

Annual report 2022

08th March 2023

2022

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1- Roll Call

2- President's Report 2022

Dear friends Dear APF members On behalf of the African powerlifting federation

I trust this message report finds everyone in good health. It was a very hard time for us, and I want to express my gratitude and thanks to my colleagues from the Executive Board after the difficult years due to the COVID-19 Pandemic In my concluding remarks to last year's regional report 2019 I said that our APF will take the Recognition by the UCSA that was but I hope to conclude our steps with them to be full memberships.

and my predictions turned out to be even better than anticipated To take part to African powerlifting Games but unfortunately with the lack a APF's budget I have a difficult to meet the African Games 's Ghana organizer committee .

African Powerlifting championships 2022 was in Meknes city/ morocco it's was a challenge for us to organized exactly the sport life just little bit recommended after covid crisis. so like everyone know The economy of APF suffered and will more suffer from the low activities so I hope that all nations try to pay the annual affiliation

Finally I would like to thank to all affiliated member nations, my EC colleagues, APF committees and all other people in the APF for a good cooperation during the year.

I would like to express my thanks and gratitude to our IPF president Mr Gaston parage for the cooperation and his presence in APF zoom EC.meeting All this steps we made all together lead us to our final goal to improve our powerlifting sport in our continent .

So My last thank goes to all our Africans lifters and to all coaches Elmamoun Mohamed APF's Presiden

3- APF Vice President's Report 2022

After the disruption caused by the COVID-10 pandemic over the last few years, 2022 brought a welcome return to (almost) normal in the Powerlifting world. South Africa hosted an extremely successful World Classic Open Powerlifting Championships in Sun City. African lifters participated in various World Championships, and we extend our congratulations to the following African lifters who claimed World Championship titles in 2022:

- Sahad Mohamed (ALG) – Open World Champion Classic Powerlifting -120kg
- Mijuane de Wet (RSA) – Subjunior World Champion Equipped Powerlifting -63kg
- Sarra Khifi (TUN) – Subjunior World Champion Classic Powerlifting -47kg
- Elisabeth Barry (RSA) – Master 1 World Champion Classic Powerlifting -47kg

Congratulations also to our two competitors from Africa, Christi Rees (RSA) and Ahmed Hassanin (EGY), who represented Africa at the World Games in Alabama.

The African Powerlifting and Bench Press Championships held in Meknes, Morocco had a few organisational challenges, including a lack of referees, some nations failing to get visas in time, and the competitors not able to compete using the sponsored equipment. These issues need to be noted and addressed for future championships. At the 2022 IPF General Assembly, African nations Uganda, Tunisia and Central African Republic were accepted as full members. We look forward to these nations participating fully in APF and IPF championships in the future.

It was also decided to split the African Powerlifting and Bench Press Championships into two events

– the African Classic and Equipped Bench Press Championships to be held in the first half of the year,

- the African Classic and Equipped Powerlifting Championships (together with the African University Cup) to be held in the second half of the year.

The championships will alternate between the north and south of Africa.

Being an APF member in good standing gives a member nation the right to participate in APF and IPF Championships, and to vote at APF and IPF General Assemblies. The priority in 2023 will be to ensure that all APF member nations comply with the minimum responsibilities to remain in good standing with the IPF and APF, which include

- Paying all affiliation fees (IPF and APF) each year before the end of January
- Having a democratically elected executive, and sending AGM minutes to the APF
- Holding National Championships, and sending those results to the APF
- Maintaining qualified referees and coaches
- Supporting their lifters and assisting them to compete at Regional and World championships

- Ensuring that all lifters, coaches, referees and administrators complete the appropriate WADA Anti-doping Education courses

The APF Executive continues to meet via Zoom meetings, and will continue to update the APF Constitution to be in line with the IPF Constitution.

Going forward, we will encourage participation and growth in all areas, in particular

- Improve participation by Women from African nations in national, regional and world championships
- Include University Cup events to encourage participation by students
- Increase the number of International referees from African nations
- Ensure that coaches have a recognised coaching certification.

I look forward to a busy Powerlifting year ahead, and wish to thank my colleagues on the APF executive for their hard work in 2022.

Heather Leighton
APF Vice President

4- Treasurer report:

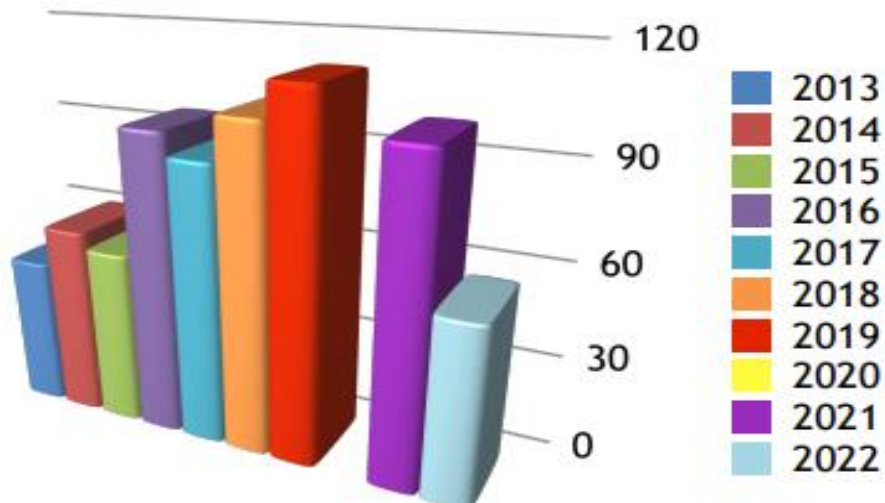
African Powerlifting Federation The statistics and graphics below give an overview about the number lifters from 2013 until 2022 that took part in Open, Sub junior, Junior, Masters African Championships in Powerlifting and Bench Press . 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022



African Powerlifting Federation

The statistics and graphics below give an overview about the number lifters from 2013 until 2022 that took part in Open, Sub junior, Junior, Masters African Championships in Powerlifting and Bench Press .

| YEARS | PARTICIPATION S LIFTERS | YERS | PARTICIPATION S LIFTERS |
|-------|----------------------------|------|----------------------------|
| 2013 | 48 | 2018 | 101 |
| 2014 | 61 | 2019 | 111 |
| 2015 | 56 | 2020 | No compétition |
| 2016 | 95 | 2021 | 99 |
| 2017 | 88 | 2022 | 56 |



African Powerlifting Federation



bhjamal@hotmail.fr
www.powerlifting-african.com

| | |
|--------------------|--|
| Nom de la Société: | AFRICAN POWERLIFTING FEDERATION |
| Account Name: | AFRICAN POWERLIFTING FEDERATION |
| IBAN: | LU74 0019 5655 6604 3000 |
| Swift code (BIC): | BCEELULLXXX |
| Beneficiary Bank: | Caisse d'Epargne de l'Etat du Luxembourg Place de Metz L-2954 Luxembourg |
| Member: | INTERNATIONAL POWERLIFTING FEDERATION |

01/09/2022 Old balance

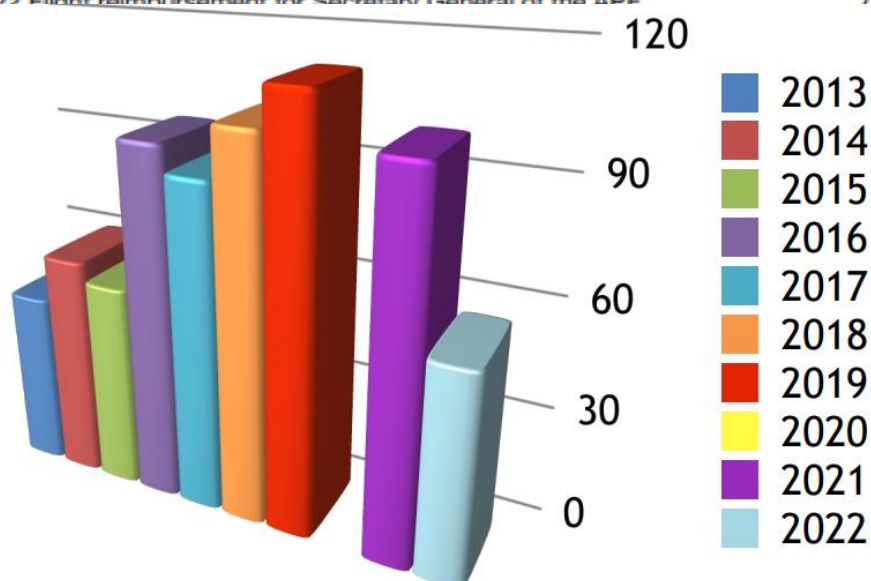
17 883,93 Euro

Incomes:

| | |
|--|--|
| 18/09/2022 APF received entry fee Championships 2022 | 56 lifters*20 = 1 120,00 Euro |
| 18/09/2022 APF received doping fee Championships 2022 | 55 lifters*60 = 3 300,00 Euro |
| 18/09/2022 APF received sanction by Morocco | 200,00 Euro |
| 18/09/2022 Membership fee APF 2020, 2021 Ivory Coast | 400,00 Euro |
| 18/09/2022 Membership fee APF 2020, 2021 Egypt | 400,00 Euro |
| 18/09/2022 Membership fee APF 2022, Tunisia | 200,00 Euro |
| 18/09/2022 Membership fee APF 2020, 2021, 2022 Morocco | 600,00 Euro |
| 18/09/2022 | Total cash 6 220,00 Euro |
| 15/12/2022 Remaining development fund 2022 (IPF) | 12 600,00 Euro |
| | Total 18 820,00 Euro |

Expenses:

| | |
|--|-------------|
| 18/09/2022 Allowance Exécutif Committee APF 4*175,00€ | 700,00 Euro |
| 18/09/2022 Flight reimbursement for Vice président of the APF | 698,38 Euro |
| 18/09/2022 Flight reimbursement for Secretary General of the APF | 714,00 Euro |





African Powerlifting Federation Budget for 2024

| | | | |
|---------------------------------------|-------|-----|---------|
| Memberships | 200 € | 20 | 4000 € |
| Competition Entry fees | 60 € | 150 | 9000 € |
| Doping fee | 60 € | 150 | 9000 € |
| Sanction for competition | | | 200 € |
| IPF Budget for development of the APF | | | 5000 € |
| | | | 27200 € |

| | | | |
|----------------------------------|-------|-----|---------|
| Entry fee to organiser | 30 € | 150 | 4500 € |
| IPF for the Doping tests | | | 9000 € |
| Transport for 4 officials | 900 € | 4 | 3600 € |
| Admin fee to General secretary | | | 300 € |
| Admin fee to Executive Committee | 250 € | 5 | 1250 € |
| | | | 18650 € |

TOTAL **27200 - 18650 = 8550 €**

TOTAL **8550 + 26 645,88 = 35195,88€**

Carry-over from 2023

Treasurer : Hamid Jamal

5- Auditor report

Rapport d'audit APF 2022 (1^{er} Septembre au 31 décembre)

L'audit a été faite par l'envoi des documents par mail.

Les comptes sont corrects et correspondent à l'activité de la Fédération.

Les dépenses correspondent aux factures.

Les entrées sont justes et complètes.

Les comptes sont clos avec 26 645.88 € en banque.

Je fais 2 remarques.

- 1- Il y a beaucoup trop de paiement en cash et c'est inacceptable pour une Fédération Régional.
Il n'y a que des avantages en terme de traçabilité à faire des virements bancaires et il n'y a que des inconvénients pour le cash.
Je vous propose d'interdire les paiements cash dans un bref délai.
- 2- Il y a un gros manque de rigueur au niveau du paiement de la cotisation annuelle.
Il faut que vous mettiez en place une procédure (facturation, paiement etc ...) et je vous conseille de prévoir des pénalités pour ceux qui payent en retard.

Je félicite le trésorier pour son travail précis et rigoureux et je vous demande de valider les comptes APF du 1^{er} septembre 2022 au 31 décembre 2022.

Audit report APF 2022 (1st September to 31st December)

The audit was carried out by sending documents by email.

The accounts are correct and correspond to the activity of the Federation.

Expenses correspond to invoices.

Entries are correct and complete.

The accounts are closed with €26,645.88 in the bank.

I make 2 comments.

- 1- There is too much cash payment and it is unacceptable for a Regional Federation.
There are only advantages in terms of traceability to making bank transfers and there are only disadvantages for cash.
I suggest that you ban cash payments as soon as possible.
- 2- There is a big lack of rigor in the payment of the annual subscription.
You need to set up a procedure (invoicing, payment, etc.) and I advise you to provide penalties for those who pay late.

I congratulate the treasurer for his precise and rigorous work and I ask you to validate the APF accounts from September 1, 2022 to December 31, 2022.

Le 23th January 2023
Xavier de PUYTORAC
Auditeur Compte APF



6- Secretary general report :

I wish this report finds everyone good,

I thank you all for taking time to prepare and send your annual reports, despite your personal and professional agenda, these APF annual reports, allowed me to be ready and share it with our affiliate members.

My thanks go as well to our affiliate nations, for the interest they assure to reply our emails and participate to the interactions,

As a secretary general, I worked , first with my colleagues EC members and interact with them in periodically Zoom meeting and by all means of communication, phone , mails, social midea.

I assured the contact with AFPP federations informing them What was necessary, from AFPP and IPF. And prepared all the meeting, and General Assembly minutes.

I hope that 2023 will be the year where AFPP will level up , its Member applicant , organizational events ,

- AFPP is using goodlift system for championships nominations whith is a remarquable step forward.

Before closing my report I want to reiterate my satisfaction for the coordinate work we had in the APF board staff, I want to personally thank everyone for his cooperation , And thank , the IPF President Gaston Parage for his cooperation, and support.

A, Kamel, E, Nedjah .

Secretary General.

African Powerlifting Federation .

7- Committees Reports :

° AFRICA TECHNICAL CHAIRMAN REPORT 2022

With Corona virus pandemic something of the past the IPF hosted successful World Championships and World Games. Congratulations to all the Meet Directors, athletes, Coaches and Officials who competed.

World Open Classic Powerlifting Championships were held in Sun City South Africa from 6 -11 June 2022 with 137 Men and 111 Women competed.

World Games was in Birmingham Alabama from 8 – 10 July 2022 where 48 Women & 48 Women competed, for Gold. Christi Rees from South Africa competed in the Women's Superheavy Weight Class but unfortunate could not make a total. Hassanin Ahmed from Egypt was 10th in the Men's Superheavy Weight Class.

The Africa Powerlifting & Bench Press Championship-s were held I Meknes Morocco.

Men's Classic Bench Press: 11 lifters competed from 5 Nations competed

Men's Equipped Bench Press: 3 lifters from 1 Nation competed

Men's Classic Powerlifting; 27 lifters from 5 Nations competed

Men's Equipped Powerlifting; 1 lifter from 1 Nation competed

Women's Classic Powerlifting; 15 lifters from 5 Nations competed.

Big thank you to Heather Leighton who did the scoring on Good lift. She took all the computers with her to make it happens. Thank you Elmamoun Mohammed - Meet Directors who hosted the championship I Morocco. To all the referees who attend the championship, thank you for your time and effort, and hope to see you all next year in good health.

Referees who passed the exams during 2022

Cat 1

Heather Leighton – South Africa

Cat 1 Regional

Jamal Hamed – Morocco

Cat 2

Ilze-Marie Maritz – South Africa

Seghir Ayadat - Algeria

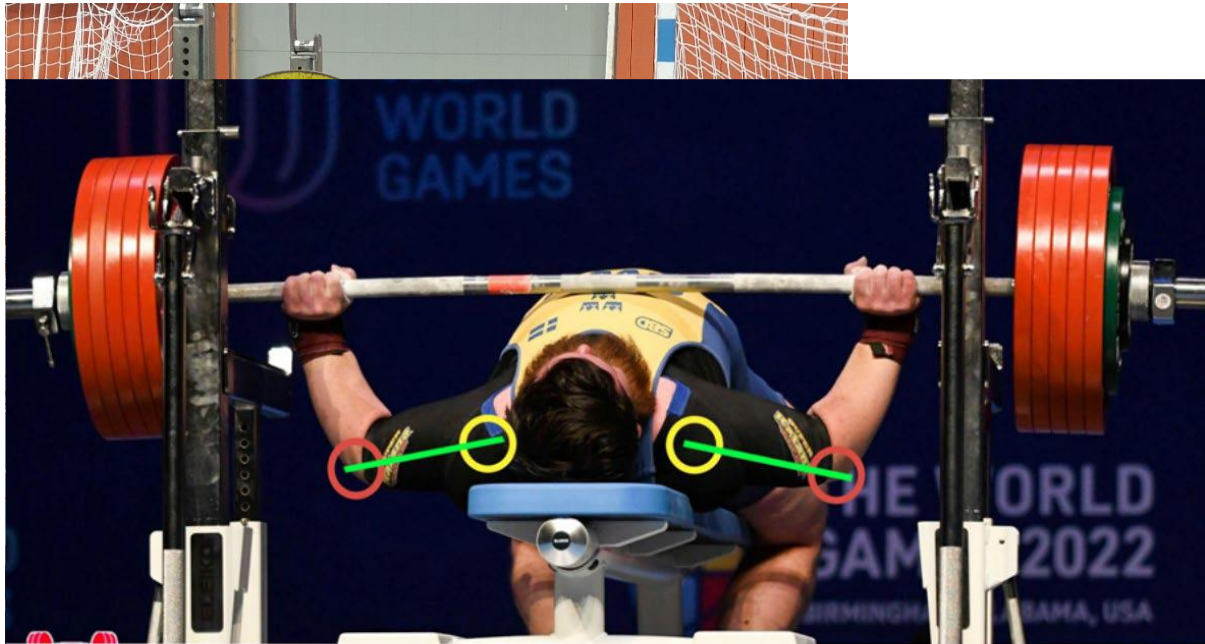
Changes were made in the Technical rules.

Bench Press

2. The lifter must lie on his back with head, shoulders and buttocks **(the picture PROPER STARTING POSITION & SETUP show the minimum acceptable)** in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a thumb around grip. This position shall be maintained throughout the lift. Foot movement is permissible

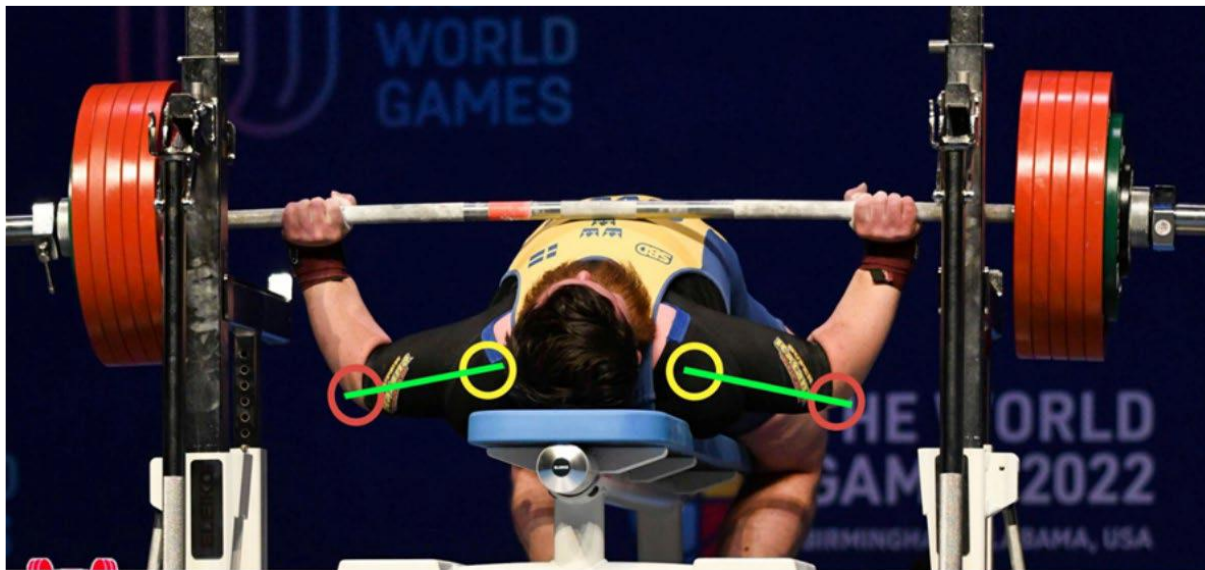
but must remain flat on the platform. **During the set-up on the bench, the athlete is not allowed to place his/her feet on the bench.**

PICTURE A - PROPER STARTING POSITION & SETUP



○ - top of the shoulder joint ○ - elbow joint

— failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint



○ - top of the shoulder joint ○ - elbow joint

— failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint



○ - top of the shoulder joint ○ - elbow joint

— failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint

During 2022 I received a lot of email regarding this Bench rules and answered all hopefully to everyone's satisfaction

I am looking forward to see everyone in 2023

Johan Smith

TC Chairman

° Legislation and Law Committee:

African Powerlifting Federation

Law committee

Report from chairman of law committee

Chairman of law committee **Mohamed Marie** has been elected as a EC member at the African powerlifting federation through the elections that had been held in potecfstroom sout Africa October 2019

The duty of chairman of law committee is created and updated the African powerlifting constitution

And review the Constitutions of natinal powerlifting federations

Since the chairman of law committee has been elected he updated the APF constitution with a great help of **Mr Mamoun Mohamed** the APF president

And **Mr kamal Ndjah** the APF general secretary

The updated constitution now is under review and discussion from the EC APF members to create the new APF constitution

Also the chairman of law committee is standby any time to review the constitution of national federations members of APF

Also review constitution of new nations that attend to be members in APF and IPF

Due to my duty as APF law committee chairman and IPF law committee member i accept the Tunisian and central Africa constitutions with my colleagues at the IPF law committee Tunisia and central Africa now are a members of IPF

Now law committee chairman wait for zoom EC meeting for discussing the update of the constitution before the voting of the general assembly .

I am hounerd to put between your hands my views about amendments and additions for new African constitution after a big studies to the constitutions of both IPF and APF

First: article 1.4 i suggest to add IPF funds support to the budget of the APF as a funds source to the APF to be a great support for the APF

Secondly: article 10 at the non executive officers i suggest to add a general manager elected by the general assembly to be as an assistant to any one of the executive committee and to do any duty ordered to him from EC

Thirdly: article 11.3 i suggest to add court of justice have a strong authorities like IPF court of justice shown at the article 11.3 at the IPF constitution to look all disputes related to the APF or member nations and decided a strong judgements instead of disciplinary committee

And the appeal of its judgements will be raised to the IPF court of justice to decide judgments about the appeals

The president APF court of justice will be elected from the APF general assembly and the elected president will select two other members at the court to assist him

Fourth: delete the appeal committee article 11.4 and change it with IPF court of justice

Fifth: article 102.2 i suggest to be two vice President one of them for north Africa and the other for south Africa instead of one vice president only

Because Africa is a very big area and one vice President isn't enough

Sixth: article 101.8 i suggest to be the rights of voting for the EC members and the representative of the member nations only not all the committee chairmans or non executive officers

Seventh: article 110.2 i think 200 euro as a membership fees is enough instead of 250 euro because most of African nations is very poor

I hope that my views will be an addition to produce a new African constitution will be at the interest for our APF and African nations for a several years at the future .

Best regards

Chairman of law committee

Mohamed Marie

8- Elections;

This is an Election year for APF executive members, nations informed about nominations for the existing positions:

The Nominations received are as followed:

Presidence; El Mamoune Mohamed (Morocco)+ Kamel Nedjah (Algeria).

Vice Presidence: Alshuwayahidi Munayr(Libya)+Heather Leighton.

Treasurer: Hamid Jamal (Morocco).

Secretary General; Heather Leighton(South Africa)+Kamel Nedjah(Algeria).

Technical committee: Hannie Smith (South Africa) .

Law an legislation Committee:Aboshousha Osama(Egypt)+Taib Mourad(Algeria).

Member : Taib Mourad (Algeria).

Nomination of ivory cost was not accepted for IPF membership arears for years.

9- Action on proposed amendments :

Amendments of the APF constitution received are still in discussion by the EC members and will be proposed to General Assemby to vote it , as soon as it is ready.

10-New Member Applicants

No new Member Applicant this year.

Approved unanimously: YES : 17 . NO: 00.

Delinquent Nations

Actions are in progress to exclude some nations for not paying their arrears.

**Benin- Cameroun – Central African republic- Gambia- Ghana – Ivoirly Cost
Sierra Leone- Somalia - Uganda .**

The case of Cameroun participation in non IPF sanctioned competition.
Must be clarified.

Hall of Fame

No proposition this year.

Future Championships:

| Date | event | umbrella | place | country |
|-----------------------|--|----------|---------------|--------------|
| 08-11 March 2023 | All African bench press, Classic and equipped championships | APF | Potchefstroom | South Africa |
| 24-29 October 2023 | All African powerlifting, Classic and equipped, and university championships. | APF | Algiers | Algeria |
| March 2024 | All African Bench Press, championships. | APF | Bid | Bid |
| October 2024 | All African powerlifting, Classic and equipped, and university championships. | APF | Bid | Bid |

Any Other Business

Adjournment :

Kamel Nedjah
Secretary General
African Powerlifting federation.