

IRON FREAKS
POWERLIFTING TEAM



**Lifting
Starts
At 10 am**

BIG BENCH COMPETITION

SATURDAY MARCH 10, 2018

**60 Lifter
Limit**

**Nirvana Family Fitness
1222 Veterans Highway, Bristol, PA 19007**

ENTRY FEE: \$75.00 per Division per Lifter

Crossover: \$35 per Division

SPECTATORS & COACHES: \$10 Admission (13 & under Free)

ENTRY DEADLINE: Friday, February 23, 2018*

(*A \$25 late fee will be imposed for Walk In entries and for entry forms postmarked after the due date.)

Weight Divisions and 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

➤ Open, Teen (14-15, 16-17, 18-19), Junior (20-23), Sub-master (33-39), Master (40+, per 5yrs)

Schedule:

➤ Weigh In: Friday, March 9 from 5:30 to 7:00 pm and Saturday, March 10 from 7:30 to 8:30 am at Nirvana

➤ Mandatory Rules Clinic: Saturday, March 10 at 8:45 am at Nirvana

➤ Competition Start: Saturday, March 10 at 10:00 am at Nirvana

Awards and Records:

➤ The top three (3) places in each Weight Class and Division will receive awards.

➤ Lifts and Records will be recorded and submitted to Revolution Powerlifting Syndicate (RPS).

Rules:

➤ All Lifters must be present for the rules clinic!

➤ **One-piece lifting suit (singlet) MUST be worn.**

➤ Equipment must be within RPS specifications.

➤ All Revolution Powerlifting Syndicate (RPS) rules apply.

➤ For questions on rules, please feel free to visit the website www.revolutionpowerlifting.com.

*Late Rules and Fees:

➤ A \$25 late fee will be imposed for Walk In entries and for entry forms postmarked after the deadline.

➤ Lifters late to the competition who do not notify the Meet Director with a phone call will forfeit their lift.

Contact Information:

➤ Matt Esche, Meet Director, cell phone: 215.554.4124, email: ironfreakspowerlifting@hotmail.com

Revolution Powerlifting Syndicate Divisions



Amateur (AM): This is a drug-free division. Random drug tests may be performed. Any lifter under suspicion of drug use will be required to undergo a urinalysis test (performed by Quest Diagnostics: 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 **permanently banned from lifting in the AM Division.**

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

Elite: Those whose lifts qualify as **Pro** yet want to provide proof that they are not using any performance enhancements substances on the banned list (see www.revolutionpowerlifting.com). Elite lifts are only available in the **Open** division and will be scored in competition with the **Pro** division. If lifting Elite, it is the responsibility of the lifter to be available to provide a test sample and should request to do so at the completion of their lifting for the day. If the lifter pays for testing but does not provide sample and leaves the meet facility, there will be no refund and the lifter's results will be determined as Pro.

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 any branch of the armed forces. The age divisions are limited to **Open** and **Master 50+.**

RPS BENCH PRESS RULES

1. The lifter assumes a starting position on their back with upper body and buttocks in contact with the flat bench surface. Head movement is allowed including turning or raising the head. The buttocks must remain in contact with the flat bench surface during the entire range of motion. Any portion of the foot must be in contact with the floor and may move in any direction without penalty (i.e., slide or slip) but must stay in contact with the floor.
2. To achieve firm footing, the lifter may use plates or blocks (not exceeding 45 cm. x 45 cm.) to build up the surface of the platform. However, some part of the foot must remain in contact with the surface.
3. The spacing of the hands shall not exceed 81 cm (or 32 inches), measured between the forefingers. A reverse grip is permissible, providing the distance between the little fingers does not exceed 81 cm. A false/thumbless grip is permissible, providing the distance between the forefingers does not exceed 81 cm.
4. Should the lifter choose to use a false/thumbless grip, the lifter assumes all responsibility of any liability to him/herself or anyone on the platform as a result of using this grip. If the lifter cannot show safe control of the bar with a false/thumbless grip, they will be notified by any platform judge to change grip for any remaining attempts. If the lifter refuses to change grip from a false/thumbless grip to standard or reverse grip, they will forfeit any remaining attempts.
5. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift-off must be released at arm's length and NOT while moving down to the chest. If the lifter so wishes, he may utilize his own hand-off person. Once letting go of the bar, the hand-off person must position themselves to allow the head judge to be able to see the lifter in order to give the lift commands.
6. After receiving the bar at arm's length, the lifter must show locked control of the lift to receive the head judge's verbal "Bench" command to commence the lift. Once the command is given, the lifter, at will, shall lower the bar to his chest in a controlled manner and await the referee's command. Any reverse of direction during downward descent is considered an attempt.
7. The vocal command of "PRESS" is given when the center of the bar touches the torso in a controlled manner.
8. After the command to resume the lift is given, the bar is pressed upward. During the ascent, the bar may stop in its upward motion but is not allowed any downward movement. The bar is also allowed to extend unevenly (no more than 5 inches), but arms must extend to a locked-out position simultaneously and evenly at the completion of the lift. Once the bar is returned to straight arm's length with elbows locked and held under control, the verbal "RACK" command is given by the head judge. The spotters will assist in returning the bar to the rack.

ENTRY FEE: \$75.00 per Division per Lifter / Crossover: \$35 per Division
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Entry Forms can be submitted in person, mailed, or emailed to:

BRISTOL'S BIG BENCH COMPETITION
c/o Matt Esche, Meet Director
20 Ice Pond Road Levittown, Pennsylvania 19057
Email: ironfreakspowerlifting@hotmail.com

Last Name: _____ First Name: _____ Date of Birth: _____

Address: _____ City, State & Zip: _____

Phone: _____ Email: _____

How did you learn about us? Internet Facebook Friend Other: _____

Men's Class* (check one): 114 123 132 148 165 181 198 220 242 275 308 SHW

Women's Class* (check one): 97 105 114 123 132 148 165 181 198 220 SHW

(*Class may be changed at Weigh In)

Classes: AM (random drug test) Elite Open Police/Fire AM Armed Forces AM

Pro (non-drug tested) Police/Fire Pro Armed Forces Pro

Age Division (check one): Open Teen (age: _____) Junior(20-23) Sub-master(33-39) Master (age: _____)

Divisions: Single-ply (Teen, Open & Master 50+ only) Multi-ply Raw Classic

Opening Lift: _____ (lbs.) **T-Shirt Size** (check one): S M L XL 2XL 3XL 4XL

Emergency Contact Info:

First and Last Name: _____ Phone: _____

Payment Information: All entry fees are non-refundable and non-transferable. Checks/Money Orders can be made payable to 'Matthew Esche' and sent to: 20 Ice Pond Road Levittown, PA 19057.

Payment Type (check one): Check Money Order Cash (In person only prior to meet)

You may also ENTER & PAY ONLINE @ revolutionpowerlifting.com

Amount Enclosed: \$ _____

Please Read Carefully. When you sign this, you will be giving up important legal rights.

Release of Liability In consideration of the acceptance of my entry into the Bristol's Big Bench Competition, I hereby agree to all the rules and regulations associated with Bristol's Big Bench Competition through Revolution Powerlifting Syndicate (RPS). I agree that any use of strength inducing drugs in the Amateur division shall result in the forfeiture of any trophy or award, which I might otherwise have won. If it is determined that I have utilized strength inducing drugs in the Amateur division, I agree to waive any claim for which legal relief is available. I will also forfeit all fees paid to compete in this meet if I don't attend this meet for any reason. I attest that I have volunteered to participate in Bristol's Big Bench Competition and am aware is a potentially hazardous activity. I do here and forever release, discharge, and hereby hold harmless Nirvana Family Fitness (Nirvana), Revolution Powerlifting Syndicate (RPS), Iron Freaks Powerlifting (IFP) and their respective agents, heirs, assigns, contractors, employees and volunteers from any and all claims, demands, damages, rights of action or cause of action, present or future, arising out of or connected with my participation in this activity including any injuries resulting there from. I also grant permission for RPS to take photographs, videotape, and/or digital recordings of me during this competition to use in any and all media, now or hereafter. I do hereby release to Nirvana, RPS, IFP, and its employees all rights to exhibit this work in print and electronic form publicly or privately and to market and sell copies. I waive any rights, claims, or interest I may have to control the use of my identity or likeness in whatever media used. I understand that there will be no financial or other remuneration for recording me, either for initial or subsequent transmission or playback. I hereby agree that the information contained within this document to be true to the best of my knowledge. I hereby agree to all the terms of this agreement, intending to be legally bound hereunto.

Signature: _____ Date: _____

CONSENT AND RELEASE ON BEHALF OF MINOR - MUST BE COMPLETED FOR ALL PARTICIPANTS UNDER 21 YEARS OLD

I am the parent and/or legal guardian of the above named minor. I have read, understand and agree to be bound by all terms of this Release of Liability. I give my consent to the participation in Bristol's Big Bench Competition for the above named minor.

Guardian's Printed Name: _____ Email: _____

Guardian's Signature: _____ Date: _____