



**USA Powerlifting
National Governing Body Meeting**

2:00pm

Thursday, June 9th, 2011
Bay St Louis, Mississippi

- 1) **Roll call of voting members and credential check of participants**
- 2) **Reading of Minutes from NGB 2010**
(Available at http://www.usapowerlifting.com/ngb/2010/2010_NGB_Minutes.pdf)
- 3) **President's Report – Larry Maile**
- 4) **Vice President's Report – Johnny Graham**
- 5) **Treasurer's Report - Geoffrey Plante**
- 6) **Committee Reports**
 - a) Coaching – Dan Gaudreau (received)
 - b) Collegiate – Jon Magendie
 - c) Disabled Athletes – Robert Keller
 - d) Discipline – Eric Kupperstein (received)
 - e) Drug Education – Mike O'Donald
 - f) Drug Testing Committee – Mike O'Donald /Cathy Marksteiner
 - g) Finance and Ethics –George Shoemaker
 - h) Law and Legislation – Lucian Gillis (received)
 - i) Marketing and Publicity – Priscillia Ribic (received)
 - j) Masters' – Johnny Graham
 - k) Military – Lanette Lopez
 - l) Police and Fire – Tim Anderson
 - m) Raw – Joe Warpeha
 - n) Referee's – Bill Clayton
 - o) Sport's Medicine Committee – Mike Hartle
 - p) Technical Committee – Robert Keller
 - q) Teenage/Junior – Joe Lewis (received)
 - r) Therapeutic Use Exemption – Dr. Mark W Rodacker
 - s) Women's Committee – Priscilla Ribic (received)

7) Unfinished Business –

- a) Submitted by Dan Gaudreau, Jennifer Gaudreau, Cathy Marksteiner, Joe Marksteiner

Proposal: Adopt the use of calendar year (January 1 to December 31), rather than birth date for all divisions.

Men and Women

- a. Sub-Junior: from the day an athlete reaches 14 years and throughout the full calendar year he/ she reaches 18 years.
- b. Junior: from 1 January in the calendar year he/ she reaches 19 years and throughout the full calendar year he/ she reaches 23 years.

TABELED FOR REWRITES FOR NEXT YEAR. PROPOSAL AS WRITTEN DID NOT ACCOMPLISH WHAT WAS INTENDED.

8) Proposed By-law Amendments

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

a) Submitted by Larry Maile

Proposal:

An executive board member of another powerlifting federation may not hold an elected office, serve as a member of the national governing board of or serve as international referee for USA Powerlifting.

b) Submitted by Jennifer and Dan Gaudreau

Proposal:

Any team that enters a USAPL meet must submit a roster that includes a coach that is a USAPL member. Open or Master teams may use a lifter on the team as a coach.

c) Submitted by Jennifer and Dan Gaudreau

Proposal:

To allow lifters, who achieve the appropriate qualifying total at a USAPL approved High School competition to compete in the USAPL High School Nationals. The Teen/Jr and coaching committee will decide on a state by state basis which high school organizations will be USAPL approved.

d) Submitted by Jennifer and Dan Gaudreau

Proposal:

The IPF weight classes will be used at the following meets: Men's Teen/Jr/Open Nationals, Women's Nationals, Men's Masters Nationals and Bench Press Nationals.

Rational:

The listed meets are direct IPF World Qualifiers. Lifters attempting to make world teams may not have a fair chance to qualify due to USAPL classes not aligning.

e) Submitted by Priscilla Ribic

Proposal:

NAPF Selection Criteria to match the World Team selection criteria, selecting class winners from Nationals.

Official bid is given to those who took first place in their respective weight classes and age categories in the previous year's Master's Nationals and Men's Open, Teen and JR Nationals.

If declined, the spot is "open" to all those interested in competing in it. Preference is given to those who competed in the official qualifying meet first, then those who competed in the previous year's NAPF, then finally, everyone else.

All Alternates are ranked by the Carpino formula.

Rationale:

The current selection is the second place finishers at Nationals. With the IPF changes of setting World Records (World Records can only be broken at World or Regional events), this limits the opportunity for those athletes with the ability to set World Records to only two competitions. If they are automatically by-passed for the Regional meets, then their only opportunity is at Worlds, which we know, more conservative lifts are taken and often World Records are forgone.

e) Submitted by EC

Proposal:

Selection of USAPL Teams Entering IPF Championships

USAPL National Championships will use the following weight classes (in kilograms):

Men: 52 (junior/sub-junior only), 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 125+

Women: 44 (junior/sub-junior only), 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+

IPF World/Regional Championships will use the following weight classes (in kilograms):

Men's classes: 53 (junior/sub-junior only), 59, 66, 74, 83, 93, 105, 120, 120+

Women's classes: 43(junior/sub-junior only), 47, 52, 57, 63, 72, 84, 84+

USAPL Open and Master World Team Selection Process*

Primary Selection Process:

National champions will be crowned in each USAPL weight class. The selection of the members of the IPF World Team will be based on a rank order of these national champions. This ranking will be done using a 3-year Carpino system which is a calculation that gives a lifter's average placing at Worlds based on the total they achieved at the qualifying national meet. The lifters with the highest rank and therefore the highest average 3-year World placing will be chosen for the team with no more than 2 lifters in any one weight class.

Example: Lifter A, 52 kg class, 400kg total.

2008: 2nd place

2009: 3rd place

2010: 3rd place

Lifter A's overall ranking would be 2.66

Alternates for the Open and Master World Teams:

The top ranked alternates will be those national champions that were not selected after which alternates will be selected using the same pool process and ranking as previously outlined by that World Team.

Rationale:

Since the USAPL has elected to retain the weight classes currently in place which are greater in number than the IPF will have at Worlds we will no longer be able create a team which consists of each of the national champions. Some selection criteria must be set. The process outlined guarantees that those first selected for the team are national champions and further aids in the formation of the most competitive team.

* The 2011 USAPL Open and Master World Team selection process applies to the selection of USAPL World Teams for the following IPF World Championships:

- IPF Open Men's and Women's World Powerlifting Championships
- IPF Master Men's and Women's World Powerlifting Championships
- IPF Open Men's and Women's World Bench Press Championships
- IPF Master Men's and Women's World Bench Press Championships

Proposal:

USAPL Sub-Junior and Junior World Team Selection

The sub-junior and junior teams are in a different situation with world team selection as they each use up to four sets of divisions in the selection pool. The teams are selected from the following groups instead of one or two much smaller groups like the other national teams:

Sub-juniors (up to 44 lifters): High School Nationals and the T1, T2, T3 divisions contested at both Women's Nationals and Teen/Junior Nationals

Juniors (up to 33 lifters): Collegiate Nationals and the T3 and junior divisions contested at both Women's Nationals and Teen/Junior Nationals

Primary Team Selection: The primary members of each team will be selected from the eligible lifters who have the highest average-finish. There will be 8 female lifters and 9 male lifters on each team. No more than 2 lifters per weight class may be selected. If 3 lifters in the same class make the primary team, the lowest of the 3 will be sent to the alternate pool and put on the team if a lifter in that class backs out.

Alternates: All lifters who aren't on the primary team will be placed in the alternate pool and ranked according to their average finish. As members of the primary team decline their spots, alternates will be notified. If the next alternate in line is lifting in a class that already has 2 lifters, that lifter will be passed over until a lifter in his/her class declines their spot.

Tie-Breakers: If two lifters have the same 3-year average. The following will be used to break ties.

1. Use their 4-year average
2. Use their 5-year average
3. Wilks Formula

****If both lifters are in the same IPF weight class, the lifter with the highest total will be ranked higher.**

****If 2 or more lifters are tied with the same 3-year average, national champions will be considered first.**

During ranking, IPF results will be modified in a handful of weight classes to make them more similar to the current IPF weight classes. After the first year of worlds with the new format, only two years of results will need to be modified since we will have a true set of results with the correct weights. Results would be averaged in the following weight classes and then used to determine lifter ranking:

Women:

Average 60 and 67.5 kg for the 63 kg class

Average 67.5 and 75 kg for the 72 kg class

Average 90 and 90+ kg for the 84+ kg class

Men:

Average 56 and 60 kg for the 59 kg class

Average 100 and 110 kg for the 105 kg class

Average 110 and 125 for the 120 kg class

Average 125 and 125+ kg for the 120+ kg class

Rationale:

Lifters are potentially being ranked on their performances at bodyweights that are far different than those they will see at worlds. This gives a more accurate idea of the numbers needed to make the best team possible. A male lifter at 56kg should not be ranked against 56kg results when he will compete at 59kg at worlds. A female lifter at 67.5kg should not be ranked against 67.5kg results when she will compete at 72kg at worlds.

Weight Limits: Since the IPF classes and the USAPL classes don't match up, there are limits that a lifter can weigh at nationals and be considered for an IPF class. These limits were created by using the 2.3% difference in the 44 kg class at nationals and the 43 kg class at worlds. That was rounded up to 2.5% and added to the top of every IPF class. The following chart shows the weight limits that a lifter can weigh at nationals and still be considered for that IPF class.

WOMEN Limits	CLASS	43	47	52	57	63	72	84	SHW	
	KG	44.1	48.2	53.3	58.4	64.6	73.8	86.1	SHW	
	LBS	97.2	106.2	117.5	128.8	142.4	162.7	189.8	SHW	
MEN Limits	CLASS	53	59	66	74	83	93	105	120	SHW
	KG	54.3	60.5	67.7	75.9	85.1	95.3	107.6	123.0	SHW
	LBS	119.8	133.3	149.1	167.2	187.6	210.2	237.3	271.2	SHW

g) Submitted by Robert Keller

Proposal:

Establish as a part of the annual honorary awards for USA Powerlifting – Athlete of the Year.

h) Submitted by Angela Simons on behalf of M3females and M4 males

Proposal:

If the total achieved by an M3 female/ M4 male exceeds that of the M2female/M3 male in their weight class the M3 female/M4 male will be chosen to represent the US on the Masters M2 female/M3 male team.

Rationale:

The IPF does not recognize either an M3 female or an M4 male team. Lifters in these age groups compete against all other lifters in all of the weight classes. However, an M3 female can compete as an M2 and an M4 male may compete as an M3 male at Masters Worlds. For this reason if the US wishes to field the best team, the lifter that achieves the higher total should be the one to represent the US at Masters Worlds.

- i) Submitted by Christy Newman

Proposal:

Lower the qualifying totals for the Open division at Men's from the current totals to that of the Class 1 classification standards.

Weight Class	56	60	67.5	75	82.5	90	100	110	125	SHW
Open QT	955	1070	1275	1400	1500	1575	1660	1700	1735	1775
Class 1 Rank	953	1025	1152	1257	1350	1422	1505	1554	1598	1670

Rationale:

The number of lifters competing in the open division has been down over the last few years. Lowering the QT for this division brings the potential for more lifters to compete at mens nationals while still ensuring that quality lifters will be there. The Class 1 rank is higher than that of the collegiate and junior QT's.

The following shows the decline and the low numbers from open nationals in 2005-2010.

	2005	2006	2007	2008	2009	2010
# of Lifters	76	78	74	58	52	52

Collegiate Nationals is one of USAPL's largest competitions. Many of these lifters are left without a Nationals in which they can compete when they become too old for the Junior (20-23) division. The following shows the comparison in the number of lifters from Collegiates' in 2005-2010 who achieved the Open QT and the proposed QT using the Class 1 ranking.

2005		2006		2007		2008		2009		2010	
Open	16	Open	20	Open	16	Open	14	Open	32	Open	45
Class 1	36	Class 1	54	Class 1	49	Class 1	58	Class 1	68	Class 1	94

10) Elections

- A. Treasury
 - a. David Schneider
 - b. Geoffrey Plante (Incumbent)

- B. Secretary
 - a. Angela Simons (Incumbent)

- C. 2 Executive Committee Positions
 - a. Bettina Altizer (Incumbent)
 - b. Greg Page (Incumbent)
 - c. Jack Marcus
 - d. Ken Gack

11) Honorary Awards

- A. Brother Bennett Award
 - a. Robert Crawford
 - b. David Ricks

- B. Coach of the Year
 - a. Travis Werner

- C. Referee of the Year
 - a. Bill Clayton

12) Meet Bids/ Current USAPL Schedule

2011 Meet Schedule

Meet	Host	Location	Date
Military/Armed Forces	Cmdr. James Henderson-Coffey	Pensacola, FL	March 12
Collegiate Nationals	Steve Mann	Scranton, PA	April 1 – 3
High School Nationals	Hector Munoz	Corpus Christi, TX	March 25 – 27
Masters Nationals	Greg Jones	Atlanta, GA	April 28 – May 1
Women's Nationals	Greg Jones	Atlanta, GA	May 20 – 22
Deadlift/Push-Pull	John Shifflett	VA	September 10
Teen/Junior Nationals Men's Nationals	Jim Battenfield Paul Fletcher	Bay St. Louis, MS	June 10 – 12
Raw Nationals	Steve Mann	Scranton, PA	August 19 - 21
Bench Press Nationals	Robert Keller	Orlando, FL	September 3 – 4
American Open Police & Fire Nationals	Jim Battenfield Paul Fletcher	Bay St. Louis, MS	December 10 – 11

2012 Meet Schedule: Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Military/Armed Forces			
Collegiate Nationals	Paul Fletcher	Baton Rouge, LA	
High School Nationals	Brain Kenny	Wisconsin Dells, WI	Mar 23 - 25
Masters Nationals	Dan Gaudreau	Denver, CO	
Women's Nationals	Steve Rayborn	Boise, ID	May 19 – 20
Deadlift/Push-Pull	Dan Gaudreau	Denver, CO	
Teen/Junior Nationals Men's Nationals	Robert Keller	Orlando, FL	June 22 - 24
Raw Nationals	Johnny Graham	Killeen, TX	
Bench Press Nationals	Lance Slaughter	Palm Springs, CA	
American Open Police & Fire Nationals	Greg Jones	Atlanta, GA	

2013 Meet Schedule: *Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Military/Armed Forces			
Collegiate Nationals *			
High School Nationals*	Dan Gaudreau	Denver, CO	
Masters Nationals *			
Women's Nationals*	Robert Keller	Orlando, FL	
Deadlift/Push-Pull			
Teen/Junior Nationals Men's Nationals			
Raw Nationals			
Bench Press Nationals			
American Open Police & Fire Nationals			

Open Meet Bids:

2013 American Open, Police and Fire Nationals
Philadelphia, PA – Robert Keller

2013 Bench Press Nationals
Atlanta, GA – Greg Jones

2013 Collegiate Nationals

2013 Deadlift and Push/Pull Nationals
Ft. Lauderdale, FL – Robert Keller

2013 High School Nationals
Denver, CO – Dan Gaudreau

2013 Raw Nationals
Orlando, FL – Robert Keller

2013 Teen/Jr/Men's Nationals
Killeen, TX – Johnny Graham

13) Items from the floor