



USA Powerlifting
National Governing Body Meeting
Killeen, Texas
Thursday, June 20th, 2013 – 4:00PM
AGENDA

- 1) **Roll call of voting members and credential check of participants**
- 2) **Reading of Minutes from NGB 2012**
(http://www.usapowerlifting.com/ngb/2012/2012_NGB_Minutes.pdf)
- 3) **President's Report – Larry Maile**
- 4) **Vice President's Report – Johnny Graham**
- 5) **Treasurer's Report - Geoffrey Plante**
- 6) **Committee Reports**
 - a) Coaching – Matt Gary (received)
 - b) Collegiate – Arval Bridges
 - c) Disabled Athletes – Chip Hulquist (received)
 - d) Discipline – Eric Kupperstein (received)
 - e) Drug Education – Mike O'Donnell
 - f) Drug Testing Committee – Mike O'Donnell IMT /Cathy Marksteiner OMT
 - g) Finance and Ethics –George Shoemaker (received)
 - h) Law and Legislation – Lucian Gillis (received)
 - i) Marketing and Publicity – Priscillia Ribic (received)
 - j) Masters' – Johnny Graham
 - k) Military – Lanette Lopez
 - l) Police and Fire – Tim Anderson
 - m) Raw – Joe Warpeha
 - n) Sports Medicine Committee – Mike Hartle
 - o) State Chair Committee – Christy Newman Cardella
 - p) Technical and Referees' Committee – Robert Keller/Bill Clayton (received)
 - q) Teenage/Junior – Joe Lewis (received)
 - r) Therapeutic Use Exemption – Dr. Mark W Rodacker (Received)
 - s) Women's Committee – Priscilla Ribic (received – written by Angela Simons)

7) Unfinished Business –

8) Proposed By-law Amendments

- a) Submitted by Dan & Jennifer Gaudreau

Article IV Section 4.16 (Current)

Conflict of Interest. No owner, employee, representative, or agent of an athletic gear manufacturer or distributing company who may directly derive profit from the sport of powerlifting, shall be permitted to hold an office as an Officer or Executive Committee member.

Article IV Section 4.16 (Amend to read as follows)

Conflict of Interest. No owner or direct employee of an athletic gear manufacturer who may directly derive profit from the sport of powerlifting, shall be permitted to hold an office as an Officer or Executive Committee member.

- b) Submitted by Dan & Jennifer Gaudreau

Article XIV Section 14.2 (Current)

Voting. Where not otherwise stated, voting on a particular matter by the National Committee or Executive Committee shall be by majority vote.

Article XIV Section 14.2 (Addition)

A. Any matter voted on and approved by the National Committee shall only be amended, retracted, or modified by another National committee vote.

9) New Business – The following motions have been submitted for consideration

- a) Submitted by Dan & Jennifer Gaudreau

Proposal:

Form a Meet Championship Committee who's purpose will be to create a USAPL national championship contract, championship standard criteria, championship evaluation criteria, searching out and mentoring new championship directors and to implement the contract and criteria on a continuing basis.

- b) Submitted by Dan & Jennifer Gaudreau

Proposal:

Any committee not filing an annual report would be considered to be in a state of non-compliance and would be subject to restructuring, with a new committee chair to be appointed within thirty days.

- c) Submitted by Dan & Jennifer Gaudreau

Proposal:

Any team that enters a USAPL National Championship must submit a roster that includes a coach that is a USAPL member (competing or non-competing).

d) Submitted by Priscilla Ribic

Proposal:

Paper Memberships (outside of High School Seasonal) be \$5 more than online.

Rational –

- Paper membership take twice as long to process, are often unreadable, not filled out correctly, missing key components (ie, signatures, date of birth)
- We have issues with bad check, declined credit cards or disputed credit cards
- It also reduces the amount of paperwork a meet director needs to handle at a meet
- Reduces the cost of printing membership apps and shipping costs to the meet directors
- Encourages Online membership purchases, which are easier to process, are immediate proof of membership for the lifter as they have email confirmation of both their application and payment.

e) Submitted by Priscilla Ribic

Proposal:

High School Membership Upgrades be \$20 vs \$15.

Rational -

Encourages lifters who intend to compete an entire year to purchase the Full Year Membership initially. The upgrades require our National Office personnel to touch the membership twice each year, which is time consuming and can be avoided. With knowing the cost of involvement in other sports, this is not something that will break the bank for the lifters, they spend more on their cell phone each month than a yearly membership.

- High School Seasonal \$15
- High School Upgrade \$20
- High School Full Year \$30

f) Submitted by Priscilla Ribic

Proposal:

Make drug test reimbursement 20% across the board, i.e. for both local and national meets

g) Submitted by Joe Marksteiner

Based on experience since the USAPL adopted Youth Powerlifting, change the description as follows:

Youth Divisions

As of September 21, 2003, USA Powerlifting will provide opportunities for youth lifters ages 8-13 to participate. Age and weight divisions for competition may be determined by the meet director based on actual or anticipated participation.

Membership Fee

\$15.00 Youth Division fee.

Proper Identification

Any lifter registering for youth membership must provide a copy of their birth certificate to verify their age. Membership card and birth certificate should also be available upon registration at any competition.

Philosophy for Youth Lifting

The focus for USAPL Youth Lifting will be to introduce youth lifters to the life-long sport of Powerlifting. The main concern for these lifters is to learn and perform proper technique and training methods, through experience on the competition platform. Focus should continue to be on proper technique and lifting within their ability.

Lifting Equipment

Youth Lifters will participate only in raw divisions

Lighter bars and training plates may be used – however it is not the meet director's responsibility to provide them.

National Championship Divisions

Youth lifter divisions will be offered at the American Open . There will be no set qualifying total for a National competition, but lifter must have participated in a USAPL sanctioned meet and be a current USAPL member.

Qualifying Totals

Any 13 year old lifter that will turn 14 during the calendar year will have their total from the American Open considered for a spot on the Sub-Junior and/or Open World team.

Changes and Rationale for the above:

As of September 21, 2003, USA Powerlifting will provide ~~youth lifting divisions~~ opportunities for youth lifters to participate. The following guidelines will be applied:

~~Two new divisions will be added:~~

~~10-11 year old~~

~~12-13 year old~~

The USAPL encourages local meet directors to allow youths age 8 to 13 years to compete. (USAPL rule book page)

~~Weight classes~~

~~Girls: 30k (66lb), 35K (77lb), 40k (88lb), and then the already set weight classes.~~

~~Boys: 30k (66lb), 35k (77lb), 40k (88lb), 44k (97lb), 48k (105lb) and then the set classes.~~

Rationale: Eliminate age and weight divisions. 5kg Jumps in weight classes are unrealistically high for such light-weight individuals (they are greater than 10% body weight). In the men's and women's divisions jumps between the 44-60 kg classes are only 4kg. Youth lifters should not be dieting/dehydrating to make weight classes (especially in an era when youth and teens are prone to unhealthy body image issues). There is no data or history on which to base these arbitrary classes.

Age and weight divisions for competition may be determined by the meet director based on actual or anticipated participation.

~~Membership Fee~~

~~\$15.00 Youth Division fee.~~

~~Proper Identification~~

~~Any lifter registering for youth membership must provide a copy of their birth certificate to verify their age. Membership card and birth certificate should also be available upon registration at any competition.~~

~~Philosophy for Youth Lifting~~

~~The focus for USAPL Youth Lifting will be to introduce youth lifters to the life-long sport of Powerlifting. The main concern for these lifters is to learn and perform proper technique and training methods, through experience on the competition platform.~~

~~Scoring for the new divisions~~

~~10-11 year old — each lifter will add their top two lifts from each lifting category to their score. They will be adding 6 lifts for their final total. If a lifter only passes one lift in a category then they will only add that lift to the final total. The focus for these lifters should be on technique and completing each lift within their ability.~~

~~12-13 year old — these lifters will follow USAPL guidelines for scoring, adding their one best lift from each category to their final total.~~

~~Focus should continue to be on proper technique and lifting within their ability.~~

Rationale: Keep scoring the same – It's confusing and requires modifying the software for many local and national contests

~~Any lifter who does not complete any lift in a category will be allowed to complete the lifting event to gain experience on the platform. No final total shall be awarded that lifter.~~

~~Lifting Equipment –~~

Youth Lifters will participate only in raw divisions

Rationale: In keeping with stated goal: Focus should continue to be on proper technique and lifting within their ability.

~~Youth lifters will need access to a lighter lifting bar.~~

Lighter bars and training plates may be used – however it is not the meet director's responsibility to provide them.

It is recommended that “training plates” be provided for the youth lifters at the state level for the deadlift, so that they are pulling the weight from the same height as all other lifters. (Is also a safety concern). Training plates must be available at national meets.

Rationale: Eliminate the requirement for special youth equipment – It has not been present at nationals in the past several years with youth participation. There are costs associated with obtaining calibrated bars and “training” weights necessary for national championships.

National Championship Divisions

~~National Championship Youth Divisions will be included with the Teen/Junior Nationals for boys and the Women’s National Championships for girls.~~

~~A separate National Championships could be considered for the future, as interest grows.~~

Youth lifter divisions will be offered at the American Open (Youth Lifter Nationals).

Rationale: There are no qualifying totals and the contest is not a direct qualifier for Worlds so youth lifters enter on the same basis as all other participants. The competition atmosphere is more suited for beginning lifters.

There will be no set qualifying total for a National competition, but lifter must have participated in a USAPL sanctioned meet and be a current USAPL member.

Records

~~Each state should add records for these age divisions.~~

~~American and National records will be established for these divisions beginning at the first national competition~~

Rationale: Eliminate records for youth lifters – it conflicts with USAPL’s stated philosophy – “lifting within their ability”. Record attempts require trying to exceed one’s ability. There could be significant legal issues if a youth lifter is injured attempting to set a National or American record.

Qualifying Totals

Any 13 year old lifter that will turn 14 during the calendar year will have their total from Teen/Juniors for boys and Women’s for girls considered for a spot on the Sub-Junior and/or Open World team.

h) Submitted by Eliot Feldman

Proposal:

All proposed changes to rules governing any committee activity must be submitted to the EC for approval. The committee specific rule will not go into effect until the EC are notified and the proposal is approved. After receiving approval, the change will be announced on the national website. If applicable, the rule will be added to the USAPL rule book by the rule book custodian.

Rationale:

There were issues at Collegiate Nationals regarding Collegiate specific rules for scoring, team selection and QTs.

i) Submitted by Eliot Feldman

Proposal:

Add \$5 per lifter surcharge to National meet application to go toward general fund of USA Powerlifting. The fee can be added to the entry fee (\$65 entry fee with \$5 to USAPL by Meet Director) or it can be a separate item (\$60 entry fee and \$5 USAPL fee both paid to Meet Director)

Rationale:

USA Powerlifting receives just \$35 per National Meet. The USAPL provides insurance and athletes which bring in substantial revenue for MD but none for the federation. Other amateur organizations charge as much as \$20,000 for National Championship bids. This proposal allows the USAPL to raise revenues without burdening Meet Directors with a large upfront fee.

j) Submitted by Joe Warpeha

Proposal:

All USA Powerlifting state referees must judge at least two powerlifting meets in a four-year period to maintain their referee certification. Bench-only meets will not count toward the requirement. In order for a meet to count toward the requirement, it must be a three-lift powerlifting contest and the referee must judge the entire meet or a "session" of a meet (e.g., morning session). National and international referees are not affected as they have specific recertification requirements in place already. The 4-year recertification period will begin January 1, 2014. State referees will document all contests judged in the referee log book they receive when they become certified and each documented event must be accompanied by the signature of the meet director or state chair. Referees failing to meet these requirements will need to retake the state referee exam in order to reactivate their state referee status.

Rationale:

Competent referees are crucial to upholding the high standards of competition in USA Powerlifting. High quality judging differentiates USA Powerlifting from all other powerlifting organizations. At the current time, there are no recertification requirements for USA Powerlifting state referees - the only requirement is that the referee is a current member and was certified at some point in the past. The above proposal attempts to ensure that referees are current in their knowledge of the rules and have an opportunity to continually maintain (or improve) their referee skills. The requirements of 2 meets every 4 years seems to be an appropriate compromise between maintaining competency as a referee and reasonable expectations for service in a volunteer organization.

k) Submitted by Joe Warpeha

Proposal:

Move the date of Raw Nationals from July/August to late October/early November starting no later than 2016 (earlier if possible depending on the flexibility of the 2014 and 2015 meet directors).

Rationale:

Moving the date of Raw Nationals from July/August to late October/early November will: 1) allow Raw World Team members a longer turnaround time from the conclusion of Raw Worlds to Raw Nationals (the current turnaround time in 2013 is less than 5 weeks) and 2) create a timetable that is more conducive to giving lifters who compete in Men's, Women's, and Masters Nationals the option to also compete in Raw Nationals (the current schedule does not preclude this option but it is not optimal). Moving Raw Nationals to late October/early November would still keep Raw Nationals about 4 months from the Arnold which would allow sufficient time for the selection process and for training for the NAPF Raw Challenge at the Arnold.

l) Submitted by Josh Rohr

Proposal:

The National Office or appointed individual will be responsible for creating a "facebook event" for each National or higher level event in the U.S from the "USA Powerlifting Facebook Group" so that all of the followers can easily be invited to each event. This shall be done at approximately 1 year out from the said event. This individual will also seek out the meet director of each event and "add them as an admin" to the event as well as update the "Facebook event" with the contact info and any other information about the meet.

m) Submitted by Michael Zawilinski

Proposal:

Any athlete selected for international competition or entering into any other international event with a prior doping failure shall receive a random IOC Out-of-competition (OCT) drug test prior to competing. It will be the responsibility of the both the head coach and Drug Testing Committee to identify these athletes. The Drug Testing Committee will coordinate the random Out-of-competition (OCT) examination allowing enough time to remove the athlete from said competition prior to the federation paying said athletes fees to compete.

Rational:

Recently we have had several athletes with positive IOC results for agents that are not screened for in our Quest and Redwood tests. In result, this has left our federation paying large fines and in jeopardy of losing our status in the IPF.

Proposal:

Allow the use of IPF weight classes at regional or conference collegiate championships where there are no other divisions present.

Rational:

Collegiate powerlifting is growing in both number of athletes and competitiveness. Collegiate Nationals is currently the only national that has qualifying totals based on IPF weight classes. There are many regional championships that teams use to prepare for Collegiate Nationals and it makes sense to allow these collegiate lifters to compete in their weight classes that they will lifting in at Nationals. This will also help the development of possible conference championships which is something that many schools are pushing for.

10) Elections

- A. Vice-President
 - a. Johnny Graham (Incumbent)
 - b. Robert Keller

- B. Two (2) Executive Committee Positions
 - a. Eliot Feldman (Incumbent)
 - b. Dan Gaudreau
 - c. Joe Marksteiner (Incumbent)
 - d. Dave Schneider

11) Honorary Awards

- A. Brother Bennett Award
 - a. Tony Cardella
 - b. Joe Marksteiner
 - c. Greg Page
 - d. Wes Zunker

- B. Coach of the Year
 - a. Steve Petrencak
 - b. Curt St. Romain

- C. Athlete of the Year
 - a. Ian Bell
 - b. Suzanne Hartwig-Gary

- D. Referee of the Year
 - a. Kim Bethwith
 - b. Eliot Feldman
 - c. Bill Helmich

12) Meet Bids/ Current USAPL Schedule

2013 Meet Schedule

Meet	Host	Location	Date
Military/Armed Forces			
Collegiate Nationals	Johnny Graham	Killeen, TX	
High School Nationals	Dan Gaudreau	Denver, CO	
Masters Nationals	Robert Keller	Orlando, FL	May 3 – 5
Women's Nationals	Robert Keller	Orlando, FL	May 19 – 20
Deadlift/Push-Pull	Robert Keller	Ft. Lauderdale, FL	September 21
Teen/Junior Nationals Men's Nationals	Johnny Graham	Killeen, TX	
Raw Nationals	Robert Keller	Orlando, FL	July 19 – 21
Bench Press Nationals	Josh Rohr	Atlanta, GA	August 17 – 18
American Open Police & Fire Nationals	Robert Keller	Philadelphia, PA	Nov 30 – Dec 1

2014 Meet Schedule:

Meet	Host	Location	Date
Military/Armed Forces	Johnny Graham	Killeen, TX	March 8
High School Nationals	Johnny Graham	Killeen, TX	March 28 – 30
Collegiate Nationals	Robert Keller	Orlando, FL	April 11 – 13
Masters Nationals	Johnny Graham	Killeen, TX	May 2 – 4
Women's Nationals	Paul Fletcher	Baton Rouge, LA	May 17 – 18
Deadlift/Push-Pull	Robert Keller	Ft. Lauderdale, FL	September 20
Teen/Junior Nationals Men's Nationals	Robert Keller	Philadelphia, PA	June 20 – 22
Raw Nationals	Dan Gaudreau	Denver, CO	
Bench Press Nationals	Wes & Molly Zunker	San Antonio, TX	August 23 – 24
American Open Police & Fire Nationals	Robert Keller	Boston, MA	December 6 – 7

2015 Meet Schedule: * Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Military/Armed Forces	Dave Goodwin	Atlanta, GA	
High School Nationals		Milwaukee, WI*	
Collegiate Nationals			
Masters Nationals			
Women's Nationals	Wes & Molly Zunker	San Antonio, TX*	May 16 – 17
Deadlift/Push-Pull			
Teen/Junior Nationals Men's Nationals			
Raw Nationals			
Bench Press Nationals			
American Open Police & Fire Nationals			

Open Meet Bids:

2015 American Open, Police and Fire Nationals
Robert Keller – King of Prussia, PA

2015 Bench Press Nationals
Johnny Graham – Killeen, TX
Steve Mann – Scranton, PA

2015 Deadlift and Push/Pull Nationals

2015 Raw Nationals
Robert Keller – Orlando, FL
Steve Mann – Scranton, PA

2015 Teen/Jr/Men's Nationals
Daniel and Jennifer Gaudreau – Aurora, CO

13) Items from the floor