



SASKATCHEWAN POWERLIFTING ASSOCIATION POLICIES

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SECTION 1: DEFINITIONS

1. AGM - Annual General Meeting of the Members of the SPA
2. Board - is the Elected Directors of the SPA
3. Corporation - refers to the Saskatchewan Powerlifting Association Corp.
4. CANPL - refers to the Canada Powerlifting
5. IPF - refers to the International Powerlifting Federation
6. Simple Majority - at any meeting of the Board or members, unless otherwise specified in Policies, By-laws or Articles of the Corporation, simple majority is all that is required to pass a motion
7. SPA - refers to the Saskatchewan Powerlifting Association Corp.

SECTION 2: GENERAL PROVISIONS

1. The policies of the SPA are reflected in the policy document. Where there is no specific policy defined, the SPA will defer to the CANPL policies and procedures. Where there is no CANPL policy or procedure, the SPA will defer to the IPF policies and procedures.
2. The policies of the SPA shall be thoroughly reviewed by the Board on a three year rotation using the SPA fiscal year as the time frame for each review, following the schedule included:
 - a. 2022-2023
 - i. General Provisions
 - ii. Officer Duties and Responsibilities
 - iii. Financial Management
 - iv. Competition Policy
 - b. 2023-2024
 - i. Teams and Clubs
 - ii. Provincial Referees
 - iii. Records and Awards
 - iv. Doping Control
 - c. 2024-2025
 - i. Equipment Policy



- ii. Harassment and Discrimination Policy
- iii. Policy on Appeals

SECTION 3: OFFICER DUTIES AND RESPONSIBILITIES

- 1. Duties and Responsibilities of the President:
 - a. The President must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
 - b. The President is the primary point of contact for CANPL and any outside agencies currently working in association with the SPA or that wish to form an association with the SPA:
 - i. The President will receive communication sent by the CANPL board and correspond as needed;
 - ii. The President will receive inquiries from outside agencies and respond appropriately. The President will act as a representative for the SPA.
 - c. The President represents Saskatchewan at meetings or matters requiring member provinces at the national level with the CANPL:
 - i. At these meetings, the President will vote on behalf of the association;
 - ii. The President will also provide input or feedback in regards to any CANPL matters which require member province involvement;
 - iii. The President will also put forward any proposed changes to the CANPL policies, as voted on by the SPA board, and/ or inquire and clarify concerns which impact membership.
 - d. The President is responsible for the following in the association:
 - i. Oversees the incorporation of the association:
 - 1. Acts as an officer for the association
 - 2. Ensures that the address of the association is up to date on the incorporation information
 - 3. Ensures that all officer information for the association's incorporation is correct and up to date
 - 4. Ensures all board member information for the association's incorporation is correct and up to date
 - 5. Ensures the annual return for the association's incorporation has been completed for the year
 - 6. Monitors President and Saskpowerlifting email account regularly for inquiries from the membership or board members
 - ii. Supporting provincial members by addressing questions, concerns and providing guidance by:
 - 1. Checking and responding to inquiries on a regular basis via email and social media;
 - 2. Ensuring the appropriate information is available to membership through regular email and social media updates. This is done in conjunction with the Secretary and the Social Media Chair;
 - 3. Monitoring accurate and up to date information relevant to membership through email, website and social media
 - iii. Implement qualification criteria for athlete participation and eligibility for Provincial, Regional and National Championships:
 - 1. Review all registered athletes for Provincial Championships and ensure athletes have recorded a total at a local sanctioned competition; Confirm eligible athletes with the meet director(s) and CANPL if needed.



2. Review all registered athletes for Regional competitions and ensure that athletes have completed the regional qualifying totals for their respective age and weight class. Active membership will also be confirmed. The President will confirm eligible athletes with the meet director(s) and CANPL, if needed;
3. Review all registered athletes for National competitions and ensure that athletes have completed the National qualifying totals and requirements for their respective age and weight class as well as the requirements to volunteer or lift at Provincials Championships preceding the National Championships. The President will confirm eligible athletes with the meet director(s) and CANPL, if needed.

iv. The President will issue all official notices of all meetings:

1. Notices of board meetings should be done at least a week in advance;
2. The President will coordinate with the Secretary for agenda items to be sent as well as calendar notification.

v. Directs the debate and keeps order at the general meetings according to the SPA Bylaws.

1. Develops the agenda for board meetings and Annual General Meeting (AGM);
2. Provides CANPL updates to the board at board meetings or as needed;
3. Provides President updates and reports at executive meetings;
4. Provides an annual President's report at the AGM;

vi. Assist in guidance and direction to other board members, as needed:

1. Support new board members with onboarding and orientating them to their roles and responsibilities;
2. Remind board members of deadlines and tasks to be accomplished throughout the competition year;

vii. Develop, delegate, and assist in projects to improve and grow the SPA

viii. Put forward nominations for national awards and present these at the CANPL AGM. Should the President be unavailable to attend the AGM, the Vice-President should take the President's place or the board may appoint a board member to present the nomination:

1. Develop a proposal for each award nominee and submit the proposals to the CANPL Secretary to be brought to the CANPL AGM;
2. Present award nominations to the CANPL and member provinces at the CANPL AGM.

ix. Put forward changes to the CANPL policies at the CANPL AGM, as previously approved by the board:

x. Accept national awards of Saskatchewan athletes at the National Championships, should they be absent from the National Championships Banquet. If the President is not available, the Vice-President should take the President's place or the board may appoint a board member to act on their behalf

2. Duties and Responsibilities of the Vice President:
 - a. The Vice-President must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
 - b. The Vice-President is the secondary point of contact for CANPL and any outside agencies currently working in association with the SPA or that wish to form an association with the SPA:
 - i. Alongside the President, the Vice-President will receive communication sent by the CANPL board and discuss with the President as needed;



- ii. The Vice-President will discuss and consult with the inquiries received by the President from outside agencies. The Vice-President will act as a representative for the SPA as needed and will fill the role of President should the President be unavailable
- c. Monitors Vice-President and Saskpowerlifting email account regularly for general inquiries from the membership or board members
- d. Attends CANPL AGM along with President
- e. The Vice President is responsible for the following in the association:
 - i. Acts as an officer for the association
 - ii. Implement qualification criteria for athlete participation and eligibility for Provincial, Regional and National Championships alongside the President;
 - iii. Chair meetings in absence of President
 - iv. Provides Vice-President updates and reports at executive meetings
 - v. Collaborate on strategic initiatives with President on behalf of the SPA
 - vi. Supports the President in putting forward nominations for national awards and at the CANPL AGM. Should the President be unavailable to attend the AGM, the Vice-President should take the President's place or the board may appoint a board member to present the nomination:
 - vii. Put forward changes to the CANPL policies at the CANPL AGM, as previously approved by the board;
 - viii. Provides an annual report of activities at the SPA AGM

3. Duties and Responsibilities of the Secretary:

- a. The Secretary must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
- b. The Secretary is responsible for the following in the association:
 - i. Acts as an officer for the association;
 - ii. Monitors Secretary email account regularly for inquiries from the membership or board members;
 - iii. Assists in creating meeting agendas and updating/communicating these to the Board before meetings;
 - iv. Sets up calendar invites for meetings/emailing reminders to executive;
 - v. Takes and keeps the Official Minutes of all provincial and executive meetings;
 - vi. Supports with communication with the membership via MailChimp on all SPA official updates including, but not limited to:
 - 1. Upcoming events/competitions
 - 2. AGM business
 - 3. CANPL updates
 - 4. Reminders, sponsorship opportunities, etc.;
 - vii. Maintains an up to date contact lists in MailChimp from new registration report provided by Registration Chair;
 - viii. Provides Secretary updates and reports at executive meetings
 - ix. Provides additional support to President/Vice President where required (i.e.: formatting documents, official communications to the membership, etc.);
 - x. Provides a Secretary annual report of activities at the SPA AGM

4. Duties and Responsibilities of the Treasurer:

- a. The Treasurer must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
- b. The Treasurer is responsible for the following in the association:



- i. Monitors the Treasurer email account regularly for inquiries regarding financial matters as well as inquiries from the membership or board members.
- ii. Keeps records of all accounts, including bank, inventory, revenues, expenses, prepaid expenses, and payables.
- iii. Safeguards assets of the association, including cash and other tangible assets
- iv. Provides oversight and guidance on the financial assets of the association
- v. Prepares and presents annual financial statements and budgets at the AGM
- vi. Provides financial updates and reports at Board meetings
- vii. Approves and disburses funds to various vendors for payment
- viii. Prepares invoices and collect funds from meet directors and other customers of the SPA
- ix. Provides payment for CANPL fees
- x. Ensures the annual return for the association has been completed
- xi. Ensures the annual insurance has been renewed and paid for
- xii. Oversees any other general financial matters impacting the association
- xiii. Provides a Treasurer's annual report of activities at the SPA AGM

5. Duties and Responsibilities Technical Chair:

- a. The Technical Chair shall be a minimum of a CANPL National Referee in good standing to hold the position and must be a current SPA/CANPL member. They must also maintain their membership for the duration of their term
- b. The Technical Chair is responsible for the following in the association:
 - i. Monitors Technical Chair email account regularly for inquiries related to
 - ii. Technical rules and/or refereeing as well as technical inquiries from the membership or board members.
 - iii. Shall be responsible for all testing of provincial referees.
 - iv. Shall be in consistent communication with the National Officiating Chair and Western Technical Chair concerning developments which involve referees, and changes to the technical rules.
 - v. Collaborates with meet directors to organize the referees for their events and send out an open call to referees once the yearly schedule is set. Meet directors need to send flight information to the Technical chair no later than 21 days before the event. The Technical chair will work to ensure all referees are provided with a chance to referee.
 - 1. Leading Up to a Competition:
 - a. Schedule of Events: When the schedule of events is published, it should be shared with all active and prospective referees as soon as possible so referees can start planning out their year. The referee sign-up sheet should be updated with at least the event names, dates and locations.
 - b. Sixty Days Before: The Technical Chair should reach out to the meet director to get a rough idea of number sessions, start times, etc. The referee sign-up form should be updated at this point with the sessions and start times.
 - c. Thirty Days Before: The Technical Chair should reach out to the meet director to get the exact number of sessions, start times, and the age, weight and sex categories that will be included in each session. The referee sign-up form should be updated at this point with any new information. The Technical Chair must ensure that there is a female referee available to run the weigh-ins for any session with women. If a female referee is not available, a female volunteer can perform the



- actual weigh-in provided there is a referee available who can run the weigh-ins from outside of the weigh-in room.
- d. Seven Days Before: Referees must be active members of the SPA in good standing. Email the final list of referees to the registration Chair to have their membership status verified by the Registration Chair and have the referees renew their membership if required.
- 2. During a Competition
 - a. The Technical Chair has no specific duties during a competition and is not expected or required to attend every competition.
- 3. After a Competition
 - a. The CANPL maintains a referee database and requires that the provinces report all officiating. Access can be requested from the webmaster of the CANPL website.
 - b. The Technical Chair must report who officiated every session of any SPA sanctioned competition to the SPA Treasurer so that referees can be compensated according to the Financial Management Policy
- vi. The Technical Chair shall maintain an up-to-date list of all referees provincially registered referees, with current contact information.
- vii. The Technical Chair oversees the recruitment and training of new referees
 - 1. Provincial Referees
 - a. Recruiting: Any Class A or Class D Member in good standing can take the Provincial Referee exam. SPA members wishing to become Provincial Referees must complete a written exam and a practical exam where they will run weigh-ins and sit in the head chair. The Technical chair shall administer both the written and practical exams.
 - b. SPA referees must attend a rules clinic per election period of the Technical Chair. They may attend a clinic at a National, Regional or Provincial Championship.
 - c. The Technical Chair must host or have another National referee host a rules clinic at the SPA Provincial Championships. The most recent rules clinic presentation can be obtained by contacting the CANPL Officiating Chair.
 - d. The Technical Chair is responsible for overseeing the performance, professionalism, and training of Provincial Referees.
 - 2. National Referees
 - a. Recruiting. Provincial referees who wish to write the National Referee exam must have been Provincial referees for at least 2 years and must be recommended by the Technical Chair. The decision to recommend a Provincial referee to take the National referee exam should consider the referee's knowledge of the IPF Technical rules, their ability to run a competition, and their judgment and acuity in judging attempts. Should a provincial referee be interested in writing the National Referee exam, they must:
 - i. Fill out an application form and submit it back to the SPA Technical Chair who will endorse their application and submit it to the CANPL Officiating Chair
 - ii. Complete an CANPL/IPF rules clinic delivered by the SPA Technical Chair



- iii. Complete an online written exam overseen by the SPA Technical Chair and achieve a grade of 90% or higher,
- iv. Complete a practical exam at a Regional or National Championship where they will run weigh-ins and sit in the head chair.
- b. The Technical Chair is responsible for ensuring that there are enough National referees (6+) for the SPA Provincial Championships. Should there not be enough National referees, the Technical Chair will be responsible for bringing in an out of province referee
- c. National Referees training is the responsibility of the CANPL Officiating Chair; however, the SPA Technical Chair should inform the CANPL Officiating Chair of any gaps, concerns, etc.
- d. Oversight of National Referees is the responsibility of the CANPL Officiating Chair, but the SPA Technical Chair should inform the CANPL Officiating Chair of any gaps, concerns, etc.
- viii. Oversees SPA's strategies and initiatives for recruitment, training and retention of current and prospective referees
- ix. Provides Technical Chair updates and reports at executive meetings
- x. Provides a Technical Chair annual report of activities at the SPA AGM

6. Duties and Responsibilities Registration Chair:

- a. The Registration Chair must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
- b. The Registration Chair is responsible for the following in the association:
 - i. Monitors the Registration email account regularly for registration related inquiries from the membership or board members.
 - ii. Maintains an up to date list of all provincially registered members
 - iii. Prior to a meet occurring, coordinates with meet director to verify all lifters registered are current SPA members and have up to date on CCES certificate
 - iv. Sends a list of up to date/new memberships to the Secretary monthly for email database.
 - v. Sends an annual email to registered clubs in the province to maintain an updated list with current contact information for all registered clubs. Coordinates with the Treasurer and Social Media Chair to ensure current registered club information is correct and listed as such
 - vi. Verifies or edits CANPL member's club affiliation online as needed.
 - vii. Provides Registration Chair updates and reports at executive meetings.
 - viii. Prepares Registration Chair report for SPA AGM Annual
 - ix. Oversees any other registration related activities on behalf of the SPA.

7. Duties and Responsibilities Records Chair:

- a. The Records Chair must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
- b. The Records Chair is responsible for the following in the association:
 - i. Monitors Records email account regularly for records related inquiries from the membership or board members.
 - ii. Updates and maintains a current list of accurate Provincial Records in all Classic and Equipped Powerlifting Divisions, which include 3-Lift and Bench-Only categories
 - iii. Maintains a current Provincial Ranking List in the Classic and Equipped Powerlifting Divisions based on the current scoring system used in the IPF.



- iv. Shall be responsible for creating and providing Provincial Record Certificates for individual provincial records holders
- v. Provides Records Chair updates and reports at executive meetings.
- vi. Prepares Records Chair report for SPA AGM Annual
- vii. Oversees any other records related activities on behalf of the SPA.

8. Duties and Responsibilities Social Media Chair:

- a. The Social Media Chair must be a current SPA/CANPL member to hold this position and maintain their membership for the duration of their term
- b. The Social Media Chair is responsible for the following in the association:
 - i. Monitors Social Media email account regularly for inquiries from the membership or board members.
 - ii. Monitors Facebook, Facebook Messenger and Instagram for messages, inquiries and/or comments from the membership or board members.
 - iii. Shall regularly maintain current and up-to-date information on social media platforms where the association maintains accounts, including the website, regarding powerlifting events, news, and information.
 - iv. The Social Media Chair will work in conjunction with the President and the Secretary for SPA announcements. Newsletters from the Secretary should coincide with Social Media Posting
 - v. The Social Media Chair will oversee social media content to ensure that materials are representative of the association, with no bias to clubs or individuals, and aligns with the policies on discrimination and harassment
- c. Provides Social Media Chair updates and reports at executive meetings.
- d. Prepares Social Media Chair report for SPA AGM Annual
- e. Oversees any other Social Media related activities on behalf of the SPA.

SECTION 4: FINANCIAL MANAGEMENT

- 1. The Corporation will prepare annual financial statements in compliance with Accounting Standards for Non-Profit Organizations (ASNPO)
- 2. The annual operating budget will be developed by the Treasurer and approved by the Board prior to the AGM. The operating budget will then be presented at the AGM and voted on by the membership.
- 3. All items coming forward for purchase after the budget has been established must be approved by the Executive, and funding must be secured prior to purchase.
- 4. Signing authority will be given to the President, Vice President and Treasurer. Disbursements from the bank account by any method will require approval from two signing authorities.
- 5. An independent review of the SPA financial statements prepared by a qualified accountant or accounting firm will be conducted annually, unless waived by the Members by way of simple majority of a motion at the AGM in accordance with the Non-Profit Act of Saskatchewan.
- 6. Purchase Authorization
 - a. Purchases made by members on behalf of the organization are to be reimbursed upon approval at the appropriate level.
 - i. Reimbursements up to and including \$200 can be authorized by the Treasurer or President
 - ii. Reimbursements exceeding \$200 but not exceeding \$999 are to be authorized by both the Treasurer and the President.
 - iii. Reimbursements of \$1,000 or greater are to be authorized by Board motion either relating to the reimbursement, or the purchase giving rise to the reimbursement, unless the purchase was specifically noted in the annual budget.



- b. A Board member cannot authorize an expense reimbursement payable to themselves.
- c. Expenses should be reasonable in nature and serve the Association in an economic capacity.
- d. When a purchase is to be made, either by way of budgeting or by board motion (outside the scope of the annual budget) that exceeds \$1,000, at the minimum, two quotations for the product or service should be obtained and reviewed by the Board. Factors to be reviewed in consideration include price, geographical location, timeliness of delivery, experience with the vendor, and the vendor's involvement with the Association. If the purchase is not captured within the scope of the annual budget, the expense shall be put to a motion at a meeting of the Board with a simple 50% majority.
- e. In order for reimbursement to occur, sufficient supporting documentation to substantiate the expense must be provided to the approving signatories.

7. Board Expenses

- a. As per the By-laws, Board members shall be reimbursed expenses but shall not receive remuneration
- b. Reimbursement Rates
 - i. Mileage Rate: the current CRA rate for the year of the expense.
 - ii. Expenses to attend the CANPL AGM should the AGM be held in person:
 - 1. President (or Designate): \$400
 - 2. Vice-President (or Designate) \$400

8. Special Projects

- a. If the SPA undertakes any special projects, a distinct project budget will be developed from which the spending on the project will be determined. All special projects are to be presented to the membership at the AGM. For a special project to move forward, it must be approved by the membership at the AGM by simple majority.
- b. 75% of the associated costs will be in place before moving forward with a special project.
- c. All expenses associated with special projects will be tracked separately by the Treasurer. The special projects will be reported separate from the operating budget at the AGM. The special projects financial report will be presented to the membership at the following AGM.

9. Donations

- a. All donations to the SPA will be receipted by the Treasurer. The SPA is not a charitable organization so cannot give income tax gift receipts for any donations made, however a receipt of donation will be given.
- b. Donations made will go to the yearly operational expenses, unless specifically marked for any special fundraising that is occurring as directed by the Executive.

10. Membership Fees - As defined in the Bylaws, the fees for Membership in the SPA shall be set as follows and will be a per year rate:

- a. Class A Regular Member
 - i. \$30, plus the current cost of the CANPL portion of the CANPL membership
- b. Class B Special Member
 - i. \$10, plus the current cost of the CANPL portion of the CANPL membership
- c. Class C Youth Member
 - i. \$10, plus the current cost of the CANPL portion of the CANPL membership
- d. Class D Provincial Referee
 - i. \$10
- e. Class E Affiliate
 - i. No cost

11. Other Fees

- a. SPA Club Affiliation Fee



- i. \$25/year
- b. Sanctioned Competition Fee
 - i. \$50/competition
- 12. Referee Compensation
 - a. Compensation for referees will be paid as follows and will be collected from the meet director:
 - i. Daily amounts:
 - 1. First Bench Only session: \$20
 - 2. First 3 lift session: \$40
 - 3. Second session either bench only or 3 lift: \$80
 - b. Compensation per session according to the above daily amounts will be paid by the SPA (and not be collected from the meet director) to a referee who is not the SPA Technical Chairperson who is proctoring a practical exam.
 - 13. SPA Sponsorship for CANPL or IPF Championships
 - a. Should a Class A Regular Member or an entity controlled by either a Class A member or a group of Class A Regular Members be the meet director of the following Championships, the SPA shall sponsor those Championships at the amounts as set out:
 - i. CANPL Western Canadian Championship \$500
 - ii. CANPL National Championship \$500
 - iii. IPF North American/Commonwealth Championship \$500
 - iv. IPF World Championship \$500

SECTION 5: COMPETITION POLICY

- 1. Technical Rules
 - a. The SPA shall abide by the technical rules laid down by the CANPL and the IPF.
 - b. Only certified SPA Provincial or higher level referees shall be used at all sanctioned contests within the province. The exception to this is if the third referee is writing their SPA practical exam, in which case they will be allowed to referee without being a certified referee for the purpose of completing the Practical Exam.
 - c. During any Provincial level competition or lower, should a lifter fail to succeed in either or both of the squat or bench press disciplines, the lifter may continue to compete for the remainder of the contest but will not record a total, placing or be eligible for a provincial record.
- 2. Sanction
 - a. An Open Meet, which has been sanctioned by the SPA Board, is open to all CANPL card holders who are in good standing.
 - b. The Provincial Championship shall come under full scrutiny of the SPA Board. The Provincial Championship is a closed meet and only CANPL members who are also SPA members are eligible to compete. There are to be no guest lifters.
 - c.
 - i. Meet directors for Provincial Championships must have prior experience being a meet director for at least one local competition sanctioned by a CANPL member province. A meet director with no experience can only host a Provincial Championships if they are co-director with someone who has hosted at least one local competition sanctioned by a CANPL member province.
 - ii. Meet directors wishing to put a bid in for Western Canadian or National Championships held within Saskatchewan must have prior experience hosting at least 3 competitions



sanctioned by the or one of its member provinces, one of which must have been a Provincial Championships.

- d. All competitions held within the province at a Provincial level or lower must receive sanction from the SPA Board. All sanctioned competitions must include Powerlifting and Bench Press Only competitions. Prior approval from the SPA Board is required to hold a sanctioned competition without Powerlifting or Bench Press Only. Meet directors must complete and submit a completed SPA Sanction Form to receive a sanction for the competition and this submission must be approved by the SPA Board to receive a sanction for the competition.
- e. Meet directors must submit their meet logo for approval by the Board.
- f. Meet directors will be required to pay the Sanction Fee for each competition.

3. Qualifications

- a. Any athlete wishing to lift at their first SPA Provincial Championship must qualify for the provincial championship. The qualification standard shall be recording a total in a competition sanctioned by the SPA or another member province. Recording a powerlifting total shall qualify the athlete for powerlifting and bench only while recording a bench only total shall only qualify the athlete for bench only. Recording a total in the classic division shall qualify the athlete for the classic division only and recording a total in the equipped division shall qualify the athlete for the equipped division only.
- b. For the Canadian National Championships, all competitors must attain the qualifying total as specified in the CANPL Constitution and Bylaws for their respective Age and Weight classes. For the Regional Championships, all competitors must attain the qualifying total as specified in the CANPL Constitution and Bylaws for their respective Age and Weight classes.
- c. All competitors wishing to participate in the CANPL National Championships must, in addition to part b), compete or volunteer at the Saskatchewan Provincial Championships in the year preceding the National Championship.
 - i. Volunteering is considered any activity, which is needed to be able to hold a meet. These activities can be assigned by a meet director or SPA Board member. Refereeing is considered volunteering, however, coaching is not considered volunteering.
 - ii. If a competitor applies for an exemption from the above 3.C. to be able to participate in CANPL Nationals, the competitor must submit their application within one week from the end of the Provincial Championship to the SPA President. The application must identify:
 - 1. Reason for exemption as it pertains to 3.C.
 - 2. Previous year's competition and volunteering history.
 - iii. Under extenuating circumstances where an athlete is unable to apply for an exemption within one week of the Provincial Championships, the competitor must submit their application to the SPA President. The application must identify:
 - 1. Reason for exemption as it pertains to 3.C.
 - 2. Previous year's competition and volunteering history.
 - 3. Rationale for why you are applying beyond one week of the Provincial Championships.

The exemption requires review and approval from the SPA Board. The athlete may be subject to conditions as decided on by the Board. These conditions must be fulfilled prior to the Nationals the athlete wishes to attend to have the exemption approved. Should an athlete apply for an exemption and does not meet the conditions of the exemption prior to the Nationals the athlete wishes to attend, the athlete will not be eligible to compete at the National Championships.

4. Provincial Championships

- a. The annual Provincial Powerlifting and Bench Press Championships will take place annually.



- b. The SPA Provincial Championships is open to any Saskatchewan resident that holds a Class A, B or C member, and no others.
- c. At every provincial championship, there will be a team/club competition included in the contest. Teams or clubs are defined in the SPA policies. A keeper plaque or award will be given to the winning team/club to keep at their training centre.
 - i. For the purposes of the team/club competition at Provincials, a team will be comprised of the top two (2) Classic Powerlifters, one (1) Equipped Powerlifter, one (1) Classic Bench Only, and one (1) Equipped Bench Only combined, using the current IPF scoring system (two of the Powerlifting scores must be from the opposite gender) combined to give the team score. This is the maximum, but a team can contain less than stated and still compete in the team/club contest.
- d. The SPA may offer reimbursement for transportation of the platform equipment if the distance being traveled from the location the equipment is being kept to the location of the Provincial Championship is greater than 50 kilometers. The platform equipment the SPA may provide for each Provincial Championship is as follows: the competition rack, competition set of weights, competition bars, competition collars, competition weight trees, light system, deadlift helper, and scale.

SECTION 6: TEAMS AND CLUBS

- 1. Clubs are required to register with the SPA as an official club each fiscal year (September 1-August 30). To register, teams or clubs must provide the Registration Chair with the Club Registration Form.
- 2. The Club Registration Form must be accompanied by the yearly registration fee.
- 3. Each club must submit their logo with the Club Registration Form for approval of the logo by the Registration Chair.
- 4. Club shirts with the official, registered club logo may be worn at any SPA Provincial or lower competition. Any other logos must follow the IPF Technical Rules on logos.
- 5. Members are responsible for registering under their club with their CANPL/SPA membership. Should a Member change clubs, they must inform the Registration Chair to have this change reflected on their membership.
- 6. A Member may only be an official member of one club.
- 7. A SPA Club is defined as:
 - a. Being registered with the SPA according to the requirements above
 - b. A group of Members who train at the same training facility and/or under the same coach(es) on a regular basis.
- 8. To be eligible for the Best Club award at the Provincial Championships, a club must have at least one Provincial, or higher, level referee.

SECTION 7: PROVINCIAL REFEREES

- 1. A SPA referee must write and pass the Provincial Referee exam, both written and practical before being certified as a Provincial Referee. A SPA referee must hold either a Class A or Class D membership in the SPA.
- 2. A Provincially Certified Referee must sit as a referee at a minimum of three times per election period of the SPA Technical Chairperson with any level of meet counting towards this requirement and attend a rules clinic per election period of the technical chair. One session may be a Bench Only session and one session may be as a Technical Controller. Failure to meet this requirement shall result in the loss of referee certification.
- 3. A Provincial Referee who is interested in writing their National Referee Exam must communicate their intention to the SPA Technical Chair a minimum of 6 weeks prior to the Regional or National



Championship. The Technical Chair will determine if the Provincial Referee is of the caliber to be nominated to write their National Referee Exam.

4. Referees shall be compensated as per the payment schedule in the Financial Policy. The SPA will invoice the meet director and issue cheques for compensation.
5. A referee is not allowed to referee three 3 lift sessions in one day.
6. Referees at local level competitions (to be understood as competitions lower than the Provincials Championships) shall wear a provided SPA Referee Polo and black or grey dress slacks or skirt in lieu of the standard referee attire. Referees will be provided with one polo when they pass their provincial referee exam. Referees can optionally purchase additional polos at the current market price.

SECTION 8: RECORDS AND AWARDS

1. Records
 - a. Only current holders of Class A, B or C SPA memberships shall be able to set SPA Provincial records.
 - b. Records shall be kept by the Records Chair for individual records set for all ages and sex categories laid out by the IPF or CANPL according to the authenticated official results of the competition.
 - c. Records shall be kept by the Records Chair for Open Special Olympic Records in the Squat, Bench Press, Deadlift, 2-lift total and 3-lift total.
 - d. Records shall be kept for all Youth age categories.
 - e. Records can only be set in the category of lifting that the athlete is registered in.
 - i. As a further definition, lifters who register as a Classic lifter in a meet and set a Classic record that is also higher than the Equipped record may not claim the equipped record.
2. Awards
 - a. SPA Hall of Fame - The SPA Hall of Fame will consist of two categories, Athlete and Builder, with criteria defined below:
 - i. Athlete – This award will be presented to an athlete who best exemplifies the perseverance, dedication and excellence needed to compete in powerlifting. The athlete must have lifted for a minimum of 5 years with the SPA, with a lifetime clean doping control record.
 - ii. Builder – This award will be presented to a person who has committed to building the SPA and promoting powerlifting within the province. The builder will have been committed to the SPA for a minimum of 5 years, focusing on the growth and development of the sport of powerlifting in Saskatchewan.
 - b. Nominations shall be submitted to the President at least twenty one (21) days prior to the AGM. The SPA Board will determine the award winners.
 - c. An award to honour the recipients will be presented at the Provincial Championships.
 - d. These awards will not necessarily be given out each year if there are no suitable nominations.
 - e. A current member of the SPA Board may not be nominated for the athlete or builder award.

SECTION 9: DOPING CONTROL

1. The SPA follows the CANPL Clean Sport and Doping Control policies.

SECTION 10: EQUIPMENT POLICY

1. The Saskatchewan Powerlifting Association (SPA) owns equipment that is used by meet directors to host sanctioned competitions. The equipment is housed at official SPA Club training centres, split between the



north and the south, or in storage with board members, which can be loaned for use at sanctioned competitions.

2. This policy establishes a process for the loaning and use of the SPA's competition equipment for sanctioned competitions in Saskatchewan.
3. Competition equipment refers to ER Racks, Eleiko plates, Eleiko bar, Eleiko collars, Referee light system, SPA banner and any other equipment that may be utilized to facilitate a competition.
4. Process to borrow equipment for a sanctioned competition:
 - a. The meet director hosting a sanctioned SPA competition will contact either the President or Vice President to coordinate the loaning of the competition equipment required.
 - b. The meet director will clearly indicate which equipment they want to loan and coordinate a date and time to pick up the agreed upon equipment. At the time the equipment is loaned, a return date shall be established that allows reasonable duration following the competition for the equipment to be returned.
 - c. The meet director will also provide a refundable deposit of \$200 to the SPA Treasurer. Once the loaned equipment has been returned and determined to be in reasonable condition and has not incurred damages beyond regular wear and tear, the SPA Treasurer will return the deposit to the meet director.
 - d. Once the equipment has been loaned and the deposit has been paid, the Board member and the meet director will complete, sign and date the "SPA Equipment Loan Form" (Appendix A) to be kept as a record of the exchange.
 - e. Upon return of the loaned equipment, the same form is to be reviewed by the Board member and the meet director to ensure all equipment has been returned in reasonable condition and all items are accounted for. At this time, the form will be signed by both parties and the deposit shall be returned to the meet director.
 - f. If it is determined that the meet director has not returned the equipment in reasonable condition or has not returned the loaned equipment by the agreed upon date and time, the deposit may not be returned to the meet director. In the event the loaned equipment has incurred damages which exceed the value of the deposit paid, the meet director will be held responsible for the cost of repairs exceeding the deposit, up to the replacement value of the equipment as determined by the SPA Board..
 - g. Exceptions
 - i. Where due to unforeseen circumstances beyond the reasonable control of the meet director, as determined by the SPA Board, damage has been incurred to the loaned equipment;
 - ii. Where due to unforeseen circumstances beyond the reasonable control of the meet director, as determined by the SPA Board, they are unable to return the competition equipment by the agreed upon date and time;
 - iii. In both of the above circumstances, it is the meet director's responsibility to communicate in a timely fashion with either the President or Vice President with whom they have made the equipment loan arrangements. The meet director must communicate the circumstances that lead to either the damaged equipment or the inability to return the loaned equipment as agreed upon. Failing to communicate as outlined above may result in not having the deposit returned to the meet director.
 - iv. The training facility where the equipment is housed will permit access to the competition equipment as coordinated by the President or Vice President. It is the responsibility of the President or Vice President to coordinate the removal and return of the loaned equipment with the facility where it is held. The meet director will be responsible for the physical delivery (removal and return) of the loaned equipment.



- v. In the event of the absence of the President or Vice President, coordination of loaning competition equipment may be made with other SPA Board members.

SECTION 11: INCLUSION POLICY

Purpose

1. The Saskatchewan Powerlifting Association (hereafter referred to as the SPA) believes all people should have the opportunity to participate in powerlifting.
2. The SPA believes all people have the right to environments free of harassment and discrimination based on race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, and ability.
 - a. Discrimination is the process of differentiating people by means of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, and ability and using such distinction to deny any member of the said classes a service or opportunity. Distinctions based on skill or achievement (i.e. National team selections) must not be interpreted or treated as discrimination.
 - b. Harassment can refer to a broad field of offensive behavior. It most often refers to conduct that is found offensive and threatening such as any verbal threats or abuse and/or physical intimidation or abuse. When harassment is of a sexual nature, involving lewd suggestions, comments, gestures, requests as well as, but not limited to, invitations of sexual touching or any physical encroachment or abuse, it is known as sexual harassment.
3. The SPA acknowledges that our governing bodies for powerlifting, Canada Powerlifting (hereafter referred to as the CANPL), International Powerlifting Federation (hereafter referred to as the IPF), and World Para Powerlifting Organization (hereafter referred to as the WPPO) may have their own inclusion policies that must be adhered to by athletes competing at higher levels of competition (i.e. CANPL Regional Championships, CANPL National Championships, IPF World Championships, etc.).
4. The SPA policy has practical applications to competitions that are held in the province and sanctioned by the SPA.

The SPA operates under the following and will:

- a. Acknowledge and refer to the Saskatchewan Human Rights Code as a resource to develop reasonable and justifiable measures to reduce discrimination of marginalized groups and promote inclusivity.
- b. Work with SPA members to maintain an inclusive environment for all parties, regardless of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, and ability. In regard to gender identity and expression:
 - i. Individuals will be referred to by their preferred name and/or pronouns.
 - ii. The board will work with transgender individuals of the SPA and external stakeholders (as applicable) on the implementation and/or modifications of this policy.

Eligibility

1. At competitions in the province sanctioned by the SPA, individuals may participate in the gender that aligns with their gender identity.
2. Individuals are not required to disclose their transgender identity or history to the association.



3. All individuals competing in an SPA sanctioned event must be holders of a CANPL Membership. By purchasing a CANPL membership, you are also agreeing to abide by their policies. The membership type purchased also determines when you must abide by IPF policies.
4. All individuals holding a SPA/CANPL Membership must be aware they may be subject to doping control according to the Canadian Anti-Doping Program, which is operated by the Canadian Centre for Ethics in Sport (CCES). Any questions pertaining to this should be directed to CCES.

Exceptions

1. When applicable, the eligibility guidelines of the CANPL, IPF, and/or other governing organizations will supersede the eligibility guidelines outlined in this policy.

Monitoring

1. The SPA will monitor ongoing developments and changes to the national and international participation guidelines and will review and/or revise this policy as necessary.
2. The SPA will also monitor provincial legislation regarding inclusion and amend this policy as needed.



Appendix A - Equipment Loan Form

Equipment loaned: _____

Loaned to: _____

Date loaned: _____

Purpose of loan: _____

Expected return date: _____

Deposit paid (\$200): Y or N

Signatures:

Meet Director: _____

SPA Executive Member: _____

Return form:

Equipment returned: _____

Returned by: _____

Date returned: _____

Deposit returned (\$200): Y or N

Signatures:

Meet Director: _____

SPA Executive Member: _____