

POLICIES AND PROCEDURES

1. COMPETITIONS

1.1 Technical Rules

The Society shall abide by any technical rules laid down by the CPU or IPF regarding competitions generally.

1.2 Provincial Championships

- I. Every year the President shall be responsible organizing the Society's annual championship contest (the "**Provincial Championships**") unless such Provincial Championships have been awarded to another Meet Director at the PAGM. The Provincial Championships shall occur not less than ten (10) weeks and not more than eighteen (18) weeks after the national championships of the CPU (the "**National Championships**").
- II. The Provincial Championships in any given year are the qualifying event for the National Championships of the following year.
- III. The Provincial Championships are open to competition for any APU Member that has met the APU Provincial qualifying standard as set by the APU and published on the APU website. Such qualifying total must be achieved by the Member at a APU or CPU sanctioned competition within twenty-four (24) months of the Provincial Championships.
- IV. Each Registered Club may compete in the club competition at the Provincial Championships (the "**Club Championship**").
 - (i) The Club Championship rules are:
 - (A) each club must be a Registered Club;
 - (B) club teams must have at least two entrants in the powerlifting competition;
 - (C) each club competitor must also register individually in the Provincial Championships;
 - (D) the Club Coach must enter all individual team members by sending the Club Championship form to the Provincial meet director prior to the close of the entry deadline;
 - (E) the scoring will be based on the four (4) top IPF Formula scoring powerlifting and one (1) bench-only club competitors;

- (F) in the case of a tie breaker, the club with the most first placements, second placements, or third placements shall be the winner; and
 - (G) the winner of the Club Championship shall be awarded a banner. The banner shall be provided by the meet director of the Provincial Championships. The meet director shall get approval from the APU Executive regarding the banner in advance of the Provincial Championships.
 - (H) Should any member of the winning club fail a Drug Test performed at the Provincial Championships, the club will forfeit the Championship title and banner and return it to the APU Executive within fifteen (15) days of doping failure notice and will not be allowed to re-register as a recognized club.
- V. Each Registered Club shall also have fulfilled one of the following requirements to be eligible for the Club Championship:
- (i) act as a meet director for a Society sanctioned powerlifting or bench press competition within the province of Alberta during the previous twelve (12) months; or
 - (ii) provide at least four (4) Registered Club members to assist in two (2) local competitions (must be at least four (4) Registered Club members per local competition) as an official or other volunteer role as assigned by the meet director between the previous year's Provincial Championships and upcoming Provincial Championships. For clubs with four (4) or less members, at least one (1) Registered Club member must assist in one (1) local competition as an official or other volunteer role as assigned by the meet director between the previous year's Provincial Championships and upcoming Provincial Championships.
- VI. All Provincial Championship bids shall be presented for consideration at the PAGM of and must be accompanied by a payment in the amount of \$150.00 prior to the PAGM. The payment will act as a deposit and will be returned to the bidding Meet Director if he or she did not successfully receive the bid.
- VII. The total entry fee of a local APU sanctioned meet will not exceed \$155, all inclusive. If the Meet Director requires the meet entry fee to cost more, then the Meet Director must propose to the APU Executive as to why the event should cost more and the APU Executive will decide on a case-by-case basis. This cap shall be reviewed periodically to accommodate other economic trends and increased costs associated with meet directing, if necessary.

1.3 Qualifications for CPU National Championships

- I. All Members wishing to participate in the CPU national championships (the "**National Championships**"), shall have first attained the national qualifying total

set by the CPU. Such qualifying total must be achieved by the Member at a CPU sanctioned competition within twenty-four (24) months of the National Championships. In addition to the foregoing, such Member shall also have fulfilled one of the following requirements:

- (i) lifted at most recent Provincial Championships;
- (ii) acted as a head coach for a Registered Club at such Provincial Championships;
- (iii) assisted in the presentation of the most recent Provincial Championships as a meet director, official, or other volunteer role as assigned by the meet director;
- (iv) acted as a meet director for a Society sanctioned powerlifting or bench press competition within the province of Alberta during the previous twenty-four (24) months; or
- (v) assisted in two (2) local competitions as an official or other volunteer role as assigned by the meet director between the previous year's National Championships and upcoming National Championships.

In addition, Members who have not previously lifted at a National Championship must fulfill the following requirements:

- (vi) record a total at a regional championships within the previous twenty-four (24) months of the upcoming National Championships; and
 - (vii) lift at a Provincial Championship within the previous twenty-four (24) months of upcoming National Championships.
- II. If a Member is unable to fulfill the requirements as set out in subsections (I)(i)-(I)(iv), then he or she may apply to the APU Executive for a discretionary ruling on the matter. The APU Executive will only grant an exception to the requirements set forth in Section 1.3 (I) under the most rare and extreme circumstances.
- III. The National Championships form requires the authorizing signature of the provincial President. The form shall be sent to the President via mail, email or fax at least one (1) week before the National Championships entry form is due.

1.4 Sanctioning of Competitions

- I. Any person resident in Alberta is able to apply to the Society to have his or her powerlifting and/or bench press competition sanctioned by the Society. To apply for Sanctioned Competition (as defined herein) the applicant must submit an "Sanction Request Form" (as made available on the Society website) eight (8) weeks before the proposed date of the competition along with a draft entry form.

- II. The APU Executive in its sole discretion will rule on whether or not to sanction any competitions. Any powerlifting and/or bench press competition sanctioned by the Society is a "**Sanctioned Competition**".
- III. A Sanctioned Competition is open to any Member and must abide by the rules of the Society. Sanctioned Competitions shall not be open to any lifter that is not a Member or a member of the CPU, or another IPF-affiliated organization.
- IV. If a meet director hosts a Sanctioned Competition but grossly and negligently fails to abide by the rules of the Society, the Society may revoke the sanction of the competition and shall not record the results in the Society's records.
- V. After a Sanctioned Competition, the meet director must pay a fee of \$100 and \$5 per lifter at the competition to the Society within 4 weeks of the date of the Sanctioned Competition. Failure to pay the required fee will result in that meet director being prevented from hosting future Sanctioned Competitions, as well as that meet director being unable to purchase a membership to the Society until the fees are paid.
- VI. Meet directors will be responsible for charging a mandatory drug testing fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: \$15 per lifter for any local competition or Provincial Championships. These fees will be paid to the Society following the competition and used solely for drug-testing purposes. If the amount collected for a single competition exceeds the cost of doping control, the surplus will be put toward drug testing purposes at future Society competitions.

1.5 Coaching at Competitions

- I. Each athlete competing is allowed up to two (2) coaches to assist him or her in the warmup area, staging area, and designated coaching area near the competition platform.
- II. Coaches or individuals assisting an athlete at competitions are expected to understand the IPF rule book, how meets operate, and conduct themselves with respect following the Society's objectives and Code of Conduct.

2. PROVINCIAL RECORDS

2.1 Eligibility

Only Members who are also Alberta residents shall be able to set provincial records of the Society.

2.2 Record Setting

An eligible Member may set a provincial record of the Society in his or respective age and weight class for the bench press only, squat, bench press, deadlift and powerlifting total.

The lifts can be performed at any competition in Canada or internationally, so long as competition was an IPF-affiliated competition and the results are verifiable. Equipped provincial records may only be set by lifters competing in equipment.

2.3 Record Keeping

The Records Chairman is responsible for the recording of and updating of provincial records. However, it is the responsibility of the record-setting Member to inform the Records Chairman of the lift. The record must be submitted by the Member to the Records Chairperson no later than 7 (seven) days from the date of any sanctioned competition (or final day of a multi-day event). The Records Chairman, upon verification of the results of the competition, shall update the Society's records accordingly and make the applicable updates to the Society's website.

3. HALL OF FAME

3.1 Purpose

- I. The Society shall have a hall of fame ("**Hall of Fame**") recognizing the contributions to the sport of powerlifting by the Members of the Society. The Hall of Fame will serve to honor and remember the great members of the Alberta powerlifting community.
- II. There shall be a page dedicated to the Hall of Fame on the Society's webpage which will detail a short biography of each inductee.

3.2 Inductions

- I. Four (4) weeks before each PAGM, each APU Executive shall nominate and vote on one (1) individual to be inducted into the Hall of Fame for that year. The APU Executive does not have to induct an individual into the Hall of Fame every year, though they shall thoroughly discuss the matter.
- II. The criteria to be weighed when considering a Hall of Fame individual is as follows:
 - (i) volunteerism within the Society;
 - (ii) competition history and success, including international-level competition; and
 - (iii) years spent as a Member.
- III. An individual being inducted to the Hall of Fame shall be inducted at the Provincial Championships, and the Provincial Championships meet director shall furnish the inductee with an appropriate plaque or award. The President shall prepare a speech and make the award and induction during the award ceremonies of the Provincial Championships.

3.3 Yearly Awards

- I. Four (4) weeks before each PAGM, APU members can nominate members for the awards. Then, the APU Executive will vote on one (1) individual to be awarded Volunteer of the Year and one (1) individual to be awarded the Athlete of the Year. The APU Executive does not have to award individual awards every year, though they shall thoroughly discuss the matter.
- II. The criteria to be weighed when considering a Volunteer of the Year is as follows:
 - (i) Volunteerism within the Society;
 - (ii) Number of events volunteered within the year;
 - (iii) Individuals enthusiasm and development for the Society
- III. The criteria to be weighed when considering an Athlete of the Year is as follows:
 - (i) Performance at international and/or national championships
 - (ii) Demonstrates character, sportsmanship, and athletic integrity as a member of the APU
 - (iii) Obtained records, international placing, and a high lifter coefficient ranking
- IV. An individual being awarded a yearly award shall be presented it at the Provincial Championships, and the Provincial Championships meet director, with the help of the Societies Executive, shall furnish the individual(s) with an appropriate plaque or award. The President shall prepare a speech and make the award presentation during the award ceremonies of the Provincial Championships.

4. SOCIETY OWNED EQUIPMENT

4.1 Appointment of Custodians

- I. The President shall maintain an inventory of all Society-owned equipment.
- II. The President shall appoint one (1) or more Members as custodians of the Society-owned equipment.
- III. Each custodian shall transport, at his or her own expense, all Society-owned equipment in his or her possession to Sanctioned Competitions upon request. If personal transportation is unfeasible, such custodian shall make arrangements to have the equipment otherwise transported to the Sanctioned Competition.
- IV. Each appointed custodian is responsible for the Society-owned equipment in his or her care. Any misuse, or damage of the Society-owned equipment will result in immediate termination of his or her custodianship and further disciplinary action as deemed necessary by the APU Executive.

5. REFEREES

5.1 General

- I. The Society shall provide sufficient referees for each Sanctioned Competition.
- II. The Society shall train and prepare Members to become referees. A member becomes referee after passing the written and practical referee examination administered by the Officiating Chairman. A Member who has passed the written and practical examinations is a "**Referee**".
- III. To maintain their Referee status in the Society, each Referee must referee at least one (1) Powerlifting (3-lift) session at an APU Sanctioned Competition per year. The year is measured from Provincial Championship to Provincial Championship.
- IV. The President shall keep a register of all Referees and make available on the Society's website.
- V. Referees who officiate at the Provincial Championships will receive \$50 / session. The cost will be split 50/50 between the Meet Director and APU for each referee. The meet director will be charged their share and the APU will distribute the amounts. Failure to pay on the meet directors behalf will result in no further sanctions until amount owed is paid.
- VI. Each year one (1) provincial Referee is eligible to receive a \$500 stipend to write the national referee exam. This stipend is only available if the certifying competition is held outside of Alberta.
- VII. If a Referee does not referee at least one Sanctioned Competition in year and has lost his or her Referee status, as per Section 5.1(III), that Referee may, within three (3) months of losing status apply to re-take the practical portion of the referee exam. After the three (3) month period, the Referee will have to take both the practical and written exam to regain Referee status. This Section 5.1(VII) does not apply to CPU or IPF referees.

5.2 Dress

- I. Referees shall wear an officiating tie as supplied by the Society.
- II. Referees and members of the jury (should there be a jury), in addition to the aforementioned tie, shall all be uniformly dressed as follows:
 - (i) Men: collared white shirt, grey or black slacks, blue blazer.
 - (ii) Women: white blouse, grey or black skirt or slacks, blue blazer.

6. DOPING CONTROL

6.1 Adoption

The Society shall adopt and follow the rules and regulations regarding anti-doping as established and promulgated by the World Anti-Doping Agency ("WADA"), the Canadian Center for Ethics in Sport ("CCES") as well as any policies of the CPU and the IPF.

6.2 Testing

- I. All Members agree that by virtue of their membership in the Society, he or she is subject to in-contest and out-of-contest drug testing by CCES at any given time during the year. Any drug test conducted by CCES on a Member is "**Drug Test**".
- II. Any Member is subject to a Drug Test for a period of eighteen (18) months after the termination of his or her membership.
- III. Any Member who fails a Drug Test, shall be immediately suspended from the Society and the Society shall refer the Member to the CPU for further punishments.
- IV. The Society will use drug testing fees collected at meets as listed under Policy 1.4.(VI) to pay for drug testing as required by the CPU and/or CCES
- V. Any Member suspensions from failed Drug Testing will be posted on the APU website. This ensures athletes are aware of any prohibited association rules with the suspended athletes.

6.3 General

The Society shall observe any suspension issued by the CPU or any other IPF-affiliated powerlifting organization. No person who is currently suspended from any IPF-affiliated powerlifting organization shall be able to participate in a Sanctioned Competition, either as athlete, coach, meet director or otherwise.

6.4 Registered Clubs

- I. **Any APU registered club that has a member who fails a drug test at any level of powerlifting competition in the APU/CPU//IPF shall face the following sanctions:**
 - a. **1st Offense – Club Suspension until December 31st of the following calendar year in which the drug tested occurred. (EG if the suspension occurs on June 1, 2021 the club will only be allowed to re-register after December 31, 2022) The Club will then be allowed to re-register.**
 - b. **2nd Offense – Club suspension for three (3) years from the date of the drug test (EG if the suspension occurs on June 1, 2021, the earliest the club would be allowed to re-register is after June 1, 2024) The club**

must then apply to the APU's Appeal Committee to be able to re-register as a club.

- c. 3rd Offense – The Club will receive an automatic lifetime suspension from the APU and will no longer be able to register as an APU Club. The decision is final.**
- d. All club suspensions will be posted to the APU website to ensure athletes are aware of any prohibited association with suspended athletes.**

7. SPONSORSHIP

7.1 General

- I. The Society may seek out and accept corporate sponsorship as it sees fit, provided that, such sponsorship is of significant financial benefit to the Society.
- II. The Society shall only accept sponsorship from sponsors that are aligned with the Society Objectives provided for in Article 2 herein and where such sponsorship would further the Society's objectives.

7.2 Duties

- I. The Vice-President shall develop and maintain a sponsorship policy which provides for various levels of sponsorship and has corresponding costs associated with each level of sponsorship.
- II. The Vice-President shall also be responsible for seeking out and maintaining sponsorship of the Society, as outlined in the Bylaws.
- III. The Vice-President, at his or her discretion, may engage another member of the APU Executive or another Member to assist with sponsorship related duties.

8. COACHES

8.1 National Championships

- I. Coaching positions may be assigned to lead and manage athletes at the CPU National Championships. Where suitable candidates are presented, a head coach will be appointed, as well as assistant coaches, intern coaches and a team manager for teams larger than 20 athletes. The APU may provide a stipend to the staff according to this structure:

Head Coach - \$80/session + (\$25 x number of athletes coached)

Assistant Coach - \$50/session + (\$15 x number of athletes coached)

Intern Coach – Unpaid

Team Manager - \$500

- II. The positions available for the Provincial Team Coaching staff will include: Head Coach, Assistant Coach, Team Manager, and Intern Coach.
- III. Team Manager will be responsible for devising a coaching schedule for our National team, develop correspondence between the athletes and the appointed coaches. The manager will make sure all athletes are made aware of any deadlines and overall assisting in the organization of the team. Intern coaches are unpaid positions for coaches new to the sport or coaches wanting to gain experience at a higher level. Interns would help both the Head and Assistant Coach.

9. STUDENT SCHOLARSHIP

9.1 Grant

- I. Each year the APU will grant one student scholarship based on an athlete's involvement within the sport, including volunteerism, athletic accomplishments, and commitment to growing powerlifting in Alberta. The student scholarship amount and the application conditions will be determined at each PAGM. Following the PAGM, candidates may then apply for the student scholarship. At the submission deadline, the APU Executive will shortlist and select a successful candidate.

10. COMPETITION AND MISCELLANEOUS

10.1 Apparel

- I. All APU competitions will allow logos and clothing of active APU Clubs, and all CPU and IPF approved brands to be worn on the platform.
- II. Logos and clothing not directly related to the APU or on the CPU/IPF approved list may be worn on the platform of any APU local level contest as long as they meet the following requirements:
 - (i) Does not display offensive language or vulgar imagery
 - (ii) Follows the APU Code of Conduct and core values
 - (iii) Meets the required specs of clothing as per IPF Rulebook

10.2 Youth Division

- III. All APU competitions will be sanctioned to allow for the following Youth Division age classes:
 - (i) Youth 1 - from the day the lifter turns 8 years old throughout the full calendar year they turn 9 years old (up to Provincial competition level only)

- (ii) Youth 2 – from January 1st of the calendar year the lifter turns 10 years old (up to Regional competition level only)
 - (iii) Youth 3 – from January 1st of the calendar year the lifter turns 12 years old until the day the lifter turns 14 years old (up to National competition level)
- IV. All APU competitions will be sanctioned to allow for the following Youth Division age classes:
 - (i) Girls Weight Classes: 30kg, 35kg, 40kg, and then the already set weight classes.
 - (ii) Boys Weight Classes: 30kg, 35kg, 40kg, 44kg, 48kg, and then the already set weight classes.
- V. Youth lifting will only be contested raw/unequipped as defined in the CPU rule book.
- VI. Supportive equipment (bench press shirts, squat suits, deadlifts suits, and knee wraps) is strictly prohibited for youth lifting.
- VII. Youth lifters must wear a singlet and t-shirt during weigh-ins:
 - (i) Youth lifters must be accompanied by a parent, guardian
 - (ii) Youth lifters must be accompanied by a parent, guardian. A coach may be present during weigh-ins as well. Rule of 2 applies – 2 adults per 1 child
- VIII. Any lifter registering with a youth membership must provide a copy of their birth certificate or government issued ID (i.e. Passport or Provincial ID) to verify their age.
 - (i) Membership card and birth certificate should also be available upon registration at any competition
 - (ii) All minors must have a parent sign a waiver upon registration at any competition
- IX. For Youth 1 10kg bar may be used at all APU competitions, instead of a 20 kg bar.
- X. For Youth 2 a 15 kg bar may be used at all APU competitions, instead of a 20 kg bar.
- XI. For Youth 3, standard 20kg bar shall be used at all APU competitions
- XII. All Youth lifters will be allowed to request any increment of 0.5kg for any attempt

- XIII. Collares must be used for all Youth lifters. The collars may be either clips or standard 2.5 kg collars used in standard competition.
- XIV. Full diameter (45cm) “bumper plates” may be used for deadlifts when necessary to ensure the bar height from the floor is the same for all lifters.
- XV. There will be no set qualifying total for Provincial, Regional or National competition, however the youth lifter must have participated in a CPU sanctioned meet and must meet any other Provincial requirements to attend Provincials, Regionals, and Nationals.
- XVI. The APU will establish and maintain records for all Youth Divisions.
- XVII. All lifters in the youth division are exempt from having to complete the True Sport online education module.