

Subject: USA Powerlifting State Referee Certification

Date: December 9, 2018



Dear Members of MN USA Powerlifting,

As you all know, USA Powerlifting (USAPL) is run primarily by volunteers. Judging is one of the areas that we, as an organization, cannot do without. As the state chair for Minnesota, it is my job to recruit and certify state-level referees. While the current core group of referees has always done a great job and gone above-and-beyond the call of duty to volunteer their time at our state and local meets, it is a large burden for so few to always carry, particularly in light of our unprecedented growth as an organization over the past couple of years. I feel this is an appropriate time to outline the referee certification process and to let everyone know that we are always looking for people interested in becoming a USAPL referee.

The minimum requirements to become a USAPL state referee are as follows:

1. Candidates must be a minimum of 18 years of age.
2. Candidates must be current members of USA Powerlifting.
3. Candidates must have approval of their state chairperson to take the test.
4. Candidates must be actively involved in the sport of powerlifting for a minimum time period of one year in one of the following capacities: athlete, coach, meet director, or scoring table official.
5. Candidates must pass the written (passing score = 80%) and practical (passing score = 90%) portions of the test.
6. When necessary, retest arrangements may be made after a minimum of 6 weeks following the previous test date.

We are looking to increase the number of referees we have in Minnesota. I must stress that we are not just looking to increase numbers - we are looking for interested members who have the potential to become excellent referees and who will be committed to helping more than just once every few years. Our organization prides itself on fair and consistent judging. It is not enough to have the appropriate rules and procedures written in a rulebook. Those rules (all rules - the major ones AND the seemingly insignificant ones) must be enforced at all times and applied in a consistent, fair, objective, and professional manner. It is important to note that enforcing the rules as written and being "lifter-friendly" are not mutually exclusive ideas. When rules are bent or a competitor gets a "gift" on a lift, his or her competition is disadvantaged and it is no longer a level playing field; that is NOT lifter-friendly.

If you are interested in exploring the possibility of becoming a USAPL referee in Minnesota, please contact me directly and we will begin the process. If approved, the first step will be determining a meet in Minnesota at which the practical exam can be taken. The written portion of the state referee exam is an open-book test and consists of 100 multiple choice questions with a 2-hour time limit. The written portion is taken online at a day and time agreed upon by the state chair and referee candidate (typically taken a week or two prior to the practical). Though the written test is open-book (candidates are allowed to use the USA Powerlifting rulebook), considerable studying in advance is usually required in order to pass the test. For the practical exam, the candidate will sit with an examiner (a senior referee assigned by the state chair) and adjudicate 100 attempts (40 squats, 30 bench presses, and 30 deadlifts).

Thank you all for your support of USA Powerlifting of Minnesota.

Sincerely,

A handwritten signature in black ink that reads "Joe Warpeha".

Joe Warpeha
Chair, USA Powerlifting of Minnesota
Chair, USA Powerlifting Technical Committee
IPF Category 1 Referee
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