

USA Powerlifting – Collegiate Guidelines

As approved by the NGB in 1992, unless otherwise stated.

Updated as of July 2007

I. Definition of a Collegiate Lifter

- a. There is an age limit of 25 years old for Collegiate lifting. A lifter cannot have reached their 26th birthday.(2007)
 - i. The lifter may not exceed the age-limit at the time of the competition.
 - ii. The collegiate lifter must present a birth certificate or identification to a meet official to verify their age.
 - iii. Lifters may request approval for a one year extension of the age-limit, providing they missed competition due to disability, or compulsory military or religious service. Said request must be made to the Collegiate Committee six months in advance of the meet (2005).

- b. The collegiate athlete must be a full time student, in good standing with his or her two or four year academic college or university. The proof of being a full time student (12 semester hours undergraduate, 9 semester hours graduate) will be provided by the lifter either along with the entry form (sent to the meet director) or presented at check in/registration. The school's official registrar will verify proof, with the school's stamp affixed.
 - i. Cooperative Education Programs
 1. A collegiate lifter may qualify for the Collegiate National competition at any USAPL sanctioned meet, but must either be a full time student or enrolled in a university cooperative education program, verified by documentation from the university, at the time of the Collegiate National competition.
 - ii. Sumer Breaks
 1. any Collegiate records established in a meet will be considered valid if the lifter falls under all other Collegiate lifter rules and guidelines.
 - iii. Foreign students
 1. foreign students will be allowed to compete in the USAPL Collegiate National Championships as long as they meet all other Collegiate guidelines as stated (1994).

- c. The lifter has five consecutive years in which to compete at four Collegiate National Competition.

- d. Qualifying totals must be made in a sanctioned USAPL contest. Totals from the previous year's Collegiate National Championships can be used to qualify for the following year's Collegiate National competition.

II. Collegiate National Meeting

- a. Agenda Items
 - i. Agenda motions may be made from those eligible to vote on collegiate issues at the Collegiate National Meeting.
- b. Collegiate National Meeting voting
 - i. Each school represented at the Collegiate National Meeting shall have one vote on issues and motions brought before the meeting. The representative shall be designated at the beginning of the meeting and must be an active, registered USAPL member.
 - ii. The Chairperson should have voting rights on all issues and motions brought up at the Collegiate National Meeting, provided he/she is a registered USAPL member.
 - iii. The Collegiate Committee members shall have voting rights on all issues and motions brought up at the Collegiate National Meeting, provided they are a registered USAPL member (1995).
 - iv. Each person shall be limited to one vote.
 - v. A simple majority of those with voting rights, who are present (as established by a paper roll call), is required to pass motions submitted to the National Governing body pertaining to collegiate lifters (1995).

III. Collegiate Committee

- a. Number
 - i. The Collegiate Committee shall consist of volunteers, 9 in number, who are registered USAPL members, who have an interest in collegiate issues, regardless of eligibility to compete in the Collegiate National Championships (1998).
- b. Election of Committee members
 - i. Each school represented at the Collegiate National Meeting shall have one vote. The representative shall be designated at the beginning of the meeting, and must be an active, registered USAPL member.
- c. Length of term
 - i. Committee members' term will be limited to one year. The term is to begin the Monday following the Collegiate National Meeting.
- d. Duties outside the Collegiate National Meeting
 - i. The Collegiate Chairman will assign the duties of the Collegiate Committee between Collegiate National Championships.

- ii. The Collegiate Committee, as elected from the Collegiate National Meeting will elect a Collegiate Chairperson to fulfill the elected term, should the Collegiate Chairperson be unable to fulfill the position (1995).

IV. Collegiate Chairperson

- a. Election/ Selection
 - i. Eligibility
 - 1. The Collegiate Chairperson will be someone who has an interest in Collegiate lifting, as shown by his or her presence at the Collegiate National Meeting.
 - 2. The Collegiate Chairperson is to be elected at the Collegiate National Meeting, by those eligible to vote at the meeting.
 - 3. Nominations for the Collegiate Chairman will follow the most recent edition of Robert's Rules of Order.
 - b. Length of term
 - i. The length of term for the Collegiate Chairperson is for two years, with elections being held at the Collegiate National Meeting during even numbered years.
 - c. Term Initiation
 - i. The Collegiate Chairperson's term will commence the Monday following the election to office. The new Chairperson would receive the files from the preceding Chairperson and would initiate the actions passed as motions at that year's Collegiate National Meeting.
 - d. Responsibilities
 - i. Chair the Collegiate National Meeting
 - ii. Coordinate with the USAPL Vice-President regarding actions and progress of the Collegiate Committee.
 - iii. Solicit bids for future Collegiate National Championships.
 - iv. Present Collegiate agenda items to the NGB for approval.
 - v. Assign duties to the Collegiate Committee members, between Collegiate National Meetings, as the need arises.

V. Collegiate National Championships

- a. Location
 - i. The Collegiate National Championships is to be held at a university or college unless the meet director is unable to host the meet at a university or college.
- b. Time frame

- i. The time frame for the Collegiate National Championships shall fall between February 15 and April 15.
 - ii. The Collegiate National Championships should not be in conflict with any other national championships.
- c. Meet Director/ Hosts
 - i. The stated order of preferred meet directors is:
 - 1. those meet directors who are associated with colleges or universities
 - 2. those directors who are interested in supporting collegiate lifting.
 - ii. Upon being awarded a bid for Collegiate Nationals, meet director agrees to submit a brief report to the Collegiate Committee detailing progress towards meeting the specifications required to host the Collegiate National Championships. Said report to be made in 6 month increments from the date the bid is awarded (2004).
- d. Awards
 - i. All-American status will be given to the top 3 places in each weight class (1994).
 - ii. Team scoring at the Collegiate National Championships will follow IPF rules (2001).
 - iii. Each school that intends to enter the team competition, regardless of how many total lifters said school enters in the meet, is a registered club as per USAPL rules, and has paid the meet's team entry fee shall submit a roster of up to 10 women and 11 men to the meet director as per current USAPL rules; said roster shall be posted by the meet director (2002).
 - iv. Individual awards at the Collegiate National Championships shall be medals for the first three places, and at the least plaques for the 4th and 5th. Awards for teams and best lifters shall be the unique choice of the meet director (2001).
 - v. Team competition at the Collegiate National Championships shall be limited to teams composed of lifters all attending the same school, to wit: there shall be no teams entered that do not represent an eligible institution (2003).