



ASIAN POWERLIFTING FEDERATION

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2023 APF EXTRAORDINARY GENERAL ASSEMBLY

Hotel Ramada Alleppey, Alappuzha, India 04/05/2023 8 pm

AGENDA

1. Roll Call
2. President's message
3. Secretary General's message
4. Election of Executive Committee Member of Central Asian region
5. Motions
 - a) APF Constitution change 8.2., correction of the list of Executive Committee members, new position Vice-President 2 to be included and specified
 - b) Election of the Vice President 2
6. Determination of the list of Commissions with Chiefs included to the APF Board
7. Any other business
 - a) APF logo
 - b) APF Media Report
8. Adjournment

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Roll call of Nations and Delegates, presentation of credentials

The Extraordinary Congress convened at 8:00 pm after the Executive Committee Meeting in the same conference room of Hotel Ramada, Ms Tatiana Romanova, APF Secretary General, Directed the Assembly. The following Executive Committee Members and APF Member Federations attended the Congress.

1. Farshid Soltani – APF President
2. Tatiana Romanova – APF Secretary General
3. Pok Kim Won – APF Vice President
4. Ip Wing Yuk – APF Treasurer
5. PJ Joseph – APF EC Member
6. Chao Chen Yeh – APF Technical Chair
7. Willord Capulong – President of Powerlifting Association of Philippines
8. Filippo Scarlata – Secretary General of Powerlifting Association of Philippines
9. Satish Kumar – President of Powerlifting India
10. Fotiev Sergey – 1st Vice President of Uzbekistan powerlifting Federation
11. Samedinova Elvira – 2nd Vice President of Uzbekistan powerlifting Federation
12. Starkov Vyacheslav – Head Coach of Kazakhstan Powerlifting Federation
13. Saeid Shavifi – Iran Representative
14. Rajesh Tiwari – Chairman of Powerlifting Inia
15. Anna Maria – President of Powerlifting Federation of Indonesia
16. Alexey Pankrashev – General Secretary of Kazakhstan Powerlifting Federation

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President's message

Dear APF Member Nations,

It's my pleasure to welcome you at the Extraordinary Congress of the Asian Powerlifting Federation. The reason of this Congress is a discussion with our members the future plans for development of the APF and the elections of the Executive Committee members and APF Commissions.

APF is growing as we can see enormous number of lifters participated last year and huge interest in all further events. We see active people that are willing to work hard with us. This year we had faced a Force Majeure related the hosting of the Asian Benchpress Championship in September 2023 and we were excited to see that 4 countries have sent to us application for hosting in spite of the limited time for preparation. We are very grateful to our members for your support. After discussions with the APF Executive members it was decided to host the 2023 Asian Benchpress Championships in Japan.

After several meetings with UAE Powerlifting Committee and University of Sharjah me and APF Secretary General Tatiana Romanova agreed to organize first Asian University Cup in Sharjah on August 16-21. This event will be historical step forward and we invite all our members to participate.

One more step for progress will be determination of the Commission in the APF. At the moment we have members in IPF Commissions such as Women, Coach, Athlete, Youth etc. and it's time to create our working groups for development in each direction. We have appointed Christina Chamley as Media Officer but we have already several volunteers working hard in Media so it is important to legalize the duties of everyone who is involved in Media. Women Commission is also very important. Tatiana Romanova is a member of IPF Women Commission and she needs more active female representatives in Asia to make our working group and organize different activities within Asian region.

Education Commission is a subject of past few years and it is not related the coaching. APF need seminars related the Rules, Referee courses, Anti-Doping Seminars etc. and we are surely looking for the people responsible for organization and administration.

Once again I would like to welcome you at the Extraordinary Congress and wish you all successful year!

Best regards,
Farshid Soltani

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Secretary general's Message

Dear Ladies and Gentlemen,

It is a great pleasure to welcome you at the 2023 Extraordinary Congress of the Asian Powerlifting Federation. We are gathered together to discuss our development plans for the future and before we start I would like to share with you the latest news of the 2023.

This year is a definitely historic year of APF as we have 3 new championships that will be organized for the first time and we have changes in Directory office of our Nations.

I would like to welcome the new elected presidents:

- Satish Kumar (Powerlifting India)
- Willord Capulong (Powerlifting Association of Phillipines) and new Secretary General Filippo Scarlata
- Willy Lau Wee Ming (Powerlifting Federation of Brunei)
- Islam Islamov (Uzbekistan Powerlifting Federation)

Our provisional members:

- Bahrain
- Bangladesh
- Brunei
- China
- Saudi Arabia

These countries are going to be excluded from the IPF (according to the IPF Agenda 2023)

- Afganistan
- Tajikistan
- Turkmenistan
- Jordan

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(Due to nonpayment of IPF Membership fees for few years)

- Kyrgyzstan (due to Suspension from the Department of Sport and violation of the IPF Constitution as well). But I must inform you that the new National Federation is already created by the new people and has government support that is corruption free, anti-doping oriented. The new president Adilet Murokov has already done great job for the development and has sent the application to become IPF Member.

The great step forward we have done with the Asian University Cup that will be held in Sharjah in August and organized by Sharjah University and UAE Powerlifting Committee as well. Me and Farshid Soltani had few meetings with the Directory of both organizations and the invitation will be ready till the end of this week.

One more Championship that will be held for the first time is Asian African Pacific Powerlifting and Benchpress Championship in Hong Kong in June and I would like to thank Ip Wing Yuk and Pok Kim Won for your support and hosting.

IPF Arab Cup is coming too and will be organized in July In Lebanon for part of Arab countries in Asia and Africa.

In the beginning of this year we faced force majorie situation as UAE Powerlifting Federation was unable to host the Asian Benchpress Championship in September. After my kind request to all nations to consider the hosting I received applications from 4 countries: Japan, South Korea, Lebanon and Iran. All APF Executive Committee Members voted to host the championship in Japan and I am already in contact with National Federation and I believe we will have wonderful championship.

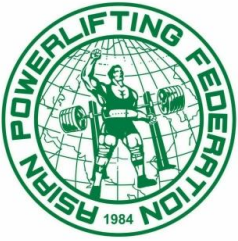
Important to note that Malaysia will host their first Asian Classic Powerlifting Championship on December 10-18. I had several online calls with Dayalan Jeevan and fully support National Federation and ready to share the Experience.

During our last General Assembly in Dubai I informed you about my plans for development in APF. I explained that till the end of 2022 we had no Official Check list and promoter contracts for the Host countries where they could find all information how to organize the competition. I have already created all documents that I promised to prepare and Malaysia, Japan and UAE are already working according to the Contract and the Checklist. Moreover Uzbekistan as a Host country of Classic Powerlifting Championship in 2024 is also ready to sign the Promoter Contract with the APF.

Coming back to the Extraordinary Congress I would like to mention 2 important points.

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At the moment I have 2 positions in Executive Committee of the APF as Secretary General and Central Asia EC Member. I believe we need to be absolutely transparent and professional and I would like to resign from position of Central Asia where I was working for 8 years. As you can see the Central Asian region is a great community of good friends and I am happy that I was involved in such amazing development of the region.

One more step forward is the establishment of Committees in the APF the way IPF and all other regions have.

We have Asian Representatives in IPF Commissions and it will be absolutely correct that these representatives will be the Chairs of Asian Commissions as well.

Here is the list of our Members:

- Youth Commission ORCHIBAT ORKHONTUUL
- Athletes Commission JOYCE REBOTON
- Women Commission TATIANA ROMANOVA
- Coach Commission IP WING YUK
- Technical Commission CHEN YEH CHAO
- Media Commission CHRISSY CHAMLEY
- Medical Commission IP WING YUK

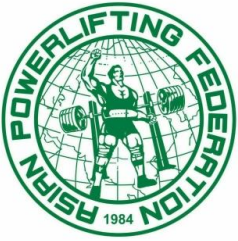
According to the APF Constitution these Committees are non-executive and we need to decide the role and statement in the Constitution.

I believe that APF is a transparent, fair and professional team and new people (Committee members) will help us to bring the Asia on TOP.

Best regards,
Tatiana Romanova
APF Secretary General

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Election of Executive Committee Member of Central Asian region

Nominaton – Vyacheslav Starkov (Kazakhstan)

Nomination and CV was provided by Secretary General Alexey Pankrashev.

Vyacheslav Starkov:

Good evening ladies and gentlemen, I want to say a huge thanks to Farshid Soltani and Tatiana for trusting me this working place, i will try to do my best for Central Asia region and I hope that new champions from the Central Asian region will appear soon

President's message:

Dear Ladies and Gentleman,

30 minutes before the Congress we had EC Meeting where we discussed the future of Powerlifting and the reason of new changes. Asia is growing very fast. Now we have huge number of Nations that are active and enormous number of Events to organize. Sure we have Executive Member, but sometimes we need to be more active and follow the IPF Constitution that we were followed past few years.

But we also have APF Constitution that is absolutely not relevant and consists of many mistakes. The main reason of our meeting is to decide that APF Constitution is invalid and first step we need to vote for changes in Constitution and only after we can open the Nomination and vote for applicants.

We can announce Interim Representatives of Commissions as they are members of IPF Commissions as well. But they will be non-executive same as New Representative of Central Asia Starkov Vyacheslav is announced as Interim.

Additionally I would appreciate Rajesh Tiwari as he is my Senior Advisor and can become a Vice President. But as we have already a Vice President Mr. Pok Kim Won, we can have a division of Asia on West and East and as this points are absent on the Constitution – we need to make motions first.

So my logical objective is that we are changing the Constitution, nominee the Interims and then on December at the Asian Classic Powerlifting Championship in Malaysia we officially vote for applicants.

Farshid Soltani

APF President

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Rajesh Tiwari pointed that no need to wait till December if we can vote on Candidates now, we have the Extra-Ordinary Congress.

Anna Maria (Indonesia) pointed that as South-East Region countries they are concerned about Sea Games and supported Rajesh Tiwari as Vice-President.

Ip Wing Yuk pointed that we have 35 members, not all of them active and some of them have no voting rights as they didn't pay the membership fees. Only 5 EC members and only 7 countries present at the Congress. For legal vote APF need a quorum, present meeting doesn't fit the quorum; APF needs more countries to vote.

Farshid Soltani: As we are working according to the Constitution and IPF we must be transparent so we now vote for Changes in Constitution. So I propose to vote for all changes all together.

- We add new Position West Asian Vice-President to the constitution; we classify the duties and announce our member Nations about the reason of this position and open nomination for applicants. Interim West Asian Vice President is Rajesh Tiwari till official elections in Malaysia
- We add 7 commissions to the list of Committees in Constitution
- We Change the EC Member of Central Asia and announce Starkov Vyacheslav as Interim till December as well.

VOTED UNANIMOUSLY

Any other Business:

APF LOGO

Return to old APF Logo (green circle) and rejection of newest visualization done in 2018 due to lack of popularity among the nations.

VOTED UNANIMOUSLY

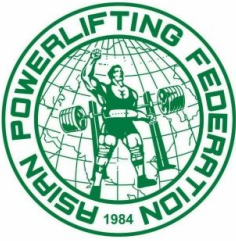
APF Media Report

APF Media Team

- Members consist of Broadcast Manager: Karthik R and Commentator & Newsletter Editor: Chrissy Chamley.

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- Other roles and positions will be specified during the development of media team.
- The Media Team came into formation with Chrissy Chamley coming on board as online commentator and newsletter editor in September 2022 at the Asian BP Championship in Mongolia.

Youtube Statistics

In the two events since the team commenced:

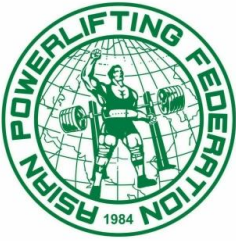
- New Subscribers 1700
- Total views 220,000 compared to 30,000 views for the same events prior to the team.
- We became officially eligible for the first time to gain revenue from Youtube.
- We observed that with the dramatic quality improvement of the stream viewers are now watching on their big screens/tv (other than their phones) because of video quality now it is watchable on big screens and there are then posting their watch time on Instagram and tagging us the same.
- We observed that lifters approached the team with their achievements and information that they desperately need us to mention in the commentary. This seems people are aware of the commentary and that a growing audience are watching and Asian powerlifting is being prioritized.

Instagram

- APF Instagram page following has increased by 4000 new followers and is now 11.7K.
- Huge increase in lifters tagging us their training videos, national championship clips and so on.
- Good acceptance and people following us and they want their content to be connected to our page.
- The appearance of the page has been redeveloped with consistent, professional visuals.
- Example in the last 90 days we have reached 55k accounts reached with our content with nearly 4k engaged with us.
- We posted 270 stories and 28 posts.
- We are promoting championship by short clips and reels. One of which reached 80.6k views. Others average number of views from 3 – 24k views.

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APF Online Newsletter

- Two editions of the new APF Newsletter have been produced and uploaded onto the APF Website.
- Newsletter will be published quarterly and includes: President's Address, Secretary General Message, APF Championship results and photos, Interviews, News, Announcements, Anti-Doping Information, APF Records and In Memory.

Specific improvements:

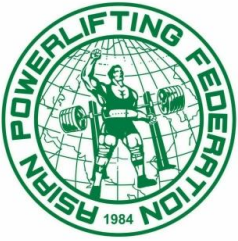
- From Dubai Classic Championships we commenced high-definition video streaming and instant slow-motion replay which was a dramatic improvement in the regional championships quality of streaming.
- Targeted camera work and zooming on medal ceremonies to capture emotion and powerful moments again increasing viewers of the ceremony footage.
- We continue to improve the quality of the equipment and camera to even further improve the quality of the stream and images.
- Bought two new cameras and cables and a back up video switcher. Improvement in quality plus safety net so that our streaming cannot go down at any moment.
- All purchases were economical and basic minimum requirement which needs minimal weight and space for transportation between events.
- A quality commentator microphone is now used to improve audio.
- With cooperation with Tatiana we wrote the required specifications for media output into the organizers contract and check list to ensure our requirements are provided and we can ensure consistent production from event to event.

Strategic plans forward:

- Targeted camera work and zooming for the whole championship of lifting. The strategy is that the organizer provides local persons to control the cameras at Media Team's direction.
- Need a little more equipment such as noise-cancelling headphones for Karthik to be able to monitor commentator audio and adjustments made immediately.

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- The addition of a top center camera for all lifts as another interesting angle.
- Dedicated camera for replay.
- Four additional PC's for Goodlift
- Capturing all records Asian and World, as separate video clips that are then able to be posted on Youtube and Instagram as official footage of the records which can be shared widely to promote the lifters and the federation. These clips will be uploaded at the end of the lifting session.
- An APF Media Team polo shirt to present ourselves neatly and uniformly so we are identifiable and professional.
- Invite selected guest commentators at events to join specific session commentary and make interviews with them and improved content interest.
- To minimize distraction and interaction with the team from audience/lifters etc to maintain better focus and quality.
- Review the organizer check list after events for any improvements.

ACCEPTED UNANIMOUSLY

Adjournment

The EGA was closed at 21.30

Prepared by

Tatiana Romanova

APF Secretary General

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