

IBSA POWERLIFTING SUB-COMMITTEE Technical Checklist

To be completed by host Federations of International Championships and sub-Regional cups.

The following checklist of venue requirements to be provided by the organizer must be completed and returned to the *General Secretary* with a copy to the *Technical Chairman* before the invitation to the championships is issued.

These requirements are generally regarded as the minimum to be provided. If you experience any difficulty in meeting these requirements, please inform the *General Secretary* as soon as possible and before the invitation to the championships is issued. This way, any problems can be solved and participants informed of any outstanding matters, which may affect their entry to the competition.

Competition area.

Specifications	To be completed by the organizer. (Yes/No or comments)
<u>Competition area.</u> The competition area must be of sufficient size to accommodate the anticipated number of spectators and leave sufficient space for the stage upon which will be the platform, referees, loaders, jury, administration table and lights. If the stage is limited in area, then the jury and administration table may be located off the stage but in suitable positions.	
a) Bar , collars and discs. State the name of manufacturer	
b) Discs - 14 x 25 kg , 2 x 20 kg, 2 x 15 kg, 2 x 10 kg, 2 x 5 kg, 2 x 2,5 kg, 2 x 1,25 kg. Rubber covered discs are permitted provided they conform to the rule requirement. Record discs: 2 x 1 kg, 2 x 0,5 kg and 2 x 0,25 kg. These discs should be kept at the Jury table throughout the competition.	b) (list the discs)
c) IPF/IBSA Powerlifting Squat stands, bench, disc racks and foot blocks for benching. Note: The blocks shall be in the range of 5 cm, 10 cm, 20 cm and 30 cm.	
d) Podium to accommodate 1 st ., 2 nd . and 3 rd . place winners	
e) Chalk box with adequate supply of chalk	
f) Scrubbing brush, vacuum cleaner and towel. Note: the scrubbing brush must not be of the steal type damaging the bar's knurling.	
g) A 10% Clorex solution or similar as suggested by the doctor for use on bar if any bleeding occurs. This is a necessary precaution to stop the spread of contagious disease of AIDS.	
h) 3 seats for the use of the referees	
i) Seats at rear of platform for use of loaders.	
j) Seats and tables on or off the platform for the announcer,	
announcer's assistant, scorers, time keeper, computer operator and marshal plus all their equipment.	
k) Seats and table on or off the platform for the three man jury.	
1) A large LCD or preferably a Large screen and video projection to show the score sheet. The screen size may be 2m x3 m 2) Reliable lighting system in which the lights relate to the relevant position of the three referees .	
L) Table for display of trophies etc. (not on the platform)	

Warm up area.

The warm up area should preferably be at least 30m x 10 m in size Warm up area equipment should include (a - e):	(state the size)
a) A minimum of four platforms, preferably five. (State the numbers of platforms)	
b) Each platform equipped with a bar and collars plus: 8 x 25 kg, 2 x 20 kg, 2 x 15 kg, 2 x 10 kg, 2 x 5 kg, 2 x 2,5 kg, 2 x 1,25 kg discs, (state name of bar manufacturer and kg/no, of discs.)	
c) Each platform should have squat stands, bench, (preferably similar with those used in the competition platform)chalk box etc.	
d) Loudspeaker link with the competition area, TV monitor showing the lifting order , TV monitor showing the score sheet and TV monitor viewing the lifting platform, (state which of the above facilities will be provided)	
e) Free soft drinks / fresh water if possible	

Weigh in room (lockable).

Equipment should include (a - c):	
a) Certified digital scales. The scales certificate must be current	
b) Table and chairs for referees.	
c) The technical secretary will supply the chief referee for each bodyweight category with an envelope containing score sheets, equipment check sheets, rack height sheets, order of weigh in sheets, speaker's competition cards and lifter's attempt slips. All these documents should be completed by the IBSA technical secretary by entering the names of all nominated lifters after the pre-competition technical meeting.	

Equipment check room (lockable).

This room should be adjacent to the weigh in room. Equipment should include:	
a) Table and chairs for referees. Equipment check sheets will be contained in the envelope given to the chief referee for the bodyweight category by IBSA Powerlifting Technical Secretary .	

Doctors treatment room.

- a) Consult with the doctor concerning the facilities

Physiotherapy room.

- l a) Consult with the physiotherapist concerning the facilities

Doping control room.

This room must have communicating toilets. Equipment should include (a - c):	
a) Supply of drinking water and soft drinks. Drinks should be canned or otherwise sealed.	
b) Table and chairs for sampling officers.	
c) Chairs for athletes awaiting tests.	

Championship office.

Equipment should include (a - e):	
a) Photocopier. This is essential as it will be in constant use throughout the competition	
b) PC with printers / typewriter.	
c) Adequate supply of paper for the above machines.	

d) Adequate supply of spare documents as may be required by the technical secretary throughout the competition	
e) It is recommended to provide internet-connection and fax facilities.	

Officials.

The organizer is responsible for appointing all officials and in sufficient numbers to ensure the efficient running of the competition. The essential officials are listed in the IPF Technical Rule book (<i>Order of Competition - the organizer will appoint the following officials</i>) Briefly they are (a - g):	
a) Speaker / Announcer. (It is essential that he has mastery of the English language).	
b) Technical Secretary (An IPF international referee)	
c). Time Keeper. (Preferably a qualified referee)	
d) Marshal Expeditors	

e) Scorers. (Record the progress of the competition by both computer and <u>manual methods</u>)	
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f) Spotters / Loaders. (A minimum of two complete and interchangeable <u>teams</u>).	
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g) Doping control assistants. 2-3 persons are needed to be guardians for lifters who are drawn to doping tests and wait for their turn to take the test. Additional officials such as doctors, paramedics, therapists etc. may be <u>appointed as necessary</u>	
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I agree that the venue requirements as listed above can be provided by me at the Championships.

Sign, of Organizer:.....,..... Date:

Address: Tel: Fax:
E-
mail:

Remarks if any: