive, accessible and truly a sport for all.

**12 action packed days
the biggest Powerlifting
competition ever held**

► Under the leadership of Mr Robert Ericsson, the Swedish Powerlifting Federation hosted “the perfect” event, a benchmark for all future World Championships.

**Thousands of spectators
on site and millions over
live stream**

EDUCATION KEY TO UPHOLDING THE STANDARDS IN IRAN POWERLIFTING UNION



Tehran, IRAN – A comprehensive powerlifting educational course, including an anti-doping seminar, is expected to help members to uphold IPF standards in Iran. In the first of its kind, IPU President Farshid Soltani told us that 26 women and 86 men participated and completed the course. Topics covered in the Iran Powerlifting Union powerlifting course:

1. Introduction to the Articles of the IPU Constitution.
2. IPU structure and tasks of its Committees.
3. Powerlifting history and technical elements.
4. Anti-doping - By Dr. Nasirzadeh
 - a. What is doping?
 - b. The reason for opposition to doping
 - c. Negative side effects of substances on the body
 - d. Laws and penalties in relation to doping
5. Practical workshop on powerlifting
6. Written test
7. Exercise test of powerlifting techniques



IPF PROGRESS IMPRESSES PARTNERS AT 2019 FUTURE SUMMIT

VIP Partners renew their commitment to the IPF and guarantee their support for the future

Are, Sweden - VIP Partner ELEIKO hosted the annual IPF Future Summit, where representatives from SBD, APLYFT and the IPF discussed the IPF's progress & direction.

“Our worldwide powerlifting community can expect great things in 2019 and beyond,” - Mr Gaston Parage, IPF President.

Highlights from the Summit:

- The IPF's energetic global powerlifting community of lifters and officials have driven progress and growth and are creating a powerful worldwide presence.
- New activities in the Oceania Region have resulted in the IPF Regional Federation, the ORPF, being granted responsibility to organise the powerlifting event at the 2019 Pacific Games in Samoa.
- For the first time, the IPF Open Powerlifting World Championship and World General Assembly will be held in the Arabic Region, namely Dubai UAE, thanks to extraordinary efforts and



cooperation within the Asian Region.

- The IPF has received approval from FISU (The International University Sports Federation) to organise the first FISU Powerlifting World Championship in

2022. This is a major step towards the IPF being included the Worldwide Multi-Sport University Games.

- In numbers never seen before, the 2019 IPF World Bench Press Championship in Japan has a lineup of over 1,000 lifters. Similarly, the IPF World Classic Powerlifting Championship in Sweden this year is expecting close to 1,000 competitors.

For more information, visit the IPF Website:

<https://www.powerlifting.sport/>

THE PERFECT POWERLIFTING SETUP



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ELEIKO IPF POWERLIFTING COMPETITION SETUP

ALL PRODUCTS IN THE ELEIKO COMPETITION STATION ARE ACCORDING TO IPF RULES AND RECOMMENDATIONS FOR INTERNATIONAL CHAMPIONSHIPS AND GAMES.



MAXIMUM LIFTS

ONE PIECE WITH TWO CONFIGURATIONS

Eleiko's new squat stand/bench combines durability and safety features, with a sleek design and distinctive chrome details.

The robust new design also integrates a patent-pending support arm tilt mechanism for shifting the angle of the arms that is easier to operate and provides added safety measures for lifters and loaders. We maintained the champion approved, tried and tested geometry known and loved by the lifting community. The safety arms provide more room for the lifters in the bench and the bench padding is an exclusive Eleiko design, an injection moulded polyurethane cushion to better support athletes while delivering improved performance over the lifetime of the bench.

CHAMPION APPROVED

A LIFTING SURFACE OPTIMIZED FOR COMPETITION

Eleiko Powerlifting Competition platform is transformed for today's competition needs. The design includes a sleek curved frame profile, a layer of rubber tiles to dampen sound and vibration and a single piece, engineered textile stretched across the surface that is TV ready and maintains its optimal lifting surface even with magnesia spills.

The platform's joint free top layer ensures the surface is completely even. The competition platform is extremely sturdy and designed with easy assembly, transport and care in mind.

FUNCTIONAL EASE

ALL THE ESSENTIALS IN ONE PLACE

Eleiko's Powerlifting Disc Rack is raised off the ground and designed to optimize efficient and comfortable loading and unloading to support smooth transitions during competitions.

The curved tube shape allows the disc to more easily roll into and out of the rack and provides more room to grasp the discs for fast bar loading.

The rack holds up to nine 25 kg discs along with one each of the smaller weight plates for maximum competition support and flexibility in training settings.

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RAISE THE BAR

IPF WELCOMES NEW BODYWEIGHT FORMULA

Eight reasons why it was time for a new IPF Formula

1. The old formula was developed more than 25 years ago with data gathered between 1988 and 1994. The available dataset then was not as extensive as it is today.
2. At that time, there were fewer women taking part in competitions therefore, the dataset for women was especially inadequate.
3. Supportive lifting apparel has changed and improved over the last few years, altering the applicability of the previous formula for today's lifters.
4. Training methods have improved and powerlifting has become more professional, hence the sport and its athletes have evolved, thus the bodyweight formula must reflect this evolution.
5. Bench press only championships in both classic and equipped formats for men and women of all age categories now take place on an international level. There had been no analysis as to how the previous coefficient fit the single-lift events across these formats.
6. World Classic Powerlifting Championships are now a feature of the international calendar,

the coefficient must now reflect and cater to this format of lifting at the international level.

7. The IPF weight classes changed in 2011, hence reformulation of the coefficient is appropriate.
8. Athletes in general have on average, changed bodyweight and body composition over the last 30 years since the creation of the previous formula. It was time for an updated formula that reflects the changing athlete profile.

Scientific evaluation of the previous bodyweight formula was deemed important to determine its continuing validity and applicability to the IPF. Over a 12-month period, several proposals for alternative formulas were received by the IPF for consideration. Five of these proposals were considered appropriate for further detailed analysis and scientific comparison.

All of these proposed methods had advantages and disadvantages so the objective was to find the best model for all powerlifters. Such an analysis required not only mathematical, statistical and analytical knowledge, but also knowledge in sports science and biomechanics. Moreover,

Formula developer, Joe Marksteiner:

"...the proposed IPF Points provides a more equitable and fair representation of all weight classes in the Best Lifter rankings. IPF Points are based on analysis of a much larger and current data set than the Wilks calculations. IPF Points provide a more accurate and easier to understand ranking system than the Wilks points. The analysis methodology does not rely on special software or individual expertise and should be updated on a regular basis as IPF powerlifting evolves and grows."

such an analysis was deemed best conducted by independent sports scientists. For this reason, the IPF asked experts for help. Dr. Tobias Mayer and Prof. Dr. Christian Maiwald reviewed and evaluated the shortlisted proposals and discussed them with respect to the scientific reasoning and theoretical background of the modelling approach. The complete evaluation report can be found on the IPF website.

According to their evaluation, two of the analysed methods were considered particularly promising.

Although one method was based on an analytical model (methodology for calculating relative strength performance) and the

other method proposed to model the lifters' performance as a lognormal function of body weight, the results of both models were very similar.

In their analysis, however, the two sports scientists came to the conclusion that the method developed by Mr. Joe Marksteiner provided more fairness when all sub-disciplines and all performance levels were taken equally into account.

This method, now called the IPF Formula, and replaced the previous points formula as of 1 January 2019.

Seven advantages of the new IPF formula

1. This is a fair system for all lifters at all performance levels (not just elite level) and for all sub-disciplines in powerlifting.
2. The new IPF Formula differentiates between men and women, classic and equipped powerlifting, classic and equipped bench press.
3. The new formula is based on a data set of more than 20,000 individual best performances across several years.
4. It can and should be updated by simply changing the co-efficient as and when necessary.
5. The new formula has been analysed and evaluated by independent scientists.
6. The IPF Points calculations have already been developed for special competitions (like the Arnold's deadlift only competition) that use Points to determine prize winners.
7. While the new formula is complex, it still uses a lifter's bodyweight and their powerlifting total or bench press total to compute Points.



WG21 BIRMINGHAM USA WORLD GAMES 2021 UPDATE

During the SportAccord Convention on the Gold Coast, IPF representatives led by President Parage met with the 2021 World Games Birmingham Organising Committee. During this meeting a test event was scheduled for September 2020, that being the IPF Junior & Sub Junior World Powerlifting Championships. This gives the organisers the opportunity to run a World Championship powerlifting meet complete with all requirements and demands as well as test important elements such as airport transfer, accommodation, transport from and to the venue, catering etc. It also gives the IPF an opportunity to run a competition in exactly the same venue that will be used for the World Games.

Due to the IPF's outstanding performance and organisation in the last three World Games, the International World Games Association granted the IPF an additional 16 places for lifters for the World Games in Birmingham. This means that in 2021 we will have 96 lifters - the highest number in history of powerlifting at the World Games.

Additionally, the IPF has been granted spaces for another five Officials (now 23 Officials, up from 17 in 2017) as well as provision for around 80 extra personnel such as coaches,

physiotherapists, team managers, (having been allowed 60 in 2017).

So the total contingent of the powerlifting family at the World Games will be 200 people for the first time in history!

The powerlifting event at the World Games will be on the first weekend of the Games (Friday 16 - Sunday 18 July 2021) which gives the powerlifters the opportunity to attend the opening ceremony on 15th July. The qualifying event will be the 2020 Open Powerlifting World Championships in Stavanger, Norway.

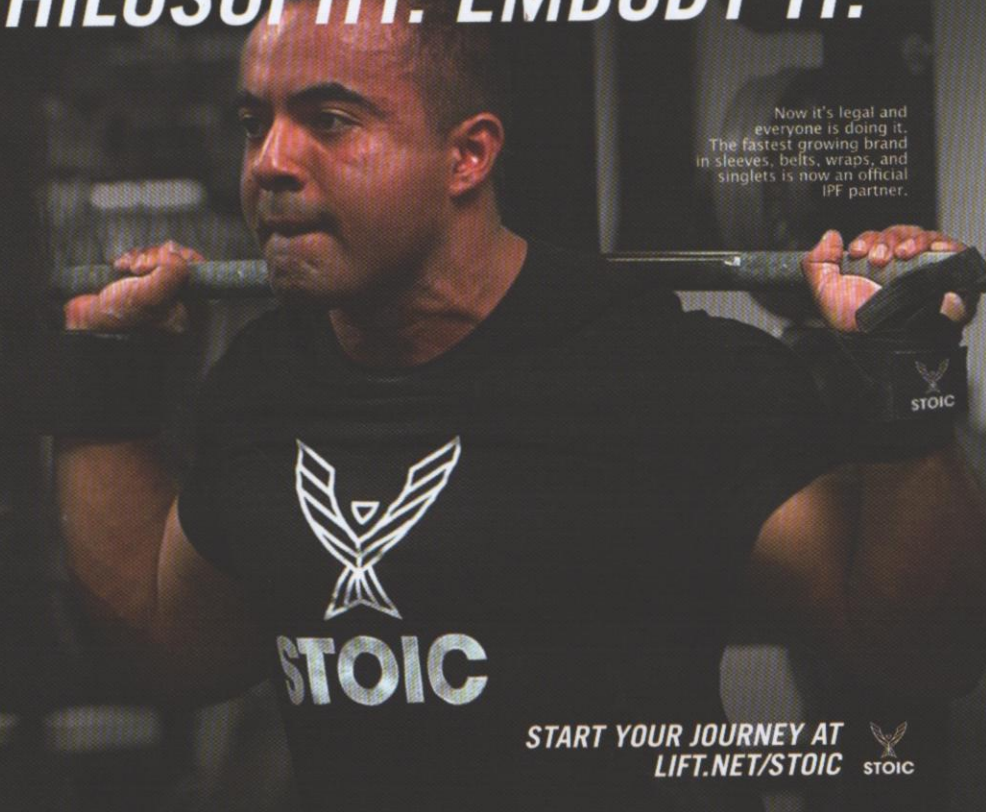
Only two years to go until The World Games 2021 in Birmingham, Alabama!
The IPF competition days are Friday 16th - Sunday 18th July 2021.

Check out social media updates at:
Facebook: @TWG2021
Twitter: @TWG2021BHM
Instagram: @twg2021bhm

Use these Hashtags in your social media posts:
#TWG2021
#RoadtoBHM

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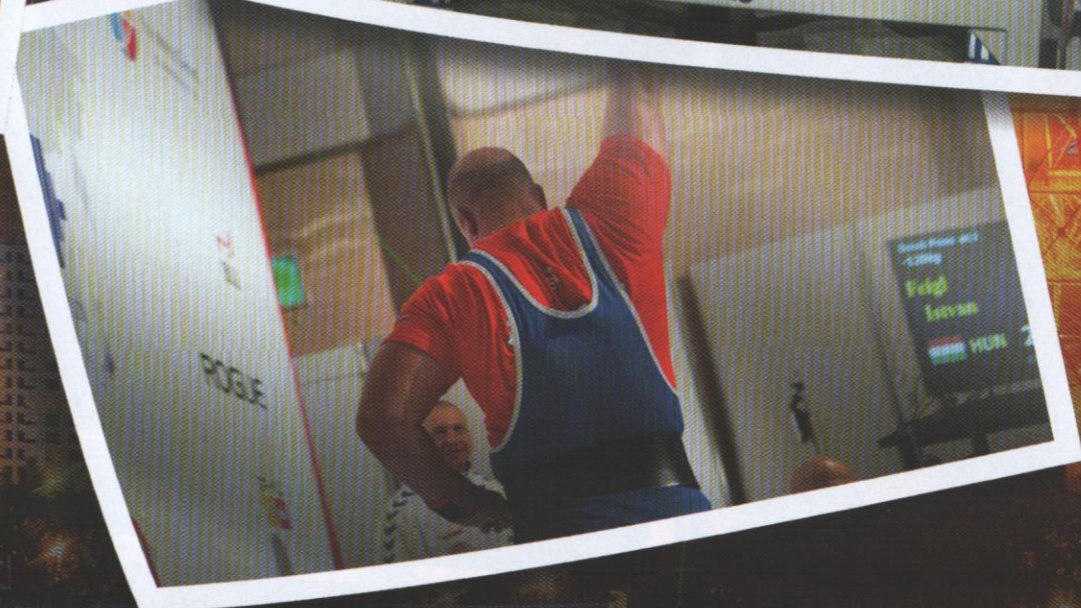


KEEP STRIVING
MOVE THROUGH THE PAIN
NOT AROUND IT
PERSEVERE AND GROW
NO MATTER WHAT

**UNBROKEN
DESIGNS**

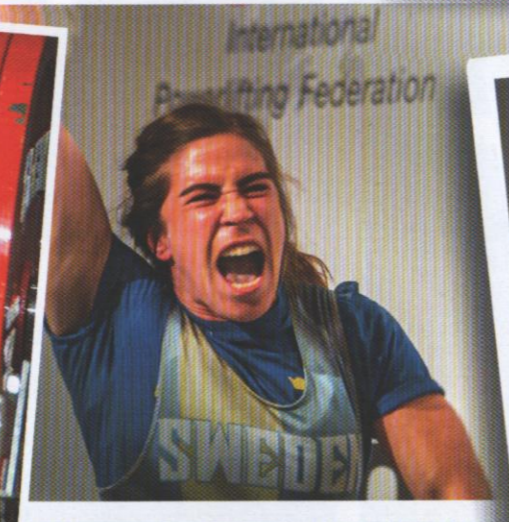
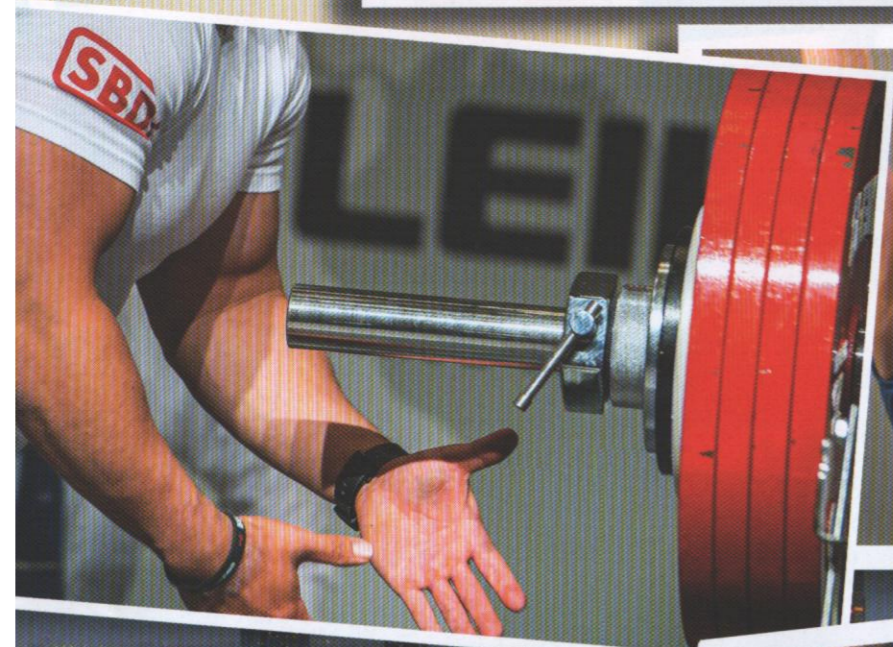
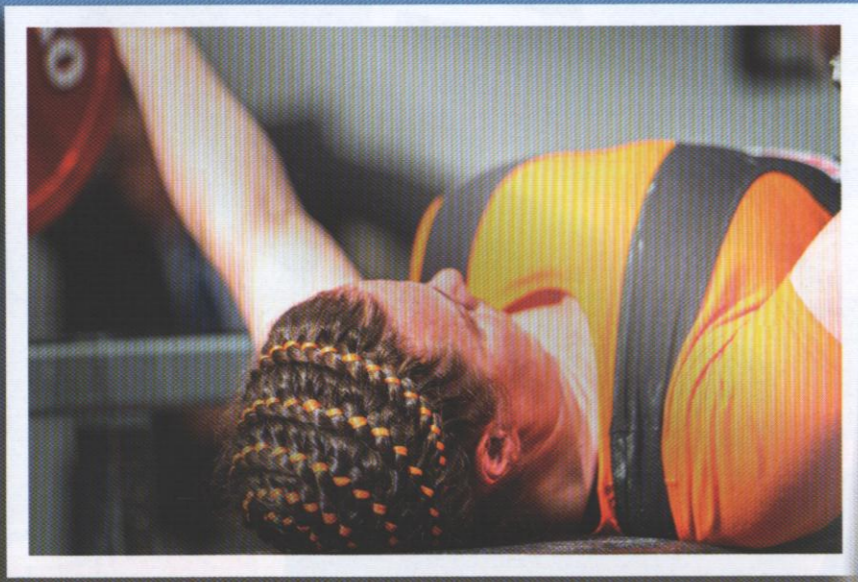
www.unbrokendesigns.com

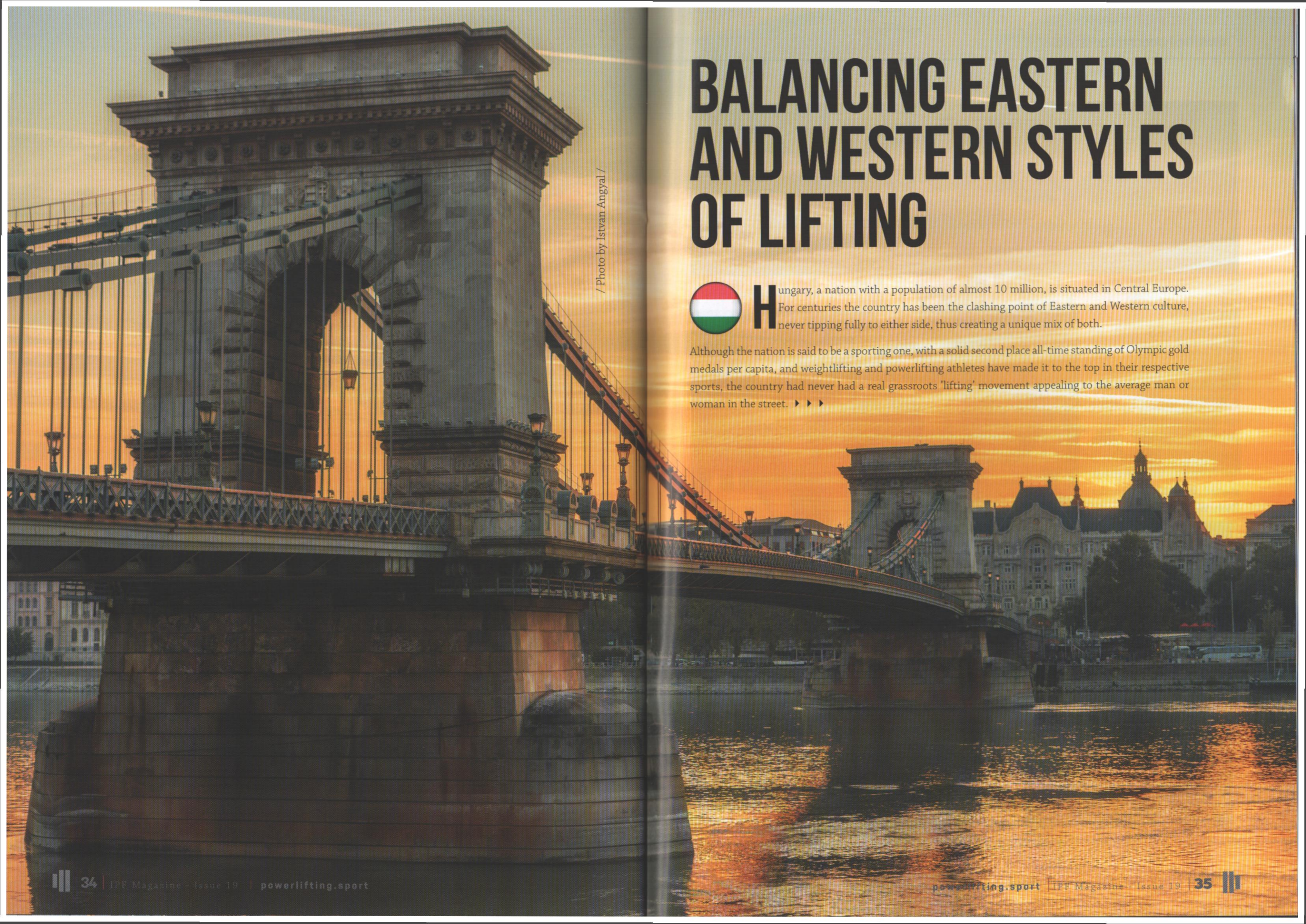
Sun Rises on New Era of **Bench Press** Championships



In Japan, a country that effortlessly combines the traditional with the modern, so too equipped and classic bench press were combined seamlessly into one super event. Over 1,000 bench pressers leapt at the chance to compete at this historic Championship and absorb Tokyo's electrifying energy.

Men and Women, Classic and Equipped, Juniors, Open and Masters - we bring you exclusive photos from the 2019 IPF World Bench Press Championships.





/ Photo by Istvan Angyal /

BALANCING EASTERN AND WESTERN STYLES OF LIFTING



Hungary, a nation with a population of almost 10 million, is situated in Central Europe. For centuries the country has been the clashing point of Eastern and Western culture, never tipping fully to either side, thus creating a unique mix of both.

Although the nation is said to be a sporting one, with a solid second place all-time standing of Olympic gold medals per capita, and weightlifting and powerlifting athletes have made it to the top in their respective sports, the country had never had a real grassroots 'lifting' movement appealing to the average man or woman in the street. ▶ ▶ ▶

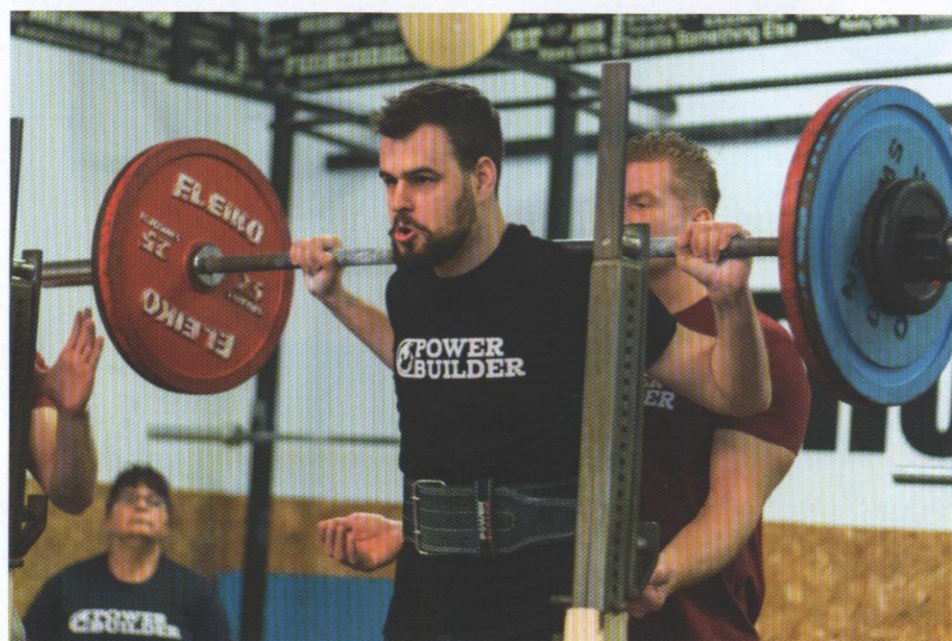


The Coaching team of Powerbuilders

WESTERN TECHNIQUES APPEAR

It was a pleasant surprise to the Hungarian Powerlifting Federation when a group called 'Powerbuilders' suddenly produced hundreds of new athletes at the national level. The Powerbuilders movement started in 2013 by founder Zsolt Wittmann, using social media and online platforms, and it just swept in thousands of ordinary people, who started to do powerlifting. They have made lifting popular among the common gym goers (who have been disappointed by never-coming body transformations or false ideals foisted off on them in various bodybuilding media). The result was thousands of those people now wanted to get strong. Getting strong became their war-cry and sports goal. What's more heart-warming is more than 30% of those people involved are women!

The Powerbuilder system utilizes Western (American)



Powerbuilders regularly compete at local meets

methods of powerlifting training. They were the first to start online coaching in Hungary, so even the remotest regions of the country could access coaches via the internet. In addition to reaching the masses with the message of powerlifting, they also have had success in developing a few high-level athletes and ranked first in team competitions in both male and female divisions. They now work with several full time

coaches who provide coaching both in person and online.

EASTERN SCHOOLS REVIVE

In keeping with Hungary's seemingly rock-solid rule of ever balancing Eastern and Western influence, the old Eastern bloc training methods, inherited from the extremely successful Soviet weightlifting roots has also undergone a spectacular revival.



Coach Mihaly Szimcsina, "Uncle Misi", shown in the middle, with some of his pupils.

That surge was largely thanks to ex-Soviet weightlifter and powerlifter coach Mihaly Szimcsina and a team around him led by Tamas Neszveda. The refurbished Eastern lifting technology has been named Soviet Powerlifting Method (SZEM for shorts in Hungarian, also meaning 'an eye'), and its main objective is to bring an athlete to the top of their capability, and thus compete at national and international levels. SZEM reaches less people and focuses on producing top athletes (which it does, as witnessed by Junior and Open gold medals, National

Team Championship golds and medals in Masters 1 category at World and European levels.)

SZEM also made their own headquarters in Budapest which became a heaven for aspiring top powerlifting athletes. The place has been given the characteristic name of Sirius Lifting (a pun for Serious) that promises nothing but sweat, tears and... results.

THE BALANCE

These two flourishing powerlifting groups are certainly giving back to powerlifting what they have been given by our wonderful sport.







Tamas Neszveda coach

TAKE YOUR ATHLETES TO THE NEXT LEVEL



WHAT'S IN IT FOR YOU?

-  Centralize all your online coaching activities
-  Make better programming decisions
-  Gain valuable insights on your athletes' training
-  Keep a history of training data and personal records

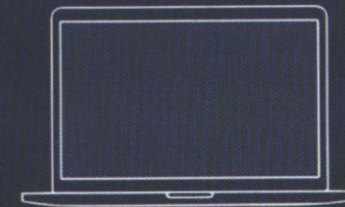
FEATURES

-  Deliver training and nutrition plans to your athletes and manage them remotely
-  Analyze your athletes' training data and track their performance
-  Build your training templates in a simple, user friendly way
-  Manage a team of coaches
-  Receive monthly and yearly progress reports on athletes and coaches

COMPONENTS



APLYFT
Athlete app.



WEB PORTAL
Your very own web portal that allows you to perform all your programming activities.



APLYFT X
X stands for expert. It is your coaching app.





IPF Shines at SportAccord Convention on the Gold Coast

1,700 delegates from 84 nations travelled 'Down Under' to the Gold Coast, Australia to attend the SportAccord Convention - an annual international sport convention and summit for world sport combining an exhibition, meetings, information sessions and conferences.

The IPF were proud to once again have a prime-position booth at SportAccord – the world's top

annual event focused on driving positive change within the world sports movement.

Five days of conferences, workshops, exhibitions and meetings attended by 109 international sports federations and all the major sporting umbrella organisations including the IOC, with all up a total of 831 organisations present.



IPF Officials meet with Mr Steve Mistrot, the Vice President of Sports for The World Games 2021, Birmingham USA.



Former United Nations Secretary General Mr Ban Ki-Moon drops in and deadlifts (the fake) 225kg at the IPF Booth!

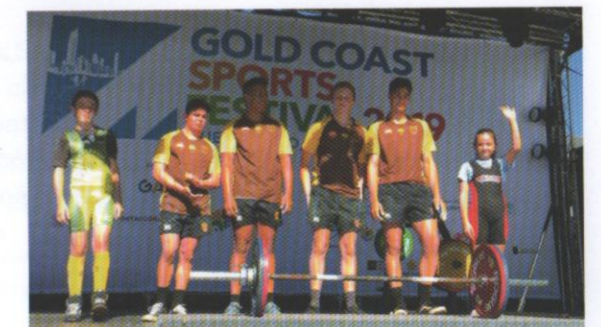


During the SportAccord Convention, FISU confirmed that in association with the IPF the first "University World Powerlifting Championship" will be held

in Moscow, Russia in 2022. FISU agreed to the University World Powerlifting Championships with the IPF following negotiations and three successful editions of the forerunner event - the University Cup. With the development of the University Championships, university athletes now potentially have access to financial support from their universities to compete at the event, setting a new precedent.



GAISF General Assembly



Once more this year, the AIMS Sports Festival, a joint initiative of GAISF and United Through Sports, was one of the most popular events at SportAccord. Overall, 60 sports took part in the Festival – the IPF took part for the second consecutive year. The IPF participated in the Sports Festival held last year in Bangkok during the SportAccord Convention, which spawned the creation of the Thailand Powerlifting Federation. This year the Australian Powerlifting Union (APU) directed two powerlifting events – special thanks to APU President Sean Muir for organising this. Impact: 2,500 children from local schools and

SPORT ACCORD

WORLD SPORT & BUSINESS SUMMIT

youth clubs had the opportunity to experience and see sports they have never tried before. One of them, of course, was powerlifting.

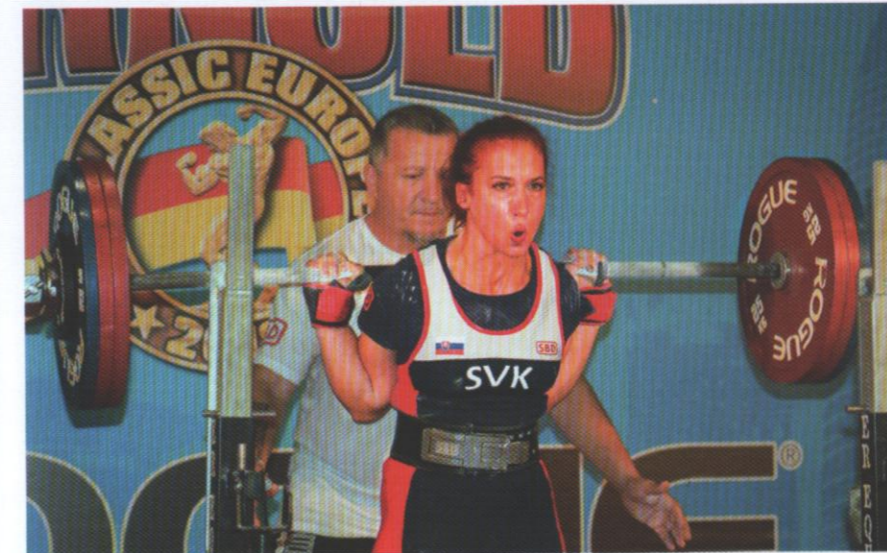


Mr Nassif Chedrawi from APLYFT was present for the entire SportAccord Conference. The powerlifting booth at the SportAccord Convention, sponsored by Eleiko, SBD and APLYFT, provided a significant visual impact to the important stakeholders and officials from the IOC, GAISEF, the IWGA, AIMS, Special Olympics, FISU, the Commonwealth Games and more. This year's booth was again a huge hit, as a large number of conference attendees stopped by and lifted the "weight" that sat enticingly on the floor in front of the booth.

Other Key Meetings:

- ▶ Meeting with AIMS President, Mr Stephan Fox who will be invited to Dubai for the IPF Open World Championships in November. He will be a guest at the IPF General Assembly to discuss the status of IPF'S IOC application and will be able to take questions from our members.
- ▶ Meeting with Mr Raphael Santonja, and Mr Manuel Martin of the International Federation of Bodybuilding and Fitness (IFBB) about developing a joint project between the IPF, the IFBB, the International Tug of War Federation, the International Arm-Wrestling Federation and the International Weightlifting Federation to create an internationally recognized Strength Games.
- ▶ Meeting with Mr Patrick Vadja, the President of International Federation of Sports Officials (IFSO). Benefits of the IPF joining this federation include sharing referee skills with other sports and training possibilities for IPF referees in new skill sets.
- ▶ Meeting with International Federation of Sports Chiropractic (FICS) finalising the attendance of Chiropractic Physicians at this year's IPF World and Regional Powerlifting Championships. The IPF shall add a physician from FICS to our Medical Committee.
- ▶ Meeting with Mr Andrew Person, the President of the International Paralympic Committee (IPC), requesting cooperation with the IPC and to set a meeting at their headquarters in Bonn, Germany to explore areas of cooperation including – training and coaching, exchange of referees, Paralympian powerlifters competing in the IPF and anti-doing education.
- ▶ Meeting with Mr Jon-Paul St. Germain of Special Olympics resulted in the IPF and SOI jointly re-formalizing the current MOU to include Unified Sport which includes both Special Olympians and able-bodied athletes competing together in a team format. SOI to attend the IPF World Open Championships in Dubai in November this year. The IPF shall assume the Technical Official role at the SOI World Games to ensure that the powerlifting event complies with the international standards. During 2020 – 2021, the IPF shall established a Sport for All Championships to include SOI, Paralympic and Blind Athletes.
- ▶ Meeting with Ms Laetitia Zumbrunnen, European Regional Executive Member for WADA.
- ▶ Attending the IWGA General Assembly. The Chinese city of Chengdu was confirmed to host the 2025 World Games.

IPF launches Arnold's "Rogue Classic Grand Prix Series"



€47,000 Total Prize Pool

The IPF and Rouge have teamed up to announce the inaugural "Rogue Classic Powerlifting Grand Prix Series" across three of the world's best

Arnold's events - Arnold's South America, Arnold's South Africa and Arnold's Europe.

"The Rogue Grand Prix Series at the Arnold's will be a lot of fun as it moves across three continents. With a fantastic prize pool worth fighting for, we are going to see great competitions." – Gaston Parage, IPF President

This year the total prize money across all powerlifting events at the three Arnold's will be €36,000, with the IPF covering flights and accommodation costs for Grand Prix finalists, bringing the total value of prize money and sponsorship to €47,000.

The top two male and female Grand Prix lifters from the Arnold's South America and the Arnold's South Africa will qualify for the final, staged at the Arnold's Europe, which is held on 20-22 September 2019.

And it's set to get even better! The 2020 prize money will rise to €55,000, and the 2021 & 2022 events have been allocated a staggering €71,000 prize money. There's never been a better time to lift at the Arnold's with the IPF and Rouge's new Grand Prix Series.

Visit the IPF website for full details:

www.powerlifting.sport/championships/arnolds.html

NEW IPF "Approved Lists"

The new list of IPF Approved Personal Apparel, Equipment and Logos for use at IPF sanctioned competitions is available on the IPF website.

It is valid from 1st January 2019 until 31st December 2022.

All companies who are listed on the IPF Approved List automatically have their logo approved and therefore all lifters are allowed to wear t-shirts of those companies

on the platform from local to international level events. Additional logo brands have been approved and may be checked on the IPF website.

Approved Personal Apparel: Only costumes, support shirts, wraps, belts, knee sleeves and singlets from commercial manufacturers officially registered and approved by the IPF Technical Committee are permitted for use in Powerlifting Competitions. This applies to all Championships

and records, from local events to World Championships.

Only bars, plates, squat racks, bench racks and benches from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in World, Regional and Continental Championships. The setting of World Records must be made with bars and discs featured on the Approved List.



CALENDAR

For full calendar including Regional and Commonwealth Championships, Pacific Games, Arnold's events and IPF Coaching Courses please check the IPF website: www.powerlifting.sport

October 7-12
World Masters Powerlifting Championships
Potchefstroom, South Africa

November 18-23
World Open Powerlifting Championships
Dubai, UAE

April (2020) 19-25
World Classic Masters Powerlifting Championships
Cape Town/Sun City, South Africa

May 16-23
World Open, Sub Junior, Junior & Masters Classic & Equipped Bench Press Championship
Pilsen, Czech Republic

June 12-21
World Sub-Junior, Junior & Open Classic Powerlifting Championships
Minsk, Belarus

July 6-11
World University Classic Powerlifting Championships
Sharjah, UAE

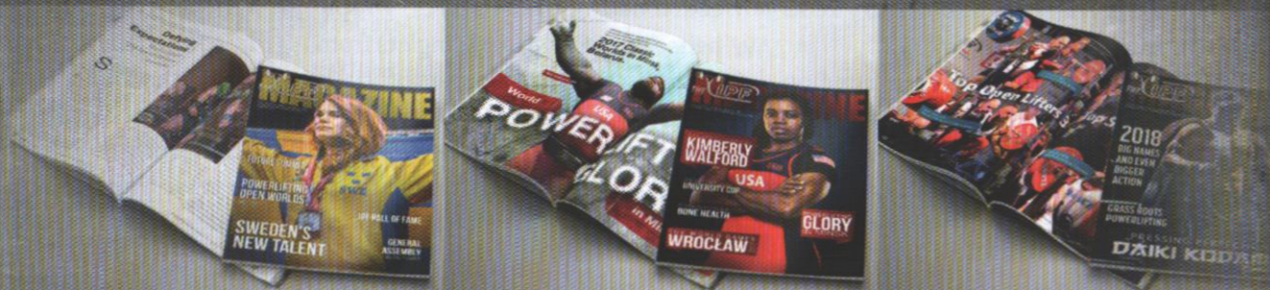
Aug-Sept 31-05
World Sub-Junior & Junior Powerlifting Championships
Birmingham, AL, USA

October TBD
World Masters Powerlifting Championships
Newfoundland, Canada

November 2-7
World Open Powerlifting Championships
Stavanger, Norway



Subscribe now and never miss out on IPF news!



▶▶▶ powerlifting.sport/media/ipf-magazine.html ◀◀◀



<http://bull-samurai.com/>

IPF WORLD MAP

IPF EXECUTIVE COMMITTEE

Officers of the Executive Committee are elected every four years at the electoral General Assembly. Contact details for the IPF EC can be found at: <http://www.powerliftingipf.com/federation/executive-committee.html>

President: Gaston Parage (Luxembourg)

Vice President: Sigurjon Petursson (Iceland)

Secretary General: Robert Keller (USA)

Treasurer: Dietmar Wolf (Norway)

Technical Committee: Johan "Hannie" Smith (South Africa)

Board Member for Europe: Arnulf Wahlstrom (Norway)

Board Member for Asia: Farshid Soltani (Iran)

Board Member for Africa: Alan Ferguson (South Africa)

Board Member for Oceania: To be announced

Board Member for South America: Julio Conrado (Brazil)

Board Member for North America:

Dr Hugh Velaquez (Costa Rica)

Women's Representative: Eva Speth (Germany)

Athlete's Representative: Pjotr van den Hoek (Netherlands)

Medical Representative: Dr. Josephine Wing-Yuk Ip (Taiwan)

Media Representative: Christina Chamley (Australia)



COMMITTEE IN FOCUS

The IPF Media Team

Chairperson: Christina Chamley

Team:
Photography: Heinrich Janse van Rensburg, Paco Gutierrez

Social Media: Heinrich Janse van Rensburg

Online Streaming: Eric Rupp

Streaming TV Crew: Viva TV

Commentary: Gary Williams, Ryan Lapadat

Magazine: Christina Chamley, Miklos Fekete, Louise Edwards

Design: István Angyal

Regional Media Officers: Heather Leighton, Elmamoun Mohamed, Eduardo Briatures, Kenji Nakama Hokamura.

The IPF Media Team take great pride and pleasure in producing and providing the best quality media across social media, YouTube, the print magazine and our online websites. A hard-working and happy team constantly striving for improvements to present the IPF lifters, Championships and news in the best possible way and in so doing, extending the reach and impact of the IPF. The growth and impact of the IPF Media team has been nothing short of staggering over the last 10 years and will continue to be a part of the successful growth story of the IPF at large.

IPF COMMITTEES & COMMISSIONS

- Anti-Doping Commission
- Appeal Committee
- Athlete's Commission
- Coach Commission
- Doping Hearing Panel
- Ethics & Disciplinary Committee
- Entourage Committee
- Law & Legislative Committee
- Media Team
- Medical Committee
- Non-Executive Officers
- Sports For All Commission
- Technical Committee
- Women's Committee
- Youth Committee