

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR
IMCOM-E/USAG BAVARIA RAW POWERLIFTING
CHAMPIONSHIP
TOWER BARRACKS, GERMANY
2 December 2023
(as of 19 July 2023)**

1. **REFERENCE:**
 - a. AR 215-1, 24 September 2010, NAFI and, Morale, Welfare and Recreation Activities.
 - b. AER 215-1, Family and Morale, Welfare, and Recreation Programs in Europe 17 June 2019.
 - c. DA PAM 385-10, Fundamentals of Safety in Army Sports & Recreation. 23 May 08.
 - d. USA Powerlifting – Current USA Powerlifting Rules
2. **WHAT:** IMCOM-E/USAG Bavaria Powerlifting Clinic/Championship.
3. **WHEN:** 28 Nov - 1 Dec 2023 Powerlifting Clinic, 0830 - 1600 hours
2 December 2023, Powerlifting Championships, Meet starts at 1000 hours
4. **WHERE:** Powerlifting Clinic – Memorial Fitness Center, B616, Rose Barrack
Powerlifting Championship, Memorial Fitness Center, B616, Rose Barracks
5. **DIVISIONS:** Men & Women
6. **ENTRIES:**
 - a. Participants may enter individually
 - b. Unlimited entries per community.
 - c. Maximum of 40 competitors for the meet.
7. **REGISTRATION:** Pre-registration is required! Individuals / Teams must pre-register NLT 17 November 2023, and by emailing the registration form to usarmy.bavaria.id-europe.list.fitness-programs@army.mil
8. **CANCELLATION** **Minimum of 15 participants is required for the event to be conducted.**
If 15 participants are not pre-registered prior to 17 November 2023, the event will be canceled.
9. **ELIGIBILITY:** U.S. ID card holders only. Active Duty Soldiers, DoD Civilians and Family members 18 years and older and out of high school.
10. **EQUIPMENT CHECK:** 2 December 2023, Memorial Fitness Center, B616 at 0730 hours, singlets, weight-belts, wrist wraps, knee sleeves, knee wraps, wraps, knee length socks, footwear, and T-shirt.
11. **WEIGH-INS:**
 - a. 2 December 2023, Memorial Fitness Center, B616 from 0800-0930 hours. All lifters must weigh-in wearing shorts, women must also wear a sports bra, and recommended that all 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 (114lbs), up to 57kg (123lbs), up to 60kg (132lbs), up to 67.5kg (148lbs), up to 75kg (165lbs), up to 82.5kg (181lbs), up to 90kg (198lbs), up to 100kg (220lbs), up to 110kg (242lbs), up to 125kg (275lbs), up to 140kg (308lbs), over 140kg (+308lbs).
Female: up to 44kg (93lbs), up to 47kg (105lbs), up to 52kg (114lbs), up to 57kg (123lbs), up to 60kg (132lbs.) up to 67.5kg (148lbs), up to 75kg (165lbs), up to 82.5kg (181 lbs), up to 90kg (198lbs), up to 100kg (220lbs), over 100kg (+220lbs).
13. **COACHES/LIFTERS SAFETY BRIEFING:** 2 December 2023, Memorial Fitness Center, B616. Mandatory coaches/lifters meeting will be conducted at 0930 hours and all administrative procedures will be discussed at that time.
14. **START TIME:** 2 December 2023 – 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.
16. **AWARDS:** a. 1st and 2nd place individual Medals in each weight class/division.
b. 1st, 2nd and 3rd place Community Team Trophies
c. Best overall male and female lifter awards.
17. **AWARD CEREMONY:** 2 December 2023, Memorial Fitness Center, B616, upon the conclusion of the last lift.
18. **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.
19. **TOURNAMENT DIRECTOR:** Mr. Serge Kearse, Chief, Sports & Fitness Operations,
Family and MWR, USAG Bavaria
DSN: 526-9035, CIV: 09641-70-526-9035.
20. **CLINICIAN/ HEAD REFEREE:** Mr. Johnny Graham,
USA Powerlifting Vice President
21. **HOST SITE COORDINATOR:** Carl S. Boothe
Supervisory Sports specialist
Family and MWR, USAG Bavaria
DSN: 476-2538, CIV: 09662-83-2538