



2023 ANNUAL CONGRESS
 ASIAN POWERLIFTING FEDERATION

MINUTES



AGENDA

WELCOME TO 2023 APF CONGRESS

- 1) Welcome Message
- 2) Roll call of nations, and delegates, presentation of credentials for each nation
Certification of Delegates
- 3) Minutes of the last General Assembly & Extraordinary General Assembly
- 4) President's report and approval
- 5) Vice-President's report and approval
- 6) Treasurer's report and approval
To examine the accounts of the previous year
To approve the budget for the forthcoming year
Fees (if requested)
- 7) Budget and Approval
- 8) Auditors' (Internal and External) Report and Approval
- 9) Secretary General's Report and Approval
- 10) Technical Committee Chairwoman Report and Approval
- 11) Championship Secretary's Report and Approval
- 12) Sub Regional Reports and Approval
 - a) West Asia
 - b) East Asia
 - c) Central Asia
 - d) South Asia
 - e) South East Asia
- 13) Action on Proposed Amendments
- 14) Elections
 - Vice President 2
 - Central Asian EC Member
 - Record Registrar
- 15) New Member Applications
- 16) Action on Delinquent Nations
- 17) Hall of fame
- 18) Future Championships
- 19) Adjournment



WELCOME MESSAGE



1) Farshid Soltani, President of the APF, welcomed everyone to the 2024 Annual Congress that was held in Malaysia, Johor Bahru on December 12, 8.00 pm.

Gaston Parage, President of the IPF, welcomed everyone and invited all team members for the Anti-Doping meeting on December, 13 for the discussion about current situation in APF and risks that may occur if Nations will not start working for Anti-Doping more seriously.

Tatiana Romanova provided to every APF member the Certificates of Membership.



ROLL CALL OF DELEGATES

The Congress started at 8 p.m. Tatiana Romanova, the Secretary General of the APF, directed the congress. The following roll-call was conducted with all member federations, and participants at the congress including APF EC Members.

1. Uzbekistan. Samedinova Elvira
2. Kyrgyzstan. Kalybekov Edilbek
3. Brunei Darussalam. Mateen Amirrudin, Ethen Goi
4. Bangladesh. Mominul Hoque
5. UAE. Mohammad Almarri, Ebrahim Alali
6. Philippines. Willord Capulong, Filippo Scarlata
7. Indonesia. Michelle Theresia Santoso, Anna Maria
8. Chinese Taipei. Ching-Han Wu, Chia Chun Lu
9. Hong Kong. Luk Ho Yee.
10. Thailand. Kasemsand Senumong, Numicha Sangsamien
11. Qatar. Shaheed Dendar.
12. Vietnam. Dicu Linh Nguyen, Quoc Anh Truong
13. Singapore. Clinton Lee, Ng Jun Jie
14. Japan. Yoichi Sasaki
15. Malaysia. Wong Jin Xian, M. Azrul Akram, Duzbionjit Singh
16. China. Li Hao, Wang Yan, Cao Tong, Hoikamfai
17. Saudi Arabia. Ahmed Alhumdi
18. Kazakhstan. Alexey Pankrashev
19. Iran. Ms. Elham Salimian



ROLL CALL OF DELEGATES

APF Executive Committee Members:

1. Farshid Soltani, APF PRESIDENT
2. Pok Kim Won, APF VICE-PRESIDENT
3. Tatiana Romanova, APF SECRETARY GENERAL
4. Ip Wing Yuk, APF TREASURER
5. Dayalan Jeevan, APF EC MEMBER
6. Pj Joseph, APF EC MEMBER
7. Faisal Alzaabi, APF EC MEMBER
8. Dash Battulga, APF EC MEMBER
9. Chen Yeh Chao, APF TECHNICAL CHAIR
10. Starkov Vyacheslav (interim no voting right)

IPF Representatives:

1. Gaston Parage, IPF PRESIDENT
2. Johan Smith, IPF TECHNICAL CHAIR

Member Federations present
with Voting Rights - 19



MINUTES OF 2022 ASSEMBLY

3) Approve Minutes - 2022 General Assembly

The 2022 General Assembly was held on December, 3 in UAE, Dubai, Hotel Al-Bustan. Minutes:

<https://www.asia-powerlifting.com/about-napf/general-assembly>

The Minutes from the General Assembly from 2022 were accepted:

Vote: Accepted UNANIMOUSLY

2022 Extraordinary Congress was held in India on May, hotel Ramada, Alappuzha.

Minutes can be founded here:

<https://www.asia-powerlifting.com/about-napf/general-assembly>

Vote: Accepted UNANIMOUSLY



4. President's report

Before any article, I must once again thank you for your trust in me since December of last year, powerlifting has grown and developed significantly in Southeast and West Asia, and one of the reasons for that is the more attention and activity of powerlifting federations in that region.

With the development of sports in the Asian continent, the role of sponsors has become more colorful and marketing in this field has become more prosperous to the point where national federations also enjoy it, and of course, the role of the media in this regard should not be neglected.



Since 2015, when I became the president of the Asian Federation with your support, I have always emphasized the role of the media in all powerlifting activities in Asia, including competitions, training and seminars, and now I can boldly say that the matter has been completely completed and our media is very strong. It has worked and every year it has worked better than the last year.



4. President's report

The support of the International Powerlifting Federation and at the head of it Mr. Parage should not be mentioned. It passed easily, and in fact, considering the importance of the Asian Federation as the largest continent in the world, they have always given special support to our continent, which can be attributed to the presence of him and his colleagues from the International Powerlifting Federation, along with me and Mrs. Ip from the Asian Federation. And Mrs. Wang from the Federation of the People's Republic of China in the Asian Games pointed out the importance of this event in the Asian continent.

The World Championship in Malta was the turning point for the presence of Asian countries this year, and our representatives from the Asian continent shined on the stage of the World Championships, and with a simple comparison, we can discuss the increasing growth of powerlifting in the Asian continent.

Another success that I witnessed this year was the presence of the Deputy Secretary General of AUSF (the Asian University Sports Federation) in Asia in the first round of the Asian Cup hosted by the UAE. This tournament was also of high quality with 101 participants.





4. President's report

Among other events, we held a classic powerlifting competition (all age groups) under the title Arab Cup in Lebanon, which was well received.

The Asian Bench Press Championship was held in Japan with the participation of only a few countries, and one of the important reasons for that was the delay in sending the invitation from the host country, as well as the failure to issue timely visas for some participants. According to the meeting I had with the head of the Japanese Federation, this issue will be held again in 2025, hosted by Japan, but special arrangements will be made for the large presence of members of the Japanese Federation.



2023 year was highlighted as well by the first Asian African Pacific Powerlifting & Benchpress Championships in Hong Kong and we are delighted to invite our members to the 2024 APA Championships in South Africa.

The last word is that despite all the successes achieved, there are still some issues that need to be resolved as soon as possible, otherwise this speed of development of powerlifting in the Asian continent will be a problem.

The issue of doping can still be considered as the Achilles heel of the Asian Federation if the national federations do not fight with doping in a serious way.



4. President's report

Of course, special arrangements have been made in this regard, and an online Anti-Doping seminar was held last month, and the Secretary General of the Asian Federation Tatiana Romanova informed about this issue many times, but unfortunately, the number of participants in this online seminar was not significant, so I consider it is necessary to all national federations to be more active.

I warn you to take this matter seriously and contact the anti-doping headquarters of your country and follow WADA code with their guidance.

Farshid Soltani
President
Asian Powerlifting federation
IPF EC MEMBER





4. President's report

VOTE: ACCEPTED UNANIMOUSLY

1. There was a discussion regarding the Media issues in Asia, question was raised by member of Indonesia. APF President Farshid Soltani pointed importance of media, and confirmed that APF spent funds in 2023 on YouTube & Goodlift only, as Instagram page development is done by Tatiana Romanova for free, and costs on Website are covered by IPF.
2. The question was raised regarding the participation in Asian & Sea Games and collaboration with OCA, and Gaston Parage and Farshid Soltani informed that all Asian nations should work seriously and we continue steps forward this issue together with IPF guidance.
3. There was discussion regarding the knee sleeves for the Long legged singlets to approve and the decision should be forwarded to the IPF EC and the rule group first.
4. There was a discussion about possibility to create separate SEA Powerlifting Federation and the IPF President Gaston Parage declined this question.



5. Vice president's Report

The year of 2023 was a critical year for Powerlifting sport and APF. The outbreak of epidemic has brought unprecedented challenges to our administrative and management affairs, competition activities, training programs and other projects. Nevertheless, many of the postponed or rescheduled activities were finally get back on track and organized successfully. I would like to take this opportunity to thank all Executive Members of the APF for their valuable contributions and opinions throughout the year, as well as all member federations for their full dedication. With the sturdy support from our member federations, the APF could continue to focus and go all out on developing the Powerlifting sport.

Kim Won Pok
Vice-President
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY





6. APF Treasurer's Report

After COVID settles in all over the world, APF championships are normalized in 2023.

The main income of APF is from membership fees, surplus from championships and IPF sponsor this year.

There are 5 championships in 2023. However the number of participants are not as high as before. We try to elevate the level of Championship to higher level by inviting staff for live streaming and using the Goodlift system. In 2023, the price of air tickets is still higher than times before COVID. There are net loss in the Asian Equipped Powerlifting Championship, Asian/ Pacific/ African Combined Championship and Asian University Cup. There is a small gain in Asian Bench Press Championship. Hopefully there will be a bigger gain in Asian Classic Powerlifting ,combined with Special Olympic Event.

To decrease the expenses of APF and for better resource utilization, the less attended Championships will be combined in 2024. It is decided that the Asian Equipped Powerlifting Championship 2024 will be combined with Asian University Cup.

IPF basic coach course was held for Asian coaches in Hong Kong 2023. IPF supports the tutors' expenses. There is a net loss but it will be recovered in the coming course in 2024. Hopefully, there will be a small gain in the coming courses.

In 2024, the EC will work hard to solicit sponsors that can support APF development with cash and other material support.

The income and expenses report and 2024 budget are enclosed.



**Ip Wing Yuk
Treasurer**

Asian Powerlifting federation

**VOTE: ACCEPTED
UNANIMOUSLY**



6. APF Treasurer's Report

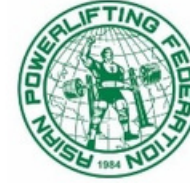
Financial report 1/2023 to 12/2023		
Left over 2022		58015.78
Deficit of Asian Equipped PL in 5/2023 India		-11395
Deficit of APA Combined Championship 2023 Hong Kong		-2548
Deficit of Asian University Cup 8-2023		-6722.4
Surplus of Asian BP Cham 9-2023		3288
Accountant fee for filing tax return 2022-2023		-705
Bank charge to send petty cash to President 1/2023		-141
Payment for racks to APF 3/2023		-6200
Bank charge		-51
IPF new light system x2	1980 euro +bank charge	-2246
Bank charge for account keeping		-180
Wifi fee		-123.4
Live stream equipment purchased in Hong Kong	\$1,700	-218
Stationeries	HK\$71.36	-9
Foods for APF officials in World Junior & SJ Championship		-354.6
Petty cash kept by President		-2000
Petty cash kept by Secretary		-800
Petty cash kept by Treasurer		-3136
Business registration		-276
Surplus from Asian Classic Powerlifting Championship		14375
Annual fees 2023		6200
Back pay of annual fee from Pakistan		700
IPF sponsor to APF & Arabic Cup reimbursement		32636
Bank charge for remittance of anti-doping fee to IPF		-70.64
Balance at 12/2023		78038.74



7. APF Budget 2024

VOTE: ACCEPTED UNANIMOUSLY

BUDGET 2024



	Budget Income	Expenditure
01 Fees		
01.1 Membership fees	6 200,00	
01.2 Participation fees (900 entries x65)	58 500,00	
	64 700,00	0,00
02. Partners		
03.1 IPF Sponsor	22 600,00	
03.2 Equipment for Championships		22 600,00
	22 600,00	22 600,00
03 Administration		
03.1 Office expenses		200,00
03.2 Account fees, Tax		200,00
03.3 Awards, Certificates etc.		200,00
03.4 Stationery		200,00
03.5 Bank charge and auditor fee, business registration		300,00
03.6 live streaming & equipment		2 000,00
	0,00	3 100,00
04 Travel & Honorarium		
05.1 Championships(President , Hon Secretary, Hon Treasurer, Championship Secretary, Techn		45 000,00
	0,00	45 000,00
05 Development Fund		
05.1 Food & accommodation of tutors		3 000,00
05.2 Equipment/venue fee/ Food		2 400,00
05.3 Course fee(Educational course)	6 000,00	
	6 000,00	5 400,00
06 Sponsor		
06.1 Equipment company	10 000,00	
	10 000,00	
Balance	103 300,00	76 100,00
Profit	27 200,00	



8. Auditor's Report

VOTE: ACCEPTED UNANIMOUSLY

Dear Mr Soltani,

It is my honor to be the honorary auditor of Asian Powerlifting Federation (APF).

I have gone through the financial report and various documents of APF in 2023. There is no obvious irregularity.

I would also like to make recommendations to you to improve the accountability of APF:

1. For high price items, eg air ticket, that are over US\$1200, the official should provide 2 quotations. For items over US\$1500, the official should have 3 quotations. The official need to explain to Treasurer the reason if the lowest quotation is not adopted.
2. For self declared expenses over US\$100, copy of original receipt needs to be submitted to Treasurer for auditing purpose.

I wish APF to flourish vigorously in the coming year.
Merry Christmas and Happy New Year.

Yours faithfully,
M.Parvareh
APF Auditor

M. Parvareh Rooh

Annual dues 2023		2023
31 countries		
East Asia (6)		
	Chinese Taipei	✓
	China	bank
	Hong Kong	✓
	Japan	Bank
	Korea	✓
	Mongolia	bank
South Asia(3)		
	Bangladesh	✓
	India	bank
	Sri Lanka	✓
Central Asia(3)		
	Kazakhstan	✓
	Kyrgyzstan	✓
	Uzbekistan	✓
West Asia (11)		
	Bahrain	✓
	Iran	✓
	Iraq	✓
	Kuwait	✓
	Lebanon	✓
	Oman	✓
	Palestine	bank
	Saudi Arabia	✓
	Syria	✓
	UAE	✓
	Qatar	✓
South East Asia(7)		bank
	Brunei	✓
	Indonesia	✓
	Malaysia	✓
	Philippines	bank
	Singapore	bank
	Thailand	✓
	Vietnam	✓
Pacific (1)	Australia	bank

M. Parvareh Rooh

Balance of Asian Equipped PL Championship		
Income	160 lifter x90	14400
Expenses		
To host	160 lifters x 45	7200
Official expenses		14278
Additional equipment		6254
Surplus/Deficit		-13332

M. Parvareh Rooh



8. Auditor's Report

VOTE: ACCEPTED UNANIMOUSLY

Balance of Asian Pacific African Combined Championship

Income	322 lifter x90	28980
Expenses		
To host	160 lifters x 45	14580
Official expenses		16820
Additional equipment		218
Surplus/Deficit		-2638

S. M. Parvash Rooh

Balance of Asian Bench Press

Income	96 lifters x90	8640
Expenses		
To host	157 lifters x 90	14130
Official expenses		6917
Surplus		3288

S. M. Parvash Rooh

Balance of Asian University Cup

Income	96 lifters x90	8640
Expenses		
To host	96 lifters x 45	4320
Official expenses		11042
Surplus/Deficit		-6722

S. M. Parvash Rooh



8. Auditor's Report

VOTE: ACCEPTED UNANIMOUSLY

Balance of Asian Classic PL Championship				
Income	434 lifters x90	39600	434	90 39060
Expenses				
To host	434 lifters x 25	10850		
Official expenses		14375		
Surplus/Deficit		14375		

S. M. Parvash/Rooh

Whole year competition income	
Asian Equipped PL	-13332
Asian/ Pacific/ African Combined	-2638
Asian University Cup	-6722
Asian Equipped & Classic BP	3288
Asian Classic PL	14375
Whole year loss	-5029

S. M. Parvash/Rooh



9. Secretary General's Report

It is a great pleasure to welcome you at the 2023 Asian Classic Powerlifting Championships in Malaysia. 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 historical year of APF as we have 3 new championships that were organized for the first time and we have changes in Directory office of our Nations: India, Philippines, Brunei, Uzbekistan, Kyrgyzstan.



The great step forward we have done with the Asian University Cup that was held in Sharjah in August organized by Sharjah University and UAE Powerlifting Committee as well.

I would like to point out the significant role of the University Cup in Asian region as part of the sport promotion among the students as we had athletes from 40 Asian Universities of 11 countries. This great success would be impossible without our active leaders in National Federations who joined and promoted the event. We were delighted as well to welcome Vice Secretary General of AUSF Yan Yetong



One more Championship that was held for the first time is Asian African Pacific Powerlifting and Benchpress Championship in Hong Kong in June 2023 and I would like to thank Ip Wing Yuk and Pok Kim Won for your support and hosting. We plan to continue this initiative and next year we will meet athletes from those 3 regions in South Africa and then in Japan in 2025.



IPF Arab Cup was organized in July in Lebanon for part of Arab countries in Asia and Africa. We had a meeting with the Lebanon Powerlifting Federation Mr. Hassenen Moukaled regarding the hosting of the 2024 Asian Benchpress Championship in Beirut and had done an inspection of the facilities and the hotels.

In the beginning of this year we faced Force Marjorie 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 thankful to our members for the immediate reaction to support.



9. Secretary General's Report

During our last General Assembly in Dubai I informed you about my plans for APF development.

I would like to share the results of my job in 2023:

- 1 Official Promoter Contract and the Check list for the organizer were created to support host countries with all needed information about the hosting, this year we actively working together with Meet Directors in order to organize our tournaments more professionally.
- 2 We are actively working with the possible sponsors of the APF. Hansu Power as an IPF approved equipment brand made in China is actively working with our Nations and is able to provide 20% discounts and support to the host country of the Asian Championships
- 3 Results are updated. There were an absence of the results from 2016 till 2019 on the website and we gathered all past results together for correct statistics. Moreover there was no change in the past results in terms of correction of Doping positive lifters and this work will be done by our Championship Secretary
- 4 APF is now more active in media and all information is posted immediately to provide the best service to our athletes. I am the admin of the official APF Instagram page from December 2022 and you can see the significant growth of the audience till 14 thousands followers
- 5 I have organized first ONLINE Asian Anti-Doping Seminar this year and believe we need to continue all our efforts in Fair Sport Education
- 6 I took part at the IPF Rule Change group discussion regarding the approval of the Long-legged singlets for the athletes who is unable to wear standard singlets due to religion or other personal reasons.

Tatiana Romanova
Secretary General
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY



10. Technical Chair's Report

We have returned to normal competition in 2023

As always, I would like to express my sincerest thanks to all the referees

Congratulations to the 23 Asian referees who passed the 2023 IPF Category 1 and Category 2 Referee Examinations. I hope this time at the Asian Classic Powerlifting Championships in Malaysia, Can also complete many exams

Chen Yeh Chao
Technical Chair
Asian Powerlifting federation



Farshid Soltani raised a question regarding the mistakes in records and pointed this should be checked and corrected.

VOTE: ACCEPTED UNANIMOUSLY



11. Championship Secretary's Report

Powerlifting Championships activities in Asia began with the Asian Equipped Championships in Alappuzha, India during 1st to 6th May 2023. We had a decent number of participation and the championship was a grand success by all means.

In 2023 June for the first time we had conducted the Asia Pacific Africa Equipped and Classic Powerlifting and Bench Press Championship in Hong Kong during 24th to 30th June 2023. In a 6-day event we had participants in all divisions across all disciplines of Powerlifting and Bench Press.

Another new era was born in the month of August of the same year, the 1st Asian Classic University Powerlifting Cup during 16th to 21st August 2023. The Sharjah University came forward and conducted the inaugural championship which was grand success.

This year's Asian Classic and Equipped Bench Press Championship was conducted in Hokkaido, Japan during 12th to 17th September 2023. The championship was well organised by Japanese Powerlifting Federation.

As a positive sign of growing popularity of Powerlifting in the globe we had a massive number of participants in the upcoming Asian Classic Championship in Malaysia with a 460 athletes over 8 days.

In the Asian continent Powerlifting is gaining popularity day by day which is evident by the overwhelming number of participants in the successive Asian Championships.



PJ Joseph
APF EC Member (South Asia)
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY



12. Sub-regional Reports – WEST ASIA

- Organizing the Asian university championships in UAE
- Inviting the special Olympic with UAE Team to participate in Asian Championships
- Inviting the special Olympics team of Saudi Arabia to participate in Malaysian Asian Championships
- Two workshops were held in cooperation with Olympic committee and anti- doping committee
- Organizing 3 local championships with anti-doping test
- Organizing the largest championship among Asian universities the participants were 200 athletes
- Organizing west Asian championships in Saudi Arabia March 2024
- Managing two championships in (Kuwait and Saudi Arabia)

Faisal Alzaabi
APF EC Member (West Asia)
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY





12. Sub-regional Reports – CENTRAL ASIA

KYRGYZSTAN

The new Federation called Kyrgyz Federation of Powerlifting IPF was created in Kyrgyzstan this year and the significant progress was made during 6 months:

- 3 National Championships
- 2 Anti-Doping seminars
- 3 IPF Referee clinics
- First National Coach course by Coach from Kazakhstan Kahroman Sadykov
- International Issuk Kul Beach Games were organized by the team with Benchpress tournament
- First IPF approved equipment Hansu Power
- IPF REFEREE lights
- Agreement with Hansu Power in order to support the national team



Plans for 2024:

- ✓ Continuous growth of powerlifting promotion and the quality of National championships
- ✓ First inclusive national powerlifting championship with SOI, Blind, Para-powerlifting
- ✓ First National University Cup in classic powerlifting
- ✓ First national Police Championship in Benchpress
- ✓ First national powerlifting camping
- ✓ National coach courses
- ✓ IPF referee examination (6 referees)
- ✓ Agreement with NADO to arrange national doping tests and anti-doping education
- ✓ Opening the Powerlifting Academy
- ✓ Separate women championship organizations in order to promote sport among women who should cover all body





12. Sub-regional Reports – CENTRAL ASIA

UZBEKISTAN



- From March 22 to 26 there was a double championship, the Championship of the Republic of Uzbekistan in equipped powerlifting among all ages and the Champion of the Republic of Uzbekistan in classic powerlifting among juniors (total number of participants 140 people)

- From October 16 to 22, there were 3 starts: the Championship of the Republic of Uzbekistan in classic powerlifting among subjunior, the Championship of the Republic of Uzbekistan in classic bench press and the Cup of the Republic of Uzbekistan in open age classic powerlifting (the total number of participants: 300 people, among them 80 bench press, 100 subjunior and 120 classic open)

- Commercial deadlift tournament end of June

- Commercial bench press tournament mid-February

2 anti-doping seminars were held from Sergey Fotiev at the championships, informative work is also being carried out on social networks about the rules, equipment, correct execution of exercises, recovery exercises etc.

In December 2022, a meeting (general assembly) was held at which the new president of the Powerlifting Federation of the Republic of Uzbekistan, Islam Islamov, was elected, and under his leadership the federation began to work much more efficiently.

The federation of the city of Samarkand will be opened in Uzbekistan and at the beginning of the year it is planned to hold the first championship of the Republic in Samarkand)





12. Sub-regional Reports – CENTRAL ASIA

KAZAKHSTAN



From March 04 to March 11, the Championship of the Republic of Kazakhstan in classic and equipped bench press among all ages (open, junior, subjunior, m1, m2, m3, m4) was held in Astana.

From April 03 to April 11, the Championship of the Republic of Kazakhstan in classic powerlifting among open, as well as the Championship of the Republic of Kazakhstan in equipped powerlifting among all ages (open, junior, subjunior, m1, m2, m3, m4) were held in Kunaev city.

From July 03 to July 09, the Championship of the Republic of Kazakhstan in classic and equipped powerlifting (junior, subjunior, m1, m2, m3, m4) was held in Taldykurgan, at this championship an anti-doping seminar was held from KazNADC with Galiya Dzhumabaeva.

From October 03 to October 11, the Championship of the Republic of Kazakhstan in equipped powerlifting among open was held, as well as the Championship of the Republic of Kazakhstan in classical powerlifting among all ages (open, junior, subjunior, m1, m2, m3, m4). A meeting was held at this championship (general assembly), at which the entire previous composition of the federation was approved except for the head coach, Roman Pishchayev is now being appointed as the new head coach of the Republic of Kazakhstan.



12. Sub-regional Reports – CENTRAL ASIA

CENTRAL ASIAN EVENTS:

There were two online anti-doping seminars in Central Asia with KazNADC with Maira Bakasheva and Galia Dzhumabaeva. Important to point out that the seminars were organized in Central Asian region between all nations that is a great step forward in experience sharing.

Plan for 2024:

- Promotion of clean sport without doping, IPF rules seminars, coach courses,
 - continuous support of the Sub-regional Federations, combined powerlifting camping will be held in 2024
 - preparation and support of the Asian Classic Powerlifting Championships, which will be held in December in Uzbekistan
- This year, Tajikistan and Turkmenistan were excluded from IPF membership at the congress in Malta due to the fact that they are not active, do not respond to messages and have not paid annual membership fees for years, but we continue to work and look for new representatives who will become new members of the IPF.



Vyacheslav Starkov
APF EC Member (Central Asia) (interim)
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY



12. Sub-regional Reports – SOUTH ASIA

The South Asian affiliates of Asian Powerlifting Federation are India, Pakistan, Sri Lanka and Bangladesh and they were requested to give a detailed report on their powerlifting activities in the respective countries during the year under report, but only Powerlifting India complied with, which is given below for information of all.

Report of Powerlifting Activities in India during 2023.

Powerlifting India was very much active in activities based on Calendar of events of International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation. National teams of India under the banner of Powerlifting India participated in the following international events.





12. Sub-regional Reports – SOUTH ASIA

I. International Championships participated by India during 2023.

1. Asian Sub Junior, Junior, Open & Masters (Men & Women) Equipped Powerlifting Championship 2023 to be held at Alappuzha, Kerala during 1st to 6th May 2023 and 82 competitors participated.

2. World Open, Sub Junior, Junior & Masters Classic & Equipped Bench Press Championships to be held at Sun City, South Africa during 19th to 27th May 2023 and 10 competitors participated.

3. Asia – Pacific – Africa Classic & Equipped Powerlifting & Bench Press Championships for Sub Junior, Junior, Open (Senior) & Masters (Men & Women) in Hong Kong during 24th to 30th June 2023 and 32 competitors participated.

4. Asian University Cup Powerlifting Championship on Sharja, UAE from 16th to 21st August 2023 and 5 competitors participated.

5. World Sub Junior & Junior Classic & Equipped Powerlifting Championships to be held at Romania from 24th Aug. to 03rd Sep. 2023 and 30 competitors participated.

6. World Masters Classic & Equipped Powerlifting Championships 2023 to be held in Ulaanbaatar, Mongolia during 8 – 15 October 2023 and 18 competitors participated.

7. 8th World University Powerlifting Cup to be Kranjska Gora, Slovenia during 31st October to 4th November 2023 and 4 competitors participated.





12. Sub-regional Reports – SOUTH ASIA

II. National Championships 2023 organized in India.

Based on International Powerlifting Federation–Asian Powerlifting Federation Calendar of competitions, Powerlifting India also prepares and publishes a calendar of National Powerlifting and Bench Press championships and ensures that activities and competitions take place in systematic, free and fair manner. So also Powerlifting India ensures championships at Zonal level, State level and even at District levels too. The following were the domestic championship.

1. Federation Cup (Men & Women) Equipped Powerlifting Championship held at Jammu during 23rd to 26th February 2023 in which a total of 158 Competitors including 91 Men and 67 Women took part.
2. National Senior Me & Women Classic Powerlifting Championship held at Kozhikode, Kerala during 1st to 5th April 2023 in which total of 187 Competitors including 101 Men and 86 Women participated.
3. National Sub Junior & Junior Equipped Powerlifting Championship held at Thenkashi, Tamil Nadu during 12th to 17th May 2023 in which a total of 381 Competitors including 236 Men, 145 Women participated.
4. National Sub Junior & Junior Classic Powerlifting Championship held at Ranchi, Jharkhand during 6th to 11th June 2023 in which a total of 489 Competitors including 286 Men, 203 Women took part.
5. National Masters Men & Women Equipped Classic Powerlifting Championship held at Rajam, Andhra Pradesh during 12th to 16th July 2023 in which a total of 380 Competitors including 272 Men, 108 Women participated.
6. National Senior Men & Women Equipped Powerlifting Championship 2023 held at Kashipur, Uttarakhand during 08th to 13th August 2023 in which a total of 239 Competitors including 139 Men, 100 Women took part.
7. National Sub Junior, Junior, Senior & Masters Men & Women Equipped Bench Press Championship held at Bangalore, Karnataka during 22nd to 26th November 2023 in which a total of 1455 Competitors including 947 Men, 508 Women and participated.



12. Sub-regional Reports – SOUTH ASIA

Anti Doping Initiatives

Powerlifting India is very keen in implementing Anti-Doping Rules and Powerlifting India has been in regular contact with National-Anti Doping Agency (NADA). Powerlifting India conducts Anti-Doping Awareness Programmes in connection with all our domestic national championships. Powerlifting India also ensures the presence of officials of NADA for on competition and off competition doping tests.

Powerlifting India aims at a dope free Powerlifting in India.

PJ Joseph

APF EC Member (South Asia)

Asian Powerlifting federation



VOTE: ACCEPTED UNANIMOUSLY



12. Sub-regional Reports – SOUTH EAST ASIA

To APF Family,
Countries – Malaysia, Singapore, Indonesia, Philippines, Brunei, Thailand and Vietnam
First and foremost I would like to thank APF for having me on board. Its been nothing short of wexciting to be part of the APF board. With that being said, it gives me great pride and honour to have been selected to head this strong subregion, South East Asia. I would also like to thank APF for selecting Malaysia to host the prestigious 2023 Asian Classic Powerlifting Championship 2023 which we will have about 500 lifters from 27 countries, including Special Olympics, Blind and the APF office bearers lifting as well.



As many are already aware, earlier planned in September 2023, the SEA CUP in Manila was cancelled as we didn't have enough time and resources to fulfil the requirements. Although disappointing for the nations in this subregion, we will aim to be better prepared next year as the framework is in place for this

Sharing the great camaraderie we always do, we, the South East Asian nations, have pledged to work together to grow our sport in this subregion collectively, whereby we will work together to share resources, technical expertise and concurrently work with our NOC and SEA-OC to include Powerlifting in SEA Games 2027 which will be hosted in Malaysia. We are very excited for the future of this subregion. We would like to express our heartfelt gratitude to IPF and APF esp Mr Gaston, Mr Hannie Smith Dr Keller, Mr Farshid, Ms Tatiana , Mr PJ Joseph Mr Pok, Ms Josephine Ip and Ms Chen among others for the unparalleled enormous support this subregion has received from them.



12. Sub-regional Reports – SOUTH EAST ASIA

MALAYSIA

Membership

Male 175, Female 53	Junior 78, Subjunior 26
National Athletes	MALE 41 FEMALE 22

2023 Events

Date	Event	No. of Athletes
25th & 26th February 2023	Strength Academic Classic 23	120 (2)
19th March 2023	Bench Press Only 2023/AGM	26/140
27th & 28th May 2023	MAP National Powerlifting Championships 2023	93 (2)
28th & 29th July 2023	Sarawak Powerlifting Open23	32 (2)
28th & 29 th October 2023	Johor Open Vol. 1 2023	80 (2)
10 th – 18 th December	Asian Championship	446

2024 Provisional Events

Date	Event
20th & 21st January 2024	Strength Academic Classic 2024 & Strength Academic Novice Cup 2024
3rd & 4th February 2024	Sarawak Powerlifting Closed 2024
9th & 10th March 2024	Bench Press Only 2024 /AGM
25th & 26th May 2024	MAP National Powerlifting Championships 2024
24th & 25th August 2024	Sarawak Powerlifting Open 2024
26th & 27th October 2024	Johor Powerlifting Open Vol. 2 2024

Anti doping report total 8 athletes tested + GHRF Test , in brackets 2 per competition .

100% Negative ; Nil Positive

International Referee -1, National Referee -50



12. Sub-regional Reports – SOUTH EAST ASIA

SINGAPORE

Membership – Male 318 (Junior 124, Subjunior 40), Female 105 (Junior 31, Subjunior 4)

National Team – Male 14, Female 6

2023 Events

12th February 2023 NQ1 – 44 athletes 25th March 2023 NQ2 – 43 athletes + General assembly

7th April 2023 Junior/Tertiary National Championship – 140 athletes



6th May 2023 NQ3 – 74 athletes

28th May 2023 NQ4 – 45 athletes

9th July 2023 NQ5 – 42 athletes

12/13th August 2023 Open Nationals – 98 athletes

28th October 2023 – General Assembly

17/18/19th November 2023 NQ6 – 147 athletes

Provisional Calendar 2024

20th January 2024 NQ1

9/10th March 2024 NQ2

30/31st March Open Nationals 2024

27/28th April Junior Nationals 2024

20th July 2024 NQ3

19th October 2024 NQ4

Anti doping report:

In competition tests – 46, 9 conducted in NQ events, 15 conducted during Open Nationals 2023, 22 conducted during Junior Nationals 2023

International Referee -8, National Referee - 59



12. Sub-regional Reports – SOUTH EAST ASIA

PHILLIPPINES

Membership - Male 410, Female 135 (Junior 113, Subjunior 57) National Team – 12 Male, 19 Female

2023 Events

February 4-5, 18-19: Luzon Open & National Interschool Classic Powerlifting Championships

March 4-5: Visayas Equipped Interschool, Open & Age-group Powerlifting Championships

April 15: National Equipped Interschool, Open & Age-group Bench Press Championships

May 7, 13-14: National Classic Open & Age-group Powerlifting Championships

July 8-9: Luzon Equipped Interschool, Open & Age-group Powerlifting Championships

August 23: PAP General Assembly Meeting

September 9-10: Central & North Luzon Equipped Interschool, Open & Age-group Powerlifting Championships

October 28: Mindanao Equipped Interschool, Open & Age-group Powerlifting Championships

November 3-6: National Equipped Open & Age-group Powerlifting Championships

December 9-10: National Classic Interschool, Open & Age-group Bench Press Championships





12. Sub-regional Reports – SOUTH EAST ASIA

2024 Provisional Calendar

February 20-24: National Classic Powerlifting Championships (Novice, Open, Age-group, Interschool)

March 9-10: National Equipped Bench Press Championships (Novice, Open, Age-group & Interschool)

May 2-5: Luzon Classic Powerlifting Championships (Novice, Open, Age-group & Interschool)

June 15-17: Visayas Classic Powerlifting Championships (Novice, Open, Age-group & Interschool)

August 8-11: National Equipped Powerlifting Championships (Novice, Open, Age-group & Interschool)

August 24: PAP General Assembly Meeting

September 26-29: Central and Northern Luzon Equipped Powerlifting Championships (Novice, Open, Age- group & Interschool)

November 23-24: Mindanao Equipped Powerlifting Championships (Novice, Open, Age-group & Interschool)

December 14-15: "National Classic Bench Press Championships (Novice, Open, Age-group & Interschool)

2023 Anti-doping: 17 Tests conducted by NADO. 14 out of the 17 tests came out with results, and so far 100% came out negative (0% positive). The 3 remaining are still pending from the November competition (4-8 weeks lead time).

International Referees – 7 , CAT1 #3, CAT2 #4 National Referees – 59



12. Sub-regional Reports – SOUTH EAST ASIA

THAILAND

In 2023, the Thai Amateur Association of Powerlifting (TAAP) had experienced a remarkable increase in its membership, surpassing 70%. This growth signifies a positive trend in the development of Powerlifting Sport in Thailand over the past year. Particularly noteworthy is the Junior and Sub-Junior divisions, where the number of members has surged by an impressive 130%, indicating a promising future for the sport in Thailand. Additionally, the number of athletes qualifying for the national team has surged by an extraordinary 176%. This significant increase underscores the growing talent pool and dedication within the Thai Amateur Association of Powerlifting (TAAP), reflecting a robust commitment to excellence in the sport.

Total male : 109 (+75.81%)

Total female : 28 >> 46 (+64.29%)

Sub Junior total: 24 (+242.86%)

Junior total: 22 (+69.23%)

National athletes Male 33, Female 14





12. Sub-regional Reports – SOUTH EAST ASIA

Provisional calendar 2024

24th February, TAAP National Championships

16th March, TAAP Bench press only + General Assembly

18th May, TAAP National Qualifier 1

17th August, TAAP National Qualifier 2

9th November, TAAP National Qualifier 3

Anti-doping report 2023

TAAP is currently in the process of collaborating with the Sports Authority of Thailand to secure funds for anti-doping initiatives. Our partnership extends to working closely with the Thai National Anti-Doping Organization (NADO), focusing on testing two samples per competition strictly during in-competition events. This proactive approach underscores our commitment to maintaining the integrity and fairness of powerlifting within the national sports arena. Total test :8

Anti-Doping Rule Violations

Gender Female

Classification of Prohibited Substance

S4. Hormone and Metabolic Modulators/ Metabolic Modulators (S4.4.1)

Length - 4 years

Start - 8-May- 2023 End - 8-May- 2027

International referee – 0 National referee – 12





12. Sub-regional Reports – SOUTH EAST ASIA

VIETNAM

Membership – Male 303, Female 78 (Junior 143, Sub junior 35)

National Team – Male 1, Female 2

2023 Events

23rd/24th April 2023 VPF Amateur Invitational – 95 athletes

15th/16th July 2023 VPF Hanoi Qualifier – 121 athletes

22nd/23rd August 2023 VPF Danang Qualifier – 98 athletes

3rd/4th/5th November 2023 VPF Amateur Invitational 2 – 144 athletes

Provisional Calendar 2024

12th/13th/14th January 2024 VPF National Championship

2023 + General Assembly (postponed due to Asian Championship in December 2023)

April 2024 VPF Powerlifting Open

June 2024 VPF Qualifier 1

August 2024 VPF Qualifier 2

December 2024 VPF National Championship 2024 + General Assembly

International Referee 0, National Referee 5





12. Sub-regional Reports – SOUTH EAST ASIA

BRUNEI

Membership – Male 49 (J15 Sj 6), Female 16 (J6 Sjr0)
; National Team – 15 athletes

2023 Calendar

19th March 2023 NQ - 25 athletes

4th June 2023 Brunei Powerlifting Nationals - 40
athletes

4th September 2023 NQ1 for BPN 2024 - 27 athlete

Asian Champs 2023 - 15 athletes

2024 Proposed Calendar

National Qualifier – Jan 24,

BPN 2024 – March 24

NQ 1 2025 – July 24

NQ 2 2025 – October 24

Anti-Doping We have no anti-doping report as of
2023 for our first national event due to restricted
procedures with

our National Anti-Doping Committee. No sports
federation in Brunei has requested to self-fund their
anti-doping

before, and so there is no available procedure for us
to proceed with such tests.

International Referees – Nil

; National Referees – 15

INDONESIA

Sub Junior Men 9 lifters, Sub Junior Women 8 lifters

Junior men 22 lifters, Junior women 11 lifters

National team - Women 21 lifters, Men 24 lifters

2023 agenda:

National Equipped - 20 Oct - 26 October 2023

National Classic - 28 Nov - 1 Dec 2023

Referees:

International referee cat 1 = 1

National referee cat 1 : 45

Nat referee cat 2: 20

No anti doping report



12. Sub-regional Reports – SOUTH EAST ASIA

Most Nations have resolved their issues with their NADA except Indonesia, Vietnam and Brunei due to various reasons, some regulatory, some operational and some legal. 1 doping violation in this subregion coming from Thailand. This subregion came out significantly stronger than before, showing tremendous growth in memberships, participation and anti-doping procedures.

Most nations saw a change in management and the new team is really pushing the boundaries to elevate and do their part for this growing sport. We look forward to many more years of working hand in hand with APF and IPF to continuously progress and ultimately turn this into an Olympic sport. Again I would like to take this opportunity to thank IPF, APF and my colleagues from neighbouring Nations for your continuous support for SEA Subregion. Thank you.



Dato Dayalan Jeevan
APF EC Member (South East Asia)
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY



12. Sub-regional Reports – EAST ASIA

Tatiana Romanova , APF Secretary General provided information about excellent job that was done by Dash Battulga in 2023. He organized IPF World Masters Powerlifting Championships in Mongolia in October.

Dash Battulga visited Japan on September 2023 where he shared experience with children in School about the training & sport. There were more than 1000 children and it was highlighted as the example how every member of National Federation should work and share knowledge. There were compliments said by the APF President Farshid Soltani as well.



Dash Battulga
APF EC Member (East Asia)
Asian Powerlifting federation

VOTE: ACCEPTED UNANIMOUSLY



MEDIA REPORT (LIVE STREAMING)

2022 Asian Classic powerlifting championship onwards APF live stream was prioritised by the APF EC as EC has passed a budget to buy new equipment for live stream as well as Good Lift system.

We had bought live switchers, recorders for instant slow motion replay, cameras, tripods, connectors and cables required for the live stream.

In the 2022 classic championship in Dubai, UAE we had a record number of viewers in live stream for the first with a number nearing to 250000 views for the 6 days championship and some 1000 new subscribers for our channel. In this championship we had instant slow motion replay for the first time in APF championship and it was welcoming so as the jury can have a clear look after each lift for the betterment of the judgment. In the said championship we had streamed the whole championship without a break, some day it was streamed to 16 hours a day.

The start of 2023 we had our Equipped powerlifting championship in Alappuzha, Kerala. There we had added more cameras and we had transition camera too, which made the live steam more watchable. In this championship we had added graphics for medal ceremony for the first time. Here we had a quiet few number of views relating to the number of competitors and the whole championship was streamed successfully.

In June, we had the first ever Asia Pacific Africa championship in Hong Kong. This time the media team was availed with travel cases to ship equipment to the venue. This championship we had a new set of subscribers and viewers from the other continents as we expand our championships. This championship was a grand success.



Karthik Sharan
Live streaming specialist
Asian Powerlifting federation

VOTE: ACCEPTED
UNANIMOUSLY



MEDIA REPORT (LIVE STREAMING)

2023 August we had our first ever APF University Cup in Sharjah, UAE. Now we set in to another stream with our viewers are from the universities. In this championship we had got quiet some extra support from the organiser as they provide us with a dedicated camera and set of good commentators for the whole championship.

Asian Bench Press Championship in Toyoko, Japan was streamed by the APF media in a simplest way. For the first time we had got an opportunity to stream the World Championship in Mongolia. The APF got a privilege to stream the World Masters Championship in Ulaanbaatar, Mongolia. This got us the opportunity to get new subscribers and viewers form the globe as we can be known to more parts for the World apart from our Asian region.

The upcoming championship set another history apart from Dubai 2022, we had 450 lifters in the Asian Classic championship in Johor Baru, Malaysia. For the first time we are going to stream in two platforms at the same time. Since it is two platforms, we get the support form the organiser in terms of staff as well as equipment support for the successful stream of the championship. We hope we would set another bench mark in this championship and new stream records



13) Action on Proposed Amendments

14) Elections

- Vice President 2

Farshid Soltani informed about the decision regarding Vice president of East, that was done at the Extraordinary Congress in India. However, APF didn't receive any nomination according to the Constitution in advance, therefore the position of Vice president East is removed from the list of APF members and no election needed.

- Central Asian EC Member

Kazakhstan Powerlifting Federation nominated Vyacheslav Starkov in advance according to the constitution.

Vote: Accepted UNANIMOUSLY

- Record Registrar. It was discussed the importance of Separate position of Record Registrar to avoid mistakes and that all Asian Records will be now on goodlift.info. Gaston Parage proposed Mr. Stetsenko on this Position but Farshid Soltani appointed Mr. MESFOROOSH Amir Reza.

15) New Members

2023 Kyrgyzstan

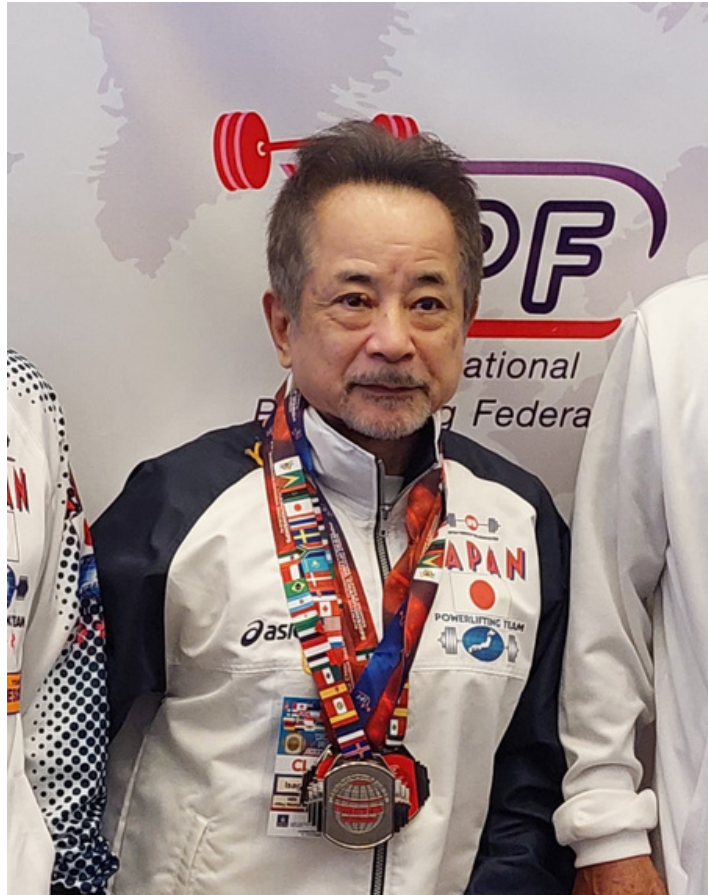
Also Provisional:

Brunei, Bahrain, China

16) Action on Delinquent Nations



17. 2023 APF HALL OF FAME



**HIROYUKI ISAGAWA
(JAPAN)**



**DR PURNA VASANT BHARDE
(INDIA)**



18. FUTURE CHAMPIONSHIPS

2024

- ◆ Asian Equipped Powerlifting Championship - Hong Kong May 5-11
- ◆ Asian University Cup - Hong Kong May 5-10
- ◆ Asian African Pacific Powerlifting & Benchpress Championships (Classic & Equipped) - South Africa Potchefstroom, July 5-13
- ◆ Asian Benchpress Championships (Classic & Equipped) - Kyrgyzstan, Bishkek September 23-28
- ◆ Asian Classic Powerlifting Championships - Tashkent, Uzbekistan / December 1-10

2025

- ◆ Asian Juniors & SubJuniors Equipped & Classic Powerlifting Championship - India, May 5-11
- ◆ Asian University Cup - India, May 5-11
- ◆ Asian African Pacific Powerlifting & Benchpress Championships (Classic & Equipped) - Japan Himeji, July 5-13
- ◆ Asian Benchpress Championships (Classic & Equipped) - UAE / September 23-28
- ◆ Asian Masters & Open Classic & Equipped Powerlifting Championships - Saudi Arabia, December 1-7

19. ADJOURNMENT

The General Assembly adjourned at: 21.30hrs.

General Assembly report prepared by: Tatiana Romanova, APF Secretary General on December, 21.