



Revolution
POWERLIFTING SYNDICATE

OFFICIAL SANCTIONED EVENT



**2016 RPS
Holly Jolly
Power-Bash**

December 10, 2016

LIFTING STARTS AT 9:30 AM

LOCATION: Barbell Central
300 N. Highland Aurora, IL 60506

DIRECTORS: Corey Miceli - 630.204.3390

ENTRY FEES: PER DIVISION PER LIFTER IS \$100.00
Crossover - \$30 per Division.
All Competitors welcome

ENTRY DEADLINE - November 25, 2016

Multi Platform Event

Pro/Elite Platform and Amateur Platform

\$10 Admission for Spectators and Coaches

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Rules Clinic 8:30 AM - One Piece Lifting Suit Required

LIFTING BEGINS AT 9:30 A.M.

WEIGH INS at Meet Site

AM Friday from 9am-12pm

AM Friday from 6-8pm

AM Saturday from 7:00-8:030am

Events: Full Power, Squat Only, Bench Only, Ironman (push/pull), Deadlift Only,

Divisions: Multi-ply, Single-ply, Raw Classic without Knee Wraps, Raw Modern with Knee Wraps

Classes: Amateur Only (random drug test), Police/Fire or Armed Forces* AM

Age Divisions: Open*, Teen (14-15, 16-17, 18-19), Junior (20-23), Sub-master (33-39),
Master (per 5 yrs) * Police/Fire, Armed Forces: Open & Master 50+

WEIGHT CLASSES: MEN: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

RULES: ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC THE MORNING THEY LIFT. FAILURE TO BE PRESENT FOR THE PRESENTATION OF RULES MAY RESULT IN FORFEIT OF ENTRY. Revolution Powerlifting Syndicate (RPS) rules apply. Equipment must meet RPS specifications. ***For rules and regulations, visit RPS website at www.RevolutionPowerlifting.com. Bench Commands: Bench, Press and Rack.***

DEADLINE: Entry deadline is November 26, entries must be received by this date. Late entries will be accepted on a case-by-case basis. Lifters who miss the entry deadline must contact the meet director for availability to be put on meet roster. **Failure to contact the meet director before "walking in" runs the risk of being excluded from the meet. A late fee of \$25.00 will be charged. NO REFUNDS. \$50 charge on returned checks, cash only after deadline.**

AWARDS: Cash prizes for Pro Division awarded per coefficient
Awards for 1st - 3rd in contested divisions

Revolution Powerlifting Syndicate Divisions

Pro: Anyone who has totalled or has single lifts that qualify for **Professional (Pro)** must enter this division unless they wish to enter **Elite** which requires a lifter paid urinalysis. Professional can be entered by everyone but teens regardless of what their lift numbers are. There is no drug testing in this division.

Amateur (AM): This division is a drug-free division. Any lifter under suspicion of drug use will be required to undergo a urinalysis test (SPORTS I EXPANDED). If the test results are negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and their lifts for the competition will be disqualified. A lifter testing positive will be required to lift as a Professional forthwith.

If the lifter enters **AM** and achieves a **Pro** qualifying lift, the lifter will either automatically be transferred to the Pro Division in the same meet (same weight class and sub-division), or have the option to pay for the urinalysis required to attain **Elite** status.

Elite: Those whose lifts qualify as **Pro** yet want to provide proof that they are not using any performance enhancements on the tested list. Elite lifts are only available in the Open division and will be scored in competition with the Pros.

Police/Fire: This division is reserved for individuals who serve the community as Police Officers, Correction Officers or Firefighters, civilly employed or volunteer. The age divisions are limited to Open and Master 50+.

Armed Forces: This division is reserved for individuals who serve(d) their country in a branch of the armed forces. The age divisions are limited to Open and Master 50+.

Crossfit: This division is reserved for individuals who are new to powerlifting and have entered a competition through the encouragement of crossfit. It is restricted to those competing for the first, second or third time, at an amateur level and in the raw classic or modern equipment division. Scoring for this division may be set by light/heavyweight and ranked by coefficient for the top five in each. Records will not be maintained for the crossfit division, however AM Raw Open records will be recognized if set by those entered in the this division. Breaking a world record will require next entry to be in general powerlifting.

No Membership Fee for participation or record eligibility.

RPS Professional/Elite Classification Totals

Raw Professional/Elite Totals Recognizes

For Single Lift Pro/Elite Classifications: revolutionpowerlifting.com

MEN'S DIVISIONS

| MEN'S WEIGHT CLASSES | Equipped Totals | | Raw Totals | |
|----------------------------|--------------------|--------|---------------|--------|
| | PRO | Master | PRO | Master |

| | | | | |
|-----|------|------|------|------|
| 114 | 1080 | 975 | 905 | 850 |
| 123 | 1180 | 1060 | 985 | 910 |
| 132 | 1330 | 1195 | 1060 | 975 |
| 148 | 1480 | 1330 | 1185 | 1090 |
| 165 | 1610 | 1450 | 1300 | 1190 |
| 181 | 1680 | 1510 | 1400 | 1280 |
| 198 | 1790 | 1610 | 1475 | 1355 |
| 220 | 1870 | 1680 | 1550 | 1475 |
| 242 | 1900 | 1710 | 1605 | 1500 |
| 275 | 1940 | 1745 | 1655 | 1520 |
| 308 | 1960 | 1765 | 1730 | 1600 |
| SHW | 1980 | 1785 | 1750 | 1615 |

WOMEN'S DIVISIONS

| WOMEN'S WEIGHT CLASSES | Equipped | | Raw | |
|------------------------------|----------|--------|-----|--------|
| | PRO | Master | PRO | Master |

| | | | | |
|-----|------|------|------|-----|
| 97 | 670 | 605 | 540 | 490 |
| 105 | 720 | 650 | 580 | 530 |
| 114 | 770 | 700 | 620 | 570 |
| 123 | 825 | 740 | 665 | 605 |
| 132 | 870 | 785 | 700 | 640 |
| 148 | 955 | 860 | 770 | 700 |
| 165 | 1030 | 930 | 850 | 760 |
| 181 | 1105 | 995 | 895 | 815 |
| 198 | 1170 | 1055 | 960 | 870 |
| 220 | 1250 | 1125 | 1010 | 918 |
| SHW | 1300 | 1175 | 1040 | 918 |

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Entry fee for first division per lifter is **\$100**. Additional divisions - \$20 per Crossover.
Check at least one in Sections 1-4. More than one Check in a Section equals a Crossover.

| | | | | | |
|-------------------------|--|---|--|--|--|
| ① Events: | <input type="checkbox"/> Full Power | <input type="checkbox"/> Squat Only | <input type="checkbox"/> Bench Only | <input type="checkbox"/> Ironman (push/pull) | <input type="checkbox"/> Deadlift Only |
| ② Divisions: | <input type="checkbox"/> Multi-ply | <input type="checkbox"/> Single-ply | <input type="checkbox"/> Raw C <small>Classic w/o Knee Wraps</small> | <input type="checkbox"/> Raw M <small>Modern w/ Knee Wraps</small> | |
| ③ Classes: | <input type="checkbox"/> Am (random drug test) | <input type="checkbox"/> Elite Open† <small>† Please include Mandatory Drug Test Fee – \$100</small> | <input type="checkbox"/> Police/Fire AM* | <input type="checkbox"/> Armed Forces AM* | |
| | <input type="checkbox"/> Pro (non-drug tested) | | <input type="checkbox"/> Police/Fire Pro* | <input type="checkbox"/> Armed Forces Pro* | |
| ④ Age Divisions: | <input type="checkbox"/> Open | <input type="checkbox"/> Teen (age: _____) | <input type="checkbox"/> Junior (20-23) | | |
| | <input type="checkbox"/> Sub-master (33-39) | <input type="checkbox"/> Master (age: _____) | *Police/Fire, Armed Forces: Junior, Open & Master 50+ | | |

Weight Class: _____ **Sex:** M or F

XPC Qualifying:

☐ Yes ☐ No **Best Total :** _____ **@ BWT** _____

XPC Qualifying is Pro Open Only

OTHER FEES Paid at the Door:

Spectator Fees & Extra Coaches Fees: \$10

Name: _____ **Age:** _____ **Birth Date:** _____

Street Address: _____ **City:** _____ **State:** _____ **Zip:** _____

***E-mail Address:** _____

***Please fill in legibly, will be used for important information about meet, do not provide if it is not an acceptable means of communication.**

Phone: _____ **T-Shirt Size:** S M L XL 2XL 3XL 4XL **Total Number of Division entered:** _____

Enter and Pay Online at RevolutionPowerlifting.com

Amount Enclosed \$ _____

Mail Check or Money Order Payment must accompany form and be received by November 25, 2016

Please make checks payable to (\$50 fee on returned checks, no refunds guaranteed at any time):

SquatLife, 300 North Highland Avenue, Aurora IL 60506

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the Revolution Powerlifting Syndicate(RPS), Gene Rychlak Jr., Jose Garcia, Kickin' It Large Productions, Barbell Central, Inc., their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in powerlifting competition sponsored by aforementioned parties. I also relinquish any rights to imagery taken of myself during said event for the promotional use by the promoter and federation. I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that I enter the Am (drug tested) divisions. I may be selected to take a urinalysis test. If this test is found to be positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the test will be paid for by the Meet Promoter. By signing the release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature (in full) of applicant

Date

Signature (in full) of parent or guardian if applicant
is under 21 years of age

Date