



WUAP POWERLIFTING

Minutes of the Executive Committee meeting

Date: 05/06/2025

Location: Kiskunfelegyhaza, Hungary, European Championships

Participants: R. Siska, F. Seewald, M. Schröder

Topics discussed:

1. change to weighing times
2. adjustment of rules for BP discipline, introduction of a start signal.
3. adjustment of rules for BP EQ discipline
4. invitation of referee to international competitions
5. proposal for the AGM 2025: change of certain age groups

1. change of the weighing times

A preliminary discussion on this topic was held with the organiser of the European Championships in Hungary, Laszlo Nemeth, on 03.06.2025.

In order to improve the organisation of the competition and to improve the information provided to the athletes, it was proposed that in future 2 weighing times on the day before the competition day be made mandatory for all starters and that the early weigh-in on the day of the competition be cancelled.

For each competition day, all athletes starting on that day will be weighed the day before.

- the first weigh-in is the day before from 10:00 - 12:00
- the second weigh-in is the day before from 15:00 - 19:00

Weighing on the day before the competition results in the following improvements in the organisational process:

- After the last weigh-in, the organiser of the championship can draw up the exact schedule for the following competition day and the group divisions on the evening before.
- The schedule and groupings will be published on the WUAP website the evening before, shortly after the weigh-in. The aim is to publish them by 22:00.
- Athletes have the opportunity to find out their start time after publication and to prepare themselves optimally for the competition.

The change to the weighing times was confirmed unanimously and is to be applied for the first time at the WUAP World Championships 2025 in Nitra.

2nd rule adjustment discipline Benchpress

From the WUAP World Championships 2025 in Nitra, a start signal for the start of the attempt will be introduced for the BP discipline.

This start signal applies to all BP attempts in the BP RAW and BP EQ categories, both in the individual disciplines and within Powerlifting.

The start signal is given by the head referee as soon as the weight has been safely picked up on the athlete's outstretched arms.

This rule adjustment was confirmed unanimously.

3. adjustment of the rules for the BP EQ discipline

The use of supporting equipment such as bench shirt, SlingShot or F8 bench shirt enables the athlete to move considerably more weight than in the BP RAW. However, the use of supportive equipment can severely restrict the athlete's freedom of movement when lifting the barbell. In order to avoid injuries to the athlete, the board has discussed requests and suggestions from athletes regarding lifting the barbell and has decided on the following regulation:

- From a barbell weight of 250 kg, the athlete can be assisted by 3 helpers, determined by the athlete, to lift the barbell out of the rack. One assistant behind the barbell and one assistant to the right and left of the barbell.

The following requirements must be met in this case:

1. the athlete must indicate this variant of lifting out at the scales.
2. the athlete must sign a declaration at the scales in which it is agreed that his 'helpers' are trained for this type of lift-out, are self-insured and indemnify the organiser and host against claims arising from damage and consequences in connection with this type of lift-out, including consequential damage.
3. the 3 helpers must leave the platform immediately after lifting out and the official loading crew will take over the next attempt.
4. the main referee will only give the start signal when the athlete has safely picked up the bar and the loading crew is ready for the rest of the attempt.
5. all lifting activities fall within the one minute available to each athlete from the call 'barbell loaded' to the start signal.

This rule adjustment was unanimously approved and will be officially applied for the first time at the 2025 WUAP World Championships in Nitra.

4. invitation to referee international competitions

To improve the use of referees at international championships, the referee chairman of the WUAP will now coordinate the use of these referees with the representatives of the respective national associations in which international referees are listed. For this purpose, the referee chairman must send an enquiry to the national associations at least 3 months before the date of the championship. The national associations concerned nominate referees for deployment at the international championships, allocated to the individual competition days. For better and forward-looking holiday or work planning, this referee notification from the national associations can also be submitted to the referee chairman at the beginning of the year for the whole year.

After receiving the entries from the national associations, the referee chairman draws up the referee schedule for the respective international championship and sends this schedule to

- the organiser of the championship,
- the referees concerned
- the respective national association

This decision was made unanimously.

5. proposal for the AGM 2025: change of certain age groups

Due to repeated requests and discussions from athletes, the Executive Board has discussed changes to the age group divisions.

The Executive Board will prepare the following topic for discussion and resolution at the AGM 2025 for the World Championships in Nitra:

For the age group Master 3, now 60 - 69 years, a change in 5 year increments is proposed.

The master classes would then be redefined as follows, for men and women alike:

Master 1 40 to 49 years

Master 2 50 to 59 years

Master 3 60 to 64 years

Master 4 65 to 69 years

Master 5 70 to 74 years

Master 6 75 years and over

This proposal will be submitted to the member countries for discussion and resolution at the AGM 2025.



i. A. M. Schröder

WUAP Vice President