



POLICIES AND PROCEDURES OF THE CANADIAN POWERLIFTING UNION (CPU)

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Other documents may be found online at <http://powerlifting.ca/constitution.html>

DEFINITIONS

For the purposes of this document the following terms will be defined:

Member Province(s) - Provincial powerlifting affiliate (organization) of the CPU or Association Member. An organization, association or corporation recognized by the Corporation as the sole governing body for powerlifting in that province or territory, is registered as a member of the Corporation and has agreed to abide by the Corporation's By-laws, policies, procedures, rules and regulations. Provincial powerlifting affiliate (organization) of the CPU.

Registrant(s) - Individual athlete or competitor registered with a CPU Member Province.

Board – CPU Board of Directors.

AGM – Annual General Meeting of the Canadian Powerlifting Union Board of Directors and Member Provinces.

Good standing – A CPU Registrant with a valid CPU and Member Province membership.

Classic – unequipped/raw lifting category.

Regional Championships - may be referred to as Eastern, Western and Central championships throughout this document.

Official(s) - All persons appointed by the Board or a Member Province.

IPF – International Powerlifting Federation.

NAPF – North American Powerlifting Federation.

1.0 GENERAL PROVISIONS

Any Canadian citizen, Permanent Resident of Canada, or persons in Canada on a work or study visa shall be allowed to register with the CPU so long as they are an amateur in good standing. Persons on work or study visa cannot set national records or earn a spot on any national team.

Other persons may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation, but lifters will be listed as guest lifter status.

2.0 OFFICER DUTIES AND RESPONSIBILITIES

This section will describe the responsibilities and duties of the Directors and other Officers of the CPU. Directors are the President, two Vice-Presidents, Treasurer and Secretary.

2.1.0 President

- 2.1.1 The President is the primary point of contact for any outside agencies currently working in association with the CPU or that wish to form an association with the CPU.
- 2.1.2 The President is the only Director who, with approval from the Board, can enter into agreements with outside agencies.
- 2.1.3 The President is responsible for the following:
 - a) Directing the debate and keeping order at meetings of the Member Provinces according to the traditions and rules of parliamentary procedure;
 - b) Presenting all awards at National competitions. This duty may be delegated to other Officials provided that all presenters are dressed in a manner appropriate to the occasion and to their office;
 - c) Appointing an interim Secretary at a meeting of the Member Provinces or a meeting of the Board if the Secretary is absent;
 - d) Develop, delegate, and assist in multi-year projects to improve and grow the CPU;
 - e) Assist in guidance and direction, if necessary, with the world team, coaching, and any other committee; and
 - f) Liaise with committees to ensure plans are being followed and resources are provided.
- 2.1.4 In the case of equal voting on a motion at a meeting of the Board, the President, as Chair, will vote a second time to break the tie.
- 2.1.5 The President shall receive an annual stipend of \$5000.

2.2.0 Executive Vice President, Program Director

- 2.2.1 The Executive Vice President, Program Director is responsible for the following:
 - a) Supporting national team members by addressing questions concerns and providing guidance before and after International events;
 - b) Interfacing between Member Provinces and the CPU;

- c) Working collaboratively with the NCCP (National Coaching Committee Program) committee and coaches on the creation and implementation of coach development programs;
- d) Distributing grassroots programs to clubs designed to increase participation and capacity;
- e) Developing and implementing team selection criteria, for consideration by the current Board for athlete participation in National and International level competitions;
- f) Performing all the duties of the President, including presiding at meetings of the Board or meetings of the Member Provinces in the absence of President;
- g) Liaise with designated committees to ensure plans are being followed and resources are provided; and
- h) Other duties assigned by the Board.

2.2.2 The Executive Vice President, Program Director shall receive an annual stipend of \$1000.

2.3.0 Executive Vice President, Sport Development

2.3.1 The Executive Vice President, Sport Development is responsible for the following:

- a) Helping Member Provinces develop its own strategic plans;
- b) Acting as the “social media face and voice” of the CPU by liaising and communicating with the public, funding partners, and other parties within and outside of the powerlifting community;
- d) Developing and maintaining partnerships with strategic, national and provincial sport bodies;
- e) Overseeing the media support for special events of the CPU, such as the annual awards, major competitions, and national championships;
- f) Liaise with designated committees to ensure plans are being followed and resources are provided; and
- g) Other duties assigned by the Board.

2.3.2 The Executive Vice President, Sport Development shall receive an annual stipend of \$1000.

2.4.0 Secretary

2.4.1 The Secretary is responsible for the following:

- a) Assisting the President in carrying out and conveying the wishes of the Board to the General Secretary of the IPF;
- b) Taking and keeping the minutes of all meetings of the Board and may request the same meeting minutes of the Member Provinces;
- c) Giving due notice to all Member Provinces of a meeting of the Member Provinces;
- d) Updating the CPU By-laws following any amendments and forwarding a copy to the CPU Webmaster for posting on the CPU website within 30 (thirty) days of the amendments being approved;
- e) Maintaining and updating the CPU’s Policies and Procedures as required;
- f) Liaising with designated committees to ensure plans are being followed and resources are provided; and

- g) Other duties assigned by the Board.

2.4.2 The Secretary shall receive an annual stipend of \$1000.

2.5.0 Treasurer

2.5.1 The Treasurer is responsible for the following:

- a) Supervising the management and disbursement of funds of the CPU;
- b) Keeping proper accounting records which will be provided annually to an independent Certified Professional Accountant (CPA) who will provide a Compilation report along with compiled financial information;
- c) Providing the Board with monthly bank reconciliations which show itemized monthly cash disbursements and deposits by the end of the following month;
- d) Presenting the independent Compilation report and financial information at the AGM;
- e) Liaise with designated committees to ensure plans are being followed and resources provided; and
- f) Other duties assigned by the Board.

2.5.2 The Treasurer shall receive an annual stipend of \$1000.

3.0 CHAIRPERSON(S) AND COMMITTEES

3.1 The Board may appoint such chairperson and committee members as it deems necessary for managing the affairs of the CPU and may delegate to any committee any of its powers, duties, and functions except where prohibited by the Canada Corporations Act or the CPU By-laws.

3.2 The chairperson of all active committees shall produce a report, at the request of the Board, that summarizes the committee's successes, challenges, current undertakings, and progress related to that time period.

3.3 The term of all chairpersons and committee members shall be two years. However, the board may appoint or remove chairpersons and/or committee members at any time during a given term.

3.4 The maximum number of individuals on any given committee shall be three unless otherwise approved by the Board.

3.5 Officiating Chairperson

3.5.1 The Officiating Chairperson must be an IPF category I or II and shall be appointed by the Board. The Officiating Chairperson will be responsible for the following:

- a) Being the technical liaison between the IPF and CPU;
- b) Coordinate CPU referees for international events in conjunction with the budget and Board approval;
- c) May contact the IPF Technical Committee for clarification on matters involving interpretation of the IPF Technical Rules when necessary;

- d) Maintain constant communication with the Technical Committee and Member Provinces' Officiating Chairperson concerning developments which involve referees and changes to the IPF Technical Rules;
- e) Shall provide guidance to the Technical Committee;
- f) Submit an annual report for the AGM;
- g) Follow the guidelines of the CPU Referee scheduling and expense policy; and
- h) Will abide by and enforce all officiating policies outlined in section 16 of the CPU policies.

3.5.2 The Officiating Chairperson shall receive an annual stipend of \$500.

3.6 Technical Committee

3.6.1 The Technical Committee will be comprised of the following individuals:

- Western Technical Controller
- Central Technical Controller
- Eastern Technical Controller

3.6.2 Members of the Technical Committee must be CPU National level referees or higher and shall be appointed by the Board with the assistance of the Officiating Chairperson. The Technical Committee is responsible for the following:

- a) Develop, maintain, and update the national referee exam;
- b) Oversee the testing of national referees;
- c) Maintain an up-to-date list of all national referees;
- d) Submit an annual report for the AGM;
- e) Conduct technical rules clinics for all potential and current referees at Regionals and Nationals;
- f) Approval of provincial referee's written examinations that are being used by all Member Provinces;
- g) Provide guidance to the provincial Officiating Chairs;
- h) With the assistance of the applicable provincial Officiating Chairs and/or meet directors, will determine the referee schedule for Regional Championships;
- i) When the National Championships are held within their respective region, they will determine the referee schedule for that National Championships with the assistance of the applicable provincial Officiating Chairs and/or meet directors;
- j) Shall make recommendations to the Board and Officiating Chair of any National level referee who may be suitable candidates to take their International referee's exam.
- k) Shall follow the guidelines of the CPU Referee scheduling and expense policy; and

- I) Will abide by and enforce all officiating policies outlined in section 16 of the CPU policies.

3.6.3 Each member of Technical Committee shall receive an annual stipend of \$500.

3.7.0 Records Chairperson

3.7.1 The Records Chairperson is responsible for the following:

- a) Maintain communication with the CPU Webmaster to keep online CPU National Records up-to-date;
- b) Provide an up-to-date list of the National Records to the AGM;
- c) Submit an annual report for the AGM;
- d) Receiving record applications.

3.7.2 The Records Chairperson shall receive an annual stipend of \$1000.

3.8.0 Registration Chairperson

3.8.1 The Registration Chairperson is responsible the following:

- a) All internal national registration matters including expenses and receipts;
- b) Maintain an up-to date list of all Registrants with current contact information;
- c) Be the liaison with the providers of the electronic membership system and the provincial registrars to resolve any registration issues; and
- d) Submit an annual report for the AGM.

3.8.2 The Registration Chairperson shall receive an annual stipend of \$1000.

3.9.0 Public Relations Chairperson

3.9.1 The Public Relations Chairperson is responsible the following:

- a) Development of marketing strategies for the benefit of powerlifting in Canada;
- b) Oversee the maintenance of the CPU social media sites; and
- c) Provide an annual report for the AGM.

3.9.2 The Public Relations Chairperson shall receive an annual stipend \$2000.

3.10.0 Championships Chairperson(s)

3.10.1 The Championships Chairperson(s) shall be responsible for the following:

- a) Publishing the calendar for all international competitions that Registrants are eligible to participate in;
- b) Notification of deadlines for entry to all relevant parties via internet media;
- c) Receiving team application forms from prospective team members;
- d) Work with the Board in the team selection process;

- e) Communicate team nominations to the IPF, NAPF or other;
- f) Communicate team transport and hotel requirements to meet directors;
- g) Work with the Treasurer to ensure participation fees, transportation, hotel fees as required are received; and
- h) Communicate with team members and coaches any important details, changes, or other.

3.10.2 The Championship Chairperson(s) shall be a person (or persons) appointed by the Board and paid a stipend, determined, reviewed and agreed upon by the Board each year.

- a) This position will be reviewed on an annual basis;
- b) This position may extend to work on other special projects, should the Board see fit and the Championship Chairperson(s) is qualified to do so.

3.11.0 Webmaster Chairperson

3.11.1 The Webmaster Chairperson is responsible the following:

- a) Development of marketing strategies for the benefit of powerlifting in Canada;
- b) Oversee the maintenance of the CPU website, and any other CPU tasked online content;
- c) Submit an annual report for the AGM.

3.11.2 The Webmaster Chairperson shall receive an annual stipend of \$1000.

3.12.0 Medical Committee

3.12.1 The Medical Committee will advise and assist the Board on medical matters.

3.13.0 Disabilities Integration Committee

3.13.1 The Disabilities Integration Committee shall include:

- a) Visually impaired;
- b) Special Olympic; and
- c) Locomotor Impaired (quadriplegic, paraplegic and other physical impairments)
Registrants.

3.13.2 The Disability Integration Committee shall liaison with the recognized disability governing bodies to encourage its Member Provinces' participation in CPU events and offer assistance to these groups when possible. The Disability Integration Committee shall report at the AGM detailing the past years' activities, as it relates to the CPU, and provide suggestions to further the groups inclusion in CPU events in the coming year.

3.14.0 Doping Control Committee

3.14.1 The Doping Control Committee shall be responsible for all matters pertaining to doping control and doping control education. This committee is responsible for, but are not limited to, the following:

- a) Assist with the education of athletes about anti-doping;
- b) To keep the Board informed with any and all changes to anti-doping;
- c) Determining disciplinary action in the case of positive findings;
- d) All communication to the Registrant in question; and
- e) Report to the Board on the distribution of tests (positive, negative, in-contest, out-of-contest, number of tests per province, etc.) as well as provide an annual report for the AGM.

3.15.0 Coaching Committee

3.15.1 The Coaching Committee shall be responsible for the selection of the Head Coach for any IPF level event. Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personnel.

3.16.0 Coaching Program Committee

3.16.1 The Coaching Program Committee shall be responsible for managing the CPU Coaching Program broadly, including, testing of all national coaches, developing criteria for improvement, ensuring a standard of excellence across coaches, and making recommendations to the Board.

3.17.0 Competition Committee

3.17.1 The Competition Committee is to be responsible for the following:

- a) Develop a criteria-based system with an emphasis put on Qualifying Standards;
- b) Examine the criteria set forth for competing at National Championships and provide a recommended path;
- c) Analyze the framework in place and recommend a path for the future with respect to international teams;
- d) Examine the current National Qualifying Standards; and
- e) Make recommendations to the Board.

3.18.0 Ethics Committee

3.18.1 The Ethics Committee will advise the Board and the Member Provinces on the interpretation and application of the CPU Code of Conduct, Social Media Policy, Transgender Athlete Policy, Discipline and Complaints, Coaches' Code of Conduct and Conflict of Interest Policy. The Ethics Committee will also provide leadership in the development and application of future policies.

4.0 AFFILIATION REQUIREMENTS

- 4.1 Organized and active Member Provinces shall consist of a:
 - a) president;
 - b) records chairperson;
 - c) officiating chairperson;
 - d) secretary; and
 - e) Any other positions shall be optional.
- 4.2 Each Member Province must have at least three provincially-certified referees, who have passed both a written and a practical examination.
- 4.3 No Member Province shall be admitted to the CPU whose Bylaws and Policies have not been examined by the Board and must be found compatible with the CPU Bylaws and Policies in every way, and to be in the best interests of powerlifting in Canada. Any proposed change to existing provincial bylaws and policies must be submitted annually to the Board for approval.
- 4.4 Member Province's bylaws or policies must not contradict CPU bylaws or policies.
- 4.5 Each Member Province must have one national referee.
- 4.6 Each Member Province must submit an up-to-date list of its card-holding referees to the National Officiating Chairperson every six months.
- 4.7 Each Member Province shall be required to hold one annual, closed provincial championship for each division, weight, and age class.
- 4.8 A Registrant may not buy a CPU Card from a province other than that in which they reside. Any Registrant from a non-affiliated province, or any Canadian citizen permanently residing in a foreign country, who wishes to compete in a CPU-sanctioned contest must obtain a membership card directly from the CPU Registration Chairperson. Under no circumstances should a provincial registration chairperson register a Registrant from outside his own province.
- 4.9 There are two types of affiliation: CATEGORY I Affiliation, and FULL affiliation. A Member Province may be granted Category I Affiliation simply by organizing itself and applying for acceptance into the CPU, thereby allowing its Registrants to compete in CPU-sanctioned competitions. The Member Province will be granted Full Affiliation status at the next AGM with a majority vote of the CPU Member Provinces present, provided that the petitioning province has met all affiliation requirements.
- 4.10 If a Member Province with FULL Affiliation has become inactive, that is, it has not held a sanctioned competition for more than one year, the Board may vote to lower the province's status to CATEGORY 1. If a Member Province with CATEGORY 1 status has been similarly inactive for 1 year and has not applied for FULL membership status at the CPU AGM, then the Board may, by majority vote, award CATEGORY 1 status to any other group from the province who makes application to the Board.

- 4.11 All Member Provinces must obtain a minimum provincial not-for-profit corporation status and submit the registration to the secretary.
- 4.12 All Member Provinces must pay, in full, their respective provincial annual anti-doping contribution to the CPU for the purpose of maintaining its CCES/WADA contractual agreement. The amounts will be determined by the Board, in consultation with CCES members and the CPU Anti-Doping Chairperson. Deadline to pay will be no later than 27 days (four weeks) from the date on the CPU invoice.

5.0 PROVISIONS FOR MEMBER PROVINCES

- 5.1 Each Member Province must submit to the Treasurer and Webmaster upon sanction:
 - a) Competition details or sanction document as received; and
 - b) Results of sanctioned competitions within 7 (seven) days following a competition.
- 5.2 Member Province presidents, from incorporated Member Provinces, are required to send its AGM minutes to the Board within 60 (sixty) days of its respective AGM.
- 5.3 The President and Secretary must receive Member Province annual provincial reports 30 (thirty) days in advance of the set date of the AGM.

6.0 REGISTRANTS

- 6.1 To become a registrant of the CPU individuals must be a Canadian citizen or have Permanent Resident status or be in Canada on a work or study visa. Individuals may only apply to become registrants through the province that they reside in.
- 6.2 As a requirement of membership and to compete at any CPU or Provincial sanctioned event, registrants are required to take the CCES online E-Learning Anti-Doping **Tracked** course and subsequent renewal course after each twelve-month period, to maintain a current Certificate of Completion.
- 6.3 Youth division registrants are exempt from completing the CCES online E-Learning Anti-Doping **Tracked** course.

7.0 COMPETITIONS

- 7.1 IPF rules must be followed at all CPU and Member Province competitions.
- 7.2 Only competitions approved by the Board or by the Member Province shall be designated as a Championship competition.
- 7.3 Only competitions sanctioned or approved by the CPU or one of its Member Province shall be advertised through official CPU media.

- 7.4 The CPU will collect \$15 per unique registration from all sanctioned competitions to assist in the funding of the CPU anti-doping program payable in 15 (fifteen) days following a competition.
Failure to do so will result in the province being subject to a \$500 fine payable to the CPU.
- 7.5 At CPU sanctioned competitions, sponsor logos may be placed on the front or back, and/or both sleeves of a T-shirt or the front or back of a singlet for wearing on the platform. Logos must not be considered offensive as decided by the Board. CPU approved sponsors logos will be permitted at all lower levels of competition.
- 7.6 The Board, in consultation with the Competition Committee, shall determine the qualifying standards for all Regional, National and International competitions.
- 7.7 A competitor membership must be obtained prior to registering for any CPU or Member Province competition.
- 7.8 In order to be eligible to compete at all competitions in Canada that are sanctioned by the CPU or any Member Province, only CPU competitor membership cards will be accepted.
- 7.9 **A Registrant's valid CPU registration (membership) cards and CCES online E-Learning Anti-Doping Tracked course certificate must be verified during the weigh-in or equipment check at all competitions.**
- 7.10 **The Rule of two must be used during the weigh-in of any minor. See Appendix "E".**
- 7.11 All referees must hold either a valid Referee Membership or Competitor Membership to officiate at any CPU or Member Province competition.
- 7.12 Provincial level or higher referees, who are either retired or on sabbatical from competition, may apply for a Referee Membership.
- 7.13 Any competitions that are held by special interest disability groups that utilize CPU resources in anyway, i.e. referees, equipment or any other, shall be subject to the following conditions:
- a) Competitions must be sanctioned by a Member Province;
 - b) Full IPF rules will apply, with the exceptions/modifications as follows:
 - i) The squat shall be optional for Special Olympic contests.
 - ii) Other modifications will be at the discretion of the Chief Referee.
 - c) CPU referees will have the final right of acceptance or rejection of all equipment to be used;
 - d) All Registrants must have a CPU competitor's membership; and
 - e) All Referees must have either CPU Referee Membership or Competitor Membership.
- 7.14 The CPU and Member Provinces shall maintain a youth division using the guidelines set out in Appendix "E".
- 7.15 When contest groupings make it such that a lifter could be eligible for two separate age categories, i.e. Junior and Open, or Master and Open, any lifter wishing to have a total in each category must actually lift in each category. Transferring of results is not allowed.

- 7.16 The CPU and its Member Provinces will adopt the “IPF Livestream Commentator Guidelines” (Appendix D, below). The guideline is to be provided to prospective commentators prior to the event where they will be volunteering as commentators. Once the document has been read, a declaration of acceptance of the guidelines shall be signed and submitted to the Board to be kept on file. If the circumstance arises that a commentator conducts themselves in a manner not in accordance with the goals and best interest of the CPU and contradicts the signed declaration; they will no longer be permitted to represent the CPU online. If the transgression is of a serious enough nature; the Board may take further actions as outlined in the CPU Code of Conduct.
- 7.17 Only approved apparel can be worn (i.e. items on the IPF Approved List, items on the CPU approved logos list, or Member Province apparel) at all CPU National or Regional level Championships.
- 7.18 All CPU and Member Province sanctioned competitions will adopt and enforce the Meet Safety Guidelines found on the CPU website and adhere to educating volunteers on the policy.
- 7.19 Member Provinces will be required to submit to the Board completed CPU Athlete and Volunteer Waivers and COVID-19 Health Questionnaires in accordance with its Provincial Health guidelines within 7 (seven) days following a sanctioned competition. Failure to do so, may result in the loss of sanction for the corresponding competition.
- 7.20 Member Provinces must submit to the Board the official scoresheet from all provincial sanctioned competitions within 7 (seven) days from the date of the competition. Failure to do so will result in the province being subject to a \$500 fine payable to the CPU.
- 7.21 The Member Provinces will be required to inform the CPU of their intention to host a contest by submitting a copy of the entry form to the Treasurer and Webmaster a minimum of 42 days (six weeks) prior to the proposed event date. Upon approval of the details contained therein the Webmaster shall post the details of the competition/event in question on the CPU calendar page.
- 7.22 The Board shall determine the officials who will accompany National Teams.
- 7.23 For all World Championships that take place within Canada, funding for 100% of travel and accommodations at normal economy air and competition hotel rates shall be provided for the President or his delegate, to attend these events.
- 7.24 At all International Championships, the coaches have the final say as to the Registrant's attempts. The Registrant may make suggestions only and must be made aware of this situation prior to team selections.

8.0 CHAMPIONSHIPS

8.1 Regional Championships

- 8.1.1 Regional Championships sanctioned by the CPU shall include the following events in all IPF recognized age categories:
- Eastern Canadian Powerlifting Championships
 - Eastern Canadian Bench Press Championships
 - Western Canadian Powerlifting Championships
 - Western Canadian Bench Press Championships
 - Central Canadian Powerlifting Championships
 - Central Canadian Bench Press Championships
- 8.1.2 The date and location of the Regional Championships shall be determined by the Board, Member Provinces and meet directors, as submitted at the CPU AGM, two years prior to requested Regional Championship to avoid conflict with any other national or International competition and allow for adequate time to organize.
- 8.1.3 The date of Regional Championships are to be held between August 15 and November 15 or at the discretion of the Board. Efforts shall be made to hold all Regional Championships at least twelve (12) weeks prior to National Championships.
- 8.1.4 Member provinces shall send to the meet director and the Officiating Chairperson a list of all referees who will be attending the competition, including arrival and departure information and the referee's category.
- 8.1.5 Bids for CPU sanctioned events must be submitted by provincial affiliated bodies.
- 8.1.6 Member Provinces must ensure that all of its athletes competing at a Regional Championships have met the current regional qualifications. Failure to do so will result in the province losing its eligibility to win any team award and the province will be subject to a \$500 fine payable to the CPU.
- 8.1.7 Bids to host Regional Championships must be in writing, clearly stated, and signed by the submitting officer. Once a bid has been approved by the CPU executive board the following fees must be paid by a certified cheque or email transfer within thirty (30) days of approval:
- \$500 sanction fee; and
 - \$250 event deposit.
- The event deposit fee would be returned to the bidding Member Province if all conditions of the competition bid have been met. If all the conditions are not met, then the e-transfer or cheque will be used by the CPU to cover any costs it incurs to correct the problem.
- 8.1.8 At Regional Championships two rooms at the meet hotel shall be provided by the meet director for national referees to share from the night before the contest until the morning after the contest. Assignment of rooms will be at the discretion of the Officiating Chairperson.
- 8.1.9 The Member Province hosting a Regional Championships should include in their bid a referee, who is national level or higher to be the Technical Secretary who is required to do the paperwork (including flights, scoresheets, etc.).

- 8.1.10 A Regional Championship where there are seven or less competitors in any age category, will have the weight classes combined and competition placings determined by the appropriate IPF formula.
- 8.1.11 The entry closing dates for all Regionals Championships must be stated as 56 days (eight weeks) prior to the date of the Championship. 14 (fourteen) days following the stated closing date, the meet director must send out the lifting schedule to all Member Provinces and a list of the competitors to the Board, showing the name, date of birth, and intended category of competition.
- 8.1.12 Regional Championships which include single-lift competitions (ie. bench press) must be organized in such a way that lifters who enter both a three-lift competition and a single-lift event must actually lift in each event separately in order to receive credit for a result in both. Such competitions cannot be organized in a blended fashion which would allow an athlete to be credited with a result in two different competitions by lifting only once.
- 8.1.13 Regional Championships must be adjudicated by at least two national or higher ranked referees or by two national or higher ranked referees and a provincial ranked referee who is writing their national referee exam. The Technical Controller shall be a provincial or higher ranked referee.
- 8.1.14 A maximum of one provincial referee is allowed per platform as a side referee at any Regional Championships as required. These referees will be compensated the same as national level referees.
- 8.1.15 Technical Controller is not a required position and is only to be filled if local area referees are available. Travel reimbursements will not apply to these referees.
- 8.1.16 A minimum of one and maximum of three National referees shall be on the jury.
- 8.1.17 The president of the Member Province in which a Regional Championship is being held shall be responsible for ensuring that all equipment to be used at the competition meets the required specifications. Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Officiating Chairperson shall prepare a report detailing the discrepancies and provide this report to the Board. The President shall then give written notice that sanctions for future competition will not be issued until proper equipment is obtained. Further, if a second offence occurs the \$250 the event deposit fee for that competition shall be cashed as a fine to the meet director, and the Member Province shall also pay a fine of \$100.
- 8.1.18 Lifters are considered to be representing their province.
- 8.1.19 A lifter cannot continue to lift at a Regional Championships if they do not achieve a successful attempt in one of the contested lifts.
- 8.1.20 The IPF rule of no weight or age class changes within 21 (twenty-one) days of the event will be observed.

- 8.1.21 The meet director will produce their own medals to be used, however they must be of high quality and be approved by the Board prior to purchasing.
- 8.1.22 CPU Logo must be visible on the competition banners of all Regional Championships.
- 8.1.23 The meet director must also provide best lifter awards for at least: Best Junior Male, Best Junior Female, Best Master Male, Best Master Female, Best Powerlifter Male, Best Powerlifter Female, Best Bencher Male, Best Bencher Female. In the case where a best lifter award will not be provided for all classes the term Junior should be used to represent Sub-Junior and Junior and Master should represent Master 1, Master 2, Master 3 and Master 4. Any division consisting of equal to or more than 10 Registrants have a representative Best Lifter award.
- 8.1.24 At all Regional championships coaches and handlers must wear athletic apparel, including athletic attire, close-toed athletic while coaching or handling athletes. Hats, sleeveless tops, and any attire that is unclean, torn or is in anyway deemed to be inappropriate by CPU officials are strictly forbidden.
- 8.1.25 Regional Championships that are live streamed must use CPU provided streaming platforms. The CPU will reimburse the meet directors up to 60% of the costs to run the livestream based on board approval and available funds. To be eligible for reimbursement, the meet directors must first submit all cost estimates and quotes thirty (30) days before the event and follow the guidelines in Appendix "F".
- 8.1.26 Meet Directors for all Regional Championships must use the CPU Regional Championships' websites. The websites will contain the event's information including, but not limited to:
 - Event location and dates
 - Entry form
 - Lifting schedule
 - Lifter's Roster
 - Event accommodations
- 8.1.27 Meet Directors for all Regional Championships must use the CPU Regional Championships' Facebook and Instagram and any other official CPU social media platforms to promote their events.

8.2 National Championships

- 8.2.1 National Championships sanctioned by the CPU shall include the following events in all IPFF recognized age categories:
 - National Powerlifting Championships
 - National Bench Press Championships
- 8.2.2 Date and location of the National Championships shall be determined by the Board, Member Provinces and meet directors, as submitted at the CPU AGM two years prior to the requested National Championship to avoid conflict with any other national or international competition and allow for adequate time to organize.

- 8.2.3 Groupings and of all National Championships shall be determined by the Board, with the following recommended groupings:
- a) All events combined;
 - b) If no bids are made for such an all-inclusive combination, other groupings will be considered; and
 - c) Bids for National Championships will be accepted and awarded two years in advance.
- 8.2.4 All-inclusive National Championships are to be held between January 1 and March 6 or at the discretion of the Board. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.
- 8.2.5 Bids for CPU sanctioned events must be submitted by provincial affiliate bodies.
- 8.2.6 Provincial teams shall be allowed to compete at National Championships.
- 8.2.7 Member Provinces must ensure that all of its athletes competing at a national competition have met the current national qualifications. Failure to do so will result in the province losing its eligibility to win any team award and the province will be subject to a \$500 fine payable to the CPU.
- 8.2.8 Bids to host National Championships must be in writing, clearly stated, and signed by the submitting officer. Once a bid has been approved by the CPU executive board the following fees must be paid by a certified cheque or email transfer within thirty (30) days of approval:
- \$750 sanction fee; and
 - \$250 event deposit fee.
- The event deposit fee will be returned to the bidding Member Province if all conditions of the competition bid have been met. If all the conditions are not met, then the e-transfer or cheque will be used by the CPU to cover any costs it incurs to correct the problem.
- 8.2.9 At National Championships three (3) rooms at the meet hotel shall be provided by the meet director for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the Officiating Chairperson.
- 8.2.10 The Member Provinces hosting a national championship should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.).
- 8.2.11 At National Championships a complimentary banquet ticket must be provided to non-lifting referees.
- 8.2.12 At National Championships where there are seven or less competitors in any age category, the weight classes shall be combined and competition placings determined by the appropriate IPF formula. However, the determination of nominees for National Team membership shall still be done according to the Registrant's actual body weight class.

- 8.2.13 The entry closing dates for all National Championships must be stated as 56 days (8 weeks) prior to the date of the Championship. Fourteen (14) days following the stated closing date, the meet director must send out the lifting schedule to all provincial affiliates. The meet director must also send a list of the competitors to the President, showing the name, date of birth, and intended category of competition.
- 8.2.14 National Championships which include single-lift competitions (i.e. bench press) must be organized in such a way that lifters who enter both a three-lift competition and a single-lift event must actually lift in each contest separately in order to receive credit for a result in both. Such competitions cannot be organized in a blended fashion which would allow an athlete to be credited with a result in two different competitions by lifting only once.
- 8.2.15 National Championships must be adjudicated by three national or higher ranked referees or by two national or higher ranked referees and a provincial ranked referee who is writing their national referee exam. The Technical Controller shall be a provincial or higher ranked referee.
- 8.2.16 The president of the Member Province in which a National Championship is being held shall be responsible for ensuring that all equipment to be used at the competition meets the required specifications. Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Officiating Chairperson shall prepare a report detailing the discrepancies and provide this report to the Board. The President shall then give written notice that sanctions for future competition will not be issued until proper equipment is obtained. Further, if a second offence occurs the \$250.00 event deposit fee for that competition shall be cashed as a fine to the meet director, and the member province shall also pay a fine of \$100.00.
- 8.2.17 Lifters are considered to be representing their province.
- 8.2.18 A lifter cannot continue to lift at a CPU National Championships if they do not achieve a successful attempt in one of the contested lifts.
- 8.2.19 The IPF rule of no weight or age class changes within 21 (twenty-one) days of the event will be observed.
- 8.2.20 The Member Province hosting the National Championships should include in its bid the name of the competition's Technical Secretary. They must be national level or higher and will be required to complete all competition paperwork (including flights, scoresheets, etc.).
- 8.2.21 The meet director will produce their own medals to be used, however they must be of high quality and be approved by the Board prior to purchasing.
- 8.2.22 CPU Logo must be visible on the competition banners of all National Championships.
- 8.2.23 Meet directors must also provide best lifter awards for at least: Best Junior Male, Best Junior Female, Best Master Male, Best Master Female, Best Powerlifter Male, Best Powerlifter Female, Best Bencher Male, Best Bencher Female. In the case where a best lifter award will not be provided for all classes the term Junior should be used to represent Sub-Junior and Junior and

Master should represent Master 1, Master 2, Master 3 and Master 4. Any class consisting of equal to or more than 10 Registrants have a representative Best Lifter award.

- 8.2.24 At all National championships coaches and handlers must wear athletic apparel, including athletic attire, close-toed athletic while coaching or handling athletes. Hats, sleeveless tops, and any attire that is unclean, torn or is in anyway deemed to be inappropriate by CPU officials are strictly forbidden.
- 8.2.25 Provincial team standings will be calculated, but only for the purpose of rankings, not for awards in the following categories: Open, Masters, Junior and Bench.
- 8.2.26 At the annual National Bench Press Championships the award for the Best Male and/or Best Female Bench Press (by IPF formula) shall be known as the Bill Jolley Memorial Award, in recognition of an exemplary CPU member who passed away in 1997.
- 8.2.27 National Championships will be live streamed and must use CPU provided streaming platforms. The CPU will reimburse the meet directors up to 60% of the costs to run the livestream on based on board approval and available funds. To be eligible for reimbursement, the meet directors must first submit all cost estimates and quotes thirty (30) days before the event and follow the guidelines in Appendix "F".
- 8.2.28 Meet Directors for all National Championships must use the CPU National Championships' website. The website will contain the event's information including, but not limited to:
 - Event location and dates
 - Entry form
 - Lifting schedule
 - Lifter's Roster
 - Event accommodations
- 8.2.29 Meet Directors for all National Championships must use the CPU National Championships' Facebook and Instagram and any other official CPU social media platforms to promote their events.

9.0 RECORDS

- 9.1 In order to be eligible for any records Registrants must be in good standing with the CPU and their Member Province.
- 9.2 Only Canadian citizens and Permanent Residents may set National Records.
- 9.3 National records may only be set with IPF approved weights and measures, bar and collars included.
- 9.4 National records can only be set at Provincial Championships, Regional Championships, National Championships or any higher level of competition.

- 9.5 In order for a national record to be obtained by a Registrant, all referees officiating must be of CPU national rank or higher. National records in the total will only be accepted if the correctly ranked national referees were used on all successful lifts, regardless of whether they were single lift records, with the same requirements as for single lift records.
- 9.6 When a provincial level referee is testing for a national referee certification, any national records set during the testing shall be deemed to be legitimate, regardless of the outcome of the exam, providing a jury is present.
- 9.7 At Regional or National Championships a Registrant's status as "Classic" must be clearly identified on the contest scoresheet. Registrants CANNOT "cross-over" from equipped to unequipped/classic, or from unequipped/classic to equipped. They can only enter into one division at a competition in regards to records. If not so identified as unequipped/classic, they will be assumed to be equipped.
- 9.8 The Registrant must have faced the possibility of doping control testing, whether or not any actual sample collections take place. If samples are collected and an actual test takes place, the sample must be analyzed at a WADA accredited laboratory, and the test result found to be negative.
- 9.9 If a national record is established by a Registrant while competing in a foreign country, that record will only be recognized if:
 - a) The Registrant must have faced the possibility of doping control testing. If samples are collected and an actual test takes place, the sample must be analyzed at a WADA accredited laboratory, and the test result found to be negative;
 - b) The record was made before three IPF International referees, all of whose registrations are up-to-date;
 - c) The competition was sanctioned by a lifting organization which is affiliated with the IPF; and
 - d) The competition must have been organized and conducted according to IPF rules.
- 9.10 In the event of an athlete being suspended for a failed drug test, which affects medal placings of other athletes, the Board will act in a timely fashion to publicly honour the new medal winners. This will include forwarding the appropriate medal to the correct placeholder.
- 9.11 When a record is removed from a Registrant, the record shall revert to the previous record holder. Should the previous record have since been exceeded by a lift done at a competition that is eligible to set new CPU records, that Registrant may apply to claim the record. The normal record application must be forwarded within 7 (seven) days of the day that the previous record is removed. It will be the responsibility of the Board to inform all parties impacted by any change.
- 9.12 Each Member Province shall be responsible for its own records and forms, but a national record application must be submitted on a standard CPU National Record Application Form.

- 9.13 The standard CPU Record Application Form must be submitted by the Registrant through the online form 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).
- 9.14 At the time of the competition, when a national record is set, a Registrant may choose to decline the submission of a CPU National Record Application Form and the record will not stand.
- 9.15 The CPU shall accept applications for new national Records in all age, weight, and style (equipped & Classic) that the IPF recognizes.
- 9.16 For all categories, records shall be maintained for both equipped and Classic competition.
- 9.17 If a Member Province holds a separate contest that is designated as an “Equipped Provincial Championships”, Registrants that intend to lift without supportive equipment may enter, but will be considered as an equipped Registrant, and will not be eligible to set Classic records of any level or be entered on rankings lists for Classic lifting.
- 9.18 The CPU shall also accept applications for new national records for para-powerlifting in the weight classes and age categories followed by the International Paralympic Committee.

10.0 AWARDS, AND CLASSIFICATIONS

- 10.1 In order to be eligible for any awards Registrants must be in good standing with the CPU and their provincial organization.
- 10.2 At National and Regional Championships the meet director(s) will produce their own medals to be used, however they must be of high quality and be approved by the Board prior to purchase.
- 10.3 The meet director of a Regional or National Championships must also provide best lifter awards for at least: Best Junior Male, Best Junior Female, Best Master Male, Best Master Female, Best Powerlifter Male, Best Powerlifter Female, Best Bencher Male, Best Bencher Female. In the case where a best lifter award will not be provided for all classes the term Junior should be used to represent Sub-Junior and Junior, and Master should represent Master 1, Master 2, Master 3 and Master 4. Any division consisting of equal to or more than 10 Registrants have a representative Best Lifter award.
- 10.4 At National Championships, provincial standings will be calculated, but only for the purpose of rankings, not for awards in the following categories:
 - Open;
 - Masters;
 - Junior; and
 - Bench Press Only.

Such criteria to be developed by the Championship Committee.

- 10.5 At the annual Bench Press National Championships the award for the Best Male Bench Press (by IPF Formula) shall be known as the Bill Jolley Memorial Award, in recognition of an exemplary CPU member who passed away in 1997.
- 10.6 Where a Best Lifter Award is to be presented, the winner shall be selected from among all Registrants and shall be decided using the currently approved IPF Formula.
- 10.7 The CPU shall maintain a CPU Hall of Fame which shall consist of the following award categories:
- **The Bill Jamison Award** – This award is named after our founder and is considered the CPU's highest honor. This award shall be presented to the registrant who best exhibits sportsmanship, perseverance, and dedication to the sport of powerlifting. The recipient must have also made a historically significant contribution to the growth of CPU. Nominees must have been an active Registrant for a minimum of 15 years. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. There will be no nominations from the floor. The winner of this award shall be selected by 2/3 majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen, and recipients may only receive this award one time.
 - **CPU Hall of Fame Inductee** – This award shall be presented to registrants who have made significant and noteworthy contributions to the CPU, primarily through their lifetime lifting achievements at the National and International level and served as a role model to other registrants. Nominees must have been an active registrant for a minimum of 10 years. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. There will be no nominations from the floor. The winner of this award shall be selected by 2/3 majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen, and recipients may only receive this award one time.
 - **Male and Female Powerlifting Athlete-of-the-Year** - This award shall be presented to the Registrant(s) in recognition of their excellence and achievements on the platform in the three lift Powerlifting category from the preceding year. Only athletic accomplishments are to be considered for this award. To be nominated for these awards, registrants must have at least competed at the national level. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. There will be no nominations from the floor. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year if no suitable candidate can be chosen.
 - **Male and Female Bench Press Athlete-of-the-Year Awards** - This award shall be presented to the Registrant(s) in recognition of their excellence and achievements on the platform in the Bench Press from the preceding year. This may include performance

in the Bench press in a three-lift competition. Only athletic accomplishments are to be considered for this award. To be CPU Policies and Procedures - Page 20 nominated for these awards registrants must have at least competed at the national level. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. There will be no nominations from the floor. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year if no suitable candidate can be chosen.

10.8 Award recipient selection process

- The Board shall verify that all nominees meet the minimum requirements for the award they are nominated for.
- The Bill Jamison and Hall of Fame Inductee award recipients shall be selected by 2/3 majority vote of the Board and member provinces.
- When there are two or more nominees, the Board and member provinces shall select a final candidate by majority vote and will continue to do so until there is one final nominee.
- A 2/3 majority vote by the Board and member provinces will be used to select the final candidate to determine whether or not the nominee will receive the award.

11.0 PARA-POWERLIFTING

- 11.1 The CPU and Member Provinces shall maintain a division for para-powerlifting, using the International Paralympic Committee weight divisions with national records.

12.0 DOPING CONTROLS

Anti-Doping Policy

- 12.1 CPU has adopted the 2021 Canadian Anti-Doping Program (CADP) as its primary domestic anti-doping policy. Administered on behalf of the CPU by the Canadian Centre for Ethics in Sport (CCES), the 2021 CADP is fully compliant with the 2021 World Anti-Doping Code, International Standards and Guidelines as they may exist from time to time.

In addition, the CPU, as a member federation of the IPF, must also be fully compliant with the IPF anti-doping rules. The IPF anti-doping rules may apply to certain members of the CPU in certain situations. The IPF anti-doping rules are fully compliant with the 2021 World Anti-Doping Code, International Standards and Guidelines as they may exist from time to time.

In the event of a conflict between other anti-doping policies established by the CPU and the 2021 CADP and/or the IPF anti-doping rules, the rules of the 2021 CADP or the IPF shall prevail, as applicable.

- 12.2 All Registrants holding a Competitor Membership or Referee Membership are required to take the CCES online E-Learning Anti-Doping **Tracked** course and subsequent renewal course after each 12-month period, to maintain a current Certificate of Completion as a requirement of membership and to be eligible for competition in CPU events.

- 12.3 Registrants at IPF international competitions face the possibility of WADA certified doping controls. Any CPU national record set by Registrants at IPF international events will be accepted, upon receipt of the same record application that would apply within Canada.
- 12.4 In the event of a Registrant being suspended for a doping infraction which affects medal placings of other Registrants, the CPU will act in a timely fashion to publicly honour the new medal winners. This will include forwarding the appropriate medal to the correct placement.
- 12.5 Any Registrant who is assessed a doping suspension shall have all previous records that they may have held removed as well as listings on the lifter ranking lists. Records will revert back to the previous record holder, and lifter rankings will be adjusted accordingly.
- 12.6 All Registrants holding a Competitor Membership are subject to in-competition and out-of-competition testing as a condition of membership in the CPU.
- 12.7 As part of the CPU out-of-competition testing program, Registrants holding a Competitor Membership are obligated to provide current and correct contact information (i.e., home address, e-mail address, phone number) to the Registration Chairperson on their membership applications and update the information should it change during the membership year. If it is concluded by the CPU Anti-Doping Committee after careful examination of the circumstances, that a member has intentionally provided incorrect or out-dated contact information to the CPU, either a warning or a six-month suspension may be imposed.
- 12.8 As noted in Clause 5.6 of the IPF Anti-Doping Rules and Part C, Clause 5.6 of the Canadian Anti-Doping Rules, a Whereabouts Program will be applied to selected athletes within the CPU Out-Of-Competition Testing Pool. These Registrants will be notified and educated by the Independent Testing Administrator in the requirements and their duties in the Whereabouts Program and the Registrant will be required to submit their whereabouts in accordance with the specified rules. They will also be subject to sanctions for Missed Tests and Filing Failures as explained in Clause 2.4 of the IPF Anti-Doping Rules and Clause 2.4 of the Canadian Anti-Doping Rules.
- 12.9 In addition to urine collection and testing, the CCES reserves the right to execute in- competition and out-of-competition blood collection and testing in accordance with the CADP and IPF Anti-Doping Rules.
- 12.10 When a Registrant receives a doping suspension, their results stay in the historical database, but will be given a notation of "DV" (Doping Violation) indicating their suspension.

13.0 PENALTIES

- 13.1 For doping penalties, the CPU shall follow the IPF Anti-Doping Rules and the WADA Code for reinstatement:
 - a) Any Registrant who has received and served a full doping suspension under the Canadian Anti-Doping Program ("CADP") and wishes to return to the CPU must apply for reinstatement to the Board and be required to pay a fee of \$1100 to the CPU; and

- b) Any person applying for reinstatement shall be required to re-pay to the CPU or its Member Province the full amount of any legal, medical, physical or other expenses that may have been incurred from the prior offence.
- 13.2 All persons applying to the CPU for membership must disclose all information regarding current suspensions from any/all sport organizations when applying for any class of membership in the CPU. Failure to do so will result in immediate disqualification from the CPU for the term of that suspension, with all contest results for the Registrant being nullified upon discovery.
- 13.3 A Member Province cannot penalize a Registrant or Officials from other provinces.
- 13.4 All Registrants, Officials, or provincial members have the right to be heard before the Board decides upon any penalties to be imposed.
- 13.5 The Member Province may exclude a Registrant from a competition for reasons of their misconduct.
- 13.6 Any Registrant may be subject to suspension or expulsion for a period to be determined by the Ethics and Discipline Committee if they are found to be guilty of violating the CPU Code of Conduct.
- 13.7 A Registrant cannot participate in competitions organized under CPU rules for a period to be determined by the Ethics and Discipline Committee if they are under temporary or permanent suspension.
- 13.08 Any Registrant or Official who considers that they have been wronged has the right to file a written complaint to the Ethics and Discipline Committee stating their reasons.
- 13.09 Registrants will be subject to suspension or expulsion from the CPU if they attempt to forge or alter any of the required documentation needed to participate in any sanctioned competition. These documents include but are not limited to:
- Government issued ID
 - CPU Membership Card
 - True Sport Module Certificate
- The minimum penalty for this is a 5-year suspension.
- 13.09 The Ethics and Discipline Committee shall utilize the Ethics & Discipline Committee Process and Discipline and Complaints policy to determine any breach of CPU Code of Conduct and Ethics policy when handling all complaints received by the CPU.
- 13.10 It shall be the obligation of all Officials to maintain current knowledge of the rules of the sport. Penalties shall be determined by the Board and Technical Committee.
- 13.11 Any successful bidder who is awarded a regional or national championship event and defaults on the agreement without just cause, such as not holding the event; or not meeting the agreed-upon specifications, will be subject to penalty. This penalty shall not exceed a reasonable and

fair estimate, by the Board and Member Province, of expenses that cannot be refunded. This may include deductions for refunds on travel expenses and unnecessary local transportation and accommodation expenses.

14.0 FINANCE

- 14.1 The Treasurer shall present a compilation report and financial information prepared by an independent certified professional accountant on the date of the AGM.
- 14.2 CPU Subscription Fees:
 - a) Provincial Affiliation Fee - \$2.00 per provincial Registrant on record as of November 30 of the current billing year;
 - b) Sanction Fee for National Powerlifting and Bench Press Championships - \$750.00;
 - c) Sanction Fee for Regional Powerlifting and Bench Press Championships - \$500.00;
 - d) Event Deposit (refundable) - \$250.00;
 - e) Competitors Membership Fee - \$80.00;
 - f) Drug Testing Fee - \$15.00 per Registrant per competition; and
 - g) Sponsorship Fees - as determined by the Board on an annual basis.
- 14.3 CPU Subscription Fees shall be payable as follows:
 - a) Provincial Affiliation Fee: to be paid in full by January 1 of each year;
 - b) Sanction Fee and Event Deposit: to be paid in full at the time of bid submission;
 - c) Individual Membership Fee: payment in full at the time of purchase;
 - d) Drug testing Fee. - payable within **fifteen (15)** days of receipt of invoice following each competition; and
 - e) Website advertising fee is payable January 1 of each calendar year. New advertisers will be prorated for the remainder of the current year.
- 14.4 Television rights for international competitions held in Canada are the sole property of the IPF. If the IPF Media Committee cannot obtain a signed contract, and waives its rights, those rights must pass to the CPU. If within a three-month period the CPU fails to procure a contract, the meet director/promoter may negotiate a media contract. Regardless of the agreed-upon fee, the IPF will receive 25 %, the CPU will receive 25 % and the meet promoter 50 %.
- 14.5 All television and live stream rights for national championships shall be the sole property of the CPU.
- 14.6 Any Member Province and or territory of the CPU with:
 - a) Monies outstanding to/for the CPU in arrears of 30 (thirty) days or more; and/or
 - b) Monies outstanding to/for the CPU in the amount of \$500.00 or more,shall forfeit their voting privileges on all matters pertaining to CPU business, with the exception of, a vote for the election of CPU officers, until such time as their outstanding account has been paid in full.

15.0 EQUIPMENT

15.1 All equipment, including but not limited to, bars, discs and collars, used at all levels of powerlifting competitions in the CPU shall be in accordance with the IPF and/ or CPU Approved List (as specified on the CPU website).

15.2 Any changes in equipment specifications which have been adopted and approved by the IPF Congress shall be reviewed by the CPU Board before being adopted by the CPU.

15.3 The equipment listed in the CPU Approved List will be in effect until December 31, 2024, upon which time the equipment will be reviewed for continued adoption.

16.0 OFFICIATING

- 16.1** The rules governing powerlifting competitions in Canada are those stated in the official IPF Technical Rules.
- 16.2** In areas of the IPF Technical Rules regarding Records, where the term “World” is used, it shall, unless otherwise specified, be interpreted as “National” for the CPU’s purposes, and likewise the term “Nation” or “National” shall, unless otherwise specified, be interpreted as “Province” or “Provincial” where applicable to the Member Province’s purposes.
- 16.3** Referees and members of the jury at national and regional championships shall be uniformly dressed as follows:

MEN:

- Winter Dress: Dark blue blazer with appropriate CPU or IPF crest on the left breast, grey trousers, white shirt and tie.
- Summer Dress: White shirt, grey trousers and appropriate tie.

WOMEN:

- Winter Dress: Dark blue blazer with appropriate CPU or IPF crest on the left breast, grey skirt or trousers, white blouse, and appropriate tie/scarf.
- Summer Dress: Grey skirt or trousers and white blouse.

All Referees will wear dark colored formal footwear.

The jury shall determine whether winter or summer dress will be worn.

- 16.4** All CPU national referees shall be supplied with a referee's booklet, a name tag, and a crest which must be worn on the left breast pocket of the jacket.
- 16.5** All referees adjudicating at national championships must be of provincial rank or higher. Each province must send at least one international or national referee, or provincial if none of higher rank is available, to all national championships. These referees must actually officiate at the competition in order to get credit for having attended. Any Member Province which fails to comply with this condition will be required to pay to the CPU a fee of \$25.00 for every member

of its team. This money will be divided among the referees who do attend and officiate at the event.

- 16.6 To become certified as a national level CPU referee the testing procedure is as follows:
- a) A provincial referee in good standing with their provincial association;
 - b) Must be recommended by their Member Province;
 - c) Participation in the national referee's examination consisting of a written examination to be taken in the presence of a member of the **Technical Committee**, or by an individual appointed by the **Technical Committee**, and will be followed by a practical examination;
 - d) Must achieve a passing score of 90 percent or more on both the written and practical examination;
 - e) The written examination must be taken and passed prior to the practical examination;
 - f) For the practical examination, the applicant shall sit before at least two, and not more than three, referees of national or higher rank, and adjudicate a minimum of one hundred attempts while serving as chief referee;
 - g) The practical examination must be administered by at least one IPF referee on the jury. Other adjudicating referee's may be of national rank. During the practical examination, a minimum of 100 attempts must be adjudicated. If necessary, the practical examination may be spread over more than one competition, with the same IPF level adjudicator;
 - h) Written tests will be obtained from the **Technical Committee**, and the completed tests and examination forms will be returned to the **Technical Committee**;
 - i) New national referees may be certified at an annual national championships, or an annual regional championships provided that all of the above conditions are met.
- 16.7 Member Provinces will submit to the **Technical Committee** the names of qualified provincial referees to be tested for a national referee's card. A written provincial examination must accompany the application.
- 16.8 All CPU national and provincial referees must have a CPU competitor's or referee's membership.
- 16.9 To maintain your national referee status, a national referee must officiate at one provincial or regional championship, one national championship and attend a national rules clinic at least every three years.
- 16.10 If the **Technical Committee** and the Board conclude a national referee requires further development and remedial work due to the following, but not limited to:
- a) An outdated understanding of the IPF rules;
 - b) Demonstrates calls on the platform that are unreasonable or incorrect interpretations of the IPF Rules;
 - c) Shows disrespect to athletes and/or other officials;
 - d) Does not show up on time or leaves early without a pre-arranged agreement; and
 - e) Arrives unprepared for their scheduled session.

The referee will be put on probation for one (1) year to allow for enough time to develop and improve any issues. The **Technical Committee** and Board will work together to assist these referees by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary.

Should the referee complete the probationary period with improvement, the referee shall keep their status. If after the one (1) year probationary period the referee fails to improve to the CPU standard, their status will be revoked. The revoked referee may apply to take the national referee process after six (6) months of the date of revocation.

- 16.11 Individuals who wish to referee in the CPU and have obtained their referee status from outside of Canada who now reside in the country will be subject to a one (1) year probationary period. These individuals will be reviewed by the **Technical Committee** and with assistance of member provinces.

The probationary period will allow for enough time to evaluate the individual and assist them by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary.

Should the **Technical Committee** decide that the individual's skills are satisfactory they shall be awarded their CPU referee status. If after the one (1) year probationary period the referee fails to meet the CPU standards, they will not be permitted to referee in Canada. The individual may apply to take their CPU national referee process six (6) months after the end date of their probationary period.

17.0 QUALIFYING STANDARDS

- 17.1 Athletes must satisfy any additional provincial requirements to qualify for a regional and/or national championships.
- 17.2 All registrants wishing to compete in regional or national championships must meet the qualifying totals 24 months prior to the date of the intended championships.
- 17.3 All registrants wishing to compete at their first national championships must first compete and achieve a total at any regional championship within the previous two years of the national championships. Additionally, lifting in bench only at regionals cannot be a qualifier for 3-lift nationals, however the reverse is accepted.
- 17.4 At CPU Regional and National Championships, athletes cannot change their entered age and weight class after 21 days before the contest starts.
- 17.5 A registrant who achieves a regional or national qualifying total is then eligible to compete at any chosen weight class at the regional or national championships they qualify for.
- 17.6 You must meet the requirement (qualification) in the discipline (Classic or Equipped) you set out to lift at Nationals.

- 17.7 Bench-Only qualifying lifts can come from other Bench-Only contests or from the Bench Press portion of a regular Powerlifting contest.
- 17.8 Submitted entry forms for all regional and national championships must include details of the Registrants qualifying standard and must be verified by a provincial officer prior to making the athlete roster public. If any entry form is incomplete in any way, it will not be accepted by the meet director.
- 17.9 A Registrant who achieves a national qualifying standard is then eligible to compete at any chosen weight class at the National Championships.

18.0 NATIONAL TEAM SELECTION

- 18.1 Any selection to a national team is tentative until the results of any drug testing (if done) are received. If tested, a Registrant must show a negative test result in order to remain on the team. Any positive test results will bring automatic dismissal from the team and appropriate penalty to the Registrant(s) involved.
- 18.2 The Championship Secretary shall select Men's and Women's select teams to represent Canada at all IPF international competitions with the approval of the Board.
- 18.3 Athletes must have lifted at the current year's corresponding national championships, i.e. Classic bench only for Classic World Bench Press Championships and equipped powerlifting for equipped World Powerlifting Championships. The team will be filled with Registrants that competed at the current year's corresponding national championships. If the team cannot be filled from those Registrants, then Registrants that competed at the previous year's corresponding national championships will be allowed to apply.
- 18.4 The class winners from the current year's national championship in each weight class and age category shall automatically earn a spot on the national team. The remaining team members will be chosen based on placing from the most recent national championship with all second place finishers being chosen next going in descending IPF Formula order, followed by all third place finishers going in descending IPF Formula order and carrying on until the team has been filled. Anyone who competed at the current year's corresponding national championships will make the team over someone who only competed at the previous year's corresponding national championships. If more than one registrant from previous year's corresponding national championships are being considered for the team, they will be chosen in descending IPF formula order.
- 18.5 A standard agreement will have to be signed by every prospective member of any of the CPU's national teams. This agreement will contain, but not necessarily be limited to, all of the following:
 - a) All eligible Registrants who wish to apply for an international team shall submit their application form to the Championship Chairperson no later than 90 (ninety) days prior to the date of the competition;
 - b) Once final team selections are made, all Registrants selected for the teams (not including reserves) are required to pay a participation fee of \$200 to the CPU. This

- money will cover the participation and drug testing fees paid to the IPF or other for the contest. If a selected Registrant is unable to attend and a reserve Registrant takes over a spot, that reserve Registrant must pay the fee at that time. Any Registrant that has paid the fee but is unable to attend, will have the fee returned to them only if the fees have not yet been paid to the IPF;
- c) Team uniforms should be worn at all times while at the competition venue;
 - d) While team members are in the host nation, they are expected to attend all banquets, opening and closing ceremonies, and any other functions which might be arranged by the host federation for the benefit of the visiting teams;
 - e) All Registrants competing at international events are subject to pay to the CPU \$50.00 to support the assigned coaches. If the Coaching Committee does not name a coach for a championship competition, the \$50.00 fee will be refunded.
- 18.6 When competing for Canada at IPF World Championships, or at any other international competitions, the Registrant's cooperation with the coaching staff, and adherence to team protocol, shall be mandatory at all times. The behavior of Registrants, coaches, managers, and any other Officials of the Canadian team who are consistently uncooperative, or whose actions or appearance bring discredit to the team, will be taken into consideration when selecting future international teams. Any formal complaint which is lodged against a member of a national team at an international competition must be fully investigated by the Board. The team member involved shall be informed immediately, in writing, of the nature of the complaint.
- 18.7 For any international championships where the applicable national championships are less than 60 (sixty) days prior to that championships, the national event results from the previous year will be used as the qualifying standard.
- 18.8 For any athletes seeking national team spots, they shall only be guaranteed a spot and nominated at the weight class and age category for which they competed at the corresponding National Championships. Registrants who did not compete at the corresponding national championships and competed at the previous year's corresponding national championships should be nominated in the weight class they competed in, however, if there is no room on the team in that weight class, they shall be permitted to be nominated in a different class. However, if before final nominations, an athlete or coach determines that an athlete may be more competitive in a different weight class and there are available team spots at that weight class, a Registrant may change their nominated weight class. If two or more athletes are attempting to move into the same weight class causing a conflict, priority will be given to the athlete with the higher IPF Formula from the National Championships. Priority for changing from their nominated weight class will be given to athletes who competed at the corresponding national championships over the previous year's national championships, regardless of who has the higher IPF Formula. Registrants who competed in the corresponding national championships in an alternate age category than the team they are applying for will be considered for the team prior to a registrant who did not compete at the corresponding year's national championships, but after any individuals who competed in the corresponding age category at the corresponding national championships.

19.0 COACHING

- 19.1 For the equipped and Classic Open, Master, Junior/Sub-Junior Powerlifting and Bench Press World Championships, the CPU Coaching Committee will select coaches from any applicants.
- 19.2 At all international competitions, the coaches will have the final say as to the Registrant's attempts. The Registrant may make suggestions only. The Registrant must be made aware of this situation prior to team selections.
- 19.3 Coaches of national teams at international competitions shall be eligible for a stipend determined by the Coaching Committee budget.
- 19.4 The duties, eligibility and requirements of the head coach are laid out in the Canadian Powerlifting Union Coaching Job Description document maintained by the Coaching Committee.
- 19.5 At all regional and national championships, Classic athletes may only have one handler/coach and equipped athletes may have up to two during their event.
- 19.6 All coaches at international events part of the Team Canada Coaching Staff, in any capacity, must have completed any CPU required education for Team Canada Coaches prior to being eligible for international coaching positions. This does not include sports health practitioners acting in their professional capacity for international teams.
- 19.7 All CPU Team Coaches must hold either a valid Referee Membership or a valid Competitor Membership.

20.0 IPF CONGRESS

- 20.1 The CPU will cover 100 % of the travel, accommodations and meals for the President or the CPU-appointed delegate to attend the annual IPF Congress.

APPENDIX "A" - Nationals Qualifying Standards

| QUALIFYING TOTAL FOR CPU CLASSIC NATIONALS | | | | | | | |
|--|-------|------------|--------|----------|----------|----------|----------|
| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| Men | | | | | | | |
| 53 | - | 312.5 | 405 | - | - | - | - |
| 59 | 482.5 | 347.5 | 450 | 375 | 347.5 | 317.5 | 282.5 |
| 66 | 530 | 385 | 497.5 | 415 | 382.5 | 350 | 312.5 |
| 74 | 580 | 420 | 542.5 | 452.5 | 417.5 | 382.5 | 340 |
| 83 | 625 | 452.5 | 585 | 487.5 | 450 | 412.5 | 367.5 |
| 93 | 665 | 480 | 620 | 517.5 | 477.5 | 437.5 | 390 |
| 105 | 697.5 | 505 | 652.5 | 545 | 502.5 | 460 | 410 |
| 120 | 727.5 | 527.5 | 677.5 | 565 | 522.5 | 480 | 427.5 |
| 120+ | 745 | 537.5 | 695 | 580 | 535 | 490 | 432.5 |
| | | | | | | | |
| Women | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| 43 | - | 155 | 232.5 | - | - | - | - |
| 47 | 275 | 167.5 | 250 | 210 | 182.5 | 152.5 | 137.5 |
| 52 | 297.5 | 180 | 272.5 | 227.5 | 195 | 165 | 147.5 |
| 57 | 320 | 195 | 292.5 | 245 | 210 | 177.5 | 160 |
| 63 | 347.5 | 207.5 | 317.5 | 265 | 227.5 | 190 | 172.5 |
| 69 | 370 | 222.5 | 337.5 | 282.5 | 242.5 | 205 | 185 |
| 76 | 392.5 | 237.5 | 360 | 300 | 257.5 | 217.5 | 197.5 |
| 84 | 417.5 | 252.5 | 382.5 | 320 | 275 | 230 | 207.5 |
| 84+ | 432.5 | 265 | 405 | 337.5 | 290 | 242.5 | 220 |
| QUALIFYING TOTAL FOR CPU CLASSIC REGIONALS | | | | | | | |
| Men | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| 53 | - | 280 | 357.5 | - | - | - | - |
| 59 | 412.5 | 310 | 397.5 | 347.5 | 317.5 | 282.5 | 255 |
| 66 | 455 | 342.5 | 437.5 | 382.5 | 350 | 312.5 | 280 |
| 74 | 497.5 | 372.5 | 480 | 417.5 | 382.5 | 340 | 305 |
| 83 | 535 | 402.5 | 517.5 | 450 | 412.5 | 367.5 | 330 |
| 93 | 567.5 | 427.5 | 547.5 | 477.5 | 437.5 | 390 | 350 |
| 105 | 597.5 | 450 | 577.5 | 502.5 | 460 | 410 | 367.5 |
| 120 | 620 | 470 | 600 | 522.5 | 480 | 427.5 | 382.5 |
| 120+ | 637.5 | 475 | 615 | 535 | 490 | 432.5 | 390 |
| Women | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| 43 | - | 142.5 | 195 | - | - | - | - |

| | | | | | | | |
|------------|-------|-------|-------|-------|-------|-------|-------|
| 47 | 240 | 150 | 207.5 | 182.5 | 152.5 | 137.5 | 127.5 |
| 52 | 260 | 160 | 222.5 | 195 | 165 | 147.5 | 137.5 |
| 57 | 280 | 175 | 240 | 210 | 177.5 | 160 | 147.5 |
| 63 | 302.5 | 187.5 | 260 | 227.5 | 190 | 172.5 | 157.5 |
| 69 | 322.5 | 200 | 292.5 | 242.5 | 205 | 185 | 170 |
| 76 | 345 | 212.5 | 310 | 260 | 217.5 | 197.5 | 180 |
| 84 | 367.5 | 227.5 | 315 | 275 | 230 | 207.5 | 190 |
| 84+ | 387.5 | 240 | 332.5 | 290 | 242.5 | 220 | 200 |

| QUALIFYING TOTAL FOR CPU CLASSIC BENCH NATIONALS | | | | | | | |
|---|-------------|-------------------|---------------|-----------------|-----------------|-----------------|-----------------|
| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| Men | | | | | | | |
| 53 | - | 62.5 | 87.5 | - | - | - | - |
| 59 | 107.5 | 75 | 102.5 | 85 | 75 | 65 | 60 |
| 66 | 117.5 | 82.5 | 115 | 95 | 82.5 | 72.5 | 65 |
| 74 | 132.5 | 90 | 125 | 105 | 90 | 77.5 | 70 |
| 83 | 142.5 | 100 | 137.5 | 115 | 100 | 87.5 | 77.5 |
| 93 | 152.5 | 102.5 | 145 | 120 | 105 | 90 | 82.5 |
| 105 | 160 | 110 | 152.5 | 127.5 | 110 | 95 | 87.5 |
| 120 | 165 | 115 | 160 | 132.5 | 115 | 100 | 90 |
| 120+ | 172.5 | 120 | 165 | 137.5 | 120 | 105 | 95 |
| QUALIFYING TOTAL FOR CPU CLASSIC BENCH REGIONALS | | | | | | | |
| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| Women | | | | | | | |
| 43 | - | 30 | 45 | - | - | - | - |
| 47 | 50 | 32.5 | 47.5 | 40 | 32.5 | 27.5 | 25 |
| 52 | 55 | 35 | 50 | 42.5 | 35 | 30 | 27.5 |
| 57 | 60 | 37.5 | 55 | 45 | 37.5 | 32.5 | 30 |
| 63 | 65 | 40 | 60 | 50 | 42.5 | 35 | 32.5 |
| 69 | 67.5 | 42.5 | 62.5 | 52.5 | 45 | 37.5 | 35 |
| 76 | 72.5 | 45 | 67.5 | 55 | 47.5 | 40 | 37.5 |
| 84 | 77.5 | 50 | 72.5 | 60 | 50 | 42.5 | 37.5 |
| 84+ | 80 | 52.5 | 75 | 62.5 | 52.5 | 45 | 40 |

| | | | | | | | |
|--------------|-------|-------|-------|------|------|------|------|
| 105 | 140 | 100 | 132.5 | 110 | 95 | 87.5 | 80 |
| 120 | 145 | 102.5 | 137.5 | 115 | 100 | 90 | 82.5 |
| 120+ | 152.5 | 110 | 145 | 120 | 105 | 95 | 87.5 |
| Women | | | | | | | |
| 43 | - | 30 | 35 | - | - | - | - |
| 47 | 45 | 30 | 40 | 32.5 | 27.5 | 25 | 25 |
| 52 | 45 | 32.5 | 42.5 | 35 | 30 | 27.5 | 27.5 |
| 57 | 52.5 | 35 | 45 | 37.5 | 32.5 | 30 | 30 |
| 63 | 57.5 | 37.5 | 50 | 42.5 | 35 | 32.5 | 32.5 |
| 69 | 60 | 40 | 52.5 | 45 | 37.5 | 35 | 35 |
| 76 | 65 | 42.5 | 55 | 47.5 | 40 | 37.5 | 37.5 |
| 84 | 70 | 42.5 | 60 | 50 | 42.5 | 37.5 | 37.5 |
| 84+ | 72.5 | 45 | 62.5 | 52.5 | 45 | 40 | 40 |

| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
|--------------|-------------|-------------------|---------------|-----------------|-----------------|-----------------|-----------------|
| Men | | | | | | | |
| 53 | - | 320 | 380 | - | - | - | - |
| 59 | 450 | 357.5 | 422.5 | 367.5 | 340 | 310 | 277.5 |
| 66 | 497.5 | 395 | 465 | 407.5 | 375 | 342.5 | 307.5 |
| 74 | 542.5 | 430 | 510 | 442.5 | 410 | 375 | 332.5 |
| 83 | 585 | 462.5 | 550 | 477.5 | 440 | 405 | 360 |
| 93 | 622.5 | 492.5 | 582.5 | 507.5 | 467.5 | 430 | 382.5 |
| 105 | 652.5 | 517.5 | 612.5 | 535 | 492.5 | 450 | 402.5 |
| 120 | 680 | 540 | 635 | 552.5 | 512.5 | 470 | 420 |
| 120+ | 695 | 552.5 | 652.5 | 567.5 | 525 | 480 | 425 |
| | | | | | | | |
| Women | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| 43 | - | 160 | 217.5 | - | - | - | - |
| 47 | 245 | 172.5 | 235 | 205 | 180 | 150 | 135 |
| 52 | 267.5 | 185 | 255 | 222.5 | 190 | 162.5 | 145 |
| 57 | 287.5 | 197.5 | 275 | 240 | 205 | 175 | 157.5 |
| 63 | 310 | 212.5 | 297.5 | 260 | 222.5 | 185 | 170 |
| 69 | 337.5 | 232.5 | 322.5 | 282.5 | 242.5 | 205 | 185 |
| 76 | 360 | 247.5 | 345 | 300 | 257.5 | 217.5 | 195 |
| 84 | 375 | 257.5 | 360 | 312.5 | 270 | 225 | 202.5 |
| 84+ | 387.5 | 272.5 | 380 | 330 | 285 | 237.5 | 215 |

| QUALIFYING TOTAL FOR CPU EQUIPPED BENCH NATIONALS | | | | | | | |
|--|-------------|-------------------|---------------|-----------------|-----------------|-----------------|-----------------|
| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| Men | | | | | | | |
| 53 | - | 67.5 | 95 | - | - | - | - |
| 59 | 120 | 82.5 | 112.5 | 95 | 82.5 | 72.5 | 62.5 |
| 66 | 132.5 | 90 | 122.5 | 105 | 92.5 | 80 | 70 |
| 74 | 145 | 100 | 137.5 | 117.5 | 102.5 | 87.5 | 75 |
| 83 | 160 | 112.5 | 150 | 125 | 112.5 | 97.5 | 85 |
| 93 | 167.5 | 117.5 | 160 | 132.5 | 117.5 | 102.5 | 87.5 |
| 105 | 177.5 | 122.5 | 167.5 | 140 | 122.5 | 107.5 | 92.5 |
| 120 | 182.5 | 125 | 175 | 145 | 127.5 | 112.5 | 97.5 |
| 120+ | 192.5 | 132.5 | 182.5 | 152.5 | 132.5 | 117.5 | 102.5 |
| | | | | | | | |
| Women | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| 43 | - | 30 | 45 | - | - | - | - |
| 47 | 55 | 32.5 | 45 | 40 | 37.5 | 30 | 25 |

| 52 | 60 | 37.5 | 47.5 | 45 | 37.5 | 32.5 | 27.5 |
|--|-------|------------|--------|----------|----------|----------|----------|
| 57 | 65 | 40 | 52.5 | 50 | 42.5 | 35 | 30 |
| 63 | 70 | 45 | 60 | 55 | 47.5 | 40 | 32.5 |
| 69 | 77.5 | 50 | 65 | 60 | 52.5 | 45 | 37.5 |
| 76 | 82.5 | 52.5 | 67.5 | 62.5 | 55 | 47.5 | 40 |
| 84 | 85 | 55 | 67.5 | 65 | 57.5 | 47.5 | 40 |
| 84+ | 90 | 57.5 | 80 | 67.5 | 60 | 50 | 42.5 |
| QUALIFYING TOTAL FOR CPU EQUIPPED BENCH REGIONALS | | | | | | | |
| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| Men | | | | | | | |
| 53 | - | 60 | 82.5 | - | - | - | - |
| 59 | 102.5 | 70 | 97.5 | 82.5 | 72.5 | 62.5 | 57.5 |
| 66 | 115 | 80 | 110 | 92.5 | 80 | 70 | 62.5 |
| 74 | 125 | 85 | 122.5 | 102.5 | 87.5 | 75 | 67.5 |
| 83 | 137.5 | 97.5 | 132.5 | 112.5 | 97.5 | 85 | 75 |
| 93 | 145 | 100 | 137.5 | 117.5 | 102.5 | 87.5 | 80 |
| 105 | 152.5 | 105 | 147.5 | 122.5 | 107.5 | 92.5 | 85 |
| 120 | 160 | 112.5 | 152.5 | 127.5 | 112.5 | 97.5 | 87.5 |
| 120+ | 167.5 | 117.5 | 160 | 132.5 | 117.5 | 102.5 | 92.5 |
| | | | | | | | |
| | Open | Sub-Junior | Junior | Master 1 | Master 2 | Master 3 | Master 4 |
| Women | | | | | | | |
| 43 | - | 27.5 | 42.5 | - | - | - | - |
| 47 | 45 | 27.5 | 45 | 37.5 | 30 | 25 | 22.5 |
| 52 | 50 | 30 | 47.5 | 40 | 32.5 | 27.5 | 25 |
| 57 | 57.5 | 32.5 | 50 | 42.5 | 35 | 30 | 27.5 |
| 63 | 62.5 | 37.5 | 57.5 | 47.5 | 40 | 32.5 | 30 |
| 69 | 67.5 | 42.5 | 62.5 | 52.5 | 45 | 37.5 | 35 |
| 76 | 70 | 45 | 67.5 | 55 | 47.5 | 40 | 37.5 |
| 84 | 75 | 45 | 67.5 | 57.5 | 47.5 | 40 | 35 |
| 84+ | 77.5 | 47.5 | 72.5 | 60 | 50 | 42.5 | 37.5 |

APPENDIX "B" - Policy on Discrimination and Harassment

1. The CPU is devoted to the idea that all people have the right to frequent an environment that is free of discrimination or harassment based on a person's age, sex, race, ethnicity, religion, or sexual orientation.
2. The CPU encourages all Registrants who feel that they are experiencing harassment to inform the harasser that such behavior is offensive and is contrary to the practices of the CPU. In addition, all individuals who are being harassed should report the incident through the appropriate channels.
3. Discrimination is the process of differentiating people by means of age, sex, race, ethnicity, religion, or disability and using such distinction to deny any Registrant of the said classes a service or opportunity. Distinctions based skill or achievement (i.e., world team selections) must not be interpreted or treated as discrimination.
4. Harassment can refer to a broad field of offensive behavior. It most often refers to conduct that is found offensive and threatening such as any verbal threats or abuse and/or physical intimidation or abuse. When harassment is of a sexual nature, involving lewd suggestions, comments, gestures, requests as well as, but not limited to, invitations of sexual touching or any physical encroachment or abuse, it is known as sexual harassment.
5. Harassment and discrimination should never be confused with discipline in training as the latter is necessary to excel in powerlifting as a high-performance sport. It is the responsibility of all Registrants of the CPU to be wary of crossing the line between inspiration and encouragement to behavior which is prohibitive to equitableness.
6. Due to the seriousness of discrimination or harassment occurring within the CPU and the organizations commitment to a sporting environment free of such atrocities, **ALL** instances of harassment and discrimination within the CPU should be reported immediately to the appropriate persons following the complaint procedure. All complaints shall be treated as legitimate and thus, handled with the same importance. The procedure for the reporting of complaints is as follows:
 - a. The victim of any instances of harassment or abuse, hereinafter called the complainant, shall report such occurrences to either:
 - i. The President;
 - ii. A current member of the Board; or
 - iii. Any provincial body president.
 - b. The complainant should be prepared to submit a signed statement that outlines the time, date, location, details of the occurrence and the identity of the member who has allegedly committed an act of harassment or abuse and if applicable, any witnesses.
 - c. In the case that a complaint involves the current President, the instance of harassment or discrimination should be reported to the current Vice-President or any other Board member.
 - d. In the case that the complainant is not a current Registrant of the CPU, a complaint may still be reported provided that a current Registrant signs the written statement declaring their belief that the complaint in question is legitimate.

7. All reports of harassment shall be allowed the most confidentiality that can be reasonably provided within the means of the CPU. If a case of discrimination or harassment warrants legal intervention, the CPU shall not hesitate to provide any details to any lawful authority investigating the matter.
8. The Board member who receives the complaint is required to immediately forward the complaint and all evidence on to the President, or in cases where the complaint involves the President; the Vice President shall be informed of the complaint, the President or Vice-President, hereinafter referred to as the president, shall then initiate the investigation process.
9. The president shall inform the complainant of the intention to begin an investigation into the matter and then appoint a member of the officer's council, no lower than a provincial federation's president hereinafter called the investigative official, to investigate the matter how they see fit and report back to the president all developments and findings. The president, when choosing an official to investigate a complaint of harassment or discrimination must:
 - a. Not choose a member who is the person in which the complaint has been substantiated against or is the complainant who reported the complaint; and
 - b. Choose a member who will act in the best interests of both parties and will investigate the complaint with the utmost neutrality and professionalism.
10. If at any time during the investigation, the subject of the complaint or the complainant wishes to retain legal counsel, they will do so at their own cost.
11. The president may decide not to initiate investigation of a complaint if an inordinate amount of time has passed between the alleged happening of events and the report of the complaint.
12. Previous complaints of harassment or discrimination against a member must not influence the outcome of an investigation on an unrelated complaint. Previous valid complaints of harassment or discrimination may be considered by the disciplinary panel. Each incident shall be investigated by a different investigative official if possible.
13. A complaint of harassment or discrimination can be resolved at any point. Any settlement should be in writing and signed by all involved persons.
14. If the investigative official determines through the course of the investigation that a legitimate case of discrimination or harassment has occurred, they shall present their investigation report to the president of the CPU including all particulars of the incident. The president will:
 - a. Approve the report if they are satisfied that a fair fact-finding investigation has taken place.
 - b. Convene a disciplinary committee to rule on possible disciplinary actions and corrective measures.
 - c. Inform the member accused of discrimination or harassment that they will be allowed to present any further evidence during disciplinary committee deliberations as well as present the evidence against them.
15. The disciplinary committee may include any or all members of the board not directly related to the complaint and will deliberate the case at hand without delay through a special meeting as

per Article IV of the CPU constitution. Disciplinary committees are recommended to be no larger than 5 members OR half the currently serving board and must include either the President or the Vice-President so as to allow the formation of a separate appeals tribunal in the case of an appeal.

16. The disciplinary committee shall decide no more than 24 (twenty-four) days after the start of deliberations.
17. The disciplinary committee may choose, after weighing all the facts of the incident, to apply one or more of the following options:
 - a. An apology, either written or verbal
 - b. A fine
 - c. Demotion, in the case of a board member
 - d. A suspension from membership within the CPU
 - e. Permanent expulsion from the CPU
18. The member being disciplined has 7 (seven) days from the official ruling of the disciplinary committee to comply with its decree or appeal the decision using the official appeals procedure. If the time elapses with neither course of action taken, the member is subject to further discipline by, but not limited to, permanent expulsion from the CPU.
19. All evidence, reports and minutes taken from disciplinary committee deliberations shall be kept and filed with a serving member of the board for no less than five years.

APPENDIX C: Policy on Appeals

1. Any member province or registrant of the Canadian Powerlifting Union (CPU) who is affected by a decision of an official committee or decision-making body within the CPU has the right to appeal that decision. A member may not appeal any items that relate to the rules of competition, or elections held for executive positions.
2. Appeals committee will adhere to procedures based on due process and will include access to independent arbitration through the Sport Dispute Resolution Centre of Canada (SDRCC).
3. A member who wishes to launch an appeal, hereinafter referred to as the appellant, shall:
 - a. Submit a written notice of their intention to appeal to the CPU president no more than 7 (seven) days after the announcement of the decision that is being appealed.
 - b. Submit, along with the notice of intention to appeal, a \$100 fee which will be refunded to the appellant if a ruling is made in their favor.
 - c. Submit, in written form, all evidence or argument he or she wishes to be considered regarding only the issue of how the complaint fulfills one or more grounds of appeal listed in section 4.
4. An appeal may only be requested if sufficient grounds for an appeal are present. Such situations include:
 - a. Instances where flagrant contraventions of standing policy are present.
 - b. Where the decision in question was made by a body with no authority or jurisdiction in the matter.
 - c. Instances where the decision is obviously influenced by bias not including decisions made based on one's performance compared to another.
 - d. Evidence or information used in the decision-making process was incomplete or missing.
 - e. Information considered irrelevant was used in rendering a decision.
5. An appeals committee shall be formed upon the receipt of a request for an appeal. Appeals committees must consist of:
 - a. No more than 5 members of the executive.
 - b. Either the president or the vice-president.
 - c. No members who deliberated on the decision which is being appealed. If necessary, members of the Appeal Committee may be drawn from Committee members and/or Associate Member delegates from the previous year's AGM.
6. It is the duty of the appeals committee to review the reasons for the appeal and decide if sufficient grounds exist. The decision of whether or not to proceed cannot be appealed.
7. If it is found that sufficient grounds for an appeal exists then the appeals committee shall inform the appellant and any other appropriate parties that the committee will re-deliberate the issue 7 (seven) days from the time of the announcement.
8. It is within the 7 (seven) day period that the appellant must submit a written report of their argument as well as any additional evidence to the appeals committee.

9. Appeals committee will then deliberate the matter at the end of the seven day period in a special meeting as per Article IV of the CPU constitution. Deliberations shall only be open to the appeals committee after all evidence has been collected and will be conducted by documentary review. Only in extremely serious matters shall appeal committee hearings be conducted in person and in such a case, the seven day period can be extended up to, but no more than two months.
10. The appeals committee may also interview any involved parties to better render a decision on the matter at hand.
11. At the conclusion of deliberations, the appeals committee shall inform the appellant and any involved parties of its decisions, with reasons attached. It is within the power of the appeals committee to:
 - a. Void, vary or confirm the decision being appealed; or
 - b. require any involved parties to change their previous decision.
12. A written copy of the decision shall be provided to the appellant as well as any other parties related to the appeal. All evidence, reports and minutes taken from disciplinary committee deliberations shall be kept and filed with a serving member of the executive for no less than five years.
13. If the appeals process of the CPU fails to resolve the issue, final arbitration can be passed on and be conducted through the SDRCC. Any decision made by the SDRCC on the matter shall be final and not open to appeals or intervention by the CPU.

APPENDIX "D" - Live Stream and Commentator Guidelines

The CPU livestreaming of Regional and National championships is being viewed by an audience of tens of thousands including our sponsors, media outlets, lifter's family and friends, other powerlifting federations, and important organizations such as the IPF, IOC and IWGA etc. The uploaded videos of sessions on YouTube are being shared and viewed by an even larger audience, some attracting millions of views.

Being ever mindful of the audience who will hear your commentary both now and, in the future,, will help you deliver a professional and entertaining session. Thank you for your commentary!

General Guidelines for live-streaming commentary:

- At the start of any session, introduce yourself: name, nationality, your role, and involvement in powerlifting (coach, team manager, lifter etc.) Make sure your co-commentator does the same.
- Introduce the session: Age/weight class, number of lifters, flights, the referees as listed on the session information, the platform announcer, local time, interesting venue information, expected duration of session, expected breaks between events.
- At the start and any time throughout the session: highlight the stars of the session: the lifters who hold records, who are the current champions, lifters who are expected to be in the medal hunt, interesting match-ups etc. You will need to do some homework about the lifters before the session and make sure you have your laptop set up with the scoring system in use (including the lifters profiles if available) in front of you as you call the session.
- At the start and any time during the session, acknowledge and thank the event and CPU Sponsors.
- If you or your co-commentator are/were noteworthy athletes, coaches or have a significant role in the CPU - do bring this up and discuss this together on-air at times when a lifter is not on the platform. Exercise judgment of how much time to spend on this, keep it appropriate – less is best.
- Give as much information as you can about each lifter as they come for their lift. On their second and third attempts, make mention of how their previous lifts have been going to create a sense of continuity of their lifting day.
- Avoid speaking during the actual lift unless it is to call the progress of the lift in a way that truly adds value to the vision.
- Acknowledge a lifter's coach, their nation and anyone you think is connected to them who may be viewing.
- Point out lifters who are jostling for medals/placings. You should assume that not all your viewers have the Goodlift scoreboard in front of them, so you must constantly advise viewers who is in what position and any changes to placings as lifting progresses. Especially make clear the final attempt selections and strategy unfolding for placings.
- At appropriate times, describe the live crowd: numbers and behaviour etc., describe the venue and the host city.
- Do explain basic or technical aspects/rules of powerlifting. Many of the viewers will have little/no understanding of our sport so do explain what is going on.
- Be positive. Use positive comments and descriptions of lifters and their lifting. Remember the lifters will view these sessions later and their fans are viewing it live, so we should always look for the positive and be respectful and encouraging of every single lifter.

- If you want to discuss general aspects of lifting, training, coaching, competition etc. keep it relatively brief and during time when there is no lifting on the platform.
- Be very careful never to have two commentators talking at once, don't talk over the top of your co-commentator. Have eye contact with your co-commentator so you can time your responses and cue each other to speak next. Before your session you can make an agreement with each other as to who will talk on which aspects of the commentary. Commentary can be in the form of a conversation between you two provided it stays within the structure of these guidelines.
- Do express your emotions, your excitement and describe the drama of the session as it unfolds. Be entertaining and bring your personality to the mic!
- Do not talk about yourself or personal things, or things unrelated to the event in front of you or powerlifting in general.
- Do not criticize the referees or anyone for that matter. Be diplomatic when you think an error has occurred. Be prepared for what you can say about doubtful decisions without insulting or demeaning the person responsible. Examples you can use: "Possibly a controversial decision there", "Strict interpretation", "This is why we have 3 referees and a jury", "Referee has a different angle/view than our camera", "coaching team may review that" "learning experience" etc. Silence about a decision can be enough, let the audience form their own opinion, you are not responsible to be the absolute authority on the lifting.
- Do not eat, drink, or chew gum while commentating. Try not to cough into the mic. Be familiar with how to quickly switch off the mic if you must. Maintain eye contact with Eric and the Streaming Producer/Mixer i.e. all others on the commentary desk to get important instructions or feedback.
- If there is an accident or other incident on the platform, the spotters will stand in front of the camera to shield the view. You should stay calm in voice, be reassuring that all is being done to manage the situation and promise information as it comes to hand. You can be silent if you are not sure what is going on.
- Acknowledge the spotter/loaders at appropriate times.
- Thank the organizers of the event, officials, volunteers etc.
- Direct the viewers to the CPU channel on YouTube where the sessions will be uploaded for viewing at a later date. Encourage viewers to subscribe to the IPF YouTube channel and Instagram page, to "like" our Facebook page. Encourage viewers to go to the CPU website.

APPENDIX "E" - Youth Division

The focus for CPU Youth Division will be to introduce young athletes to the life-long sport of Powerlifting. Exposing youths to a fun and safe environment would not only allow the sport to grow, but it will only benefit these them in their daily lives and other athletic endeavours they may choose throughout their school years. It allows for individual focused training and competing while at the same time, creating a strong community of support around them in a fun and positive environment. The main priority for these athletes is to learn and perform proper technique and training methods, through experience on the competition platform.

Personal Apparel/Lifter Gear

The youth division will only be contested in the Classic lifting division as defined in the IPF rulebook. Supportive equipment (BP shirts, SQ suits or DL suits, and knee wraps) is strictly prohibited for youth division.

IPF approved personal apparel and lifting gear is required for all youth lifters.

Age Divisions

- **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)
- **Youth 2** – from January 1st of the calendar year the lifter turns 10 years old (up to Regional competition level only)
- **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)

Weight classes

- Girls: 30kg, 35kg, 40kg, and then the already set weight classes.
- Boys: 30kg, 35kg, 40kg, 44kg, 48kg and then the set classes.

Weigh-ins

- Youth athletes must wear a singlet and t-shirt during weigh-ins.
- Youth athletes 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.**

The Rule of Two within the CPU

The Rule of Two serves to protect minor athletes in potentially vulnerable situations, as well as the quality coaches working in our communities, by ensuring that more than one adult is present. The goal of implementing the Rule of Two is for all CPU and Provincial sanctioned events to always have two officials or one official and a coach/guardian with a minor athlete, when in a potentially vulnerable situation. Vulnerable situations can include weigh-ins, closed doors meetings, travel, and remote training environments.

Implementing the Rule of Two means that any one-on-one interaction between an official and an athlete, both on and off the competition platform, must take place within earshot and view of the second official, coach or guardian, with the exception of medical emergencies. One of the officials must also be of the same gender as the athlete. Member Provinces are encouraged to ensure that those individuals in supervisory roles are appropriate for, and acceptable to, the individual registrant. Should there be a circumstance where a second official, coach or guardian is not available, a screened volunteer, parent, or adult may be recruited.

Proper Identification

- Any athlete registering with a youth division membership must provide a copy of their birth certificate or government-issued ID (i.e. Passport or Provincial ID) to verify their age. Membership card and birth certificate should also be available upon registration at any competition.
- All minors must have a parent sign a waiver (per the CPU insurance provider).
- There are no restrictions, warranty of exclusion regarding age of participants (also per the CPU insurance provider).

Scoring

Athletes will follow CPU guidelines for scoring, adding their one best lift from each category to their final total. The focus should continue to be on proper technique and lifting within their ability. Any athlete 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 to that athlete. **All youth lifters will be allowed to request any increment of 0.5kg for any attempt.**

Lifting Equipment

- Youth athletes may need access to a lighter lifting bar.
- For the deadlift, efforts are to be made to ensure that the starting bar height is the same for all athletes. It is recommended that at the Provincial level full diameter (45cm) bumper plates or wooden false plates are to be provided to accomplish this.
- Full diameter (45cm) bumper plates will be used at Regional and National level meets.

Lifting Equipment at Regionals and Nationals

- Y1 & Y2 a 15kg bar will be used
- Y3 a standard 20kg bar will be used.
- Full diameter (45cm) bumper plates will be used for deadlifts when necessary to ensure the bar height from the floor is the same for all lifters.

Qualifying Standards

- There will be no set qualifying total for a Regional or National competition, however the youth athletes must have previously participated in a CPU sanctioned meet and must meet any other Provincial requirements to attend a **Regional or National Championships**.
- Any 13-year-old athletes that will turn 14 during the calendar year will have their total from the youth division considered for a spot on the Sub-Junior team.

Records

- Each Province will maintain its own records for these age divisions.
- National records will be established for youth.
- The competition committee has determined there will not be any record standards established for this division as there is not enough data.

Drug Testing

- All members of the CPU are subject to testing conducted by the CCES
- All lifters in the youth division **are exempt from having to complete the True Sport online education module.**

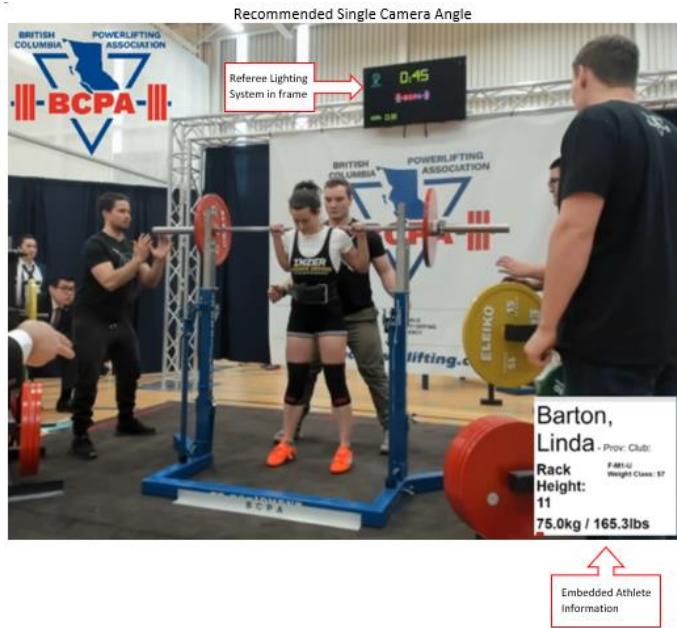
APPENDIX "F" - ETHICS & DISCIPLINE COMMITTEE PROCESS

1. Complaints, allegations, and concerns of possible breaches of the CPU Code of Conduct or policies are received by direct submission to the Ethics Committee. Submissions can be verbal or in print by letter or email. All complaints will be reviewed by the Ethics Committee to determine if a violation of the CPU Code of Conduct or policies has occurred.
2. The Ethics Committee must follow the CPU Discipline and Complaints Policy.
3. The Ethics Committee must be able to address complaints professionally in both official languages.
4. The Ethics Committee must preserve the confidentiality of the complaints, allegations, or concerns so that no one potentially conflicted in the organization may discover who the complainant is, who the person alleged to have breached the rules is, and what the allegations are about.
5. The Ethics Committee will indicate receipt of the complaint and send out a notice via letter or email to the subject(s) of the complaint.
6. The Ethics Committee will determine if complaints are to be considered minor or major infractions as per the CPU Discipline and Complaints Policy.
7. The Ethics Committee will send out an email to all members of the Discipline Committee listing the names from the current complaint. No additional information will be provided at this time for confidentiality purposes. Discipline Committee members will declare a conflict of interest or notable vested interest in any member listed in the current complaint. Those members will be considered unable to act as a case manager for the current complaint.
8. The Ethics Committee will then designate 2 case managers from the Discipline Committee to review the complaint and conduct an investigation. This investigation will typically include speaking to all members involved in the complaint and reviewing any facts or information provided.
9. The case managers will then make a disciplinary recommendation based on their findings. The recommendation will fall into one of 2 categories: 1) an ethical or behavioral infraction of the Code of Conduct, Policies, or Procedures has NOT occurred and there is no further action required OR 2) an ethical or behavioral infraction of above has occurred and disciplinary action is recommended.
10. The case managers will submit a recommendation for disciplinary action if required. Disciplinary action will be determined based on past precedent and on a case-by-case basis. Disciplinary action may take the form of coaching or lifting sanctions, inability to assume the role of a meet director, or other reasonable discipline as determined by the committee.
11. If a sanction will interfere with a member's ability to work or engage in a role that may impede their lifestyle or financial position, legal guidance will be pursued prior to disciplinary action.
12. The Ethics Committee will review the discipline action with the CPU Board prior to notification of the members involved in the complaint. Concerns will be addressed with the Board and all members involved in the complaint will be notified of the results of the review.
13. All recommended discipline, whether a letter/warning or a sanction, will go to vote to the remainder of the disciplinary committee and the ethics committee. In cases of minor infraction, the committee's decision will stand, however; in cases of major infraction, the committee's report, recommendations, and vote on the recommendation will be provided to an external adjudicator to review and implement the consequences.
14. All appeals will be received within the periods listed in the CPU Policies. If an appeal is not received in that period, the sanction will be considered finalized and the matter complete.

APPENDIX "G" - LIVE STREAM REQUIREMENTS

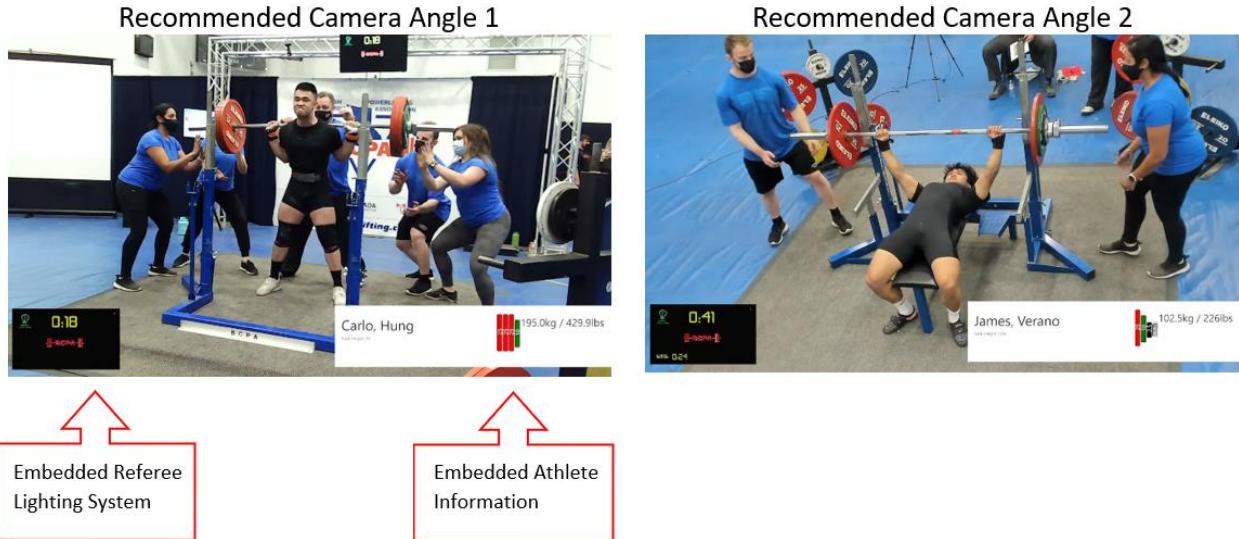
Regional Championships Live Stream Requirements

1. Must be streamed on the CPU Live Stream YouTube channel.
2. All lifting sessions must be scheduled events on the CPU Live Stream YouTube channel.
3. Referee lighting system must be within the camera frame.
4. Announcers must be clearly heard on the live stream.
5. Must follow the CPU Live Stream and Commentator Guidelines (see Appendix "D").
6. Athlete information must be embedded on the live stream.
7. Link to the live scoresheet must be provided in the live stream description.



National Championships Live Stream Requirements

1. Must be streamed on the CPU Live Stream YouTube channel.
2. All lifting sessions must be scheduled events on the CPU Live Stream YouTube channel.
3. Referee lighting system must be embedded on the live stream.
4. A minimum of two cameras must be used per platform to provide the best viewing angle for the live stream.
5. Announcers should be clearly heard on the live stream.
6. Athlete information must be embedded on the live stream.
7. Link to the live scoresheet must be provided in the live stream description.
8. Must have a live commentator.
9. Must follow the CPU Live Stream and Commentator Guidelines (see Appendix "D").
10. Must incorporate event sponsor logos within the live stream, if any.



CPU Meet Live Stream Setup:

This document was created to assist setting up live streams for CPU powerlifting meets. With the current pandemic restrictions in place having a live stream for a meet helps bring the sport to the spectators. This also helps elevate the exposure of our sport and is a great resource for lifters post meet.

This guide will go over the equipment and software required, general account setup, and best practices. Video productions can be as simple or elaborate as the equipment and effort is put into it.

1. Requirements:

Equipment:

1. Modern laptop

This should be a decent laptop that can easily handle streaming videos. Generally, any laptops produced within the past few years would be powerful enough to work. You can use older laptops but you risk running into performance issues.

2. Cameras

You have multiple options when selecting cameras with this setup. You can mix and match if you wish. Obviously, a minimum of 1 camera is required but you can add additional cameras if you plan to have someone monitoring the stream and can switch camera feeds at the appropriate time.

- External USB Web Cam.

This is a very safe option as its hard wired to the computer but depending on the model it may be hard to mount on a stable spot. Ideally it can be attached to a tripod or at least stabilized on a flat surface.

- Phone or tablet with Wi-Fi and camera.

Another option is to use phones or tablets with Wi-Fi. You can download apps on them to be able to stream over USB or over Wi-Fi. If you stream over Wi-Fi to the main

laptop, you can place the cameras in multiple locations without having to run wires to the laptop. If you are using the Wi-Fi option, it should only be for secondary cameras.

3. Extension cords and a power bar

If running multiple cameras, you will need an extension cable for each phone/table along with their charge cables. The power bar should be used for the main laptop and camera if required.

Optional but recommended:

- External Monitor - If your laptop has the option to connect an external monitor it can make managing the preview and live streams easier.
- External Mouse - When using a laptop for live productions it's just easier and more precise to use an external mouse to reduce the chance of risky clicks when live.
- Additional Lighting - There are multiple ways this can be achieved. In most cases this is not required but if the main platform does not have enough light the video stream can become grainy. Professional video lights or spot/work lights can work. Just also make sure you are not blinding the lifters.

Software:

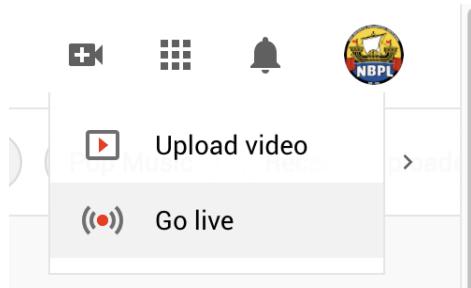
1. OBS Studio (free) <https://obsproject.com/>
This is the main streaming software. It is open source and free.
2. EpocCam HD Mac or PC drivers (free) <https://www.kinoni.com/>
These are the drivers you need to install on your laptop if you plan on using phones or tablets to stream.
3. EpocCam (free) or EpocCam HD (pay) app from mobile app store.
This is the app you use on your phone or tablet to connect to the PC. This lets you connect over USB or Wi-Fi. There is a free version that has lower video quality, and you cannot use the audio. The pay version is only ~\$10 and supports higher quality video and audio support. If you are only using this without a standard webcam or you can budget the cost, the pay version is recommended.

Accounts:

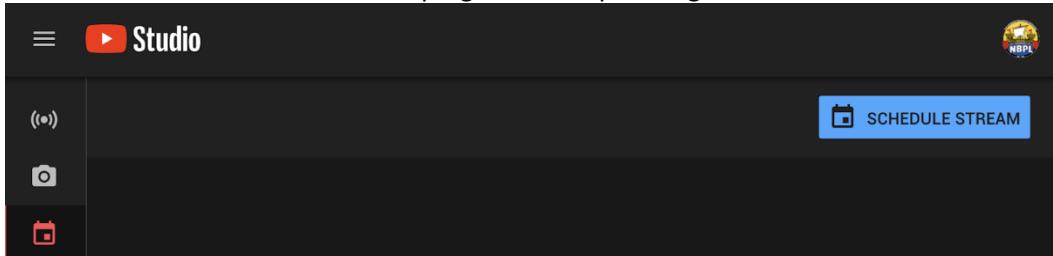
1. YouTube account. Ideally this would be on the official organizations account (ie NBPL). It is important to set this up well ahead of time as there is preset delay imposed by Google before you can stream (usually 24hrs)
2. Plmeet.com account (or similar online meet tracking system).

Setup:

1. Log into your YouTube account and select the camera icon with the "+" sign in the top right, then select "Go Live".



2. This will bring you to the Youtube Studio where you can setup your stream. Select the “schedule stream” button in the top right of the upcoming events section.



3. Fill out the options for the stream. You can adjust these later so don't be too worried if you don't have anything. Adding a thumbnail also elevates the look of the stream. The two options you should set though are to make the video private or unlisted for now while you test. The other setting to ensure is that you select that it's not made for kids but you don't want to restrict. See the settings below:

New stream

2021 New Brunswick Powerlifting Provincials

Private

Live stream of the 2021 Provincials

Sports

Sat, Mar 20 9:00 AM

Audience

Is this video made for kids? (required)

Regardless of your location, you're legally required to comply with the Children's Online Privacy Protection Act (COPPA) and/or other laws. You're required to tell us whether your videos are made for kids. [What's content made for kids?](#)

Yes, it's made for kids
 No, it's not made for kids

Age restriction (advanced)

Do you want to restrict your video to an adult audience?

Age-restricted videos are not shown in certain areas of YouTube. These videos may have limited or no ads monetization. [Learn more](#)

Yes, restrict my video to viewers over 18
 No, don't restrict my video to viewers over 18 only

CREATE STREAM

4. Click Create Stream. You will then see your stream in a list view. Select it by clicking on the thumbnail or title.

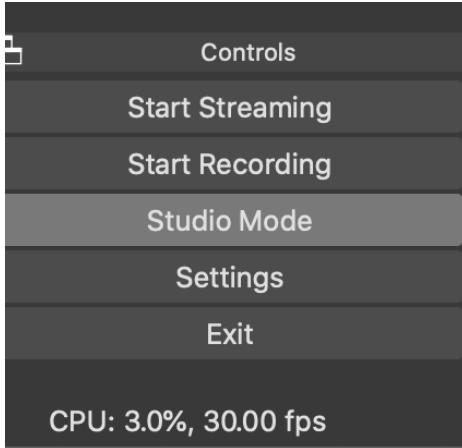
| <input type="checkbox"/> Live stream | Type | Date | Visibility |
|---|--------------------|---------------------------|---|
| Upcoming | | | |
| <input type="checkbox"/>  2021 New Brunswick Powerlifting Pro... | Streaming Software | Mar 20, 2021 Scheduled |  Private |

5. You now have access to the stream key you will add in the streaming software. Leave the settings as is and click the COPY button beside the hidden stream key.

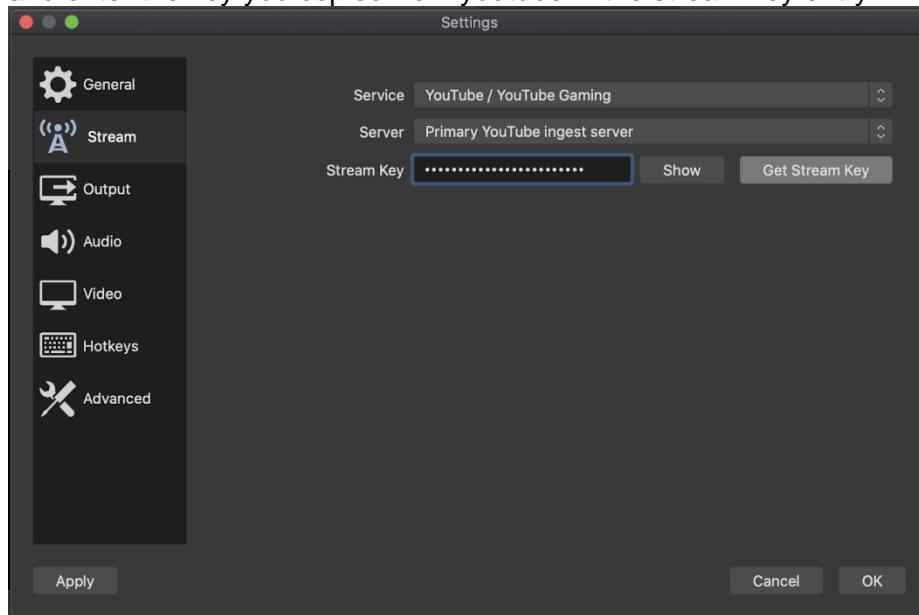
| | | |
|---|--|-------------------------------------|
| Stream key | | |
| Select stream key | | |
| Default stream key (Variable) | | |
| Stream key (paste in encoder) |  <input type="button" value="RESET"/> | <input type="button" value="COPY"/> |
| Stream URL rtmp://a.rtmp.youtube.com/live2 | <input type="button" value="COPY"/> | |
| Backup server URL rtmp://b.rtmp.youtube.com/live2?backup=1 | <input type="button" value="COPY"/> | |

6. Install if you haven't already and open the OBS streaming software. <https://obsproject.com/>

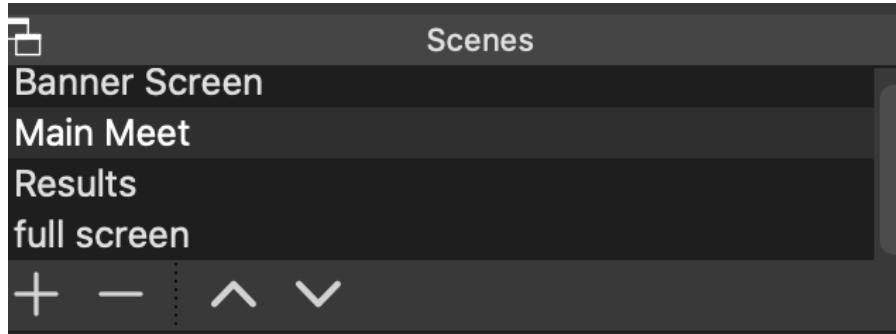
7. After you open the application select the setting in the bottom right corner.



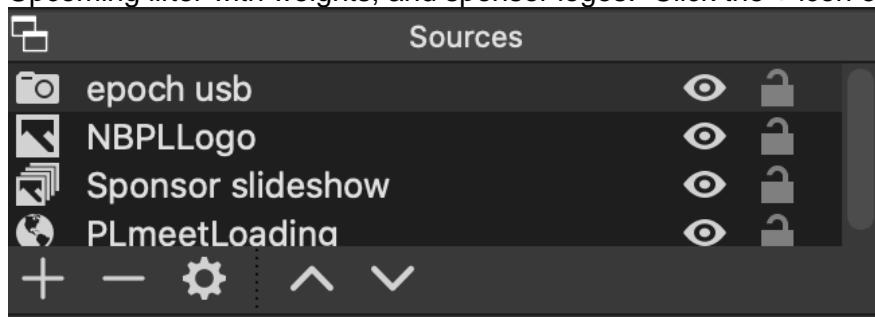
1. In the settings panel select the stream option on the left. Select Youtube as the service and enter the key you copied from youtube in the stream key entry. Press OK.



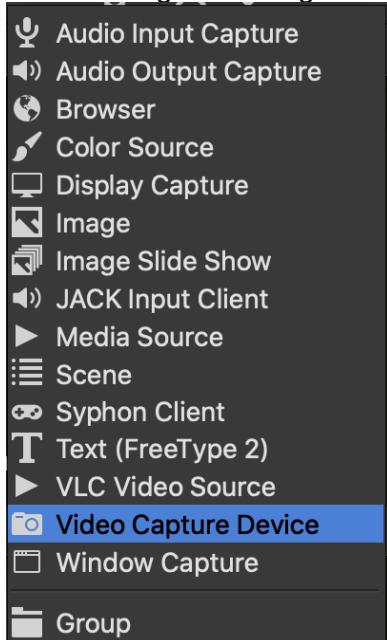
2. Next add a scene by clicking the plus button on the scene panel. In this setup we have a Banner screen that has just the meet logo, the Main Meet screen which has the camera feed, upcoming lifter and sponsor logos and a couple others. You really only need the main meet screen but its good to have others so you can transition between breaks.



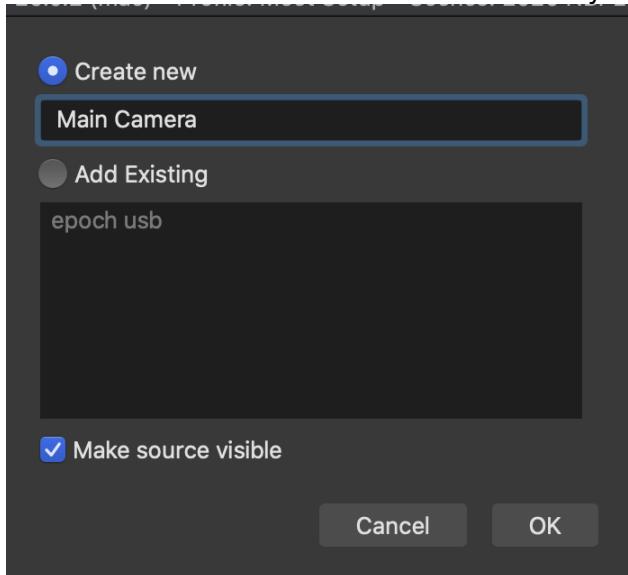
3. Select the scene you created. It should be empty. Next we are going to add some sources for the scene. On the main meet screen we will have the Camera feed, Upcoming lifter with weights, and sponsor logos. Click the + icon on the sources panel.



4. You will be given a long list of sources to add. First select the “Video Capture Device”.

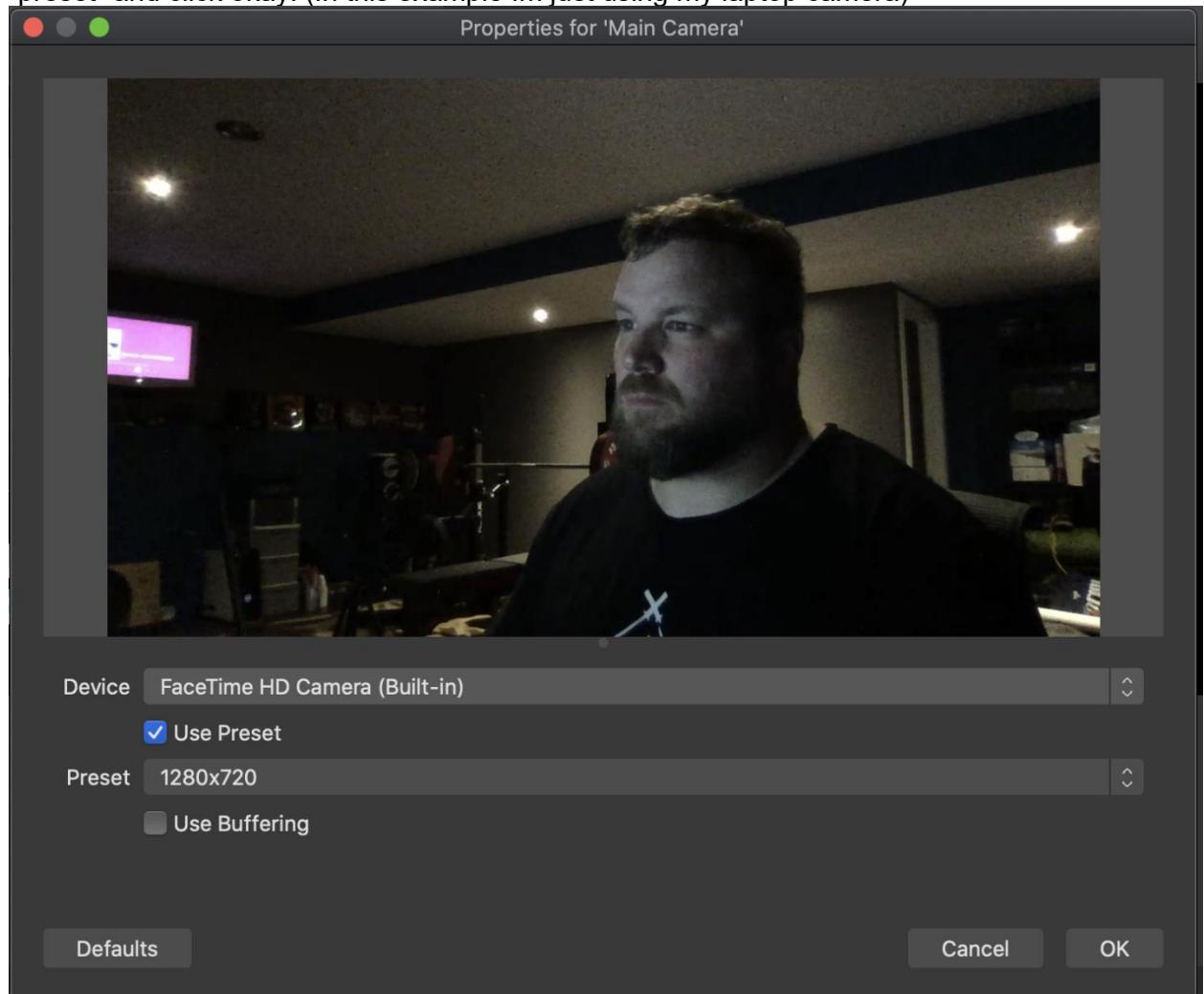


5. Enter the name “Main Camera” and click okay:



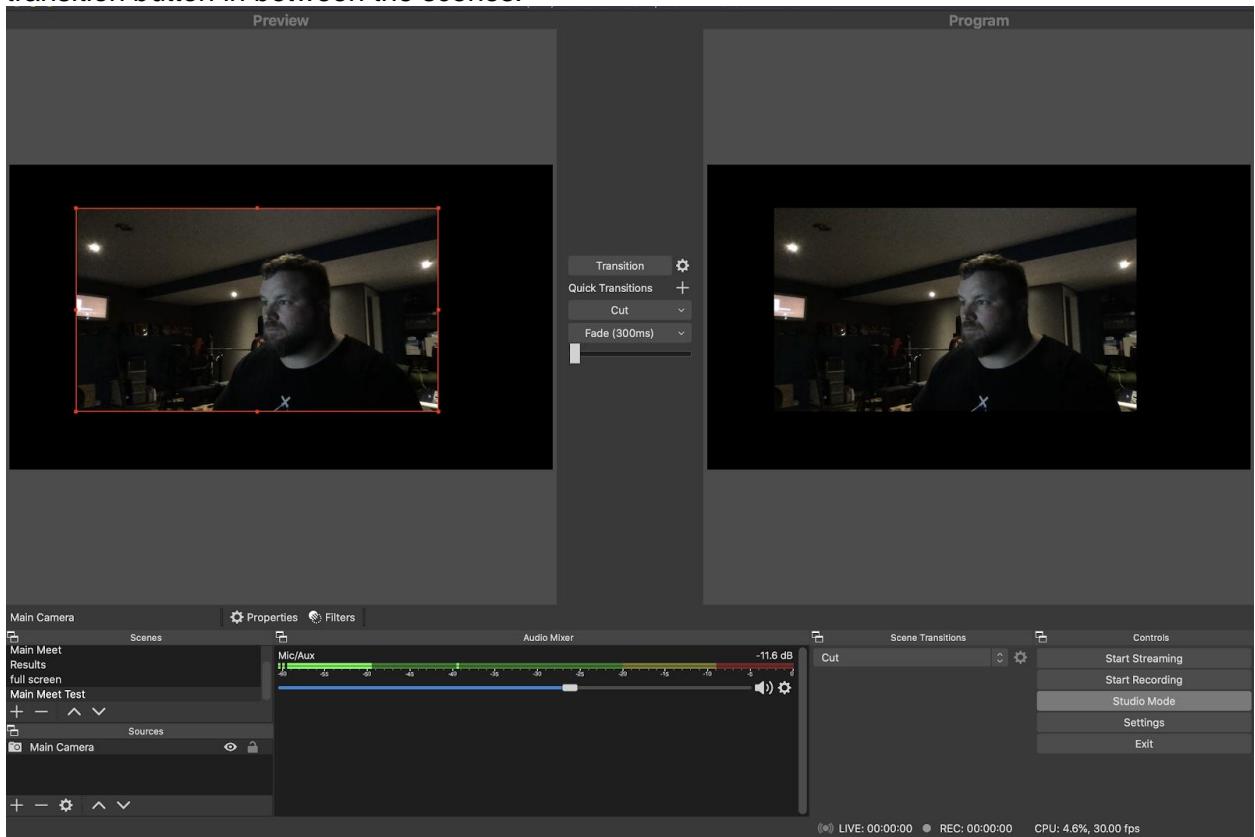
6. You will then see a panel where you can select the video source. If you have a webcam hooked up you can select it here. If you are using the eEpoch Camera solution with phones/tablets make sure the drive is installed on the laptop and the app is open and communicating on the device. Select that largest resolution the camera supports under t

"preset" and click okay. (In this example Im just using my laptop camera)

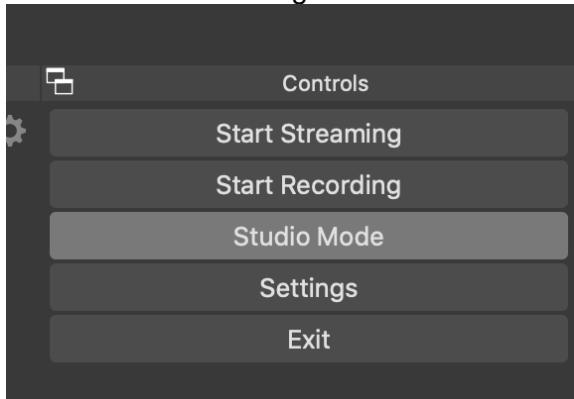


7. A live feed should now be visible in the scene. You can move this around and scale it as needed. Now is a good time to test the stream to youtube though. If you dont see two main video scenes labeled "Preview" (what you can work on) and "Program" (Whats actually being streamed) click the Studio mode button in the lower right menu. If you then only see the video in the preview scene but not the program screen, click the

transition button in between the scenes.

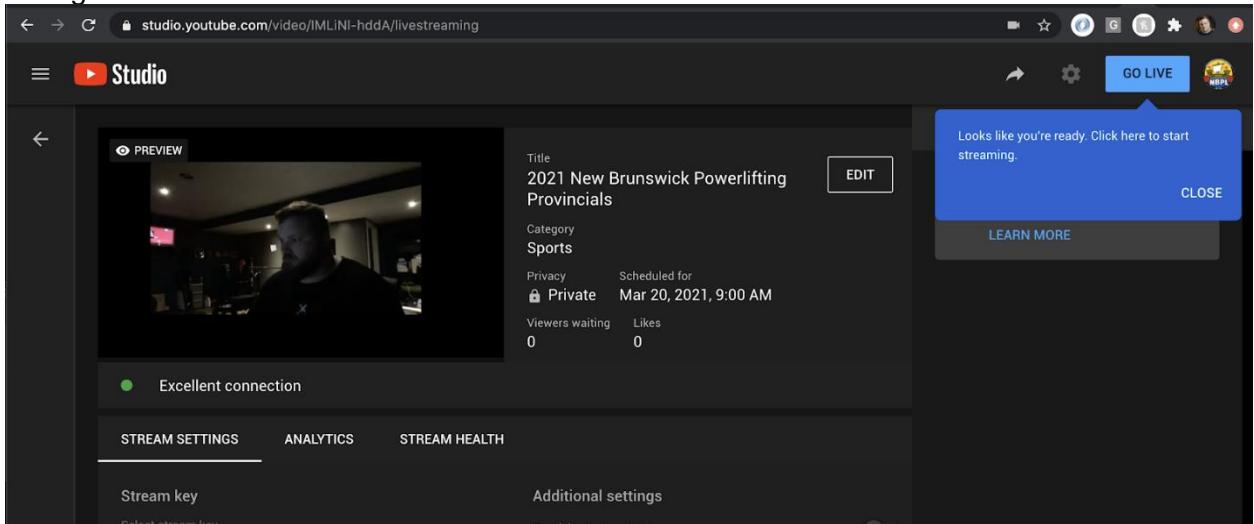


- Now with a live feed in the Program scene you can click "Start Streaming" in the controls menu on the bottom right.



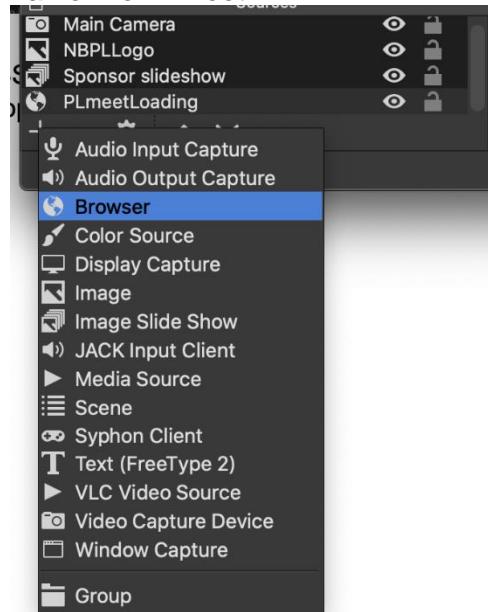
- Now go back to the youtube studio page you were on earlier. You should now see a preview of the stream and the option to "Go Live" in the top right. If you see the preview you are good for streaming ! now we just need to finish setting up the scenes to use

during the meet.



10. Go back to OBS studio and now you can add in additional graphics and the live score/lifter webpages.

11. Go the sources panel again and click the plus button to add a “browser” source. Give it a name like PLMeet.



12. This example is using PLMeet but it will work with any online meet software that displays this content live. On PLmeet in upcoming meets,, click on the 4 small squares at the end of a meet listing.

[Team Raw Power Weekend Warrior](#) |

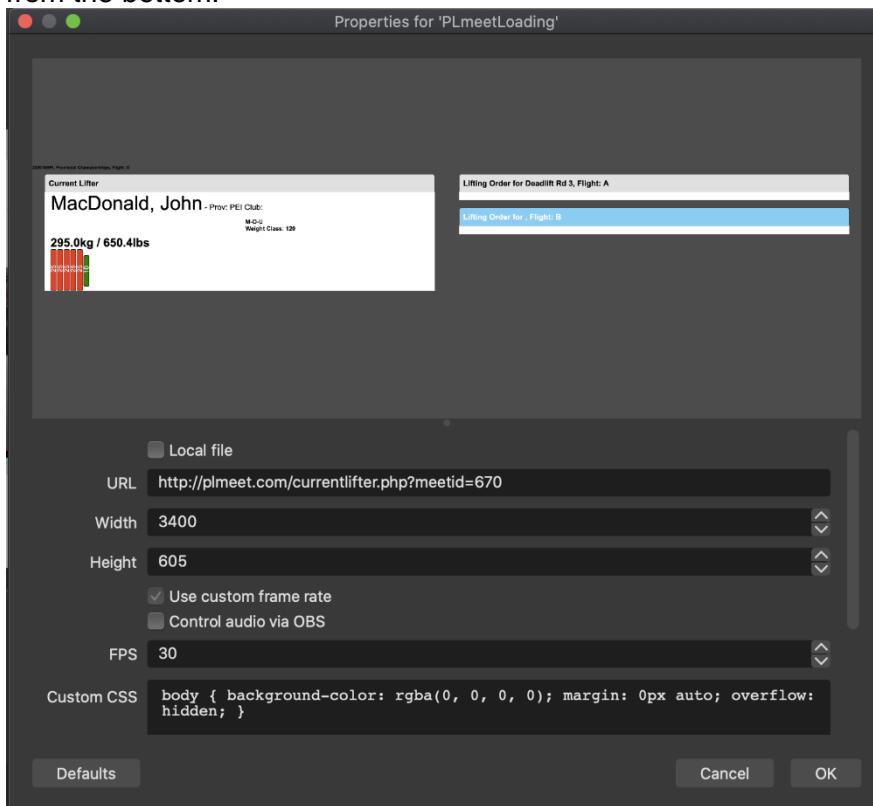
Team Raw Power, 170 Joseph Zatsman Drive, Halifax -
August 08, 2020

13. You will then see a screen where you can select multiple views. Select the “Loading” view.

Please select a screen:

| | |
|--|--|
|  Loading |  Lifting Order |
|  Clock/Current Lifter |  Results with Loading |
| Results with no video | Results with video & load |

14. Now take the web link from this view and paste it in the URL field in the OBS softwares settings for the browser view. Use the following settings so you get a strip that can be viewed from the bottom.

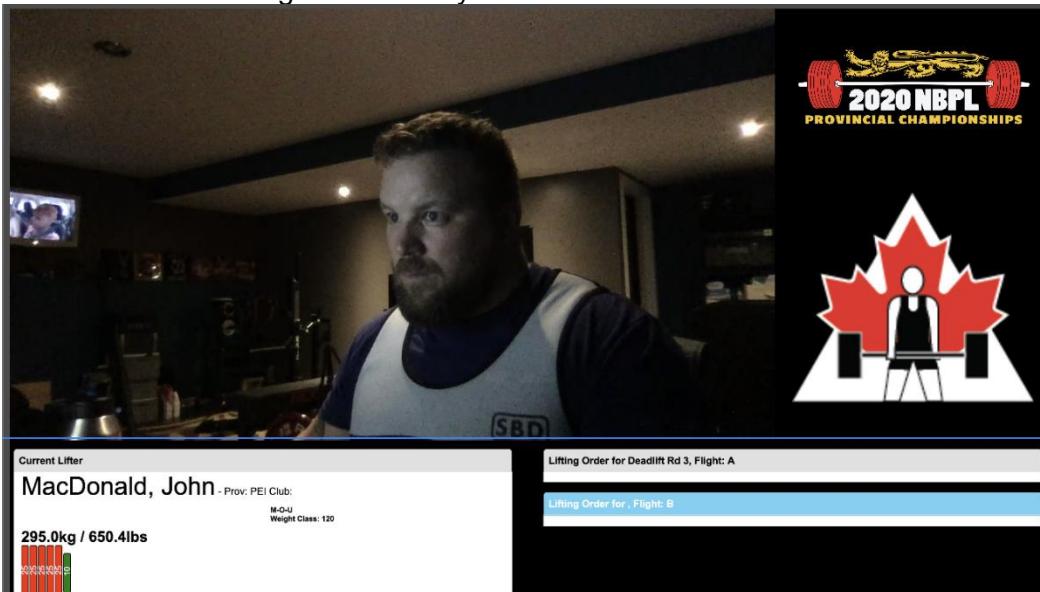


15. The custom CSS on the bottom is:

```
body { background-color: rgba(0, 0, 0, 0); margin: 0px auto; overflow: hidden; }
```

16. You can then arrange it and scale the views to fill the screen. You can also add images the same way as the other sources and arrange them in the view. Create other scenes with

browser views or image views and you can switch between them while the stream is running.



17. When meet day is beginning simply press “Start Streaming” in the OBS software. Then go to the google page initially setup and click “Go Live”. You are now streaming live to youtube.

A few things to consider.

1. You need to have a solid internet connection. This can be achieved by using Wifi at the venue but I would then suggest now allowing others on the same wifi network. You could also hardwire an internet connection if possible. You can use a phone for tethering if it has a LTE connection and unlimited data plan but this is riskier.
2. Having someone monitor the Stream allows you either patch in a live commentator or adjust the stream in real time if needed. They can also switch between screens when needed.
3. Make sure people are aware there is a live stream going on in that area. Profanity or chatting around the camera/microphone really takes away from the quality of the stream.