

World Council meeting minutes

1st October 2023 - Toodyay, Western Australia

Meeting commenced: 13:40 (Chaired by John Mahon)

- The role call took place, those present John Patterson (Aus), Edmund Patterson (Aus), Sam Trew (Aus), David Reeves (Aus), Peter Phillips (Aus), Bill Kappel (Aus), Charlie Carabott (Aus), John Mahon (Aus)
- John conducted the IAWA International Vice Presidents Role Call as currently being Denny Habecker and Chad Ullom of the USA, Steve Andrews and Paul Barrette of the UK and Peter Phillips and Robin Lukosious of Australia. John mentioned that Robin has not been involved with AWFA for some years now and that he was removed as vice president from memory in the 2013 or 2014 world council meeting.
- Report from Vice Presidents:
 - None
- John read out Al Myres report on the World Postal Championships:

Another great year for the IAWA World Postal Championships!!

This year we had 51 lifters compete from the United States, Australia, England, and Canada. This World Postal Championships

is one of three (with the World Championships and the Gold Cup being the other two) promoted by IAWA. I want to REALLY

thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years,

the lifts of the first day Worlds were contested. I've included all class winners and best lifters, individual overall rankings for

men and women, 3 person team rankings, and club rankings.

I want to give special mention to the overall winners in each category. The Overall Best Men's Lifter was ABE SMITH, and the

Overall Best Women's Lifter was MAX ELL. The Overall Best 3-person Team went to CLARK'S GYM (Abe Smith, Travis Luther,

Tony Hose). The Overall Best Club went to CLARK'S GYM, which had 11 members participate.

The Overall Best Association

went to the USAWA, with the IAWAUK in second, and the ARWF in third.

The youngest lifter that entered was KYRAN VOCE at 5years of age. The oldest lifter in the completion was BILL CLARK at 91

years of age! I want to mention 2 lifters who competed as Exhibition Lifters (because of lack of an official to judge their lifts)

just to show support to IAWA and the memory of Andy Goddard. These lifters were Chad Ullom and Sylvia Stockall of Canada.

If anyone notices any errors in these results please let me know as soon as possible so I can get things corrected. Sometimes I

have difficulties reading the handwriting on the official scoresheets.

Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

- Report from forthcoming Gold Cup - Paul Barrette
 - John pointed out he did not receive a report but it looks like there has been a outstanding response to this years Gold Cup where Paul has had to seek out a bigger venue to cater for the meet. Great to see

- Report from the General Technical Secretary - Steve Gardner

I know you will all appreciate that I have not been able to be operating in as full as a capacity as possible, as I have spent the last 12 months caring for my dear wife Karen. I am greatly saddened and lost without my life partner but I know I must continue on and that is what Karen would have expected. So please bare- with me and I shall now attempt to resume my responsibilities and push

forward with IAWA's best interest at heart.

IAWA Technical Committee (6 Man Committee)

IAWA General Technical Secretary – Steve Gardner (ENG)

Denny Habecker USA

Peter Phillips AUSTRALIA

Al Myers USA

Steve Sherwood ENG

John Mahon AUSTRALIA

Motion for Adoption – New Lift ‘The Duck Walk’

This was proposed at the IAWA (UK) AGM December 2022, to be submitted to IAWA for consideration. The Technical Committee proved in favour of supporting the lift (Majority)

Please see the Rules of Performance and causes for failure attached, the lift is good to go, if approved at World Council Meeting then the lift can be performed thereafter ...

- Report on the 2023 World Championships - John Mahon
 - John mentioned due to the fact the council meeting was held after the Worlds that there was not much to report on the logistics of the event. The meet was a success considering the challenges faced. The numbers were very low this year but there are a number of factors that contributed to that. I just want to thank everyone who participated and made it a great event.
- Report from 2024 Gold Cup promotor - Paul Barrette

We are still good to go for hosting the IAWA

World Championships here in Eastbourne 2024.

As yet, I haven't secured a venue but hope to shortly after the forthcoming Gold Cup. So for the timing being it will be Venue TBC.

As usual I will try and get this for the first weekend in October which for 2024 will be 5/6th.

I have chosen these lifts to be considered at the World Council meeting for possible approval.

Day 1

Clean & Push Press

Continental Clean to Belt

One Hand Dumbbell Clean & Jerk

Cheat Curl

Day 2

Pullover & Push

One Hand Zercher

Hack Lift

- A vote was conducted and it was in unanimous favour of the proposed lifts.
- New business

- Proposal from Steve Gardnerthat Paul Barette can be considered for the role as our new International IAWA President (when AI hands over) Paul is ready and happy to take on the role and I believe he will do a great job!

- Proposal from IAWA(UK) the possibility of IAWA adopting the successful Disability All Round Weightlifting programme that has been used in IAWA(UK) for the last three years. Three years ago we put together some all-round lifts (ten) that can be performed in two disability categories: Standing Disabled and Seated Disabled. There are ten lifts for each Standing and Seated. This is only a small and simple categorisation of the multitude of different categories used in some major sports, but we could not possibly ever aspire to such things, it was simply a gesture to allow inclusion in our sport. We did not know if it would be well received, but it was put together with disability sports advisors and participators. We have run four championships in the last three years and have been so pleased with the results. We have had all manner of different categorists take part, Wheelchair users, Guide Dog users, those without limbs and others with severe difficulties. Our experience is that those who have taken part have all loved lifting in our events, without exception, and we have had no problems whatsoever. We have received praise for putting the events on. The lifts are simple and the referees can referee the lifts easily as they follow regular IAWA Rules, excepting that the Seated lifters perform seated of course. In this regard they are strapped to the equipment and we pay no attention to below the belt matters, as some don't have limbs and some need to wear clothing, some cannot keep legs or feet in contact with the surface etc...but this is all easily understood and accepted and as I say easy to referee. Our feedback has been nothing but grateful thanks for making it possible. We have had 10 or 12 lifters at each event from all parts of the Country. So after three years of practice, and the lifters being able to claim British Records, is it time to see if we can ask for it to be internationally accepted, and then the lifters could aspire to claim International records. The lifters use a simple seat, and what they call a para-bench for the bench press (like an extended bench where they can lay their legs down and be strapped to it), we have found that they already usually have or have access to the equipment they use, so we have had no problem sourcing it. With the World Councils approval we should like to proceed further, and in the new year I would like to submit the list of lifts and the rules of performance and failure, to the Technical Committee. So that at World Council meeting in 2024 we are ready to bring it back with Technical Committees observations that it may be voted on for adoption (or otherwise if unsuccessful).

- John Mahon Proposed that the Old time strongman is adopted by IAWA as it has become increasingly popular and the fact that there is an upcoming World OTSM Championships that it makes sense that it is made official
- New lift proposal

F 33 DUCK WALK

Using either of the loading pins that are required for the Shanks Lift (see full dimensions of the pins, also referred to as Dinnie Handles, under lift F31 Shanks Lift). The lifter will grasp the top ring with both hands and hoist the weight stack from the lifting surface. The lifter will be standing with the weight hanging between the legs which will be astride the weight. On the command to 'walk' the lifter will walk, waddle or stagger, in the fashion known as a 'Duck

Walk' a full distance of 20 metres (hitting the legs with the weights is allowed). The lifter will start behind a start line and must not put the weight down until the 20 metre finish mark is crossed. The distance can be a straight 20 metre course, a 10 metre course requiring a 'there and back' duck walk, or even a 5 metre course, there and back twice! If the weight stack touches the lifting surface for any reason before the 20 metres is complete, the lift will be failed. The lifter cannot brace the hands using the belt. Only completion of the full distance, clear of the lifting surface, will count as the performance (and where a turn in the 10 metres or 5 metres distances is used both feet must cross the line). The weight elected to be carried, and the size of discs used, will be the lifters choice, as will usage of the large or smaller ringed loading pin.

Causes for failure:

- 1 Failure to wait for the referees signal before commencing the walk.
- 2 Any contact with the lifting surface, by any part of the carried weight stack or loading pin before the 20 metre distance is achieved.
- 3 Any bracing of the hands on the belt.
- 4 Failing to cross the line during a 10 metre distance or a 5 metre distance attempt with both feet.

Peter Phillips pointed out that he was the only Technical Committee member to not approve the lift as he wanted more clarification on the lift.

John motioned to he rather see this put forward at the next council meeting where there will be more international representation at the meeting to vote on the lift. Everyone agreed.

- 2024 Gold Cup Report
 - No report received. John mention that as is stands it will be hosted by Frank Ciavattone in Boston.
- Bids for 2025 World Championships and Gold Cup
 - None received

Sam motioned that the meeting to be adjourned, second by Peter

Meeting Concluded: 14:10