

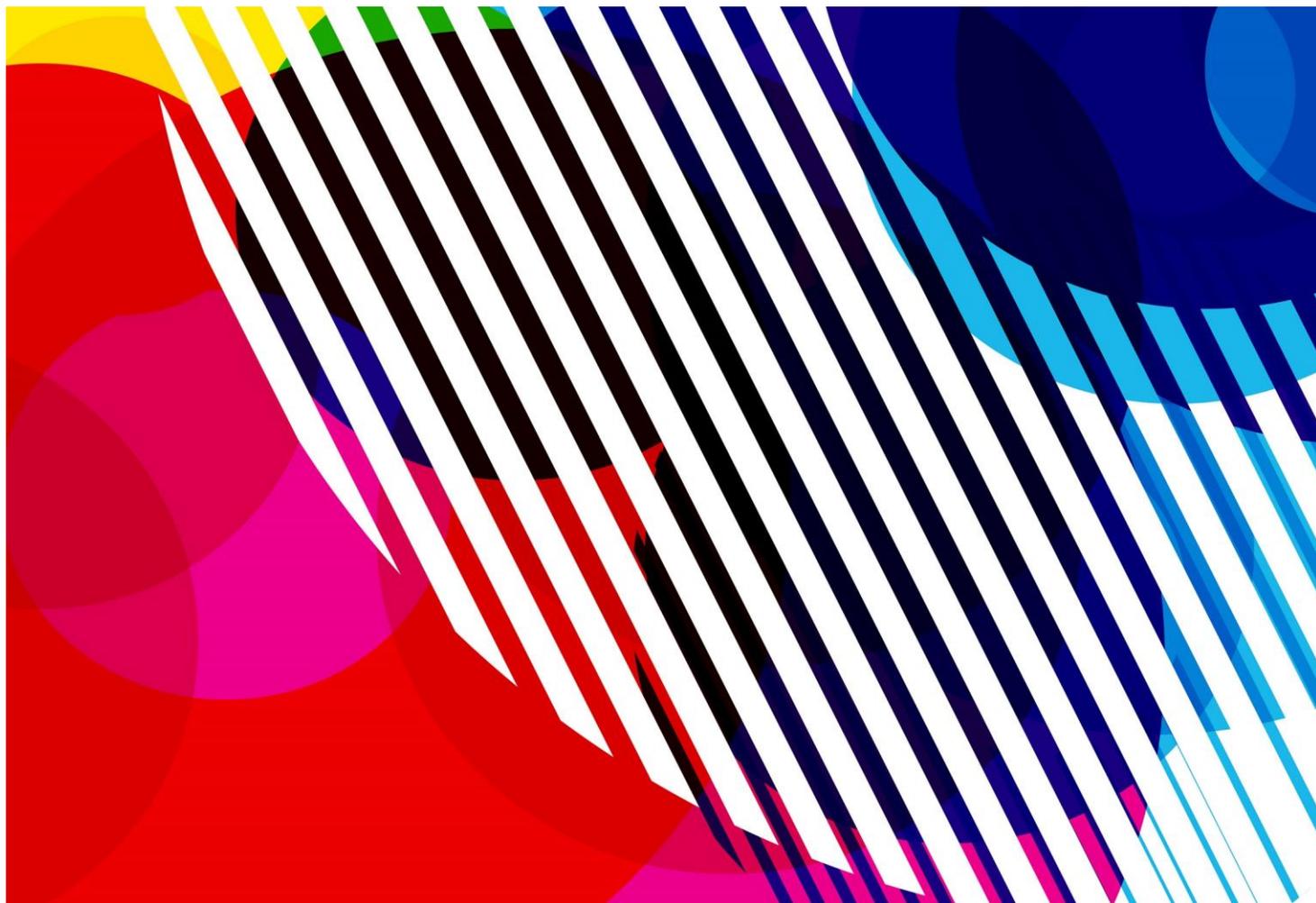


IWF

**INTERNATIONAL
WEIGHTLIFTING
FEDERATION**

REPORT

**OF THE MEDICAL COMMITTEE
MEETING
4TH NOVEMBER 2014
ALMATY, KAZ**



Dear President, Dear General Secretary,

Colleagues,

On behalf of the Medical Committee (MC) which membership consist of: Dr Dominik Dörr (GER), Dr Richard Herrick (USA), Dr Dogan Atlihan (TUR), Dr Parameth Ladpli (THA), Dr Wing Yuk Ip (HKG), Dr Lisimoni Kami (TGA), Dr Robert Smigielski (POL), Dr Maria Dolores Rubio (ESP), Dr Carmelo Ciotta (ITA), Dr Alexander Petrov (RUS), it is my honour to present to you the work of the Committee for 2014 activities.

1. Welcome speech of the IWF Medical Committee Chairman

The Chairman welcomed the Members and presented the conclusions from the IWF Committees' joint meeting.

He highlighted that there is still work to do and encouraged the activity of the Members adding that it would be beneficial for the IWF to enter into sport specific research projects.

As the World Championships in 2015 will be held in Houston, USA, and due to specific regulations, the selection of Doctors on Duty shall be carefully planned.

The MC shall cooperate closely with the Technical Committee on several topics in the future, including a possible modification of the *Technical Rules and Regulations*.

The Members discussed some weightlifting-specific injuries and analysed the conditions of the "Weightlifter's Blackout" - phenomenon and treatments during competitions:

- They agreed that in case of blackouts and serious injuries, if there is any opposition to examining the Athlete's condition, the DoD should be allowed to turn to the President of the Jury.
- Members agreed that for the sake of the Athletes, DoDs shall have the right to prohibit him/her to lift after a blackout in order to prevent further injuries.
- The DoDs would be allowed to stop the clock during the competition to examine the Athlete.
- These recommendations are to be presented to the IWF Technical Committee.

2. Approval of the minutes of the Lausanne meeting

The MC unanimously approved the minutes of the Lausanne meeting.

3. Approval of the Medical Manual (Needle Policy, other guidelines)

The Medical Manual drafted by Dr Doerr was approved as follows: the Members agreed to shorten it to a book that contains practical medical information and would be given to the Organisers prior to an Event while the rest of the information it currently contains could be used later on as guidelines that would serve as further explanation in case it is required after a legal review.

Both Annexes of the Medical Manual ("Checklist for the competition" and "Injury report") were fully approved.

The necessity of filling injury reports accurately was emphasized.

Statistics regarding the injuries in the past years were presented.

The Needle Policy was approved unanimously to be effective as of 1st January 2015. It will be communicated to the IWF Technical Committee and the Parties shall be properly informed about the policy.

With the approval of the Needle Policy, the MC will be able to comply with the highest existing standards thus follow the great example of the IOC.

4. Discussion about the yearly report to be presented to the Executive Board

Summary of the points of the report.

- Nutritional supplements: it was agreed that these are neither adding to the Athletes' health nor they provide substantial benefit on the Athletes' performance. Furthermore due to possible cross contaminations, they shall not be recommended by the IWF Medical Committee.
- The MC marked the necessity to lay down an exact definition for nutritional supplements.

The report was unanimously approved.

5. Female Hyperandrogenism Policy

The MC discussed and agreed on the application of the Policy.

6. Any other matter

The members discussed the new Anti-Doping Policy (effective from 1st January 2015) in the light of the latest jeopardies in connection with Athlete replacements.

The Members discussed the topic of letting underage (U13) Athletes compete in International Competitions.

The MC also agreed that the DoDs and MC Members will help the work of the Anti-Doping Commission by providing it with intelligence sources.

After a case of an Athlete's gender change in Thailand had been reported, the Committee Members agreed on the necessity of a "Gender Policy" that is to be drafted by Dr. Doerr.

As chairman of the IWF MC I highly appreciate the efforts and contribution made by my MC members.

Regards,

Mike IRANI