

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) *Overall Best lifter I trophy in each division (master coefficient must be used to determine overall standing)*
 - d) *Divisions: Multi Ply, Single Ply, Classic Raw, Raw*
 - 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. a) Preferably 3 monolift machines available, two in warm-up and one for platform. Double for additional platform.
- b) Certified kilo plates must be used: 1,100 lbs on platform, 2,000 lbs in warm up room
 - d) Minimum of 3 benches
 - e) Chalk during all sessions and in warm-up room
 - f) Wire brush for platform
 - g) Bar raiser for Deadlift session
 - h) Appropriate light box
 - i) WPC World Championship banner behind platform
 - j) 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

