



IPF Profile Picture

- HOW TO CREATE AND UPLOAD YOUR PROFILE PICTURE

Profile Photo Guidelines and Requirements from the IPF:

CREATE:

Content Requirements:

1. Passport Style.
2. Head and Shoulder Only - The whole head must be visible straight and upright.
3. In Color.
4. Background must be plain solid light/white only.
5. Athlete must be the only subject in the photo - Do not use pictures that contain other people.
6. No hats, sunglasses, pets or props.
7. No action/lifting photos.
8. Photos with a natural facial expression or smile is preferable.
9. Use recent photo - no more that 3 years old.
10. Preferably not a selfie.
11. No nudity/bare torsos
12. Appropriate professional or casual attire: official suit or sportswear.
13. No commercial logos should be visible.
14. Symbols of the national team are allowed and only logos approved by the IPF
15. Good quality photos only.
16. Good resolution without pixelation.
17. Do not use a photograph of a photograph or document.
18. Do not use blurry or unclear pictures - face must be in focus.
19. So not use pictures that are dark or too light.

Technical Requirements:

1. Check your file type. System supports JPEG, JPG and PNG formats.
2. Check the size of your image. maximum file size is for profile photos is 3 MB
3. Check the dimensions. Recommended dimensions for profile images are 3:4 ratio, not less than 330 x 440 pixels, not more than 1500 x 2000 pixels



UPLOAD: Sign in to your Sport80 Account using the following address. Obviously, create an account, if you do not have one yet.

<https://pa.sport80.com/home>

You will be redirected to this page automatically:

← → ↻ auth.sport80.com/saml/login?SAMLRequest=fZJJb8lwEIXv%2FArkezYSaLBlpBS6RKKAI02hl2qSGLCU2KnH6fLvGxJauqjMzc%2FzPb1neYJQFhWN... ☆ 📄 🌐 ⋮



Sign In

Don't have an account? [Create account](#)

Email *

Field is required

Password * 

[Sign In](#)

[Forgot password?](#)

By continuing you are agreeing to our [Terms & Conditions](#) and [Privacy Policy](#)

pa
11927 Modena Lane, Orlando, Florida, 32827

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Click on your profile:

The screenshot shows a web browser at the URL `pa.sport80.com/home`. The page features a red sidebar with navigation options: Home, Members, Transaction History, and Admin. The main content area is titled "Dashboard" and displays the user's profile for Steve Petrencak, including a profile picture, name, and email address. A notification states "Your profile is up-to-date". A "View Profile" button is highlighted with a green border. The "Your Profile" section shows an "Individual Membership" with a "Current" status and validity dates from 2026-01-02 to 2027-01-02. The "My Members" section is currently empty.

Click on the Athlete Documentation Link:

The screenshot shows a user profile page for Steve Petrencak. On the left is a red sidebar with navigation icons and labels: Home, Members, Transaction History, and Admin. The main content area has a top navigation bar with a search bar, a shopping cart icon, and the user's name 'Steve Petrencak' with a profile picture and email 'ohiopowerlifting@gmail.com'. Below this is a breadcrumb 'Members > Steve Petrencak'. A central profile card shows the user's photo, name, and email, with a blue notification bubble stating 'Your profile is up-to-date' and an 'Edit Profile' button. To the right, a 'Your Profile' section shows 'Individual Membership' with a 'Current' status and validity dates from 2026-01-02 to 2027-01-02. Below that is an 'Information' section with 'GENERAL INFORMATION' and 'Male' listed. A green box highlights the 'Athlete Documentation' option in the left sidebar menu.

POWERLIFTING AMERICA

Home
Members
Transaction History
Admin

Search

Personal **Steve Petrencak**
ohiopowerlifting@gmail.com

Steve Petrencak
Members > Steve Petrencak

Profile
Roles
Individual Membership
Coach Certifications
Anti-Doping
Center for SafeSport Training
Background Screening
Athlete Documentation
Waivers
Addresses
Communication Preferences

Steve Petrencak
ohiopowerlifting@gmail.com

Your profile is up-to-date

Edit Profile

Your Profile

Current

Individual Membership
General Member

Valid From: 2026-01-02 Expires: 2027-01-02

Information

GENERAL INFORMATION

Male

Click on the “+ Add Athlete Documentation” link to Upload your Profile Picture:

The screenshot shows the user interface for a member's profile in the Powerlifting America system. On the left is a red sidebar with navigation icons and labels: Home, Members, Transaction History, and Admin. The main content area is titled "Steve Petrencak" and includes a breadcrumb trail: "Members > Steve Petrencak > Athlete Documentation". At the top right, there is a search bar, a notification bell, and a user profile for Steve Petrencak (Personal, ohiopowerlifting@gmail.com). The "Athlete Documentation" section features a table with columns: Athlete Documentation, Status, Valid From, Exp Date, Document Type, and Actions. A blue button with a white plus sign and the text "+ Add Athlete Documentation" is highlighted with a green border in the top right corner of this section. Below the table, a message states "No items to show. Added items will appear here."

POWERLIFTING AMERICA

Home
Members
Transaction History
Admin

Steve Petrencak
Members > Steve Petrencak > Athlete Documentation

Search
Personal Steve Petrencak
ohiopowerlifting@gmail.com

Athlete Documentation + Add Athlete Documentation

0 Records

Athlete Documentation	Status	Valid From	Exp Date	Document Type	Actions
No items to show. Added items will appear here.					



Home

Members

Transaction History

Admin



Steve Petrencak

Members > Steve Petrencak > Athlete Documentation

Search



Personal **Steve Petrencak**
ohiopowerlifting@gmail.com

- Profile
- Roles
- Individual Membership
- Coach Certifications
- Anti-Doping
- Center for SafeSport Training
- Background Screening
- Athlete Documentation**
- Waivers
- Addresses
- Communication Preferences

Athlete Documentation

+ Add Athlete Documentation

1 Record

Athlete Documentation	Status	Valid From	Exp Date	Document Type	Actions
IPF Consent Form	Current	03/01/2026	12/31/2026		

Click on the “+ Add” link to Upload your Profile Picture:

The screenshot shows a web interface for Powerlifting America. On the left is a red sidebar with navigation icons for Home, Members, Transaction History, and Admin. The main content area is titled "Select Athlete Documentation Type" and includes a breadcrumb trail: "Steve Petrencak > Athlete Documentation > Select Athlete Documentation Type". A search bar is present at the top right. Below the title, a white box contains the instruction: "Please select the Athlete Documentation type you would like to add." Below this are two items: "IPF Consent Form" and "Profile Picture", each with a small Powerlifting America logo icon and a blue "+ Add" button. The "+ Add" button for "Profile Picture" is highlighted with a green rectangular box. At the bottom of the page, there is a footer with contact information for "pa" (11927 Modena Lane, Orlando, Florida, 32827), copyright information for Sport:80 Services Ltd (2026), and links to Terms & Conditions, Privacy Policy, Cookie Policy, and Help & Support. The footer also features the "POWERED BY SPORT:80" logo and a help icon.

Upload your Profile Picture from your computer, by Clicking on Choose File:

POWERLIFTING AMERICA

Home
Members
Transaction History
Admin

Search

Personal **Steve Petrencak**
ohiopowerlifting@gmail.com

< **Steve Petrencak - Profile Picture**

Steve Petrencak > Athlete Documentation > Steve Petrencak - Profile Picture

Steve Petrencak - Profile Picture

PROFILE PICTURE **Profile Picture**

CERTIFICATION

Content Requirements:

- Passport style
- Head and Shoulder Only - The whole head must be visible straight and upright.
- In colour

Continue to Scroll Down to the bottom of the page...

><



Home

Members

Transaction History

Admin

- Background must be plain solid light/white only
- Athlete must be the only subject in the photo - Do not use pictures that contain other people.
- No hats, sunglasses, pets or props
- No action/lifting photos
- Photos with a natural facial expression or smile is preferable
- Use recent photo - no more that 3 years old
- Preferably not a selfie
- No nudity/bare torsos
- Appropriate professional or casual attire: official suit or sportswear
- No commercial logos should be visible
- Symbols of the national team are allowed and only logos approved by the IPF
- Good quality photos only
- Good resolution without pixelation
- Do not use a photograph of a photograph or document
- Do not use blurry or unclear pictures - face must be in focus
- So not use pictures that are dark or too light

Technical Requirements:

- Check your file type. System supports JPEG, JPG and PNG formats
- Check the size of your image. maximum file size is for profile photos is 3 MB
- Check the dimensions. Recommended dimensions for profile images are 3:4 ratio, not less than 330 x 440 pixels, not more than 1500 x 2000 pixels

Please note this profile picture upload will be publicly viewable.

Allowed File Extensions: JPEG|jpeg|JPG|jpg|PNG|png, Max File size: 20Mb. Photos should be a passport/headshot style photo.

Profile Picture *

No file selected

Choose File



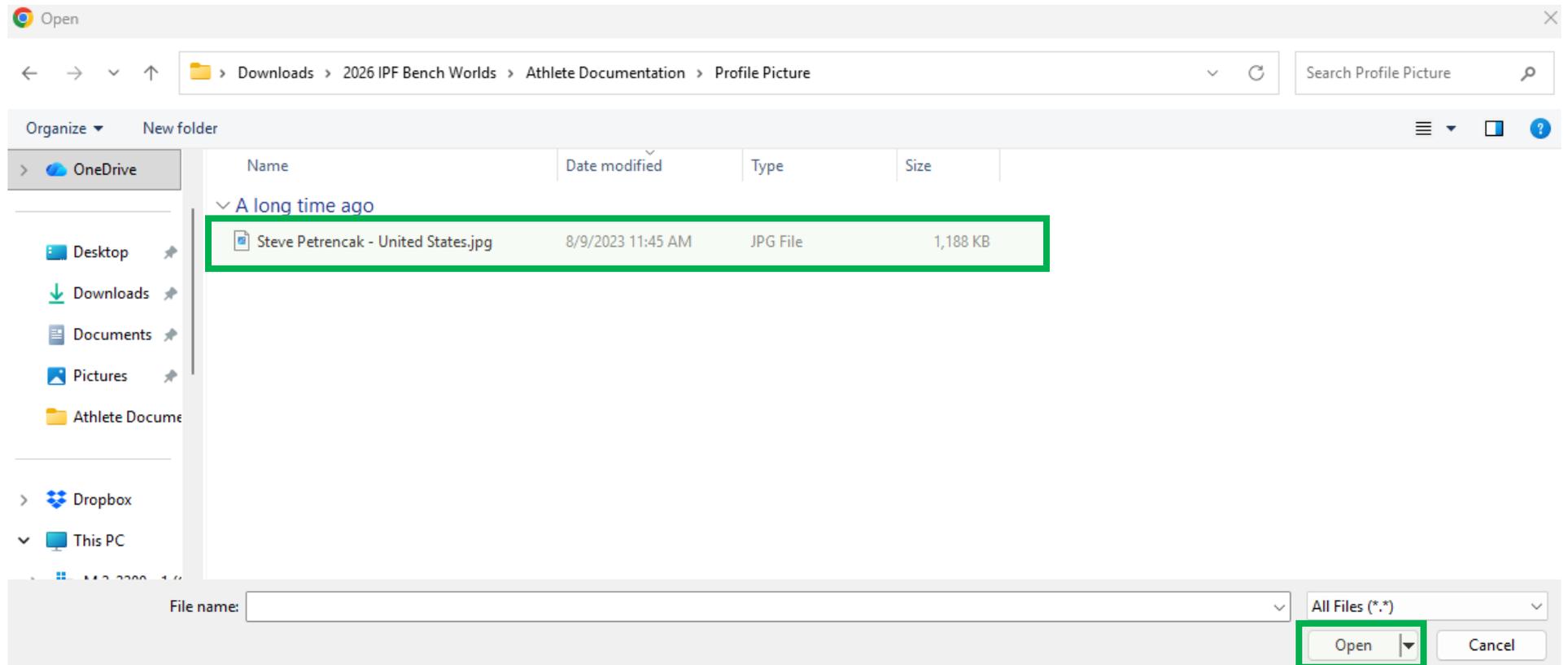
Prev

Next



Find your file on your computer, highlight it and click on Open to Upload your Profile Picture

The following is an example from my computer (Yours may be in a different file location):



You should now see your Profile Picture name in the choose file box. Click Next

POWERLIFTING AMERICA

Home

Members

Transaction History

Admin

- approved by the IPF
- Good quality photos only
- Good resolution without pixelation
- Do not use a photograph of a photograph or document
- Do not use blurry or unclear pictures - face must be in focus
- So not use pictures that are dark or too light

Technical Requirements:

- Check your file type. System supports JPEG, JPG and PNG formats
- Check the size of your image. maximum file size is for profile photos is 3 MB
- Check the dimensions. Recommended dimensions for profile images are 3:4 ratio, not less than 330 x 440 pixels, not more than 1500 x 2000 pixels

Please note this profile picture upload will be publicly viewable.

Allowed File Extensions: JPEG|jpeg|JPG|jpg|PNG|png, Max File size: 20Mb. Photos should be a passport/headshot style photo.

Profile Picture * Steve Petrencak - United States.jpg Choose File

Prev Next

+ Add

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Make sure you Click on the acknowledgement check box (unless it is already checked for you) and click Add

The screenshot displays the user interface for Steve Petrencak's profile picture update. On the left is a red sidebar with navigation options: Home, Members, Transaction History, and Admin. The main content area shows the 'Steve Petrencak - Profile Picture' page with a breadcrumb trail: Steve Petrencak > Athlete Documentation > Steve Petrencak - Profile Picture. The page features a 'Certification' section with the text 'I certify all details are accurate to the best of my knowledge.' Below this text is a form with a red asterisk, a checked checkbox, and the word 'Yes'. A 'Prev' button is located below the form. At the bottom right of the form area, an 'Add' button is highlighted with a green box. The footer contains the Powerlifting America logo, address (11927 Modena Lane, Orlando, Florida, 32827), and copyright information (Copyright © 2026. All Rights Reserved Sport:80 Services Ltd). The footer also includes links for Terms & Conditions, Privacy Policy, Cookie Policy, and Help & Support, along with the 'POWERED BY SPORT:80' logo and a contact icon.

Your Profile Picture will be reviewed by our internal team and approved or denied. Click on OK to move on.

Personal **Steve Petrencak**
ohiopowerlifting@gmail.com

POWERLIFTING AMERICA

Home
Members
Transaction History
Admin

Steve Petrencak - Profile Picture

PROFILE PICTURE
CERTIFICATION

Certification

I certify all details are accurate to the best of my knowledge.

* Yes

Prev

Add

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As you will notice, your Profile Picture submission is in a “Pending Approval” status. Once approved, the status will change to “Current”

The screenshot shows the user interface for a member's profile. On the left is a red sidebar with navigation icons and labels: Home, Members, Transaction History, and Admin. The main content area is for Steve Petrencak, with a breadcrumb trail: Members > Steve Petrencak > Athlete Documentation. A search bar and a shopping cart icon are at the top right. The user's name and email (ohiopowerlifting@gmail.com) are also visible. The Athlete Documentation section features a table with two records. The first record, 'IPF Consent Form', has a 'Current' status. The second record, 'Profile Picture', has a 'Pending Approval' status, which is highlighted with a green box. A '+ Add Athlete Documentation' button is located at the top right of the table. The footer contains the organization's address (11927 Modena Lane, Orlando, Florida, 32827), copyright information (© 2026), and links to Terms & Conditions, Privacy Policy, Cookie Policy, and Help & Support. The footer also includes the text 'POWERED BY SPORT:80' and a logo for Sport:80.

POWERLIFTING AMERICA

Home
Members
Transaction History
Admin

Steve Petrencak
Members > Steve Petrencak > Athlete Documentation

Search

Personal **Steve Petrencak**
ohiopowerlifting@gmail.com

Athlete Documentation + Add Athlete Documentation

2 Records

Athlete Documentation	Status	Valid From	Exp Date	Document Type	Actions
IPF Consent Form	Current	03/01/2026	12/31/2026		
Profile Picture	Pending Approval	-	-		

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As mentioned, once approved your Status on these will change to "Current"

The screenshot shows the member dashboard for Steve Petrencak. The left sidebar contains navigation options: Home, Members, Transaction History, and Admin. The main content area displays the member's profile and a list of Athlete Documentation records. The 'Status' column for both records is highlighted in green and labeled 'Current'.

Powerlifting America

Steve Petrencak

Members > Steve Petrencak > Athlete Documentation

Athlete Documentation [+ Add Athlete Documentation](#)

2 Records

Athlete Documentation	Status	Valid From	Exp Date	Document Type	Actions
IPF Consent Form	Current	03/01/2026	12/31/2026		⋮
Profile Picture	Current	03/01/2026	03/01/2031		⋮

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