



Dear All,

Please be advised that we have entered into communications with Mr Louis Dunn - President of Rhino Powerlifting Club (RPC) in order to try and avoid the problems of lifters wanting to lift at both SA Powerlifting Federations (SAPF) Competitions and Rhino Powerlifting Club (RPC) Competitions.

Please be advised that the South African Powerlifting Federation (SAPF) is a fully affiliated member nation of the International Powerlifting Federations (IPF) and therefore we are bound by their decisions, constitution, technical rules, by-laws etc and it is definitely not in our power to change their rules and regulations.

As a result of complying and adhering to IPF Rules:

- **Any lifter, coach, referee or official who competes or participates in an Powerlifting or Bench Press competition not organised, sanctioned or approved by the SAPF shall not be permitted to take part in any SAPF & IPF competition for a period of 12 months from the date of that non-approved competition.**
- **An athlete or official shall not participate in contests or competitions if there is any athlete or official participating in any division, section or bodyweight class of that contest or competition who has been expelled or suspended from his or her international or national federation or who is serving the period of Ineligibility for a doping related offence.**

Therefore, if a lifter lifts/affiliates to RPC/GPC/100% RAW Powerlifting Federation and wishes to return to the SAPF they will not be allowed to take part in an IPF sanctioned SAPF competition for 12 months from the date of the non-approved competition and will be required to have a clean drug test to prove that he/she is clean before their return to SAPF Competitions.

Any lifter, coach, referee or official who is involved with the RPC Competition on 10 August 2013 will for example not be able to compete at the **IPF WORLD RAW CLASSIC POWERLIFTING CHAMPIONSHIPS – June 2014 to be hosted by the SAPF.**

Kind Regards,

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For and on Behalf of:
SA Powerlifting Federation

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