



**USA Powerlifting
National Governing Body
Meeting Minutes**

4:00pm
Thursday, June 12th, 2008
Killeen, Texas

1. Roll call of voting members and credential check of participants

2. Reading of Minutes from NGB 2007

The motion regarding active duty military memberships should be noted as its own motion from the floor.

Minutes from the 2005 NGB unanimously approved by voting membership

3. President's Report

Membership so far for 2008 is over 500 members more than this time last year with the biggest March ever. This is due to high profile events such as the Arnold Sports Festival.

We are now accepted as sole vender of powerlifting and have raised our profile as the national organization for powerlifting. We are recruiting lifters from other federations, generating new members and increased Raw lifting.

We will be hosting our first ever first Raw Nationals this year. To date more than 200 lifters are expected to participate. We have a large number of athletes who are joining for first time because of Raw Nationals.

Our marketing efforts continue to be successful. Our new e-store has been launched online as well as merchandise booths at more meets. With the new e-store we are able to see what we have on-hand. We can also count the number of customers and orders. We are getting 1-2 orders a day with an average sale of \$40. Members are also rejoining online.

Special thanks to: Lance Slaughter for working on the on the ground and organizing for the ASF, Erin Dickey for get us new meet venues, Greg Page for getting merchandise to meets and Priscilla Ribic who re-built e-store to make it more user friendly.

This year we had a lawsuit in MI, due to injury of spotter. The Issue was resolved in our favor but did increase our insurance rate 3,000 – 4,000/year.

We have another lawsuit pending in Ohio regarding damage to the facility of a YMCA. A claim has been made against our insurance, which was denied. The plaintiffs can litigate if they choose. More to follow.

Referee recertification: Expect to see the IPF Referees Committee to narrow the number of meets eligible to count for recertification.

In regards to IOC recognition, as of last week, the IPF President was attending a meeting in Greece with the head of IWF and IOC World Games. The biggest news being that the IWF won't oppose our application. The IPF's application will be reviewed starting December 1 of this year.

Newsletter issue: Powerlines has been discontinued. We are, however, expanding the hard copy newsletter by doubling size for same cost. We would like to become a powerlifting magazine in our own right. This will get our lifters more coverage as other magazines cater more to the more "hardcore" federations.

Questions from the floor:

1. Due to drug test failure will we lose a member off world master's team?

President's response: Yes we will. For the next 2 years starting this year.

2. Where has our raise in the number of lifters come from?

President's response: We have increased all ages across the board. We did have a slightly higher increase in High School lifters and open members aged 35ish. Many who have been lifting in other feds are now coming our way. This may be due to the Raw division or ASF.

3. Discussion of pod casts on the USAPL website

Webmaster response: We may be able to set up a wiki format site for members to upload files?

4. Vice President's Report

- a) First, I want to give a special thanks to all the members for supporting me and this GREAT organization during the past 5 years. I look forward to continue growth and support of the members in the next 2 years. Without a doubt, we have shown others, that we are the BEST.
- b) During the past year since the last NGB meeting, USA Powerlifting has taken on new challenges and we have stepped up to the plate. We showed the World, that we are the RIGHT organization to take on the new challenges presented to us. The Arnold Fitness Expo was a learning experience, and with the help of others around the organization, we made it work. This learning experience has also given me the chance to see how successful we can work together to make things happen. To see the look of young lifters like Dalianaa James, lift in front of a crowd of thousands and Brad Gillingahm, showing that being a Master's is just a number is OUTSTANDING. Never before, have I seen so many go above and beyond the call of duty, to put something together. As the old A-Team saying goes "I love it when a plan comes together". WE MADE IT COME TOGETHER. As I have said before, at every event, I learn something new, from watching the best lifters, volunteers and coaches in the world prepare our teams for the next big show. Having the chance to watch so many of our younger lifters and Master's compete on the big stage with our best open lifters, and even win, showing more proof that we are continuing to grow in this sport. Once again, this is proof that the future of our organization is improving everyday.

- c) Every year, we run into more things than we can fix. During the past year, we have fixed many problems. This is because of the GREAT help of our volunteers. I want to personally give Cathy Marksteiner a special thanks for the handling of our OMT testing for the Arnold. This success is from our loyal members that work their butts off to make us the best. We must always give respect to the many people we have doing great things, for nothing but the joy in seeing us succeed.
- i) First, and foremost, we still need to improve our membership. All state chairs must get out and continue to inform the members, teams and local gyms about our organization. Our High School membership has continued to grow at unbelievable levels, but we must work to keep these lifters after they leave school. We can do this by having a program that they see will support them in the future.
 - ii) I want to once again put a HIGH impact on the value of getting ALL of our officials on the same standards of performance. Our National and International officials, have been the subject of many debates. We are now forming a training clinic for all our officials before National Championships, to insure the standards are followed and not just what they feel is the correct call. With the new rule changes during the past year, this has caused many problems. If we do it right here, our lifters will be successful abroad.
 - iii) The number of people bidding for National meets is continuing to grow. New blood is always needed. I was very proud to be a part of the American Open in PA, which was hosted by Steve Mann this past Dec. By far, this was the largest American Open we have had in years. This will be a big plus for us. Having more of a choice of meets at different locations, will bring more lifters to us. This is also meant for state meets too, with many meets that have been held in the same places for years, getting a new facelift. Here in Texas, Hector Muniz hosted his first USAPL event and we had more lifters at our State Championships than we have had in the past 4 years. We also have had new faces take over as state chairs, and once again, thanks for your efforts. I'm sure, from the many phone calls I have received, you didn't know what you were getting yourself into, but ALL have stood up and taken charge, and because of that, our states are getting better leadership.
 - iv) I really have a problem with meet directors short changing the safety of the lifters and the running of meets for the sole purpose of profit. With this said, we must also insure that our events are done with the highest of standards and meet directors who will not abide by these standards MUST be removed. All new national meet directors MUST be aware that USAPL will have a standard that must be followed and inspected before the running of national meets.
 - v) I want to give a big thanks the members of the Executive Committee who has continued to improve their accessibility to the Members. Thanks to Erin Dickey, who for the past 3 years has worked hard at making the job as Secretary more user friendly. I want to wish her continued success in her new endeavors.
 - vi) So man people do great things for USAPL and most people don't get recognition. I want to see that this is not overlooked. Dan Gaudreau has taken the coaching certification to a new level of expertise. I highly advise all coaches interested in coaching on our international teams to attend this program. Don't forget that these volunteers have jobs and lives outside of powerlifting.
- d) What more can I say about the job that Lance Slaughter has done with our merchandise sales. With his input and the support of many volunteers running booths at national meets are once again on the road to new sales. If anyone has seen the new USAPL website you will know Tony Cardella and Lea Hendrix have put in a lot of time and work to make this a GREAT website. This is what the foundation of this organization is about, many hard working volunteers.
- e) We had several changes in our coaching staff of our world teams during the past year. With those changes, we have new faces leading our international teams. We are very confident in

their ability to lead our teams to international gold. I want to recognize, Jim Brown, Matt Gary, Robert Keller, Jon Magendie and Dan Gaudreau for stepping up to the plate when called. All of our world teams did a great job at world championships. I want to personally thank Gina Stempelton, Bill Sindelar, Donovan Thompson, Joe Lewis, Lanette Lopez, James Townsend, Sherman Ledford, Karen Miller and the many others who assisted with our coaches for our world teams. They worked tirelessly in having successful teams in the regional world meets for USAPL. With all of these coaches untiring leadership, our teams were given their highest level of support and effort. We also can't forget what it takes to get these teams prepared for an international event. The work involved before we get there, those are the real unsung heroes. Jennifer Thompson, Priscilla Ribic, James Townsend, Robert Keller, Gina and many others, THANK YOU.

- f) Lets make no mistake about it, we are the BEST powerlifting organization in the country and for many years we have shown this to the rest. With the continued support of all the members we will continue to lead the way.
- g) Some of the changes we have made, not all may agree, but we make them to make us the best. We make them to make you the members, the best. We make them to insure our continued success. We make them to insure that our lifters are getting the best leadership possible. We have many challenges ahead of us, and we must meet these challenges together. We so them because we are the BEST.

5. Treasurer's Report - see Treasurer's Report (ppt)

Recommendation to add donations to the USAPL E-store.

Asked the NGB to consider a raise in open memberships to \$45 (see motion in Items from the floor)

6. Committee Reports

- a) *Coaching* – Johnny Graham - in VP report.
Check out the coaching certification seminar online. Dan Gaudrea has held 2 seminars with 20 or so participants. Many are people who were never previously involved with USAPL. CA go out for 8 people who are not involved in USAPL. Only federation to have one.
- b) *Collegiate* – Jon Magendie
- c) *Disabled Athletes* – Dale DeCamp – no report.
Rob Keller has been helping with the blind federation world championships.
- d) *Drug Education* – No report
- e) *Drug Testing Committee* – George Bartotti,
OMT based on person in charge, still dealing with designer drugs. Elevated testosterone to epitestosterone continues. Can do isotope testing Colonge (\$300). Also have the option to test over 3 months to get base line.
 - WADA is on the frontline of tests.
 - Quest tests for masking agents and diuretics.
 - There will never be a time to relax our drug testing.
- f) *Finance and Ethics* (vacant)
- g) *Law and Legislation* – Lucian Gillis - no report

- h) *Master's* – Johnny Graham
World team selections have been made (minus one lifter due to positive drug test). The Master's World team should be totally full minus M3 women, M4 men. The Master's Worlds for 2008 will be held in Palm Springs, CA.
- i) *Military* – Lanette Lopez – See VP Report
- j) *Marketing and Publicity* – Lance Slaughter
Over the last 12 months, USA Powerlifting has experienced tremendous successes in its marketing program. Key among them was the inception of an event produced by USA Powerlifting, our efforts to enhance and extend relationships with corporate partners and our merchandising and web-based platforms which continue to be the greatest assets to the USA Powerlifting marketing program.

Merchandising Program

The merchandising program has maintained significant growth over the last year through e-store sales and on site merchandise booth sales. These activities are most likely the organization's most important strategy in promoting awareness of our sport to the general public.

For example, over 750 USAPL t-shirts in addition to other USA Powerlifting branded merchandise were sold at the 2008 Arnold Sports Festival and the 2008 High School Nationals. In particular, many of the consumers at the Arnold were not USA Powerlifting members or familiar with the sport.

Although there are no plans in the short term of expanding the number of items offered at any one time, the program will continue to rotate merchandise styles and colors to keep the product line "fresh" to our consumer base.

USA Powerlifting is extremely grateful to have so many volunteers who have given time and effort to keep the merchandising program moving forward. Of note, those leading these efforts are Erin Dickey, Greg Page, Priscilla Ribic and Martha Thompson.

Web sites

Web site promotions have played a significant role in enhancing our brand and promoting our activities. The redesign of the USAPL e-store by Priscilla Ribic and the easy-to-use format contributed to almost 100% growth of online merchandise purchases.

The USA Powerlifting national web site has been reformatted by Lea Hendrix and Tony Cardella. The national web site truly sets USA Powerlifting apart from other powerlifting federations and compares favorably to many of the top sports federation web sites in the world. It is a "one-stop shop" to illustrate what is the sport of powerlifting, define who we are, and provide direction on how to become involved. It is highly encouraged that everyone utilizes the national web site as an essential tool in their marketing "tool box".

USA Powerlifting Productions

This year USA Powerlifting, under the direction of the Executive Committee, assumed management and production responsibility for two events in 2008 – the Arnold Sports Festival & the IPF Masters Worlds. Assuming management of these types of events allows for two things:

1. Helps to deploy the full use of organizational talent and resources to ensure a first-rate production
2. Allows USA Powerlifting to offer cohesive sponsorship & co-marketing opportunities to existing and potential partners. To that point, USA Powerlifting has been able to extend the support from existing partnerships with national partners such as Titan Support Systems, Quest Nutrition, Con-

Cret, and GNC Pro Performance. Our intention is to grow this model to recruit other mainstream sponsors to our events.

CALL TO ACTION - Key marketing recommendations for 2008-2009:

- ✓ Help to put on one additional meet in your state over the next twelve months
- ✓ Make sure all meets in your state are listed on the national web site
- ✓ Utilize the national web site to post your meet entry forms
- ✓ Utilize www.usapowerlifting.com as a essential "tool" in promoting USA Powerlifting
- ✓ Encourage weightlifting and fitness enthusiasts to visit the USA Powerlifting e-store to purchase their gym wear

k) *Referee's* – Bill Clayton – no report

l) *Sport's Medicine Committee* – Mike Hartle – no report

m) *Technical Committee* – Rob Keller

Members of the National Governing Body:

We are nearly through the summer of 2008, and since last year, there have been some interesting changes and developments that have taken place both nationally and internationally regarding the technical rules. Remarkably, as an organization, our technical standards continue to improve and remain at a very high level.

Before proceeding into this year's report, I believe that it is important to both thank and recognize those that have contributed immensely to our overall success this past year. On this note, I would like to first and foremost take a moment to thank all of the referees that have volunteered at all of our international, national, state and local championships. Overall, your efforts have been influential in the continued growth and development of our organization, which make USA Powerlifting the number one federation in the United States – Thank you!

On this particular note, I would like point out the [exceptional] work performed this past year by the following officials: Johnny Graham, Bill Clayton, Jack Marcus, Robb Grisham, Regina Hackney, Joe/Cathy Marksteiner, and Dan Gaudreau. Each of these officials have gone above and beyond normal/standard expectations, often times at their own personal financial expense, to see that our USAPL National Championships are directed in an outstanding and professional manner. On a final note, the contributions of Joe Marksteiner, in the development of his powerlifting competition scoring program has greatly improved the technical standards of our championships – Thank you to all!

Secondly, I would like to thank, once more, our National/State and Local Championship directors for their outstanding work. It is never an easy task to direct a championship, but overall the quality of brand and product continues to keep our federation on top. Most notable of these directors are once again: Johnny Graham, Tod Miller, Dan/Jennifer Gaudreau, Harold Gaines, and Steve Mann for directing some top notch competitions.

Thirdly, I must also take this opportunity to compliment the athletes that took part in our championships this year. The level of competition at our championships, as a whole, has been tremendous to watch and see. As a true fan of the sport, often times in my chair at the jury table, allows me to have a front row seat to watch some of the best lifters in not only the USA, but the world compete and take part in our championships. You can't beat the price of admission. Overall, our technical standards, as seen with the vast amount of American, National and World Records being set by our athletes this past year, is a testament as to how well our organization is directed and has risen to be one or thee best in the world of Powerlifting, bar none.

In this year's NGB report, I am going to review the following topics. They are:

1. USAPL Raw/Unequipped Lifting.
2. Platform Specifications.
3. IPF Referee Recertification 2008.
4. USAPL / IPF Rulebook + Referee Preparation + Referee Uniform Requirements.
5. Drug-testing Committee / OMT Coordination
6. New IPF Referees + Referee Examination Process.
7. IPF Referee Clinic.
8. Powerlifting Bar Specifications – 2008
9. Spotting/loading Manual
10. Elbow Impairment – Not being able to lock the elbows in the bench press.
11. Arnold Classic – Greg Page
12. Appointment of Technical Secretaries for National Championships
13. Closing Remarks

Raw/Unequipped Lifting - Update

At last year's National Governing Body [NGB], a motion was put forth to redefine what raw/unequipped lifting will look like at our championships. The end result of the discussion and vote at the NGB ended with the USAPL now defining unequipped/raw lifting, in terms of allowable equipment as follows: A singlet, lifting belt, indoor athletic shoes or powerlifting sport boot, jock/undergarments, wrist wraps and knee sleeves. Now, once more, a word on knee sleeves. For the record, in my professional opinion, we should maintain the current "unequipped/raw" standards that were voted on and put in place at last year's NGB Meeting, which is to accept ALL commercial grade knee sleeves. There are several important reasons for this – the first being the safety of our lifters. There have been discussions about by our internet forum pundits of limiting/removing commercial knee sleeves. This is not the direction we want to go in.

For those who have never used this piece of equipment, commercial knee sleeves are commonly made of stretchable material such as synthetic cloth material or neoprene. They are designed to be pulled up to fit around the knee. The specific and direct benefits of knee sleeves are to protect the proprioceptors. The proprioceptors are the nerves that provide feedback as to orientation in space around the knee, which stabilizes it. Other functions include the stabilizing of the ligaments and tendons surrounding the knee as well as keeping it warm to limit/prevent injuries during athletic movements. To conclude, going backwards in terms of safety for the lifter is not the direction we want to go in, thus the importance of maintaining this piece of equipment in our unequipped/raw championships.

There is much anticipation on how our first Unequipped/Raw Nationals will turn out. The championship will be held during the latter part of July in St, Louis, Missouri with Harold Gaines as the competition director. Harold is one of our best promoters and I am sure were going to see [another] great show!

Platform Specifications

The NGB voted and passed last year a motion that requires for there to be a [platform construction standard] for all of our National Championships. The Technical Committee was charged to determine the necessary build and construction standard. The construction guidelines come directly from the IPF Technical Rules, with some added clarification. I have outlined the platform standards and uploaded them onto the technical committee webpage. The Technical Secretary in collaboration with our competition directors will see that these standards are maintained and enforced. -- ***Please see attachment 1.***

IPF Referee Certification 2008

The 2008 IPF Referee Certification is now complete. There were several IPF Referees from the USA that were not recertified, due to not obtaining the mandatory four [4] national/international championships during the previous four [4] year period. Consequently, if these referees desire to regain their IPF credentials they will have to retake the examination at a later date. Another

comment that I would like to make in terms of recertification is that there were several referees who waited until the latter part of 2007 to gather all of the necessary national powerlifting championships in order to maintain their credentials. All international referees should strive to the best of their ability, to not wait until the final year before recertification to gather enough championships in order to be recertified. On this note, I would like to thank Bill Clayton, and Goran Gunnarsson, the IPF Referee Registrar, for their assistance in the process.

USAPL / IPF Rulebook + Referee Preparation + Referee Uniform Requirements

As of the writing of this report, the first draft of the "updated" USAPL Rulebook is now complete, and will/has been forwarded to the USAPL EC for review. Special thanks go out to Dr. Disa Hatfield for all her hard work on this particular project. Also, special thanks go out to Mr. Eliot Feldman for seeing to it the Lifter Handbook that is mailed to each athlete, with their membership card, was reformatted and brought up to date with the current technical rules. -- Thank you very much!

I would like to remind our officials that prior to all championships, each referee should take some time to review the IPF technical rules and technical updates on the IPF webpage – www.powerlifting-ipf.com

More importantly, it is essential and important that each referee bring with them, to every championship, a copy of the updated IPF Technical Rules, and their referee's credentials. All referees are required to be members of USA Powerlifting. If your membership has expired, please renew it.

It is essential and extremely important that as a referee, we are current with the technical rules. In doing so, we raise the standard of officiating, which in turn, makes our championships all that much better. More importantly, as a referee, your literacy and technical knowledge will reduce the opportunity for errors from taking place in the direction of our championships. The end result of all of this is an increased level of performance and safety for our athletes.

Now onto a comment on referee uniform requirements -- It is imperative that all national championships that referee's are dressed in the correct uniform to include a jacket with your correct referee patch/emblem and tie. In surveying some of our national meets of late, some referees did not have their IPF Technical Rules with them, and nor were they in compliance with uniform requirements.

Drug-testing Committee Comments / OMT Coordination

The drug-testing process at our local and national championships has greatly improved based on the tremendous efforts of both George Bartotti and Regina Hackney. George and Regina have developed a PowerPoint instructional guide to train both our meet directors and referees on performing drug-tests. Furthermore, Regina's efforts in maintaining the USAPL Drug-testing database allows for greater monitoring and planning of our OCT program and for reporting our mandatory final numbers to the IPF at the end of the year. Regina, though very meticulous, sees to it that she contacts each meet director, after every championship, if there are any errors to your documentation. Now, a word on the OCT process – I would like to recognize Cathy Marksteiner for her excellent work on [coordinating and revitalizing the OCT program and ensuring that tests on our athlete's are done in a timely manner. Great job all around by these three officials.

New IPF Referees + Referee Examination Process

Since last year's NGB meeting, I would like to take this opportunity to congratulate the following officials for passing their International Examinations. They are: Johnny Graham – IPF Category I; Erin Dickey – IPF Category II; Bill Keel – IPF Category II; Michael Licciardi – IPF Category II; Bill Sindelar – IPF Category II, and Jennifer Thompson – IPF Category II. Interestingly enough, Erin took her IPF Category II examination at the Pan-American Championships in San Paulo, Brazil. I believe, next to Jenn Maile, she is likely to be the youngest person ever to pass the examination. She did so with an overall score of 98% -- Super job!

Now, a note regarding referee[s] desiring to take either the state, national or IPF referee examination. Per Bill Clayton, the USAPL Referee Chairman, all candidates desiring to take one

of these examinations must apply to either him or me with a [referee resume], detailing the previous meets they have officiated, date of certification, along with approval of their state chairman. Candidates desiring to take the IPF Cat I or II examination should apply at least 4 months in advance, so that we may review your credentials and schedule your examination with the IPF Technical Chairman and IPF Referee's Registrar.

IPF Referee Clinic

Effective January 01, 2008, all IPF officials desiring to recertify in 2012, will be required to attend at least one National or International Referee Clinic. The USAPL will have their first IPF Referee Clinic at the Men's Nationals, on Thursday, at 7:00pm, at the Shiloh Inn. I am going to request the USAPL EC consider the same recertification requirements for our USAPL National Referees.

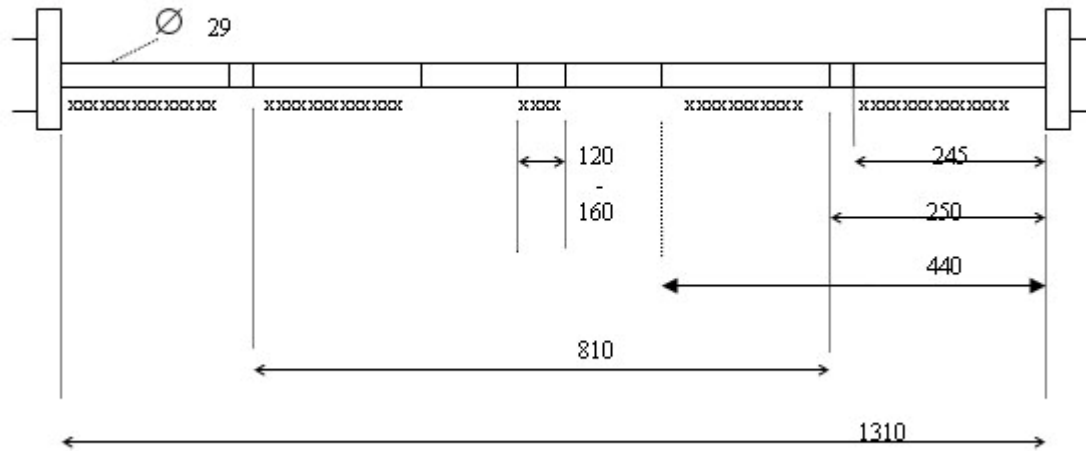
Powerlifting Bar Specifications – 2008

Effective January 01, 2008 the "knurling" distances on IPF approved bars will become universal/standard based for ALL IPF approved bars. As such, it is recommended that all National Championship directors for USA Powerlifting obtain an IPF approved bar, which meets the following measurements and specifications below. Based on the following, I would like to take this opportunity to thank Mr. Sherman Ledford for developing the "Q" Bar to meet these requested standards. Overall, the "Q" Bar is an exceptional bar, and I recommend speaking to Sherman, directly, if there are any questions in terms of specifications, standards, and performance. Special thanks go to Sherman for his efforts with this endeavor. I would also like to comment that Eleiko is setting up operations in the U.S.A., and were very kind and generous in donating a new bar and one set of weights to assist the USAPL with the direction of the Arnold Classic. In terms of Ivanko, currently, their new bar, in terms of meeting the 2008 IPF specification, promised at the beginning of the year, is still in the R & D process. I am speaking with them on a weekly basis, and it appears they are close to finalizing their new bar. Stay tuned and will keep everyone informed. In the meantime, per John Stephenson [IPF Technical News Bulletin 2008-2] Bars originally approved, where hand grip dimensions are dissimilar to those depicted in the Technical Rules, may still be used at National Meets where World Records may be claimed. Below, I am providing the new dimension requirements:

(a) The bar shall be straight and well knurled and grooved and shall conform to the following Dimensions:

1. Total overall length not to exceed 2.2 m.
2. Distance between the collar faces is not to exceed 1.32 m or be less than 1.31 m.
3. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
4. Weight of the bar and collars are to be 25 kg.
5. Diameter of the sleeve not to exceed 52 mm or be less than 50 mm.
6. There shall be a diameter machined marking on the bar taped so as to measure 81 cm between marking or tape.

IPF recognized powerlifting bar Guideline of knurling distances



Measurements in mm (knurling distances inside the collar sleeves)

Spotting/loading Manual

To “beef up” our efforts to improve lifter safety on the platform, a month or so after the Arnold Classic, Dr. Larry Maile requested that I prepare the spotting/loading requirements/guidelines for USA Powerlifting. The process is now underway. I completed the first of a five part series detailing the correct spotting/loading process that should take place at ALL of our championships, to ensure the safety of our lifters on the platform. This manual will be completed in August 2008 and will contain photographs detailing the actual spotting/loading process. This manual will be the first of its kind in terms of risk assessment/management, and will become a part of the referee clinic that USA Powerlifting will give in the future.

Elbow Impairment – Not being able to lock the elbows in the bench press

After the 2008 Masters National Championships, I received feedback from both the lifters and officials concerning elbow allowance during the bench press. For those still unclear on this rule, here goes -- If you are an athlete that suffers from some form of elbow injury/impairment, etc, which prevents you from being able to fully lock your elbows out, and you will be attending a national championship that will qualify you for a USA World Team to a world championship, please ensure that you review the process on completing and receiving a medical impairment certificate.

In order to be granted elbow allowance of no more than 15 degrees, lifters are being required to complete an application for elbow impairment. As such, USAPL lifter requiring this particular “waiver” for elbow allowance, no greater than 15 degrees, should apply to Dr. Rodacker. Lifters intending to compete at an international or world championship should apply to the Dr. Bernie Miller, the chief of the IPF Medical Committee. Currently, an IPF application for elbow exists; however, one for USA Powerlifting does not. So, I am going to recommend that USA Powerlifting create a form and post it onto the Technical Committee webpage.

Please do so well in advance of the competition to allow for processing time. It can take up to 4-6 weeks, if not longer. So, apply early.

As a courtesy to our grassroots level lifters, at local/state/regional championship, I am going to request two [2] things: 1] lifters present their injured/impaired elbow[s] to all three of the seated referees during your session of lifting. Again, the allowable exemption is no more than 15 degrees. Also, the elbow position that you start and end with, should, for the most part, resemble

the elbow position that you presented to the three [3] referees on the platform prior to seating yourself onto the bench press and taking the attempt. As a jury member, often times at contests, I see lifters not being able to receive the start command or rack command due to their elbow lockout being different from what they have presented to the referees or it being greater than 15 degrees.

If you have a question on this, at your next meet, take a few extra minutes prior to the start of the contest and meet with the referees and discuss the correct starting position that shall enable you to get the necessary signals. This will allow you to make the necessary adjustments prior to the start of the competition. 2] I am going to kindly request some restraint by our referees when officiating at a local/state championship, where they may encounter a first time lifter that is not fully aware of this rule. Overall, please use some prudence regarding this matter, until this process is fully streamlined and put into the place.

Final comments on this matter – Impairment applications are not given for the knees. Also, the IPF has provided photographs of the “allowable” impairments on the Technical Committee page.

Arnold Classic

The Arnold Classic was a grand success for USA Powerlifting. This was due in part to the awesome work turned in by the ENTIRE committee assembled for this championship, under the leadership of Dr. Maile. However, notably, I would like to take this opportunity to thank one person that in my mind was extremely helpful in [overall success] of the championship at that is Greg Page of Ohio. His work in the coordination of the spotters/loaders, and equipment loading/pickup/setup/breakdown/return during hazardous weather conditions was instrumental, once more, in the [overall success] of this championship. Thank you Greg!

Appointment of Technical Secretaries for National Championships

As outlined in the Technical Rules, the Technical Committee with the [co-operation and assistance] of the organizer, will appoint the Technical Secretary for all of our National Championships. The Technical Secretary should preferably be an IPF Category I Referee.

Closing Remarks

I am always open to hear and listen to feedback pertaining to the technical standards for USA Powerlifting. Also, if you have any questions or comments that you wish to share with me regarding this report, or my previous newsletters and/or reports, I would ask that you please contact me directly at: rhk@verizon.net

I am always open to constructive comments as well as your criticisms. In the meantime, I would like to take this opportunity to wish you and your families an enjoyable summer and I look forward to seeing you at the next championship -- Thank you!

Robert Keller
IPF Category I Referee
Chairman. USA Powerlifting Technical Committee

Attachment 1:

Official USAPL Platform Construction Standards

EQUIPMENT AND TECHNICAL SPECIFICATIONS

The 2007NGB mandated the USAPL Technical Committee to prepare platform construction specifications for all of our local, state, national and international championships. The basic construction guidelines come directly from the IPF Technical Rules with some added clarification.

They are:

1. All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. It must not exceed 10 cm in height from the surrounding stage or floor.
2. The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet [i.e. free from irregularities and projections]. Rubber matting or similar sheeting materials are not permitted to be used. Using rubber will not ensure a solid footing and will cause the platform to move and give when pressure is applied.
3. The platform will be built using ¾ inch sheets of plywood measuring 4' x 8'. For sturdy construction, no less than two [2] layers of ¾ plywood will be used. Three [3] layers of ¾ plywood is preferred and recommended.
4. If you're going with the preferred three [3] layers of ¾ inch plywood to construct your platform, the bottom two [2] sheets of plywood will be placed side by side, with the seam going front to back. The middle two [2] sheets, again will be placed side by side, with the seams going left to right. Finally, the top two [2] sheets will be placed side by side, with the seam going front to back.
5. [Marina Grade Plywood] should be used with 2" galvanized and/or ceramic coated screws, with a course thread, to attach and secure the sheets together. Be sure to countersink the screws, so as to not rip/tear the carpet that will be placed on surface of the platform. The screws should be staggered every 6" – 12".
6. An 8' x 8' piece of [Heavy Contract Loop Carpet] should be used to cover the platform. This type of carpet is stiff enough and contains a weave that will not allow for any roll and/or spread to form.
7. A photograph below provides a nice view of the finished product.
8. The Technical Secretary for the championship, in collaboration with the competition director, will ensure these standards are used in the construction of the platform.

Questions, please contact me directly at: rhk@verizon.net

Thank you,

Robert Keller
IPF Category I Referee
Chairman, USA Powerlifting Technical Committee

n) *Teenage/Junior* - Joe Lewis

The Teen Junior and the High School committee have been blended into one group as a result of the Teen Junior championships being absorbed into the Men's Open Championships.

The Current Committee members are:

Joe Lewis - Wisconsin
Steve Rayborn – Idaho
Hector Munoz – Texas
Tod Miller – Michigan
Jeff Schillinger – Wisconsin
Brian Kenney _ Wisconsin
Curt St. Romain - Texas

Johnny Graham reviewed the Bid for the 2009 High School Nationals in Killeen, Texas. The committee accepted a bid for the 2010 HS Nationals for the last weekend of March in the Wisconsin Dells, Wisconsin.

High School Nationals this year saw over 380 Registered USAPL lifters
The qualifying totals for the 2009 Varsity men's and women's divisions at HS nationals were once again reviewed. The new totals were arrived at by averaging the 10th place finishes in each weight class over the past five years.

| Women's Varsity Current Qualifying Totals | | | | | | | | | | |
|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 97lbs | 105lbs | 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | SHW lbs | |
| 360 | 405 | 460 | 520 | 590 | 655 | 585 | 600 | 655 | 690 | |
| New Women's Varsity Qualifying Totals | | | | | | | | | | |
| 97lbs | 105lbs | 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | SHW lbs | |
| 360 | 405 | 450 | 540 | 580 | 655 | 675 | 600 | 655 | 675 | |
| Men's Varsity Qualifying Totals | | | | | | | | | | |
| 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | 220 lbs | 242 lbs | 275 lbs | SHW lbs |
| 630 | 730 | 820 | 975 | 1075 | 1145 | 1180 | 1155 | 1150 | 1190 | 1215 |
| New Men's Varsity Qualifying Totals | | | | | | | | | | |
| 114 lbs | 123 lbs | 132 lbs | 148 lbs | 165 lbs | 181lbs | 198 lbs | 220 lbs | 242 lbs | 275 lbs | SHW lbs |
| 630 | 730 | 800 | 995 | 1070 | 1130 | 1165 | 1205 | 1220 | 1105 | 1240 |

o) *Women's Committee* – Priscilla Ribic

COMMITTEE MEMBERS:

| <u>Name</u> | <u>Position</u> | <u>Elec Year</u> |
|----------------------|-----------------|------------------|
| Priscilla Ribic | Chair | 2010 |
| Disa Hatfield | member | 2009 |
| Terry Lee | member | 2010 |
| Faith Ireland | member | 2010 |
| Sioux-z Hartwig-Gary | member | 2009 |
| Ruth Welding | member | 2010 |
| Paula Houston | member | 2009 |

WOMEN'S COMMITTEE MEETING DISCUSSION TOPICS:

1) Women's Nationals Date

Discussion was held concerning moving the date of Women's Nationals to a more friendlier time of year as well as increasing the time from Open World to Nationals and decreasing the gap from Nationals to Master and Open Worlds. The biggest challenge with posed dates is the heavy National and International meet schedule already set.

Points made were that a majority on the Open team were basically fried trying to get ready for Nationals as well as planning two major trips within 3 months of each that is separated by the Holidays (also a source of major expensive trips.) Acknowledged that this only affects 10 women out of the 100 that are there, which is why the discussion about the calendar and trying to find a better date that would still accommodate everyone, and also potentially benefit the members of

the other World Teams. Surrounding this was also a discussion it is important to note we keep the Women's Nationals combine with the Teens, Junior and Master Women.

Lance Slaughter had mentioned that there was discussion taking place about hosting Women's Nationals at the Arnold, but since, the Arnold's first year format has proven to be a success and will remain in the same format for the 2009.

Currently Women's Nationals is held in February on President's Day weekend. Dates/timeframes suggested were March, the third weekend in May or during the month of June.

2) Move Women's Committee meeting on the 2nd day of Women's Nationals. Motion passed

Motion was made due to the lack of attendance for the meeting over the past years; most lifters are not able to arrive in time for the meeting. We will hold the Committee meeting the evening after the first day of lifting and see if this encourages more participation from our women lifters. If not, then we will entertain adjusting the meeting to another time the following year. In the past, a portion of the meeting was designated to going over the new rules passed at the IPF level. Because the meeting will be held after the start of the meet, we will now communicate with the lifters via email of the rule changes prior to the competition as well as have a Rules Update sheet available upon registration.

3) 2010 Bids

Bids had not been actively solicited prior to the meeting this past year, but did have interest in hosting the 2010 Nationals expressed by Lance Slaughter and Gary A. Kanaga. Lance was unable to host the meet during the designated weekend. Awarding the meet was postponed until a formal bid was received.

2010 Nationals have been awarded (with approval of the 2008 NBG) to Gary A. Kanaga, Cleveland, OH (Feb 13 & 14th)

NEW ITEMS:

2011 Bids:

We are actively seeking bids for the 2011 Nationals. It is our goal to find new locations to host Women's Nationals as well as make the location easy to travel to (ie, major hub), in attempts to keep travel cost to a minimum and encourage a great turn out of competitors.

Number of Days for Nationals

While soliciting for bids for the 2010 Nationals, several experienced National meet directors commented that they could host the meet in 2-days vs the 3-days that has been requested by the Women's Committee. The three days had been put into place after the tremendous turn out and long days at the 2005 Nationals held in St Louis (approx 140-150 lifters). This was primarily due to the central location of the host city, but more specifically due to Teen/Jr Worlds being held in the US that year. Since that meet, the average National turn out has been back to normal, around 100+/- lifters, which can easily be handled in 2 days by an experienced crew, therefore we are open to having a 2-day meet again.

Women's Hall of Fame

We are actively seeking nominations for the 2009 Women's Hall of Fame. If you have a lifter in mind and would like to nominate them, please visit the Women's Hall of Fame webpage www.usapowerlifting.com/halloffame/women/index.shtml.

Priscilla Ribic

Women's Committee Chair

- p) *Police and Fire* – Tim Anderson – no report
- q) *Discipline* – Eric Kuperstien – no report
- r) *Therapeutic Use Exemption* -Dr. Mark W Rodacker
Elbow issue. Need a form on the USAPL website. Adopted without great deal of clarity. IPF cannot tell us what it means.

Meet Directors need to add to entry forms that if you have an elbow problem, need to get a medical disability letter. There will be an IPF technical committee meeting in Prague and hopefully we will have more clarification.

7. Unfinished Business –

Master's numbering changes from last year were not initiated.

Discussion: Angela Simmons will work with meet promoters to make sure the change takes place. Eliot Feldman will add the changes to the USAPL handbook.

8. Proposed By-law Amendments

- s) Submitted by: Mike Womelsdorf

On page # 22 of 69 and continuing on to page 23 of 69 under B. Shirt , Letter G. It reads : T-shirts with EMBLEMS/LOGOS may be worn at all USA Powerlifting sanctioned competitions if the EMBLEMS/LOGOS meet the following requirements:

- I. They are USA Powerlifting related, or
- II. They are Powerlifting related, or
- III. They are not obscene or degrading, or
- IV. They do not have an EMBLEM/LOGO from Powerlifting organizations other than USA Powerlifting or the IPF or its member nations.
- V. They may bear the logo of a manufacturer, but such use may be subject to an annual Sponsor's fee.

Proposal: To add that a lifter can wear a T-shirt from a sponsor on the platform that is willing to help an individual lifter or team without the requirements of I, II, or V.

Rational: I believe this will benefit a lifter or team that could now find monies from many other sources other than the Powerlifting Community. And I turn give many lifters the chance to afford to go compete at more National Contests and meets requiring travel expenses.

Also not charging a sponsor any fees or paper work would increase the chances of a lifter or team finding sponsors much easier, Businessmen tend to sponsor with more enthusiasm and much quicker when no restrictions are placed upon them.

Discussion: We can regulate within our own National Meets via IPF rules.
It is more difficult to get sponsors when paperwork is needed for them to donate.

Amendment: Withdrew “without the requirements of I,II, IV, V” from proposal. Added “without the requirements of I,II or V”.

MOTION PASSED

9. New Business – The following motions have been submitted for consideration

- t) Submitted by: Travis Werner

Motion: To include the respective school of record holders of Collegiate American and Collegiate National records on the USAPL homepage.

Rational: Collegiate powerlifting is a team sport and student-athletes take pride in representing their University. The team aspect of collegiate powerlifting is very evident at the National meet, but is generally overlooked in published meet results and records. I (Travis Werner) will volunteer to research the respective schools of all current record holders. A section for "University Represented" will have to be included on the record form for future record setters.

No motion necessary. USAPL Webmaster Tony Cardella volunteered to complete this.

- u) Submitted By: Steve Mann
Part #1: USAPL RAW HS National Championships

This event would not be created to conflict with the current "geared" National Championships, but to allow teams who are not geared or not ready to be geared, to compete at a USAPL National Championship event. I would also like for the scheduling of this event to be in January of each year, so as to not inhibit lifters from lifting at the USAPL High School National Championships.

I think this is a logical approach to getting lifters from both other organizations and non sanctioned events who do not have the funds to gear their teams.

I would propose that the first year of the event, would not require a qualifying total, but going forward, the lifters should have a USAPL total.

Part #2

USAPL RAW Collegiate National Championships

This event would not be created to conflict with the current "geared" National Championships, but to allow teams who are not geared or not ready to be geared, to compete at a USAPL National Championship event. I would also like for the scheduling of this event to be in January of each year, so as to not inhibit lifters from lifting at the USAPL High School National Championships.

I think this is a logical approach to getting lifters from both other organizations and non sanctioned events that do not have the funds to gear their teams.

I would propose that the first year of the event, would not require a qualifying total, but going forward, the lifters should have a USAPL total.

BOTH WITHDRAWN

v) Submitted by Shawn Cain

Motion: In any RAW division within a USAPL sanctioned meet, knee sleeves will be restricted to single ply, slip on type sleeves that do not have velcro or any other means of attachment or tightening other than the friction or pressure against the skin that comes from slipping the sleeve onto the leg.

Rational: When the knee sleeve issue came up at the 2007 NGB meeting, it was clearly stated that velcro was not legal. Since that time, the IPF has approved knee sleeves that have velcro incorporated into approved sleeves. This opens the door for abuse of the intent of what was passed in the 2007 NGB meeting.

WITHDRAWN

w) Submitted by Sioux-z Hartwig-Gary

Motion: To only allow knee sleeves made from a neoprene or “store bought” material. This would exclude knee wraps.

Rational: We need clarify what we are allowing in the raw division vs. what is legal in the IPF.

WITHDRAWN

x) Submitted by Elliot Feldmen

Proposal: to combine Police and Fire Nationals with the American Open. The combined meet will allow Police and Fire lifters to compete at the American Open against elite lifters. The proposal will take effect starting with the 2008 American Open in St. Louis.

MOTION WITHDRAWN – EC consensus.

10. Elections

A. Treasurer

- a. Geoff Plante (Incumbent) ELECTED

B. Secretary

- a. Angela Simons ELECTED

C. 2 Executive Committee Positions

- a. Betina Altizer (Incumbent) ELECTED
- b. Rob Grisham
- c. Paula Houston (Incumbent)
- d. Jack Marcus
- e. Greg Page ELECTED

11. Honorary Awards

A. Brother Bennett Award

- a. Phillip Battle
- b. Regina Hackney
- c. Joe Marksteiner - AWARDED

D. Coach of the Year

- a. Joe Lewis - AWARDED
- b. Don McIrvy
- c. Gina Stepleton
- d. James Townsend

E. Referee of the Year

- a. Joe and Cathy Marksteiner – AWARDED

12. Meet Bids/ Current USAPL Schedule

2009 Meet Schedule

| Meet | Host | Location | Date |
|------------------------------|----------------|---------------------|----------------|
| Women's Nationals | Rob Keller | Miami, FL | February 14-15 |
| High School Nationals | Johnny Graham | Killeen, TX | April 3-5 |
| Collegiate Nationals | Paul Fletcher | Baton Rouge, LA | April 3-5 |
| Masters Nationals | Harold Gaines | St Louis, MO | May |
| Teen/Junior Nationals | Dan Gaudreau | Denver, CO | June 17-19 |
| Men's Nationals | Dan Gaudreau | Denver, CO | June 17-19 |
| Bench Press Nationals | Gary Kanaga | Cleveland, OH | Sept 12-13 |
| Raw Nationals | John Shifflett | Charlottesville, VA | |
| Police & Fire Nationals | | | |
| Deadlift Nationals/Push-Pull | Rob Keller | Miami, FL | |
| Military/Armed Forces | | | |

2010 Meet Schedule

| Meet | Host | Location | Date |
|------------------------------|-----------------|---------------------|-------|
| Women's Nationals | | Cleveland, OH | Feb |
| High School Nationals | | Wisconsin Dells, WI | March |
| Collegiate Nationals | Rob Keller | Orlando, FL | |
| Masters Nationals | | | |
| Men/Teen/Junior Nationals | Lance Slaughter | Palm Springs, CA | |
| Raw Nationals | Dan Gaudreau | Denver, CO | |
| Bench Press Nationals | John Shifflett | Charlottesville, VA | |
| Police & Fire Nationals | | | |
| Deadlift Nationals/Push-Pull | Dan Gaudreau | Denver, CO | |
| Military/Armed Forces | | | |

Open Meet Bids:

2009 Raw Nationals

Charlottesville, VA - John Shifflett, Will Morris - AWARDED

2010 Raw Nationals

Denver, CO – Dan Gaudreau - AWARDED

2010 Deadlift **and** Push/Pull Nationals

Denver, CO - Dan Gaudreau - AWARDED

Charlottesville, VA - John Shifflett, Will Morris (Push/Pull only)

2010 Bench Press Nationals

Charlottesville, VA - John Shifflett, Will Morris - AWARDED

2010 Teen/Jr/Men's Nationals (Bids taken from the floor)

Palm Springs, CA - Lance Slaughter- AWARDED

13. Items from the floor

i) Shawn Cain and Souix-z Hartwig-Gary

Motion: In any RAW division in the USAPL sanctioned competition, knee sleeves will be restricted to single ply neoprene or other non supportive slip in type sleeves that do not have Velcro or any other means of attachment or tightening devices other than the friction or pressure that comes from slipping the sleeve over the foot and on the knee area. The size of the sleeve will be within the IPF limitations

If passed at the 2008 NGB Meeting, this would be put into practice the day after the 2008 USAPL RAW National Championships.

Discussion: It is unfair to be setting records when the gear used will be disallowed the day after RAW Nationals.

We do not have to follow IPF standard b/c the IPF does not have a RAW division

We do not want to mess up this year's nationals

President voted to break tie.

MOTION FAILED

ii) Shawn Cain

Motion: In any RAW division in the USAPL sanctioned competition, knee sleeves will be restricted to single ply neoprene or other non supportive slip in type sleeves that do not have Velcro or any other means of attachment or tightening devices other than the friction or pressure that comes from slipping the sleeve over the foot and on the knee area. The size of the sleeve will be within the IPF limitations

MOTION FAILED

iii) Geoff:

Motion: To increase the cost of an OPEN membership from \$40 to \$45 annually. This increase would go into effect January 1, 2009.

Discussion:

- (a) How are we going to communicate to the membership? We will have to sell it.
- (b) Concerned for lifters who lift only locally

In favor: 23-5 MOTION PASSED

iv) *Motion:* Resubmit Above without date added

- (a) 10-18 in all forms fails.
- (b) All days of lifting First Raw meeting, all lifters have vote to form first committee.
Angela will run the first meeting

MOTION PASSED

Respectfully Submitted,

Erin Dickey
USA Powerlifting Secretary