

WPC AWPC World and National Championship Requirements

1.
 - a) \$250.00 World and National Sanction Fee
 - b) Abide by all rules in the WPC rulebook

2.
 - a) A minimum of 10 referee rooms paid – 1 room per referee on the day he/she works
 - b) Free admission for referee's and their spouse throughout the competition
 - c) Food provided for referee while working
 - d) Same applies to the President – plus free booth space
 - e) Same as above for any spotter, loader or worker provided by the meet director

3.
 - a) Solid platform to meet lifters needs, should be sturdy with no give at all, non slip surface even after use – must be carpeted

4.
 - a) Certificate for every lifter participating
 - b) Medal for first 3 places in all categories, must be high-quality approved by the President
 - c) Best lifter trophy in all categories
 - d) Categories: men and women, open, junior, teenage, master (no submaster at world meets)
 - e) Trophy for best team overall
 - f) Lifter can only enter in one category or must lift in each category entered

5.
 - a) Continuous transportation to and from hotel during contest, if not held in the same facility at reasonable cost to the lifter
 - b) Transportation from the airport at reasonable cost to the lifter

6.
 - a) Entry fee per lifter not to exceed \$100.00 US
 - b) Admission fee not to exceed \$10.00 per day

7.
 - a) National anthem to be played and Country flag displayed on stage for all countries participating
 - b) Each country to furnish their own cassette tape and flag upon request of meet promoter

8.

For One Platform Meets/ double for Two

 - a) 3 monolift machines available, two in warm-up and one for platform.
 - b) Certified kilo plates must be used: 1,100 lbs on platform, 2,000 lbs in warm up room
 - c) Minimum of 3 benches
 - d) Chalk during all sessions and in warm-up room
 - e) Wire brush for platform

- f) Bar raiser for Deadlift session
 - g) Appropriate light box
 - h) WPC World Championship banner behind platform
 - i) Bleach for platform
9. a) Meet results, pictures, article, membership applications, and drug tests if applicable must be sent in to APF/WPC Headquarters within 2 weeks after competition
10. a) All world record applications must be sent in to APF -WPC Headquarters within 2 weeks after contest
11. a) Meet site should be large enough to accommodate 750-1000 people
- b) Warm-up room must be next to or adjacent to meet site and should be sufficient size
- c) Monitors in warm up room and should be routinely checked for dependability
- d) Meet logistics: flight definition, flight sequencing, flight timing and breaks need to be consistently and effectively communicated
- e) Products as advertised (t-shirts for example) need to exactly match what the lifter receives
- f) All lifters attempts need to be included in meet results as well as lifters age
- g) Event staffing is to be consistent with workload versus number of competitors
- h) 2 scales should be provided 24 hours prior to weigh-ins for men and women and available at all times, should be calibrated to the original scale

ALL THE ABOVE REQUIREMENTS MUST BE MET AND AGREED UPON BY THE MEET DIRECTOR AS SOON AS POSSIBLE.

THIS FORM MUST BE SIGNED AND SENT IN WITH A CHECK OF \$250.00 US, FOR A BONAFIDE SANCTION WITH THE WPC/APF AWPC/AAPF.

MEET DEPOSITS MAY BE REQUIRED IF PAST MEETS WERE NOT UP TO STANDARD OR IF DRUG TESTING IS REQUIRED.

MEET DIRECTOR

DATE

WPC PRESIDENT

DATE