



**USA Powerlifting  
National Governing Body Meeting**  
Thursday, June 21, 2012  
Orlando, Florida  
MINUTES

- 1) **Roll call of voting members and credential check of participants**  
33 voting members present at the start of the meeting, 35 voting members eventually present.
- 2) **Reading of Minutes from NGB 2011**  
(Available at [http://www.usapowerlifting.com/ngb/2011/2011\\_NGB\\_Minutes.pdf](http://www.usapowerlifting.com/ngb/2011/2011_NGB_Minutes.pdf))  
Minutes approved
- 3) **President's Report – Larry Maile**

In 2011 we returned to our birthplace Bay St. Louis, MS making it evident that after 31 years USA Powerlifting (USAPL) is still going strong. We learned a great deal over this time thanks to all of the people who gave thanklessly to make our federation better. Returning home reminded us of the principles and mission that was originally defined by Brother Bennett and by our original founders: to provide drug free powerlifting. During this year, we rededicated ourselves and USA Powerlifting to this mission.

**The Arnold Sports Festival (ASF)**

This year's ASF marked our 6<sup>th</sup> year. The ASF is a valuable marketing tool as approximately 100,000 people watch and is enables us to further the message of drug free lifting.

Multi-ply lifting is making inroads; next year the ASF have an event that although not in the convention center will be associated with The Arnold. The inclusion of the multi-ply event is likely due in part to a transition to an expanded role for Mr. Lorimer's son who is more amenable to multi-ply, non-drug tested lifting. Our goal should be to outlast them by way of putting on a cleaner, more exciting, and professional production. So far we have lasted 6 years which is longer than any single federation before us.

**Invitational nature of the Arnold Sports Festival:**

Each year the invitational component of this event seems to come up and be lost on some. There are some obvious characteristics that all those included must have – they must be drug free and a member in good standing but there are other characteristics as well. As an organization we want them to be loyal to the USAPL and will not choose individuals if they compete in other pro events. Bottom line is: We reserve the right to choose who we wish to represent us.

## **International Powerlifting Federation (IPF)**

Detlev Albrings has resigned effective 28 October 2012. Johnny Graham (USA Powerlifting and IPF Vice-President) will act as president until order of succession is determined.

USAPL has had 3 IPF positive drug tests within a 12 month period. If the organization has one more positive test with the IPF it could mean suspension for one year. IPF suspension carries with it the elimination of Larry's and Johnny's position within the IPF as well as a 1500 euro fine. The other possibility with another positive test is that USAPL is placed on probation. Were this to occur any failure during the probationary period would cause immediate suspension. While the first of the suspensions has actually dropped off the calendar, the individual has not complied with reinstatement procedures, yielding a continued suspension. In addition, one of the other USAPL lifters suspended has had his suspension extended one time with another extension forthcoming. In short, there is significant liability for USA Powerlifting in these matters.

USAPL is the IPF's largest participant.

## **USAPL**

In 2005 the organization had 2300 members, today there are 4600 or slightly above. During that time of growth for us other federations have dwindled.

## **North American Powerlifting Federation (NAPF)**

I will not be running again for president of the NAPF. Robert Keller should be credited with building not only the NAPF but also the nations within. It is my hope that Robert will become the NAPF president. I do anticipate staying on as a member of the IPF board.

## **National Office**

July 1<sup>st</sup> marks a transition at USAPL's national office. Barb Born, USAPL's Office Administrator has worked for the Federation since August 2002. After 10 years of faithful service, Barb will retire and Connie Strickland will be taking over the position. Barb will continue on in a part-time basis to aid in the transition. Connie brings to the position a background as an administrative assistant to a 4 star general, a certified Microsoft technician and has also been a lifter as well. We would like to thank Barb for her many years of service and welcome Connie aboard.

## **Drug Testing Issues**

There are some people that are beating the tests. Methods of cycling and diluting or adulterating samples are ways in which some are trying to do this. When a sample is diluted or adulterated the tests done by the lab do not produce definitive results. One of the keys to reducing this kind of activity is a strong out of meet testing (OMT) program. Through the efforts of the organization, most specifically Cathy Marksteiner our OMT program has grown strong. One of the key components to a strong OMT program is the ability to locate the athlete that is to be tested without prior notification. To this end it is very important that the athlete locator form be filled out in a timely and accurate manner. We need to consider instituting the idea that if the locator form is invalid that will constitute a drug test failure as will failure to be locatable via the athletes locator form.

## **Miscellaneous**

Financially USAPL is on fairly stable ground. We do need to anticipate that although we have yet to lose any lawsuit that is brought against us, there will come a time when that will change. We currently have a lawsuit against us asking for \$100,000 in damages and have had others in the past (2 last year) that had we lost them would have wiped us out. Money needs to be put away for a rainy day.

## **Changes**

We are currently seeing that raw lifting constitutes 70%-80% of those competing on the local level. We need to keep that new market and consider what can be done to make it grow.

We want to further develop our pro-circuit, i.e. meets that have money and greater recognition associated with them. To date we have the Arnold Sports Festival, GNC pro-deadlift, and meets that Robert Keller promotes.

We need to popularize our “live-stream” and make certain that we maintain high production values at all times.

The IPF Classic World Cup (Raw Worlds) had 5000 watching per day.

We need to develop a relationship like Florida where powerlifting is included in the state/senior games.

Lastly – Thank you for the last nine years, looking forward to 3 more.

### **Reading of statement from Bettina Alitzer by Larry Maile**

I am so sorry that I am not with you during this meeting. I miss seeing my powerlifting family and USAPL friends. I am in Houston attending an important legal seminar.

I do want to report to you all that there is a pending lawsuit against us and individual USAPL members in Nebraska. It is a personal injury case in which a lifter claims that we were negligent in not "requiring" knee wraps in a Raw meet, among other claims. We have counsel who is defending us in Nebraska. We will keep you all posted when this matter resolves.

I remind all meet directors to make sure all lifters, referees, and spotters sign a release and send a copy of that release to the National Office right after the meet. I ask all meet directors to keep the releases for five years. This legally protects not only USAPL, but you as well. Record-keeping and maintaining these releases are NOT a luxury in our litigious society. They are a requirement.

As always, I am here to protect and serve USAPL. I wish you all a productive, efficient NBG meeting, and an awesome, record-breaking Nationals.

Thanks so much, and I will miss you all,  
Bettina

#### 4) Vice President's Report – Johnny Graham

VICE PRESIDENT  
2203 EXCEL DRIVE  
KILLEEN, TEXAS 76542  
(254) 338-55971/FAX 616-5725

Memorandum for: 2012 NGB Meeting

21 June 2012

1. Almost 9 years ago, I took on this task as Vice President of this wonderful and GREAT organization. During those 7 years, we have seen a growth within USAPL that has continued, and will continue in the future.

2. I remember asking Larry almost 9 years ago, when he decided to run for President, that I was asked by many members if he won, would I like to run for VP. Before I took on that task, I asked him how he would like it if I was his VP. Larry being the quiet person that he is actually answered me. After both being elected, I remember our first meeting. He told me we are being over paid, and we will receive a reduction in salary. Wasn't sure if I wanted to talk to him again. What I do remember in these 9 years, is the hard work the EC and members of this Great Organization have done to keep us at the top. You never stop learning in this position. This learning experience has also given me the chance to go to many USAPL events around the Country and the World, watching the best drug free Men and Women compete. Every trip, I learn something new, from watching the best Lifters and coaches, in the world prepare our teams for the next big show. The future of our organization is improving every day.

3. We have seen continued growth, and fixed a lot of problems during the past year. Yes, we do have lots of work to do. Eliot Feldman, Angela Simons, and Joe Warpeha~ have done an OUTSTANDING in updating our rulebook during the past two years. With all the changes the IPF has done, this has not been an easy task. With Bettina insuring that all legal matters are presented, we now have bylaws that are easy to read and understand. Some things needed to be changed to insure that we run this organization as a business approach to the lifters. And their hard work, have made this change.

a. Our membership has continued to grow, and with the addition of many events, and new meet directors, I see this growth as improving over the years. Our state chairs are out there informing the members, teams, gyms, of our organization. I want to thank you for all your hard work. I will continue to get involved with all the operations of the committees, to insure that the rights of the lifters and this organization are not compromised.

b. We have improved greatly on getting all officials on the same standards of Performance, and have eliminated the ones who just wear that Patch, and not support USAPL. This is caused by the hard work of the Technical committee of getting more officials involved and trained at events around the Country. However, we must get more officials involved after they get their officials cards. We are spreading the wealth, as more National Officials are being assigned as Technical Secretaries at National Level contest. Needless to say, they have done an outstanding job, but we can't train others if they are not given the opportunity. Our state and National referee test, is being rewritten to get more in line with the rules of the IPF. Also, please be aware that part of the State and National exam, all officials are required to perform drug test. With this, this will also eliminate the same people doing the Drug test at National meets. More people trained will help spread the duties of the members.

c. As we continue to improve our selection of National Meet directors, and more people are stepping forward to host National meets, we must also improve our treatment of our members at these events. Every member must be treated with complete professionalism at every event. Our officials and leaders must SUPPORT the lifters, and in doing so, we must abide by the rules, not what we think is the rules. How we talk to and approach every Lifter shows what this organization is about.

d. I am very honored to be working with the best professional members of the Executive Committee. Their work to make this the BEST Powerlifting Organization has always been of the highest quality. This is also a big plus for us. The members knowing that they have a voice to the EC makes it easier for all of us. We are returning calls, and we are listening to what the members has to say, and they are giving them the best possible support needed.

e. As many of you know, I am not an Internet guy. We have to watch what we put out there, as the competition is out there and just waiting for us to drop the ball. All members must support this organization if you also want us to continue to succeed. Let's work together, and stop all the negativity that will bring us down.

f. We MUST and we WILL improve our rankings update. Lifters train for months to prepare for a chance to put their names in the rankings. We are NOT going to let this go unnoticed. Please be advised, this is not an easy task, as rankings change almost every month. Once again, State chairs, YOU are responsible for insuring that the lifters results records are updated in your state. Also, we get many calls because the records are not being updated. Meet directors, State Chairs, this is YOUR job to insure the information gets in on time to the record chair.

4. We are doing a lot more great things than bad. Our OMT's have once again skyrocket during the past year, and we will continue to address this issue. Cathy Marksteiner has really been on top of things, for getting the OMT's done for our International teams.

5. Once again, the hard work of Meet directors giving us booth space has greatly improved our safes at events around the Country. With this, and the support of Priscilla Ribic, and our National Meet directors, we are on the road to new sales.

6. We have made some changes in our Coaching Staff of our International Teams for 2012, as people have stepped aside, and new faces have taken over. This will happen again, as All positions for this year will end, and everyone interested must submit a resume for ALL Coaching positions for 2113-2115. This will once again, bring in new faces to the staff of members who volunteer many hours in support of Us. Many of our International teams set new highs with placings in 2011. Our Masters, NAPF, and Teen/Jr Teams all brought home Team World Championships.

7. Now is the time for ALL of us to join as one, and continue to make USAPL THE premier Powerlifting organization in the Country. We have many challenges ahead of us, and we must meet these challenges together.

JOHNNY A. GRAHAM  
USA Powerlifting Vice President

5) **Treasurer's Report - Geoffrey Plante**

Treasurer's Report available at <http://www.usapowerlifting.com/admin/ngb.shtml>

6) **Committee Reports**

a) **Coaching – Dan Gaudreau**

USA Powerlifting would like to thank all the coaches for the 2011-2012 term for their outstanding work. We would also like to thank the coaches who have stepped down this year and for serving admirably in their positions. These coaches include Jim Brown, Greg Jones and Donovan Thompson. USA Powerlifting would like to welcome new coaches Gina Stepleton, Mike Zawilinski, Steve Petrencak and Angela Simons.

Areas in need of attention:

1) **Team Sponsorship**

The Coaching committee is exploring ways to procure sponsorship for world and regional teams. We feel this will alleviate pressure the organization is feeling in regards to the coaching stipend and OCT areas. This sponsorship program will also work towards the goal of helping athletes cover expenses.

2) **Athletes turning down world team slots**

We have had issues with sending our qualified athletes to international championships. We have had to go as far as the 14th alternate for an open team. One major area that could help is with sponsorship procurement. Other areas still need to be identified.

3) **World team selection criteria**

The Coaching committee is submitting a proposal to the NGB asking that all world and regional team selection criteria be submitted to the Coaching Committee for review before being sent to the EC for approval. This should allow for a well vetted criteria template with all coaches input.

Thank you,

*Daniel Gaudreau*

Coaching Committee Chair

b) Collegiate – Arval Bridges (all highlighting included in report)

I. Elections:

a. Collegiate Committee (9 selected)

- i. Anthony Grimaldi
- ii. Dustin Starer
- iii. Drew Mastone
- iv. Greg Darnell
- v. Cameron Barrilleaux
- vi. Olivia Harrington
- vii. Katherine Mazza
- viii. Molly Jaeger
- ix. Hillary Shields

b. Secretary

i. Nominations:

1. Hillary Shields (incumbent): 12 votes
2. Emily Liebert 8 votes

c. Chairman (2 year term)

i. Nominations:

1. Jon Magendie (incumbent): 7 votes
2. Arval Bridges: 12 votes

a. Scholarship Applicants:

- ii. Richard Pena, San Antonio, TX
- iii. **Motion to award \$500 to R. Pena: Cameron Barrilleaux; 2<sup>nd</sup>: Kevin Spencer**
- iv. **18 in favor / 2 opposed**

b. Bids for 2014 Collegiate Nationals

- v. Robert Keller, Orlando, FL 13 in favor
- vi. Greg Jones, Atlanta, GA

d. Motion:

i. ADD the following AFTER II- a- i of the Collegiate Guidelines:

“All proposals and agenda items must be submitted, in proper form, electronically or via traditional mail to the Chairman no later than 8 weeks before the date of the upcoming Collegiate National Business Meeting.”

The entire section will now read:

II. Collegiate National Meeting

a. Agenda Items

- i. Agenda motions may be made from those eligible to vote on collegiate issues at the Collegiate National Meeting.
- ii. **All proposals and agenda items must be submitted, in proper form, electronically or via traditional mail to the Chairman no later than 8 weeks before the date of the upcoming Collegiate National Business Meeting.**

Rationale: the meeting is taking too long, and people are forgoing attendance or leaving before the meeting is done. One would assume that we are missing out on input that we could have gotten if we weren't bogged down on one issue or another. In order to have a more orderly meeting and encourage attendance, this needs to be done. If an issue is important enough that attendees desire to bring it from the floor for discussion, it should be important enough to formulate and submit a motion to deal with it in a timely manner. Proper form means simply that the section intending to be changed/ altered/ deleted, etc. must be identified and a representation made of how the entire section will read, if the motion is adopted.

**Motion to amend to 6 wks. not 8: 17in favor**

The entire section would then read:

III. Collegiate Committee

a. Number

i. The Collegiate Committee shall consist of volunteers, 9 in number, who are registered USAPL members, who have an interest in collegiate issues, regardless of eligibility to compete in the Collegiate National Championships (1998).

ii. All nominations for potential Collegiate Committee members must be submitted electronically or by traditional mail to the Chairman not less than 8 weeks prior to the upcoming Collegiate Nationals. Should there be less than nine properly nominated persons OR any of those nominated fail to be present at the meeting, nominations shall be taken from the floor pursuant to III-a-i.

Rationale:

The current nomination/election process is cumbersome and tiresome and potentially not in the best interest of Collegiate Powerlifting. Effort at streamlining the process; those truly interested will make it known early.

Motion to vote: Cameron  
12 in favor , 2 against

a. Motion:

ii. Adopt the current IPF weight classes, to wit:

Men's classes: 53k/116#, 59k/130#, 66k/145#, 74k/163#, 83k/182#, 93k/205#, 105k/231#, 120k/264#, 120+

Women's classes: 43k/94#, 47k/103#, 52k/114#, 57k/125#, 63k/138#, 72k/158#, 84k/185#, 84+

Rationale:

To align with the IPF and other USAPL National meets.

In favor: 12 against : 5

b. Motion:

iii. Adopt the following as new qualifying totals for Collegiate Nationals:

i. Adopt the following as new qualifying totals for Collegiate Nationals:

Men	Women
53k/116--362.5 (799)	43k/94--172.5 (380)
59k/130--402.5 (887)	47k/103--185 (407)
66k/145--445 (981)	52k/114--200 (440)
74k/163--485 (1069)	57k/125--215 (473)
83k/182--522.5 (1151)	63k/138--232.5 (512)
93k/205--555 (1223)	72k/158--255 (562)
105k/231--585 (1289)	84k/185--280 (617)
120k/264--607.5 (1339)	84k+/SHW--290 (639)
120k+/SHW--617.5 (1361)	

In favor: 18

I. Items from the floor.

a. Johnny Graham: change committee to a two year term.

i. 8 in favor 9 opposed.

b. David Jergins: starting "next year" 5 members to be elected to a 2 year term, 4 to one year term, and the following year, any open positions will be elected to a 2 year term.

15 in favor 0 against



## 2012 Meet.....Baton Rouge

247 lifters- average for last 4 years is 248

7 women's teams, 12 men's teams-roughly average for last 4 years

Well run meet, no significant controversy

### Effective Changes by New Chairman for 2013

- 1) Managing philosophy-These changes are made to be inclusive of the tremendous assets we have in those associated with Collegiate Powerlifting. No one person can effectively tackle the goals that were stated at the Collegiate Meeting, but it is stunning how well the newly elected Committee members individually fit with the abilities needed to reach the goals. It should be noted that these tentative changes were made known before the Meeting, and the election was determined by it. Because of this 2 other candidates removed their name from the ballot. Also at the meeting, it was publicly stated that the Chairman had authority to appoint others to take responsibilities. This is also stated in the Collegiate Guidelines. All of these things are starting from scratch and input from the EC during this foundational year is welcomed.
- 2) The 9 officers on the Collegiate Committee will have responsibilities. Future elections will be preceded by 8 weeks of explaining what they will do for Collegiate Powerlifting on the Collegiate Body discussion group
- 3) New goals have been set tentatively and new rules and proposals will be in the light of those goals.  
For now the goals are
  - a) 100+ teams in 10 years
  - b) Televised coverage for Nationals in 10 years
  - c) Varsity status for teams in 10 years
- 4) Increased communication and participation Collegiate Committee members
  - a) Subcommittees have been created by the Chairman to address needs using either group emails or Facebook 'closed discussion groups'
    - i) Communication-to compile list of school reps and coaches and communicate decisions and relevant discussions
    - ii) Team Building-to counsel team founder on how to start a team, grow and maintain a team, set the foundation so that the team continues after the founder has graduated and moved on
    - iii) Public Relations-two fold purpose, possibly split in future
      - (1) To open communication to high school athletes about Collegiate Powerlifting
      - (2) To represent Collegiate Powerlifting to the public media
    - iv) Coaching-to counsel new coaches about issues that will help maintain and grow teams
    - v) Finance-to set up accounts and determine how to raise funds for Collegiate activities as determined by the Body
    - vi) Web and Internet-to oversee and develop the best communication technology for the Committee and subcommittees
    - vii) Historian/Technical-to research and record the history of Collegiate Powerlifting and to keep up with its rules
  - b) Collegiate Body consisting of 2 team representatives and coaches from every school represented in the last 3 years, the Collegiate Committee members, subcommittee members and elected officers. The new proposals will be made and discussed via the Collegiate Body closed discussion group and thus the Collegiate Meeting will have reports from subcommittees, and votes on previously presented and debated proposals (submitted by a minimum of 6 weeks out) and election of new Committee Members.
- 5) EC participation-If there are parameters that the Collegiate Committee must stay within, we would like them spelled out at this time. If the EC condones these changes we would like that also stated. If members of the EC would like participation in any of these subcommittees or Collegiate Committee or Collegiate Body discussions, it is welcome. Just contact Arval Bridges to arrange it. Email [arvalbridges@yahoo.com](mailto:arvalbridges@yahoo.com), or phone number (225)603-9503.

USA Powerlifting's involvement with disabled powerlifting continues to expand, each year, at the state, national and international level. As an organization, we continue to build dynamic and very close relationships with the United States Association for Blind Athletes [USABA], the International Blind Sports Association [IBSA], Special Olympics [SO] and most recently the International Paralympic Committee [IPC].

Some brief points regarding committee activities the past year:

1. During October 2012, Mr. Peter Thorne and I met personally with Xavier Gonzales, the President of IPC in Bonn, Germany. A two hour meeting was held discussing the sport of Powerlifting for Blind/Visually Impaired Athletes. Positive results from the meeting included a clear roadmap for having blind powerlifting included into the Paralympic Games for 2016.
2. Ali McWeeny's performance at the 2012 USAPL Women's National Powerlifting Championships in Boise, Idaho was a true inspiration! My personal congratulations and that of the committee on her courageous performance and journey back to compete in organized athletics. Extremely well done!
3. The USABA continues their work to assist military veterans who have been blinded from their injuries from the wars in Afghanistan and Iraq through the Mission Vision Program. This program will also be assisting those veterans, who have lost their vision due to health reasons. In partnering with the USABA, USA Powerlifting continues to work having veterans placed with other athletes and coaches continue their training in the sport of powerlifting.
4. During 2013, USA Powerlifting will partner with USABA to direct a powerlifting camp for the blind/visually impaired athletes. If you wish to make a financial donation or volunteer to support the camp, please contact me directly at: [rhk@verizon.net](mailto:rhk@verizon.net)
5. USABA Powerlifting coaches will attend the USAPL Coaching Certification Course during 2012 – Special thanks go to Dan and Jennifer Gaudreau for their contribution.
6. On July 1 – 7, 2012, USA Powerlifting – Florida will direct the 2012 IBSA World Bench Press and Powerlifting Championships at the Hyatt Regency Hotel in Orlando. Over 100 athletes from nearly 20 member federations from the IBSA will participate. PJ Couvillion will oversee the referees for the championship. Michael and Karen Licciardi, IPF Cat II referees will also participate in the championship for a third time. Officials from the IPC are scheduled to attend the championship.
7. Once more this year, USA Powerlifting and the Special Olympics Powerlifting partnered and offered a Special Olympics Division as part of the 2011 American Open Powerlifting Championships held in Bay St. Louis, Mississippi. The American Open this past year was directed by Mr. Jim Battenfield. Special thanks to Mr. Jim Battenfield and Team Mississippi for their volunteer service. Great work! Special Olympians were fully included into the competition alongside of USA Powerlifting athletes at the competition. Key and important, the America Open serves many vital roles in USA Powerlifting in developing athletes to transition to the national level but also our continued work with Special Olympics.
8. The Special Olympics World Games were held in Athens, Greece this past summer, during the latter part of June 2011. Officials from USA Powerlifting were invited to referee the championship that was attended by 400 athletes from nearly 100 member federations. Special thanks go out to Chip Hultquist, Bill and Claire Keel, Dr. Billy Jack Talton and Lucian Gillis. Quite an honor and congratulations!

To conclude this year's report, once more, I would like to thank each of state chairman and our all of our officials, who take time and make the effort, each year, to volunteer, promote and/or support Blind, Paralympic and Special Olympics Powerlifting. Needless to say, the championships are quite meaningful and make a tremendous impact for those from the disabled communities – Thank you very much!!

Robert Keller

Member, USAPL Disabled Powerlifting Committee

**d) Discipline – Eric Kupperstein**

There have been no formal matters brought to the attention of the Disciplinary Committee since the 2011 National Governing Board Meeting

**e) Drug Education – Mike O'Donnell**

**f) Drug Testing Committee – Mike O'Donnell IMT /Cathy Marksteiner OMT**

**Drug Testing Committee report- 2011**

**WADA/IOC Tests**

Last year, we had fourteen (14) IOC In-Competition-Tests (ICT) one (1) Out-of-competition (OCT) examination.

**Quest Tests**

Based on the combined totals of WADA tests and Quest tests, there is no federation within the IPF that does more testing than we do. And, if you were to compare USA Powerlifting with all of the other USOC Sports, we would be on top as well.

Regrettably, each year, the IPF recognizes only the WADA/IOC Test Numbers. The downside to this is that it appears to the rest of the IPF and the IOC is that we do very little testing at all, when it is actually the complete opposite.

**Breakdown:**

15 IOC tests - Cologne Laboratory, Germany- all negative

790 total Quest tests; 52 of which were random (OCT)

773 negative

17 positive

**Positives in detail:**

13 T/E ratio

4 nandrolone metabolites

2 boldenone metabolites

1 drostanolone metabolites

1 oxymetholone metabolites

- \*\*\*the positive Quest Tests add up to greater than 17 because some tests of the 17 were positive for multiple agents.

USA Powerlifting continues to have an active Out of Meet Testing Program.

The majority of athletes, in the OMT test pool, represent the USAPL at the NAPF and IPF levels. Additionally, athletes coming off suspension are going through the reinstatement process. Per USAPL By-Laws, the athlete has an OMT prior to their first meet.

Major update for this year:

- Introduction of a streamlined Athlete Locator Form.
  - Many thanks to Priscilla Ribic for redesigning the Athlete Locator Form, found on the USAPL website.
  - The new form has reduced and reformatted the information needed from the athlete. Updates are more easily completed and submitted.

USA Powerlifting has a strong Out of Meet Testing Program. How do we do this? The answer is simple – the USAPL members themselves. They give their time, their energy and expertise to coordinate with the athletes, conduct the tests and make sure the paperwork is done correctly. The USAPL members, especially the State Chairs, are the strength of the OMT program. Thank you one and all for everything you do for the sport, the organization and the athlete.

Respectfully Submitted,

*Cathy Marksteiner*

g) Finance and Ethics –George Shoemaker

For the 2011 calendar year, the Finance and Ethics Committee was not presented with any issues, comments, or complaints pertaining to the USAPL.

This is an indication of the exemplary character of the organizations the lifters who belong.

Respectfully submitted,

George Shoemaker  
Finance and Ethics Chairman

## h) Law and Legislation – Lucian Gillis

JUNE 4, 2012.

Dr. LARRY MAILE,  
*President, USA Powerlifting.*  
MR. PRESIDENT:

As has been the case in recent years, I have nothing new to report. The Law & Legislation Committee functions to recommend changes to the bylaws and other governing structures in the USAPL to make the organization—and powerlifting in general—more attractive as an Olympic event.

To that end, in my 2003 report I pointed out the Amateur Sports Act of 1978, amended in 1998. Through this law, Congress enacted very specific statutory requirements for the national governing body of the amateur sports organization for any sport included on the program for the Olympic Games. These same requirements are mandated for any sports organization seeking to be recognized by the USOC. By federal statutory mandate, no amateur sports organization is eligible to be recognized as a national governing body unless it complies with all to the requirements of this law, 36 U.S.C. § 220522.

Also in 2003, I proposed 11 bylaw amendments that would be needed to make our bylaws conform to the federal law. The NGB enacted five of those proposals. The others were rejected for good reasons. The Executive Committee acknowledged that it could quickly reconsider those rejected if powerlifting and the USAPL were to come closer to Olympic recognition. That posture has not changed, and I would not recommend revisiting those issues at this time. Some have asked about the specifics of my 2003 report, so I am attaching a convenient copy with my notes on the actions taken at the 2003 NGB meeting. Otherwise, I have nothing additional to recommend this year.

Respectfully yours,  
LUCIAN GILLIS Jr.,  
*Chairman, USAPL Law & Legislation Committee.*  
1241 Village Run, Atlanta, Georgia  
30319W 770-670-6205; fax 770-670-6215;  
[lgillis@gilliscreasy.com](mailto:lgillis@gilliscreasy.com).

## i) Marketing and Publicity – Priscillia Ribic

USA Powerlifting continues its efforts with utilizing the USAPL website and social media methods, including Facebook, Twitter and Live Streaming our events.

Several have approached the Marketing Committee with ideas. We encourage these, but would like to remind members this is a volunteer organization and requires assistance with moving forward with these ideas. If you would like to put together a plan and help facilitate it, this will help the organization move forward.

There has been great coverage on lifters accomplishments on the TV and printed media. Please share these by posting them (including any video, training or meet) on the USAPL Facebook page.

Everyone is welcome to post on the USAPL Facebook pages.

We continue to work with MuslTV and the Athletics Channel as they launch their broadband portal and continue to efforts to market their programming to major media outlets. USA Powerlifting is the sole powerlifting partner to MuslTV.

j) Masters' – Johnny Graham

k) Military – Lanette Lopez

The following information is submitted from the Military Chairperson for the USA Powerlifting NGB National Meeting for 2012:

1. The 2012 Military National Championships were held at Kaiserslautern, Germany. The meet director for this event was Robert Bigalow and the Ramstien Sports Department. During the National meeting, I (Lanette Lopez) was once again elected as the Military chairperson. A clinic was held the week of the meet for all Sports Directors in Europe and was by far the largest clinic held in the past 5 years. Several sports directors took the State Referee exam.
2. With 18 lifters at this year's Military National Championships, the event was very exciting with all lifters performing at their best. We had lifters from all branches of the military represented with most of the lifters stationed in Europe. With all the budget cuts within MWR and the sports programs it affected the attendance of several military lifters from the USA, Japan, Spain and Iraq. There were still several Military National records established, with some lifters setting Masters American records. Team Air Force was awarded first place.
3. A great thanks to the staff of USA Army Europe and especially to Mr. Tony Lee, Director of US Army Europe Sports for making this year's even a success. The 2013 Military Nationals Championships has been awarded to Navy Air Station (NAS) Jacksonville, Florida with the meet director being Robert Keller. The 2014 Military National has been awarded to Fort Hood, Texas.

Lanette Lopez  
Military Chairperson

l) Police and Fire – Tim Anderson (nothing to report)

m) Raw – Joe Warpeha

Raw lifting continues to enjoy popularity within USA Powerlifting. The interest in raw lifting does not appear to be limited to USA Powerlifting or to the U.S. Most powerlifting federations now offer raw divisions. Of particular note is the IPF's interest in sanctioning a raw world-level meet with the inaugural event taking place in Stockholm, Sweden on June 11-17. Angela Simons is the coach of this year's World Team and is assisted by Malinda Baum, Matt Gary, and Donovan Thompson. Since the IPF Classic [Raw] Powerlifting World Cup concludes less than a week before the NGB meeting, Angela Simons will provide a brief summary of the event at the NGB meeting. It appears that the IPF has made a commitment (at least for the near-future) to a world-level raw event as evidenced by the event being placed on the IPF calendar through 2015 (the furthest out the calendar goes on the IPF website) with the following bids accepted or received: 2013 - Suzdal, Russia (June 11-16); 2014 - bid received from South Africa (June 10-15); 2015 - bid received from Helsinki, Finland (June 9-14). In terms of the IPF's definition of raw lifting, it appears the IPF has adopted USA Powerlifting's definition verbatim.

The popularity of raw lifting in USA Powerlifting was most apparent in the surge of entrants for Raw Nationals held August 19-21, 2011 in Scranton, PA. The pre-meet roster had 336 lifters which is more than double the most well-attended Raw Nationals prior to the 2011 event (see table below):

<b>Event</b>	<b>Location</b>	<b>Total Lifters</b>
2008 Raw Nationals	St. Louis, Missouri	166
2009 Raw Nationals	Charlottesville, Virginia	163
2010 Raw Nationals	Denver, Colorado	138
2011 Raw Nationals	Scranton, Pennsylvania	336

The reason for this dramatic increase has been the subject of speculation and is probably associated with any or all of the following: 1) location of the meet (i.e., the Northeast), 2) the fact that the event was the sole qualifier for the first-ever IPF world raw meet, 3) the timing of the meet (i.e., mid-August vs. July), and 4) increased interest in raw lifting. Whatever the reason(s), Steve Mann and his crew did an excellent job of accommodating such a large number of lifters and produced a great event. Credit should also be given to the technical secretaries Greg Page and Bill Clayton who orchestrated the technical aspects of this large event. Finally, a big thank you goes out to SSP Nutrition and all of the sponsors of the 2011 Raw Nationals. A summary of the weight class and age distributions at the 2011 Raw Nationals appears in Figure 1. It will be interesting to see if future Raw Nationals have similar numbers or if the attendance at the 2011 event was an anomaly.

The implementation of the new IPF weight classes in 2011 and the creation of an IPF-sanctioned raw world meet raise the issue of whether or not the IPF weight classes should be adopted at future Raw Nationals (beginning no sooner than 2013). It is the opinion of the Raw Committee that the IPF weight classes should be adopted to: 1) maintain consistency across all national-level events in USA Powerlifting (the exception being High School Nationals) and 2) allow for a clear and fair system by which to select the World Team (i.e., win your weight class at the national championship and earn a guaranteed spot on the World Team). This proposal has been put forth by the Raw Committee to be voted on at the 2012 NGB meeting.

The large turnout at the 2011 Raw Nationals has revived the debate over qualifying totals (QTs) beyond just “a” total. When Raw Nationals was first created, the implementation of QTs was seen as potentially problematic for two reasons: 1) there was not enough data to create QTs and 2) the implementation of QTs may have slowed the growth of raw lifting in USA Powerlifting (which may also have effected membership numbers) and not allowed for an accurate assessment regarding the interest in raw lifting. However, the dramatic increase in entrants at the 2011 Raw Nationals and the observation that the meet was essentially the first meet for some entrants (not including the qualifying meet in which token lifts could be taken) necessitates answering the following questions: What kind of a meet *should* Raw Nationals be and at what point does the number of lifters become unmanageable for meet directors? It is the opinion of the Raw Committee that QTs be implemented at future Raw Nationals (starting in 2013) but that the initial QTs not be so lofty that the meet becomes accessible to only a small percentage of the membership. The Arnold Raw Challenge continues to be well-attended and represents high caliber lifters by virtue of the relatively high qualifying standards so there remains a high-profile, high-caliber raw meet in USA Powerlifting. The Raw Committee supports the creation of QTs for Raw Nationals but urges that those knowledgeable in statistics and mathematics (e.g., Joe Marksteiner, Angela Simons, etc.)

should be brought into the discussion to determine the right path to take when developing QTs. A proposal for creating QTs for Raw Nationals has been put forth by the Raw Committee to be voted on at the 2012 NGB meeting.

Figure 1. *Weight Class and Age Distributions at 2011 Raw Nationals*



Respectfully,

Matt Gary, Andrey Grebenetsky, Angela Simons, Joe Warpeha

- n) Referees’ – Bill Clayton report submitted Robert Keller (see Technical Committee Report)
- o) Sports Medicine Committee – Mike Hartle (nothing received)



## **I. Technical Committee Report**

### **Introduction -- Special Thanks to our Referees**

In this year's technical report I would like to begin by recognizing the best referee corps on the planet, which has contributed greatly to the overall success of our championships this past year. Without our loyal corps of referees, our championships would, in fact, not have been a success. Those referees that I would specifically like to recognize are: Bent Brent, Bill Clayton, Ruth Welding, PJ Couvillion, Dan Gaudreau, Jack Marcus, Robb Grisham, Regina Hackney, Joe/Cathy Marksteiner, Bill Sindelar, Eliot Feldman, Angela Simons, Bill and Clair Keel, Dr. Bill Jack Talton and Greg Page. Each of these officials have gone above and beyond normal/standard expectations, often times at their own personal financial expense to ensure our USAPL National and IPF International/World Championships were directed in an outstanding and professional manner – These folks should be commended for their exceptional work!

I would also like to take a moment to thank all of the referees that have volunteered at all of our state and local championships. Your efforts have clearly provided an impact to the organization and have contributed to the continued development, growth and success of our organization – Thank you! In addition to our referees, I would also like to thank our local, state and regional meet directors for their continued direction of some high quality championships. It is never an easy task to coordinate and promote a competition, whatever the size, local to world level -- your time and sacrifice is recognized and appreciated by not only the lifters, but the organization's administration – Thank you once more!

### **National Championship Directors**

Special thanks most go out to our National/International Championship Directors for promoting some of the best ever nationals this past year. Most notable of these championship directors are: Jim Battenfield – Mississippi; Steve Mann – Pennsylvania; Larry Maile/Priscilla Ribic – Alaska; John Graham – Texas; Brian Kenny – Wisconsin; Paul Fletcher – Louisiana; Daniel and Jennifer Gaudreau – Colorado and Steve Rayborn – Idaho for directing some top notch national and international championships – great work!

### **IPF Category I and II Referee Recertification (2012 – 2015)**

The IPF recertification took place this past year. The requirements for renewing of IPF Referee credentials were: 1] Officiated at a minimum of four [4] National and/or International Powerlifting Championships during the past four years; 2] Attended a mandatory IPF Technical Rules Seminar. At our National Championships, USAPL State and National Referees are encouraged and welcome to join us for the seminars. The end result of the recertification, USA Powerlifting now has 31 (10 IPF Cat I / 21 IPF Cat II) internationally certified referees -- the largest amount of certified officials of all the member federations within the IPF -- Good show!

### **Referee Credentials + Timeliness + Professional Dress + Rulebook**

As I mentioned in last year's report, it is very important that referees bring with them to each championship, their referee credentials. Prior to the start of the session referees are required to present their referee credentials to the Chief of the Jury. If you have lost or you need to have your credentials replaced, please contact Barb, at the USA Powerlifting National Office.

### **USAPL Rulebook Updates**

PJ Couvillion, Bill Clayton and I have updated the most current version of the USAPL Rulebook. Special thanks go out to Joe Warpeha, the TCs newly appointed rulebook custodian, with making the updates. No corrections will be made without the approval by the Technical/Referee Committee.

### **Revised USAPL State and National Referee Examinations**

The USAPL State and National Referee Examinations have been revised to incorporate the new technical rules, which include the updates/changes made at last year's National Governing Body

Meeting. Special thanks to both PJ Couvillion and Bill Clayton for their assistance in getting this job done.

## II. Referee Committee Report

The following are the referee examination statistics for June 01, 2011 – May 31, 2012. Overall, this year, we had a passing rate of 92% on all of examinations, a 2% decrease from last year.

Examinations	Applied	Approved	Rejected	Pass	Fail	Pending
IPF Cat I	01	01	0	00	0	1
IPF Cat II	04	03	1	02	0	1
National	15	13	2	09	2	2
State	41	41	0	35	2	4
<b>Totals</b>	<b>61</b>	<b>58</b>	<b>3</b>	<b>46</b>	<b>4</b>	<b>8</b>

### IPF Category I/II and National Referee Examinations

Patrik Thur, IPF Referee Registrar, requires a three (3) month notification for referees desiring to take either the IPF Category I or II examination. Candidates, please be sure that you contact Bill Clayton and me at least one [1] month [before] the IPF three [3] month deadline to be sure we have time to prepare, review and submit the required documents to the IPF. All IPF Cat I and II candidates must be approved by their State Chairperson; Bill Clayton, Chairman, Referee Committee Chairman and Dr. Larry Maile, President of USA Powerlifting, before we submit your credentials to the IPF Referee Registrar.

Candidates interested in taking the National Referee Examination must receive approval from their State Chair. Once approved, the state chair will send the request with the candidate's credentials to the Mr. Bill Clayton, for approval. It is preferred by the committee that candidates for the National Referee Examination, take their tests (both written and practical together) at a National Powerlifting Championship.

We're looking forward to another great year. Thank you.

Robert Keller  
Chairman, Technical Committee  
USA Powerlifting

William "Bill" Clayton  
IPF Category I Referee  
USA Powerlifting

**The Current Committee members are:**

- Joe Lewis - Wisconsin
- Steve Rayborn – Idaho
- Hector Munoz – Texas
- Jeff Schillinger – Wisconsin
- Ken Miller - Pennsylvania
- Brian Kenney \_ Wisconsin
- Curt St. Romain – Texas

The teen junior committee voted to keep the weight classes for the high school nationals the same as they have been in the past versus adopting the new IPF wt. classes.

Killeen Texas and Wisconsin Dells both submitted bids for the 2014 HS Nationals. The voting ended in a tie, thus the final decision as to whom the bid shall be awarded to will be determined by vote at the NGB meeting in June.

(Killeen, TX was awarded 2014 HS Nationals during the vote at the 2012 NGB)

The Teen Junior Committee would like to implore meet directors looking to host the Men’s Open/Teen Junior Meet to remember that this meet is one of the two main qualifying meets for the Sub-Junior/Junior World Powerlifting Championships. The final roster for this meet is due to the IPF the last week in June each year. The proximity of the national meet to this deadline can greatly hinder the ability to set a quality world team. This year the athletes will only have three days from the final day of competition to make this commitment. It is our desire that the NGB would consider the difficulty this creates to fielding our best world team, and would consider limiting national meet bids to the first two weeks in June.

**High School Nationals this year saw over 429 Registered USAPL lifters  
204 JV and 225 Varsity Lifters**

The qualifying totals for the 2012 Varsity men’s and women’s divisions at HS nationals were once again reviewed. The new totals were arrived at by averaging the 10th place finishes in each weight class over the past five years.

**It is imperative that these new Qualifying totals are updated on the USAPL website**

**Women’s Qualifying Totals**

CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL
360	405	500	590	620	655	680	645	675	735
NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL
360	405	500	590	625	655	685	655	675	735
97 lbs	105 lbs	114 lbs	123 lbs	132 lbs	148 lbs	165 lbs	181lbs	198 lbs	SHWT.

**Men’s Qualifying Totals**

CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL	CURRENT QUALIFYING TOTAL
630	730	840	1030	1080	1150	1180	1285	1275	1215	1250
NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL	NEW QUALIFYING TOTAL
630	730	850	1030	1110	1160	1200	1295	1275	1215	1250
114 lbs	123 lbs	132 lbs	148 lbs	165 lbs	181lbs	198 lbs	220 lbs	242 lbs	275 lbs	SHW lbs

The sub-junior and junior world teams both had a successful 2011 meet. The sub-junior men and women finished second. The junior men finished in second place and the women in third

#### f. Therapeutic Use Exemption – Larry Maile

Requested TUEs:

Average one request per week for hormone replacement therapy (all are denied)

Received two requests for human growth hormone (granted with provisional competition rights granted)

One adult human growth hormone request received and denied

Use of a diuretic as a blood pressure medication (conditional approvals – USAPL competition only)

A TUE granted by USAPL not necessarily recognized by the IPF

A TUE granted by USOC is recognized by the IPF.

#### g. Women's Committee – Priscilla Ribic

This year's women's national was held in Boise, ID, by first time meet director Steve Rayborn. It was a well-attended meet of 90 women with many records, including unofficial World Records being set. Boise, ID is an excellent city to host a National event, with a very nice venue, surrounded by restaurants, shopping and clubs within walking distance of the hotel.

Inducted into the 2012 Women's Hall of Fame: Ms. Sue Elwyn and Ms. Paula Houston.

Women's Committee talked over several issues –

##### 1. Lack of bids on Women's Nationals.

This turned out to be an in-accurate perception. We have consistently had several bids each year for Women's Nationals. This year there were two, one withdrew. Johnny also spoke to the fact that most meet directors speak among themselves prior to placing a bid and they all decide on who is bidding on which meet so there isn't duplication of effort.

##### 2. Combining Women's & Men's and/or having a combination of such every 4years or combining Raw lifting with geared lifting.

This subject is brought up every so many year, by strong advocates for the move. It has repetitively been rejected by the majority of the Women's Committee as well as the NGB and EC. It was voted on to entertain a poll of the subject.

##### 3. Lack of Open competitors

We consistently see Teen, Jr and Master Women who should be entering in the Open Division at Nationals and are not. Women's committee will work to reach out to these lifters in the year to encourage them moving into the Open division if qualified. May also investigate a sponsorship program to assist in the additional entry fee.

##### 4. Changing the Masters division at Women's Nationals from 5 years to 10 year brackets to match the IPF.

This was voted and passed by the Women's Committee. Women's Nationals is the qualifier for Master Worlds and therefore makes sense to have the divisions the same. It also increases competition within Nationals.

**II. Unfinished Business –  
NONE**

**III. Proposed By-law Amendments**

- a. Submitted by Robert Keller

**Article I Section 1.5 (Current)**

USA Powerlifting is authorized to participate in the activities of the United States Olympic Committee ("USOC"), and to seek to become and remain the national governing body of the sport of amateur drug free powerlifting. USA Powerlifting shall conform all of its actions so as to enable the Association to participate to the maximum extent possible in the competitive and other programs of the USOC, including the world Olympic Games and the Pan-American Games. USA Powerlifting is prepared to meet the obligations imposed on a national governing body under 36 U.S.C. § 392.

**Section 1.5 (Amend to read as follows)**

USA Powerlifting is authorized to participate in the activities of the United States Olympic Committee ("USOC"), and is the sole national governing body for the sport of powerlifting in the United States of America. USA Powerlifting shall conform all of its actions so as to enable the Association to participate to the maximum extent possible in the competitive and other programs of the USOC and IOC, including the Summer Olympic Games, World Games and the Pan-American Games. USA Powerlifting is prepared to meet the obligations imposed on a national governing body under 36 U.S.C. § 392.

**PASSED:29 FOR, 0 AGAINST**

**Article 4 Section 4.6 (B)**

Please add "Technical Committee" and "Raw Committee" to the list of recognized Committees.

**WITHDRAWN: UNECESSARY AS THE 2009 BY-LAWS INCLUDED THESE COMMITTEES**

**IV. New Business – The following motions have been submitted for consideration**

- a) Submitted by Jack Marcus

**Proposal:**

USAPL athletes, while at Regional or International Championships will not carry a USA flag or facsimile onto the awards podium. If accepting a gold medal or first place and the US National Anthem is to be played, the athlete will stand at attention or opt to be at attention with right hand over the heart. The exception would be if the athlete was presented a National Flag on a small staff for the winners platform given by an official to be held while on the platform.

**Rationale:**

I don't know when this practice started, but it violates proper protocol and respect for the American Flag. I have seen the flag worn as a shawl, upside down, backwards, or dragged on the ground while on the winner's platform. It's time for this practice to stop, and I believe an official motion from the organization takes the decision out of the hands of the individual when wondering if they should carry a flag on the platform. It becomes official USAPL policy if passed.

2011 World SubJr/Jr Championship each athlete was presented a flag on a staff as they approached the platform. All were the same size so no athlete was blocked by another Nations flag.

When they got off the platform they handed the flag to the IPF Official

**FAILED: 3 FOR, 27 AGAINST  
PROTOCOL ON PROPER USE AND HANDLING OF THE FLAG WILL BE DRAFTED  
BEFORE THE NEXT INTERNATIONAL COMPETITION.**

b) Submitted by Joe Marksteiner

**Proposal:**

Remove the youth category from Men's & Women's National Championship Meets

**Rationale:**

Youth Divisions were authorized for National Championships in 2003 •

- No significant activity or interest at the local or national level
- Women's Nationals - 4/04, 5/05, 0/06, 0/07, 0/08, 1/09, 0/10, 1/11 (11 total)
- Men's Nationals – 0/04, 0/05, 0/06, 0/07, 0/08, 0/09, 0/10, 0/11, 2-4/12 (2-4 total)•
- Weight classes have not been updated for National meets•
- The 10-11 year old division is scored differently leading to confusion•
- Lighter bar and special plates are required by the rules•
- There is no need to qualify youth lifters for international competition•
- Having youth divisions at National Championships adds more “uncontested” categories•  
Not complying with our own guidance regarding, scoring and equipment looks bad.

**FAILED: 12 FOR, 17 AGAINST**

c) Submitted by Hal Pittman

**Proposal:**

Beginning with the men's nationals in Orlando, youth records be tracked and displayed on the USA PL website, so that youth lifters have a reason to compete in USA PL.

**Rationale:**

The USA PL website specifically discusses a youth program, and states the following:

**Records**

Each state should add records for these age divisions.

American and National records will be established for these divisions beginning at the first national competition. However, youth records are not currently displayed or tracked. .

**PASSED: 16 FOR, 9 AGAINST**

O) Submitted by Dan Gaudreau (Proposal addressed out of order as its passage would affect subsequent proposals.

**Proposal:**

All world team selection criteria must first be directed to the coaching committee and approved by the coaching committee (all standing world team coaches and coaching committee chair) for approval before being forwarded to the EC for final approval.

**PASSED: 26 FOR, 3 AGAINST, 1 ABSTAIN**

d) Submitted by Joe Marksteiner

**Proposal:**

To be eligible for NAPF/PanAm competitions, USAPL lifters must have lifted in the qualifying National Championship within the previous 2 years from the NAPF/PanAm event.

**Rationale:**

- National Championships should be the qualifiers for international events.
- Ensures there are more opportunities and time for in and out of meet testing.
- Should increase participation at USAPL National meets.



## **TABLED**

e) Submitted by Claude Welcome

### **Proposal: World Team Selection**

#### **National Championship with IPF weight classes**

U. S. National Championships that have elected to run the new IPF weight classes at their contests have no problem with selecting the National Champion in each weight class to represent the United States at world meets. I believe that if the 1<sup>st</sup> place rejects the invitation to compete in the World Meet then you should then select the 2<sup>nd</sup> place finisher (and if they reject the offer), then the 3<sup>rd</sup> place finisher in that weight class. If the top three place winners all reject the offer, then a wilks or carpino formula can be used.

#### **National Championship with USAPL weight classes**

U. S. National Championships that have elected to run USAPL weight classes at their contests now have to use a formula to select lifters for IPF World Meets. I do not know of any other sporting event that uses weight classes (boxing, wrestling, Judo, etc.) that doesn't require the athlete to compete in the weight class they wish to make for a World, Olympic or even a local high school all-star team. There is no way in fore telling how a lifter will perform if they have to lose weight and compete at the weight they have never competed in earlier.

Using USAPL weight classes gives lifters a wider choice of weight classes to choose from and in turn would probably enhance the number of lifters at a national meet. The problem arises when someone is selected to compete in a world meet at a weight class they did not make at the national meet.

**I suggest that if USAPL weight classes are going to be used at a national meet then anyone wishing to be considered for a world team must be within the weight limits for the IPF weight class they wish to be considered.**

Simply put, it would be like running two meets in one. You run and award national champions based on the USAPL weight classes, but with the criteria that if you wish to be considered for a world team, you must make the weight for the IPF weight class in which you wish to be considered.

**TABLED: CAN BE SUBMITTED TO THE COACHING COMMITTEE FOR REVIEW/APPROVAL VIA ITEM o.**

**Proposal:**

Change the selection process of World teams to that of a 3-year Carpio system of all eligible lifters instead of giving preferential selection to national champions. Pool all eligible lifters from their respective nationals and select the team based on their 3-year average finish. Tie-breakers are as follows:

1. 4-year average finish
2. 5-year average finish
3. Wilks Total

**Background:**

By rule, national champions are offered spots on their respective world teams before lifters who were not national champions. While some teams have small differences in how they are selected, this is the underlying rule for world selection.

**Rationale:**

IPF World competitions are contested at the team level as well as the individual level. Pooling all eligible lifters from their respective national championships will give us teams that are more competitive at the world level. Our federation is represented at the world level by how well our lifters finish individually and as a team. If we are serious about how we are represented, then we should select lifters who are going to give us the best chance at individual and team success.

- There are always some classes at our nationals that don't require totals to win that would be competitive at worlds. While a lifter may have a national championship to his/her credit, they are sure to finish poorly at the world level. Here are 2 prime examples of national champions that were required to be offered a spot on the world team.
  1. A male lifter wins open nationals in a class of 2 where his competition bombed. His average finish at the previous 3 open worlds would have been 9<sup>th</sup> place.
  2. A female lifter wins open nationals in a class of 2 where her competition bombed. Her average finish at the previous 3 open worlds would have been 11<sup>th</sup> place.
- In the selection of nearly every world team, lifters with very competitive totals have not won and have been passed over for national champions who are less likely to place as high at worlds.
- Using this selection process for the sub-junior, junior, and open teams is particularly important due to the large number of eastern European lifters participating at these levels.
- A system selecting lifters based on their likelihood to place at worlds is already used by USA Weightlifting.
- The selection of teams in other international sports where a team title is contested is not handled the way we currently pick our world teams. The purely individual sports like track and field, boxing, and swimming are picked solely on finish at nationals because there isn't a team title at stake. The team sports like baseball, hockey and soccer take the best from the top down. Our teams should be picked the same way if we truly value our performance at worlds.

**WITHDRAWN BY PROPOSER: CAN BE SUBMITTED TO THE COACHING COMMITTEE FOR REVIEW/APPROVAL VIA ITEM o.**



g) Submitted by Joe Marksteiner

**Proposal:**

Starting in 2014 eliminate the American Open (bids already accepted for 2013 contest).

**Rationale:**

- The American Open used to be the qualifier for NAPF competition and an opportunity for 2nd tier lifters to gain international experience. Now that World Records may only be set at international contests, the NAPF slots are first offered to National Champions.
- Division winners at the American Open are automatically qualified to lift in Nationals even if they didn't have the qualifying total. Now that qualifying totals have been reduced to Class I, those lifters are likely to already have achieved a qualifying total.
- Eliminating the American Open removes one contest from a very busy national schedule, especially since we added Raw Nationals and the Arnold.

**FAILED: 1 FOR, 28 AGAINST**

h) Submitted by Robert Keller

**Proposal:**

**Membership Card Reimbursement - Marketing Fund**

Donate the former membership card reimbursements that were rebated back to championship director to establish a marketing account. Funds will be used expressly to hire a part-time professional marketing person that will assigned with the specific task to raise funds for US National Teams attending International / World Championships as well as for USA Powerlifting Development Programs.

**TABLED**

i) Submitted by Joe Warpeha on behalf of the Raw Committee

**Proposal:**

Adopt the IPF weight classes at Raw Nationals beginning in 2013.

**Rationale:**

IPF weight classes should be adopted at Raw Nationals to: 1) maintain consistency across all national-level events in USA Powerlifting (the exception being High School Nationals) and 2) allow for a clear and fair system by which to select the World Team (i.e., win your weight class at the national championship and earn a guaranteed spot on the World Team).

**PASSED: 27 FOR, 2 AGAINST**

j) Submitted by Joe Warpeha on behalf of the Raw Committee

**Proposal:**

Incorporate qualifying totals (QTs) at Raw Nationals beginning in 2013.

**Rationale:**

The surge in entrants at the 2011 Raw Nationals necessitates the creation and implementation of qualifying totals to keep the number of entrants manageable and to ensure that a minimum standard is met for those entering one of USA Powerlifting's *national* meets. It was clear that some lifters at the 2011 Raw Nationals were lifting in the second meet of their life with their first meet being comprised of token lifts at their "qualifying" meet. Additionally, it seems to go against the spirit of a qualifying meet when lifters are allowed to qualify with *any* total at a "last chance qualifier" held literally the day before the national meet begins. This proposal purposely does not recommend specific QTs, rather it seeks approval to begin the process of creating and implementing appropriate QTs that will balance *quality* and *quantity* of lifters entering future Raw Nationals. Sufficient data now exists to create valid QTs and the creation of QTs is unlikely to significantly affect the number of raw lifters (and members) in USA Powerlifting.

**FAILED: 4 FOR, 24 AGAINST – SUGGESTION WAS MADE TO WAIT ANOTHER YEAR TO SEE IF 2011'S NUMBERS WERE AN ANOMALY.**

k) Submitted by Priscilla Ribic on behalf of the Women's Committee

**Proposal: Women's Committee**

Masters divisions at Women's Nationals will be 10 year increments, following the IPF Master Divisions.

**Rationale:**

This meet is a qualifier for Master Worlds and therefore makes sense to have the divisions the same. It also increases competition within Nationals.

**PASSED: 30 FOR, 0 AGAINST**

l) Submitted by Cathy Marksteiner

**Proposal:**

Discontinue the following meets, in 2013:

- National Squat meet (This meet was discontinued as of 2011 NGB)
- Push-Pull meet
- National Deadlift meet

**Rationale:**

These 3 specific meets have traditionally been poorly attended, averaging only 30-35 lifters. The meets are not held consistently from one year to the next. They are usually held in September or October. During the past 5 years, the USAPL has added two National level meets to the USAPL calendar: the Arnold Sports Festival and Raw Nationals. Currently, there are now 11 total meets with the title "National". Discontinuing these 3 poorly attended meets would recognize and re-emphasize the core of powerlifting – the 3 lift and Bench Press meets, at our National Meets, prevent confusion over the "real Nationals"(2009), and it would simplify our National meet Calendar.

**FAILED: 5 FOR, 22 AGAINST  
NATIONAL SQUAT MEET WAS DISCONTINUED AS OF 2011 NGB**

m) Submitted by Cathy Marksteiner

**Proposal:**

Only meets approved by the NGB may carry the title of “National”.

**Rationale:**

In 2009, the USAPL had 2 meets with the title Bench Press National: the “National Bench Press and Deadlift Championships” (July, Miami) and the USAPL Bench Press Nationals (September, Cleveland, Ohio). Per the 2008 NGB minutes, Cleveland was awarded the 2009 Bench Press Nationals. The Miami site was awarded the Deadlift Nationals/Push- Pull. The change in name caused a great deal of confusion, regarding the correct Nationals.

**WITHDRAWN: ALREADY WATCHED FOR AND DONE.**

n) Submitted by Cathy Marksteiner

**Proposal:**

At National meets, the Technical Secretary and Doping Control Officer should be present for the entire meet and should not be assigned other duties.

**Amended to state: The Tech Sec and Doping Control Officer cannot be athletes nor coaches in the competition in which they are assigned these duties.**

**ORIGINAL PROPOSAL FAILED: UNANIMOUSLY  
AMENDED PROPOSAL FAILED: 12 FOR, 15 AGAINST**

p) Submitted by Robert Keller

**Proposal:**

**NGB Motions/Proposals**

Prior to the acceptance of any National Governing Body Motions, it will be required the appropriate Committee Chairman will be consulted to ensure the feasibility and viability of guideline or policy changes(e.g. Anti-doping Rule changes – Drug-Testing Committee Chairman; USA Team Selection Guidelines – Coaching Committee Chairman; Referee Examination Guidelines – Referee Chairman; Technical Rule Changes – Technical Committee Chairman).

**PASSED: 23 FOR, 5 AGAINST**

q) Submitted Robert Keller

**Proposal:**

**National Referee Examination:**

The National Referee Examination shall only be given at a National Championships.

**WITHDRAWN**

## 10) Elections

### A. President

a. Larry Maile **ELECTED**

### B. 2 Executive Committee Positions

a. Tony Cardella (Incumbent) **ELECTED**

b. Paul 'Knut' Douglas

c. Mike O'Donnell

d. Donovan Thompson (Incumbent)

e. Joe Warpeha **ELECTED**

### C. Athlete Representatives

a. Malinda Baum

b. Shawn Cain

c. Paul "Knut" Douglas **ELECTED**

d. Jeff Douglas

e. Sioux-z Hartwig-Gary **ELECTED**

f. Jack Marcus

g. Dave Schneider

h. Chris Tran

i. Michael Zawilinski **ELECTED**

## 20) Honorary Awards

### A. Brother Bennett Award

a. Robert Keller **ELECTED**

### B. Coach of the Year

a. Matt Gary **ELECTED**

b. Steve Petrancek and Dana Rosenzweig

c. Donovan Thompson

### C. Athlete of the Year

a. Eric Kupperstein **ELECTED**

### D. Referee of the Year

a. PJ Couvillion **ELECTED**

## 21) Meet Bids/ Current USAPL Schedule

### 2012 Meet Schedule: Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Military/Armed Forces			
Collegiate Nationals	Paul Fletcher	Baton Rouge, LA	
High School Nationals	Brain Kenny	Wisconsin Dells, WI	Mar 23 - 25
Masters Nationals	Dan Gaudreau	Denver, CO	
Women's Nationals	Steve Rayborn	Boise, ID	May 19 - 20
Deadlift/Push-Pull	Dan Gaudreau	Denver, CO	
Teen/Junior Nationals Men's Nationals	Robert Keller	Orlando, FL	June 22 - 24
Raw Nationals	Johnny Graham	Killeen, TX	August 3 - 5
Bench Press Nationals	Lance Slaughter	Palm Springs, CA	August 25 - 26
American Open Police & Fire Nationals	Greg Jones	Atlanta, GA	Dec 1 - 2

### 2013 Meet Schedule

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

### 2014 Meet Schedule: \*Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Military/Armed Forces	Johnny Graham	Foot Hood, TX	
Collegiate Nationals *	Robert Keller	Orlando, FL	
High School Nationals	Johnny Graham	Killeen, TX	
Masters Nationals *	Johnny Graham	Killeen, TX	
Women's Nationals*	Paul Fletcher	Baton Rouge, LA	
Deadlift/Push-Pull	Robert Keller	Ft, Lauderdale, FL	
Teen/Junior Nationals Men's Nationals	Robert Keller	Philadelphia, PA	
Raw Nationals	Dan Gaudreau	Aurora, CO	
Bench Press Nationals	Wes Zunker	San Antonio, TX	
American Open Police & Fire Nationals	Robert Keller	Boston, MA	

## Open Meet Bids:

2014 American Open, Police and Fire Nationals  
Boston, MA – Robert Keller

2014 Bench Press Nationals  
San Antonio, TX – Wes Zunker

2014 Deadlift and Push/Pull Nationals  
Ft. Lauderdale, FL – Robert Keller

2014 High School Nationals  
Wisconsin Dells, WI – Brian Kenny  
**Killeen, TX – Johnny Graham (AWARDED)**

2014 Raw Nationals  
**Denver, CO – Dan Gaudreau (AWARDED)**  
Atlanta, GA – Greg Jones

2014 Teen/Jr/Men's Nationals  
**Philadelphia, PA – Robert Keller (AWARDED)**  
Wisconsin Dells, WI – Brian Kenny

## 22) Items from the floor

- j. **Proposal:** If you don't provide us a valid sample you are not eligible for international or national competition.  
**Substitution:** If an athlete provides us an invalid sample they are not eligible for international or national competition until the athlete provides a valid sample not to exceed a time frame of 90 days to be taken at the discretion of USAPL.  
**Substitution Passed 23 For, 2 Against**
- k. Creation of an official state chair committee with the goals of mentoring new state chairs, recruiting state chairs for those states in which none exist.  
**Passed 18 For, 7 Against**
- l. Retirement of the lifetime records and eliminate the lifetime division from local and national meets.  
**Passed 27 For, 7 Against**
- m. Elimination of the military division at any meet other than military nationals.  
**Failed 0 For, 25 Against**
- e. Qualifying totals for national championships must be achieved before the entry deadline of the national championship.  
**Passed 22 For, 5 Against**
- f. All international team t-shirts must be approved by the marketing committee.  
**Passed 28 For, 0 Against**
- g. USA International teams must wear the USAPL logo on the front of their t-shirt while on the platform.  
**Tabled for discussion among the EC**
- h. The EC reviews/considers a sponsorship and grant proposal to be acted upon within in 60 days.  
**Passed 27 For, 0 Against**
- i. Raise the travel voucher to \$1000 for the IPF referee for travel to international meets outside the US and leave it at \$500 for travel within the US.  
**Passed 26 For, 0 Against**