



2024 General Assembly Meeting

[Marriott South Austin](#)

[4415 S I-35 Frontage Rd, Austin, TX 78744](#)

Sycamore A&B Ballroom

Tuesday, May 21, 2024

10:00 am

AGENDA

Introductions

Welcomed IPF President Gaston Parage, Technical Chairman, Hannie Smith, General Manager Emanuel, Counselor, Steven Salzer our IPF Athletes Representative Piotr Vandehook,

Roll Call of Delegates - roll call

Robert Keller

Bill Helmich

Miryam Gutier-Elm

Tamara Lopes

Mark Leebrick

Steve Mann

Rick Fowler

Rodney Elm

Tim Mercer

Bill Clayton

Maura Shuttleworth

Melissa Copeland

LS McClain

Minutes for 2023 GA Meeting

Motion to accept the Minutes of 2023 General Assembly is approved unanimously

Executive Committee Reports

President - Robert Keller

- Membership Systems - We will have athletes info in a portal, update details, sign up for events, have credentials, safesports, adel, everything in the profile, it will streamline how we do things. It is a safe platform. Foundation is set up. Importing the data with Mike's help. Memberships will not expire at the end of the year. Rolling year memberships from date signed up for membership. Roll out will be ongoing.
- National Championships have exceeded that of last year. Bench Press 920, 2nd largest IPF championships ever. Emanuel secured CBS live television for IPF and having it here in America.
- NAPF championships in Arizona - 21st annual, Rodney and Miryam Elm running it.
- 2026 Masters Worlds in Reno NV. Tamara and Bob Lopes to run the event.
- IOC Recognition - Met with FISU - recognition by the IOC. 1st team ever to FISU world championships. Rich Wenner is the head coach with 28 athletes attending. Important step for us. The USA is sending one of the biggest teams.
- Met with USADA - Signed an agreement with them for 4 years. Landmark event. No other sporting organization has an agreement like this for 4 years. Next stage is developing and implementing the out of meet testing pool. Part of the program is education, particularly Sub junior and Junior athlete education. We want athletes to make decisions to not have adverse findings. All same protocols at PA level as the World level.
- Testing at local events has begun- tested the high school state championships in Wisconsin. 12 tests were taken there. 1 adverse analytical finding came from that.
- Signed an agreement with Eleiko - all national championships will have Eleiko equipment in the warm up room and on the platform. Same equipment at all nationals as IPF World Events.

- Safety of Athletes -Sterling Volunteers background checks for all Meet Directors, Referees, National Team Coaches, Coaches nominated to coach at NAPF, IPF Events, Staff, Board Members and Independent Contractors .
- Implemented safesport training. -Started with All officials and National Team Coaches and IPF Referees.
- All coaches will need to have a certificate of training to be entered into goodlift in 2026. We have developed a coach certification program with Eleiko. 11 modules - extra modules to be completed include ADEL course and completing a background check.
- Course 40-50 hours. Ceu's for it and it's an accredited program. Online course is followed up with a 3 day practical course. Coaches will have knowledge behind them to keep athletes safe.
 - Beta testing the course- Giving coaches till june 1st to complete. Beta practical in the
 - fall and hopefully by 2025 we will have a program for coaches to register for a
 - certification.
- Gaston - IPF has a certification program requirement for 2026. WADA requires more education. With coaches from other countries, IPF will be able to see who is certified, and will need the background report as well. Especially traveling with young people. We don't allow minor women to sleep in the same room as a male coach and vice versa.
- Constitution was passed in 2023 last year.
- We would like to be in every state this upcoming year, are expanding and will continue to expand. Sanctioned 100 meets this year. I think we can reach that goal.
- The Executive Director has a lot of responsibility. - Looking to review and take some load from Mike. Looking to assist with event direction and planning, coaches committee and marketing for the organization.
- Coaches, Athletes and Technical committee - For prime time event on Sunday we listed and consulted with athlete representatives. We wanted to have athletes' voices heard. When Miryam receives concerns from athletes we call our athletes and work to resolve the issues.
- USOPC recognition - getting ready for compliance. Putting things in place.
- IPF President, Gaston Parage - with bench press rule, we went to all our commissions to discuss and come up with the rule. This Involves all commissions.
- Anyone interested in committees, please reach out to Miryam and we will reach out.

- We have been asked by the IPF to send a team to the World Games in a test event. Mike Zawilinski and Rodney Elm will be leading the Classic team with James Townsend leading Equipped Team..

Report adopted

Vice President - Bill Helmich

- Policies We've already put in place - non compete non disclosure, non disparaging policy, and ethic, social media policies.
- Institute - additional policy drafts - code of conduct and safesport policy.
- International meets - warm up area with personal coaches - draft for dress code.
- Robert mentioned committees - putting together job descriptions for committees . Selection committee Miryam, Bill and tamara implemented the athlete committee past year. Process with evaluation methodology to help with selection process.
- Teams for qualification criteria. We are setting up criteria to go from nationals to worlds. Minimum threshold to go to worlds will be set for each National Team..

Report adopted

Secretary General - Miryam Gutier-Elm

Attended IPF General Assembly In Malta 2023, NAPF 2023 Championships in Cayman Islands and at Sheffield in U.K. in 2024

- Will be participating in the IPF General Assembly in Lithuania in June 2024 and am directing the 21st Annual NAPF Championships to be held in Scottsdale AZ, August 2024.
- Attended majority of the National Championship events in 2023 and 2024
- Worked with Bill Helmich in drafting policies these past two years.
- Assisted Bill Clayton with referee written tests throughout the year at the state and national level. Assisted in drafting guidelines for state to national referee
- Work with Robert to address concerns or complaints throughout the year.
- Coordinate with Head Coaches and enter nominations for the National Teams going to NAPF and IPF World Championship Events. Ensuring all nominated coaches have met our requirements. Member in Good Standing, Passing the Sterling Volunteer Background Check, completing the Safesport Education Course and ADEL WADA Course.

- Worked with the Sport For All Adhoc Committee to increase participation of Special Olympic Athletes at local meet, nationals and will have the largest contingency of Special Olympic Athletes at the IPF / NAPF Championship Events in August 2024.
- Worked extensively with Special Olympics North America to develop processes for SO Athlete inclusion
- Addressed, researched and communicated IPF Article 14 potential issues with athletes and coaches throughout the year.

Report Adopted

Treasurer - Tamara Lopes

- We are a 501c3 tax protocol - constitution and bylaws are to keep us in adherence with that.
- We need to fix the address for our organization and our accountant is working on correcting that.
- Board members can't be paid in accordance with 501c3.
- Our board decided that we didn't want to have any nepotism issues. There Rodney Elm has chosen to resign from the board.
- Working to finalize the 990 for 2023 right now.
- Drug testing costs 100k per year. It's part of our value system and important to allot this amount in our budget.
- Adhering to federal guidelines for payroll. For 2024 will be approximately \$100k
- Team travel and costs is approx \$107k
- Currently 111k in the bank.
- Financial health and future plans - this year to next year. Affiliate program and club program.
- Potential - grants and sponsorships especially for sport for all
- Financial report is attached

Report Adopted

Executive Director

President, Robert Keller presented several items.

- Deadline to announce national meets by 12 weeks from the executive director.
- Signature series event - 1st one UFC event in Las Vegas - a level between state and nationals.
- New calendar for 2027. Change regionals prior to worlds. We will work on qualifications.

- Military, Police and Fire - start with a sanctioned all services event to potentially move to a national event. Thanks to Gene Bell for bringing it forward.

Member Breakdown

Division	%
Youth/Pre Sub	0.35%
Sub Junior	0.95%
Junior	14.72%
Open	62.68%
Masters 1	8.67%
Masters 2	6.05%
Masters 3	4.50%
Masters 4	2.09%

Sanctioned Meets

Meets held in 2023 – 89

Meets sanctioned 2024 – 106 (as of May 2024)

Meets sanctioned in 2025 – 4 (as of May 2024)

Regional Director Reports

Region 1 Northeast, Steve Mann

My name is Steve Mann, the Northeast Region Chair for Powerlifting America. I have been running Powerlifting events since 1999 and I am an IPF Category 2 referee. I represent 13 states from Virginia to New Hampshire.

This region represents 20% of the current total membership/

We have sanctioned over 32 local events since Powerlifting America's start of in 2022 and 1 National High School Championship in 2023.

We have at least 9 sanctioned events planned for the rest of this calendar year.

We are looking to continue our growth in the northeast. We are working on an on-going basis to expand our footprint with event directors, new venues, and new referees.

If you are interested in finding out more, please contact me. Email address
NE-Region@powerlifting-america.com

Past Sanctions	States							
Year	▼	Maryland	Massachusetts	New Hampshire	New Jersey	New York	Pennsylvania	Grand Total
2022		1	1			2	3	7
2023		4	2	3		5	4	18
2024		1		1	1	3	1	7
Grand Total		6	3	4	1	10	8	32

Southeast Region Report, Mark Leebrick

As of 5/5/2024 Current Membership
760 Members, 66 Referees

- Alabama-6 Members, 2 Referees
- Arkansas-2 Members, 0 Referees
- Florida-296 Members, 15 Referees
- Georgia-114 Members, 7 Referees
- Louisiana-215 Members, 22 Referees
- Mississippi-12 Members, 5 Referees
- North Carolina-72 Members, 10 Referees
- South Carolina-28 Members, 1 Referee
- Tennessee-15 Members, 4 Referees

Recent Competitions 55 Competitions as of May 5, 2024

- Alabama-0 Competitions
- Arkansas-0 Competitions
- Florida-35 Competitions
- Georgia-5 Competitions
- Louisiana-7 Competitions
- Mississippi-3 Competitions
- North Carolina-1 Competition
- South Carolina-1 Competition
- Tennessee-3 Competitions

Upcoming 2024 Competitions as of 5/5/2024

- Florida- 9
- Georgia- 2
- Louisiana 4

- Mississippi- 1
- North Carolina 2
- South Carolina 0
- 18 Upcoming Competitions

The Southeast Region has hosted fifty-five competitions since the inception of Powerlifting America, with four of those being National Championships. We are always in search of additional meets and directors.

Region 3 Central, Rick Fowler, Interim

Meets have increased this past year. Meet directors have reached out to host meets and we are working to credential referees

- Iowa 0
- Illinois 16
- Indiana 0
- Kentucky 0
- Michigan 4
- Minnesota 4
- Missouri 7
- North Dakota 8
- South Dakota 0
- Nebraska 7
- Ohio 8
- South Dakota 0
- Wisconsin 2

Region 4 Southwest, Rodney Elm

I'm honored to have worked on the board to help grow Powerlifting America and the SW Region from the beginning.. I will be stepping down after this meeting in light of our boards decision to to disallow family members to serve on the board simultaneously.

Worked on developing the Youth and Pre Sub Juniors Policy with Mike Z.

Worked with the board to develop the Regional Pathway for 2025/2026. The Regional Pathway will be outlined later in the meeting.

States include: Arizona, Colorado, Hawaii, Kansas, New Mexico, Oklahoma, Texas & Utah

Current Members 573

Referees 49

- Texas 220 19
- Arizona 188 14
- New Mexico 68 10
- Colorado 23 4
- Hawaii 16 1
- Kansas 42 1
- Oklahoma 10
- Utah 6

Meets Held since 2022 and sanctions for the remainder of 2024

- Arizona 25
- Texas 13
- New Mexico 12
- Kansas 2
- Colorado 0
- Hawaii 1- Working with new meet director to hold a meet in December 2024 and working to certify referees.
- Oklahoma 0
- Utah 0 - Working with a potential new meet director and certifying referees in 2024/2025 to hold a meet in 2025

Region 5 West, Tim Mercer

We're beginning to gain a bit of momentum in the West Region. The West Region includes Alaska, Washington, Oregon, California, Nevada, Idaho, Montana, and Wyoming. California and Nevada held meets in 2022 & 2023. Washington held its first 2 meets in 2023, and will have at least 2 meets in 2024 including the first meet in the Seattle Market (last month).

The referee infrastructure is growing and we're working on bringing new meet directors online.

Membership:

- Alaska 2
- California 175
- Idaho 7
- Montana 6
- Oregon 48

- Washington 50
- Wyoming 4

The rest of 2024:

- 1 Oregon meet sanctioned
- 1 Washington meet sanctioned (potentially adding 1 more)
- 1 California meet sanctioned
- Started conversation with Idaho & Montana about getting meets in those states.
- Looking for more meet directors and are working to grow oregon, washington and california. Will have about 10 meets in the region. Thanks to elms for helping grow the southern part of california.

Gaston Parage, IPF President- THANK YOU FOR BRINGING UP THIS FEDERATION - CONGRATULATIONS TO ALL OF YOU.

Committee Reports

Law and Legislation Maura - Bylaws - Work in progress. We have a working draft of bylaws

from Bill Helmich and board members, working to pull those together.

- Law and Legislation Committee should be composed of paralegals, law students, some with a legal background.
- Maura is Not the lawyer for organization or athletes. Mr Sulzer is our attorney.
- Day job is employment workplace misconduct
- Anyone can contribute to PA as a 501c3 we can get a tax deduction for donating.
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- Screen candidates, receive complaints, reviewing job descriptions.
- Bylaws, codes of conduct,

Technical Committee

As always, I want to thank our many dedicated meet directors, officials & all PA volunteers. Over the last close to three years it has been a pleasure to work with all of you. I've been doing this technical committee piece for quite a while & have never been happier with a group of officials. Your professionalism has amazed me at each national competition. You've been easy to communicate with, acted professionally, always arrived on time, acted responsibly & taken care of the lifters.

- Without each of you, our national, local meets & organization would not be successful. Your support & hard work has helped to support PA's continued growth.

- The main focus of the Technical Committee's work has been to increase the number of referees & support the meet directors throughout the county as we expand. We have over 120 referees in over 34 states.
- We continue to assist in getting individuals tested for state referee, transferring in referees & to work with those wanting to advance on to becoming national referees and IPF referees.
- The technical committee was formed. The members are Billy Keel, Rodney Herbison, Mike Steinmetz, Nora Keller, Rodney Elm & myself.
- If anyone is interested in becoming a referee, please feel free to contact me. I can be reached at: billclayton@powerlifting-america.com or claytonw@ptd.net.

Athletes' Committee - saw amazing sportsmanship at this event. Trying to do more surveys, want to get feedback to find ways to make these events better. Need to expand the athlete committee.

New Business

Clubs Sponsorships - National, State, Powerlifting Club and Academic Clubs, Benefits listed for each.

Sponsorships / Clubs 30 day timeline to have this program ready with payment.

Regionals -

Rodney Elm outlined the regional pathway for qualifying for nationals.

Long term vision with smaller championships. Keep at a manageable number.

Considerations - aging into divisions, birth year when they register., traveling to local meets far away for states that don't have many meets.

Tim Mercer add that there may need to have more caveats or

Robert - The Regionals route advances our best lifters.

Elections - Maura Shuttleworth

Proposals and Amendments

1st time ever in powerlifting that we are opening up elections to membership. It may not be perfect but we are working to pull this together and continue to improve. We have heard your voices and would like Mr. Sulzer to oversee the election and voters today. He worked the Franz vs the IPF and USPF in 1986.

He will be transparent and is a disinterested party with no affiliations. He will run the counting of the ballots. Each candidate will appoint the scrutineers. There will be a

transition period if Mr Khamesi is elected, with the office taking place on the 1st of the year.

Elections to take place

President

Secretary-General

Election Results

Amendments -

Impeachment Clause Constitutional Amendment

34 in favor and 8 voting no

Virtual Voting for Elections held at General Assembly Meeting

29 in favor and 13 voting no

Chair of Law and Legislation Committee joining the Executive Committee.

28 yes and 14 No

Election of Officers

President

Robert Keller: 26

Arian Khamesi: 16

Secretary General:

Miryam Gutier-Elm: 37

Abstention: 5

Adjournment -