

## 2020 USA Powerlifting Regionals Announcement

Since 2016, Regionals have been growing at a steady pace. Many of our members now look forward to Regionals as their 'Summer' meet or even a last-minute tune-up or qualifier for Raw Nationals. Regionals provide National caliber meets that are accessible at the local level.

**[Bids are officially open on Monday, September 23, 2019.](#)**

**All bids are due by Wednesday, October 23, 2019. 5pm EST.**

### High-level summary:

- Only USA Powerlifting state members within the Region can compete in their designated Regionals. Guest lifters (i.e., lifters from a state outside of the region) are allowed but they will not be eligible for awards. Guest lifters may set state and American records and may earn a qualifying total for a national meet. Guest lifters are subject to all normal rules of competition and must meet the same qualifying criteria to enter the meet.
- Top 3 placings in any division that requires a qualifying total at Raw Nationals and Open Nationals will be awarded a +50kg handicap that will be applied to their total. The total achieved at Regionals plus the +50kg handicap must be equal to or greater than the Qualifying Total (QT) for the Raw/Open National meet that the lifter enters.
- The QT for Regionals is 75kg. The QT must have been achieved at a USA Powerlifting sanctioned 3-lift meet since January 1 of the previous year.
- 2020 Regionals will be consolidated into 4 Regions.
- National or higher referees are required to officiate as Chief Referees.
- Eligible referees who have been approved by the Technical Committee can sit for their National Referee test.
- A 3-member jury of National Referees (with at least 2 year's active experience as a National referee) and/or IPF Referees is mandatory. A minimum of one 3-member jury per 2 platforms is required.
- American Records can be set at Regionals providing there are 3 National Referees available.
- Regionals are qualifiers for Raw/Open Nationals – only open and age divisions are allowed. Only full meet, 3-lift competition is allowed.
- All equipment is allowed as long as it meets USA Powerlifting technical standards.
- Access to the warmup area and the coaching area at all USA Powerlifting sanctioned Regional and National events is restricted to USA Powerlifting members in good standing. This applies to athletes, officials, referee, and coaches.
- USA Powerlifting will design the logos, medals, and backdrops.
- Regionals will take place from July to August of 2020.
- Registration for all regions will open on Friday, February 1, 2020
- There will no longer be blackout dates for local meets
- Entry deadline is 4 weeks out from the start of each Regional.
- The registration fee for all 2020 Regional events is \$125. Extra fees and add-ons are at the discretion of the meet director.

### Regions:

