



**USA Powerlifting
National Governing Body Meeting**

Aurora, Colorado

Radisson Hotel Denver Southeast

Thursday, May 19th 9:00 AM – 5:00 PM per vote at 2014 NGB Meeting

Any items not covered within these hours will be table to unfinished business the following year.

Lunch Break 1:00 – 1:30 PM

AGENDA

- 1) **Roll call of voting members and credential check of participants**
- 2) **Reading and Approval of Minutes from NGB 2015**
<http://www.usapowerlifting.com/wp-content/uploads/2014/01/2015-NGB-Minutes.pdf>
- 3) **President's Report – Larry Maile**
- 4) **Vice President's Report – Johnny Graham**
- 5) **Treasurer's Report - Crystal McGill**
- 6) **Committee Reports**
 - a) Anti-Doping Committee (Drug Testing and OMT) – OMT Received
 - b) Coaching – Received
 - c) Collegiate –
 - d) Disabled Athletes – Received
 - e) Discipline – Received
 - f) Finance and Ethics – Received
 - g) Law and Legislation – Received
 - h) Marketing and Publicity – Received
 - i) Masters –
 - j) Military –
 - k) National Championship –
 - l) Police and Fire –
 - m) Raw – Received
 - n) State Chair Committee –
 - o) Technical and Referees' Committee – Received
 - p) Teenage/Junior – Received
 - q) Women's Committee – Received

7) Unfinished Business –

8) Proposed By-law Amendments/Changes

Submitted by Cathy Marksteiner

Motion: Increase the number of voting Non-Officer Members of the Executive Committee from Six to Seven.

Current By-Law Section 4.2 (page 13)

The Executive Committee of the Association shall include:

- A. The President
- B. The Vice-President
- C. The Secretary
- D. The Treasurer
- E. The six (6) elected Non-Officer members.

Rationale: The original By-Laws listed a 9 member Executive Committee comprised of 3 Officers (President, Vice-President and combined Secretary/ Treasurer) and 6 Non-Officer Members. The EC used to have an odd number of votes. The position of Secretary/ Treasurer was later separated into 2 Officer positions. The number of Non-Officer members remained at 6, bringing our current Executive Committee to 10. The number voting is now even. The increase in the number of Non-Officer Members would reestablish the original principal of an odd number of votes on the Executive Committee.

Motion to Amend College Group Membership, change the age from 24 years to 25 years

Current By-Law - Article 2.1.A.4

College- College group members consist of those representing one institution and who attend undergraduate or graduate full time and who are not over the age of 24 years and/or those who are its administrators or teachers (or professors) in an undergraduate or graduate school.

Rationale: The Collegiate Committee changed their age limit in 2007. This would align the By-Laws with the Collegiate Committee definition.

USAPL Collegiate Guidelines

- a. There is an age limit of 25 years old for Collegiate lifting. A lifter cannot have reached their 26th birthday.(2007)

Motion: Change “24 years” to “25 years” to align with the 2007 USAPL Collegiate Guidelines

Current By-Laws - Section 8.3.B.6

“The Collegiate National Championship is restricted to those full-time under-graduate and graduate students not over the age of 24 years.”

Motion: Delete “The Board of Directors” from the section for Voting Rights and Representation

Current By-Laws – Section 3.5

“The Board of Directors (President, Vice-President, Secretary, Treasurer, Members of the Executive Committee (six elected non-officers), nine Members at Large, five Athlete’s Representatives, and the State Chairs.”

Submitted by Eliot Feldman

State Chair Elections

Existing:

Section 2.1 A.1.B: A state powerlifting committee chair and any other officers desired by the state powerlifting committee (USA Powerlifting registered lifters within the state) shall be elected every two years by the state powerlifting committee. This two-year election shall take place at the state USA Powerlifting championships. The newly elected chair shall preside the day following said election.

Section 2.1 A.1.C In the event that there is no state election, the President of USA Powerlifting shall appoint the state powerlifting chair who will represent the state on the NGB and work for the furtherance of the purposes of USA Powerlifting. The state chair may appoint additional officers of the state powerlifting committee as needed.

NOTE: As per the 2014 NGB All elected/appointed positions shall be three years. The by-laws need to be updated to reflect this change.

Proposed:

PROCEDURE FOR ELECTION OF STATE CHAIRS

1. The pool of nominees running for the vacant office shall include those who designate their interest in writing to the National Office, those appointed or nominated by any member of the NGB, those appointed or nominated by the Executive Committee, or those appointed or nominated by any member of the Association.
2. The National Office shall advertise such an election 45 days prior to date of election. Resumes and Letters of Intent-to-Serve are due no later than 20 days prior. Accepted advertisement shall include, stating the vacancy, requesting nominations and the deadline for accepting nominations or a notice sent to the members of the NGB stating the vacancy, requesting nomination, and indicating the deadline for accepting nominations.
3. Election shall take place at the State Meeting no less than 45 days following announcement by National Office
4. Election shall be held every two years and will be conducted by National Office. All other state business shall be conducted at the State Meeting. The State Meeting shall be announced by the National Office to all members of the State Association within 30 days of the meeting.

Submitted by: Matt Gary, Coaching Chairman

Presented by: Robert Keller

Proposal to Amend Bylaws Section 2.2 C: Section 2.2 currently refers to voting membership of the NGB of the association. Part C specifically mentions “Each chair of the following committees shall be considered members at large of the NGB: Collegiate, Masters, Teenage, Military, Women, and Raw. The six committees shall exist to represent that membership, which falls in that category.”

I hereby propose that the Chairman of the Coaching Committee also be considered “members at large of the NGB” and therefore be granted permission to vote.

Rationale: The Coaching Committee has grown in number and influence in recent years. With the introduction of new national teams (Raw BP Teams and University Powerlifting World Cup Team) representing USA Powerlifting abroad at IPF Championships, the committee has more head coaches (14) than ever before. Some of those head coaches now have significantly larger teams under their tutelage. Those coaches represent hundreds of national team members.

Moreover, the Coaching Committee Chairman is now responsible for the administration and oversight of the Regional Training Center (RTC) and Friendly Gym program in addition to the Coaching Certification Program. This stewardship includes programs with hundreds more lifters whose membership within USA Powerlifting frequently intersects with the Coaching Committee.

Voting privilege is given to those who represent a constituency of lifters/members. The Coaching Committee Chairman clearly represents important groups including a large cross section of members within our organization and should therefore be granted voting privilege at the NGB.

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

Submitted by Joe Marksteiner

Proposal: Make the scoring of 8-9 year-old and 10-11 year old youth divisions the same as scoring for all age divisions. Specifically eliminate the following text from the USA Powerlifting Website. Since this language does not appear in the rulebook only the website needs to be change:

"Scoring for the new divisions

8-9 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.

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."

Submitted by Joe Marksteiner:

Proposed Rulebook Changes:

Page 8.

Immediately after HIGH SCHOOL ONLY COMPETITION BODYWEIGHT CLASSES, add the following:
"YOUTH DIVISION (under 14 years of age) Additional Bodyweight categories

Male

30.0kg class: up to 30.0kg

35.0kg class: from 30.01kg up to 35.0kg

40.0kg class: from 35.01kg up to 40.0kg

44.0kg class: from 40.01kg up to 44.0kg

48.0kg class: from 44.01kg up to 48.0kg

Thereafter IPF men's weight categories

Female

30.0kg class: up to 30.0kg

35.0kg class: from 30.01kg up to 35.0kg

40.0kg class: from 35.01kg up to 40.0kg

Thereafter IPF women's weight categories"

Rationale: The youth age divisions are already in the rule book, the youth age groups and weight classes should be in the same place.

Page 10.

Change “TEAM SCORING FOR USAPL NATIONAL AND REGIONAL EVENTS”,
to read: “TEAM SCORING FOR USAPL HIGH SCHOOL ONLY NATIONAL AND REGIONAL EVENTS”
and change item 1. To read:

“1. Each High School team may have eleven members for men and ten for women. There must not be more than two competitors from any one team in any particular bodyweight category.”

Rationale: High School only events are the only ones that use the old weight classes that allowed 11 team members for men and 10 for women. All other National championships use the IPF weight classes and should use the IPF scoring.

Page 18.

Under Costume, add:

“For all USA Powerlifting competitions that are direct qualifiers for international competitions, all personal costumes must be IPF approved with the exception of team singlets at the High School and Collegiate National Championships.”

Rationale: USA Powerlifting does not want to run afoul of the IPF if lifters show up at a World championship with unapproved personal gear. The exception for High School and Collegiate nationals acknowledges the team nature of these national contests, and recognizes that a majority of the athletes will not be going on to international competition.

Page 25

Add the following to item (h) under USAPL RAW/UNEQUIPPED STANDARDS:

“The lifter may not have or use any form assistance (from another person, or suit slippers, plastic bags etc.) to put on knee sleeves.”

Rationale: Consistent with IPF rules and puts that information in a convenient place in the USA Powerlifting rulebook.

Page 30

Add a note after item 8 in the description of the Benchpress that says:

“The audible command “Press” will be accompanied by a visible signal of an upward movement of the arm.”

Rationale: Puts that information in a convenient place in the USA Powerlifting rulebook to provide an easy to reference to the rules for lifters and refs.

Page 48.

In the sentence “At state and local competitions, the referee dress code is khaki slacks and a USAPL polo shirt“, change “khaki slacks” back to “gray slacks”.

Rationale: Referee uniform should be consistent at all levels. Somehow several years back, during one of the rulebook rewrites gray became khaki without discussion or review.

Page 49.

Under “USAPL REFEREE QUALIFICATIONS, CERTIFICATIONS, AND TESTING PROCEDURES”

Add item 6 that reads:

“6. Candidates must have demonstrated proficiency in all referee duties (equipment check, weigh-in, score table, platform judging, drug testing)”

And re-number the current items 6 and 7, to 7 and 8.

Rationale: National referees need to be able to perform all referee duties (at a recent major championship a National referee assigned to help at the score table admitted to never having worked the table.)

Appendix

Create an appendix to the rulebook that has clear pictures with interpretations of things like legal squat grip (e.g., thumbs on bar or not, one on more fingers UNDER the bar, etc.)

Rationale: Underwear, socks, hand grip on squat, wrist wraps etc. are not always easy to interpret from the descriptions in the rulebook. Accurate pictures that fit the rulebook descriptions would limit misinterpretations and nonproductive discussions on social media.

Submitted by Dan Gaudreau

Proposal: Replace the Police/Fire Committee with a Bench Press Committee

Rationale: The P/F committee has been inactive for several years. The chair of the committee agrees with it being dissolved. The bench press committee will provide representation from a substantial contingent of USA Powerlifters.

Submitted by the following state chairs: Rob Schmidt (AK), Sheryl Condon (CA) Ryan Stills (OR), Dana Snow (WA), Misha Fayant (ID), Jeremy Hartman (IN), Mike Schulman (MD), Sean Dunston VA, Nick Weite (MO).

Motion: Local high school-only meets may choose whether to use IPF weight classes or historical weight classes."

Rationale: Very few states have established high school programs. States developing high school programs are growing these programs alongside and within the context of all age meets. Having two sets of weight classes creates confusion among current and prospective members. This proposal would not affect states with well-established high school programs or national events, or other high school events that prefer historical weight classes."

Submitted by Steve Mann

Change in High School Nationals qualification after entry deadline proposal

Current Rule: "Qualifying totals for national championships must be achieved before the entry deadline of the national championship"

Rationale for request: Lifters in certain states are not permitted by rule to compete in USA Powerlifting events during their HS Powerlifting season. This makes lifters have to compete just a week or two prior to the USA Powerlifting High School Nationals, which is against the current guidelines for entering prior to the entry deadline.

Proposal: HS Nationals athletes must enter on or before the entry deadline, even if they do not yet have a USA Powerlifting qualified total. Lifters must qualify and submit qualifying total on or before 5 days prior to the lifters competition date. The lifter may only qualify for the weight class entered or above. Lifters may not enter in a weight class below the entered weight class. Example, you may enter the 90 kg class by the entry deadline and qualify for the 90 kg class or above, but you may not use the late qualifying date to move down to a the 82.5 kg class.

Submitted by Kimberly Walford

Motion: The creation of an e-document compiling all approved motions from all previous and future USAPL National Governing Board (NGB) meetings that will be accessible on the USAPL website (www.usapowerlifting.com <<http://www.usapowerlifting.com/>>).

Justification: Every year proposed motions are approved for our organization (USAPL) to include at the annual NGB. However, some USAPL members are either unaware of such changes or find it difficult to locate approved motions (even though listed in each respective year's NGB minutes). So to assist our members in being more aware of approved motions, they should be compiled in a document that is centrally located on the USAPL website. Thus, so easy access for our members to reference such motions (similar to location of USAPL By-laws and Technical Rulebook).

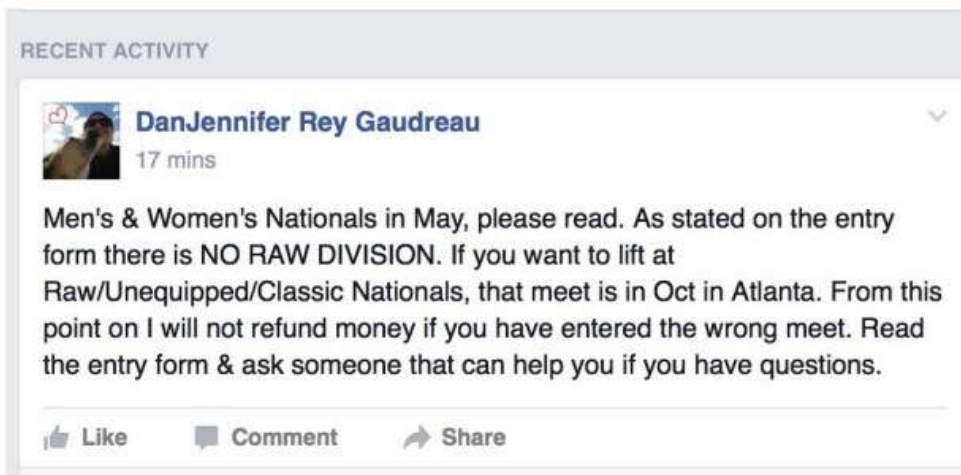
Submitted by: Matt Gary

Presented by: Robert Keller

Proposal: Change the name of the current Men's, Women's, Masters, Junior/Sub-Junior Nationals Championships to Equipped Nationals.

Rationale: Since 2008, the USAPL has offered two formats of competition: equipped and raw. Referring to the competition with the laundry list of age divisions or simply as "open" creates confusion especially for new members. The term "open" has nothing to do with one's personal lifting costume and is a reference to an age division.

Raw Nationals carries its name without the aforementioned, cumbersome list of age divisions preceding it. Therefore, our equipped version should be aptly named Equipped Nationals. It's already implicit that all age groups are invited to participate at either championship. Attaching the age divisions to the title is an unnecessary redundancy. This move will also help clarify questions regarding qualification for each competition. Please notice the April 5 screenshot below from this year's meet director clearly expressing frustration that confused registrants are inquiring about a raw division. Switching this meet's name to Equipped Nationals would eradicate this problem.



To my knowledge, most English speaking IPF affiliate refers to their nationals as equipped and raw. Lastly, all records are now designated as either equipped or classic (raw) on the IPF website. As we continue to align ourselves with the IPF model, proceeding in this fashion not only makes sense but also draws significant attention to both lifting styles.

Submitted by Jennifer Gaudreau

Proposal: Any lifer that fails a drug test has all records removed for the previous two years beginning with the suspension date.

Rationale: Suspended lifters should have the privilege of holding records.

Submitted by Joe Warpeha on behalf of the Raw Committee

Proposal: Beginning in 2016, adopt the IPF 10-year age increments for men's and women's masters divisions at Raw Nationals.

Rationale: This aligns with the international standard and makes the process for national team selection clearer/simpler. The Women's Committee voted to adopt the IPF 10-year masters division increments several years ago but this has never been enforced at Raw Nationals.

Submitted by Jennifer Gaudreau

Proposal: Women's division at Bench Press Nationals shall be in ten year increments.

Rationale: The women voted to move to 10 year increments at Women's Nationals several years ago. The reason for the move was to provide more competition. Going to ten year increments would standardize what we do in the organization.

Submitted by Christy Cardella

I would like to change the amount that state CHairs are paid per member. From \$1.00 to \$1.50.

Rational. Everything else is increasing, work load, participation etc. compensation should as well.

State Chairs should get a 20-25% discount on things like merchandise, membership, classes.....

Rational: just adding some kind of incentives other than just a bunch of hardwork.

Submitted by Travis Werner

Proposal: Creation of a "Referee" membership classification that is free. Members in this classification would be not be eligible to compete and would not be subjected to drug testing.

Rationale: With the rapidly growing membership population, there is a high demand for referees. Many retired lifters and coaches are willing to serve in the capacity and will not require the service and drug testing of competing members. A free referee membership will also encourage greater participation from potential referees.

Submitted by Kimberly Walford

Motion: To establish the creation of a Team USA travel expense fund for the top five finishers (based on class placement points) at IPF equipped and raw world championships (open division). The fund would be used to assist team members with associated travel expenses when competing at each respective world championships (hotel, air fare, etc.).

Rationale: Current state of affairs is that TEAM USA athlete pay all their expenses to world championships. Team Coaches and some referees receive stipends. It is extremely expensive for athletes to pay travel expenses. In the past, some lifters have turned down their slot to world championships because they couldn't afford to pay for all the expenses.

Submitted by Jennifer Thompson

Proposal: USA Powerlifting Pay for World Team entry Fees. This was something that the organization paid for many years ago. With a rapidly growing membership, I hope that we have the resources to implement this standard again.

10) Elections

- A. Vice – President
 - a. Johnny Graham

- B. Two (2) Executive Committee Positions
 - a. Eliot Feldman
 - b. Dan Gaudreau
 - c. Joe Marksteiner
 - d. Curt St. Romain
 - e. Paul Steinman
 - f. Donovan Thompson

11) Honorary Awards

- A. Brother Bennett Award
 - a. Jim Battenfield
 - b. Christy Cardella
 - c. Tony Cardella

- B. Coach of the Year
 - a. Dan Gaudreau
 - b. Robert Keller
 - c. RG Luckow
 - d. Eric Mach
 - e. Josh Rohr
 - f. James Townsend

- C. Athlete of the Year
 - a. Scott Dobbins
 - b. Greg Simmons
 - c. Blaine Sumner

- D. Referee of the Year
 - a. David Goodwin
 - b. Lynne Homan
 - c. Tonya Lambeth

12) Meet Bids/ USAPL National Meet Schedule

2016 Meet Schedule

Meet	Host	Location	Date
Military/Armed Forces	Robert Keller	Orlando, FL	12 March
High School Nationals	Robert Keller	Orlando, FL	1 – 3 April
Collegiate Nationals	Roy Apostle Mike Zawilinski	Providence, RI Rhode Island Convention Center	8 – 10 April
Women's and Men's Nationals	Jen and Dan Gaudreau	Aurora, CO	19 – 22 May
Bench Press Nationals	Jen and Dan Gaudreau	Aurora, CO	10 – 11 September
Raw Nationals	Josh Rohr	Atlanta, GA	13 – 16 October
American Open Police & Fire Nationals Deadlift/Push-Pull Nationals	USA Powerlifting	Orlando, FL	9 – 11 December

2017 Meets Schedule * Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Youth Nationals	Sheryl Condon Priscilla Ribic	San Diego, CA	18 February
Military/Armed Forces	Johnny Graham	Fort Hood Killeen TX	12 March
High School Nationals*	Steve Mann	Scranton, PA	29 March – 2 April
Collegiate Nationals*	Wes Zunker	San Antonio, TX El Tropicana Hotel	6 – 9 April
Women's and Men's Nationals	Robert Keller	Orlando, FL	17 – 20 May
Deadlift/Push-Pull Nationals	Mike Zawilinski	Rhode Island or Boston	
Raw Nationals	Robert Keller	Orlando, FL Hyatt Regency Orlando Airport	11 – 15 October
Bench Press Nationals	Johnny Graham	Killeen, TX Killeen Civic and Conference Center	8 – 10 September
American Open Police & Fire Nationals	Robert Keller	Oaks, PA	1 – 3 December

13) Items from the floor