**POLICIES AND PROCEDURES**

1. COMPETITIONS
   1. Technical Rules

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

* 1. Provincial Championships
     1. Every year the President shall be responsible organizing the Society's annual championship contest (the "**Provincial Championships**"). 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**").
     2. The Provincial Championships in any given year are the qualifying event for the National Championships of the following year.
     3. The Provincial Championships are open to competition for any Member that has met the regional qualifying standards as set by the CPU and published on the CPU websdite. 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.
     4. Each Registered Club may compete in the club competition at the Provincial Championships (the "**Club Championship**").
        1. The Club Championship rules are:
           1. each club must be a Registered Club;
           2. club teams must have at least two entrants in the powerlifting competition;
           3. each club competitor must also register individually in the Provincial Championships;
           4. 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;
           5. the scoring will be based on the four (4) top Wilks scoring powerlifting and one (1) bench-only club competitors;
           6. in the case of a tie breaker, the club with the most first placements, second placements, or third placements shall be the winner; and
           7. 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.
  2. Qualifications for CPU National Championships
     1. 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:
        1. lifted at most recent Provincial Championships;
        2. acted as a head coach for a Registered Club at such Provincial Championships;
        3. 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;
        4. 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
        5. 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:

* + - 1. record a total at either a regional championships within the previous twenty-four (24) months of the upcoming National Championships; and
      2. lift at a Provincial Championship within the previous twenty-four (24) months of upcoming National Championships.
    1. 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.
    2. 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. Sanctioning of Competitions
     1. 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.
     2. 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**".
     3. 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.
     4. 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.
     5. 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.
     6. 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: $20 per lifter for any local competition and $30 per lifter for the Provincial Championship. 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.
  2. Coaching at Competitions
     1. 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.
     2. 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.

1. PROVINCIAL RECORDS
   1. Eligibility

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

* 1. 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.

* 1. 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 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.

1. HALL OF FAME
   1. Purpose
      1. 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.
      2. 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.
   2. Inductions
      1. 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.
      2. The criteria to be weighed when considering a Hall of Fame individual is as follows:
         1. volunteerism within the Society;
         2. competition history and success, including international-level competition; and
         3. years spent as a Member.
      3. 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.
2. SOCIETY OWNED EQUIPMENT
   1. Appointment of Custodians
      1. The President shall maintain an inventory of all Society-owned equipment.
      2. The President shall appoint one (1) or more Members as custodians of the Society-owned equipment.
      3. 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.
      4. 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.
3. REFEREES
   1. General
      1. The Society shall provide sufficient referees for each Sanctioned Competition.
      2. 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**".
      3. To maintain their Referee status in the Society, each Referee must referee at least one (1) Sanctioned Competition per year. The year is measured from Provincial Championship to Provincial Championship.
      4. The President shall keep a register of all Referees and make available on the Society's website.
      5. Referees providing services at the Provincial Championships will receive $40 / session.
      6. 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.
      7. 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.
   2. Dress
      1. Referees shall wear an officiating tie as supplied by the Society.
      2. Referees and members of the jury (should there be a jury), in addition to the aforementioned tie, shall all be uniformly dressed as follows:
         1. Men: collared white shirt, grey or black slacks, blue blazer.
         2. Women: white blouse, grey or back skirt or slacks, blue blazer.
4. DOPING CONTROL
   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.

* 1. Testing
     1. 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**".
     2. Any Member is subject to a Drug Test for a period of eighteen (18) months after the termination of his or her membership.
     3. The meet director of the Provincial Championships shall coordinate with the CPU and CCES to conduct Drug Testing at the Provincial Championships. The cost of the Drug Testing at the Provincial Championships shall be borne by the meet director and he or she shall raise funds through meet fees accordingly.
     4. 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.
     5. The Society may use the Society's funds to conduct Drug-Testing as it deems necessary and cost-feasible.
  2. 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.

1. SPONSORSHIP
   1. General
      1. 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.
      2. 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.
   2. Duties
      1. 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.
      2. The Vice-President shall also be responsible for seeking out and maintaining sponsorship of the Society, as outlined in the Bylaws.
      3. 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.
2. Coaches
   1. National Championships
      1. Coaching positions may be assigned to lead and manage athletes at the CPU National Championships. Where suitable candidates are presented, a head coach will may be appointed, as well as an assistant coach for teams larger than 20 athletes. The APU may provide up to an aggregate of $1,000 to staff these positions.
3. Student Scholarship
   1. Grant
      1. 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.