



**THE STRENGTH GUYS**  
PERFORMANCE THROUGH INNOVATION

*- PROUDLY PRESENT -*

***TSG VIRTUAL MEET GUIDELINES***

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**Registration Opens:** August 15<sup>th</sup> at 9:00 am MST

### **Meet Director Contact Information**

Email: [john@thestrengthguys.com](mailto:john@thestrengthguys.com)

John Downing

83 kg Junior USAPL National Champion

Former 83 kg USAPL National Record Holder in the Squat

Director of 2019 USAPL Collegiate Nationals in Columbus, Ohio

## **Key Points & Executive Summary**

- You must compete between October 15 – October 18.
- Video submissions must be uploaded by October 18 at 11:59 pm MST.
- You must use a [Time Stamp mobile application](#) to verify the time of your attempts.
- You must adhere to the [minimum equipment guidelines](#) or attempts will be disqualified.
- All videos must be submitted into your designated folder of Google Drive.
- You must take your opening attempt within a 2 to 3-hour time window of weighing in.
- All attempts must take place on the same day within a 4-hour time window.
- All [video submission](#) and [command guidelines](#) must be followed. Failure to comply will result in no lift.
- If you do not meet the [video submission guidelines](#) your videos will not be counted and judged by the [International Referees](#).
- Results will be publicly available by Friday, October 23 at 11:59 pm MST.
- Prizes will be announced Saturday, October 24.

## **Important Note for Participants**

Follow the instructions outlined within this document as closely as possible. If you do not follow the rules, your attempt will be disqualified with no refunds provided.

Please email the Meet Director if you have any questions.

## **Meet Background**

TSG is proud to present our inaugural Virtual Meet on October 15th - 18. Due to the COVID-19 pandemic, many countries around the world have been affected differently. In powerlifting, many Championships have been canceled around the world, including National and World Championship events. The Virtual Meet is our response to these events' cancellation because we want to provide powerlifters from across the globe with a goal to train for during these difficult times. Read below for more information on registration, guidelines, rules, prizes, and eligibility.

## About The Strength Guys

The Strength Guys are a group of scientists, innovators, and athletes who are passionate about delivering results-driven and evidence-based powerlifting coaching online for drug-free athletes. Our team specializes in powerlifting coaching and strength & conditioning coaching for bodybuilding, athletics, and general fitness. We use innovative design and a level of professional care, which positively affects the course of our client's performances.

## Entry Requirements

\$20 USD entry fee is required. If for some reason you can't afford the entry fee and would still like to participate, please email [nicola@thestrengthguys.com](mailto:nicola@thestrengthguys.com) to explain why.

To be eligible for prizes and placings, competitors must provide proof that their most recent competition is with an IPF-affiliated organization and that they've competed since January 1, 2019.

To enable greater access to our competition, lifters who do not meet these requirements will still be allowed to compete, but will not be allowed to place or earn prizes.

## Categories/Divisions

- Junior, Male & Female
- Open, Male & Female
- Masters, Male & Female

## Competition Dates

Dates: October 15 - October 18

Due to the limitations of the Virtual Meet, this competition will not operate in a live manner. Instead, participants will submit their attempts to our international referees for judging & scoring according to the video submission guidelines, between the dates of October 15 - October 18.

We've decided to use a range of dates to accommodate the varying situations and time zones that participants may find themselves worldwide.

Results will be publicly available by Friday, October 23 at 11:59 pm MST.

## Required Mobile Applications & Equipment

Participants must download and use Time Stamp applications to verify the date and time of weigh-ins and video collection. Participants will be subject to automatic disqualification if photo & video submissions do not include a time stamp. Photo & video submissions will be subject to further inquiry if the referee or contest director has any doubt.

#### Equipment

- Singlet
- Must use a 20 kg/45 lbs bar
  - Using a Deadlift Bar will be subject to disqualification

#### iOS

- Time Stamp Camera (<https://apps.apple.com/ca/app/timestamp-camera-basic/id840110184>)

#### Google Play

- TimeStamp ([https://play.google.com/store/apps/details?id=jp.m\\_c8bit.timestamp&hl=en\\_CA](https://play.google.com/store/apps/details?id=jp.m_c8bit.timestamp&hl=en_CA))

## Weigh-Ins

Weigh-ins are a standard procedure of any competition in the International Powerlifting Federation (cite rulebook). Participants will be required to complete a weigh-in protocol to be eligible for this competition.

To simulate competition conditions, participants must weigh-in and then take their opening attempt within a 2 to 3-hour time-window after weigh-ins. This time window will be verified by viewing the time stamps of the weigh-in photo and opening attempt video submissions. Guidelines for submitting your weigh-in photo are listed below.

- The participant must provide a photo of him/her standing on the scale using a Time Stamp mobile application.
- The participant must take their opening attempt on Squat within 2-3 hours of weighing in.
- The weight value on the scale MUST be identifiable in this photo.
- The minimum clothing requirement is to weigh-in wearing your singlet.
- Photos that do not abide by the minimum clothing requirement will be subject to immediate disqualification.

## Honesty, Sportsmanship, and Reason for Doubt

We acknowledge that any Virtual Meet format provides a unique opportunity for individuals to game the system and take advantage of the rules. Participants in this competition MUST uphold the values of honesty and good sportsmanship by adhering as best as possible to this document's rules & guidelines. If there is any suspicion of cheating, a participant will be subject to further inquiry. We also aim to be understanding of unique situations that may arise based on logistics.

## Attempts

The Virtual Meet will operate as jointly as possible to the IPF competition Raw/Unequipped standards. Participants will submit three attempts on the Squat, Bench Press, and Deadlift to our International Referees panel for scoring. These attempts must follow the [Rules of Performance](#).

Unique to the Virtual Meet, all attempts must occur on the same day within a 4-hour time window. This time window will be assessed and verified by analyzing the time stamps on all video submissions.

## Judging

An International Referee will assess each of the nine attempts submitted by a participant according to the IPF Rules of Performance for each lift (<https://www.powerlifting.sport/rules/codes/info/technical-rules>). If video submissions are not received on time (October 15 - October 18 in your time zone) or do not follow the guidelines below, disqualification will occur.

## Video Submission Guidelines

Please adhere to these general guidelines as best as possible for all video angles.

- All video files (including missed attempts) should be submitted and named in the format of Attempt and Load Lifted (i.e., Attempt 1\_175 kg)
- Ensure that the video camera is mounted on a stable surface.
- Recording multiple video angles simultaneously is not required but may be beneficial.

To correctly gather video, ensure that the following criteria are met and our general guidelines:

- The camera should be at an approximately knee-hip height.
- Include the entire lift in video collection, from the start of the set-up to the time the hands have left the bar once it is safely in the rack or on the floor.
- Ensure that lighting in the room provides proper visibility for the referees.
- Ensure that bar load can be seen
- Ensure that the entire body is in view

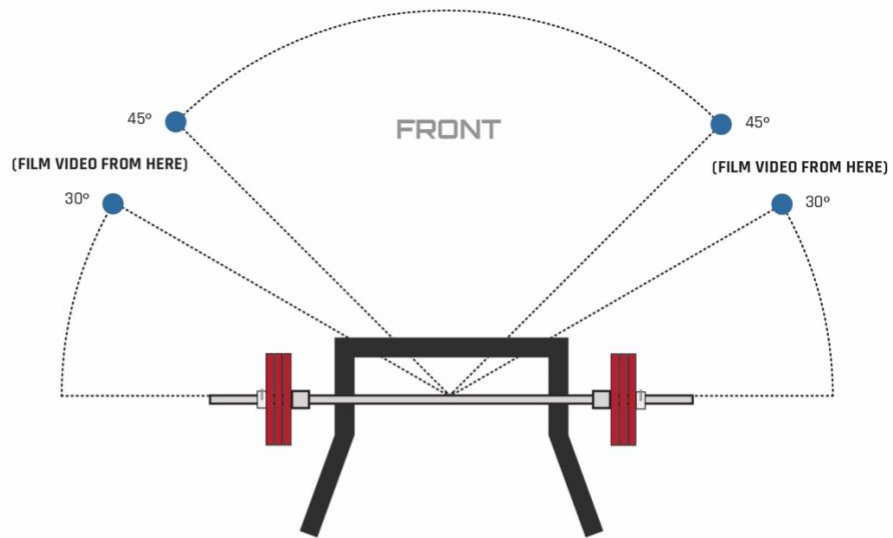
After a participant has finished their nine attempts, he/she will be required to submit ALL of their video files, which MUST be located in the Google Drive folder shared with them after registration. This Google Drive folder must contain the following:

- Photo of Weigh-In Photo (with Time Stamp on photo)
- Video of 9 Attempts (with Time Stamp on each video)

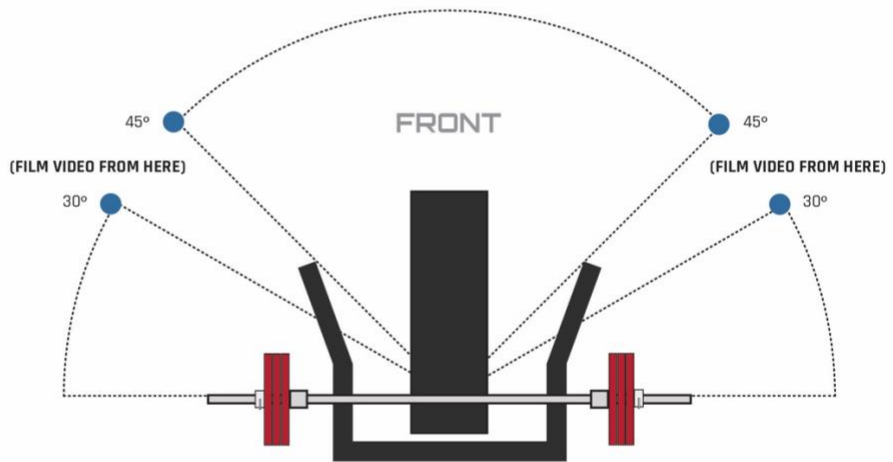
According to the guidelines above, videos that are not submitted will be counted as a bad lift, just as they would if you wear improper equipment on the platform.

When video collection is performed correctly, it should look like this.

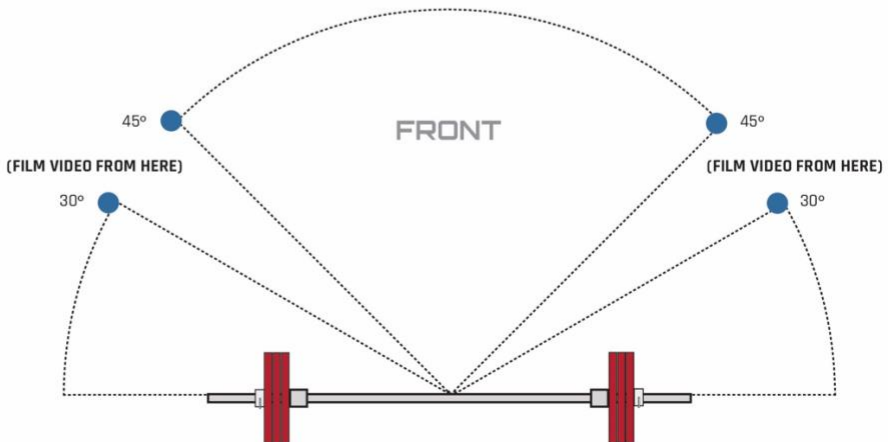
## SQUAT



## BENCH PRESS



## DEADLIFT



## Rules of Performance

A lifter will be required to conform to the rules below on each lift, but audible commands are optional. Lifters must complete the Squat, Bench Press, and Deadlift in order to be eligible for scoring.

### Squat

- The lifter must be motionless, and erect (slight deviation is allowable) with knees locked before beginning the Squat (modified from IPF Technical Rules, p. 17., 2019)
- The lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees (IPF Technical Rules, p. 17., 2019).
- The lifter must recover at will to an upright position with the knees locked before racking the barbell to finish the lift (modified from IPF Technical Rules, p. 17., 2019).

### Bench Press

- After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall straighten their arms with elbows locked, and may begin the press as soon as the lifter is motionless and the bar properly positioned (modified from IPF Technical Rules, p. 18., 2019).
- The bar must pause and be motionless on the chest before the lifter begins to press the bar upward (modified from IPF Technical Rules, p. 18., 2019).
- The lifter must then return the bar to straight arms' length with elbows locked before racking the bar (modified from IPF Technical Rules, p. 18., 2019).

### Deadlift

- On completion of the lift the knees shall be locked in a straight position and the shoulders back (IPF Technical Rules, p. 19., 2019)
- The bar must be held motionless in the apparent finished position before lowering it to the floor (modified from IPF Technical Rules, p. 19., 2019).
- The lifter must show control by gripping the barbell until it is motionless on the floor (modified from IPF Technical Rules, p. 19., 2019).

## Referee Bios

We've made a concentrated effort to make this Virtual Meet a diverse and inclusive competition for participants worldwide, and we couldn't do it without the help of these International Referees who've volunteered their expertise.

### Charlotte Vedel



I began powerlifting as a Sub Junior in 2011. I started refereeing 2 years later as a regional and then national referee. I've competed at 2 University World Cups, and passed my Cat 2 exam in 2018 in Pilsen. In 2019 I won the 63 kg French Open National Bench Press Championship and qualified for 2020 Bench Press Worlds with 97,5kg as a -57kg.

In addition to my background as a referee and athlete, I began coaching the Junior French team at 2019 European Championship. I'm currently working on a PhD on movement optimization in squats and weightlifting.

## Scott Dobbins

Scott has been involved in USA Powerlifting in virtually every capacity since 2011. He has competed on 5 equipped national teams with best lifts in competition of a 903lbs squat, 656lbs bench, and a 716lbs deadlift. He has directed 10 local competitions throughout central Texas, as well as the 2018 Collegiate Nationals at Texas A&M University, making him the youngest National meet director in the history of the sport. Scott is also a certified Senior National Coach and has served on multiple Jr/Sub Jr Worlds coaching staffs. He also serves as the Co-State Chair of Texas. In addition to all this, Scott is also an International Powerlifting Federation Category II Referee. Scott's contributions to the sport don't stop at his volunteering - he also invented the first reliable wireless, digital referee lights (DRL) which are in use in over 40 countries and 6 continents. Scott now resides in Austin, Texas where he works as an electrical engineer.

## Meg Leighton

I started powerlifting in 2012 & compete internationally in both Classic & Equipped.

Most memorable moments include placing 3rd at Classic Worlds in 2014, winning Bench Worlds in 2016, Commonwealths in 2013 and 2017 & breaking National records across 2 weight categories & 3 age categories. Aside from competing, I have assisted in coaching lifters from South Africa & other countries at international comps since 2016. I thoroughly enjoy game-day coaching, and love building relationships with our [#powerliftingfamily](#) around the world.

In 2017, I became a Cat 2 Referee & completed the IPF Cat 2 Coaching Course.

## Urban Mur

I've been an IPF Category 2 international referee since 2018. I first started powerlifting almost 7 years ago and instantly fell in love with the sport. I got even more involved in it in 2015 when I, as one of its founders, became the first president of Slovenian powerlifting federation. Since then I'm doing my best to raise the standard in powerlifting, not just as an official, but also by helping others get stronger and lifting heavy weights myself. I have attended more than 10 international competitions as a lifter, coach or a referee and have directed 6 national championships.

## Shane Martin

I have been powerlifting for over ten years competing at two IPF Worlds earning a Bronze and Silver in the Bench, I won my weight class in the Pro Bench at the Arnolds, and I have 10x National titles. I have been a referee for over 5 years and have officiated close to 40 meets. I took my IPF CAT II Referee test at Calgary Worlds in 2018 where I was also the coach for Team Canada's Masters athletes.

In addition to lifting and refereeing, I have been a Team Canada Coach for the last 5 years, coach my Team Smartlifts, run championships, and I am the current CPU President.

## Jose Cayuela

Jose has been a lifter since 2015, referee, and coach participating in National and International Championships. He has been an IPF Referee since 2017 refereeing in National and global Championships, with the latest being the European Open Junior & Subjunior Championships in 2019 and European Masters Championships in 2020.

## Arian Khamesi

Arian is a USAPL Senior International Coach and Head Coach of the US National Team that competes at the IPF Classic Powerlifting World Championships. He has been a member of USAPL since 2011 and a referee since 2013, having achieved state-level status in 2013, national-level status in 2015, and IPF Category II status in 2018. Outside of coaching and refereeing, Arian is also the Co-State Chairman of Florida and a meet director for local-level competitions.

## Pjotr van den Hoek

I have been competing internationally since 2001 with my best results 2nd in the world overall in the open class. And the gold medal on benchpress at the European championships. I am still competing in the open class now. And have the world record master 1 benchpress in the 3lift.

I have refereed at numerous world championships as side, but a lot of times as chief referee. And I am the athletes representative on the IPF executive board.

## Rory Lynch

Rory is a powerlifting coach / software professional from New Zealand. He coached at IPF worlds from 2017 to present and was named as the head coach for 2020. He's been refereeing powerlifting since 2015, attaining his IPF Cat II in Sweden in 2019. Rory also likes to bench press.

## Tsung-Ting Hsieh

## Referee

### Results & Prizes

- Banners by Mack Marketing for each division winner determined by GL points.
- Interview on King of the Lifts Virtual Meet Recap Episode for each division winner determined by GL points.
- \$500 USD Total Prize Pot for Open division winners determined by GL points.
- Stay tuned for further updates.