



## GPC NZ Promoter Model for Sanctioned Competitions

All GPC NZ competitions must adhere to the GPC NZ Constitution, the GPC NZ Rulebook and the GPC NZ Code of Conduct. These documents cover all lifters (member or not), officials and promoters. Please ensure you are familiar with these documents prior to bidding for a competition.

If you have a bid that meets some, but not all the requirements or an idea not covered at all, please get in touch with the GPC NZ Board before bidding to discuss. Not all points are as important as others.

Promoters must submit a list of confirmed entrants two weeks prior to their event to the GPC NZ board for verification of membership. Other such documentation such as calibrated scale certification (if applicable) etc must also be submitted by this date.

At GPC NZ we understand that running an comp can be daunting and we aim to help you run your event as best we can. We have lots of competition experience and will be able to guide you in running your successful event. If required we can provide an online entry form through our website.

Your comp will be promoted on our Facebook page; the competition will also be published on the competition calendar.

This document will outline how GPC competitions are expected to be run for the following competitions.

1. GPC Sanctioned Novice Competition
2. GPC Sanctioned Regional Competition
3. GPC Sanctioned National Competition

### **ALL competitions must have the following**

- Online Entry form (online can be arranged with GPC NZ on the GPC NZ website)
- Promotion of the event via social media/print etc (please note that use of the GPC NZ logo must be approved by the GPC NZ board)
- Set weigh in times & a schedule for the day
- All equipment required for the event (see equipment list)

- Medals (must be purchased from GPC), Trophies (required for Nationals competitions only), Certificates (required for Novice competitions only and able to be purchased from GPC)
- Next Lifter spreadsheet (the competition running system)
- Music - DJ or Stereo (music to be appropriate for younger audience members)
- Seating (aim to include 1-2 seats per lifter to cater for friends/family)
- Food and beverages for the referees and helpers
- A platform team (spotter/loaders)
- Any costs incurred in the travel of referees (upon agreement with the GPC NZ board). For national events, GPC NZ will cover the expense of a visiting International Ref and help arrange this with the World Board.

### Competition Platform

- Squat Rack/Bench (see notes for differences)
- Bars (see notes)
- Sturdy flat area that is covered with rubber (carpet and wood are NOT permitted)
- Blocks for feet, e.g. a 15kg or 20kg bumper plate
- Chalk
- First aid kit
- Platform health & safety kit - spray bottle of diluted bleach, wire brush, paper towels, broom, rubber gloves (for blood noses, etc)
- A deadlift jack (optional for novice events)

### Competition equipment:

- Computer with Excel and Next Lifter (Next Lifter program can be emailed from GPC NZ, it runs in Excel).
- Three referee chairs
- 1-3 people to run the table with the laptop (plus seats)
- TV(s) connected to the laptop, one for platform team, one for audience.
- Various papers to run a hardcopy of the table sheet and weigh in sheets (these documents can be downloaded from the GPC website)
- Scales (see notes) in good working condition (check the battery!).
- Referee cards or lights. Three white and three red cards, A4, available from the stationery shop
- Audience seating
- Sufficient warm up equipment for entries

## Differences between the various competitions

	Entry Fee (recommended)	Clothing	Referee Category (min)	Membership	Live stream	Weigh in Room
Novice	\$30-50	Standard	3	N	Optional	Optional
Regional	\$60-80	Soft Suit	2	Y	Optional	Yes
National	\$100-120	Soft Suit	1	Y	Yes	Yes

	Squat Rack	Bench	Bars	Calibrated Scales	Lights/Cards	Warm up equipment	Live stream
Novice	Standard	Standard	Standard	Optional	Either	Optional**	Optional
Regional	Monolift	Competition	Competition	Yes	Both	Yes	Optional
National	Monolift	Competition	Competition	Yes	Both	Yes	Yes

*\*\* must be sufficient for number of competitors. If one flight then no warm up equipment is necessary, for larger events you will need at least one warm up station. Please advise what warm up equipment you can provide in your application.*

Calibrated plates and specialty bars can be leased from GPC NZ. The promoter is responsible for all costs incurred in the packing and transport of the leased items. The promoter must provide adequate insurance to cover these items. Documentation of said insurance must be presented to the board no later than 4 weeks out from the date of the event. Transportation must be arranged with GPC NZ no later than 3 weeks out from the event. GPC NZ can assist with arranging transportation of the equipment.

## GPC NZ Novice Competition

The Novice competition is a good entry level competition for promoters and is open to non-as well as full members. It is a great way to encourage people at your gym to give powerlifting a go.

It consists of either of the following formats:

- 3 lift - (squat, bench press and deadlift)
- Push/pull - (bench press and deadlift)
- Single lift - (bench press only, deadlift only, squat only)

The GPC NZ Sanctioned Novice Competition is a novice competition approved and supported by GPC NZ. It can be a full powerlifting meet, a single lift event or a push/pull.

Dates for these events are not set and are required to be submitted with the proposal. We recommend that you consult with the GPC NZ board so that your event doesn't clash with other competitions.

A Sanctioned Novice Competition can be run in a commercial gym using standard gym equipment (see equipment notes).

The GPC NZ Sanctioned Novice Competitions are upbeat and enjoyable. GPC NZ prides itself on providing a welcoming environment to new lifters and we expect our event promoter to assist us in maintaining the high standard and excellent welcoming nature of our novice competitions. To maintain the high standard of our events we ask that all our novice comps be run with the same format.

In a novice competition there are no records to be set, only one age class (open) and awards are based off Glossbrenner. Placings are awarded with medals to 1st, 2nd and 3rd overall.

We don't acknowledge weight class placings in our novice comps. Certificates and medals can be purchased from GPC NZ at cost. We ask that you use these to run your event as it helps us to maintain continuity between our competitions.

GPC NZ will assist with the arrangement of referees for the novice comp. If it is deemed that there is potential for development in the area GPC NZ will consider, case by case, financial support to achieve said referee development. The GPC NZ Technical officer will decide this with the promoter and present the case to the board for consideration.

## GPC NZ Regional Competition

This is a member only competition.

These competitions are qualifiers for Nationals. If you wish to hold a mixed event (novice and qualifier) you will need to indicate such in your application.

- 3 lift, single lift or a push/pull\*\*

*\*\*Please note that a 3 lift is preferred and can be run with a single lift. Most competitors will want to qualify for 3 lift Nationals and therefore will need to compete at a 3 lift Regional.*

A GPC NZ Regional Championship is a qualifying competition for Nationals. Dates for these events are not set however we strongly recommend ensuring there is enough time between this and Nationals, as well consulting the GPC NZ board so as to not clash with another event.

The bidder should have run a GPC NZ Sanctioned Novice Competition before bidding for this event.

A GPC NZ Regional Competition is an important competition on our calendar that qualifies our lifters for Nationals. These comps are a step up from a Novice event where lifters are all members and are able to set New Zealand records.

To maintain the high standard of our events we ask that all our Regional comps be run with the same format. In a Regional comp there is only one age class (open). Lifters are awarded placings within weight classes. The winners from each weight class go into the pool for overall which is awarded using Glossbrenner. Certificates and medals can be purchased at cost from GPC NZ. We ask that you use these to run your event as it helps us to maintain the same high standard and continuity between our competitions.

GPC NZ will help arrange referees for your competition. A technical officer will also be required to oversee a regional comp. If it is deemed that there is potential for development in the area GPC NZ will consider, case by case, financial support to achieve said referee development. The GPC NZ Technical officer will decide this with the promoter and present the case to the board for consideration.

## GPC NZ National Competition

This is a National Competition. Lifters must have qualified for this event at a previous qualifier (i.e. a regional, or have exemption from the board). This event is only open to current GPC NZ members.

- Powerlifting Nationals, Single Lift Nationals
- Dates are decided by the GPC NZ Board
- Combinations of the Powerlifting & Single Lift Nationals are acceptable

A GPC NZ National Competition is a prestigious event. It is only open to members who have qualified or whom have exemption from the GPC NZ board. New Zealand and World Records can be set at this event. Dates for Nationals are set by the GPC Executive Board so that they can be organised with the visiting World Referee and also with some regard to the World Championship.

The bidder should have run a GPC NZ Regional Competition before bidding for this event. This event is typically a two day event with Men on the Saturday and Women on the Sunday. The current model for Nationals is that we have a Bench Only on one of the days. The configuration of this event is up to the promoter however GPC NZ encourages the promoter to run Bench Only with the 3 Lift Bench segment and limit the competitors to competing in one or the other (unless the competitor specifically okays lifting in both, no allowance must be made for a lifter who does both). Previously GPC NZ has only had a Bench Only Nationals, if the promoter wishes to put forward an alternative plan the GPC NZ Executive Board welcomes this.

The National Championship must be live streamed.

To maintain the high standard of our events we ask that all our Nationals Comps be run with the same format. In a National comp there are 3 age classes, teen/junior, open and masters. Individual age classes are still applied for record purposes. Lifters are awarded placings within their age class. In each age class the placings are given to 1st, 2nd, 3rd in each weight class. The winner from each weight class goes into the pool for overall age (calculated using Glossbrenner) and the winner is awarded a Trophy. GPC NZ does this to encourage the level of competition in our junior/teens who are the future of GPC NZ powerlifting. Medals must be purchased from GPC NZ to maintain continuity between our competitions. These will be sold to the promoter at cost.

The GPC NZ Executive Board reserves the right to decline any bid. Submissions for the 2018 calendar should be received by the GPC NZ Board by the 20th of October 2017. GPC NZ aims to publish the calendar end of October/early November 2017.

The GPC NZ Executive Board reserves the right to cancel any scheduled event shall it become apparent that the promoter is unable to provide the requirements for the event and/or is in breach of the GPC NZ Code of Conduct or Constitution.

If you have any questions about bidding for an event please don't hesitate to get in touch with us. You can message us through the GPC NZ Facebook page.

Please submit your bids in writing to the GPC NZ Secretary via email:  
[secretary@gpcpowerlifting.co.nz](mailto:secretary@gpcpowerlifting.co.nz)

Bids should contain as much information as you feel we need to make our decision. Thanks!