**USAG Stuttgart MWR**

**Sports & Fitness**

**Power Lifting Series**

**Memorandum of Instructions (MOI)**

**9 February 2023**

**1**. **REFERENCES:** a. AR 215-1, 24 September 2010, Non-appropriated Fund Instrumentalities and, Morale, Welfare and Recreation Activities.

b. AE 215-1, 17 June 2019, Family and Morale, Welfare, and Recreation Programs in Europe.

c. DA PAM 385-10, 23 May 08, Army Safety Program

d.Technical Rules Book 16 May 2022, USA Power Lifting Rulebook, RAW, <https://www.usapowerlifting.com/wp-content/uploads/2022/06/USAPL-Rulebook-v2022.2.pdf>

**2.** **WHAT:** USAG Stuttgart MWR Sports & Fitness Power Lifting Series

**3**. **WHEN:** Squat 10 April-14 April 2023. 1100-1300 Kelley PFC

Bench 17 April-21 April 2023. 1100-1300 Panzer PFC

Dead Lift 24 April-28 April 2023. 1100-1300 Patch PFC

**4.** **WHERE:** USAG Stuttgart, Kelley, Panzer and Patch Fitness Centers

**5. COST:** No cost.

**6. REGISTRATION:** Registration must be completed the Thursday before the event at the hosting facility for each event.

**7**. **ELIGIBLITY:** U.S. ID cardholders; active-duty soldiers, DOD civilian employees, family members, and all patrons with access to USAG Stuttgart Fitness centers.

**8. AGE:** Must be 13 Years of age or older to participate.

**9. EVENTS**: Squat, Bench Press and Deadlift

**10. RULES:** a. Lift Standards and JudgingIAW USA Powerlifting Rules.

b. Weigh-ins will be conducted before a recorded lift.

c. Equipment Checks and rules brief will take place before any lift.

c. Each competitor willbe allowed up to two(2) lift attempts on the day of their participation.

d. Event Director will have final say on all decisions and will make all judgment calls on any contested lifts.

**11. AWARDS**: a. Medals will be presented to the top male and female competitors in the overall pound for pound class using the Wilks formula. <https://www.lift.net/wilks-calculator/>

b. Medals will be awarded for the heaviest lift for male and female.

**12. EVENT DIRECTOR:** Roland A. Meader, Facility Manager, Kelley Fitness Center, Family & MWR, USAG Stuttgart, USA Power lifting Certified Judge, DSN: 314-596-3908, [roland.a.meader.naf@army.mil](mailto:roland.a.meader.naf@army.mil)

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**13**. **S&F** **DIRECTOR:** Christopher Ragan, Sports & Fitness Director, Family & MWR, USAG Stuttgart, DSN: 314-596-8355 [christopher.b.ragan.naf@army.mil](mailto:christopher.b.ragan.naf@army.mil)

Christopher Ragan

Sports and Fitness Director

Family and MWR, Community Recreation Division

USAG Stuttgart