



## ***European Powerlifting Federation***

# **Minutes of the EPF General Assembly 2016**

“Updated 2016.05.29.”

Date: Tuesday 10th May  
Place: Pilsen, Czech Republic  
Start: 19.00

### ***Delegates:***

#### ***Full members***

***Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Great Britain, Iceland, Italy, Luxembourg, Netherlands, Norway, Poland, Russia, Slovakia, Sweden, Ukraine, (Estonia arrived too late to have a vote.)***

***Total 18 (19)***

#### ***EC members***

***Arnulf Wahlstrom, Linda Hoeiland, Sandro Rossi, Ralph Farquharson, Myriam Busselot***

***Total 5***

#### ***Chairmen (without vote)***

***Myriam Busselot, Maria Pia Moscianese, Sandro Rossi, Ralph Farquharson,***

#### ***Non-executive member (without vote)***

***Jiri Hofirek***

***\*\*Total 23 votes \*\****

*Ralph Farquharson (ESP) was appointed to count the votes.*

*Ralph Farquharson (ESP) was appointed to write the Minute*

## **AGENDA.**

- |  |                                  |
|--|----------------------------------|
| 1. Welcome by the President and the Czech PF Pres. | Arnulf Wahlstrøm, Miroslav Vacek |
| 2. Roll call of Nations and Delegates.....         | Ralph Farquharson                |
| 3. Presidents address.....                         | Arnulf Wahlstrøm                 |
| 4. Minutes of the last General Assembly.           |                                  |
| 5. The Account with the balance sheet.             |                                  |

Treasurers report.....	Linda Hoeiland
Auditors report.....	Pavol Müller and Thomas Högberg
Approval of budget for 2016.....	Linda Hoeiland
6. Secretary General report.....	Ralph Farquharson
7. Vice President report.....	Sandro Rossi
8. Committee Reports:	
- Technical .....	Myriam Busselot
- Law and Legislation .....	Jari Rantapelkonen
- Disciplinary .....	Pavol Müller
- Finance....(see Auditors report).....	Pavol Müller and Thomas Högberg
- Appeal .....	Morten Novum
- Women's .....	Maria Pia Moscianese
- Championship Secretary .....	Jiri Hofirek
- Media .....	Ralph Farquharson
9. Elections ( no election 2016)	
10. Proposals	
11. New member Applicants	
12. Action on Delinquent Nations	
13. Hall of Fame	
14. Bids and confirmation on Future Championships	
15. Any other Business	
16. Adjournment	

.....  
 - Technical meeting with team nominations and technical details after the General Assembly.  
 .....

### 3) President's report.

#### **Welcome.**

On behalf of EPF I wish delegates and guests welcome to the 2016 European General Assembly. I want to thank the meet director Vladimir Mati and CPF President Miroslav Vasec, for again inviting us to Pilsen and I am looking forward to a pleasant stay and a well organised championship – as we always see here in Pilsen.

#### **European Championships 2015.**

A lot of hard work and good planning created European championships of good technical and social standard in 2015. Statistics show that all together 1091 (\*774) lifters took part in European championships in year 2015.

It is a high standard on European lifters. **Larisa Soloviova** and **Biliyi Sergii** from Ukraine were awarded European *equipped* lifters 2015 and **Magdolna Petroczki** and **Ivalo Hristov** from Bulgaria were awarded European *classic* lifters. Congratulation!

#### *European championships 2015 were organised in:*

• Chemnitz, Germany..	(Open equipped)	74 (*74)	Men and	47 (*44)	Women
• Pilsen , Czech Rep.	(Open/J/SJ classic)	187	Men and	120	Women
• Oroshaza, Hungary	(Juniors/Subjuniors)	75 (*71)	Men and	49 (*46)	Women
• Pilsen, Czech. Rep.	(Masters)	118 (*152)	Men and	35(*43)	Women
• Pilsen, Czech. Rep..	(Benchpress Open)	63 (*76)	Men and	43(*42)	Women
• Tallinn, Estonia	(Benchpress Masters)	147 (*119)	Men and	54 (*46)	Women
• La Manga, Spain	(WEC)	25 (*38)	Men and	22 (*23)	Women
• Imst, Austria	(Danube cup)	21	Men and	11	Women

\* = numbers in 2014.

### ***Antidoping.***

In year 2015, EPF made 115 (80 in 2014) doping tests at European championships. This means that about 10,5% of all lifters were tested. 1 junior lifter tested positive - and is suspended for 2 years.

We all know how important the anti-doping work is for the sport of powerlifting to be accepted by IOC and also worldwide as a sport with integrity. The fight against doping abuse has the highest priority within both EPF and IPF. Only by controlling this cheating we can all be proud to represent the sport of powerlifting. The institution of new classic championships attracts new lifters and it is extremely important that each national federation makes the same anti-doping control and information to these lifters as they do for the equipped lifters. Fortunately, no lifters tested positive in the first European Classic championship.

### ***High standard of European lifters.***

I like to express my congratulation to all European medallists at World championships.

European lifters won 28 out of 45 medals in total at the Open equipped Worlds and 64 out of 102 medals in total at the Junior equipped Worlds.

In addition, European Master lifters and European Bench pressers in all age categories won a high number of World medals last year.

EPF is one Region of total 6 IPF Regions and European lifters won more than 50% of the medals in World championships. This high level is a result of hard work by the athletes but also a big credit to European coaches and training systems as well as the leadership in national clubs and federations. You should all be very proud of this success!

### ***Strategic planning.***

The EPF EC has every year worked out GA proposals and made up documents and routines to improve the organisation of powerlifting in Europe and to prepare for the future.

At this GA a document named "***Strategic plan 2016-2019***" is put forward to help us work towards common goals. This document will be our guide-line for the next years.

### ***Marketing strategy.***

EPF has established a marketing committee.

The members are both professional (paid people) and volunteers. Eric Rupp from Germany is central in this project. His company has made several assignments for EPF including development and maintenances of the EPF web and this company created the new EPF logo few years ago.

First job for the committee will be to renew the EPF web completely and work out strategies for updating media (web, facebook, twitter) frequently.

### ***Identity.***

EPF needs a better and unified identity, which means logo, colours and presentation of EPF in same format throughout all documents, medias etc. This will be one of the tasks for the committee to look into.

### ***Classic.***

European Classic championship for Open, Juniors and Sub-juniors was started in 2015. This turned out to be a big success with about 300 participants and with many new lifters entering the podium. Reports from member federations, inform that classic lifting grows fast at national levels and attracts both sex. Recruiting is crucial and classic lifting seems to appeal to strength training people in general.

In 2017, EPF organises the first European classic championship in Bench Press for all age categories and from 2018 European Masters Classic powerlifting championships are introduced.

Then equipped and classic lifting are juxtaposed and the future will tell in which way the powerlifting will develop.

### ***Streaming.***

In 2015, EPF made high quality live streaming from the European Open powerlifting championships and the European Junior/sub-Junior powerlifting championships. Statistics show that e.g. From the European Opens, xx people watched the streaming and stored videos during the championship and 1 day after.

The quality of the two live streamings, made by Viva TV, were excellent and more cameras and equipment for replays are planned for 2016.

#### *Sponsorship.*

The EC has worked hard to get more sponsors into European powerlifting. This has been successful as agreements are achieved with Eleiko AB, SBD Apparel, ER Equipment, Titex and Leoko Oy. This gives some economic support to EPF as organisation but also gives equipment and clothing to organizers of European championships.

Sponsors are very important for all sports and the EC will continue the work to establish good conditions to attract sponsors. We see a large potential of sponsoring in connection with the high quality streaming.

#### *La Manga Strength Centre.*

The centre is up and running and the IPF coach seminars are organized regularly. In connection with the centre, the University in Murcia has established a test laboratory to test athletes regarding strength, technique etc. A special test program for powerlifters will be worked out in the near future in combination with strength training.

The La Manga Club offers a wide range of facilities attractive for family holidays to combine training and pleasure.

#### *Certified Coaches.*

IPF in cooperation with EPF, has worked out a document of rules and recommendations for IPF/EPF Coaches.

All national coaches active at international level must adapt these rules by signing this document during the weighing in of the lifters.

The benefit by following these rules is great for all parties – both the coaches, lifters and the organizers. A good system in the warm up area benefits greatly the work condition for the coaches and makes it more easy for the lifters to concentrate about the preparations.

#### ***Thanks to the EPF Officials.***

The administration and daily work to run EPF is increasing from year to year. EPF is in need of an employed Secretary to assist with all the paper work. For the moment, the economy does not allow such employment, so the EPF officials are doing a great voluntary work to keep up everything. Some officials have more or less a full time work with EPF matters.

No federation or company is better than the people doing the work and I am proud to state that EPF has dedicated and hardworking officials that cooperate perfect in the administration team and also cooperate well with our members.

Thank you very much to the Championship Secretary Jiri Hofirek and the Board members Linda Hoeiland, Ralph Farquharson, Myriam Busselot, Sandro Rossi and Jari Rantapelkonen as well as all EPF officials in various committees - you do a great work to run and administrate EPF!

A big thank you to Alain Hammang from Luxembourg as well. He was the EPF Treasurer from 2005 to 2015. He established a new standard of book keeping and made a big contribution to the development of EPF all this year!

#### ***Good luck.***

I hope we will have useful discussions and make good decisions at this General Assembly and I wish you all a successful Open European Powerlifting Championships 2016.

*Arnulf Wahlstrøm, EPF President*

***Accepted unanimously***

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#### **4) Minutes of the last Congress.**

The Minutes can be loaded down from the EPF web.

No remarks have been received.

*No remarks***5) EPF Account 2015** (All values are in Euro)**Treasurer Report 2015:**

Over the previous years the EPF accounting has been done based on a single entry accounting system which gives an overview of the income and payments of the EPF accounts within one calendar year. The summary of the last ten years of bank account movements is shown in the following listing:

The following financial evolution in the EPF accounts stands (for the last ten years):

2006	58.114,21 Euro (EPF business account 1.076, 91+ EPF savings account 57.037,30)
2007	70.649,48 Euro (EPF business account 1.892,52 + EPF savings account 68.756,96)
2008	84.106,17 Euro (EPF business account 1.906,50 + EPF savings account 82.199,67)
2009	84.144,37 Euro (EPF business account 969,22 + EPF savings account 83.175,15)
2010	92.326,16 Euro (EPF business account 526,26 + EPF savings account 91.799,90)
2011	97.653,30 Euro (EPF business account 206,01 + EPF savings account 97.447,29)
2012	90.050,38 Euro (EPF business account 53,25 + EPF savings account 89.997,13)
2013	92.155,65 Euro (EPF business account 50,45 + EPF savings account 92.105,20)
2014	94.910,66 Euro (EPF Business account 1713,20 + EPF savings account 93.197,46)
2015	94.085,32 Euro (EPF Business account 264,87 + EPF savings account 93.037,46)

From the accounting year 2015 the EPF accounting has been done based on a double entry accounting system, which gives a good presentation of the income and cost related to the activities in year 2015. The movements of the two accounts will still be shown in the top overview so it should still be easy to read the amount belonging to the EPF at the year end. The benefit of a double entry accounting system is to separate income and cost related to one year of activities. This will also make it easier to set up a budget and compare the actual cost and income to the budget of the specific year.

In the *Balance* below you will find numbers for 31.12.2015 compared to 31.12.2014. The balance gives an overview of the global financial situation for the EPF by end of 2015. Here the amounts of money on the two EPF bank accounts are shown, and outstanding payments from sponsors, membership fees and participation fees related to 2015 are accounted for as *Total receivables* (see notes for details). Some income related to 2016 has been paid in 2015, and this amount is shown as *Advanced payments of 2016 fees* (see notes for details). Outstanding payments related to 2015 are listed as *Short term not interest-bearing liabilities* (see notes for details).

<b>Balance - Global financial situation - EPF</b>			
<b>Note</b>	<b>Assets</b>	<b>31.12.2015</b>	<b>31.01.2014</b>
	Business account LU300019205559571000	264,87	1 713,20
	Savings account LU430019651241234000	93 037,46	93 197,46
1	Total receivables	3 544,40	-
	<b>Total assets</b>	<b>96 846,73</b>	<b>94 910,66</b>
	<b>Equity and liabilities</b>	<b>31.12.2015</b>	<b>31.01.2014</b>
	EPF - capital	93 456,80	94 910,66

2	Advanced payment of 2016 fees	1 300,00	-
3	Short-term not interest-bearing liabilities	2 089,93	-
	<b>Total equity and liabilities</b>	<b>96 846,73</b>	<b>94 910,66</b>

The income statement for 2015 is shown below. All income and cost related to the 2015 activities are included. The result for 2015 is compared to the budget for 2015 (see notes for details).

<b>Income statement 2015</b>			
<b>Note</b>	<b>Category</b>	<b>Result 2015</b>	<b>Budget 2015</b>
	<b>Expences:</b>		
	Bank Fees	222,41	400,00
4	Doping Costs including IPF/OCT	47 825,80	60 000,00
5	Flight/Travel Costs	18 078,44	14 000,00
	Marketing Strategy	6 463,16	8 000,00
6	Streaming	39 254,51	40 000,00
7	Reimbursement Comp. Secret.	7 888,52	5 000,00
	Reimbursement EPF Executive	4 100,00	3 000,00
8	Other approved expenses	9 988,92	10 000,00
9	Sports Development Fund	2 888,00	3 000,00
	<b>Total expences:</b>	<b>136 709,76</b>	<b>143 400,00</b>
	<b>Income:</b>		
	Credit interests - savings account	37,46	200,00
	Anti Doping Fees	56 600,00	60 000,00
10	Membership Fees	9 600,00	9 000,00
11	Participating Fees	47 020,00	48 000,00
	Penalty Referee Fees	3 000,00	1 000,00
12	Sanction Fees	6 200,00	6 400,00
13	Sponsors	12 798,44	10 000,00
	<b>Total income:</b>	<b>135 255,90</b>	<b>134 600,00</b>
	<b>Net profit of the year 2015 - (negative)</b>	<b>(1 453,86)</b>	<b>(8 800,00)</b>

#### Notes to the closing of the EPF accounts 31.12.2015

1 Sponsor payment 2015 from eleiko, paid 4.01.16	1 500,00	EUR
1 Sponsor payment - LMC 2015	504,40	EUR
1 Participation fee from Spain Europe classic cup	740,00	EUR
1 Outstanding payment, MF 2015 Germany and Denmark	600,00	EUR
1 Outstanding payment, SF Danube 2015, Austria	200,00	EUR
2 Sanction Fees 2016	1 000,00	EUR
2 Membership fees 16	300,00	EUR
3 Outstanding travel cost - Martin Flett	661,41	EUR
3 Outstanding reimbursement comp.secr	688,52	EUR
3 Outstanding payment of PF Danube 2015	740,00	EUR
4 Included - Transfer to IPF for OCT	15 000,00	EUR
5 Including travel cost for EC workshop in 2015	5 149,53	EUR
6 Cost of high quality streaming from European Open and European Jr/Sub-Jr. 2015		
7 Contract cost for 600 EUR/month + reimbursement of additional server cost etc.		
8 Daily allowance for EPF officials, Organiser plaque, other administrative cost		
9 Germany claimed for "Sports development Fund" in 2015		
10 Including outstanding payment from Denmark and Germany		
11 Including outstanding payment to organiser of Danube 2015 37x20 EUR		
12 EPF organised WEC, therefore no income. Including outstanding payment for SF Danube 20		
13 Sponsors 2015: Eleiko, Leoko, Titex, SBD, ER-Equipment, LMC		

Linda Hoeiland EPF Treasurer

**Accepted unanimously****Provisional budget 2016 (Euro).**

<b>EPF provisional budget 2016</b>		<b>Provisional budget 2016</b>
<b>Category</b>	<b>No</b>	<b>Expences</b>
Bank fees		300
Travel cost		16 400
Doping costs incl. OCT		58 000
Participating Fees (x lift.)	1160	23 200
Media and Marketing		41 800
Other approved expences - Administrative cost		4 500
Sport Development Fund		30 900
EPF officials at European championships		5 350
Reimbursement - EC/EPF officials		8 000
Reimbursement. Computer Secr. (600EUR/month)		7 900
<b>SUM</b>		<b>196 350</b>
<b>Category</b>	<b>No</b>	<b>Income</b>
Credit Interest		50
Doping fees	1160	58 000
Membership Fees (33 nations)		9 900
Participation fees	1160	69 600
Penalty (Referee Fees, Late payment Fee)		3 500
Sanction Fees		6 400
Sponsors		48 900
<b>SUM</b>		<b>196 350</b>
<b>Balance</b>		<b>(0)</b>

Linda Hoeiland, EPF treasurer

Remark from Norway: all funds collected for Anti-doping must be used for anti-doping, any unused funds from previous year must be transferred to the same purpose the following year.

**Accepted unanimously****Report from the Auditors Committee.**

Dear members of the EPF executive,

I checked all records for period from 1. January 2015 to 31. May 2015. The documents that I received from Alain were copies of the originals, in chronological order. Finally, each month is accompanied by an

output of the economic system in the required structure. Accounting is conducted transparently and minor bugs that I found do not affect the economic result.

I found only two minor structural errors in costs relating to bank charges. Specifically, it was a financial operation number 91 and 215 where bank charges have been integrated into other cost groups (4,11 € travel, doping costs 7 €)

The correction of the number of competitors after the payment for the participation and anti doping can lead to temporary logical discrepancies in the income items during the month. Such I found in the middle of May. As in the cost there was only structural movement between anti doping fee , participating fee and other approved expenses. After the call with Alain and his explanation all was clear.

**Based on the control of primary documents and outcomes from the economic system, I confirm that incomes and expenses presented in the Profit and loss statement ( Financial situation) correspond with the bank statements of period from 1st January to 31st May 2015 with the balance in the amount of 5,405.02 € . Also I can confirm that balance in the amount of 75 000 € on the savings account after movements recorded in bookkeeping corresponds with the bank statement from 31st May 2015.**

Finally many thanks to Alain for his support with audit and I´d like to wish Linda all the best on her new position.

**Pavol Müller, EPF auditor**

*Accepted unanimously*

Dear members of the EPF Congress,

The interim financial statement evaluation has been performed as at May 31, 2015. The reason was a change on the position of the treasurer. Due this fact the audit was arranged in two phases - the first one covers a period January 1,2015 to May 31,2015 and the financial statements was prepared by Alain Hammang. The auditor´s report to this financial statements prepared by Pavol Müller is a Annex to this report.

The second phase of the audit covers a period from Jun 1, 2016 to December 31, 2015. At this time Linda Hoiland as a new elected treasurer in charge provided both auditors, i.e. Pavol Müller and Thomas Högberg with all accounting documents and bank statements needed for the audit to be performed. Thus, through a Dropbox tool used the whole accounting system was available for evaluation of accounting records and a comparison of moves on bank accounts, as well.

Neither for the first nor for the second phases any significant failures affected 2015 year financial results were worked out. Anyway, those minor structural faults almost solely regarding antidoping and participating fees have been all corrected, of course. Our proposal for further improvement would be to adjust the system for records presentation in EUR currency, anyway.

In 2015 year results presentation for balance sheet and income statement Linda used an accrual principle (an accounting entity shall account for as well as present accounting transactions within relevant period in terms of time and substance). This kind/format of presentation is not typical for single entry bookkeeping (i.e. basis of cash receipts and disbursements ) since this system doesn´t know accruals / deferrals. The accrual principle is a principle of the double entry bookkeeping and the output, i.e. result presents entity activities at the end of accounting period. In any case such presentation has its logical justification, even if the economic demands on the readers are higher.

Base on the audit we can confirm as follows:

**The presented financial result is correct, it is based on accounting and it corresponds with the bank statements as at 31.12.2015. State on the current bank account within 31.12.2015 is 264,87 EUR and state on the saving account as at 31.12.2015 is 93 037,46 EUR.**

We would like to thanks both treasurers Alain and Linda for their hard and very good work

We wish you all a successful Congress

Pavol Müller , Thomas Högberg  
EPF auditors



## *Accepted unanimously*

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### **6) Secretary General Report**

Another very busy year for the EPF has come to a close. I would to reflex on the great work done by the EPF executive during 2015 and look forward to even greater things in 2016.

As stated in my 2015 report my workload as EPF Secretary General has increase 10 fold to point that I now have a fully operational office and work approximately 6 hours most days. The job as Secretary General can no longer be done on a voluntary basis.

EPF continue their work to support IPF with their ongoing fight for IOC recognition, we all hope they will accomplish this goal in 2016.

It is with sadness I report the loss of two of our powerlifting family, Georg Boström from Sweden and former IPF Secretary General John Moody from Great Britain, they both will be a greatly miss.

#### **Live high quality streaming.**

EPF sign new contract with Viva TV to high quality livestream the European Sub-Juniors/Juniors and Open championships in 2016. *Richard Haywood from Viva TV informed us that they have invested in a replay machine this will improve the production for 2016. they are also looking to invest in further new technology that is currently being used in other top sports to enhance the coverage which will assist in the growth of powerlifting*

#### **EPF strategic and marketing plan**

EPF is now working closely with professional people to develop a strategy and marketing plan to focus on the tasks and goals for EPF to raise the sport to the next level, should we be granted IOC recognition this is something we must have in place.

#### **Sponsors**

No sport can operate without the support of sponsors, our gratitude to all our sponsors, Eleiko, Leoko, SBD apparel, ER equipment and Titex; the EC will continue to search for other sponsors

#### **Championships**

With the introduction of Classic lifting have seen a dramatic rise in the number of lifters taken part in our sport especially among young ladies, I hope all member nations will take the opportunity to establish a strong base for female lifting for the future. This is an opportunity we should not miss.

#### **Special Olympic**

European Powerlifting Federation and Special Olympic Europe sign an agreement to develop SOI in Europe. The vision of EPF is to facilitate growth of Powerlifting within our member nations, to popularize the sport via livestream and social media and to contribute to the development of talented European lifters so they can compete at the highest level.

The principle of EPF is for sport for all, fair play and equal opportunity. At this year European Sub-Junior/Juniors 5 SOI lifters will take part. We're encouraging all EPF member nations to integrate SOI within their federation.

#### **Organizer of European championships**

Special thanks to all organizers of European championships, as the EPF stride to raise the standard of our championships organizers have to become more professional with the way the sport is presented, we will continue to work with organizers to bring the sport of Powerlifting into the 21<sup>st</sup> - century

#### **Member nations**

EPF is committed to work with all our member federations to develop our sport at all level, one of the weak areas of our sport is social media. In 2016 EPF is to developing a EPF media group not only to develop media at EPF level but also to work closely with nation's media to make our sport more popular among social media and the general public

I would like to thank all Member nations, Promoters, Referees, Officials, Athletes, Coaches, Volunteers and the EC board for your great work during 2015. And wish you all a successful 2016 General Assemble

*Accepted unanimously*

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## 7. Vice President Report.

Dear Members Delegates,

As Vice President I have had the honor and the privilege to cooperate with the other Members of the Executive. This cooperation has resulted in the exchange of numerous and daily email in order to optimize the operation of our sport and democratic life.

In particular I have checked the hotel rates that the Organizers communicate to the Executive, giving them some inputs in order to obtain lower rates. This in the interest of the Member Nations.

I was present as EPF Officials in the following competition:

- 2015 Open Powerlifting European Championships (Germany);
- 2015 Open Bench Press Championships (Czechia);
- 2015 WEC (Spain)

Moreover I invite the Member Nation to fulfill the excel file sent to you and that will be presented at the GA, in order to improve our image as one of the best Continental Federation of IPF.

To the Member Nations I express, also my personal appreciation for their contribution to the development of our sport.

To the Czech Federation I express my personal thanks for organizing the most important European competition in powerlifting.

I wish to coaches, referees and lifters a successful European 2016.

Sandro ROSSI Vice President

[Sandro Rossi highlighted the importance to return the yearly questionnaire to document national activities.](#)

*Accepted unanimously*

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## 8. Committee Reports.

### - Auditor Committee Report

See chapter no. 5

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### - Technical Committee report.

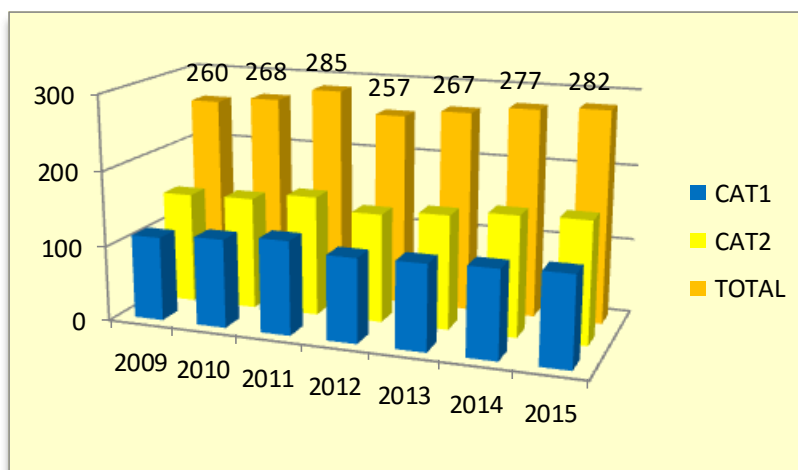
#### **TECHNICAL COMMITTEE REPORT to Congress 2016**

Another year has passed and I am pleased to report the following:

Now all written exam is done by electronic system in the English language and at own computer. A large number of exams were conducted in 2015, congratulations to all who have passed the exams to become international referee and especially to all women.

But don't forget that in the rules is stated that a referee must be available for at least two days and not at least two sessions!

Total number of European Referees 2009-2015:



	2009	2010	2011	2012	2013	2014	2015
Cat 1	112	118	125	112	114	117	120
Cat 2	148	150	160	145	152	160	162
Total	260	268	285	257	267	277	282

Total 2015: 282 referees, 41 of them are women

Hopefully I can give you much support in the coming years and look forward to meet you at next Championships. I shall continue to take initiative and proactive approach working for the interests of the EPF family and I look forward to communicating in the coming years.

All the best to the Check Powerlifting Federation with the Men's and Women's European Open Championships!

Kind regards.

*Myriam Busselot, EPFT.C. Chairman*

*Accepted unanimously*

**- Law & Legislation Committee report.**

Dear Delegates,

The Committee consists of two members; Jari RANTAPELKONEN (Chairman) from Finland, and Patrik THUR (Member) from Sweden.

The EPF Law and Legislation Committee duties are ordered in the EPF Constitution and By-Law documents. The four basic tasks are:

- Shall receive any proposals regarding Constitution and By-Law documents of the EPF from member nations within the proper time frame, evaluate accordingly and suggest to the EPF Executive Committee alternative courses in action
- Shall serve as the parent committee in further amending the Constitution and By-Laws
- Is responsible for updating the Constitution and the By-Laws
- Shall study the Constitutions of new applicant nations and report the results to the Secretary General.

The latest activity year has included two main events affecting to the contents of the EPF Constitution and By-Laws. They are IPF General Assembly held November 2015 in Hamm, Luxembourg, and EPF General Assembly held in May 2015 in Chemnitz, Germany. Also EPF EC held February 2016 in La Manga, Spain a fruitful meeting to discuss important issues of rules to further develop.

The co-operation between the Committee and the other EC Members and committees has been done in extremely good spirit, and been very professional.

The work the current committee members have done is also based on previous, excellent work done by many. Without great humble work of these volunteers' the EPF Constitution and By-Laws should not have been in such a high standard level as it is in nowadays.

Thank you very much for the valuable work indeed. Also the L&L Committee would like to thank all the members of EPF EC for their contribution for the taking the EPF step by step forward in making best for the current status and future of powerlifting.

The L&L Committee wishes all the best to all the organizers of the European Championships. We wish full of energy for all the lifters, coaches, referees, and volunteers making powerlifting forward.

Jari Rantapelkonen (Chairman), and Patrik Thur (Member)

*Accepted unanimously*

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#### **- Disciplinary Committee report.**

Dear members of the EPF Congress,

After the IPF Congress in 2015, it seems that the regional disciplinary committees head towards the end and thus this EPF disciplinary committee report is probably the last one submitted to the EPF Congress.

European DC has been reestablished in 1995. I have to say that the first years of its existence were very busy. Indeed, DC had to solve all regional doping offenses. On one hand some of those were not that complicated, but on the other hand the others, especially in terms of legislation, occurred difficult. Situation after 2004 changed radically. Doping cases began to deal only with IPF DC and all duties of EPF DC were reduced to disciplinary transgressions in regard to a behavior and/or collegial relations under EPF Constitution. Mainly due to cultural and intelligent behavior of EPF member countries officials and athletes the second half of EPF DC existence was almost without any work. Well, all misunderstandings were always resolved informally.

I would like to thank to all the members of the executive, to those who unfortunately are no longer among us as well as all to Commission colleagues for their excellent cooperation and assistance during the last 20 years of my work in this Commission. I would also like to thank to all the athletes and officials of member federations for their reputable and cultural behavior.

I wish you all a successful Congress!

*Pavol Müller, E.P.F. Disciplinary Committee Chairman*

*Accepted unanimously*

[EPF President Arnulf Wahlstrom presented Pavol Muller with an award for his 20 years as chairman of the Disciplinary committee.](#)

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#### **- Appeal Committee report**

The Appeal Committee has not received any cases during 2015.

Since there has not been any activity in the Appeal Committee, it has not been required to appoint any additional members, neither any meetings or communications have been issued.

*Morten Novum, Chairman, Appeal Committee*

*Accepted unanimously*

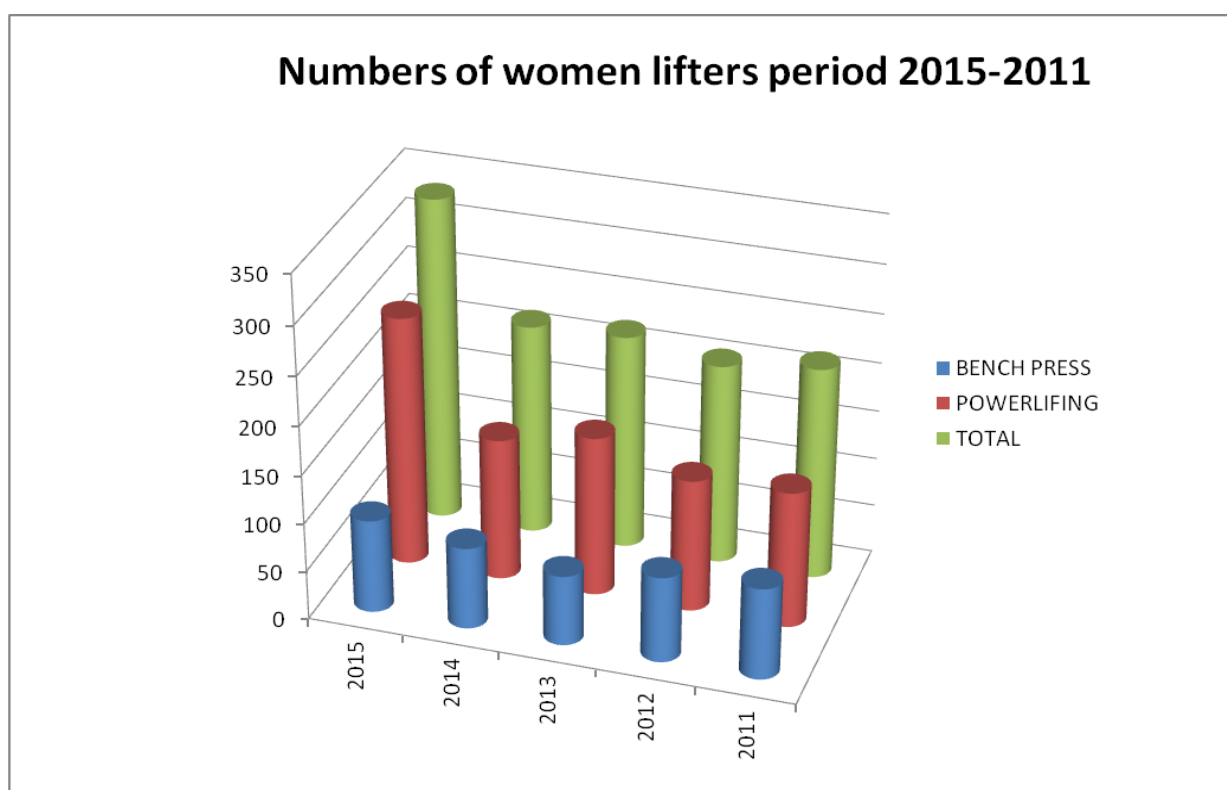
## - Women's Committee Report

Dear Delegates and Member Federations,

As usual in the EPF website, following the link "About EPF - Women's Powerlifting", you can find the statistics for the period 2000-2015 concerning the participation of female lifters in Powerlifting and Bench Press Competition and also the distribution by Nation.

Reading these statistics we can observe a significant increase of female lifters in 2015 in respect previous year, surely due to the introduction of European Classic Open, Junior & Sub junior Powerlifting Championship. Moreover we can observe also an increase of the participating Nations in European competitions.

In particular, the trend of the last five years is shown in the following chart:



I wish you all a successful General Assembly and Open European Championship

*Maria Pia Moscianese – EPF Women's Committee Chairwoman*

*Accepted unanimously*

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## - EPF Championship Secretary Report.

Dear Sport colleagues,

We still have problems with insufficiently referees at the European Junior and Masters championships. That is the charge of all the European member nations to ensure that adequate numbers of referees are available for these championships so that our lifters have the best standard of refereeing possible.

Last year brought also some positive aspects, namely constantly improving organizing level of the championships. I thank all organizers for their very good work.

I would like to wish you a successful course of the General Assembly, the successful elections and excellent progress European Open Championships.

With kind regards

*Jiri Hofirek*, EPF Championship Secretary

### *Accepted unanimously*

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#### **EPF Media Officer Report**

Dear General Assemble and Member Federations,  
I would like express my gratitude to all promoters, members Federations, Athletes and the EC board for their support with our Social Media work during 2015.

EPF Facebook fan page continue to attract large following during 2015 especially during our Championships when we generate between 4 and 6 thousand hits with our daily report and over 20 thousand hits when post short video's

One of the biggest improvements to the sport with social media is the introduction of high quality livestream we're generating large coverage during livestream with even larger figures on demand.

The TV Company inform me that this year they are introducing a replay system with will make the viewing even more exciting for the public

EPF discuss to establish and implement media strategy "Media roadmap"  
The goals are to achieved during the 2016-2019 period to increase our website traffic to over 200 000 different visitors, increase our Facebook fan page and twitter page to over 5000 followers.

EPF also decided to establish a media group this will increase the number of people working on social media. We recognized that social media is one of the weak area of our sport.

My sincere gratitude to Louise Edwards our facebook and twitter manager for her hard work during 2016

*Ralph Farquharson*, EPF Media Officer

### *Accepted unanimously*

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#### **9) Election.**

No election this year.

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#### **10) Proposals.**

- **10.1. EPF Strategic plan 2016-2019.** (Fom the EC).  
*The document is enclosed as Appendix 1.*

*Reason: This document describes the working areas and plans for developing European powerlifting in the next years. By such a document, all members know the goals forward and are given the possibility to contribute to reach those goals.  
An unified cooperation is needed to bring the sport forward.*

*A discussion concluded that a Strategic plan is flexible and a revision will be made at the next GA after collecting inputs and opinions from the member federations.*

## Accepted unanimously

- **10.2 No team cups for Master lifters (From FLHLP).**

The FLHLP introduce the following proposal:

*That in the future for Masters Championships there will be no more cups for teams scoring.*

*Reason: Too much costs for the organisers and on the banquet the cups are not taken away from the national teams because they fly home.*

*20 For, 3 Against, Accepted*

- **10.3. Bylaws 103.2.8. (From the EC)**

*.....The participating national federations shall pay a drug test fee of EUR 50 for each lifter nominated at the final entry form and not withdrawn 14 days prior to the Technical Meeting for this competition. If a national federation is not represented at the Technical Meeting, then a fee is required for all lifters nominated and entered on the final entry form less any lifter has withdrawn at the latest 14 days prior to the Technical Meeting for this competition*

*A national federation taking part in European championships and cups shall pay the EPF doping test fee and the participation fee for each lifter nominated and entered on the final entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters. Latest date of withdrawal of any lifter from the nomination list, to avoid paying fees for those is 14 days prior to technical meeting for this competition. If a hotel reservation fee is specified in the invitation for the championship or cup, the same rule and time limits as above shall apply for nominated lifters and officials.*

*Reason: To make up final participation lists and hotel reservations at the time of final nomination (21 days prior to the technical meeting) will simplify the work for the organizer and EPF. Besides, the national federations are given ample time to arrange for bank transfer after receiving the invoice from the EPF Treasurer, organizer and hotel.*

*22 for, 1 against, 0 abstention, Accepted, (to be forwarded to IPF GA)*

- **10.4. Bylaws 105.5.2 (From the EC).**

*A national federation taking part in European championships and cups shall pay the EPF doping test fee and the participation fee for each lifter nominated and entered on the final entry form. No such fees are to be paid for nominated reserve lifters if not replacing any of the nominated lifters. Latest date of withdrawal of any lifter from the nomination list, to avoid paying the fees for those, is 14 days prior to the technical meeting for this competition. If hotel reservation fee is specified in the invitation .....*

*Reason: Same reason as for proposal 10.3 above.*

*Alternative is to take away Bylaws 105.5.2 because the same text is in Bylaws 103.2.8.*

*23 for, none against, Accepted, (to be forwarded to IPF GA)*

- **10.5. Bylaws 103.6. (From the EC)**

*103.6 Hotel Bills for National Federations and Officials at European Championships.*

*At all European championships, participating national federations shall be responsible for their own hotel bills. All pre-booked rooms have to be paid before the championships, except those rooms which have been cancelled until seven (7) 21 days before the technical meeting for this competition. Cancellation.....*



*Reason: Hotels very often have 3 weeks or more time limits for making reservation of rooms. If not agreed by the organizer, then he faces great difficulties to come to an agreement of a certain number of hotel rooms being reserved.*

*If required Visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation.*

*19 for, 4 against, **Accepted**,*

- **10.6. Bylaws 105.13. Including a Referee in National teams.** (From the EC)  
*Any nation, being a member of IPF for more than 5 years, participating with more than 3 lifters in EPF Championships or EPF cups, as nominated at the final entry form ~~and not withdrawn 14 days prior to the Technical Meeting~~ must include at least one international referee .....*

*Reason: Finale nomination date should be the last date for withdrawal of referees and lifters to make proper time for the organizer and EPF to make up lists and prepare the competition.*

*23 for, none against, **Accepted**. (to be forwarded to IPF GA)*

- **10.7. Bylaws 105.13.1**(from the EC):  
*Each national federation must specify on the nomination form the weight categories in which their referees are available for refereeing. After the final nomination date, the EPF Technical Committee Chairman issues a referee list for the whole championship. Any changes of a referee's duty may be reported to the Technical Committee Chairman until ~~7~~ **14** days prior to the championship. After that date the referees cannot expect to officiate in other duties than specified on the referees' duty list.*

- *Reason: 7 days is too close to the championship to make changes and publications.*

- 

*23 for, none against, **Accepted**, (to be forwarded to IPF GA)*

- **10.8. Bylaws 105.13. new item 2** (present item 2 is numbered item 3). (From the EC)  
*Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the technical meeting. However, federations may allocate duties between their own referees latest at the technical meeting upon agreement by the appointed Technical Committee member. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or €100 in fine dependant of the reason and decided by the jury in cooperation with the appointed Technical Committee member.*

*Denmark proposed that there should be no switch between referees.*

*Proposal: Failed*

*20 for, 3 abstentions, **Accepted**. (to be forwarded to IPF GA)*

- **10.9. Constitution 11.3 Disciplinary Committee** (from the EC):  
*Lay down the EPF Disciplinary Committee and address all EPF disciplinary matters to the **IPF Ethic and Disciplinary Committee**. All relevant text in the EPF Constitution and By- Laws to be adjusted accordingly.*

*Reason:*

*At the IPF GA 2015, a new IPF Constitutional change was accepted meaning that the Regional*



*federations need not establish their own Regional Disciplinary Committees. All Regional disciplinary cases must be sent to the IPF EDC.*

*Here the text in the IPF Constitution:*

*IPF Constitution 11.3.2.13): "The Ethics and Disciplinary Committee shall conduct investigations and make decisions also on all other disciplinary cases than referred to in article 11.3.2 item 8) arising within IPF and **its Regional Federations.**"*

*23 for, none against, **Accepted***

**Amendment:** Constitution 11.4 Appeal Committee,  
Lay down the EPF Appeal Committee and address all EPF appeals to the IPF Appeal Committee.

*23 for, none against, **Accepted.***

- **10.10. Bylaws 103.2. Raise of the participation fee.** (from the EC)  
*103.2.8 Participation fee for each nominated lifter. The fee to be split with 1/3 to the organizer and 2/3 to the EPF.....EUR ~~60~~ 90.*

*Reason: The raise of the fee is to finance the duties and plans listed in the EPF Strategic Plan 2016-2019.*

*This includes:*

- rebuild the EPF web
- customize Facebook and Twitter
- increase and streamline the EPF identity,
- make up workgroup and strategies for sponsorships
- make up TV/Media strategies and establish workgroups and routines
- live streaming from more Europeans
- increase the economic support to organizers of European championships to increase their economic platform.

*11 For, 10 Against, 2 abstentions, **Accepted.***

- **10.11. Constitution 8.** (From the EC).  
8.1. Titles.  
*The titles of the Executive officers of the EPF are: President, Vice-President, Secretary General, Treasurer, the Technical Committee Chairman, the Law & Legislation Committee Chairman and the Championship Secretary.*

*Reason: To include one more member in the EC. The Championship Secretary has a high workload within EPF and his/her experiences, opinions and inputs are important to strengthen the work of EC.*

**Accepted unanimously**

- **10.12. Bylaws 104.4.3** (new). (From the EC)  
*A lifter found positive at a European championship or cup must return all his/her medals from that competition. If not returned by his/her federation within 1 month after receiving such claim, the national federation must pay a fine of 100€.*

**Accepted unanimously**

- **10.13. IPF Technical Rules** (From the EC)  
*IPF Technical Rules, General rules of powerlifting, item 6.:  
Each nation is allowed a maximum of ~~five~~ **three** alternates or reserves."*

*Reason: It is confusing and extra work for the organizer and EPF/IPF regarding: reservation of hotel rooms, making up participation lists, making up lifters profile with photo for the streaming etc.*

*If accepted, the proposal will be forwarded to the IPF GA.*

### **EPF withdrew this Proposal**

## **11) New Member Applicant**

\* Slovenian PF

\* Irish PF

**The Irish PF : Accepted unanimously**

**Slovenian PF : Outstanding IPF membership payments. Remains as provisional member.**

### EPF Member Nations

	<b>Full Members</b>		<b>Full Members</b>		<b>Suspended members</b>
1	Armenia	19	*Israel		**Azerbaijan
2	Austria	20	Italy		**Moldavia
3	Belarus	21	Latvia		**Montenegro
4	Belgium	22	Lithuania		**Portugal
5	Bulgaria	23	Luxembourg		
6	Croatia	24	Netherlands		
7	Czech Republic	25	Norway		
8	Denmark	26	Poland		
9	Estonia	27	Romania		
10	Finland	28	Russia		
11	France	29	Serbia		
12	Germany	30	Slovakia		<b>New Applicants:</b>
13	Georgia	31	Slovenia		Slovenian PF and Irish PF
14	Great Britain	32	Spain		
15	Greece	33	Sweden		* = Not paid membership
16	Hungary	34	Switzerland		2015
17	Iceland	35	Ukraine		** = Suspended
18	Ireland				

## **12) Action on Delinquent Nations**

None.

## **13) Hall of Fame.**

**Awarded: Patrik Turesson and Riitta Sundvall Liimatainen, Sweden**

*Congratulation!*

### **EPF Hall of Fame history.**

Year	Official	Female lifter	Male lifter
1993	Heiner Köberich, GER	Claudine Cognac, FRA	Jarmo Virtanen, FIN
1994	John Moody, GB	Judy Oakes, GB	Eddy Pengelly, GB
1995	Arnulf Wahlstrøm, NOR	-	Victor Naleikin, UKR

1996	Vic Mercer, GB	Audhild Hansen, NOR	-
1997	Arnold Boström, SWE	-	-
1998	George Legget, GB	Dagmar Wang, AUS	Kenneth Mattsson, SWE
1999	Kalevi Sorsa, FIN	Anna-Liisa Prinkala, FIN	-
2000	Henk Kaiser, NET	Natalia Rumyantseva, RUS	Leopold Krendl, AUS
2001	-	-	Wym Elin, BEL
2002	Ralph Farquharson, GB	-	-
2003	Jiri Hofirek, Czech Rep.	Cecile Jamin, France	-
2004	Myriam Busselot, Belgium	-	-
2005	Pavol Müller, Slovakia	-	Andy Kerr, GBR
2006	-	Inger Blikra, Norway	-
2007	-	Antonietta Orsini, ITA	-
2008	-	Raija Jurkko, Finland	-
2009	-	-	Jaroslav Olech, Poland
2010	Dietmar Wolf, NOR	-	-
2011	Alain Hammang, Lux	Ielja Strik, NET	Anibal Coimbra, Lux
2012	-	-	-
2013	-	-	Jan Wegiera, POL, Dariusz Wszola, POL
2014	-	-	-
2015	Sandro Rossi, ITA	Märvi Särkiä, FIN	Kenneth Sandvik, FIN

.....

#### 14) Bids and confirmation on Future Championships.

##### 2016 (given)

European Open/Jun./S.Jun.	Classic	PL	5 – 12 March	Tartu, Estonia
European Junior & Sub Junior	Equipped	PL	14 - 17 April	Malaga, Spain
European Open	Equipped	PL	11 - 14 May	Pilsen, Czechia
European Masters	Equipped	PL	12 - 16 July	Pilsen, Czechia
Europ. Benchpr. Open/Juniors	Equipped	BP	18 - 20 August	Keflavik, Iceland
Western European Champ.	Equ./ Clas.	PL	8 - 10 September	Borgaro, Torinese, Italy
European Benchpr. Masters	Equipped	BP	13 - 15 October	Hamm, Luxemb.

##### 2017 (given)

European Open/Jun./S.Jun	Classic	PL	12 – 19 March	Thisted, Denmark
European Junior/Sub Juniors	Equipped	PL	29 March- 1 April	Czech Rep
European Open	Equipped	PL	10 – 14 May	Malaga Spain
European Masters	Equipped	PL	11 – 15 July	Pilsen, Czech Rep.
European Open/Masters/Jun.	Classic	BP	9 – 13 August	Ylitornio, Finland
Western European Champ.	Equ./ Clas.	PL	14 -16 September	Hamm, Luxembourg
Danube Cup	Equ./Clas.	PL	6 - 7 October	Virovitica, Croatia
European Open/Masters/Jun.	Equipped	BP.	11 -15 October	La Manga, Spain

##### 2018 (given)

European Masters	Classic	PL.	6-10 March	Helsingborg, Sweden
European Open/Jun./S.Jun.	Equipped	PL	5-12 May	Pilsen, Czech Rep.
European Masters	Equipped	PL	10-14 July	Czech Rep.
European Open/Masters/Jun.	Classic	BP	9-12 August	Croatia
Western European	Equ./Clas.	PL	13-15 September	Sardinia, Italy
Arnold Classic Europe			September	
European Open/Masters/Jun.	Equipped	BP.	9-13 October	Hamm, Luxembourg
European Open/Jun./S.Jun.	Classic	PL	25 Nov.- 2 Dec.	Lithuania

##### 2019 (given)

European Masters	Classic	PL.	6-10 March	
European Open/Jun./S.Jun.	Equipped	PL	5-12 May	
European Masters	Equipped	PL	10-14 July	

Updated 29.5.2016

European Open/Masters/Jun. Classic	BP	8-11 August	Denmark
Western European	Equipped PL	13-15 September	
Arnold Classic Europe		September	
European Open/Masters/Jun. Equipped	BP	10-13 October	
European Open/Jun./S.Jun. Classic	PL	24 Nov.- 1 Dec.	Lithuania

PL = Powerlifting Championships

BP.= Bench Press Championships

### **15) Any other Business.**

\* Alain Hammang – Luxembourg, asked if a lifter can compete in the Western European Championships in both Equipped and Classic

After discussions, the majority recommended a lifter cannot take part in both.

\* IPF president Gaston Parage spoke about the University Cup organized by Belarus PF in July. He recommended all nations to stimulate Universities to send lifters.

### **16. Adjournment.**

**None.**

### **Appendix 1. EPF Strategic plan 2016-2019.**

Enclosed as separate document.