



World Drug-Free Powerlifting Federation  
Backelant Wim  
Winkelstap 25  
2900 Schoten  
Belgium

**President Wim Backelant, Vice-Pres. Neil Thomas , Secretary Yulia Segal, Treasurer Ann Thomas**

Schoten 21 November 2022

## Congress Minutes

President welcomed all Nations Present:

Great Britain  
France  
Italy  
Sardinia  
Belgium  
Netherland

The President confirmed the following dates for events in 2023

European Full Power – France – April 29/30  
World Single Lifts – Sardinia – June 2/3/4 – City TBC  
European Single Lifts – England – September 22/23 – Stoke Mandeville Stadium  
World Full Power – Glasgow – November 3/4/5 - Venue TBC

Sardinia read a short statement regarding the upcoming World Singles in 2023 thanking the WDFPF Affiliates for the opportunity to host the event  
England confirmed the venue for the European Single Lifts is the same as the postponed 2022 Championships

AOB

Italy and Sardinia indicated a wish to work more aligned given the change in governing structure. The subject was discussed briefly and highlighted as a matter for the 2 Nations Internal action.

Netherland raised a question regarding when the Bench Press actually starts in terms of performance. It has been noted that on occasion the centre referee has given the start command and the lifters bottom has not been on the bench, unseen to the referee. By current definition movement of the bottom after the start command would be a fail. A number of aspects were discussed and it was determined that a TECHNICAL COMMITTEE would be formed to provide a solution and update the rule book as required.



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Netherland raised the issue of movement on the Bench press in terms of a minimum distance to be travel. This is in line with a recent situation in another Federation when a rule was introduced to address bench presses where minimal movement was observed. A TECHNICAL COMMITTEE will be formed to consider the issue. NOTE – It was agreed that any motion would also have to consider other techniques such as SUMO DEADLIFT when movement maybe reduced due to flexibility.

Great Britain raised the growing popularity of KNEE SLEEVES and how the WDFPF should classify their use. It was unanimously agreed that KNEE SLEEVES do provide assistance and that the WDFPF is the only organisation where RAW LIFTING is still RAW and as such that sets us aside on a constitutional level from other federations. The use of KNEE SLEEVES is currently restricted to the EQUIPPED DIVISION and as such the WDFPF does not exclude there use simply classifies them as EQUIPPED. A TECHNICAL COMMITTEE with clarify their use at this time within the WDFPF.

The World Full Power and European Single Lift events scheduled for the next 2 days after the congress was discussed. It was recognised that the weekend's events was a very unique situation with the Death of HM the Queen Elizabeth meaning the ESL was postponed and in order to still allow a competition in 2022 was combined with the Full Power as they were in the same country. It was highlighted that this was a one -off event not to be repeated and was not to be considered a future delivery model.

Many thanks,  
*Neil Thomas*