

APU Regulations

Venue and Meet Director Requirements



Table of Contents

| | |
|-------------------------------------|-----------|
| 1. Venue Requirements | 3 |
| 1.1. Purpose..... | 3 |
| 1.2. Sourcing a venue | 3 |
| 1.3. Equipment | 3 |
| 1.4. Facility-Club rating | 5 |
| 2. Meet Directors Requirements..... | 5 |
| 2.1. Purpose..... | 5 |
| 2.2. Scheduling a Meet | 5 |
| 2.3. Lifting Schedule | 6 |
| 2.4. Volunteers | 8 |
| 2.5. Applicable Meet Forms..... | 8 |
| 2.6. Results | 8 |
| 2.7. Invoice | 8 |
| 2.8. Miscellaneous | 8 |
| Appendix A | 9 |
| Appendix B..... | 10 |
| Appendix C..... | 11 |
| Appendix D | 12 |
| Appendix E..... | 13 |
| Appendix F | 14 |
| Appendix G | 15 |

1. Venue Requirements

1.1. Purpose

The purpose of the Venue Requirements is:

- To provide professional competitions for APU lifters, officials and spectators
- Support Grass Roots level plans via State branch assisted local competitions management.
- International Level plans via National level body assisted competition management.

1.2. Sourcing a venue

In obtaining a competition location, the following 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.
- 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.
 2. Equipment Check Area – An area close to the weigh-in room.
 3. Change room(s) – A large room with tables and chairs in which competitors can change their clothes.
 4. Doping Control Room – Compliant with the regulation requirements in the Appendix G: Requirements for the Testing Session

1.3. 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

- Scales for weigh-in must be certified and certificates must be current.
- Platform measuring no smaller than 2.5 meters x 2.5 meters, no larger than 4m x 4m (in compliance with IPF rules), not in excess of 10 centimetres above the surrounding stage or floor. The surface may be treated with a non-slip smooth carpet that has been glued or stapled. The lifting platform must be sturdy and free from flex
- Mop or vacuum to clean up powder.
- Product to clean/sterilise blood off of the bar and a mop or cloth to clean the bar and the floor.
- Wire brush and cloth for cleaning the bar.
- Chalk container with an adequate supply of chalk.
- Chairs for referees.
- Head table and chairs for tech desk; four people minimum - person to accept attempts, announcer, score keeper and Timer.

- Some means of displaying the on-going competition results should be provided
- Light system for referees with three white and three red lights. Back-up red and white flags must be available.
- Table to display awards.
- Table and chairs for jury if required.
- 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.

Competition Equipment

Full specifications of approved platform equipment, bars, weights, approved apparel, etc, can be found in the [IPF Technical Rules](#).

A list of required equipment to have for a local competition and a National Competition (all equipment for State and National Competition shall be IPF approved).

- Bars – IPF approved bar for competition platform. IPF approved bars preferred for warm up area but not required.
- Weights
- Weights MUST be measured in even kilos, 25, 20, 15, 10, 5, 2.5 and 1.25 kg.
- 350 kg minimum for a local competition, 450 kg for a national event, plus the bar/collar weight.
- 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 required 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.
- Foot Blocks – dimension of 60cm x 40cm in range of 5cm, 10cm, 20cm and 30cm in height with non-slip smooth carpet surface.
- Chalk and Chalk bowl for performing lifter

Warmup Area Equipment

- At least two warm up 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.
- Chalk and chalk bowls/buckets
- Either Power Racks or open squat racks may be used.
- Provide secure collars, style does not matter.
- Bench Press does not need to meet exact specs, but should be as close as possible.
- Provide ample chalk both in the warm-up area and in the area leading to the contest platform.
- Garbage cans
- Bottled Water. Required if drug testing will be performed.
- 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.

1.4. Facility-Club rating

Fully Compliant Facility

A Local club that can run a local competition that:

- fully comply with the venue requirements in Section 1 of this regulation.
- Is an APU affiliate

Partly-Compliant Facility

A part-compliant facility is a club (facility) that can run a local competition but:

- cannot comply with all venue requirements in Section 1 of this regulation.
- Is an APU affiliate

Hired facilities

A hired facility includes:

- Indoor Sports Halls,
- Council Halls and
- School Halls and
- Gyms.
- A fee for hire is sometimes negotiated by locals in the area.

2. Meet Directors Requirements

2.1. Purpose

The purpose of the Meet Director Guide is:

- To assist Meet Directors in complying with all, or any part thereof of the Australian 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.

2.2. Scheduling a Meet

The Australian Powerlifting Union (APU) recommends that you follow the following checklist when scheduling a powerlifting competition:

- Determine when you wish to hold a competition.
- 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. A competition must be scheduled and posted on the APU Calendar Page at least 3 months prior to the competition date.
- A Meet Director must apply for a sanction for the meet by submitting the APU Sanctioned Competition Proposal Form.
- Ensure that there is sufficient equipment to stage the event. A complete list of requirements can be found under section 4 Equipment.
- Line up all volunteers; make sure they are reliable, capable and experienced. NOTE: Ensure that enough male / female volunteers are available for weigh-in/drug testing etc.

- Promote your event: let as many people as possible know about the meet, e.g. Media, other lifters, interested parties.

2.3. Lifting Schedule

Number of lifters per day

Numbers of lifters per day for competition shall be limited to the amount on Appendix D or Appendix F table.

“per day” shall be based of expected 10 continuous hours.

State and National Championships will not be permitted to have any restrictions for eligible athletes.

The State Branch manager should ensure that a suitable venue will provide flexible arrangements to allow for excess numbers.

Local and invitational competitions are permitted to have restrictions as long as those restrictions are informed and included in the application form or by requesting to the APU board.

The board may accept or reject the application for restriction. If the board rejects, it will arrange a suitable venue or cancel the event.

No compensation will be given to the venue or meet director who changes conditions after the initial application.

The lifting schedule is to be arranged to schedule lifting from the lightest weight division to the heaviest weight division.

There must be a gear check and it may commence before the weigh in period.

Weigh in should commence no earlier than on scheduled time. Any delay to the weigh in will affect the starting time. i.e: if weigh in start is 15 minutes late, lifting will be 15 minutes late.

An order of weigh in (lot number) shall be provided 30 minutes before weigh in (pinned to weigh in room door, facing outside weigh in room)

Appendix D and Appendix E is an example of a permissible sequence to schedule an event Groups shall be same sex.

The order of groups shall be scheduled in accordance with Appendix A, B or C.

Meet director will confirm approval of schedule with State Officiating Manager prior to announcing any lifting schedule.

Numbers for groups shall comply with IPF rules, i.e.: max 14 lifters in any 1 group 3 lift event and maximum 20 lifters in any single lift event.

Session times limitations for APU Sanctioned Competitions

Scheduling should be planned to run the competition with the appropriate times.

Single Group Sessions

1 minute per expected lift +
2 x 20 mins between lifts +
20 mins scoresheet gathering +
30 mins presentation +
Then rounded to next hour

E.g.: 1 group with 14 powerlifters (Total 126 attempts)

Squats will take approximately 42 mins
Break for lifters to warm up for Bench 20 mins
Bench will take approximately 42 mins
Break for lifters to warm up for Deadlift 20 mins
Deadlifts will take 42 mins
Scoresheet gathering results 20 mins
Medal presentation 30 mins
Total time = 216 mins (3 hours 36 mins)

Next session should not start until 4 hours after start of this session eg: if this session starts at 8am, next session should start at 12pm earliest (rounding up to the hour)
Allow for rest breaks for officials, spotters, loaders

Group Session (Group A and Group B)

1 minute per expected lift
x 10 mins between lifts
20 mins scoresheet gathering
30 mins presentation
Then rounded to next hour

E.g.: 2 groups with 14 (total 28) powerlifters (Total 252 attempts)

Squats will take approximately 84 mins
Break for lifters to warm up for Bench 10 mins
Bench will take approximately 84 mins
Break for lifters to warm up for Deadlift 10 mins
Deadlifts will take 84 mins
Scoresheet gathering results 20 mins
Medal presentation 30 mins
20 mins scoresheet gathering +
30 mins presentation
Total time = 322 mins (5 hours 22 mins)

Next session should not start until 6 hours after this session finishes. Eg: if this session starts at 12pm, next session should not start until 6pm.
Allow for rest breaks for officials, spotters, loaders.

Local Competitions

Local competitions may have a restriction on entry for member lifter applicants.

The restriction must be imposed on time of posting the event on the APU website via communications with APU board

If the meet director cancels the event, they will be liable for an anti-doping cancellation fee \$500 plus the cost of any airfare or accommodation booking made for supporting the event such as referee travel etc.

State and National Competitions

State or National competitions shall not have any restriction on entry for qualified applicants.

A set monetary amount will be negotiated between the APU and the meet director and entry fees will be set and charged by the APU.

2.4. Volunteers

The meet director is responsible for providing the following various volunteers and volunteer officials:

- Announcer
- Time Keeper
- Scorer
- Spotters / Loaders
- Drug Testing chaperones
- Referees

2.5. Applicable Meet Forms

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

- Announcer Cards
- Equipment Check in Sheets
- Weigh-in Lot Number Sheets
- Hard Copies of Score sheets
- Attempt Cards
- Drug Testing consent forms (including parental consent forms if under 18)
- Scoresheet (A3 size)
- Electronic Scoresheet

2.6. Results

Results MUST be sent in to the APU (comp.manager@powerlifting-apu.com) within 48 hours of the competition in EXCEL format.

2.7. Invoice

An invoice is to be sent to APU Treasurer (treasurer@powerlifting-apu.com) with a breakdown of charges to the APU.

2.8. Miscellaneous

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

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.

Appendix A

| Sex | Weight Class | Session | Group |
|------------|------------------------------------------------|----------------|--------------|
| F | Sub-Junior & Junior only-up to 43.0 kg | 1 | a |
| F | 47.0 kg Class up to 47.0 kg | 1 | b |
| M | Sub-Junior & Junior only-up to 53.0 kg | 2 | a |
| M | 59.0 kg Class up to 59.0 kg | 2 | b |
| F | 52.0 kg Class from 47.01 kg up to 52.0 kg | 3 | a |
| F | 57.0 kg Class from 52.01 kg up to 57.0 kg | 3 | b |
| M | 66.0 kg Class from 59.01 kg up to 66.0 kg | 4 | a |
| M | 74.0 kg Class from 66.01 kg up to 74.0 kg | 4 | b |
| F | 63.0 kg Class from 57.01 kg up to 63.0 kg | 5 | a |
| F | 72.0 kg Class from 63.01 kg up to 72.0 kg | 5 | b |
| M | 83.0 kg Class from 74.01 kg up to 83.0 kg | 6 | a |
| M | 93.0 kg Class from 83.01 kg up to 93.0 kg | 6 | b |
| F | 84.0 kg Class from 72.01 kg up to 84.0 kg | 7 | a |
| F | 84.0+ kg Class from 84.01 kg up to unlimited. | 7 | b |
| M | 105.0 kg Class from 93.01 kg up to 105.0 kg | 8 | a |
| M | 120.0 kg Class from 105.01 kg up to 120.0 kg | 8 | b |
| M | 120.0+ kg Class from 120.01 kg up to unlimited | 9 | a |

Appendix B

| Sex | Age Division | Session | Group |
|------------|---------------------------------|----------------|--------------|
| M | Masters Men all | 1 | a |
| F | Masters Sub Jr and Jr Women all | 1 | b |
| M | Sub Jr and Jr Men all | 2 | a |
| M | Open Men up to 66kg | 2 | b |
| F | Open Women all | 3 | a |
| M | Open Men 74kg and above | 3 | b |

Appendix C

| Session | Age |
|----------------|-------------|
| 1st Sessions | Masters 4 |
| Followed by | Masters 3 |
| Followed by | Masters 2 |
| Followed by | Masters 1 |
| Followed by | Sub Juniors |
| Followed by | Juniors |
| Followed by | Open |

Appendix D

| Amount of Competitors | Expected amount of attempts | 1 platform | 2 platforms |
|------------------------------|------------------------------------|-------------------|--------------------|
| 42 powerlifters | (378 lifts) | 1 day | ½ day |
| 84 powerlifters | (756 lifts) | 2 days | 1 days |
| 126 powerlifters | (1134 lifts) | 3 days | 1.5 days |
| 168 powerlifters | (1512 lifts) | 4 days | 2 days |
| 210 powerlifters | (1890 lifts) | 5 days | 2.5 days |
| 252 powerlifters | (2268 lifts) | 6 days | 3 days |

Appendix E

| Amount of Competitors | Expected amount of attempts | 1 platform | 2 platforms |
|------------------------------|------------------------------------|-------------------|--------------------|
| Up to 120 Bench Pressers | (360 lifts) | 1 day | ½ day |
| 121 - 240 Bench Pressers | (720 lifts) | 2 days | 1 days |
| 241 - 360 Bench Pressers | (1080 lifts) | 3 days | 1.5 days |
| 361 - 480 Bench Pressers | (1440 lifts) | 4 days | 2 days |
| 481 - 600 Bench Pressers | (1800 lifts) | 5 days | 2.5 days |
| 601 - 720 Bench Pressers | (2160 lifts) | 6 days | 3 days |

Appendix F

| Max number of Scheduled attempts | 1 platforms | 2 platform |
|-----------------------------------------|--------------------|-------------------|
| ½ day event | 189 | 378 |
| 1 days | 378 | 756 |
| 2 days | 756 | 1512 |
| 3 days | 1134 | 2268 |
| 4 days | 1512 | 3026 |
| 5 days | 1890 | 3780 |
| 6 days | 2268 | 4536 |

Appendix G

Requirements for the Testing Session

The following must be provided by the Client:

1. The doping controls will be conducted in accordance with the relevant federation's Anti-doping regulations. Any required procedural or athlete selection guidelines must be provided no later than 14 days before the competition. If there are no special guidelines, the doping controls will be conducted in accordance with the World Anti-Doping Code and the International Standard for Testing (IST).

2. *An adequate Doping Control Station must be provided close to the competition site. The Control Station should be equipped as follows:*

- a. One Waiting room with seats**
- b. One work room with seats and one table**
- c. A non-public toilet (women and men) with running water and towels**
- d. Sufficient sealed drinks (e.g. Mineral water, juice)**
- e. If possible a TV and refrigerator should be provided.**

Additional work rooms and toilets will be required when the testing numbers are larger than four tests to be taken in an hour – this should be discussed with Sample Collection Agent (SCA). If it is not possible to provide the Doping Control Station (DCS) close to the competition site then please provide appropriate transport for the athletes to be tested, their accompanying representative and the doping control personnel.

This diagram illustrates an ideal Station design.

Doping Control Station: Basic Design

