



Canadian Powerlifting Union

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(based on an OPA document)

Purpose

To assist Meet Directors in complying with all, or any part thereof of the Canadian Powerlifting Union and or International Powerlifting Federations' rules, regulations, constitutions and by-laws.

To ensure that consistency and proper standards will be adhered to, so the lifter knows what to expect at each and every meet and allow concentration on his / her performance.

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Scheduling a Meet

It is important to follow a timetable in staging a Powerlifting Competition. The following check list is recommended:

1. Determine when you wish to hold a competition and at what level, e.g. Novice, Intermediate, Open, Masters, Disabled, Blinds, Special Olympians or a combination of these. Keep in mind dates of other competitions in the area. It is not in the sports or your best interest to conflict on dates as this could result in a shortage of lifters, volunteers and spectators. Once you have decided on the type of meet to hold, you are restricted in who may participate. Guest lifters are eligible to lift at the meet director's discretion, but all lifts are unofficial, therefore totals do not qualify a lifter for a particular division or event and official records cannot be set by a guest lifter.
2. Meet Director must apply for a sanction for the meet with their local provincial association. Deadlines and fees, if any, vary from province to province. Contact information for each provincial executive can be found on the [CPU Directory page](#).
3. CPU Bylaws specify that notification and a copy of the contest entry form must reach the CPU website administrator at least six weeks prior to the event for posting on the [CPU Calendar page](#)
4. The Meet Director will notify the Referee Chairperson for their province once the sanction has been granted and the Referee Chairperson will arrange for the proper referees.
5. If requesting Drug Testing, notification must be received by the CPU President six weeks in advance of the competition date to comply with the time requirements of the Canadian Center for Drug-free Sport.
6. Ensure that there is sufficient equipment to stage the event. A complete list of requirements can be found under the heading "EQUIPMENT". Remember, tolerances are demanding and precise for a reason.
7. Line up all volunteers; make sure they are reliable, capable and experienced. They are absolutely essential for your competition to run. NOTE: Ensure that enough male / female volunteers are available for weigh-in/drug testing etc.
8. Promote your event: let as many people as possible know about the meet, e.g. Media, other lifters, interested parties. This assumes of course, that you have already secured a competition location. (Refer to Section entitled " Venue Requirements")

Venue Requirements

In obtaining a competition location, several points must be taken into consideration. Proximity to hotel or accommodation for lifters and spectators should be considered. The venue must also have sufficient room to allow for spectators. Although crowd size is not always predictable, space for 50 – 100 for local competitions may be sufficient, while space for 1,000 may be necessary for a World level competition.

Adequate space for the lifting platform, referees, jury, administration table, scoring system and lights is required. The warm up area must be of sufficient size to accommodate at least two platforms for local competition. The IPF recommends three platforms, preferably four.

The venue should include four (4) separate rooms/areas for the following meet functions:

1. Weigh-in Room – A secure, lockable room in which the weigh-in can be carried out. Include a table for the referees.
2. Equipment Check Area – An area close to the weigh-in room. This area should have sufficient space for an equipment check table, chairs for Referees and ample room for lifters to line up with their equipment.
3. Change room(s) – A large room with tables and chairs in which competitors can change their clothes. Shower facilities and lockers are a plus but not a necessity.
4. Doping Control Room – A separate secure, lockable room, complete with washroom facility is required.

Doping Control

The CPU follows the Doping Control requirements of the Canadian Centre for Ethics in Sport, as affiliate with the world-wide WADA/IOC programs. All testing is done by CCES personnel.

If doping control testing is to take place at your event, it does not at every contest, there are a number of requirements that must be met.

Complete links to documents explaining requirements for Doping Control can be found on the [CPU Doping Control page](#)

Equipment

A tremendous amount of equipment is required to properly host a competition, for both on the competition platform and away from it.

General Setup Equipment

1. Scales for weigh – in must be certified and certificates must be current.
2. Platform measuring between 2.5 meters x 2.5 meters*, not in excess of 10 centimeters above the surrounding stage or floor. The surface may be treated with a non – slip coating or carpet that has been glued or stapled. (No loose rubber mats). The lifting platform must be sturdy and free from flex. *In common practice, two 4x8 plywood sheets are used at lower level meets, though this is undersized by a few inches.
3. Tools for the installation of the platform; drills, screws, bolts, duct tape, drivers, extension cords, etc.
4. Mop or vacuum to clean up powder.
5. 30% Bleach / 70% Water solution or Alcohol to clean blood off of the bar and a mop or cloth to clean the bar and the floor.
6. Wire brush and cloth for cleaning the bar.
7. Chalk container with an adequate supply of chalk.
8. Chairs for referees. (3).
9. Head table and chairs; four people minimum, Person to accept attempts, Announcer, Score keeper and Timer.
10. Some means of displaying the on – going competition results should be provided, e.g. A scoreboard, overhead projector, large Bristol board, etc. capable of holding all competitors names and results.
11. Light system for referees with three white and three red lights. Back-up red and white flags must be available.
12. Table to display awards.
13. Table and chairs for jury.
14. Public Address System: A PA system is required for the announcer and the lifters should be able to hear the announcer in the warm up area. A separate speaker for the warm up area is warranted. In larger events, this often means using a hotel's built in system, for smaller events, renting a two-speaker system is the best solution

Competition Equipment

Full specifications of approved platform equipment, bars, weights, approved apparel, etc, can be found in the [IPF Technical Rules](#). Here are some important points to consider:

Bars

The bar must have knurling in the centre, many gym bars do not. Recommended also for the warm-up bars, but not required. (Cloth medical tape is a good temporary substitute) The knurling must not be too smooth. A little extra sharp is better than too smooth for competition. ALL bars must be straight, bent bars can increase the risk of injury.

Weights

- Weights **MUST** be measured in even kilos, 25, 20, 15, 10, 5, 2.5 and 1.25 kg.
- Gym weights that are “45 lbs, 20.4 kg” are **NOT** allowed for competition, but are okay for the warm-up area.
- 50 kg plates are allowed, but not recommended as they are difficult for the loaders to handle all day.
- 300 kg minimum for a lower level meet, 400 kg for a national event, plus the bar/collar weight is recommended.

Collars: IPF approved collars, 2.5 kg's each.

Squat Racks

Make sure they are sturdy and their markings for rack height are accurate as per IPF specifications. A spare set of racks should be available in case of equipment failure. Racks must be available prior to the meet for lifters to check their heights.

Disc Racks: These help to keep the platform neat and avoid injuries.

Bench Press

Measured to IPF specifications of height, length and width etc. Safety bars are recommended for ALL levels of competition. Racks should be adjustable in height by slide and pins or similar. Gym racks with 2 or 3 hook positions are okay for warm-up only. Take one with less padding if you have a choice, it's more stable.

Foot Blocks: Blocks measuring no more than 30 centimeters in height, if possible stackable in 10 centimeter increments. The base must not exceed 45 x 45 centimeters. 50kg plates can also be used as a substitute.

Warmup Area Equipment

1. At least two warmup platform's should be set up, preferably 3. In general, you will never have more than 14 people warming up at any one time, as that is the maximum that can be put in to one flight. If two flights are used, the second flight will warmup for the current lift when the first flight has done theirs and moved the contest area.
2. Either Power Racks or open squat racks may be used, but safety bars **MUST** be provided for squatting.
3. Weights may be measured in pounds, provide enough to load at least 500 lbs on all bars at once, possibly more depending on the level of the event.
4. Provide secure collars, style does not matter.
5. Bench Press does not need to meet exact specs, but should be as close as possible.
6. Provide ample chalk both in the warm-up area and in the area leading to the contest platform.
7. Tables to rest equipment on, fill out attempt cards, etc.
8. Garbage cans
9. Water, bottled if possible. Required if drug testing will be performed.
10. Chairs in the warm-up area for resting, and 10 or so in the area close to the contest area for putting on wraps, arranged out of view of the audience, and to avoid congestion.

Volunteers

The meet director or organizer is responsible for providing various officials. Special care should be taken to obtain the very best people you can get. These people can unquestionably make or break the success of the competition. A simple rule to remember: Ask 100 people, 10 will say yes, 5 will show up, 2 will tell you they have to leave at 1 pm to go shopping with their wives.

Speaker/Announcer: This person runs your competition. The Announcer acts as Master of Ceremonies and arranges the attempts chosen by the lifter in the lifting order dictated by weight and / or lot number. The Announcer announces the weight required for the next attempt and the name of the lifter. When the bar is loaded and the platform cleared, the Head Referee will indicate that fact to the speaker, who in turn announces that “the bar is loaded”, and calls the lifter by name to the platform. This is a great deal of work and the meet director should, if possible, provide an assistant to the speaker.

Time Keeper: The Time Keeper is responsible for accurately recording the time lapses between the call to the bar and the commencement of the attempt. He is also responsible for all other time allowances (e.g. 30 seconds for the lifter to leave the platform, one minute to submit next attempt weight).

Scorer: Responsible for accurately recording the progress of the competition and on completion ensuring that the three referees sign the official score sheets, record certificate(s) or any other documents requiring signatures.

Score Board Keeper: Someone has to accurately record the progress of the meet scoreboard so that it may be viewed without obstruction by coaches and spectators. Where possible electronic scoring is preferable.

Spotters / Loaders: Responsible for loading and unloading the bar, adjusting squat racks and benches, cleaning the bar and platform and ensuring that the platform is well maintained. You will need at least three strong and competent people, preferably with a lot of experience to keep your meet moving at a proper pace. You must provide at least three and no more than five spotters / loaders on the platform at all times.

If possible, assign one loader as “platform manager” and have that person ensure that the weight called is the weight loaded on the bar, and that the loading happen as quickly as possible. In a meet of 30 people, or 270 lifts, **an extra 15 seconds on each one means over an hour longer** for the contest. A load chart will be provided to the platform manager. These people must be constantly vigilant during actual attempts to avoid injury to the lifter, but also allow the lifter every attempt to complete their lift. At no time during the attempt shall a spotter touch the lifter with the exception of being told by the Head Referee or lifters themselves to “Take it” or “Rack it”. The spotters then assist the lifter in returning the bar back to the rack.

Applicable Meet Forms

These forms play a vital role in a competition. The following is a list of requirements:

1. Competition Sanction
 - may or may not be required by your province
2. Entry Form
 - No “CPU Standard” entry form exists, check the [CPU Calendar page](#) for current entry forms to use as an example
3. Announcer Score Cards
 - On the CPU website in [Adobe PDF](#), [MS Word](#) or [MS Excel](#) formats
4. Equipment Check Sheets
 - On the CPU website in [Adobe PDF](#) or [MS Excel](#) formats
5. Weigh-in Order Lot Sheet
 - On the CPU website in [Adobe PDF](#) or [MS Excel](#) formats
6. Score Sheets
 - On the CPU website in [Adobe PDF](#), [MS Word](#) or [MS Excel](#) formats
7. Attempt Cards
 - On the CPU website in [Adobe PDF](#) or [MS Excel](#) formats
8. Kilo conversion charts
 - On the CPU website in [MS Word](#) or [MS Excel](#) formats
9. Loading Charts
 - On the CPU website in [Adobe PDF](#), [MS Word](#) or [MS Excel](#) formats (using 8x25 kg)
10. Current IPF Rule Book
 - On the [IPF website](#) in a variety of languages

Note:

ALL of these can be found on the CPU website’s Forms page: www.powerlifting.ca/forms.html

The minimum you will need to run a contest on the day of the event:

1. Announcer Cards (3 above)
2. Equipment Check in Sheets (4 above)
3. Weigh-in Lot Number Sheets (5 above)
4. Hard Copies of Score sheets (6 above)
5. Attempt Cards (7 above)

Electronic (Calculating) Scoresheets

On the same Forms page listed above are a couple of different formats of electronic spreadsheets that will calculate totals, Wilks formulas, weight classes, and much more. Please be sure to try them out before hand, if you are going to use a computer at the event. All require Microsoft Excel.

Results

Some information is often excluded from results sent in. Please include:

- Name, Date and Location (city, province) of the meet. Electronic results are often missing this info.
- Lifter age group. This is the actual age group, possibly different than the group entered, e.g, Juniors or Masters often enter the Open. Very important for records and rankings,
- Lifter's Province. Important for records.

Results MUST be sent in to the CPU within seven days of the contest.

Electronic results in MS Excel format are much preferred, but other formats or paper only are acceptable. Email to [CPU President](#), and [CPU Website Editor](#), and your local provincial executives. Also, fax them attention to Mike Armstrong, 403 265 4008, or by regular mail to:

Mike Armstrong
4709 Fordham Cr. SE
Calgary AB, T2A 2A5

Miscellaneous

There is a great deal to consider when taking on the task of staging a contest.

The Meet Director must contact the provincial or national Referee Chair to co-ordinate obtaining sufficient referee's and seek further clarification or direction.

You must either pay for or arrange for sponsorship to pay for awards/trophies.

The Meet Director must provide adequate refreshments for Referees and Volunteers.

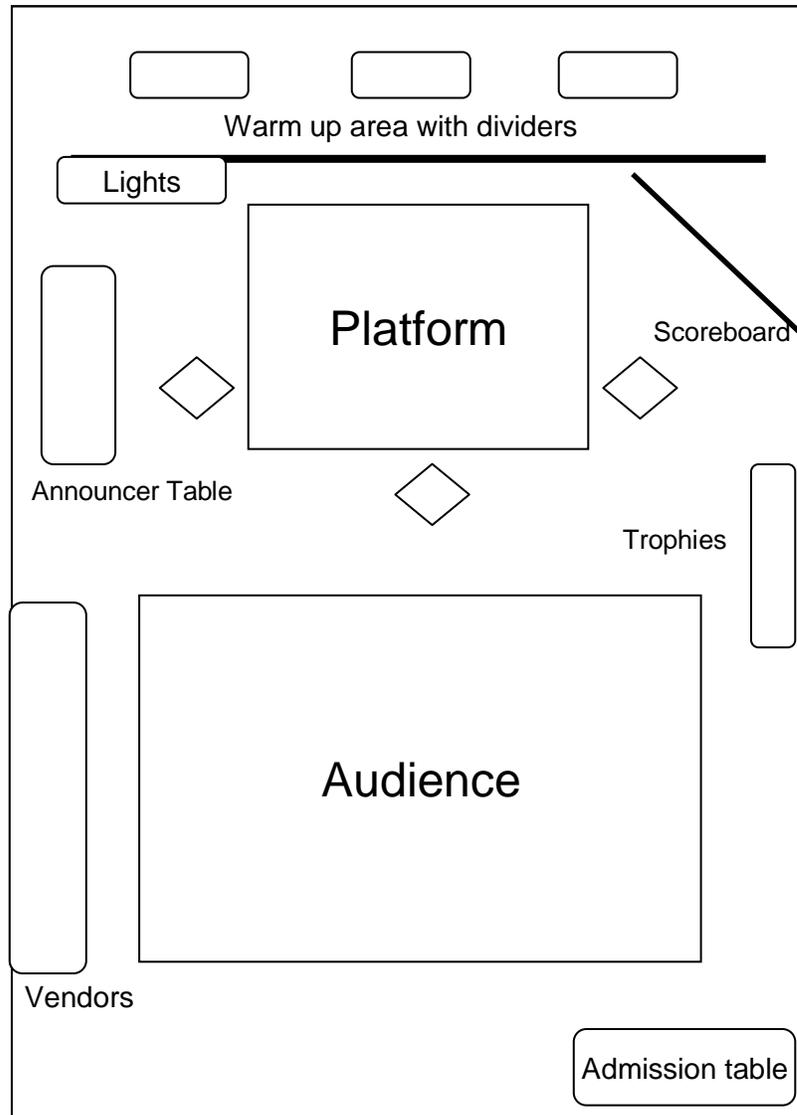
With the increasing use of electronic score boards, the Meet Director must ensure that a Hard Copy of the score sheet is filled out as the competition progresses and then signed by the Referees at the conclusion of the contest.

A First Aid Kit must be available. If possible personnel with a current First Aid / CPR certificate or Ambulance attendant(s) are at the venue.

Lighting has to be adequate. Sound system and lighting system wires are to be taped down.

Drawings / Layouts

Drawing / Layout of a competition site stage and warm up area.



Note: This is just an example of a floor plan. Each venue will have to be adjusted accordingly.

Master Check Off Sheet

Warm Up Room

1. Plywood or some kind of protection for floor
2. Sufficient weights, these can be in pounds or kilos unless hosting a World Championship.
3. Collars for the number of bars in warm up room
4. Weight trees or racks if possible
5. Chalk container
6. Minimum two squat racks, two bench presses or Bench/Squat Combo Racks
7. Minimum two bars.
8. Sufficient Chairs
9. Garbage cans to assist in clean up

Contest Platform

1. Platform with non slip surface
2. Squat Rack and Bench Press Rack or Bench/Squat Combo
3. Weight Trees or Racks
4. IPF approved Kilo weight set
5. IPF approved Collars
6. IPF approved Contest Bar
7. Kilo Loading Charts
8. Spotters/Loaders
9. Deadlift jack
10. 30% Bleach 70% Water solution to clean bar.
11. Broom and or Mop
12. Wire Brush
13. Chalk Container and Chalk

Head Table/Scoreboard

1. Announcer
2. Minimum three other people to run head table
3. If Electronic scoreboard is used then a projector
4. Laptop if possible
5. Four – Five Chairs

Weigh In Room

1. Accurate scale
2. Table and chairs for Officials

Drug Testing Facilities

1. A lockable room with washroom facilities and space for a small table and chairs.
2. Male and female volunteers to act as chaperones or security personnel to assist Drug Marshals.

Equipment Check In Area

1. Table and Chairs for Referees.