



British Powerlifting National Series Host Information

Objective

This document seeks to set out the minimum standards expected from competition hosts to ensure consistency with the high quality of competition that British Powerlifting (BP) aspire to achieve.

Hosts are, of course, encouraged to make the competitions their own however we consider the following to be minimum standards lifters expect from national competitions.

In the event the competition host is unable to meet the minimum standards, they should notify the Competition Director or CEO as soon as possible to ensure maximum chance of a resolution being achieved.

We are always on hand to provide support however this arrangement aims to foster both growing independence of hosts within the federation, alleviating the pressures on the BP Executive to be fully involved with each and every competition.

British Powerlifting will:

- Pay a hosting fee of £500/day
- Handle entries and provide administrative support with the website, scheduling, etc.
- Supply officials and meet any mileage expenses claimed
- Pay volunteer expenses of £75/day
- Provide loan of all / any equipment required (to be delivered & collected by BP)
- Attend the venue to set up the competition software and provide support for the duration. The host must ensure that their setup includes provision of sufficient power sources, arrangement of screens and cables, etc. in advance of BP's attendance
- Pay for refreshments for volunteers and officials, amount to be agreed in advance

Hosts will:

- Source an appropriate venue
- Recruit volunteers and organise a suitable volunteer rota to staff the event. Once volunteer numbers have been finalised and agreed, BP will transfer total amount of expenses to be paid to the volunteers by the promoter.
- Set up competition in terms of equipment and preparation for tech i.e. ensure cables, screens and power supplies are in situ.
- Pack down all equipment from BP ready to be collected
- Arrange refreshments for volunteers and officials

Venue Requirements

Essential

Private room for weigh in
Separate, lockable toilet for drug testing
Lockable room for anti-doping personnel
Ability for dedicated wired (or high speed wireless) Internet connection
Adequate Parking and/or good travel links
Sufficient power sources for screens, laptops, livestream equipment's sound system and lights etc

Preferred

Facility to fill water bottles or purchase water
On site food vendor and/or food establishments or supermarkets within walking distance

Standards

It is expected that the following standards will be met:

Competition admin

- Up to date/maintained flight lists, timetables and rotas to be published on BP website with an active email address cited for lifters' queries. The flight lists and timetable must be published once the entries have closed. The flights must be confirmed when entries close/ the competition is full. Keeping members fully apprised of updates and ensuring information is current is key.
- Queries to be responded to within a reasonable timeframe (24-48 hours).
- Recruitment of volunteers. BP also have a form on the competition page that you can use to collect volunteer information from members. The following roles are expected to be fulfilled:
 - Weigh-in - a male and a female should be available in the event a lifter requests either specifically.
 - A safe and appropriate platform crew for the sessions - at least 5 per session
 - Table staff - scoresheet and paper copy (free software and templates available)
 - MC
 - Runner - ensuring platform crew, table staff and officials have adequate refreshments
 - Live stream commentator
 - Warm up area staff

BP will provide officials and meet their travel expenses.

Weigh-in

- Private room with adequate space for 3 people
- Calibrated scales

Platform

- A clean, 8x8 maximum platform covered with a non-slip carpet
- Approved combo-rack with bench safety racks
- An approved set of discs and fractional plates
- Deadlift jack
- Chalk bowl
- Bench blocks/plates
- Wire brush
- Cleaning fluid and cloth
- Backdrop
- Vacuum Cleaner

Warm-up

- 6 stations reserved exclusively for lifters with adequate space, plates and useable kit
- Chalk
- 2 Chalk Bowls

Furniture

- A table to seat 3+ people in order to run the table
- Adequate seating/space for spectators
- Trophy table for display
- Stand/table for referee lights visible to the MC and spectators
- Seats for referees
- Table and seats for the Jury

Electronics/AV

- Laptop
- PA system and microphone
- 2x monitors on the table and 1x monitor in the holding area/warm-up
- Device for live-stream
- All wires/cables to be arranged in a manner which reduces tripping hazards and any wires running across floors or surfaces must be secured with tape
- Projector/screen for spectators to view scoresheet

Awards

- Podium awards for each weight class (including age classes if a specified age event)
- Overall awards for best male and best female
- Medals

Paperwork

- Weigh-in sheets - this will become the paper copy of the results
- Rota - volunteers and officials
- Records
- Rack height sheets
- Awards sheets
- Any other signage - weigh-in, doping control, etc.

Post-competition

- Results to be emailed to the Championship Secretary in a timely manner for upload and update of rankings

Other (not exhaustive)

- First aid provisions
- Refreshments to be provided for officials and volunteers - tea, coffee, water, food and snacks
- Tape for wires
- Zip ties for securing banners
- Gloves for platform crew
- Bin bags

British Powerlifting will provide the following Equipment:

Warm Up Area

- Warm up racks x 6
- Plywood platforms and carpet for racks
- Warm up weights and bars x 6 sets
- Plate trees
- Deadlift Jacks x 3
- Chalk
- Chalk Bowls x 2
- TV for running order (walk on area)

Platform

- Platform rack
- Platform
- Bar and weights
- Toaster racks
- Deadlift jack
- Chalk
- Chalk bowl
- Micro Plates
- Blocks
- DRL lights
- Ref cards
- Backdrop
- TV For spotters and loaders
- Raspberry pis/laptop for running order and scoresheet

Other

- Competition scales
- Medals and awards
- Attempt Slips

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