



## POLICIES AND PROCEDURES OF THE CANADIAN POWERLIFTING UNION (CPU)

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Other documents may be found online at <https://www.canadianpowerliftingunion.com/>

## 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 Member Province membership.

Unequipped - Classic/raw lifting category.

CPU-Sanctioned Events - Events held within Canada that are approved by the Board and Member Provinces by a bidding process. These events include but are not limited to Western, Central, Eastern, and National Championships.

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 person 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.

Other persons may participate in **CPU-sanctioned** events as athletes or officials upon proof of membership in good standing with any IPF affiliate federation, but athletes will be listed as guest athlete status **and not be eligible to receive any awards, set national records, or earn a spot on any national team.**

## 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 national 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 \$7000.00

### 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 and 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 the 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 \$3500.

### 2.3.0 **Executive Vice President of Sport Development**

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

- a) Helping Member Provinces develop their 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 sporting 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 of Sport Development shall receive an annual stipend of \$3500.

### 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 \$3500

### 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 \$3500

## 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 when prohibited by the *Canada Business Corporations Act*, (R.S.C., 1985, c. C-44, as amended 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 that 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 17 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
- l) Will abide by and enforce all officiating policies outlined in section 17 of the CPU policies.

3.6.3 Each member of the 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 \$2000.

### 3.8.0 **Registration Chairperson**

3.8.1 The Registration Chairperson is responsible for 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 registration (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 **Social Media Director**

3.9.1 The Social Media Director is responsible for 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 Social Media Director shall receive an annual stipend of \$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 for the following:

- a) ~~Development of marketing strategies for the benefit of powerlifting in Canada;~~
- b) Oversee the maintenance and updating 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 \$2000.00

#### 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-sanctioned events and offer aid to these groups when possible. The Disability Integration Committee shall report at the AGM detailing the past year's activities, as it relates to the CPU, and provide suggestions to further the group's inclusion in all levels of 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 **is** not limited to, the following:

- a) Assist with the education of athletes about anti-doping;
- b) To keep the Board informed **of** 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. The final selection of all coaching personnel will be approved by the Board.

The Coaching Committee will be required to:

- a) Maintain an up-to-date database of all current and past Team Canada Coaches.
- b) Make sure all Team Canada coaches are aware of all expectations and roles/responsibilities, including but not limited to any sponsorship requirements, code of conduct, education requirements, and other team-related information.
- c) Work with the CPU Social Media Director to announce all selected coaches for each International Team and promote any important deadlines, changes, or application openings related to CPU Coaching.
- d) Maintain an up-to-date job description for Team Canada coaching positions on the CPU website (reviewed and updated four weeks before every AGM).
- e) Organize and run at least one digital or in-person event per year with the goal of educating members interested in pursuing CPU coaching.
- f) Keep the CPU Treasurer updated with invoicing after coaches are selected.

### 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. The Coaching Program Committee will be required to:

- a) Promote and inform the **Member Provinces and Registrants** of any Coaching Program business through official CPU social media, CPU website, and any CPU-related communication avenue.
- b) Design and create the outline for each coaching module for the content creators contracted to the coaching program. Include clear instructions and directives for each module.
- c) Work with the CPU Social Media Chairperson to announce any important deadlines, changes, or information regarding the Coaching Program.
- d) Maintain up-to-date information regarding the CPU Coaching Program on the CPU website (reviewed and updated two weeks before every AGM).
- e) Support the contract creators to make sure all modules are meeting the CPU Coaching Program vision.

### 3.17.0 **Competition Committee**

3.17.1 The Competition Committee is 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 Policy, 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) president;
- b) ~~records chairperson~~; vice president;
- 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 Effective June 1, 2024, Member Provinces must have a provincial version of the following policies in place:
- a) Complaints policy;
  - b) Discipline policy;
  - c) Appeals policy; and
  - d) Inclusion policy.
- 4.5 Member Province's Bylaws or Policies must not contradict CPU Bylaws or Policies.
- 4.6 Each Member Province must have one national level referee.
- 4.7 Each Member Province must submit an up-to-date list of its card-holding referees to the National Technical Committee every six months.
- 4.8 Each Member Province shall be required to hold one annual, closed provincial championship for each division, weight, and age class.
- 4.9 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 **CPU registration (membership)** card directly from the CPU Registration Chairperson. Under no circumstances should a provincial registration chairperson register a Registrant from outside their own province.
- 4.10 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.
- 4.11 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.
- 4.12 All Member Provinces must obtain a minimum provincial not-for-profit corporation status and submit the registration to the Secretary.
- 4.13 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. The deadline to pay will be no later than 15 days 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 a copy of the entry form, 56 days (8 weeks) prior to the event date;
  - b) Results of sanctioned competitions within seven (7) days following a competition.
- 5.2 Member Province presidents from incorporated Member Provinces are required to send their AGM minutes to the Board within 60 (sixty) days of their 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 **registration to the CPU** and to compete at any CPU or Member Province 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 and **Special Olympic** Registrants are exempt from completing the CCES online E-Learning Anti-Doping **Tracked** course.
- 6.4 **When a youth Registrant ages out of their youth category, they will continue to have the benefits of their existing registration (membership) until it expires. Once their current youth registration (membership) term concludes, they would then be required to purchase a general registration (membership) upon re-registration.**

## 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 Championship competitions.
- 7.3 **Only equipment outlined in section 16.0 of these CPU policies shall be permitted at all levels of powerlifting competitions in the CPU.**
- 7.4 Only competitions sanctioned or approved by the CPU or a Member Province shall be advertised through official CPU media.

- 7.5 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. **Athletes not required to complete the CCES True Sport module are still subject to the \$15 amount.** Failure to do so will result in the Member Province being subject to a \$500 fine payable to the CPU.
- 7.6 At CPU-sanctioned competitions, sponsor logos may be placed on the front or back, and/or on 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 sponsor's logos will be permitted at all lower levels of competition.
- 7.7 The Board, in consultation with the Competition Committee, shall determine the qualifying standards for all Regional, National, and International competitions.
- 7.8 A competitor **registration (membership)** must be obtained prior to registering for any CPU or Member Province competition.
- 7.9 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 **registration (membership)** cards will be accepted.
- 7.10 A Registrant's valid CPU **registration (membership)** card, CCES online E-Learning Anti-Doping Tracked course certificate, and government-issued photo identification (excluding youth athletes) must be verified during the weigh-in or equipment check, including date of birth, province, and gender at all competitions.
- 7.11 The Rule of Two must **be enforced for athletes under the age 18 at all levels of powerlifting competitions in the CPU. See Appendix "A".**
- 7.12 All referees must hold either a valid Referee **registration (membership)** or Competitor **registration (membership)** to officiate at any CPU or Member Province competition.
- 7.13 Provincial level or higher referees, who are either retired or on sabbatical from **competing**, may apply for a Referee **registration (membership)**.
- 7.14 Any competitions that are held by special interest disability groups that utilize CPU resources in any way, 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.

- 7.16 When contest groupings make it such that an athlete could be eligible for two separate age categories, i.e. Junior and Open, or Master and Open, any athlete wishing to have a total in each category must actually lift in each category. Transferring of results is not allowed.
- 7.17 The CPU and its Member Provinces will adopt the “IPF Livestream Commentator Guidelines” (Please see the CPU website). 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.
- 7.18 ~~Athletes may only wear approved apparel~~ ~~Only approved apparel can be worn~~ (i.e. items on the IPF Approved List, items on the CPU approved logos list, or Member Province **team** apparel) at all **CPU- Sanctioned events**.
- 7.19 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.
- 7.20 Member Provinces must submit to the Board the official scoresheet from all provincial-sanctioned competitions within seven (7) days from the date of the competition. Failure to do so will result in the Member 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 the competition details or sanction document as received and a copy of the entry form to the Treasurer and Webmaster a minimum of 56 days (8 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 the 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

CPU Regional and National Championships are to be considered the highest-level events within the CPU. Member Provinces and event meet directors are to treat them as such. All CPU policies included in this section regarding Registrant **awards**, memberships and qualifying standards

must be followed. Failure to do so may result in fines and/or eligibility to host future CPU-sanctioned events.

## 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 the 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 the Regional Championships ~~is to be held between August 15 and November 15 or at~~ will be 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 Technical Committee 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 **Member Provinces bodies**.

8.1.6 Member Provinces must ensure that all its athletes competing at the Regional Championships have met the current regional qualifications and **are in good standing**. Failure to do so will result in the Member Province losing its eligibility to win any team award and the Member Province will be subject to a \$500 fine payable to the CPU.

8.1.7 Member Provinces must ensure that all their athletes competing at a Regional Championship have met the Member Province requirements.

8.1.8 When the entry form is open for registration, the meet director(s) must provide Member Provinces with a shared spreadsheet listing all athletes registered with registration details. The spreadsheet should separate or identify which Member Province the athlete is representing and should be updated on a bi-weekly basis until the close of registration.

8.1.9 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 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 will be returned to the bidding Member Province or meet director(s) if all policies outlined in this document have been followed.

- 8.1.10 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 will be required to prepare the paperwork (including flights, scoresheets, etc.).
- 8.1.11 At a Regional Championships where there are seven (7) or fewer competitors in any age category, weight classes will be combined and competition placings determined by the appropriate IPF formula.
- 8.1.12 The entry closing dates for all Regional Championships must be stated as 56 days (eight weeks) prior to the date of the Championship. Fourteen (14) days following the stated closing date, the meet director(s) 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.
- 8.1.13 The meet director(s) shall not accept any late athlete entries after the entry closing date.
- 8.1.14 Regional Championships which include single-lift competitions (ie. bench press) must be organized in such a way that athletes 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.
- 8.1.15 Regional Championships must be adjudicated by at least three (3) national or higher level referees or by two (2) national or higher level referees and a provincial level referee who is writing their national referee exam. The Technical Controller shall be a provincial or higher level referee.
- 8.1.16 A maximum of one (1) 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.
- 8.1.17 A 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.
- 8.1.18 A minimum of one (1) and a maximum of three (3) national level referees shall be on the jury.
- 8.1.19 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 **requirements outlined in section 16 of these policies**. Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Technical Committee 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.

- 8.1.20 Athletes attending the Regional Championships are considered to be representing their province.
- 8.1.21 An athlete cannot continue to lift at a Regional Championships if they do not achieve a successful attempt in one of the contested lifts.
- 8.1.22 The IPF rule of no weight or age class changes within twenty-one (21) days of the event will be observed. **This policy is not applicable to Youth division athletes, Special Olympic or Para-Powerlifting athletes.**
- 8.1.23 The meet director(s) will submit the following to the Board before releasing to the public or purchasing:
- Entry form which must include the athletes' qualifying total and the competition name and date at which it was achieved;
  - Athletes' proof of **registration (membership)**;
  - Athletes' participation waiver;
  - Custom medallion design (must be of high quality);
  - Overall award design
  - Event logo design
- 8.1.24 The CPU Logo must be visible on the competition banners of all Regional Championships.
- 8.1.25 The meet director(s) must also provide best lifter awards for any age division consisting of 10 or more Registrants. Age divisions cannot be combined to meet the minimum number of athletes.**
- 8.1.26 At all Regional championships coaches and handlers must wear athletic apparel, including close-toed athletic **shoes** while coaching or handling athletes. Hats, sleeveless tops, and any attire that is unclean, torn, or in any way deemed to be inappropriate by CPU officials are strictly forbidden. Coaches and handlers may be asked to leave the warmup room and platform area if they are found to be improperly dressed.
- ~~8.1.27 Regional Championships must be live-streamed must use using the CPU provided streaming platforms. The CPU will reimburse the meet directors up to 60% of the costs to run the live stream board approval and available funds. Funds shall only be used for the purposes of contracting a third party to run the live stream. 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 **set out on the CPU website.**~~
- 8.1.27 Regional Championships will be live-streamed using the selected CPU Media Team.**
- 8.1.28 The selected CPU Media Team will be used for live-streaming and athlete video/ photography packages.**

**8.1.29 All television and live stream rights for Regional Championships shall be the shared property of the CPU and the CPU Media Team.**

8.1.30 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
- Athlete's Roster
- Event accommodations

8.1.31 Meet Directors for all Regional Championships must use the CPU Regional Championships' Facebook and Instagram pages and any other official CPU social media platforms to promote their events.

8.1.32 Regional Championships must include an option for all CPU members to compete including Special Olympic, Para, Youth, and Blind athletes. Any shipping of special equipment required for these athletes will be supplemented by the CPU.

8.1.33 Athletes are allowed a maximum of one (1) coach or handler for unequipped lifting and two (2) coaches or handlers for equipped lifting per athlete in the warm-up room and in the platform area at these Championships. No other personnel will be allowed to accompany the athlete during the competition.

## **8.2 National Championships**

8.2.1 National Championships sanctioned by the CPU shall include the following events in all IPF recognized age categories:

- National Powerlifting Championships
- National Bench Press Championships

8.2.2 The 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 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.~~

8.2.4 The date of the all-inclusive National Championships will be 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 affiliated Member Provinces.

8.2.6 Provincial Teams shall be allowed to compete at National Championships.

8.2.7 Member Provinces must ensure that all its athletes competing at the National Championships have met the current regional qualifications and **are in good standing**. Failure to do so will result in the Member Province losing its eligibility to win any team award and the Member Province will be subject to a \$500 fine payable to the CPU.

8.2.8 Member Provinces must ensure that all their athletes competing at a National Championships have met the Member Province requirements.

8.2.9 When the entry form is open for registration, the meet director must provide Member Provinces with shared spreadsheet listing all athletes registered with registration details. The spreadsheet should separate or identify which Member Province the athlete is representing and should be updated on a bi-weekly basis until the close of registration.

8.2.10 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 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 or meet director if all policies outlined in this document have been followed.

8.2.11 The Member Province hosting a National Championship should include in their bid a referee, who is national level or higher, to be the Technical Secretary who will be required to prepare the paperwork (including flights, score sheets, etc.).

8.2.12 At National Championships where there are seven (7) or fewer 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 The meet director shall not accept any late athlete entries after the entry closing date.
- 8.2.15 National Championships which include single-lift competitions (i.e. bench press) must be organized in such a way that athletes 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.
- 8.2.16 National Championships must be adjudicated by three (3) national or higher level referees or by two (2) national or higher level referees and a provincial level referee who is writing their national referee exam. The Technical Controller shall be a provincial or higher level referee.
- 8.2.17 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 **requirements outlined in section 16 of these policies**. Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Technical Committee 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.
- 8.2.18 Athletes attending the National Championships are considered to be representing their province.
- 8.2.19 An athlete cannot continue to lift at a CPU National Championships if they do not achieve a successful attempt in one of the contested lifts.
- 8.2.20 The IPF rule of no weight or age class changes within twenty-one (21) days of the event will be observed. **This policy is not applicable to Youth division athletes, Special Olympic or Para-Powerlifting athletes.**
- 8.2.21 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.).
- 8.2.22 The meet director will submit the following to the Board before releasing to the public or purchasing:
- Entry form which must include the athletes' qualifying total and the competition name and date at which it was achieved;
  - Athletes' proof of **registration (membership)**;
  - Athletes' participation waiver;
  - Custom medallion design (must be of high quality);
  - Overall award design
  - Event logo design
- 8.2.23 The CPU Logo must be visible on the competition banners of all National Championships.

~~8.2.24 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 or more registrants must have a representative Best Lifter award.~~

8.2.24 The meet director must also provide best lifter awards for any age division consisting of 10 or more registrants. Age divisions cannot be combined to meet the minimum of registrants.

8.2.25 At all National Championships coaches and handlers must wear athletic apparel, including close-toed athletic shoes while coaching or handling athletes. Hats, sleeveless tops, and any attire that is unclean, torn, or in any way deemed to be inappropriate by CPU officials are strictly forbidden. Coaches and handlers may be asked to leave the warmup room and platform area if they are found to be improperly dressed.

8.2.26 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.

8.2.27 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.

~~8.2.28 National Championships will must be live-streamed and must use using 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. Funds shall only be used for the purposes of contracting a third party to run the live stream. 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 set out on the CPU website".~~

8.2.28 National Championships will be live-streamed using the selected CPU Media Team.

8.2.29 The selected CPU Media Team will be used for live-streaming and athlete video/ photography packages.

8.2.30 All television and live stream rights for National Championships shall be the shared property of the CPU and the CPU Media Team.

8.2.31 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
- Athlete's Roster
- Event accommodations

- 8.2.32 Meet Directors for all National Championships must use the CPU National Championships' Facebook and Instagram pages and any other official CPU social media platforms to promote their events.
- 8.2.33 Athletes are allowed a maximum of one (1) coach or handler for unequipped lifting and two (2) coaches or handlers for equipped lifting per athlete in the warm-up room and in the platform area at these Championships. No other persons will be allowed to accompany the athlete during the **competition**.

## 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~~ equipment outlined in section 16 of these policies.
- 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 national level or higher. National records in the total will only be accepted if the 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 Unequipped must be clearly identified on the contest scoresheet. Registrants CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped. They can only enter into one division at a competition in regard to records. If not so identified as unequipped, 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 that 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 a Registrant(s) being suspended for a failed drug test, which affects the placings of other athletes, the Board will act in a timely fashion to publicly honor the new winner(s). This will include forwarding the appropriate medallion to the correct placeholder(s).
- 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 performed at a competition that is eligible to set new national records, that Registrant may apply to claim the record. The normal record application must be forwarded within seven (7) 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 seven (7) 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 **category style** (equipped & unequipped) that the IPF recognizes.
- 9.16 For all categories, records shall be maintained for both equipped and **unequipped 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 **unequipped Classic** records of any level or be entered on rankings lists for **unequipped Classic** lifting.
- 9.18 The CPU shall also accept applications for new national records for para-powerlifting in the weight classes and age **divisions categories** followed by the International Paralympic Committee.
- 9.19 Master, Sub-Junior, and Junior athletes who are registered as an Open athlete may set National records in the registrant’s actual age category. Masters, Sub-Juniors, and Juniors lifting as open athlete must break a record in the registrant’s actual age category by 2.5 kg. The only exception to this is if it is an open record as well, in which case, it can be broken by .5 kg.

## **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.~~
- 10.3 The meet director(s) must also provide best lifter awards for any age division consisting of 10 or more Registrants. Age divisions cannot be combined to meet the minimum of Registrants.
- 10.4 At National Championships, Provincial team standings (“Best Team”) will be calculated based on the average IPF points of the provincial team. To be eligible for the provincial team award, a province must have at least seven (7) results from the competition (one individual could contribute multiple points results if they competed in multiple events). If an athlete does not achieve a lift in a discipline and has 0 points, this result will be used towards calculating the average points for the team.
- 10.5 At the annual National Bench Press 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 Board member or a Member Province and must include detailed information as to the rationale for it fifteen (15) days prior to the AGM. Nominations will not be taken from the floor. The recipient of this award shall be selected by a 2/3 majority vote of the Board and Member Provinces and the award will be presented at the next appropriate National Championships. This award will not necessarily be presented each year, if no suitable candidate can be chosen. 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 Board member or a Member Province and must include detailed information as to the rationale for it fifteen (15) days prior to the AGM. Nominations will not be taken from the floor. The recipient of this award shall be selected by a 2/3 majority vote of the Board and Member Provinces and the award will be presented at the next appropriate National Championships. This award will not necessarily be presented each year, if no suitable candidate can be chosen. 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 Board member or a Member Province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. Nominations will not be taken from the floor. The recipient of this award shall be selected by majority vote of the Board and Member Provinces and will be presented at the next appropriate National Championships. 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. Registrants must have at least competed at the national level. Nominations must be submitted by a Board member or a Member Province and must include detailed information as to the rationale for it fifteen (15) days prior to the AGM. Nominations will not be taken from the floor. The winner of this award shall be selected by majority vote of the Board and Member Provinces and the award will be presented at the next appropriate National Championships. 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 YOUTH DIVISION

### 11.1 Personal Apparel / Lifting Equipment

The youth division will only be contested in the **unequipped Classic** lifting division as defined in the IPF rulebook. Supportive equipment (bench shirts, squat suits or deadlift suits, and knee wraps) is strictly prohibited for the youth division. IPF approved personal apparel and lifting **gear equipment** is required for all youth athletes.

### 11.2 The CPU and Member Provinces shall maintain a youth division using the guidelines set out in this section.

### 11.3 Age Divisions

- Youth 1 – from the day the athlete 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 athlete turns 10 years old (up to regional competition level only)
- Youth 3 – from January 1st of the calendar year the athlete turns 12 years old until the day the athlete turns 14 years old (up to national competition level)

### 11.4 Weight Classes

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

### 11.5 Weigh-ins

- a) Youth athletes must wear a singlet and t-shirt during weigh-ins.
- b) Youth athletes must be accompanied by a parent or guardian. A coach may be present during weigh-ins as well. The Rule of 2 must be followed (**see appendix "A"**).

### 11.6 Proper Identification

- a) **ID is not required for Youth Division athletes.**
- b) **CPU registration (membership) card is required upon registration for any competition and will be verified on the day of competition.**
- c) All minors must have a parent sign a waiver (per the CPU insurance provider).
- d) There are no restrictions, warranty of exclusion regarding age of participants (also per the CPU insurance provider).

### 11.7 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 athletes will be allowed to request any increment of 0.5kg for any attempt.

### 11.8 Coaching

- a) For the safety of all athletes, youth athletes must have one coach/handler with them at all times.
- b) A 1-1 ratio must be always maintained, this includes during equipment check, weigh-ins, in the warm-up room, and any break times between disciplines.
- c) If a coach has multiple youth athletes in one session, additional handlers must be present to ensure this ratio is maintained.

### 11.9 Lifting Equipment at Provincial level competitions

- a) Youth athletes may need access to a lighter lifting bar.
- b) 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.

#### 11.9.1 Lifting Equipment at Provincial Championships, Regional Championships, and National Championships

- a) Y1 & Y2 a 10kg bar may be used.
- b) Y3 a 15kg bar may be used.
- c) 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 athletes.

### 11.10 Qualifying Standards

- a) There will be no set qualifying total for a regional or National competition, however, the youth athlete(s) must have previously participated in a CPU-sanctioned competition and must meet any other CPU and provincial requirements to attend a regional or national championships. This includes being required to obtain a total at regionals prior to being able to attend a national championships.
- b) Any 13-year-old athletes who will turn 14 during the calendar year will have their total from the youth division considered for a spot on the sub-junior team.
- c) Youth athletes are not subject to the IPF rule of no weight or age class changes twenty-one (21) days of the event will be observed.

### 11.11 Records

- a) Each Province will maintain its own records for the youth age divisions.
- b) The Competition Committee has determined there will not be any National record standards established for this division as there is not enough data.
- c) National records will be established for Youth 3 athletes only. These records can be set/broken at the same level of competition as all other National records.
- d) A Youth 3 national record may only be broken by a Youth 3 athlete. A Youth 1 or Youth 2 athlete cannot break national records.

### 11.12 Drug Testing

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

## 12.0 PARA-POWERLIFTING

- 12.1 The CPU and Member Provinces shall maintain a division for para-powerlifting, using the International Paralympic Committee weight divisions with national records.
- 12.2 Para-Powerlifting athletes are not subject to the IPF rule of no weight or age class changes twenty-one (21) days of the event will be observed.

## 13.0 DOPING CONTROL

- 13.1 The 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.

- 13.2 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 **registration (membership)** and to be eligible for competition in CPU events.
- 13.3 Registrants at IPF international competitions face the possibility of WADA-certified doping controls. Any CPU national records set by Registrants at IPF international events will be accepted, upon receipt of the same record application that would apply within Canada.
- 13.4 In the event of a Registrant being suspended for a doping infraction that affects the placings of other Registrants, the CPU will act in a timely fashion to publicly honor the new winners. This will include forwarding the appropriate medallion to the correct placement.
- 13.5 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 athlete ranking lists. Records will revert back to the previous record holder, and athlete rankings will be adjusted accordingly.
- 13.6 All Registrants holding a Competitor Membership are subject to in-competition and out-of-competition testing as a condition of **registration (membership)** in the CPU.

- 13.7 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, and phone number) to the Registration Chairperson on their **registration (membership)** applications and update the information should it change during the **registration (membership)** year. If after careful examination of the circumstances it is concluded by the CPU Anti-Doping Committee, that a member has intentionally provided incorrect or outdated contact information to the CPU, a warning or a six (6)-month suspension may be imposed.
- 13.8 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.
- 13.9 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.
- 13.10 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.

#### **14.0 PENALTIES**

- 14.1 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 offense.
- 14.2 All persons applying to the CPU for **registration (membership)** must disclose all information regarding current suspensions from any/all sports organizations when applying for any class of **registration (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.
- 14.3 A Member Province cannot penalize a Registrant or Official from other provinces.
- 14.4 All Registrants, Officials, or Provincial Members have the right to be heard before ~~the Board decides upon~~ any penalties to be imposed **by the CPU**.

- 14.5 The Member Province may exclude a Registrant from a competition for reasons of their misconduct.
- 14.6 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.
- 14.7 A Registrant cannot participate at any **level of powerlifting competitions in the CPU** for a period to be determined by the Ethics and Discipline Committee if they are under temporary or permanent suspension.
- ~~14.8 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.~~
- 14.8 Any Registrants, Officials, or Provincial Members who believes they have been treated unfairly has the privilege to submit a formal written grievance to the Ethics and Discipline Committee, outlining their concerns.
- 14.9 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 **registration (membership)** card; or
  - True Sport Module Certificate.
- The minimum penalty for this is a five (5)-year suspension.
- 14.10 The Ethics and Discipline Committee shall utilize the Ethics & Discipline Committee Process and Discipline and Complaints policy to determine any breach of the CPU Code of Conduct and Ethics policy when handling all complaints received by the CPU.
- ~~14.11 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.~~
- 14.11 All Officials are required to keep their understanding of the sport's rules up to date. The Board and Technical Committee will be responsible for establishing the appropriate sanctions should they fail to do so.
- ~~14.12 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.~~

14.12 Should any winning bidder for CPU-sanctioned event fail to fulfill their obligations as outlined in these policies and procedures without valid justification—such as not hosting the event or not meeting the specified criteria—they will incur a penalty. The extent of this penalty will be determined by the Board and Member Province and will not exceed a reasonable estimate of non-recoverable costs. This could encompass reductions for non-refundable travel and local transportation and lodging expenses.

## 15.0 FINANCE

15.1 The Treasurer shall present a compilation report and financial information prepared by an independent certified professional accountant on the date of the AGM.

15.2 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) Competitor's **Registration (membership)** Fee - \$95.00;
- f) Drug Testing Fee - \$15.00 per Registrant per competition; and
- g) Sponsorship Fees - as determined by the Board on an annual basis.

15.3 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 Fees and Event Deposit: to be paid in full at the time of bid submission;
- c) **Competitor's Registration (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.

15.4 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 (3)-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 %.

15.5 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.

## 16.0 EQUIPMENT

- 16.1 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).
- 16.2 Any changes in equipment specifications that have been adopted and approved by the IPF Congress shall be reviewed by the CPU Board before being adopted by the CPU.
- 16.3 The warm-up room equipment shall be clean and in good working condition.
- 16.4 Only kilogram-labeled discs are permitted in the warm-up room for all CPU-sanctioned events.
- 16.5 Rubberized (bumper) discs are only permitted for youth division athletes.

**17.0 OFFICIATING**

- 17.1 The rules governing powerlifting competitions in Canada are those stated in the official IPF Technical Rules.
- 17.2 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.
- 17.3 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 or shirt, 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.

- 17.4 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.
- 17.5 All referees adjudicating at national championships must be of provincial level or higher. Each province must send at least one international or national referee, or provincial if none of higher level is available, to all national championships. These referees must officiate at the competition in order to receive credit for having attended. Any Member Province that fails to



comply with this condition will be required to pay to the CPU a fee of \$25.00 for every athlete on its team. The total amount collected will be apportioned to the referees that officiated at the event.

- 17.6 All written examinations will be obtained from the Technical Committee. All completed examinations and examination forms will be returned to the Technical Committee.

To become certified as a national level referee, all candidates must:

- a) Be a provincial referee in good standing within their Member Province;
- b) Be recommended by their Member Province's Officiating Chairperson;
- c) Participate in the national referee's examination as follows:
  - I. Achieve a minimum of 90% on the written examination to be taken in the presence of a member of the Technical Committee, or by an individual appointed by the Technical Committee;
  - II. Achieve a minimum of 90% on a practical examination while sitting as Chief Referee alongside two referees or national or higher level at a regional or national championships following the passing of the written examination and;
    - i. adjudicate a minimum of 100 attempts in all three lifts, with at least xx attempts in squat; and
    - ii. be adjudicated by at least one (1) IPF level referee on the jury while other adjudicating referees may be of national level.

- 17.7 All qualified provincial referee's application, together with a copy of the Member Province's written provincial examination, must be submitted by the Member Province's Officiating Chairperson to the Technical Committee for consideration to be tested for national level certification.

- 17.8 All national and provincial referees must have a valid CPU competitor's or referee's **registration (membership)**.

- 17.9 To maintain national referee status, a national referee must officiate at one (1) provincial or regional championship, one (1) national championship, and attend a Rules Clinic held at national or regional championships at least every three (3) years.

- 17.10 The Technical Committee shall adopt a progressive discipline policy and process to promote and ensure the appropriate standards of performance are conducted by referees, with fair and consistent treatment of all.

The progressive discipline process will consist of three opportunities for the referee to correct their performance, conduct, or behavior. However, in the event the issue or concern is of a severe nature, the Technical Committee and the Board reserve the right to accelerate the process to match the violation.

Progression of discipline will proceed through the following steps:

1. **Verbal Warning and Corrective Action** - The Technical Committee will bring to the referee's attention:
  - a) the existing performance or conduct issue(s);
  - b) the nature of the problem or concern(s); and
  - c) will clearly describe the expectations and steps the referee must take to improve their performance or resolve the problem.
2. **Written warning** - The Technical Committee will provide to the referee in writing:
  - a) any additional incidents or information about the performance or conduct referring to the referee;
  - b) review any prior relevant corrective action plans which may have already been imposed on the referee;
  - c) the consequences for the referee of their continued failure to meet performance or conduct expectations; and
  - d) a statement indicating that the referee may be subject to additional discipline, including revocation of their referee status if immediate and sustained corrective action is not taken.
3. **Probationary status** - The Technical Committee will provide a written notice to the referee of detailing their probation as outlined in this section.
4. **Revocation of referee status** – An individual's referee status will be revoked if:
  - a) the appropriate steps for progressive disciplinary action have been taken and continued violations of CPU Policies and Procedures and IPF Rules have occurred; or
  - b) a severe violation has taken place.

17.11 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 for their national level referee certification after six (6) months of the date of revocation.

17.12 Individuals who wish to officiate in the CPU and have obtained their referee status from outside of Canada but now reside in the Canada will be subject to a one (1) year probationary period. These individuals will be reviewed by the Technical Committee and with the assistance of the individual's Member Province.

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 officiate within the CPU. The individual may apply for their national level referee certification six (6) months after the end date of their probationary period.

## **18.0 QUALIFYING STANDARDS**

- 18.1 Registrants must satisfy any of their Member Province's requirements to qualify to compete at a regional and/or national championship.
- 18.2 All Registrants wishing to compete in regional or national championships must meet the qualifying totals 24 months prior to the date of the intended championship.
- 18.3 All Registrants wishing to compete at their first national championship must first compete and achieve a total at any regional championship within the previous two years of the national championship. Lifting in a single lift contest at a regional championship cannot be a qualifier for 3 lift contest at a national championship. Lifting in a 3 lift contest at a regional championship can be a qualifier for a single lift contest at a national championship.
- 18.4 At regional and national championships, athletes cannot change their entered age and weight class 21 days before the contest starts. **This policy does not apply to youth division athletes.**
- 18.5 All Registrants must meet the requirement (qualification) in the discipline (unequipped or equipped) they intend to compete in.
- 18.6 Qualifying attempts for single lift competition must be attained at a single lift competition or from the bench press portion of a 3 lift competition.
- 18.7 Submitted entry forms for all regional and national championships must include details of the Registrant's qualifying standard and must be verified by an Officer of the Registrant's Member Province 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.
- 18.8 A Registrant who achieves the qualifying standard is then eligible to compete at any chosen weight class at a regional or national championship.
- 18.9 National and regional qualifying totals are as follows:

QUALIFYING TOTAL FOR CPU UNEQUIPPED NATIONALS							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Men</b>							
<b>53</b>	-	312.5	405	-	-	-	-
<b>59</b>	482.5	347.5	450	375	347.5	317.5	282.5
<b>66</b>	530	385	497.5	415	382.5	350	312.5
<b>74</b>	580	420	542.5	452.5	417.5	382.5	340
<b>83</b>	625	452.5	585	487.5	450	412.5	367.5
<b>93</b>	665	480	620	517.5	477.5	437.5	390
<b>105</b>	697.5	505	652.5	545	502.5	460	410
<b>120</b>	727.5	527.5	677.5	565	522.5	480	427.5
<b>120+</b>	745	537.5	695	580	535	490	432.5
QUALIFYING TOTAL FOR CPU UNEQUIPPED NATIONALS							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Women</b>							
<b>43</b>	-	155	232.5	-	-	-	-
<b>47</b>	275	167.5	250	210	182.5	152.5	137.5
<b>52</b>	297.5	180	272.5	227.5	195	165	147.5
<b>57</b>	320	195	292.5	245	210	177.5	160
<b>63</b>	347.5	207.5	317.5	265	227.5	190	172.5
<b>69</b>	370	222.5	337.5	282.5	242.5	205	185
<b>76</b>	392.5	237.5	360	300	257.5	217.5	197.5
<b>84</b>	417.5	252.5	382.5	320	275	230	207.5
<b>84+</b>	432.5	265	405	337.5	290	242.5	220
QUALIFYING TOTAL FOR CPU UNEQUIPPED REGIONALS							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Men</b>							
<b>53</b>	-	280	357.5	-	-	-	-
<b>59</b>	412.5	310	397.5	347.5	317.5	282.5	255
<b>66</b>	455	342.5	437.5	382.5	350	312.5	280
<b>74</b>	497.5	372.5	480	417.5	382.5	340	305
<b>83</b>	535	402.5	517.5	450	412.5	367.5	330
<b>93</b>	567.5	427.5	547.5	477.5	437.5	390	350
<b>105</b>	597.5	450	577.5	502.5	460	410	367.5
<b>120</b>	620	470	600	522.5	480	427.5	382.5
<b>120+</b>	637.5	475	615	535	490	432.5	390
QUALIFYING TOTAL FOR CPU UNEQUIPPED REGIONALS							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Women</b>							
<b>43</b>	-	142.5	195	-	-	-	-
<b>47</b>	240	150	207.5	182.5	152.5	137.5	127.5
<b>52</b>	260	160	222.5	195	165	147.5	137.5
<b>57</b>	280	175	240	210	177.5	160	147.5
<b>63</b>	302.5	187.5	260	227.5	190	172.5	157.5
<b>69</b>	322.5	200	292.5	242.5	205	185	170

<b>76</b>	345	212.5	310	260	217.5	197.5	180
<b>84</b>	367.5	227.5	315	275	230	207.5	190
<b>84+</b>	387.5	240	332.5	290	242.5	220	200

<b>QUALIFYING TOTAL FOR CPU UNEQUIPPED BENCH NATIONALS</b>							
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Men</b>							
<b>53</b>	-	62.5	87.5	-	-	-	-
<b>59</b>	107.5	75	102.5	85	75	65	60
<b>66</b>	117.5	82.5	115	95	82.5	72.5	65
<b>74</b>	132.5	90	125	105	90	77.5	70
<b>83</b>	142.5	100	137.5	115	100	87.5	77.5
<b>93</b>	152.5	102.5	145	120	105	90	82.5
<b>105</b>	160	110	152.5	127.5	110	95	87.5
<b>120</b>	165	115	160	132.5	115	100	90
<b>120+</b>	172.5	120	165	137.5	120	105	95
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Women</b>							
<b>43</b>	-	30	45	-	-	-	-
<b>47</b>	50	32.5	47.5	40	32.5	27.5	25
<b>52</b>	55	35	50	42.5	35	30	27.5
<b>57</b>	60	37.5	55	45	37.5	32.5	30
<b>63</b>	65	40	60	50	42.5	35	32.5
<b>69</b>	67.5	42.5	62.5	52.5	45	37.5	35
<b>76</b>	72.5	45	67.5	55	47.5	40	37.5
<b>84</b>	77.5	50	72.5	60	50	42.5	37.5
<b>84+</b>	80	52.5	75	62.5	52.5	45	40
<b>QUALIFYING TOTAL FOR CPU UNEQUIPPED BENCH REGIONALS</b>							
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Men</b>							
<b>53</b>	-	62.5	75	-	-	-	-
<b>59</b>	92.5	70	90	75	65	60	55
<b>66</b>	105	75	100	82.5	72.5	65	60
<b>74</b>	115	80	107.5	90	77.5	70	65
<b>83</b>	127.5	90	120	100	87.5	77.5	70
<b>93</b>	132.5	95	125	105	90	82.5	75
<b>105</b>	140	100	132.5	110	95	87.5	80
<b>120</b>	145	102.5	137.5	115	100	90	82.5
<b>120+</b>	152.5	110	145	120	105	95	87.5
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Women</b>							
<b>43</b>	-	30	35	-	-	-	-
<b>47</b>	45	30	40	32.5	27.5	25	25

<b>52</b>	45	32.5	42.5	35	30	27.5	27.5
<b>57</b>	52.5	35	45	37.5	32.5	30	30
<b>63</b>	57.5	37.5	50	42.5	35	32.5	32.5
<b>69</b>	60	40	52.5	45	37.5	35	35
<b>76</b>	65	42.5	55	47.5	40	37.5	37.5
<b>84</b>	70	42.5	60	50	42.5	37.5	37.5
<b>84+</b>	72.5	45	62.5	52.5	45	40	40

<b>QUALIFYING TOTAL FOR CPU EQUIPPED NATIONALS</b>							
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Men</b>							
<b>53</b>		350	430				
<b>59</b>	532.5	390	482.5	430	367.5	340	310
<b>66</b>	590	430	540	475	407.5	375	342.5
<b>74</b>	665	470	605	517.5	442.5	410	375
<b>83</b>	722.5	507.5	672.5	557.5	477.5	440	405
<b>93</b>	750	537.5	712.5	592.5	507.5	467.5	430
<b>105</b>	777.5	565	720	622.5	535	492.5	450
<b>120</b>	802.5	475	727.5	650	552.5	512.5	470
<b>120+</b>	815	602.5	745	665	567.5	525	480
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Women</b>							
<b>43</b>	-	190	255	-	-	-	-
<b>47</b>	277.5	202.5	270	235	205	180	150
<b>52</b>	300	217.5	292.5	255	222.5	190	162.5
<b>57</b>	322.5	235	312.5	275	240	205	175
<b>63</b>	347.5	255	340	297.5	260	222.5	185
<b>69</b>	380	277.5	370	322.5	282.5	242.5	205
<b>76</b>	405	295	392.5	342.5	300	257.5	217.5
<b>84</b>	422.5	307.5	410	357.5	312.5	270	225
<b>84+</b>	452.5	325	425	370	330	285	237.5
<b>QUALIFYING TOTAL FOR CPU EQUIPPED REGIONALS</b>							
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Men</b>							
<b>53</b>	-	320	380	-	-	-	-
<b>59</b>	450	357.5	422.5	367.5	340	310	277.5
<b>66</b>	497.5	395	465	407.5	375	342.5	307.5
<b>74</b>	542.5	430	510	442.5	410	375	332.5
<b>83</b>	585	462.5	550	477.5	440	405	360
<b>93</b>	622.5	492.5	582.5	507.5	467.5	430	382.5
<b>105</b>	652.5	517.5	612.5	535	492.5	450	402.5
<b>120</b>	680	540	635	552.5	512.5	470	420
<b>120+</b>	695	552.5	652.5	567.5	525	480	425

	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Women</b>							
<b>43</b>	-	160	217.5	-	-	-	-
<b>47</b>	245	172.5	235	205	180	150	135
<b>52</b>	267.5	185	255	222.5	190	162.5	145
<b>57</b>	287.5	197.5	275	240	205	175	157.5
<b>63</b>	310	212.5	297.5	260	222.5	185	170
<b>69</b>	337.5	232.5	322.5	282.5	242.5	205	185
<b>76</b>	360	247.5	345	300	257.5	217.5	195
<b>84</b>	375	257.5	360	312.5	270	225	202.5
<b>84+</b>	387.5	272.5	380	330	285	237.5	215

<b>QUALIFYING TOTAL FOR CPU EQUIPPED BENCH NATIONALS</b>							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Men</b>							
<b>53</b>	-	67.5	95	-	-	-	-
<b>59</b>	120	82.5	112.5	95	82.5	72.5	62.5
<b>66</b>	132.5	90	122.5	105	92.5	80	70
<b>74</b>	145	100	137.5	117.5	102.5	87.5	75
<b>83</b>	160	112.5	150	125	112.5	97.5	85
<b>93</b>	167.5	117.5	160	132.5	117.5	102.5	87.5
<b>105</b>	177.5	122.5	167.5	140	122.5	107.5	92.5
<b>120</b>	182.5	125	175	145	127.5	112.5	97.5
<b>120+</b>	192.5	132.5	182.5	152.5	132.5	117.5	102.5
<b>QUALIFYING TOTAL FOR CPU EQUIPPED BENCH NATIONALS</b>							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Women</b>							
<b>43</b>	-	30	45	-	-	-	-
<b>47</b>	55	32.5	45	40	37.5	30	25
<b>52</b>	60	37.5	47.5	45	37.5	32.5	27.5
<b>57</b>	65	40	52.5	50	42.5	35	30
<b>63</b>	70	45	60	55	47.5	40	32.5
<b>69</b>	77.5	50	65	60	52.5	45	37.5
<b>76</b>	82.5	52.5	67.5	62.5	55	47.5	40
<b>84</b>	85	55	67.5	65	57.5	47.5	40
<b>84+</b>	90	57.5	80	67.5	60	50	42.5
<b>QUALIFYING TOTAL FOR CPU EQUIPPED BENCH REGIONALS</b>							
	Open	Sub-Junior	Junior	Master 1	Master 2	Master 3	Master 4
<b>Men</b>							
<b>53</b>	-	60	82.5	-	-	-	-
<b>59</b>	102.5	70	97.5	82.5	72.5	62.5	57.5
<b>66</b>	115	80	110	92.5	80	70	62.5
<b>74</b>	125	85	122.5	102.5	87.5	75	67.5
<b>83</b>	137.5	97.5	132.5	112.5	97.5	85	75
<b>93</b>	145	100	137.5	117.5	102.5	87.5	80

<b>105</b>	152.5	105	147.5	122.5	107.5	92.5	85
<b>120</b>	160	112.5	152.5	127.5	112.5	97.5	87.5
<b>120+</b>	167.5	117.5	160	132.5	117.5	102.5	92.5
	<b>Open</b>	<b>Sub-Junior</b>	<b>Junior</b>	<b>Master 1</b>	<b>Master 2</b>	<b>Master 3</b>	<b>Master 4</b>
<b>Women</b>							
<b>43</b>	-	27.5	42.5	-	-	-	-
<b>47</b>	45	27.5	45	37.5	30	25	22.5
<b>52</b>	50	30	47.5	40	32.5	27.5	25
<b>57</b>	57.5	32.5	50	42.5	35	30	27.5
<b>63</b>	62.5	37.5	57.5	47.5	40	32.5	30
<b>69</b>	67.5	42.5	62.5	52.5	45	37.5	35
<b>76</b>	70	45	67.5	55	47.5	40	37.5
<b>84</b>	75	45	67.5	57.5	47.5	40	35
<b>84+</b>	77.5	47.5	72.5	60	50	42.5	37.5

## 19.0 NATIONAL TEAM SELECTION

### INTERIM NATIONAL TEAM SELECTION PROCESS FOR 2024

19.1 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 according to these policies.

- a) Applicants must apply with a total from an outlined championship according to the International Team Submission page in the discipline they want to apply for (ie. classic bench only for classic bench press international events; equipped powerlifting for equipped powerlifting international events, etc.)
- b) Applicants can only apply for a team in the weight class they competed in. Athletes must have hit their CPU National Qualifying Total in their respective weight class with the results they're using to apply for the team
- c) Applicants will be ranked by totals in the weight classes they competed in for the event they are applying for. The applicant with the highest total in each weight class for each 2024 international competition will earn a spot on the team.

Applicants who are seeking to apply for teams in age categories they were not in in 2023 may do so (ie. a junior applying for an open team, a first year master who was an open in 2023). Athletes can use their totals from alternate age categories to apply for any team they are eligible for (ie. a junior competitor can use a result where they competed as a junior to apply for an open team, assuming they have hit the open national qualifying standard).

- d) If two athletes apply for the same weight class and have the same total, the athlete who did it first will be ranked higher, except in the case where the athletes totals were done in the same



division at the same competition, then the athlete who won at that competition will be ranked higher

e) If there are remaining spots on the team after 19.2.c, additional applicants will be selected based on totals of applicants from outlined events with all second-place finishers being chosen next in descending IPF Formula order, followed by all third-place finishers being chosen next in descending IPF Formula order, and continuing with fourth, fifth, sixth, etc.

f) Once the team selection has been done based on the above criteria, weight classes must be considered to ensure there are not more than two in any weight class (according to IPF policies for the event). If a situation occurs where there is no longer any room in the weight class in which they applied for the team, these applicants will be contacted and given the option to choose an alternate available weight class to move in to. Applicants will be given 48 hours to respond, and if no response is received, they will be moved onto the reserve list in the weight class they competed in. This must be done before further ranking can be completed.

- 19.2 After the team has been nominated to the international event, if two or more athletes are attempting to move into a weight class than that which they were named to the team, priority will be given to the athlete with the higher IPF Formula.
- 19.3 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 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 \$275 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.
- 19.4 When competing for Canada at international competitions, the Registrant's cooperation with the coaching staff, and adherence to team protocol, is always mandatory. 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 national 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.

- ~~19.1~~ 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 to remain on the team. Any positive test results will bring automatic dismissal from the team and appropriate penalties to the Registrant(s) involved.
- ~~19.2~~ 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 according to these policies.
- ~~a)~~ Applicants must have lifted at the corresponding national championships, i.e. unequipped bench press only for unequipped bench press international championships; equipped powerlifting for equipped powerlifting international championships, etc.
  - ~~b)~~ Applicants can only apply for a team in the weight class they competed in.
  - ~~c)~~ Applicants who are class winners from the current year's national championship shall automatically earn a spot on the national team in the age category, weight class, and discipline (unequipped or equipped, and bench only or powerlifting) they competed in.
  - ~~d)~~ If there are remaining spots on the team after 19.2.c, additional applicants will be selected based on placing from the most recent national championship with all second place finishers being chosen next in descending IPF Formula order, followed by all third place finishers being chosen next in descending IPF Formula order, and continuing on with fourth, fifth, six, etc.
  - ~~e)~~ If there are remaining spots on the team after 19.2.d, applicants that competed in an alternate age category at the most recent national championship than the team they are applying for would be selected based on descending IPF Formula. These applicants must have the qualifying total for the age category of the team they are applying for using their total from the most recent national championships.
  - ~~f)~~ If there are remaining spots on the team after 19.2.e, applicants who competed at the previous year's corresponding national championships will be selected. If more than one applicant from the previous year's corresponding national championships have applied for the team, they will be chosen in descending IPF formula order.
  - ~~g)~~ If there are remaining spots on the team after 19.2.f, applicants who bombed at the corresponding national championships will be selected. If more than one applicant who bombed at the corresponding national championships have applied for the team, they will be chosen in descending IPF formula, using results from a regional or higher championship in the previous 12 months.
  - ~~h)~~ Once the team selection has been done based on the above criteria, weight classes must be considered to ensure there are not more than two in any weight class (according to IPF policies for the event). If a situation occurs where there is no longer any room in the weight class in which they applied for the team, these applicants will be contacted and given the option to choose an alternate available weight class to move into. Applicants will be given 48 hours to respond, and if no response is received, they will be moved onto the reserve list in the weight class they competed in. This must be done before further ranking can be completed.

- 19.3 — After the team has been nominated to the international event and if two or more athletes are attempting to move into a weight class than that which they were named to the team, priority will be given to the athlete with the higher IPF Formula.
- 19.4 — 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 ninety (90) 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 fee will be applied to the participation and drug testing fees paid to the IPF or others for the competition. If a selected Registrant is unable to attend and a reserve Registrant is selected in their place, that reserve Registrant must pay the participation fee within 7 days to the CPU. Any Registrant that has paid the participation fee but is unable to attend the competition will have the fee returned to them subject to those fees not already 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 that might be arranged by the host federation for the benefit of the visiting teams; and
  - e) — All Registrants competing at international events are subject to pay 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.
- 19.5 — When competing for Canada at international competitions, the Registrant's cooperation with the coaching staff and adherence to team protocol are mandatory at all times. The behavior of the 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 national 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.
- 19.6 — For any international championships where the applicable national championships are less than sixty (60) days prior to that championships, the national event results from the previous year will be used as the qualifying standard.

## 20.0 WORLD GAMES ATHLETE SUPPORT

- 20.1 All Registrants who compete at the World Games on behalf of Canada and the CPU, will be eligible for an expense reimbursement of up to \$2,000. Travel receipts are to be submitted to the Treasurer upon the Registrant's return from the World Games. Any additional funds

remaining after paying the entry fee and drug testing fee will be reimbursed to the Registrant based on the receipts provided up to the \$2,000 limit.

## **21.0 COACHING**

- 21.1 For the equipped and unequipped Open, Master, Junior/Sub-Junior Powerlifting, and Bench Press World Championships, the CPU Coaching Committee will select coaches from any applicants.
- 21.2 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 stipulation prior to team selections.
- 21.3 Coaches of national teams at international competitions shall be eligible for a stipend determined by the Coaching Committee budget.
- 21.4 The duties, eligibility, and requirements of the head coach are set out in the Canadian Powerlifting Union Coaching Job Description document maintained by the Coaching Committee.
- 21.5 At all regional and national championships, unequipped athletes may only have one handler/coach and equipped athletes may have up to two during their event.
- 21.6 All coaches at international events that are 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.
- 21.7 All CPU Team Coaches must hold either a valid Referee or a valid Competitor Membership.

## **22.0 IPF CONGRESS**

- 22.1 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 and World Games Championships.

## **APPENDIX "A" – RULE OF TWO**

The Rule of Two serves to protect minor athletes (under the age of 18) 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 a minor athlete minor, 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.

## **APPENDIX "B" - CANADIAN POWERLIFTING UNION COACHING COMMITTEE**

### **Team Canada Coach for all World Championships, North American Championships, Commonwealth Championship**

Coaches are an integral part to an athlete's success. For the Championships outlined in the CPU policies and procedures, the CPU Coaching Committee will appoint coaches for each Championship. Any questions should be directed to the coaching committee.

#### **Team Canada Head Coach Job Description**

- Be present at the entire championship, from technical meeting to banquet
- Attend the Technical Meeting as the representative of the Team Canada, or if unable to attend due to extenuating circumstances, appoint a designate to attend
- Coach all Team Canada athletes and manage all Team Canada assigned coaching staff including but not limited to Assistant Coaches, personal coaches, medical staff, etc.
  - The Head Coach or designate has the final say as to athlete's attempts, the athletes may make suggestions only.
- Determine which athletes will have a Personal Coach available and which Personal Coaches will be allowed in the warm-up room prior to leaving for the Championship. Should there be decisions needed, consult with the Coaching Committee to determine which Personal Coaches will be allowed in the warm-up room.
- Ensure all athletes wear their entire Team Canada tracksuit and follow other IPF guidelines (ie: no hats, no flags, etc) while participating in the awards ceremonies
- If a team award should be won, ensure someone accepts the award at the banquet. The team award will be kept by the Head Coach or given to the best Canadian athlete by GL points. Ensure all award winners get their awards if they are not present at the banquet.
- Ensure all athletes know where to find the Certificate of Participation once the competition is concluded.
- Must wear the entire Team Canada tracksuit for the opening ceremonies.
- Head coach must wear appropriate coaching attire during all official duties as prescribed by the IPF (Team Canada track suit OR sport shorts and Team Canada t-shirt or polo AND running shoes - no sandals, dress shoes, etc). Hats shall not be worn while coaching in the warm-up room or at the main platform. The CPU Coaching Committee will provide 1-2 (one to two) t-shirts or polos to wear while coaching.
- Coaches are not to be filming or recording lifts from the coaching box. This is for coaching, not for filming. Athletes can arrange for someone to record their lifts from the audience if they so choose.
- Prior to leaving for the World Championship, the head coach has several responsibilities:
  - Introduce themselves to all Canadian athletes by appropriate means as soon as the team is named.
  - Communicate with athletes around items including but not limited to:
    - Pre-competition training or injuries
    - Flight itineraries, hotel arrangements, transportation, etc
    - CPU expectations and requirements (purchasing a track suit, staying in meet hotel, appropriate behavior, etc)
    - Remind all athletes of the negotiated contracts and expectations of the CPU negotiated sponsorships. Should an athlete fail to follow the contract, the

- coach shall report this to the CPU Coaching Committee who will report this to the CPU President.
    - How communication will happen in emergent situations and during the competition.
    - Athlete competition expectations and goals.
    - Creation of an athlete meet day plan (weight cut plan if needed, warm up plan, thoughts on openers, etc).
  - Obtain the Emergency Contact information for all athletes from the CPU Championship Secretary.
- Report to the CPU Disciplinary Committee any issues with athletes that arise that require further investigation.
- Report to the CPU Coaching Committee any issues with coaches (assistant or personal) that arise that require further investigation.
- Report to the CPU Officiating Chair any issues with officials that arise that require further investigation.
- Provide to the Coaching Committee a written report outlining:
  - Reflection of the overall team performance at the championship
  - Reflection of the coaching strategies and decisions that were made during the competition and any recommendations for improvement
  - Reflection of any conflict or errors made during the championship
  - Reflection on other named coaches abilities during the championship

#### Team Canada Assistant Coach Job Description

- Be present at the entire championship, from technical meeting to banquet
- May attend the Technical Meeting as the representative of the Team Canada • Coach all Team Canada athletes as assigned by the Head Coach and manage all Team Canada personal coaches, medical staff, etc.
  - The Head Coach or designate has the final say as to athlete's attempts, the athletes may make suggestions only
- Ensure all athletes have handling support during their lifting
- Ensure all athletes wear their entire Team Canada tracksuit and follow other IPF guidelines (ie: no hats, no flags, etc) while participating in the awards ceremonies
- Wear the entire Team Canada tracksuit for the opening ceremonies.
- Wear appropriate coaching attire during all official duties as prescribed by the IPF (Team Canada track suit OR sport shorts and Team Canada t-shirt or polo AND running shoes - no sandals, dress shoes, etc). Hats shall not be worn while coaching in the warm-up room or at the main platform. The CPU Coaching Committee will provide 1-2 (one to two) t-shirts or polos to wear while coaching.
- Coaches are not to be filming or recording lifts from the coaching box. This is for coaching, not for filming. Athletes can arrange for someone to record their lifts from the audience if they so choose.
- Prior to leaving for the World Championship, the assistant coach supports the Head Coach with communication and gathering required information.
- Report to the CPU Coaching Committee any issues with coaches (head or personal) that arise that require further investigation
- Provide to the Coaching Committee a written report outlining:

- An Assistant Coach will be named at the discretion of the CPU Coaching Committee
- Work with the Head Coach on the pre-competition preparation and be involved in athlete communication

#### Team Canada Personal Coach Job Description

- A Personal Coach may be included on the nominations for each Championship at the discretion of the Team Canada Head Coach, in consultation with the CPU Coaching Committee.
  - Athletes may name 1 (one) personal coach to support them in the warm-up room, however this will be dependent on the number of athletes and coaches in each session.
- Personal coaches are those coaches who may be coaching one single athlete or a few athletes or be present to help handle an athlete during a session. Personal coaches may be required to support other Team Canada athletes at the Head Coaches discretion
- Personal coaches will default to the head coach in a decision on attempt selection
- Personal coaches will only be allowed to support in the warm-up room, unless otherwise directed by the Head Coach
- Wear appropriate coaching attire during all official duties as prescribed by the IPF (Team Canada track suit OR sport shorts and Team Canada t-shirt AND running shoes - no sandals, dress shoes, etc). Hats shall not be worn while coaching in the warm-up room or at the main platform.
- Coaches are not to be filming or recording lifts from the coaching box. This is for coaching, not for filming. Athletes can get someone to record their lifts from the audience if they so choose.
- A personal coach must apply, through the athlete they wish to support, to the Head Coach for approval

#### Eligibility

##### Head Coach

- Successful completion of the following NCCP courses
  - Coach Initiation in Sport
  - Making Ethical Decisions
  - Making Head Way in Sport
  - Understanding the Rule of Two
- Must have coaching experience at a minimum of 2 (two) CPU National Championships ○ Experience including calling all numbers for an athlete, coaching against other athletes, etc
- Must have current CCES Powerlifting Anti-doping course completed (can not be untracked) or ADEL course

##### Assistant Coach

- Successful completion of the following NCCP courses
  - Making Ethical Decisions
  - Making Head Way in Sport
  - Understanding the Rule of Two
- Must have coaching experience at a minimum of 1 (one) CPU National Championships ○ Experience includes calling all numbers for an athlete, coaching against other athletes, etc.



- Must have current CCES Powerlifting Anti-doping course completed (can not be untracked) or ADEL course

#### Personal Coach

- Successful completion of the following NCCP courses
  - Making Ethical Decisions
  - Making Head Way in Sport
- Must have coaching experience at a minimum of 1 (one) CPU National Championship or 1 (one) CPU Regional Championship
  - Experience includes calling all numbers for an athlete, coaching against other athletes, etc.
- Must have current CCES Powerlifting Anti-doping course completed (can not be untracked) or ADEL course

#### Application and Approval Process

1. Complete and submit to the Coaching Committee a completed Coaching Application Form. A coaching resume (CV) will also accompany the application.
  - a. [https://docs.google.com/forms/d/e/1FAIpQLSe-tS9Cf2t8eHJerMdxoOgX1uCT5cAbb\\_o\\_8979\\_pAlwYopzug/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe-tS9Cf2t8eHJerMdxoOgX1uCT5cAbb_o_8979_pAlwYopzug/viewform)
2. All coaching applications must be submitted to the CPU Coaching Committee within the same deadline as any athlete applying to be on the National Championship team through the Coaching Application Form. The coaching committee reserves the right to appoint a head coach if no suitable candidates apply OR not appoint a head coach for an International Championship if no suitable candidates apply or it is unnecessary to appoint a Head Coach to certain teams.
3. Coaching committee determines who the head coach will be for each International Championship.
4. Selected coaches are offered the positions. All team athletes are informed of decisions by the CPU President or designate.
5. Following the championship, the head coach must submit a written report on the championship (see requirements of written report below) to the coaching committee within 1 week following the end of the championship.
  - a. Summary of all athletes lifting
  - b. Highlights of the contest
  - c. Any problems or issues that arose at the contest
  - d. Any other information
6. One week following the end of the championship, stipends will be issued to coaches

#### **Invitational Championship Coaches (ie: World Games, Sheffield, Arnold, etc)**

Head Coach - applications will be accepted the same as all other championships. All requirements apply for the Head Coach of the Invitational Championship team as apply to all international teams. The coach selected will be the most appropriate for the invited athlete(s).

Assistant Coach - athletes who are invited to attend any Invitational Championship will each nominate an Assistant Coach to the Coaching Committee, and the Coaching Committee will make the final determination if the Assistant Coach is named to the team. All requirements apply for the Assistant Coach(es) of the Invitational Championship team as apply to all international teams.

In the event of only a single coach being allowed to attend, then the Coaching Committee will consult with the athlete to choose the most appropriate candidate.

Stipends will be determined by the Coaching Committee from the Coaching Budget.