

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR
USAG BAVARIA POWERLIFTING
CHAMPIONSHIP
ROSE BARRACKS, GERMANY
5 December 2026
(as of 2 June 2026)**

- 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:** USAG Bavaria Powerlifting Championship.
- 3. WHEN:** 5 December 2026, Powerlifting Championships, Meet starts at 1000 hours
- 4. WHERE:** 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:**

Entry Fee: \$25 - includes event T-shirt
Pre-registration is required! Individuals must pre-register on webtrac (<https://webtrac.mwr.army.mil/webtrac103/wbwsc/grafenwoehrrectrac.wsc/wbsearch.html?wbsi=92a30537-2e19-5fbd-f514-fab4ecf799a0&xxcim=0&xxmod=AR&xxrowid=0x0000000005ac5d81&xxfrom=wb0330.html>) NLT 20 November 2026,
- 8. CANCELLATION**

Minimum of 15 participants is required for the event to be conducted.
If 15 participants are not pre-registered prior to 20 November 2026, 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:** 5 December 2026, Memorial Fitness Center, B616, Rose Barracks, at 0730 hrs. singlets, weight-belts, wrist wraps, knee sleeves, knee wraps, wraps, knee length socks, footwear, and T-shirt.
- 11. WEIGH-INS:**
 - a. 5 December 2026, Memorial Fitness Center, B616, Rose Barracks, 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 (181lbs), up to 90kg (198lbs), up to 100kg (220lbs), over 100kg (+220lbs).
13. **COACHES/LIFTERS SAFETY BRIEFING:** 5 December 2026, Memorial Fitness Center, B616, Rose Barracks. Mandatory coaches/lifters meeting will be conducted at 0930 hours and all administrative procedures will be discussed at that time.
14. **START TIME:** 5 December 2026 – 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, 2nd & 3rd place individual Medals in each weight class/division.
b. 1st, 2nd & 3rd place Community Team Trophies
c. Best overall male and female lifter awards.
17. **AWARD CEREMONY:** 5 December 2026, Memorial Fitness Center, B616, Rose Barracks, 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:** Giovanni D. Smith
Fitness Coordinator
Family and MWR, USAG Bavaria
DSN: 526-1420, CIV: 09641-70-526-1420.
20. **HEAD REFEREE:** Mr. William E. Smithson
Sports Programmer, Rose Barracks
USA Powerlifting National Official
DSN: 599-4966, CIV: 09641-705994966
21. **HOST SITE COORDINATOR:** Carl S. Boothe
Facility Manager, Rose Barracks
Family and MWR, USAG Bavaria
DSN: 599-5384, CIV: 09641-705992538