



Powerlifting America AZ. University Cup 2.0

December 14, 2024

Sanction: 2024-AZ-10

Location

**WADE Strength Systems
23439 N. 35th Drive Glendale, AZ 85310**

Directed by:

Rodney & Miryam Elm with: WADE Strength Systems

University and Community College Athletes are welcome to compete in the Arizona University Cup Championship. An athlete can compete as part of a team or individually. Teams of 5 or more can compete for team awards. We will follow the IPF/ PA Rulebook scoring criteria for teams

Team awards will be scored for the top 5 lifters competing in the classic, full powerlifting division

No push pull or bench only entries will be accepted.

[VOLUNTEER HERE](#)

We always need volunteers to run the meets. If you have a friend or family member coming to cheer you on that may want to help out and be a part of the action please reach out.

This competition is a qualifier for all National level events in 2025.

[Powerlifting America Memberships](#)

Competitor must be a Powerlifting America Member to compete in this event.

December 14, 2024

Check Ins/ Weigh-ins: 8:00am - 9:30am

Lifter/Rules Meeting: 9:30 am

Lifting begins: 10:00am

Awards: 2:30pm

Check Ins/ Weigh-ins: 1:30pm - 3:00pm

Lifter/Rules Meeting: 3:00pm

Lifting begins: 3:30pm

Awards: 7:30pm

Spectator Admission

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

Venmo @rodneyelm

Children 12 & under spectate for free

T-Shirts: \$25

COACH/ HANDLER - Requirements

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

Coaches will be limited per team to a max of 5. Team photographers will be included in the warm up room Coach max of 5 per team.

Classic / Raw lifters - max - 1 Coach/Handler

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 (Waiver form will be sent out via email ahead of the meet to athletes to forward to your coaches).

WEIGHT CLASSES

Men

- 53.0kg (this class only applies to sub-junior and junior lifters Ages 14-23)
- 59.0kg
- 66.0kg
- 74.0kg
- 83.0kg
- 93.0kg
- 105.0kg
- 120.0kg
- 120.01kg +

Women

- Up to 43.0kg (this class only applies to sub-junior and junior lifters)
- 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 Sign** 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 at weigh ins. These need to be in kilos. (Kilo Conversion Charts are available here and at the competition) [Print out the Kilo Conversion Chart](#)

(The Kilo conversion chart has a section to list your planned attempts for each lift and is a great help for keeping your attempts handy when providing you next attempt to the scoring table staff).

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 and specifications for equipment list.

[**IPF APPROVED LIST**](#)

[**IPF TECHNICAL RULE**](#)

RACK HEIGHTS

Rack / Safety Height for Bench will be needed. A station will be set up with a Referee/Volunteer to help you get your rack heights.

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

World Anti-Doping Code

Team Awards -

1-3 Place - Classic Female Team

1-3 Place - Classic Male Team

Individual Awards

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

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