

Manitoba Powerlifting Association Meet Sanctioning Guide

Independent Meet Sanctioning:

MPA Competitions may be sanctioned to be operated by Independent Meet Directors i.e. funded and managed by members of MPA Clubs.

In an independently sanctioned meet, the independent meet director takes charge of the advertising, recruitment, setup and execution of the meet. MPA will be there to supply its equipment and referees on meet day, and may act as support, referral and assistance when setting up, but aside from that, preparations are up to the independent director(s). Merchandise, sponsorships, donations, entry fees, admission fees, and exposure are some of the ways of which directors can profit.

[Independent meet directors must still use MPA Competition Equipment; as such, the MPA charges a variety of mandatory and optional fees as noted under the fee structure tab](#)

Please make sure the MPA Logo (the one with the Manitoba Powerlifting Association text) is on the poster/banner/shirt in the main image somewhere, or the MPA Button logo with "sanctioned by Manitoba Powerlifting Association" in text somewhere else on the image. Yes it is subcontracted but we are still Independent Meet Directors must share their proposed entry form to the MPA Board of Directors for approval prior to its release so we can confirm details are accurate with regards MPA standards and Powerlifting regulations.

[On the CPU Website \(here\) you need to submit the upcoming event details once the registration form is ready to go. They then sanction it on their end and post it on their website for everyone to see as an additional registration link.](#)

[After your event, you must immediately submit your results using this page on the CPU website.](#)

Referees will be paid the corresponding fee per session as outlined by the MPA Referee Policy by the meet director(s) on the day of referee service. Refreshments must be served for volunteers and referees. Additional expenses may include trophies, paperwork, and miscellaneous items. Independent meet

The MPA Sanctioning Application includes a questionnaire to be completed and sent to mpa.vice.president00@gmail.com. All proposed items are subject to change and approval of the MPA Board of Directors prior to any event sanctioning, and meet directors will sign a contract with the MPA President

Respectfully,
Dino Camiré
MPA Vice President

[Your MPA liaison for planning and executing your meet is the MPA Vice President. Contact info: mpa.vice.president00@gmail.com](#)

Independent meet directors who wish to run an MPA sanctioned meet must apply for sanctioning through the MPA sanctioning procedure, as described in the Meet Director Guide (insert link here). Independent meet directors must have MPA memberships in good standing, valid from the application submission date to at least 30 days post event date. Any of the available types of r

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Independent meet directors are required to use MPA Competition Equipment, and the MPA charges both non-refundable mandatory fees and fees for optional additional equipment and services.

MPA Fee structure:

Mandatory - MPA Equipment and Technology fee - \$300

Mandatory - A sanctioning fee of \$100 per session + \$20 per entry*

Mandatory - CCES Fees \$15 per athlete for drug testing.

Optional MPA Technology administration fee - \$200

Optional MPA Livestream Setup and Support - \$200

Mandatory - A \$500 Damage Deposit (refundable after event pending no damages or lost items).

Mandatory - Referees will be paid the corresponding fee per session as outlined by the MPA Referee Policy by the meet director(s) on the day of referee service.

Notes:

The MPA Equipment and Technology fee covers the rental of the MPA competition equipment including: 2 competition racks, MPA referee equipment, a screen for white lights/red lights, curtains and stands etc. See Meet Director Guide for details.

The sanctioning fee covers the cost of ensuring that the competition will adhere to MPA, CPU and IPF Rules, as well as the cost of MPA insurance.

*Bench Press Only meets: a sanctioning fee of \$50 per session + \$10 per entry + \$15 per athlete for drug testing applies.

CCES fees are mandatory fees paid by MPA to the CPU to cover CCES drug testing costs.

Setup and support and administration of MPA Technology equipment by an MPA representative.

Setup and Support of a livestream of the competition on the MPA Youtube channel. Contact: MPA Media Coordinator. Voiceover/commentary not provided by MPA.

The damage deposit will be required prior to retrieval of equipment.

Referees are to be paid within 24 hours of the event.

General Requirements

Refreshments must be served for volunteers and referees.

Prizes: At a minimum, medals or awards are mandatory for 1st, 2nd and 3rd places for each weight class, gender, and age group.

All Sanctioning, Equipment Fees, Damage Deposit, and CPU Drug Testing fees must be provided to MPA within 3 days of the close of registration. Failure to do so could result in the loss of sanctioning of the event and any future event.


The MPA Sanctioning Application includes a questionnaire to be completed and sent to mpa.vice.president00@gmail.com. The sanctioning application is subject to approval by the MPA Board of Directors. Once approved, the independent meet directors will sign a contract with the MPA President, thus completing the event sanctioning.

[More details on fees and requirements are in the meet director guide and on the website here](#)

**Manitoba Powerlifting Association
Meet Sanctioning Application**

MPA Meet Directing Guide:	Pay special attention to Venue Requirements, Miscellaneous, Drawings/Layouts, Master Check Off Sheet.
Fill Out the Checklist	
Can you provide all items required of a Meet Director on the Checklist?	

<p>Please provide complete answers to all of the below. Items proposed are subject to approval and change by the MPA Executive Committee.</p>	<u>MPA Sanctioning Application Questionnaire</u>
1. Meet Director(s) and contact information (email & phone):	
2. Date(s):	
3. Name of Contest:	
4. Location/address:	
5. Venue Size (Square Area)	
6. Number of Washrooms, toilets, change rooms:	
7. Proposed Entry Limit (multiples of 14 only).	
8. Number of Sessions :	
9. Please provide an sketch of space with dimensions and locations of competition space,	
10. Weigh-In Time(s) (2 hours before lifting)	
11. Lifting Time(s)	

<p>Please Submit Completed Form to mpa.vice.president00@gmail.com</p>	 <p>Manitoba Powerlifting Association</p>
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MPA Competition Preparation Checklist

Updated Dec 4 2024

Supplied by
MPA

Optionally Supplied by
MPA

Supplied by Meet
Director

Warm Up Room

Plywood, rubber, matting, or some kind of protection for floor

Sufficient weights, these can be in pounds or kilos unless hosting a World Championship.

Collars for the number of bars in warm up room

Weight trees or racks if possible

Chalk container

Minimum three squat racks, three bench presses or combination Bench/Squat Combo Racks.

Minimum three 45lbs/20KG Barbells with 81cm Rings indicated by production, or taped on. If there are Youth lifters,

	Supplied by MPA	Optionally Supplied by MPA	Supplied by Meet Director
Warm Up Room			
Plywood, rubber, matting, or some kind of protection for floor			
Sufficient weights, these can be in pounds or kilos unless hosting a World Championship.			
Collars for the number of bars in warm up room			
Weight trees or racks if possible			
Chalk container			
Minimum three squat racks, three bench presses or combination Bench/Squat Combo Racks.			
Minimum three 45lbs/20KG Barbells with 81cm Rings indicated by production, or taped on. If there are Youth lifters,			

Sufficient Chairs for audience, volunteers and referees	[Black Box]	[Light Green Box]
Garbage cans to assist in clean up		[Light Green Box]
Area for application of baby powder to body during deadlifts		[Light Green Box]
Minimum 2 deadlift jacks		[Light Green Box]

Contest Platform		[Black Box]
IPF Specific Competition Rack (x2)	Supplied by MPA	
Red/White Light System for referees.	Supplied by MPA	
Competition Weight Trees or Racks	Supplied by MPA	
IPF approved Kilo weight set	Supplied by MPA	
IPF approved Collars	Supplied by MPA	

IPF approved Contest Bar	Supplied by MPA		
Deadlift Jack	Supplied by MPA		
Foot Blocks	Supplied by MPA		
Adequate Volunteers to Spot and Load (recommended 6/session; bare minimum 3 per session)		Assistance may be provided by MPA Volunteer Chairperson	
Legal Size Platform with non-slip smooth carpet surface	Supplied by MPA		
Wire Brush & Rag	Supplied by MPA		
Chalk Container	Supplied by MPA		
Curtains or Dividers for Warmup Area and Platform Area	Supplied by MPA		
30% Bleach 70% Water solution to clean bar.			
Broom and Mop			
Kilo Bar Loading Charts (5 Copies Minimum)			

Chalk (5 blocks per session minimum)		
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Head Table/Scoreboard		
Projector & Screen or alternative display system for Scoresheet Display	Supplied by MPA	
Microphone and Sound System	Supplied by MPA	
Minimum 4 people to run head table: 1 person each for Announcer, Computer, Scorecards, timekeeper (Optional)	Supplied by MPA	Assistance may be provided by MPA Volunteer Chairperson
Laptop(s):	Supplied by MPA	
*PLMeet.com (online, live updates) requires 3-6 laptops	Supplied by MPA	
TV Monitors with HDMI	Supplied by MPA	
2-4 needed if using PLMeet.com	Supplied by MPA	
4 Chairs for head table	Supplied by MPA	

Table and Chairs for Jury	Supplied by MPA		
3 Chairs for referees	Supplied by MPA		

Weigh In Room			
Calibrated scale	Supplied by MPA		
Table and 2 chairs for Officials			
pens and paperwork			
1 Letter Size Envelope per flight			

Drug Testing Facilities			
A lockable room with washroom facilities and space for a small table and chairs.			

Male and female volunteers to act as chaperones for assisting drug Marshals	[Redacted]	[Green]
Bottled water for athletes being tested		[Green]

Equipment Check In Area		
2 Tables and 2 Chairs for Referees.	[Redacted]	[Green]

Paperwork/Supplies			
Wristbands/Credentials for athletes/coaches (1 coach per athlete; 2 coaches per equipped athlete)	[Redacted]	[Green]	
Athlete Attempt Paper Packets or "business cards"		[Green]	
Athlete Score Cards (typically generated from PLMeet.com or Nextlifter programs)		[Green]	
Equipment Check List		[Green]	

Copy of IPF Rules and Copy of IPF Approved Equipment List (both available on IPF website)		
Copy of CPU Approved Equipment and Apparel (CPU Website)		
Copy of all current MPA Records		
Copy of all current CPU Records		
(Optional) Athlete Questionnaires for Announcers		
MPA Athlete Weigh-in documents		
Weigh-In Order Papers (3 copies)		
Kilogram/Pounds Conversion Charts (10)		
Pens		
Stapler		
Tape (painters tape or scotch tape)		

Paperclips		
Freezer Bags		
Extesion Cords (4 Minimum)		
Electric Power Bars (4 minimum)		
Garbage Cans and Garbage Bags		

MPA Live Stream Equipment (See Media Chairperson)			
Mic and computer Equipment	Supplied by MPA		
Livesatream on MPA Youtube	Supplied by MPA		
Announcer/Commentator for Stream			