



Powerlifting America
Barbell Battle of Independence 2025

Sanction: 2025-AZ-07

July 12, 2025

LOCATION:

Ottawa University ODeI Center (Event is in the Weight Room)
14470 W Tierra Buena Ln, Surprise, AZ 85374

Directed by: WADE Strength Systems
Rodney & Miryam Elm

LIVE STREAM - TBD, if we have Ethernet capability

SCHEDULE:

July 12, 2025,

Check Ins/ Weigh-ins: 9:00am - 10:30am

Lifter/Rules Meeting: 10:30 am

Lifting begins: 11:00am

PHOTOGRAPHY

Purchase Your Photography Package Here

[Photography Packages](#)

COACH AND SPECTATOR ADMISSION

Coach & Spectator fees: \$10 Cash, Venmo or Debit / Credit Card via Square

Venmo @rodneyelm

Children 12 & under spectate for free

T-Shirts: \$25 pre order , \$30 meet day

COACH/ HANDLER - Requirements

Raw lifters - max - 1 Coach/Handler

Equipped lifters - max of 2 Coaches/Handlers

Receive a wristband allowing access to the warm up area.

Coaches / Handlers that are not current members of Powerlifting America must fill out a Waiver form and show it at admissions The waiver is located here.

[WAIVER OF LIABILITY](#)

WEIGHT CLASS

Men	Women
53.0kg (this class only applies to sub-junior and junior lifters Ages 14-23)	Up to 43.0kg (this class only applies to sub-junior and junior lifters)

• 59.0kg • 66.0kg • 74.0kg • 83.0kg • 93.0kg • 105.0kg • 120.0kg • 120.01kg +	• 47.0kg • 52.0kg • 57.kg • 63.0kg • 69.0 kg • 76.0 kg • 84.0kg • 84.0kg
--	---

ATHLETE CHECK-IN REQUIREMENTS AND PROCEDURES

Head to the **Weigh In Area** and have these items ready to provide to the official.

WEIGH IN

The Official will need your photo ID & Proof of Membership. You must weigh in with your approved briefs.

Teens must have 2 officials in the weigh-in room.

Youth 13 and under will be required to:

- Weigh-in with their singlet and t-shirt and
- Be accompanied by a parent, guardian or coach during weigh-ins

WEIGHT CHANGES

If you need to make a change to your nominated weight class please let us know ASAP. For weight class changes email; wadestrengthsystems@gmail.com

OPENING ATTEMPT SELECTION

We will need your opening attempts in kilos. (Kilo Conversion Charts are available here and at the competition) This conversion chart is a helpful tool for planning your warm ups and listing your planned / alternate weights.

[Print out the Kilo Conversion Chart](#)

EQUIPMENT CHECK - *At local level meets the athlete may use equipment that meets the specifications listed in the rule book instead of only using equipment listed on the IPF approved List.*

Please Review the IPF Technical Rulebook below for the Rules of Performance for each lift and additional important information including specifications for equipment.

[IPF APPROVED LIST](#)

[IPF TECHNICAL RULES](#)

RACK HEIGHTS

Rack Heights and Safety Rack Heights for Bench will be needed. We will have a Referee/Volunteer to help you get your rack heights.

RECORDS CERTIFICATES

To get your certificate for Powerlifting America records that you may have set, please do the following:

- Go to the Powerlifting America records database site at <https://pa.liftingdatabase.com/>
- Click on “Lifters” (left side menu buttons).
- Click on their name and it should show all of your results and records.
- Under the “Records” listing, go to the “History” icon (just after the date the records was set) and click the icon.
- Choose the underlined “Certificate” link for your record.
- A print ready certificate should be displayed.

COMMITTED TO A DRUG FREE PLATFORM

Powerlifting America is unequivocally opposed, on ethical and medical grounds, to the practice of doping in sport and fully supports the position of the International Olympic Committee (IOC) and World Anti-Doping Agency (WADA) against the use of banned substances and methods.

The use, possession and/or trafficking of banned substances, methods, or the encouragement or counseling to use banned substances, or methods, and/or taking measures to mask the use of banned substances, or methods by any participant in competitions over which Powerlifting America has jurisdiction is unacceptable and will not be tolerated.

In engaging the United States Anti-Doping Agency (USADA) to conduct doping control at all Powerlifting America competitions, Powerlifting America has taken the important step to externalize the anti-doping system to an independent organization. To ensure complete independence and provide the highest level of protection for the rights of clean athletes, USADA is wholly responsible for the selection of athletes both in competition and out of competition, collection of samples, sample analysis, sample results management, and, when necessary, the adjudication of any positive test results from the tests executed.

Given USADA's internationally recognized expertise in anti-doping, Powerlifting America has agreed to adhere to the USADA Protocol for Olympic and Paralympic Movement Testing ("USADA Protocol"), consistent with the WADA Code, for the management of samples collected in competition and out of competition.

Athlete USADA Testing Resources

AWARDS

1st, 2nd and 3rd place awards will be handed out for each weight class and division.

Awards will be handed out immediately following the last flight in your session

Teams of 5 or more athletes will compete for Best Team,

Best Male and Female Lifter Awards will be handed out at the end of the competition

Powerlifting America

- Website <https://powerlifting-america.com/>
- FB page - <https://www.facebook.com/powerliftingamerica>
- Join the FB Group <https://www.facebook.com/groups/powerliftingamerica>
- Instagram https://www.instagram.com/powerlifting_america/ #powerlifting-america

WADE Strength Systems

- Website: <https://www.wadestrengthsystems.com/>
- FB <https://www.facebook.com/WADEstrengthsystems>
- Instagram <https://www.instagram.com/wadestrengthsystems/>

Additional Questions, Contact

Phone: 623-800-0444

Email: wadestrengthsystems@gmail.com

Thank you,

Rodney & Miryam Elm