



# Ontario Powerlifting Association

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## **Purpose**

To assist Meet Directors in complying with all, or any part thereof of the, Ontario Powerlifting Association, 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.

## 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. The Meet Director must belong to an affiliated Club and also hold a valid CPU card.
3. The Meet Director must submit a signed application for a sanction with the applicable sanction fee to the Registrar Chairperson. OPA rules state that this must be done at least 12 weeks; 3 months; prior to the event. Sanction Entry Form must be approved by the OPA and an OPA Sanctioned Certificate must be received by a Meet Director prior to any advertising of the competition.
4. The OPA Sanction Certificate shall be posted, in clear view, near the announcer table
5. The Meet Director will notify the Referee Chairperson once the sanction has been received and the Referee Chairperson will arrange for the proper referees.
6. If requesting Drug Testing, notification IN WRITING must be received by the Drug Testing Official two months in advance of the competition date to comply with the time requirements of the Canadian Center for Drug-free Sport.

7. The Registrar will send all contest details to the Newsletter/Website Editor for publication. Contest application forms will not be published by the OPA. 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”
8. 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.
9. Line up all volunteers; make sure they are reliable, capable and experienced. They are absolutely essential for your competition to run smoothly. NOTE: Ensure that enough male / female volunteers are available for weigh-in/drug testing etc.

## **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.

## Equipment

There is a tremendous amount of equipment required to properly host a competition. The requirements for each piece of equipment can be found in the IPF Rule Book e.g. specific tolerances for accuracy.

1. Scales for weigh – ins 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.
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.

# Competition Equipment

**Bar:** IPF legal bar; 81 centimeters between rings, straight well knurled and clean, weighing 20 kgs., and tolerances as detailed below.

**Collars:** IPF approved collars.

**Disc Plates – OPA / IPF Legal :** Note 0.25% tolerance means that a 50kg plate can only be off by 125 grams; a 1.25kg plate should not be off more than 3.13 grams. ( $1.25\text{kg} = 1250\text{g.} \times 0.025 = 3.13\text{g.}$ ). These must be measured in weight and marked in kilograms. Olympic 45 pound plates are not acceptable on the platform. Suggested minimum plate requirement:

Senior's Meet – minimum \*375 kgs with record plates

Intermediate Meet – minimum \*325kgs with record plates.

Novice Meet – minimum \*300kgs

Canadian Meet – minimum \*400kgs with record plates.

- Note – these minimum requirements will change periodically as lifters results go up; this is only a guideline.

**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.

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

**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.

## **Tolerance of Weights, Bar and Collars Per IPF. Rule Book.**

<b>Kg Plates</b>	<b>Grams</b>	<b>Multiplier</b>	<b>Tolerance in Grams</b>	<b>Tolerance in Kgs</b>
1.25	1250	0.0025	3.125	0.003125
2.5	2500	0.0025	6.25	0.00625
5	5000	0.0025	12.5	0.0125
10	10000	0.0025	25.0	0.025
15	15000	0.0025	37.5	0.0375
20	20000	0.0025	50.0	0.05
25	25000	0.0025	62.5	0.0625
50	50000	0.0025	125.0	0.125



## Warm Up Area

Sufficient chairs should be allocated to the warm-up area for lifters and coaches and arranged in such a way to avoid congestion at the entry point to the contest platform. Adequate equipment for the warm up area, includes two, preferably three areas with each having squat racks, bar and collars, plates, bench, chalk; ideally IPF Specification equipment. Athletes should be provided with enough equipment to warm up sufficiently and with a minimum of inconvenience and waiting. Garbage cans should be placed in this room to aid in clean up.

## Public Address System

A public address 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.

## 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.

**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.

The platform manager will ensure that the weight called is the weight loaded on the bar. 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 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
2. Entry Form / Waiver
3. Announcer Cards
4. Equipment Check Sheets
5. Lot Sheet and Lots
6. Score Sheets
7. Attempt Cards
8. Kilo conversion charts
9. Loading Charts
10. Current IPF Rule Book
11. Results MUST be sent within five business days to the CPU President, CPU Website Editor, OPA President and OPA Website Editor and the OPA Records Chairperson.

Questions concerning these forms and obtaining same can be directed to the OPA Registrar.

## **Drug Testing Protocol**

It is important that Powerlifting maintains a level playing field for all participants. To the best of our abilities and within funds available, drug testing is carried out in the Ontario Powerlifting Association. The Ontario Powerlifting Association reserves the right to test at any competition and also out of competitions.

It is required that entry forms and advertising state that drug testing may be carried out at any sanctioned meet. The Meet Director is responsible for providing male / female drug marshals, drug testing facilities and an adequate supply of sealed bottled water for the lifters. Upon completion of a lifters final lift, whether the lifter has been chosen for a drug test, or has requested and paid for a drug test, the lifter is to be immediately seated. The chosen lifters will be advised. Only the Marshals can provide the lifter with a drink. Marshals stay constantly with that lifter until drug testing sample is collected which includes actually supervising and observing the specimen donation. Sufficient marshals are required for the number of lifters being drug tested. Two (2) urine samples are required to be provided from the person undergoing a drug test; (A) sample and (B) sample. The Drug Testing Officer will supervise this procedure.

**It should be noted that the Meet Director MUST send in a \$5.00 Drug Testing Fee to the OPA Treasurer for each lifter that competed at the contest. This must be done within five business days.**

## **Miscellaneous**

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

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.

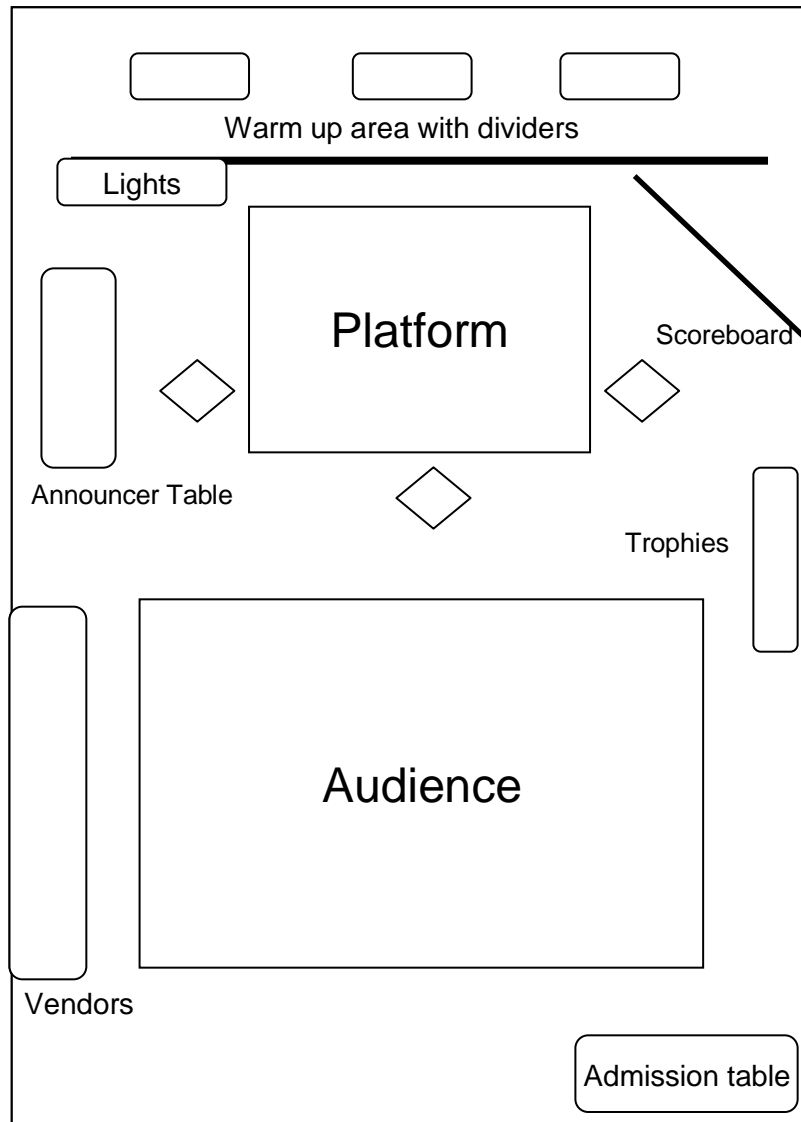
A First Aid Kit must be available. If possible personnel with a current First Aid / CPR certificate or Ambulance attendant(s) are at the venue.

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

The Meet Director must contact the Registrar to advise of the competition and seek further clarification or direction.

## 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 OPA Officials

## Drug Testing Facilities

1. A lockable room with washroom facilities and space for a small table and chairs.
2. Drug Marshals for Male and Female lifters

## Equipment Check In Area

1. Table and Chairs for Referees.

## Necessary forms/spreadsheets

1. Hard Copies of Score sheets
2. Announcer Cards
3. Attempt Cards
4. Equipment Check in Sheets
5. Lot Number Sheets
6. Rack Height Sheets

