

British Powerlifting reminder on participating in international, non-sanctioned powerlifting events

Last month, British Powerlifting posted a reminder about Rule 14 of the IPF Constitution, which states what will happen if lifters, coaches or officials (such as referees) take part in an international, powerlifting event organised by a non-sanctioned body.

Specifically, non-sanctioned means that the body is not recognised by the World Anti-Doping Association (WADA). In simple terms, this means other national and international federations for powerlifting, as the IPF and its affiliates (such as British Powerlifting) is the only powerlifting [body recognised](#) by WADA.

If a lifter, official, or coach takes in non-sanctioned international events, then they [British Powerlifting states](#) that *“Any athlete, coach, referee or official who competes or participates in an International Powerlifting or Bench Press event not organised, sanctioned, or approved by the IPF shall not be permitted to take part in any IPF international, regional or national event for a period of 12 months from the date of that non-approved event.”*

British Powerlifting then adds that this rule applies to any non-sanctioned powerlifting competition, suggesting that it applies to other events in the UK, so I asked for clarification.

The reply I received clarified that anyone who participates in a non-British Powerlifting competition in the UK would be at risk of contravening this rule, but a subsequent ban for 12 months would depend on whether a complaint was made to the British Powerlifting Disciplinary Committee, who would decide if the rule had been broken.

There are three other powerlifting federations in the UK; one of these universally applies testing and hence forbids performance enhancing drugs (PEDs), one does not, and the remaining one has a hybrid arrangement, with both tested and untested sections. In other words, a lifter who competes in the section which is tested could be sharing a platform with lifters in the untested section.

Three key messages

So what are the key takeaways from this? Two are clear whilst the third is more nuanced.

1. If a lifter competes in an international event hosted by another powerlifting federation, this will result in a 12-month suspension from IPF international, national or regional events.
2. This applies to powerlifting competitions only.
3. If a lifter takes part in a national or regional competition hosted by another non-sanctioned federation, then this could result in a 12-month suspension, depending on the circumstances and if the British Powerlifting Disciplinary Committee receives a complaint about the individual.

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