



**9th Annual
North American Powerlifting Federation Congress/General Assembly
Jasmine Room – Hyatt Hotel: Miami, Florida, USA
July 06, 2011 [10:00am – 12:00pm]**

- I. Call Meeting to Order
 - a. The 2011 General Assembly meeting was called to order by Robert Keller, the Secretary General of the NAPF.
 - b. A moment of silence was held to recognize and remember the following athletes/officials from USA Powerlifting that recently passed away within the past two weeks for various illnesses: Craig Terry, Al Siegel, Terrance Brooks and George Walker.

- II. Introduce delegates of the NAPF and IPF.
 - a. Dr. Larry Maile, President; Mr. Fernando Baez, Vice-president; Robert Keller, Secretary General; Bill Clayton, Technical Chairman; Sergio Centeno, Championship Secretary/Scoring Manager; Michael Licciardi, Finance Secretary; Ivan Cancel, Records Manager. Johnny Graham, IPF Vice-president was in attendance.

- III. Roll Call of Voting Members & Delegates
 - a. Sergio Centeno designated to be the official translator for the General Assembly.
 - b. IPF/NAPF/FESUPO Member Federations present at the championship: Cayman Islands, Costa Rica, Guyana, Mexico, Puerto Rico, Trinidad and Tobago, USA, and the US Virgin Islands. The BVI and Guatemala were not able to attend for travel related reasons.
 - c. Meeting turned over to Dr. Larry Maile, the President of the NAPF.

- IV. Approve Minutes from the 2010 NAPF General Assembly in Aguadilla, Puerto Rico
 - a. **Minutes Approved 7 – 0.**

- V. NAPF President's Address [Dr. Larry Maile]
 - a. Discussed the timely membership payments to the IPF. Also, the purge of NAPF Member Federations by the IPF that have not paid their membership fees. Removal of federations will take place at the IPF Congress/General Assembly in Pilsen.
 - b. Out – of – Competition drug-tests not being done/completed by the IPF.
 - c. Ongoing challenges with Argentina's anti-doping program. Eight [08] drug-testing failures during the past 18 months in international competition. Currently, on probation with the IPF.
 - d. Proposal by the IPF to collect all Anti-doping fees from regional federations. Leaves regional federations with no operating funds. **Suggestion by the IPF was unanimously rejected by the NAPF Member Federation by a unanimous vote of 7 – 0.**

- VI. NAPF Vice-President's Address [Mr. Fernando Baez]
 - a. Discussed 2012 World Open Championships –Moved world championship from Aguadilla to San Juan. **NOTE:** On Friday evening, July 08, 2011 officials from the NAPF and the Puerto Rico Powerlifting Federation met and discussed the coordination of the 2012 World Championship. A presentation by the Puerto Rico Powerlifting Federation will be given to the IPF Executive in Pilsen.

- VII. NAPF Secretary General Address [Robert Keller]
- a. IPF and NAPF Membership Fees.
 - i. Several members have not paid their IPF or NAPF Fees for several years. A robust campaign to get the member federations caught up is now underway.
 - b. Visa Application – Nomination Forms.
 - i. Member Federations were encouraged to apply earlier for their visas to the USA. Entire process was reviewed. Guidelines will be drawn up and sent to the member federations.
 - c. IOC Questionnaire.
 - i. The IPF Secretary General has requested the NAPF member federations send the completed IPF Questionnaire. The information and data collected will be used for the IPF's application for IOC Recognition. It is very important that the member federations send their questionnaires.
 - d. IPF Elections – 2011
 - i. The IPF will conduct elections at the General Assembly that will be held in Pilsen, Czech Republic. All member federations are invited to take part and cast their vote. Important to note, Constitution, By-Law and Technical Rules changes/proposal should be submitted to the Secretary General of the IPF, by NLT September 01, 2011.
 - e. NAPF Elections – 2012
 - i. The NAPF will have their elections, next year, at the General Assembly in the Cayman Islands.
- VIII. NAPF Finance Secretary Report [Michael Liccardi]
- a. Once more, payment of all championship fees at the championships should be made in a timely manner. Invoices are now being sent to the federations 30 days in advance. Member federations are financially responsible for each athlete they nominate to an international championship as well as for all hotel reservations they make within seven [7] days of the championship.
- IX. NAPF Technical Chairman Report [Bill Clayton]
- a. Recertification of IPF Referees - 2012
 - i. Recertification of IPF Referees will take place this year. Please be sure that each referee has the necessary recertification clinic listed on their re-registration documents with the IPF.
 - ii. A Referee Recertification Clinic was held on Thursday, July 07, 2011 @ 3:00pm in the Hyatt Hotel by Bill Clayton.
 - b. IPF Referee Examinations
 - i. Member Federations must nominate their referee candidates no less than three months before their intended examination. If the candidate does not show, they are still responsible for payment of the fees.
- X. NAPF Championship Secretary Report [Sergio Centeno]
- a. Nomination of Athletes – Deadlines
 - i. A quick review of the nomination/invitation procedures for IPF and NAPF Championships was completed by Mr. Centeno. Reemphasized the fact the member federations are responsible for who they nominate to the championships.
 - b. Scoring Manager Training
 - i. Ongoing training of more scoring managers. Training member federations to use Marksteiner Scoring Program. A training course was held by Mr. Centeno, the NAPF Scoring Manager, training scoring managers from Guyana, Trinidad/Tobago and the USVI. The Seminar was held on Tuesday, July 05, 2011. Congratulations to Mr. Centeno for a well done job!

- XI. NAPF Records Manager Report [Ivan Cancel]
 - a. NAPF Records updated and posted on the website
 - b. NAPF Records created for new IPF Weight Classes.

- XII. Discussion Items
 - a. 2013 World Games Selection Guidelines – Cali, Colombia [Maile]
 - i. Official selection to the World Games
 - ii. Review of Anti-doping policy of the IPF

- XIII. Motions to the NAPF Congress
 - a. Guyana – Peter Green
 - i. Rename the annual NAPF Regional Championships to the North American, Central American and Caribbean Islands [NACACI] Championships to take into account the cultural diversity of the entire region. **Motion Failed 4 – 3.**

- XIV. IPF/NAPF Calendar of Events
 - 2010
 - a. 2010 North American Powerlifting Championships – Puerto Rico / Completed
 - b. 2010 North American Pro Bench Press / Completed
 - c. 2010 North American/Pan-American Bench Press Championships – BVI / Completed
 - d. 2011 Arnold Sports Festival – USA / Completed
 - 2011
 - a. Arnold Sports Festival – Completed
 - b. Caribbean Championships – Cayman Islands / Completed
 - e. North American Regional Powerlifting Championships – USA / Completed
 - f. North American Pro Grand Prix Bench Press Championships – USA / Completed
 - b. North American Pro Grand Prix Deadlift Championships – USA / Completed
 - c. Pan-American Championships – Argentina / August 17 – 21
 - d. IPF Sub-Junior/ Junior Championships – Canada / September 1 - 7
 - e. North American Bench Press Championships – USA / October 7 – 8
 - f. IPF World Masters – Canada / October 1 – 7
 - 2012
 - a. Arnold Sports Festival – USA / March / Confirmed
 - b. Caribbean Championships – USVI / March / Confirmed
 - c. IBSA World Bench Press and Powerlifting Championships – USA / July / Confirmed
 - d. North American Regional Championships -- Cayman Islands / July / Confirmed
 - a. Change from Cancun, Mexico to Georgetown, Cayman Islands
 - e. North American Pro Bench Press - Deadlift Championships – USA / July / Confirmed
 - f. North American/Pan-Am Bench Press Championships -- USA / October / Confirmed
 - g. IPF World Masters Powerlifting Championships – USA / October / Confirmed
 - h. IPF World Open Powerlifting Championships – Puerto Rico / November / Confirmed
 - 2013
 - a. Arnold Sports Festival – USA / March / Confirmed
 - b. Caribbean Championships – Guyana / March / Confirmed
 - c. North/Pan-American Powerlifting Championships -- USA / July / Confirmed
 - d. North American Press Championships – Guatemala / October / Confirmed
 - e. IPF World Masters Powerlifting Championships – USA / October / Confirmed

- XV. Bids for Future Championships
 - a. 2014 Caribbean Championships – Trinidad/Tobago / March / Confirmed
 - b. 2014 North American Regional PL Championships – Mexico / July / Confirmed
 - c. 2014 Central American and Caribbean Games – Mexico / July / Confirmed
 - d. 2014 North American/Pan-Am Bench Press Championships – BVI / July / Confirmed

- XVI. Motions to the IPF Congress/General Assembly
- a. Allow athletes to change weight classes at the Technical Meeting at all international and World championships. Please see appendix 1. **Motion Passed 7 – 0.**
- XVII. New Member Federations
- a. The Dominican Republic will be making application to the IPF. During the fall of 2011, the NAPF will direct the following seminars for the newly established Dominican Republic Powerlifting Federation: Referee/Technical Training Seminar; Coaching/Athlete Training Seminar; Anti-doping Seminar and Administrative Workshop.
- XVIII. Disciplinary
- a. The Aruba Bodybuilding and Powerlifting Association [ABPA] remains suspended by the IPF and NAPF for failure to pay 500.00 Euro fine for the drug-testing failure of Abdel Kelly, which took place at the 2008 NAPF North American Championships held in Oranjestad, Aruba and for non-payment of their IPF and NAPF Membership Fees. **Note:** On Friday, July 29, 2011, the IPF Executive expunged the ABPA from the IPF. The NAPF has also deleted them from their membership list. The Aruba dossier is on file with the IPF and the NAPF detailing their anti-doping violations not only with the IPF, but the IFBB. All documents on file with the IPF have been sent to the IFBB Executive for review. Case still pending with the IFBB.
- XIX. Motions from the Floor
- a. A committee will be developed to work on development projects within the Caribbean and Central America. First project will be the Dominican Republic to take place during the September/October 2011. **Motion Approved 7 – 0.**
- XX. Adjournment of NAPF General Assembly at 1:58pm.

Signed, prepared and certified: August 04, 2011

**Robert Keller
Secretary General
North American Powerlifting Federation**

Appendix 1:

NAPF Rule Change for the IPF Congress [**In Red**]

General Rules of Powerlifting

Bodyweight Categories

Paragraph 7 – Change to read as follows:

Each Nation must submit a team roster giving the name of each lifter and his/her body weight category. Personal bests from National or International Championships during the previous 12 months shall be stated. This may include his/her result achieved at last year's International Championships in the same bodyweight category. The date and title of the competition in which the total was achieved must also be stated. These details must be submitted to the Championship Secretary of the IPF or Region and also the Meet Director at least 60 days before the date of the Championships on the preliminary nomination. Final selection, submitted not later than 21 days before the date of the Championship, must be made from those nominated 60 days before the date of the Championships. This is inclusive of reserve or alternate lifters. At this point in time, the national federation must nominate the bodyweight category for each athlete.

Changes in the weight category in which the lifters are nominated will be allowed [only] at the technical meeting held prior to the start of the competition, and not during the course of the championship. Nominated lifters without results from any of the above Championships will be ranked in the first group to lift if his/her bodyweight category will be split into groups. Failure to comply with any of these requirements may result in disqualification of the offending team. A lifter cannot produce a qualifying total via his national federation for entry to World, International or Regional Championships while he is under suspension by the IPF or Region.

Rationale

Athletes participating in international powerlifting competitions often have to deal with the effects of long distance air travel and changing time zones. Long distance flights often disrupt an athletes circadian rhythms and sleep-wake cycles causing extreme fluctuations to metabolic rates and body chemistry -- For many athletes, this leads to jet lag, a condition characterized by sleep loss, headaches, dizziness, fatigue and reductions in energy, alertness and cognition. These conditions often times lead to major weight gain, weight loss and weight retention. Therefore, coaches and trainers should be allowed to evaluate the physical condition of their athletes, upon their arrival at the championship destination, and be allowed to change an athlete's bodyweight class at the technical meeting for the health and safety reasons. Special attention should be paid to master level athletes on varying medications for heart-aliments, asthma, etc.