

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 $\frac{3}{4}$ inch sheets of plywood measuring 4' x 8'. For sturdy construction, no less than two [2] layers of $\frac{3}{4}$ plywood will be used. Three [3] layers of $\frac{3}{4}$ plywood is preferred and recommended.
4. If you're going with the preferred three [3] layers of $\frac{3}{4}$ 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. The 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

