

NWPL COMPETITION MINIMUM STANDARDS

Objective

This document seeks to set out the minimum standards expected from promoters/competition hosts to ensure consistency with the high quality of competition that NWPL are renowned for.

Promoters/hosts are, of course, encouraged to make the competitions their own however the Exec consider the following to be minimum standards lifters expect from divisional qualifier competitions.

In the event the promoter/competition host is unable to meet the minimum standards, they should notify the Exec as soon as possible to ensure maximum chance of a resolution being achieved.

The Exec are always on hand to provide support however the franchise agreement aims to foster both growing independence of affiliates within the division and allowing them to generate income whilst alleviating the pressures on the Executive to be fully involved with each and every competition.

Agreement

NWPL promoters should refer to the Franchise Agreement located in the [policy documents](#) section of the website for specifics regarding logistics, finances and expectations.

Standards

It is expected that the following standards will be met:

Competition admin/personnel

- Up to date / maintained flight lists, timetables and rotas to be published on NWPL website with an active email address cited for lifters' queries. The flight lists and timetable must be published once 80% of the entries have been received and regularly maintained. The flights must be confirmed when entries close/the competition is full. We pride ourselves on keeping members fully apprised of updates and ensuring information is current.
- Queries to be responded to within a reasonable timeframe (24-48 hours).

- Recruitment of volunteers. NWPL can set up a form on the competition page for submission of offers to an active email address of your choice. 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
 - Table staff - scoresheet and paper copy (free software and templates available)
 - MC
 - Runner - ensuring platform crew, table staff and referees have adequate refreshments
 - Merchandise
 - AV/Live stream
 - Warm up staff

NWPL will provide referees 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

Warm-up

- 2-3 stations reserved exclusively for lifters with adequate space, plates and useable kit
- Chalk

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 audience

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 - NWPL can provide access to fan page if you require this
- 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

Awards

- Podium awards for each weight class (including age classes if a specified age event)
- Overall awards for best male and best female
- NWPL provide medals at the cost of £2.70ea and they are very high quality bearing the NWPL logo
- Affiliates are open to order their own or bespoke designs and we would recommend Medal Studio.. A discount code for 10% off has been agreed with British Powerlifting.

Paperwork

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

Post-competition

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

Other (not exhaustive)

- Chalk
- First aid provisions
- Refreshments to be provided at the promoter's expense for officials and volunteers - tea, coffee, water and sandwiches/snacks.
- Tape for wires
- Zip ties for securing banners