



Responsibility of Head Coaches

The Aims of a head coaches

Is to ensure the successful coaching of their lifters at International level, to encourage participation in the sport of Powerlifting, to help each lifter to achieve the best results that their potential indicates.

What is a head coach?

The head coach has many duties associated with the above aims, he/she needs to have a strong character and disciplined approach at all times, he/she must always be in charge.

1. Being a Head Coach

You must ensure the following:

The number of assistant coaches in the warm-up and wrapping area

1 Athlete = 2 Coaches

2 Athletes = 3 Coaches

3 Athletes = 4 Coaches

4 Athletes = 5 Coaches which is the maximum number of Coaches allowed.

Special note: If 2 Athletes from the same nation and in the same bodyweight category, but in different groups to ensure safe spotting 4 coaches will be allowed. ¹and ²

2. The head coach must ensure only one coach allow to go with the athletes to the coaching zone and must be properly dressed. ³and ⁴
3. The behaviour of the coaches and lifters in the warm up and wrapping area is the responsibility of the head coach. ⁵
4. The head coach must ensure each of his assistant coaches receive a badge with photo to gain access to the warm up, wrapping and lifting area.

¹ Refer to By-Laws 105.3.1

² Refer to By-Laws 105.3.2

³ Refer to By-Laws 105.3.6

⁴ Refer to Technical Rules, page 27, item 1

⁵ Refer to Technical Rules, page 29, item 10

5. The head coach must arrange with the organizer a fix training time for his team.
6. The head coach must ensure all equipment used during training is replace on racks and the platforms is left tidy and the trainings area leaves in clean conditions (no garbage etc.) same applies after the competition.
7. The head coach must ensure at weigh-in his/her lifters must present the following to the Referees: Appendix 2⁶, Lifters profile and passport.
8. The head coach must ensure at the equipment check lifters equipment is in accordance with the IPF Technical Rules.
9. The head coach and assistant coaches in the warm-up, wrapping and lifting area must acknowledge their requirement to adhere to all the IPF Anti-Doing rules.⁷
10. The head coach to ensure the lifters is prepared and ready to take the platform when his/her name is called.
11. The head coach to ensure the lifters is prepared and ready to take the platform when his/her name is called for the victory ceremony.⁸
12. Concerning warm- up and wrapping area: please note, alcoholized persons generally, any drinking of alcohol by head coach, assistant coaches and your lifters in the mentioned areas above is strictly forbidden.⁹

I acknowledge that I have read and understood the above. I understand that abuse of these expectations will render me liable for disciplinary action by the IPF Disciplinary Committee, or in case relating to item 9. above, for the review and hearing processes specified in the relevant articles of the IPF Anti-Doping Rules.¹⁰

Full NAME

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Please print

National Federation.....

SIGNATURE DATE

⁶ Refer to Appendix 2 to the IPF Anti-Doping Rules

⁷ Refer to the IPF Constitution, Article 15.1, first paragraph, and the IPF Anti-Doping Rules, Articles 2.6.2, 2.7, 2.8

⁸ Refer to By-Laws 105.3.6, and Technical Rules, page 5, item 13, Dress Code

⁹ Refer to Technical Rules, page 29, item 10, misconduct

¹⁰ Refer to Articles 2, 7, 8, 10 of the IPF Anti-Doping Rules