

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR  
USAG BAVARIA RAW POWERLIFTING CHAMPIONSHIP  
ROSE BARRACKS, GERMANY  
4 DECEMBER 2021  
(as of 30 July 2021)**

1. **REFERENCES:**
  - a. AER 215-1, Family and Morale, Welfare, and Recreation Programs in Europe 17 June 2019.
  - b. DA PAM 385-10, Fundamentals of Safety in Army Sports & Recreation. 23 May 08.
  - c. USA Powerlifting – Current USA Powerlifting Rules
2. **WHAT:** USAG Bavaria Powerlifting Championship.
3. **WHEN:** 4 December 2021, competition starts at 1000 hours
4. **WHERE:** Memorial Fitness Center, B616
5. **DIVISIONS:** Men & Women
6. **ENTRIES:**
  - a. Participants may enter individually
  - b. Unlimited entries per community
  - c. Maximum 40 competitors for the meet
7. **REGISTRATION:** Pre-registration is required, individuals and teams must pre-register NLT 30 November 2021 by emailing the registration form to [usarmy.bavaria.id-europe.list.fitness-programs@mail.mil](mailto:usarmy.bavaria.id-europe.list.fitness-programs@mail.mil)
8. **CANCELLATION** **A minimum of 15 participants is required for the event to be conducted.** If 15 are not pre-registered prior to 30 November 2021 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, within USAG Bavaria.
10. **EQUIPMENT CHECK:** At 0730 singlets, weight belts, wrist straps, knee sleeves, knee length Socks, knee straps, and T-shirts.
11. **WEIGH-INS:**
  - a. All weigh-ins will be conducted on 4 December 2021 from 0800-0930 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 59kg (130lbs), up to 66kg (145lbs), up to 74kg (163lbs), up to 83kg (183lbs), up to 93kg (205lbs), up to 105kg (231lbs), up to 120kg (265lbs), over 120kg (+265lbs).  
**Female:** up to 47kg (104lbs), up to 52kg (115lbs), up to 57kg (126lbs), up to 63kg (139lbs), up to 72kg (159lbs), up to 84kg (185lbs), over 84kg (+185lbs).
13. **COACHES/LIFTERS SAFETY BRIEFING:** 4 December 2021, 0930 hours. Mandatory coaches/lifters meeting will be conducted at the Memorial Fitness Center, Bldg. 616, at that time all administrative procedures will be discussed.
14. **START TIME:** 4 December 2021 – 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. 1<sup>st</sup> and 2<sup>nd</sup> place individual in each weight class/division.  
b. Best overall male and female lifter awards.
17. **AWARD CEREMONY:** 4 December 2021, 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. **HOST SITE COORDINATOR:** DSN: 476-2214, CIV: 09662-832214.