



European Powerlifting Federation

General Assembly 2019.

27 April in Pilsen, Czech Republic.
Parkhotel Congress Centre Pilsen at 18:00hrs.

AGENDA.

- | | |
|---|---------------------------------|
| 1. Welcome by the President and the Meet director | Arnulf Wahlstrøm , |
| 2. Roll call of Nations and Delegates..... | Ralph Farquharson |
| 3. President's address..... | Arnulf Wahlstrøm |
| 4. Minutes of the last General Assembly. | |
| 5. The Account with the balance sheet. | |
| Treasurers report..... | Xavier de Puytorac |
| Auditors report..... | Pavol Müller and Thomas Högberg |
| Approval of budget for 2019..... | Xavier de Puytorac |
| 6. Secretary General report..... | Ralph Farquharson |
| 7. Vice President report..... | Sandro Rossi |
| 8. Committee Reports: | |
| - Technical | Myriam Busselot |
| - Law and Legislation | Jari Rantapelkonen |
| - Finance....(see Auditors report)..... | Pavol Müller and Thomas Högberg |
| - Women's | Maria Pia Moscianese |
| - Championship Secretary | Jiri Hofirek |
| 9. Outstanding Legal matters..... | Xavier de Puytorac |
| 10. Elections | |
| 11. Proposals | |
| 12. New member Applicants | |
| 13. Action on Delinquent Nations | |
| 14. Hall of Fame | |
| 15. Bids and confirmation on Future Championships | |
| 16. Any other Business | |
| 17. Adjournment | |

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- Technical meeting with team nominations and technical details after the General Assembly.
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3) President's report.

Welcome.

On behalf of EPF I wish delegates and guests welcome to the 2019 General Assembly. I want to thank the meet director Vladimir Mati and CPF President Miroslav Vacek, for again inviting us to Pilsen! I am looking forward to a pleasant stay and a well organised championship - as it always use to be in the Parkhotel Plzen.

General status.

The impression by the EPF board is that most of the 35 member federations have a good administration and they co-operating well with the EPF administration. We also see an increased activity of more lifters competing at European championships, which also correlate with the increased number of European championships.

I am also pleased to see an increase in the standard of the organization of European championships. The federations put a lot of work and money into the organizations to provide best possible conditions for our lifters.

Awarded European Powerlifters 2018.

It is a high standard on European lifters and the very best at both European and World Open championships according to Wilks points are honoured **European Powerlifters of the year.**
Awarded lifters 2018:

Classic division: **Joy Nnamani** from GBR and **Krzysztof Wierzbicki** from Poland.

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

Congratulation!

European Championships 2018.

A lot of hard work and good planning created European championships of good technical and social standard in 2018. Statistics show that all together 2138 (*1359) lifters took part in European championships in year 2018.

European championships 2018 were organised in:

| | | | | | | |
|----------------------|--------|-------------------------|------------|---------|------------|-------|
| • Helsingborg, Swed. | PL | Master classic | 165 | Men and | 72 | Women |
| • Pilsen, Czech Rep. | PL. | Open/Jun/SJun. equipped | 143(*131) | Men and | 110 (*95) | Women |
| • Pilsen, Czech. Rep | PL. | Masters equipped | 128 (*129) | Men and | 43 (*34) | Women |
| • Merignac, France | BP. | O/M/Jun/SJun classic | 218 (*186) | Men and | 130 (*89) | Women |
| • Hamm, Luxembourg | BP. | O/M/J equipped | 179 (*130) | Men and | 91 (*60) | Women |
| • Oshmiany, Belarus | PL/BP. | Classic cup | 34 | Men and | 20 | Women |
| • Hamar, Norway | PL. | WEC (equip./clas.) | 60 (*59) | Men and | 59 (*49) | Women |
| • Kaunas, Lithuania | PL. | Open/Jun/S.Jun classic | 268 (*230) | Men and | 199 (*140) | Women |

* = numbers in 2017.

Antidoping.

In year 2018, EPF made 129 (131 in 2017) doping tests at European championships. This means that about 6% of all lifters were tested. Unfortunately, 4 lifter tested positive - and have received suspensions from 4 to 8 years.

IPF focus now on Out of competition testing as instructed by WADA because this kind of testing can be done at any time throughout a year independent of championships. EPF will continue to make tests at European competitions and focus on record setters, medal winners and random tests .

4 positives in 2018 is a too high number. Our member federations should focus on anti-doping if they want

powerlifting to reach IOC status, but most important is to take care of the lifters health. Fair play and a healthy sport should be in focus for all our members.

I encourage lifters, coaches and officials to join the anti-doping seminars organized in conjunction with EPF and IPF championships.

High standard of European lifters.

EPF is one Region of total 6 IPF Regions and European lifters won more than 50% of the medals in World championships in 2018. 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 plan.

The Executive board 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.

The document named "***Strategic plan***" was introduced in 2016 and updated every year since.

In this document the federation's views and plans for the future are included and helps us to work towards common goals. This document will be our guideline for the coming years.

Marketing strategy.

The Executive members, in co-operation with Eric Rupp and Richard Haywood, work to line out all information needed to present EPF as an attractive partner for sponsors and collaborators.

A document focusing on the EPF benefits and a short video showing the powerlifting sport is the tool to reach sponsor companies.

Such information are necessary because any sponsor must know what benefit his company will get from EPF if the company puts money or recourses into the federation. Any sponsor looks at how he can get his investments at least double back.

The most powerful arguments for EPF is the high numbers of watchers at the high quality live streaming and You Tube videos on demand and the many followers at Facebook, Twitter and Instagram.

Sponsor logos or advertising videos in connection with the streaming reached in 2018 about 200.000 visitors at the streaming and copies loaded down from You Tube and 886.000 Facebook video views!

The Executive invites members to join the Marketing committee. We are sure that among all our members there are clever people with high knowledge of marketing.

Please support our efforts to grow EPF into a strong federation and contact the Executive if you are willing to help!

Sponsors.

The strong support from our sponsors in donated materials and economic contribution strongly helps EPF to support our organizers and maintain the high activity we have to bring powerlifting forward. Our goal is to bring EPF up to the level of Olympic recognized sports.

A big thank you to Eleiko, SBD, ER Equipment, Titex, Leoko and MaxRep!

Thanks to the EPF Officials.

The administration and daily workload to run EPF are increasing from year to year. Now we run championships in both classic and equipped and 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 very well in the administration team and also cooperate well with our members.

Thank you very much to the Executive Board members Linda Hoeiland, Xavier de Puytorac, Ralph Farquharson, Jiri Hofirek, 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!

Oleksander Kopaev is our employed Computer Secretary and works tireless at every European championship. His efforts on computer programming and competition registration is a great part of running perfect organized championships. A big thank you to "Sacha"!

Anatoliy Stetsenko is the EPF Registrar and sorts out the record lists and issues record diplomas to every record setter. This is quite a comprehensive and time-consuming work. Thank you very much!

Good luck.

I hope we will have useful discussions and make good decisions at this General Assembly and I wish you all a successful European Open/Junior/S.Junior Equipped Powerlifting Championships 2019!

Arnulf Wahlstrøm, EPF President

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4) Minutes of the last Congress.

The Minutes can be loaded down from the EPF web.

<http://www.europowerlifting.org/about-epf/general-assembly-congress/> .

No remarks have been received.

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5) EPF Account 2018 (All values are in Euro)

Treasurer Report 2018

From 1/1 to 31/5 (treasurer Linda Hoiland).

Treasurer Report 2018 as per 31.05.2018

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):

| | | |
|-------------|-----------------|---|
| 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) |
| 2016 | 111.290,01 Euro | (EPF Business account 18.243,56 + EPF savings account 93.046,45) |
| 2017 | 140.549,22 Euro | (EPF Business account 26.594,67 + EPF savings account 113.954,55) |
| 31.05.2018; | 158.247,50 Euro | (EPF Business ac. 28.252,87 + EPF savings ac. 129.994,63) |

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 2018. The movements of the two EPF accounts are shown in the top overview so it should still be easy to read the amount belonging to the EPF accounts 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 makes it easy to compare the actual cost and income to the budget of the specific year.

I would like to thank all officials in the EPF EC, and EPF member federation for great collaboration during the last 3 years. This treasurer report is a status as per 31.05.2018. From 01.06.2018 the Treasurer responsibility was handed over to the new elected Treasurer Mr. Xavier du Puytorac as per EPF general assembly 2018.

In the *Balance* below, you will find numbers for 31.05.2018 compared to 31.12.2017. The balance gives an overview of the global financial situation for the EPF by 31.05.2018.

| Balance - Global financial situation - EPF | | | |
|---|---|-------------------|-------------------|
| Note | Assets | 31.05.2018 | 31.12.2017 |
| | Business account LU300019205559571000 | 28 252,87 | 26 594,67 |
| | Savings account LU430019651241234000 | 129 994,63 | 113 954,55 |
| 1 | Total receivables | - | 3 720,00 |
| 2 | Total prepaid expences | | - |
| | Total assets | 158 247,50 | 144 269,22 |
| | | | |
| | Equity and liabilities | 31.05.2018 | 31.12.2017 |
| | EPF - capital | 144 571,64 | 116 429,12 |
| 3 | Anti-doping fund | 13 675,86 | 13 675,86 |
| 4 | Advanced payment of 2019 fees | - | 300,00 |
| 5 | Short-term not interest-bearing liabilities | - | 13 864,24 |
| | Total equity and liabilities | 158 247,50 | 144 269,22 |

The income statement for 2018 as per 31.05.2018 is shown below. All income and cost related to the 2018 activities are included (see notes for details). The result for 2018 as per 31.05.18 is compared to the budget for 2018.

| Income statement 2018 | | | |
|------------------------------|--|--------------------|--------------------|
| Note | Category | Result 2018 | Budget 2018 |
| | Expences: | | |
| | Bank Fees | 31,50 | 250,00 |
| 6 | Doping Costs including IPF/OCT | 30 400,00 | 85 000,00 |
| 7 | Flight/Travel Costs | 8 546,01 | 17 000,00 |
| 8 | Media and Marketing | 28 464,56 | 69 600,00 |
| 9 | Reimbursement Comp. Secret. | 3 000,00 | 10 900,00 |
| 10 | Reimbursement EPF Executive | 8 400,00 | 15 600,00 |
| 11 | EPF officials at European champ. | 2 950,00 | 7 300,00 |
| 12 | Other approved expenses, adm. cost | 405,41 | 3 500,00 |
| 13 | Sports Development | 30 900,00 | 42 900,00 |
| | Total expences: | 113 097,48 | 252 050,00 |
| | Income: | | |
| | Credit interests - savings account | - | 50,00 |
| 14 | Anti Doping Fees | 34 000,00 | 85 000,00 |
| 15 | Membership Fees | 9 300,00 | 10 200,00 |
| 16 | Participating Fees | 55 940,00 | 102 000,00 |
| 17 | Penalty fee (no Referee, late payment) | 2 000,00 | 5 000,00 |
| 18 | Sanction Fees | 5 600,00 | 6 400,00 |
| 19 | Sponsors | 34 400,00 | 43 400,00 |
| | Total income: | 141 240,00 | 252 050,00 |
| | | | |
| | Net profit of the year 2018 | 28 142,52 | - |

Notes to the closing of the EPF accounts 31.05.2018

| | | | |
|---|--|-----------|-----|
| 1 | no outstanding payments from 2017 | - | EUR |
| 2 | pre-paid expences for 2019, none | | EUR |
| 3 | Anti-doping fund - total | 13 675,86 | EUR |
| 4 | Pre-paid fees for 2019 - none | - | EUR |
| 5 | no short-term not interest-bearing liabilities | - | EUR |

| | | | |
|----|--|-----------|-----|
| 6 | Transferred to IPF | 30 400,00 | EUR |
| 7 | Including travel cost for EC workshop in 2018 | 3 894,25 | EUR |
| 8 | Included Cost of high quality streaming from European Open and European Jr/Sub-Jr. | | EUR |
| 9 | Contract cost for 600 EUR/month + reimbursement of additional server cost etc. | | |
| 10 | Allowance cost of fulfillment of EPF duty (internet, phone, office support etc.) | | |
| 11 | Daily allowance cost of 50 EUR per day for EPF representatives | | |
| 12 | Organiser plaque, other administrative cost | | |
| 13 | Funding of equipment, + sponsor equipment (value EUR 30.900) | | |
| 14 | Anti-doping fee 2018: 50 EUR per lifter (total 1 411 lifters) | | |
| 15 | Membership fee 2018: 300 EUR per federation (34 member fed.) | | |
| 16 | Participation fee 2018: 90 EUR, split 60 EUR to EPF and 30 EUR to organiser | | |
| 17 | Include fees for not nominating referee and cash or late payment (after technical meeting) | | |
| 18 | Sanction fees 2018: 1000 EUR - European champ. 400 EUR - WEC, 200EUR - Classic cup | | |
| 19 | Sponsors 2018: Eleiko, Leoko, Titex, SBD, ER-Equipment, MaxRep | | |

Linda Høiland, EPF treasurer

From 1/6 to 31/12. (treasurer Xavier de Puytorac)

First of all, I would like to thank the EC members who welcomed me and helped me to take up my duties on June 1st, 2018.

I am particularly grateful to Linda for providing me with all the elements and explanations needed to ensure the continuity of the accounts.

I thank Pavol Müller because I do not have the same method as Linda to do the accounts and he helped me a lot to make this annual report. That's why you have 2 separate accounts.
Linda's until May 31 and mine until December 31.

Unfortunately, I did not start my mission with success. In August, I was victim of a fraud by someone who pretended to be our president and asked me to send some money to an account.
As the new treasurer, I was not aware of the EPF's habits and the fraud was very well done because even the email address of our president was imitated.
In addition I was in full organisation of the Bench Press Classic European Championships in France and my attention was fully occupied by this mission.

I was the victim of this impostor, but the important thing is that the accounts of the EPF have not been endangered and I announce a surplus of 15 095,93 € for 2018.
Indeed the expenses were mastered despite the fraud, but it is mainly the revenues that have increased sharply because of the number of lifters that was budgeted at 1700 and ended at 2138.

A heading has also doubled in relation to the objective. This is the penalty section for "non-referee registrations. "

If as treasurer I am happy with this amount of money, as a member of the EC I am really sorry. The purpose of these penalties is not to make the national federations pay but to make them aware of the imperative need of referees during the championship. I will be glad that this section is and remains at zero.

We respected our development commitments by strongly supporting the Balkan Cup and we ensured the streaming of very good quality on the 2 major championships.

To finish, we have an anti-doping fund, so do not hesitate to ask some help for educational and anti-doping actions.

Please find below 2018 accounts with details in €.

| Income statement 2018 | | | | | | |
|-----------------------|--|---|-------------------|---|--|---------------------------------------|
| Note | Category | Result 1.1.-31.5. 2018 Double Entry | Adjustment | Result 1.1.-31.5. 2018 Single Entry | Result 1.6.-31.12. 2018 Single Entry | Result 31.12. 2018 Single Entry |
| | Expences: | | | | | |
| 1 | Bank Fees | 31,50 | | 31,50 | 235,75 | 267,25 |
| 2 | Doping Costs including IPF/OCT | 30 400,00 | 13 449,24 | 43 849,24 | 76 074,51 | 119 923,75 |
| 3 | Flight/Travel Costs | 8 546,01 | 415,00 | 8 961,01 | 8 668,45 | 17 629,46 |
| 4 | Media and Marketing | 28 464,56 | | 28 464,56 | 33 111,23 | 61 575,79 |
| 5 | Reimbursement Comp. Secret. | 3 000,00 | | 3 000,00 | 9 122,11 | 12 122,11 |
| 6 | Reimbursement EPF Executive | 8 400,00 | | 8 400,00 | 8 250,00 | 16 650,00 |
| 7 | EPF officials at European champ. | 2 950,00 | | 2 950,00 | 4 050,00 | 7 000,00 |
| 8 | Other approved expenses, adm. cost | 405,41 | | 405,41 | 21 000,00 | 21 405,41 |
| 9 | Sports Development | 30 900,00 | | 30 900,00 | 7 220,46 | 38 120,46 |
| | Total expences: | 113 097,48 | 13 864,24 | 126 961,72 | 167 732,51 | 294 694,23 |
| | Income: | | | | | |
| 10 | Credit interests - savings account | - | | | 0,16 | 0,16 |
| 11 | Anti Doping Fees | 35 550,00 | 1 150,00 | 36 700,00 | 71 350,00 | 108 050,00 |
| 12 | Membership Fees | 9 300,00 | - 300,00 | 9 000,00 | 900,00 | 9 900,00 |
| 13 | Participating Fees | 54 390,00 | 2 070,00 | 56 460,00 | 74 010,00 | 130 470,00 |
| 14 | Penalty fee (no Referee, late payment) | 2 000,00 | 500,00 | 2 500,00 | 7 600,00 | 10 100,00 |
| 15 | Sanction Fees | 5 600,00 | | 5 600,00 | 1 000,00 | 6 600,00 |
| 16 | Sponsors | 34 400,00 | | 34 400,00 | 10 270,00 | 44 670,00 |
| | Total income: | 141 240,00 | 3 420,00 | 144 660,00 | 165 130,16 | 309 790,16 |
| | Net profit of the year 2018 | 28 142,52 | -10 444,24 | 17 698,28 | - 2 602,35 | 15 095,93 |
| | increase in bank accounts | | | 17 698,28 | | 15 095,93 |

| Financial situation 31 December 2018 | |
|--------------------------------------|---------------------|
| EPF Account | 155 645,15 € |
| Anti-doping fund | -13 175,86 € |
| Total | 142 469,29 € |

- 1 - Bank Fees
- 2 - Doping cost of AD officier and bank transfer to IPF
- 3 - Travel for EC members
- 4 - Included Cost of two high quality streaming
- 5 - Contract cost for 600 EUR/month + reimbursement of additional server cost etc.
- 6 - Allowance cost of fullfillment of EPF duty (internet, phone, office support etc.)
- 7 - Daily allowance cost of 50 EUR per day for EPF representatives
- 8 - Organiser plaque, other administrative cost and fraud
- 9 - Funding of equipment, + sponsor equipment
- 10 - Credit interest
- 11 - Anti-doping fee 2018: 50 EUR per lifter
- 12 - Membership fee 2018: 300 € per federation (33 member fed.)
- 13 - Participation fee 2018: 90 EUR, split 60 EUR to EPF and 30 EUR to organiser
- 14 - Include fees for not nominating referee or late payment (after technical meeting) or not present at the technical meeting without sending a email.

15 - Sanction fees 2018: 1000 € European championship, 400 € WEC, 200 € Cup

16 - Sponsors 2018: Eleiko, Leoko, Titex, SBD, ER-Equipment, MaxRep, White Light

And finally here is the evolution of our cash for 11 years.

| | | |
|------|--------------|---|
| 2008 | 84 106,17 € | (EPF business account 1.906,50 + EPF savings account 82.199,67) |
| 2009 | 84 144,37 € | (EPF business account 969,22 + EPF savings account 83.175,15) |
| 2010 | 92 326,16 € | (EPF business account 526,26 + EPF savings account 91.799,90) |
| 2011 | 97 653,30 € | (EPF business account 206,01 + EPF savings account 97.447,29) |
| 2012 | 90 050,38 € | (EPF business account 53,25 + EPF savings account 89.997,13) |
| 2013 | 92 155,65 € | (EPF business account 50,45 + EPF savings account 92.105,20) |
| 2014 | 94 910,66 € | (EPF Business account 1713,20 + EPF savings account 93.197,46) |
| 2015 | 94 085,32 € | (EPF Business account 264,87 + EPF savings account 93.037,46) |
| 2016 | 111 290,01 € | (EPF Business account 18.243,56 + EPF savings account 93.046,45) |
| 2017 | 140 549,22 € | (EPF Business account 26.594,67 + EPF savings account 113.954,55) |
| 2018 | 155 645,15 € | (EPF Business account 5 654,02 + EPF savings account 149 991,13) |

Xavier de PUYTORAC, EPF Treasurer

Provisional budget 2019 (Euro).

| Provisional Budget 2019 | | |
|-----------------------------------|--------------------|--------------------|
| | Result 2018 | Budget 2019 |
| Expences | | |
| Doping Cost | 119 923,75 | 100 000,00 |
| Flight Travel | 17 629,46 | 18 000,00 |
| Media Marketing | 61 575,79 | 65 000,00 |
| Reimbursement Comp. Secret. | 12 122,11 | 19 000,00 |
| Reimbursement EPF Executive | 16 650,00 | 22 400,00 |
| EPF officials at European Cham. | 7 000,00 | 8 000,00 |
| Other approved expenses adm. Cost | 21 405,41 | 3 000,00 |
| Sports Development | 38 120,46 | 55 200,00 |
| Bank Fees | 267,25 | 300,00 |
| TOTAL | 294 694,23 | 290 900,00 |
| Income | | |
| Credit interests | 0,16 | 0,00 |
| Membership Fees (35 country) | 9 900,00 | 10 500,00 |
| Anti Doping Fees (2000 lifters) | 108 050,00 | 100 000,00 |
| Participating Fees (2000 lifters) | 130 470,00 | 120 000,00 |

| | | |
|--------------------------------------|-------------------|-------------------|
| Penalty (no Referee or late payment) | 10 100,00 | 0,00 |
| Sanction Fees | 6 600,00 | 7 000,00 |
| Sponsors | 44 670,00 | 53 400,00 |
| TOTAL | 309 790,16 | 290 900,00 |

Xavier de Puytorac, EPF treasurer

Report from the Auditors Committee.

Dear members of the EPF Congress,

In 2018, the EPF's accounting and economic agenda was conducted by two people. By 31.5.2018 it was Mrs. Linda Hoiland and from 1.6. 2018 Mr. Xavier de Puytorac.

The part led by Mrs. Linda Hoiland was audited in May with the result - without any shortcomings that would have an impact on the economic outcome. Bookkeeping was conducted by the double-entry system.

The current treasurer had a difficult situation in 2018. It is not usual to take over the economic agenda in the middle of the accounting period. Mr. Xavier de Puytorac was in charge from 1.6. and the double-entry accounting system switched to single-entry bookkeeping system. This is a non-standard procedure for accounting policies.

A negative phenomenon that occurred in the second half of 2018 and a mention of it is in the treasurer's report is a fraudulent transfer of funds of EUR 21 000. We recommend to the EPF Executive to ensure that any financial transfer over 500 Euro to be secured by a two-person agreement - the Treasurer and the President or the Secretary General.

Mr. Xavier de Puytorac as a treasurer provided both, Mr. Pavol Müller and Mr. Thomas Högberg as auditors, with all accounting documents and bank statements as a basis to perform the audit. Financial situation is presented in a simple accounting system that is more readable for users. For the future, we recommend using the system used by Mr. Alain Hammang, the former treasurer. This system was well-structured and the outputs structured exactly to the requirements of the users-members of the executive and EPF officials.

On the basis of the audit we can confirm as follows:

The presented financial result is correct, it is based on accounting and it does correspond with the bank statements as in 31.12.2018. Within 31.12.2018 the current bank account status is 5 654,02 EUR and similarly, the saving account status within 31.12.2018 is 149 991,13 EUR, as well.

Again, we would like to draw your attention to the system of issuing invoices from the preliminary nomination. IPF Congress 2017 voting in Pilsen clearly demonstrated that the member federations do not wish to do so, and that this system might be inconsistent with Article 1.2.2 of the EPF Constitution.

Last but not least we would like to thank Mrs. Linda Hoiland and Mr. Xavier de Puytorac for their hard work.

We wish you all a successful Congress.

Pavol Müller, Thomas Högberg
EPF auditors

6) Secretary General Report

Dear Delegates, ladies and Gentlemen

May I welcome all member nations to the 2019 General Assemble, the European Powerlifting Federation continue to work hard to support the IPF in its quest to be recognize as an IOC sport.

I'm pleased to report we had another very busy and successful year in Europe all our EC board member daily duties is now close to full time work, since the introduction of Classic lifting which has proven extremely successful, we're now organizing two sport equipped and classic.

Organizer of European championships

Many thanks to all promoters of European Championships for the high standard in which they delivered our championships during 2018. We're working hard to try to find new promoters that can deliver the sport at a high level. This is difficult because of the high cost to organize the sport. To try and reduce the number of championships each year the EC proposed to combine equipped and Classic BP into one championship. We're looking for organizers from 2022, we also proposed to organize the first University cup in France 2020.

EPF strategic plan

EPF strategy plan 2019 to 2022 has been updated as our working document to bring the sport forward.

Mission, to introduce European University cup in powerlifting and seek partnership with EUSA European University Sports Association. Work to include powerlifting into European Games.

Also Encourage to arrange high quality World championships in Europe.

Goals and Actions, to introduce Nutrition education of coaches and lifters

Marketing

The EPF executive in cooperation with professional people, have produce a marketing brochure together with a shot video to attract potential sponsors. We're now looking to reach companies to come into dialogue to try to develop a range of sponsor deals. EPF is willing to offer percentage for any agreed sponsorship. All sponsorship raise will help to support organizers of European championships to become more professional. Increase the number of high-quality livestreaming of European championships

EPF Media

The media team is working hard to increase the EPF present on social media also work with organizers to ensure European championships are represented on YouTube, Facebook, twitter and Instagram.

I'm delighted to inform that the lifters profile will become part of the Goodlift System. This is very important for commentators during livestream. My sincere thanks to the media team for their good work during 2018.

Livestream

High quality livestream continued to raise the profile of the sport to the general public, viewing figures during livestream and on demand still showing significant increase each year. Viva TV each year are constantly looking for new ways to increase the viewers enjoyment of watching our sport. The EC board have taken steps to protect its brand regarding livestreaming of European championships. All livestream by organizers other than Viva TV or Goodlift system must be approved by EPF

IOC recognition

EPF continue to be in the forefront to support IPF with their work to secure this important IOC recognition, I think if this is to be achieved it going to take a lot more effort by our member nations, Sad to say several of our member nations need to do more if they wish that IPF achieved IOC recognition.

Sponsors

My thanks to all our sponsors, our sport cannot operate without their support, I hope for their continuing support during 2019

I would like to say a big thanks to our President Arnulf Wahlstrøm for his leadership to make the European Powerlifting Federation the leading Region within the IPF, thanks also to the EC members for their outstanding work throughout 2018.

Thanks to all Referees, Officials, Athletes, Coaches, Volunteers for your work during 2018.

May I wish you all a very successful General Assemble

Ralph Farquharson, EPF Secretary General

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.

As general appointment I check the hotel rates for every European Championships.

I was present as EPF Officials in 2018 Open Powerlifting European Championships (Pilsen-Czech Republic);

Moreover I am collecting:

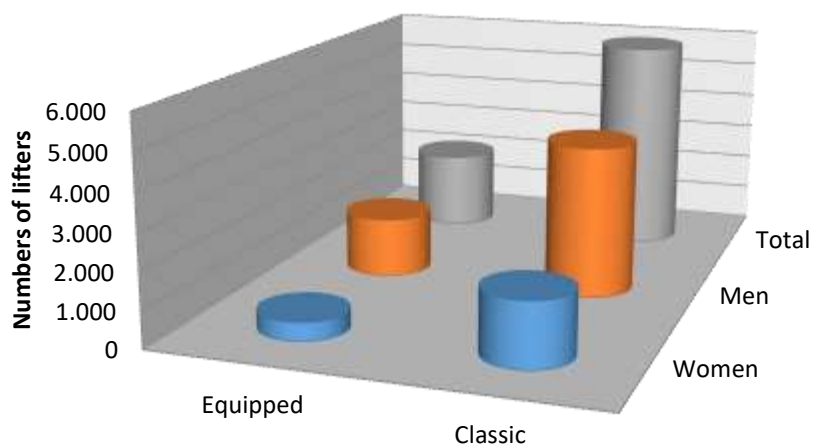
- the National Championships Reports sent by all Nations.
- the number of Members (women and men) and number of clubs report sent by all Nations;
- the monthly calendar of National championships to be published on the EPF website.

In the end on behalf of the Executive I strongly invite the Nations that have the broadcast by internet of their main Championships, to send to me (fipl@libero.it) the last report that I sent to you all.

You can find the statistics below.

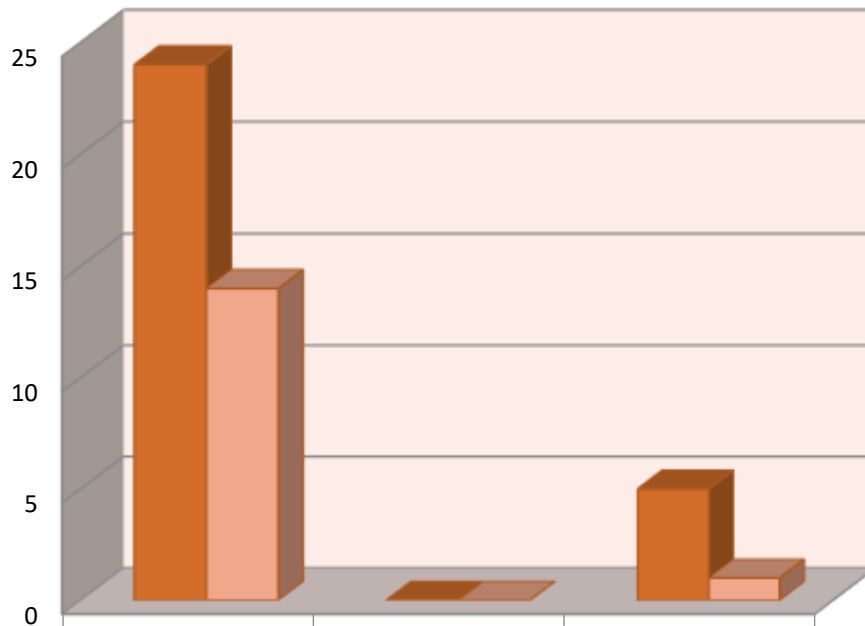
On the basis of the National Championships Report sent by 29 Nations out of 34, the EC of the EPF shows the followings statistics.

Distribution of lifters in type of competitions



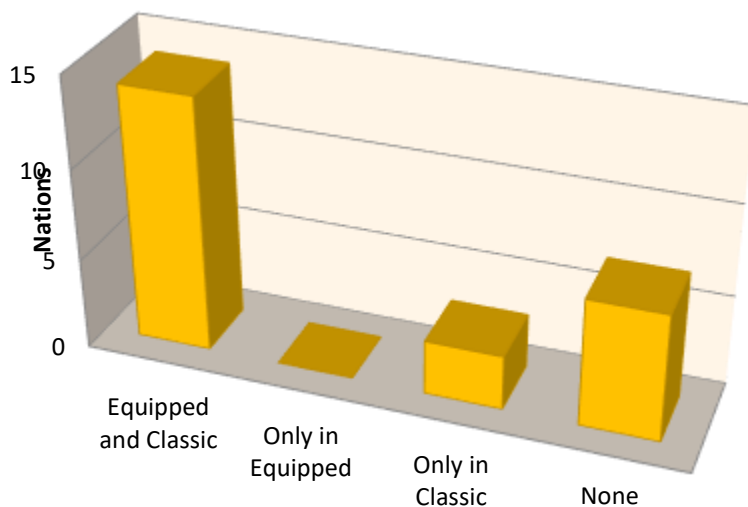
| | Equipped | Classic |
|-------|----------|---------|
| Women | 514 | 1.761 |
| Men | 1.651 | 4.157 |
| Total | 2.165 | 5.918 |

Nations and Streaming



| | Equipped + Classic | Only Equipped | Only Classic |
|-----------|--------------------|---------------|--------------|
| Nation | 24 | 0 | 5 |
| Streaming | 14 | 0 | 1 |

Streaming in Nations with Equipped and Classic Competitions



| | Equipped and Classic | Only in Equipped | Only in Classic | None |
|-----------|----------------------|------------------|-----------------|------|
| Streaming | 14 | 0 | 3 | 7 |

Clubs and Members General Report

On the basis of the National Report sent by 24 Nations out of 34, the EC of the EPF shows the followings.

| NUMBER OF MEMBERS AND CLUBS PER NATION | | | |
|--|----------------|--------|-------------|
| N°OF MEMBERS | | | N° OF CLUBS |
| N° WOMEN MEMBERS | N° MEN MEMBERS | TOTAL | |
| 22.727 | 71.422 | 96.649 | 1.712 |

Note: the total of 96.649 does not reflect the sum of (22.727+71.422=94.149) because some Nations did not sent the distribution between women and men.

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

To the Czech Powerlifting Federation, I express my personal thanks for the efforts organizing the 2019 combined European Sub-Junior, Junior and Open Equipped Powerlifting Championships.

I wish to Coaches, Referees and Lifters a successful European 2019.

Sandro ROSSI Vice President

8. Committee Reports.

- Auditor Committee Report

See chapter no. 5

- Technical Committee report.

TECHNICAL COMMITTEE REPORT to Congress 2019

First of all, congratulations to the referees who passed their exams in 2018. All successes have been published in the EPF Newsletter.

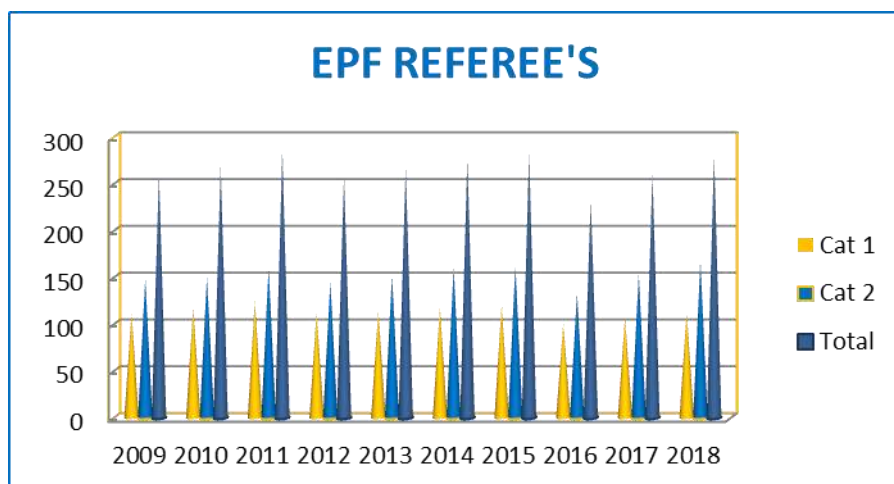
Thanks to the examiners and especially to Johnny Wiklund, member of the EPF Technical Committee.

In 2019, Johnny will take care of himself and that's the reason why he resigns now as member of the EPF TC. Thank you for all your efforts during the exams, all championships and all the beautiful years that we spend together to teach our referee's.

I had also a good collaboration with Patrik Thur, for which I thank him.

European referee's in 2018

| EUROPE | CAT 1 | CAT 2 | Regional | TOTAL |
|--------|-------|-------|----------|------------|
| | 110 | 167 | 2 | 279 |
| female | 18 | 36 | 1 | 55 |
| male | 92 | 131 | 1 | 224 |



The year 2018 was an extremely busy year for all of us. The EPF have been focussed, together with the IPF, on the Technical Rules for made them more understandable. With thanks to everyone who has cooperated to this.

I took part at the European Classic Masters powerlifting in Helsingborg, European Classic Cup in Oshmiany, European Equipped powerlifting in Pilsen, European Equipped Masters powerlifting in Pilsen, World University powerlifting in Pilsen, European Classic Bench Press in Bordeaux, Balcan Cup in Belgrad, World Equipped Powerlifting in Halmstad, European Classic Powerlifting in Kaunas.

We shall continue to uphold the good name of the EPF and will take care of our duties.

I hope that I can cooperate still long with you and look forward to meet you at a next Championship.

All the best to the Czech Federation with the Men's and Women's European Championships.

Kind regards.

Myriam Busselot, EPF Chairwoman Technical Committee

- 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 4th November 2018 in Halmstad, Sweden, and EPF General Assembly held in 5th May 2018 in Pilsen, Czech Republic. Also, EPF EC held February 2018 in Alicante, 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, officials and volunteers making powerlifting forward.

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

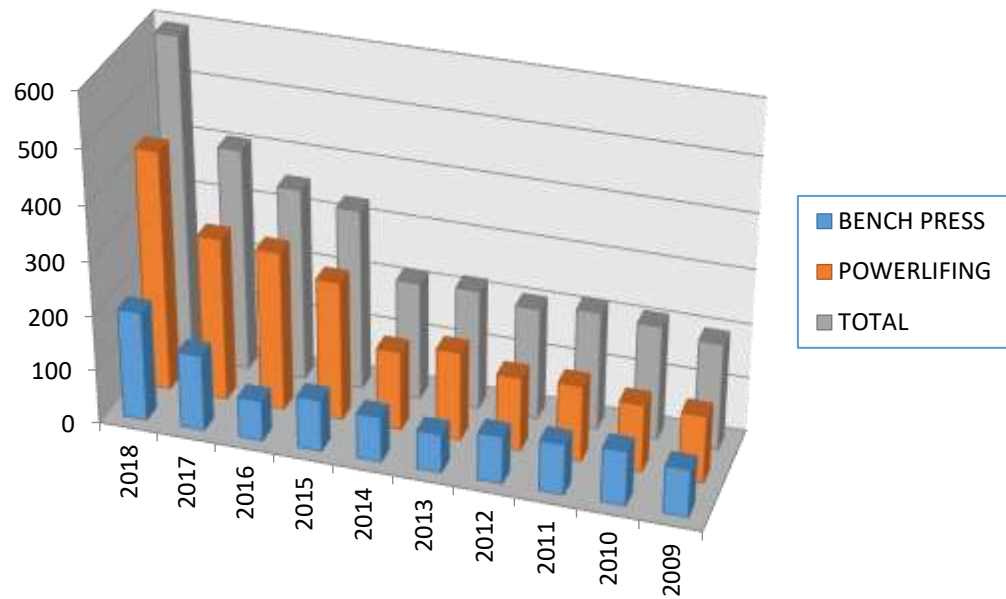
- Women's Committee Report

Dear Delegates and Member Federations,

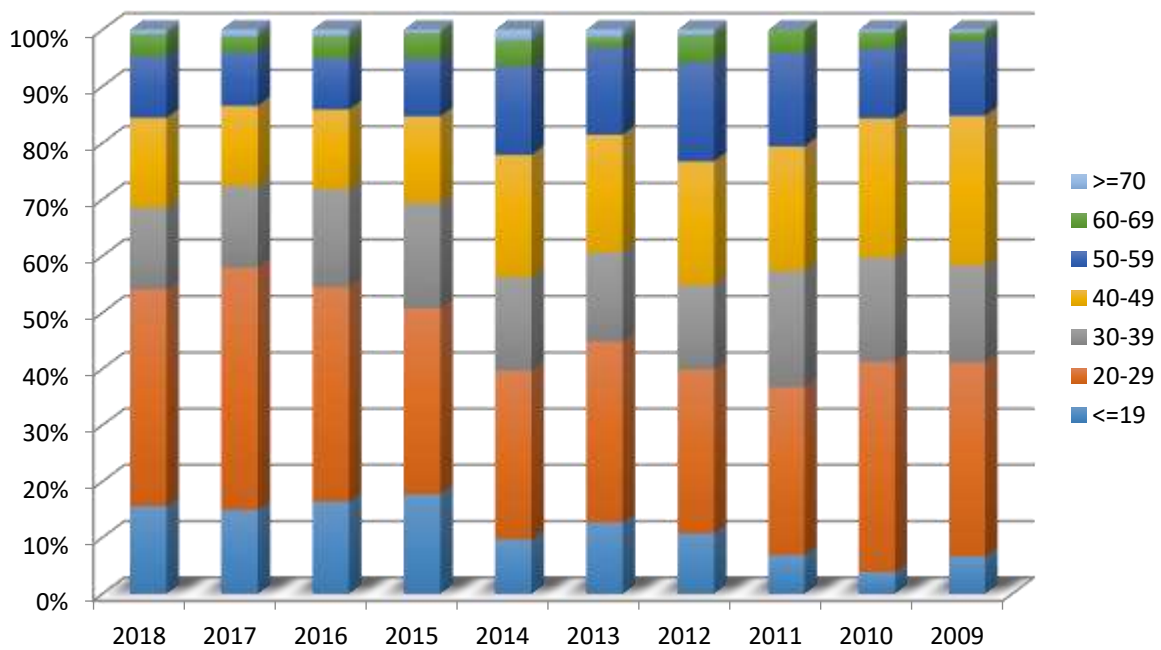
As usual in the EPF website, following the link "About EPF - Women's Powerlifting" (<http://www.europowerlifting.org/about-epf/womens-powerlifting/>), you can find the statistics for the period 2000-2018 concerning the participation of female lifters in Powerlifting and Bench Press Competition and also the distribution by Nation, with special focus of last ten years.

In particular, the trend of the last ten years is shown in the following charts.

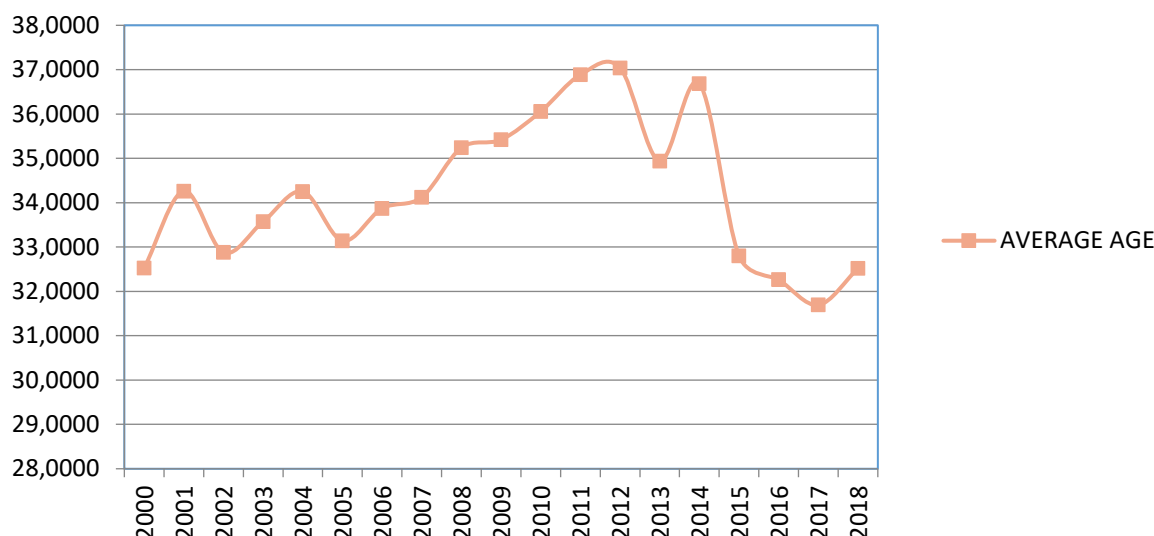
Number of female lifter:



Distribution for age class:



Trend of the average age in the period 2000-2018:



Reading these statistics we can observe that the increase of female lifters in respect previous year is confirmed. This is surely due to the introduction of Classic Competitions.

We can also observe a decrease in the average age.

I wish you all a successful General Assembly and Open, Junior and Sub-Junior European Equipped Powerlifting Championships.

Maria Pia Moscianese – EPF Women's Committee Chairwoman

- EPF Championship Secretary Report.

Dear All,

In the past two years when the division was divided into classical and equipped, the number of European championships and cups increased significantly from 5-6 championships per year to the current 10 - 11 competitions of the year. The EPF officials, the organizers of the championships and, last but not least, all the participants of the competitions, lifters, coaches and above all the referees have increased considerably. The constant problem is the nomination of an insufficient number of referees, especially at the European Junior Championships. This is a big and serious problem we can not solve satisfactorily. A similar problem is at the Masters Championships. I would like to ask representatives of all European member federations to help us solve this problem.

Now we have one, and sometimes two, European Championships in one month, which requires high demands on all members of the EPF Executive Committee and members of all EPF committees who have to participate in the European Championship as EPF officials. I would like to thank all these officials for their work and willingness to participate in this demanding and important function.

Unfortunately, I will no longer be able to honestly perform my position at the EPF Executive Committee because my wife's health will require my continued personal care for her. That is why I ask for release from the Executive Committee.

If it is desirable, I could continue as an EPF Championships Secretary assistant and run a computer work at home as I have before.

I wish all of you great success in your meritorious work to develop Powerlifting. I wish you a peaceful and successful General Assembly meeting and the excellent achievements of your lifters at the European Championships.

With kind regards

Jiri Hofirek, EPF Championship Secretary

9) Election.

Election of officials for 4 years:

| | | |
|------------------------|------------|---|
| President: | Candidate: | Arnulf Wahlstrom , NOR |
| V. President: | " | : Sandro Rossi , ITA |
| Secr. Gen.: | " | : Ralph Farquharson , SPA |
| Treasurer: | " | : Xavier de Puytorac , FRA |
| Tech. com. chair: | " | : Myriam Busselot , BEL |
| Law & Leg. Com. chair: | " | : - Tero Hyttinen , FIN |
| | " | : - Patrick Thur , SWE |
| Championship Secr.: | " | : Björn Astad , NOR |
| Women's com. chair.: | " | : Maria Pia Moscianese |
| 2 Auditors | " | : Pavol Müller , SLO and Silva Katutyte , LTE |

10) Proposals.

- **10.1. By Law 104.11.(From EC)**

104.11.1 European records will only be accepted from international competitions where doping testing is carried out according to the IPF Anti-Doping Rules 5.1 and lifter breaking the record is available for tested returns a negative doping test. This A test must be done strictly in accordance with the IPF Anti-Doping Rules including the analysis of samples in a laboratory accredited at the time of analysis by WADA. European records broken at World Championships may be accepted without doping test. Ref. IPF Anti-doping Rules 5.1.1.2.

Athletes so chosen for Testing at European Events for Open category or at any combination of European Events for Open category, Sub-Junior, Junior and / or Masters must include those achieving European Records in the Open category. Athletes achieving any European Records in the Sub-Junior, Junior, Master 1, Master 2, Master 3 or Master 4 age categories may be selected for Testing.

a. Notwithstanding the above, Athletes achieving European records in the Sub-Junior and / or Junior category at European Sub-Junior & Junior Events must be selected for Testing in addition to those achieving European Open Records at that Event.

b. Similarly, Athletes achieving European Records in the Master 1 category at European Events for Masters must be selected for Testing in addition to those achieving European Open Records at that Event.

Reason: To be in line with IPF Anti-doping rules and state EPF anti-doping policy.

- **10.2. By Law 105.4 (From the Great Britain PF)**

1. That the EPF enforce By Law 105.4.2, viz: Accommodation rates charged by the promoter must not exceed the normal rack rate charged by the establishment providing the accommodation. Any overcharge without providing a higher accommodating quality may bring the case to the IPF DC to decide about any sanction. Possible sanctions are fines up to the level of the profit from the overpricing and/or exclusion from organizing European championships the following 1-3 years.

REASON – The advertised hotel rates for the EPF Masters Classic Championships were substantially more than rates that could be obtained by booking direct. Even though rates were lowered by 13-22% compared to the original invitation, they were still much higher than the

perceived rack rate. The whole situation is exacerbated by By-Law 105.7 Obligatory to Stay in the Meet Hotel.

2. That if the EPF is unable or unwilling to enforce By-Law 105.4.2, the mandatory requirement to stay in the official hotels (By-Law 105.7) should revert to the IPF rule, which allows staying at non-meet hotels provided a fine of €100 is paid.

- **10.3. Constitution 13.10 and 13.11 (From the Great Britain PF)**

That the EPF delete Constitution paragraphs 13.10 and 13.11 as these refer to suspension of members for various infringements, which can only be done through IPF disciplinary procedures.

- **10.4. (From Great Britain PF).**

That the EPF stop insisting that a reserve lifter can only be moved into the nominated team if they replace someone else. This is not in EPF rules, is contrary to IPF nomination procedure and is unfair practice

- **10.5 By Laws 105.13.2. (From the EC)**

*105.13.2 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 **at or** 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.***

Reason: The Technical Chair has a lot of work at the technical meeting and later because referees ask to change their referee duties. Due to such changes the referee lists are constantly changing. One must expect that a federation is able to decide exactly what duties the referees are able to do latest 14 days prior to the technical meeting.

- **10.6 By Laws 105.6 (From EC)**

*All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship ~~or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone)~~ a fine of 250 Euro will be imposed to the concerned national federation **if not the absence is due to a credible reason (e.g. delay in transport). Such reason must immediately be reported to the EPF Championship Secretary and preferably prior to the time of the technical meeting.***

Reason: For proper information and preparation, it is important that all nations are represented at the technical meeting. This is the official start of a championship..

11) New Member Applicant

* Turkey PF

EPF Member Nations

| | Full Members | | Full Members | | Suspended members |
|---|--------------|----|--------------|--|-------------------|
| 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 | | New Applicants: |
| 13 | Georgia | 31 | Slovenia | | |
| 14 | Great Britain | 32 | Spain | | |
| 15 | Greece | 33 | Sweden | | * = Not paid membership |
| 16 | Hungary | 34 | Switzerland | | |
| 17 | Iceland | 35 | (Turkey) | | ** = Suspended |
| 18 | Ireland | 36 | Ukraine | | |

12) Action on Delinquent Nations

None.

13) Hall of Fame.

To be announced at the General Assembly.

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 |
| 2016 | - | Riitta Sundvall Liimatainen, SWE | Patrik Turesson, SWE |
| 2017 | - | Eila Kumpuniemi, FIN | Ruso Karel, CZE |
| 2018 | - | Heidi Hille Arnesen NOR | Phillip Richard GBR |

14) Bids and confirmation on Future Championships.

2019 (given)

| | | | | |
|----------------------------|----------|-------|------------------|-----------------------------|
| European Masters | Classic | PL. | 5-10 March | Győr, Hungary |
| European Classic Cup | Classic | PL/BP | 22-24 March | Oshmiany, Belarus |
| European Open/Jun./S.Jun. | Equipped | PL | 28 April – 4 May | Pilsen, Czech Rep. |
| European Masters | Equipped | PL | 3-7 July | Sibiu, Romania |
| European O/M/J/SJ | Classic | BP | 7-10 August | Hamm, Luxembourg |
| Western European | Equ/Clas | PL | 6-8 September | St. Zenone al Lambro, Italy |
| Danube Cup | Equ/Clas | PL | 7-8 September | Mukachevo, Ukraine |
| Arnold Classic Europe | Equ/Clas | PL/BP | 20-22 September | Barcelon, Spain |
| Balkan Open Cup | Classic | PL/BP | 11-13 October | Belgrade, Serbia |
| European Open/Masters/Jun. | Equipped | BP | 16-19 October | Tampere, Finland |
| European Open/Jun./S.Jun. | Classic | PL | 29 Nov.- 8 Dec. | Kaunas, Lithuania |

2020 (given)

| | | | | |
|----------------------------|----------|-------|-----------------|----------------------|
| European Masters | Classic | PL. | 11-15 March | Albi, France |
| European University Cup | Classic | PL | 24-28 March | Bordeaux, France |
| European Open/Jun./S.Jun. | Equipped | PL | 4-10 May | Thisted, Denmark |
| European Masters | Equipped | PL | 2-6 July | Vantaa, Finland |
| European O/M/J/SJ | Classic | BP | 5-9 August | Kaunas, Lithuania |
| Western European | Equipped | PL | 11-13 September | Iceland |
| Arnold Classic Europe | Equ/Clas | PL/BP | September | Barcelona |
| European Open/Masters/Jun. | Equipped | BP | 15-18 October | Ekaterinburg, Russia |
| European Open/Jun./S.Jun. | Classic | PL | 27 Nov.- 6 Dec. | Warsaw, Poland |

2021 (given)

| | | | | |
|---------------------------|----------|-------|-----------------|--------------------|
| European Masters | Classic | PL. | 9-14 March | Kaunas Lithuania |
| European University Cup | Classic | PL | 26-28 March | Venue requested |
| European Open/Jun./S.Jun. | Equipped | PL | 3-9 May | Oshmiany, Belarus |
| European Masters | Equipped | PL | 7-11 July | Venue requested |
| European O/M/J/SJ | Equ/Clas | BP | 4-8 August | Pilsen, Czech Rep. |
| Western European | Equipped | PL | 9-11 September | Hamm, Luxembourg |
| Arnold Classic Europe | Equ/Clas | PL/BP | September | Barcelona |
| Danube cup | Equ/Clas | PL | 25-26 September | Venue requested |
| European Open/Jun./S.Jun. | Classic | PL | 3-12 December | Riga, Latvia |

2022. (bid)

| | | | | |
|----------------------------|----------|-------|-------------|--|
| European Masters | Classic | PL. | 8-13 March | |
| European University cup | Classic | PL | 23-27 March | |
| European Open/Jun./S.Jun. | Equipped | PL | 2-8 May | |
| European Masters | Equipped | PL | 6-10 July | |
| European Open/Masters/Jun. | Equ/Clas | BP | 2-7 August | |
| Western European | Equ/Clas | PL | 9-11 Sept. | |
| Arnold Classic Europe | Classic | PL/BP | September | |
| European Open/Jun./S.Jun. | Classic | PL | 2-11 Dec. | |

PL = Powerlifting Championships BP= Bench Press Championships

15) Any other Business.

EPF Strategic plan 2019-2022.

16. Adjournment.

Appendix 1. EPF Strategic plan 2019-2022.

Enclosed as separate document.