

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR
IMCOM POWERLIFTING CHAMPIONSHIP
USAG BAVARIA; ROSE BARRACKS, GERMANY
1 DECEMBER 18
(as of 27 September 2018)**

1. **REFERENCES:**
 - a. AR 215-1, Military Morale, Welfare, and Recreation Programs and Nonappropriated Fund Instrumentalities, 24 SEPTEMBER 2010.
 - b. Army in Europe (AE) Regulation 215-1-8, Conducting Europe Region Sports & League Championships, dated 27 JULY 2005.
 - c. DA PAM 385-5, Fundamentals of Safety in Army Sports & Recreation. 15 NOVEMBER 1981.
 - d. USA Powerlifting – Current US Powerlifting Federation Rules
2. **WHAT:** USAG Bavaria IMCOM Powerlifting Championship.
3. **WHEN:** 1 December 2018
4. **WHERE:** Memorial Fitness Center, Bldg. 616
5. **DIVISIONS:** Men & Women
6. **ENTRIES:**
 - a. Participants may enter individually or as part of a team.
 - b. Garrisons/bases are authorized one team entry for each division. Teams will be co-rec in composition.
 - c. There are unlimited entries per team, per weight division.
7. **TEAM ROSTERS**
 - a. AE Regulation 215-1-8, Section 6. (Official Team Roster)
 - b. A copy of the roster must be submitted to the USAG Bavaria Sports Office NLT 17 NOV 18. Send to usarmy.grafenwoehr.imcom-fmwrc.list.sports-and-fitness@mail.mil or DSN FAX: 475-6195 or CIV FAX: 069641-83-6195) or DSN FAX: 476-2213 or CIV 09662-83-2213
 - c. Additionally, all teams must provide the final roster (AE Form 215-1-8A-R) to the tournament director or host site coordinator prior to the scheduled weigh-ins. Rosters must have the proper approving authority's signature(s) to be valid. Failure to provide this roster may result in the offending team not being allowed to participate as a team for this championship.
8. **REGISTRATION:** Pre-registration is required, individuals and teams must pre-register NLT 17 November 2018 by emailing the registration form to usarmy.grafenwoehr.imcom-fmwrc.list.sports-and-fitness@mail.mil

9. **CANCELLATION**

A minimum of 15 participants is required for the event to be conducted. If 15 are not pre-registered prior to 17 November 2018 the event will be cancelled.

10. **ELIGIBILITY:**

- a. AE Regulation 215-1-8, Section 5.
- b. Reassigned personnel will state their intentions in a memorandum to the Garrison Commander, and send copies to the sports directors of the garrisons/bases involved in the reassignment.
- c. If a garrison/base does not have a team, the individuals must enter as an individual.
- d. Individual Sports Championships: U.S. Military, DOD civilian employees, family members of Soldiers and civilian employees, and U.S. contractors eligible to use U.S. facilities may take part in individual sports championships, regardless of where they are assigned. Also, members of NATO Forces assigned to U.S. Army units in the Europe Region are eligible to compete.

11. **WEIGH-INS:**

- a. All weigh-ins will be conducted on 1 December 2018 from 0700-0900 hours - **ONLY**. All lifters must weigh-in wearing shorts, women must also wear a sports bra, and all are recommended to wear socks.
- b. If there are a large number of competitors, the meet may be broken down into a 2-session competition. This would mean that some lifters would not be competing until the afternoon session. Therefore, those lifters would not be weighed in until a later specified time. Per USAPL rules, all lifters must weigh-in within 2 hours of meet starting time).

12. **WEIGHT CLASSES:**

Male: up to 52kg (114.5lbs), up to 56kg (123.5lbs), up to 60kg (132.25lbs), up to 67.5kg (148.5lbs), up to 75kg (165.25), up to 82.5kg (181.5lbs), up to 90kg (198.25lbs), up to 100kg (220.25lbs), up to 110kg (242.5lbs), up to 125kg (275.5lbs), over 125kg (275.5lbs).

Female: up to 44kg (97lbs), up to 48kg (105.75lbs), up to 52kg (114.5lbs), up to 56kg (123.5lbs), up to 60kg (132.25lbs), up to 67.5kg (148.5lbs), up to 75kg (165.25), up to 82.5kg (181.5lbs), up to 90kg (198.25lbs), over 90kg (198.25lbs).

13. **COACHES/LIFTERS MEETING /SAFETY BRIEFING:**

1 December 2018, 0930 hours. Mandatory coaches/lifters meeting will be conducted at the Memorial Fitness Center, Bldg. 323, at that time all administrative procedures will be discussed.

14. **START TIME:**

1 December 2018 – First lift will be at 1000.

15. **COMPETITION FORMAT:**

In accordance with USA Powerlifting, round system format: progressive loading – all lifters in your flight will go one time prior to a single lifter lifting a second time.

17. **UNIFORM INFO:**
- a. IAW USPL rules. Single-ply one-piece uniforms are required for this event. Single ply bench press shirts, belts (may not exceed 10cm in width), knee bands or knee wraps and wrist wraps are authorized. Note: **Knee length socks must be worn during the Dead Lift. Lifting costumes and any equipment that is worn on the platform must comply with USA IPF rules.**
 - b. Flat-soled athletic shoes are authorized.
 - c. The head referee will have final call on all uniform and equipment.
18. **TEAM POINTS:**
- Team points will be added by giving point values to lifters based on their final placing:
- a. 1st Place – 12 Pts
 - b. 2nd Place – 9 Pts
 - c. 3rd Place – 8 Pts
 - d. 4th Place – 7 Pts
 - e. 5th Place – 6 Pts
 - f. 6th Place – 5 Pts
 - g. 7th Place – 4 Pts
 - h. 8th Place – 3 Pts
 - i. 9th Place – 2 Pts
19. **AWARDS:**
- a. 1st, 2nd and 3rd place individual in each weight class/division. Team awards will also be given to the top 3 teams.
 - b. Best overall male and female lifter awards.
20. **AWARD CEREMONY:**
- 1 December 2018, upon the conclusion of the last lift.
21. **BILLETING:**
- a. Free open bay billeting for teams and individual participants. Call NLT, 30 November 2018. Participants/coaches should bring sleeping bags, pillows, personal hygiene items, etc. Contact Mr. William Smithson, Sports Programmer at DSN: 476-2214, or CIV: 09662-632214, or email at william.e.smithson.naf@mail.mil
 - b. Pay billeting contact the USAG Bavaria; Rose Barracks, Kristall Inn - DSN: 476-1700, CIV: 09662-441104, or the Grafenwoehr Army Lodging at DSN: 475-1700, or CIV: 09641-93640, or visit their website: http://www.grafenwoehrmwr.com/lodging/lodging_grafenwoehr.html
22. **TRANSPORTATION:**
- Respective garrisons may provide transportation when able to assist.
23. **DUTY STATUS:**
- It is strongly recommended that participants be placed in an official travel status i.e. TDY, Permissive TDY, or pass for the duration of their travel and competition when traveling and participating at these competitions. (This assists the participant and their immediate Command should an unforeseen incident occur during that timeframe.)

24. **MEDICAL SUPPORT:** It is mandatory that the host site of these competitions provide on site medical support to assist in care, treatment and evacuation of any injured/sick participants and/or spectators.
25. **TOURNAMENT DIRECTOR** Mr. Carlton Campbell, Sports Specialist, Rose Barracks, DSN: 476-2214 or CIV: 09662-83-2214.
26. **HOST SITE COORDINATOR:** Mr. Carl Boothe, Supervisory Sports Specialist, DSN: 476-2214, CIV: 09662-832214.

SERGE KEARSE
Chief, Sports & Fitness Operation
F&MWR, USAG Bavaria