

Minutes of the APF General Assembly 2019 , was held at Queen Elizabeth stadium, Hong Kong on 21st April 2019

The following member nations attended

1. India
2. Indonesia
3. Chinese Taipei
4. Kazakhstan
5. U A E
6. Syria
7. Iran
8. Oman
9. Malaysia
10. Singapore
11. Thailand
12. Philippines
13. Hong Kong
14. Uzbekistan

The following agenda items were discussed and decisions taken accordingly:

1. Roll call of nations and delegates

Secretary General took roll call of nations

2. President's address

President of Asian Powerlifting Federation, Mr Farshid Solthani, gave the Presidential address as under

Dear APF members and colleagues,

It gives me great pleasure to announce that the Asian Powerlifting Federation continues to grow from strength to strength in all areas of our activity we have advanced forward for the progress of our sport and the achievement of our goals and strategy.

As you know, big successes do not come up for a moment, and it surely ensures team work and day-to-day efforts. And first of all I wish to thank our team that was working hard every day of

our championships and during the days in between.

I am happy to present our success here in Hong Kong again as 4 years ago we had a great meeting here and the Congress where we've elected the staff of APF EC. From 2015 till now we have specifically focused upon, has been expanding the quality of competitions due to using of Good lift System, Live streaming, providing all support and equipment to host countries, our media team is working hard on our Social media, Magazine and very correct presentation of our sport.

As I have repeatedly pointed out, the highlights of recent years, especially in 2018, include the following:

- 1) The cooperation of a team of members of the Asian federation in a meaningful way
- 2) Establishment of the Office of the Asian Powerlifting Federation in Iran - Tehran at the following address:

No: 66, Al E Ahmad St. Tehran—Iran

Postal code: 1445843181

Tel: +98 21 88242100

Fax: +98 21 88270581

- 3) The willingness of countries in the Asian region to host
- 4) The approaching of the tournament to world standards, which has not yet been completed.
- 5) More attention of national federations in the Asian region due to the progress of media in this region
- 6) Asia Media Group activities in the fields of:
 - A) Live broadcast of the tournament
 - B) Asian magazine publication
 - (C) Preparing and updating the website of the APF today, with the support of the International Federation of Media
- 7) And one more achievement of nowadays is our agreement with goodlift.info and now all nominations are available to be done online.

***APF Goals in 2019

Certainly the first category I was looking for was the entry of Powerlifting into Asian Games, which, with the support of the International Federation of Presidents, and the correspondence of the Secretary-General of the International Federation, as well as more meetings with the APF Executive board members and are trying to reach this point. Powerlifting enters Asian Games.

To enter this category, however, you must provide the following:

- 1) Strongly fight doping in all countries of the Asian region.
- 2) Get all the entry standards for these games
- 3) Relations with senior members of the Asian Olympic Council
- 4) Communication, meeting and discussion with members of the National Olympic Committees

of the Asian region (In some countries in the Asian region, these visits have taken place)

5) Familiarity with two years of National Olympic Committees of Asian countries with Powerlifting. (In some countries in the Asian region, these visits have taken place)

And one more and important step is the establishment of Educational Committee in Asia that will cover all areas of needed knowledge in Sport.

***Education committee and activities:

Exclusive courses

- 1) Equipment and supplies for exercises and powerlifting competitions
- 2) Powerlifting history
- 3) Applied Anatomy in Powerlifting
- 4) Doping and fighting with doping
- 5) Powerlifting training system
- 6) Technical rules in Powerlifting
- 7) Exercise design in powerlifting

General courses

- 1) Sport Skills Analysis
- 2) Sport psychology
- 3) Basics of Physical Education
- 4) Safety in sports
- 5) Nutrition in Sport
- 6) Basics of Physical Fitness
- 7) Growth and evolution of movement
- 8) General physiology
- 9) General Anatomy
- 10) Role of coach
- 11) Workout Planning

Thanks to international Powerlifting Federation our sport is growing up. And now the World powerlifting events are one of the prime events at the venues of World Games and Special Olympic World Games fully packed with enthusiastic spectators. The IPF VIP Partners support our regional federation by providing 15.000 €, per year, starting in 2019 to ensure the regional championships are directed at the highest level possible.

As IPF new member I wish to welcome also Thailand, Malaysia and Syria and wish the best luck in achievements of powerlifting goals. And one more welcome to new members of national federations of Japan and Uzbekistan that were elected last year and started their activity in the region.

As you can see Asian Region is growing in one speed with IPF and we have exceptional battles for medals and for the hosting of Asian Competitions. It is a pleasure to me to be a part of Asian Powerlifting Federation Family and these all achievements would be impossible without your

hard work from day to day.

I will conclude by thanking to all the lifters who have competed at all our Asian competitions and to all the coaches who trained the lifters every day and who are doing a hard job to bring the best lifters to the Asia.

I wish you all a fruitful congress and I want to thank all the EC members and our commission members.

3. Minutes of the last general assemblies

Minutes of the last general assemblies were placed & adopted unanimously

4. Treasure's report

Mr. Ramon Debuque presented books of accounts and auditor's report and the same was adopted unanimously by the congress.

5. Secretary general's report

Mr. Rajesh Tiwari, presented his report and the same was adopted unanimously, which reads as follows:

Dear Friends,

I have very great pleasure in greeting all of you on this occasion of the Annual meeting of the Asian Powerlifting Federation.

As you know, the bygone year was full of activities and events for promoting Powerlifting in Asia and beyond.

It is worth reporting that the tempo of powerlifting development in this continent is gaining momentum, which is evident from the increasing participation in various championships and resounding success of each championship in our continent.

The conduct of the first Asia-Pacific Powerlifting Championship in Gold Coast, Australia during 12-17 March, 2019 is a milestone achievement for Asian Powerlifting Federation, as the

proposal was so vigorously and continuously followed up the President Mr Farshid and myself the Secretary General.

The Asian and World championships held in this review period are given below with detailed results separately annexed.

- Asian Powerlifting Championship was very successfully hosted by India at Udaipur from 1st to 6th May 2018. There were round 250 participants from 13 nations.
- Asian Benchpress Championship was organized in Dubai during 18 – 20 September, 2018 with 360 participants representing 14 nations.
- Asian Classic Powerlifting Championship was organized by Mongolia in Ulaanbaatar during 4 – 8 December, 2018. 15 Nations and 250 competitors took part.
- Mongolia also hosted World Masters Powerlifting Championship in Ulaanbaatar from 1 to 6 October, 2018.

All the above international events organized in Asian Region under the aegis of Asian Powerlifting Federation were historic success.

Reports of Regional Board Members, various committees like, Technical, Medical etc are attached separately.

In a nutshell, Powerlifting activities are gaining momentum and the Asian Powerlifting Federation is growing from strength to strength.

The Secretary General would like to thank all the office-bearers and member nations for the excellent support received during the period under review.

Paucity of time and space do not permit me to elaborate any further on the activities. But before sum up, I must place on record that owing to the continuous and well planned Powerlifting activities in our continent has made us a force to reckon with in the world Powerlifting arena. This is an achievement of the team work of all the office bearers of the Asian Powerlifting Federation, particularly the President Mr Farshid Soltani, the Treasurer Mr

Ramon H Debuque and all member nations. I also place on record my boundless sense of gratitude for the wholehearted co-operation received from my colleagues in the Asian Powerlifting Federation, board members of the various regions, the chairmen of the sub committees. And last but not the least, I must thank Mr Gaston Parrage, the President of the International Powerlifting Federation and the Secretary General Mr Robert Keller for the solid support, guidance and patronage extended to me personally and our Federation during our tenure in the Asian Powerlifting Federation.

6. Committee reports

Committee reports from Technical Committee, Medical Committee and Anti-Doping commission were taken note by the congress

Report from the APF Technical Committee

First of all I would like to express my gratitude to ATF EC members, IPF TC Johan Smith and referees who dedicated so much of their personal time to help out with Asian championships last year. Volunteering to refereeing is often thankless and comes with certain level of stress. And makes matters worse, currently a referee at typical APF event are frequently require to sit for all 3 competitions a day, something's on consecutive days.

I realize that it will be counter productive for our region to introduce quotas and fines for sending referees, which is why it is important to our member federations to not only recommend competent individuals to become certified. But also seek out those who are willing to frequently volunteer (with time and money for travels and accommodations) for championships, and get them trained and certified. I understand this is a big ask for many of our member federations, but not an unreasonable one. I regret to report that one of the main issue facing APF championships is still the lack of referee. In 2018, I would like to thank all Asian EC members and the International Technical Committee Chairman John Smith for their help and all Asian referees, they perform work in the tournament for a long time. Now I would like to turn your attention to the chronic problem of referee shortage for APF competitions. refereeing require a tremendous amount of concentration and focus to ensure minimum errors occurring. It is truly a high pressure but often thankless job. On behalf of the APF TC, I appeal to each Asian member association to send more referees and encourage women to become referees. The number of Asian women referees is also a number I really hope to improve.

Many Asians passed the referee exam last year and welcome them to join the IPF and APF referees. I am also very grateful to the countries that hosted the Asian Championships in 2018.

I would also like to see the number of women referee increase in the region and I encourage anyone interested to come forward and seek out any EC member to discuss any reservations you might have.

Lastly, I want to welcome all the new referees that gained their certification last year. Please remember that you are not restricted to APF championships but IPF Events as well.

Lastly, thank you to all the host nations of APF's 2018 championships.

7. Sub-regional reports

Sub-regional reports of sub-region 1 (East Asia), sub-region 2 (South Asia), sub-region 3 (Central Asia), sub-region 4 (West Asia), sub-region 5 (South East Asia) were taken note by the assembly as contained in the official booklet

Report done by: Faisal Alzaabi, APF EC Member, Board member of West Asia

Dear ladies and gentlemen, dear friends and officials,

Here are the highlights of the main achievements of West Asian Region that had a great step forward in 2018 and the beginning of 2019. First of all, let me thank all officials of West Asia that are always in contact with me discussing all possibilities and their needs.

During the last year and beginning of this year I had contacts and successful meetings with representatives of West Asian countries. In November 2018 I visited Oman and in February 2019 I visited Kuwait National Championships. We've made a mutual plan for development such as International West Asian Championships that will be open for all countries in August 2019 and also as scheduled before this tournament we will organize Coach Course and Anti-Doping Seminar.

In September 2018 UAE organized Asian Benchpress championships where National Federation did all the best for top level organization.

In March 2019 I was involved in Special Olympics Word Games where I gave all facilities and support from National Federation to host the event in a high standard. We qualified 4 ladies referees for this tournament.

In 2019 UAE will organize mentioned below events:

- Referee course for national referees in May 2019 (planned annual referees and coach courses)
- West Asian Powerlifting Competition open for all countries with doping control in August 2019
- IPF World Open Powerlifting Championship in November 2019

As future plans:

- 2020 University Cup, 2022 Classic Powerlifting Championships in case of support from Government and Olympic Committee

- Academic for Powerlifting: 2 courses per year after confirmation from IPF
- Preparing the Ladies Powerlifting Team
- In 2019 UAE will start OCT doping tests (out of competition test)
- Bahrein has interest to join IPF

Highlights of Regional events and news:

- Lebanon: 2 championships per year, has equipment for competitions but no IPF referees yet
- Syria: 2 championships per year, no IPF referees yet
- Kuwait: 1 championship per year, no IPF referees yet
- Iraq: 4 championships per year, has equipment for competitions and IPF referees
- Jordan: 1 championship per year
- Oman: 2 championships per year, has equipment for competitions and IPF referees
- UAE: 4 championships per year (university, benchpress, 2 powerlifting), 9 sets of Eleiko, no IPF referees yet.
- Iran: 6 championships per year (2 university, 2 benchpress, 2 powerlifting) and as planned competition in 2019 for women.

In addition I wish to mention very successful Powerlifting Activity in Iran thanks to efforts of Iran Powerlifting Union and APF President Farshid Soltani.

Report on the training and operation of the Powerlifting Union in the fight against doping over the past 2 months. Powerlifting Education in the IPU began on December 30th in four stages as follows:

1. Introduction to the Articles of IPU Constitution.
2. Powerlifting Union structure and tasks of its committees
3. Identify actual powerlifting enthusiasts in order:
 - a. Understanding the true powering of a documentary by providing historical documentation
 - b. Recognition of international sports organizations that have approved the International Federation.
 - c. Technical translation of 2019
 - d. Transmission of Powerlifting history
4. Doping (By Dr. Nasirzadeh)
 - a. What is doping?
 - b. The reason for opposition to doping
 - c. Negative side effects of the substance on the body

- d. laws and penalties in relation to the perpetrator
5. Practical Workshop on Main Movements (Squat, Bench Press and Dead Lift) in Powerlifting (By Myself)
6. Written Test
7. Exercise Test of Powerlifting Gears

About 26 women and 86 men participated in the first course.

In conclusion I wish to thank all APF and IPF members for cooperation and wish good luck to all lifters on the platform of 2019.

Best regards,

Faisal Alzaabi

Board member of West Asian Region

Report on Powerlifting Activities in South Asia Region, by P J Joseph

The South Asian Region comprises of India, Sri Lanka and Pakistan. All the 3 nations have been very active in conducting international championships as well as participation in Asian and World championships during the period under report, ending on 31st December 2018. Details of activities carried out in each regional member nation are given below:

- **Powerlifting India**

India played the role of hosts by organizing the Asian Powerlifting Championship in their city called Udaipur, India during 1st to 6th May 2018. With excellent arrangements, the championship was a total and resounding success. Besides, Powerlifting India took part in the following international championships too.

- World Benchpress Championship held in South Africa during.....
- World Sub Junior and Junior Powerlifting Championship held in South Africa during 2-8 September 2018
- Asian Powerlifting Championship held in Udaipur during 1-6 May 2018
- World Classic Powerlifting Championship held in Canada 6-15 June 2018
- Asian Equipped & Classic Benchpress Championship held in Dubai During 18-24 September 2018
- World Open Powerlifting Championship held in Sweden from 4th to 8th November 2018
- World Master Powerlifting Championship held in Mongolia from 1st to 6th October 2018
- Asian Classic Powerlifting Championship held in Mongolia during 4th to 8th December 2018

Powerlifting India also conducted their national championships as follows:

- Sub Junior National Powerlifting Championship in the state of Andhra Pradesh during 21-25 June 2018
- Junior National Powerlifting Championship in Patiala during 21-25 October 2018
- Open National Powerlifting Championship in Sattinapalli, A P from 25th to 29th August 2018
- Master's National Powerlifting Championship in Kerala State during 26-29 July 2018.
- Sub Junior, Junior, Senior and Master's National Powerlifting Championship in the state of Uttar Pradesh during 25-29 September 2018
- National Equipped & Classic Benchpress Championship in Maharashtra State during 14-18 November 2018

Put together, around 5000 competitors from 30 states and 5 central sports boards took part. Dope test was made mandatory for all those championships.

- **Sri Lankan Powerlifting Federation**

The Sri Lankan Powerlifting Federation has been very active and besides conducting their national championship during the period under review, they also participated in the below mentioned international championships:

- a) Asian Championship in Udaipur, India during 1st to 6th May 2018
- b) Asian Benchpress Championship held in Dubai during 18th to 24th September 2018
- c) Asian Classic Powerlifting Championship held in Mongolia during 4th to 8th 2018

- **Pakistan Powerlifting Federation**

The Pakistan Powerlifting Federation reported that they have conducted their national championships for various age groups, and also participated in the following international meets too:

1. World Classic Powerlifting Championship held in Canada from 6-15 June 2018
2. Asian Benchpress Championship held in Dubai 18-24 September 2018
3. World Masters Powerlifting Championship held in Mongolia during 1-6 October 2018
4. Asian Classic Powerlifting Championship held in Mongolia during 4-8 December 2018

Report on Powerlifting Activities in Central Asia Region, by Romanova Tatiana

Dear ladies and gentlemen, dear friends and officials,

First of all, let me welcome all of you at this year congress in Hong Kong organized by Hong Kong Powerlifting Federation and the Asian Powerlifting Federation. For me personally this meeting here is

significant as 4 years ago I was elected as Board member of Central Asia in APF Congress 2015 in Hong Kong.

It was a long way with positive and negative notes but I am happy that things that were planned are done and now Central Asian region is a real Family where every member respects and trusts each other. We've made a strong community in our Social media and out of it where we share regional news and events, I am in contact and always online with every member of Central Asia and I am really happy that people that didn't know me 4 years ago now are my friends and we have mutual interests in powerlifting development.

Last year in my report I've announced that we have a contract with Titan Support (USA). Since 2017 all central Asian powerlifters have ability to get personal equipment at a very good discounted price lower than in the market. This is a key role in further regional development and we are entered the stage of negotiations with SBD and local dealer in Kazakhstan (Sporthouse) for providing the better price for central Asian powerlifters. This means that every IPF Lifter (recognized by national federation) will have a discount on apparel approved by IPF.

We have great plans for this year. In December, 2019 Kazakhstan will host Asian Classic Powerlifting Championships in Almaty that will positively effect on all Central Asian Region. 99% of lifters and coaches don't speak English and sometimes they have troubles during all International Events. And we have a great chance to gather all CA members together and organize Educational Programs on Russian for them such as Referee Clinic, Anti-Doping Seminar and Coach coffee break where the most experienced coaches of Kazakhstan will share experience with CA regional coaches.

Due to the CA team decision, Regional Central Asian Competition planned on August 2019 is shifted on the beginning of 2020 as CA members have an interest to take part in West Asian Competition also planned in August 2019 in UAE.

Last year and the beginning of 2019 was extremely active for me as I visited all Asian Championships in India, UAE, Mongolia and had a great opportunity to meet all my Regional members. I had a meeting with Uzbekistan and Turkmenistan members in UAE in September 2018, and in December 2018 I was pleased to meet also members of Tajikistan Powerlifting Federation.

In March 2019 I visited Special Olympic World Games and had several successful meetings with IPF President Gaston Parage and APF President Farshid Soltani in Dubai Sport Council and University City. I also had important discussion with SOI Powerlifting Committee how important it is to arrange sport education for Special Olympics in regions.

As an important for the region moment, we have now new people on board of Central Asia. There were changes in Uzbekistan Powerlifting Federation Executive Committee and new elected Vice President Mr. Sergey Fotiev and as President Mr. Matchanov Sadam Hakimovich that has good relationships with National Olympic Committee. We expect also positive changes in Turkmenistan and Kyrgyzstan Executive committees this year.

Please find here below the short reports by each country located in Central Asia.

Kazakhstan

The number of national championships organized during the year – 8, University Games - every 2 years and also 4-5 small championships in every region.

The number of anti-doping seminars organized during the year – 4 (during national championships) and 8 referee clinics per year (during national championships). Last year Kazakhstan State Center of skills and professional development organized a big coach course for different range of coaches. Also as great bonus government announced a tender for purchasing the IPF apparel for lifters in a big volume due to our program of wholesale price for CA.

In the beginning of April there will be the biggest Anti-Doping Seminar during National Championships where KAZ NADO members and I will share very useful information about doping and rule violation.

Uzbekistan

The number of national championships per year – 15 (every month).

The number of lifters participated in the last national championship - 134. Year ago the main problem was lack of financial support from government and anti-doping fines to IPF more than 13000 EURO. Now, after changes in National Executive Committee the debt is 7372 Euro and Federation has good speed to bring sport forward. The country has 2 IPF referees and 10 National referees with monthly Anti-Doping Seminars and referee education.

Tajikistan

Last year Tajikistan teams presented at the Asian Classic Powerlifting Championship in Mongolia, Asian Benchpress Competition in UAE and have 3 times National Championships each year. The number of active lifters – about 100. They have official website – tpbff.tj. The country has professional coach course. According to the information given by the President Mr. Olim Parpiev, during the last 2 years there is a significant growth in powerlifting in the country as big part of athletes that were busy with bodybuilding now are interested in powerlifting and all international events. National federation has already nominated lifters to the World Benchpress and World Classic Powerlifting Competitions.

Kyrgyzstan

Main problem of Central Asian countries is lack of finance support from government as powerlifting is non-Olympic sport. And Kyrgyzstan has this problem with negative effect on lifters. The number of national championships each year - 4. The number of participated lifters in the national championships – about 120.

Important to note that at the last 2-3 years Government organized the World Nomad Games in Kyrgyzstan and the sports like Mas-whrestling is now more supported that's why most of lifters are shifted to the Nomad Competitions.

Turkmenistan

Turkmenistan lifters participated in Asian Benchpress Championships in UAE 2018 and have already nominated 13 lifters for Asian Powerlifting Championships 2019. This year country will have a congress with Ministry of Sport and will make decision of further activity of national Federation and Executive members.

8 Elections

Elections were held for the post of secretary general only as 2 candidates filed their nominations and they were, Mr. Rajesh Tiwari and Ms. Romanova tatiana. The total electoral college found valid was 20 and 1 member did not cast his vote. The total vote in favor of Mr. Rajesh Tiwari was 11 against Ms. Tatiana Ramanova who got 8 votes. and accordingly Mr. Rajesh Tiwari was declared elected for another term of 4 years.

The other office bearers as elected for 4 year terms are:

President:

| | | |
|-----------------|--------|-----------|
| Farshid soltani | - Iran | unopposed |
|-----------------|--------|-----------|

Vice president:

| | | |
|-------------|-------------|-----------|
| Pok kim won | - Hong Kong | unopposed |
|-------------|-------------|-----------|

Treasurer:

| | | |
|-----------------------|-------------|-----------|
| Josephine wing-yuk ip | - Hong Kong | unopposed |
|-----------------------|-------------|-----------|

Board members:

Sub-region 1 (East Asia)

| | | |
|-------------------|------------|-----------|
| Mr. Battulga dash | - Mongolia | unopposed |
|-------------------|------------|-----------|

Sub-region 2 (South Asia)

| | | |
|--------------|---------|-----------|
| Mr PJ Joseph | - India | unopposed |
|--------------|---------|-----------|

Sub-region 3 (Central Asia)

| | | |
|----------------------|--------------|-----------|
| Ms. Romanova Tatiana | - Kazakhstan | unopposed |
|----------------------|--------------|-----------|

Sub-region 4 (west asia)

Mr. Fizal Alzaabi

- U A E

unopposed

Sub-region 5 (South East Asia)

It was decided that for above region members Will elect after their meeting a member to represent The region and inform apf ec, so that same can be appointed For an interim arrangement. This interim appointee will there after be confirmed in the Congress of APF for a full term of 4 years subject to he not being challenge by another candidate.

Medical committee:

Josephine wing-yuk ip

- Hong Kong

unopposed

Technical committee chairperson:

Ms. Chao Chen Yeh

- Chinese Taipei

unopposed

Anti-doping commission chairperson:

Ms Maria Bakasheva

- Kazakhstan

adopted unanimously

Championship Secretary:

Pj joseph

- India

unopposed

9. Proposals

No proposal were received

10. New Member Applicant

No new applicant were received

11. Action on delinquent nations

No input was given for action on delinquent nations.

12. Future championships:

2019

1. Asian Powerlifting Championships in Hong Kong is being held
2. Asian Bench Press Championships - Mongolia
3. Asian Classic Powerlifting Championships - Kazakhstan

2020

1. Asian Pacific Championships - Chinese Taipei
2. Asian Powerlifting Championships – U A E
3. Asian Bench Press Championships - Kuwait
4. Asian Classic Powerlifting Championships - Japan

13. Any other business

No items were placed for the agenda

14. Adjournment

No adjournment were notified

The meeting ended with special voted of thanks to IPF President, Mr. Gaston Parage, for his all round contributions and support during this entire stage of the meeting.

Rajesh Tiwari

Secretary General (APF)

Place :- Hong Kong

Date :- 21.04.2019