



# REPORT

# IWF

INTERNATIONAL  
WEIGHTLIFTING  
FEDERATION

OF THE MEDICAL COMMITTEE  
MEETING  
24TH NOVEMBER 2017  
ANAHEIM, USA



***Dear President, Dear General Secretary,***

***Colleagues,***

*On behalf of the Medical Committee (MC) which membership consist of: Dr. Mark Lavallee, Dr. Roxana Vargas Bruzzo, Dr. Georgios Tsikouris, Dr. Dominik Doerr, Dr. Dogan Atlihan, Dr. Parameth Ladpli, Dr. Fathi Masmoudi, Dr. Zurab Kakhabrishvili, Dr. Maria D. Rubio y Lleonart, Dr. Moni Kami*

*it is my honour to present to you the work of the Committee for 2017 activities.*

### **1. Attendance / Apologies**

The IWF Secretariat received apologies from Dr. Moni Kami and Dr. Zurab Kakhabrishvili who had VISA issues why he could not attend the meeting. The Secretariat also received apologies from Dr. Maria D. Rubio y Lleonart, that her ankle was broken and she asked to join the meeting via Skype.

The Chairman welcomed the new members of the Medical Committee and asked them to introduce themselves.

### **2. Approval of the previous MC meeting in Tbilisi (GEO, 2016)**

The Committee unanimously approved the minutes of the Tbilisi meeting.

### **3. 4 years plan (2017-2021)**

The Chairman presented the conclusions of the IWF Committees' joint meeting. All the Members of the Commission agreed the proposed changes of the IWF Committees' joint meeting.

The Medical Committee discussed that an Emergency Medical Kit shall be provided for all of the IWF Championships.

A protocol for the use of the Emergency Medical Kit shall be reached by the Committee.

Members shared their experiences on the latest medical news and sport related projects.

### **4. Discussion of proposed changes in bodyweight categories**

Members of the Medical Committee unanimously approved the proposal of change in bodyweight categories.

### **5. Suggestions for making the Medical Committee integral in the care of athletes**

The Medical Committee discussed the effects of CrossFit on weightlifting.

The consequences of a research regarding the weightlifting heart were discussed by the Medical Committee.

### **6. Research topics (Cardiovascular Effects, Long Term Health Consequences)**

Mr. Lavallee presented the research about Early Sports Specialization. Also Mr. Lavallee presented the survey which shall be used for the research. The research would examine Eastern Europe, Western Europe, Asia, North America and South America. The main theme of it would be: ***“What age do the athletes become more sports specialized?”*** The survey will be done in cooperation with USA Weightlifting.

The research was approved by the Medical Committee and suggested for review by the Executive Board and the Coaching and Research Committee.

## **7. Injury Reports**

A presentation of Injury Reports of the IWF Events from 2017 was presented by Mr. Doerr to the Committee.

## **8. Any other business**

Mr. Doerr gave a presentation on the changes of WADA Prohibited List.

Mr. Lavallee introduced the Medical Team for the World Championships 2017.

After the meeting the Medical Committee visited the Medical Station at the Venue.

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

*Regards,*

*Mike IRANI*

