

2020 ADFPF COMBINED Full Power & Single Event NATIONAL CHAMPIONSHIPS

Sanctioned by the

AMERICAN DRUG-FREE POWERLIFTING FEDERATION

Participation in this event will allow ADFPF members to QUALIFY for the 2021 POWERLIFTING WORLD CHAMPIONSHIPS. ADFPF members will be able to set WORLD, AMERICAN, NATIONAL & STATE Records during this event.

DATE: October 10 -11. We are currently planning a two day meet to insure proper social distancing. The current plan is for women and men (< and including 75kg) to lift on Saturday. Men > 75kg will lift on Sunday. **THIS IS SUBJECT TO CHANGE TO INSURE CAPACITY IS MAINTAINED < 50%.**

VENUE & LOCATION: The Pit Barbell Club, 5221 Oak Grove Rd, Evansville, IN 47715

MEET DIRECTOR:

MIKE STAGG stagg@twc.com
2920 Harmony Way (812) 431-9113 Cell
Evansville, In 47720

ELIGIBILITY: All entries must be 2020 ADFPF members . The Membership Form is found on Page 5 of this mailing & online: www.adfpf.net . **All memberships purchased at this meet will be valid through December 2021.** All lifters setting world records must be members by 90 days prior to the event for the record to be valid.

Covid -19: If, for some reason, it becomes necessary to cancel this meet then entries will be refunded. The ADFPF will be asking all participants (while not lifting) and spectators to wear appropriate face covering and respect the social distancing recommendations that are in place. Sanitizer will be provided. If someone if being disrespectful of recommendations after being warned, you may be asked to leave without any refund.

ENTRY FEE: \$50.00 to enter POWERLIFTING with 1 Division (UNEQUIPPED or EQUIPPED) and 1 CATEGORY (Teen, Junior, Open, Masters or Police/Fire/Military). \$35.00 additional for another Category &/or Divisions (e.g. Unequipped Open + Equipped Open). This event is CAPPED at 70 lifters.

\$50.00 to enter the first Single Power Event and \$35 per event/division thereafter.

As and example, if a lifter wishes to enter Full Power + Bench Press and Deadlift Single Events the total is:

$\$50 + \$35 + \$35 = \120

Make checks payable to Michael Stagg.

ENTRY DEADLINE: Entries **with fees** must be **postmarked by SATURDAY, September 26, 2020.** Entries after the deadline will be accepted at the discretion of the meet director. Late entries will incur a \$30 additional fee.

A.D.F.P.F. RULES: ADFPF members are encouraged to download **RULEBOOK** from the website: www.adfpf.org. Chalk, Baby Powder/talc allowed only in designated areas. All personal equipment worn on the platform must be CLEAN, UNTORN and in GOOD repair. Obscenities/profanities are **NOT allowed** on **ANY** items in the competition area.

SPECTATOR ADMISSION FEE: \$10 (children under 13 will be admitted with no charge). Concessions are available on site.

Meet T-Shirts: \$20 (pre-order)

INDIVIDUAL AWARDS:

ALL LIFTERS ARE AUTOMATICALLY ENTERED INTO OPEN CLASS to determine the OVERALL CLASS CHAMPION and for the determination of team points.

TOP THREE places in each WEIGHT CLASS for the **OPEN MEN & WOMEN** (this category placing is determined by the ABSOLUTE final standing regardless of age).

TOP THREE places in each WEIGHT CLASS for the **MASTERS' MEN & WOMEN** using age groupings of: 40-49, 50-59, 60-69, etc.

TOP THREE places in each WEIGHT CLASS for the **TEENAGE lifters using the following categories:** 14-15, 16-17, 18-19.

TOP THREE places in each WEIGHT CLASS for the **JUNIOR MEN & WOMEN.**

Overall Best Lifter award for Open Men (Schwartz Formula), Open Women (Malone Formula) in both equipped and unequipped.

TEAM AWARDS (NO CHARGE FOR TEAM ENTRIES): Top 3 TEAMS. All teams MUST have a MINIMUM of 5 team members. **TEAMS may be men only; women only or Co-ed.** Please notify meet director of Team Entry by September 26, 2020.

Equipment Rules/Regulations

NOT ALLOWED for ANY DIVISION of ADFPF meets: KNEE &/or ELBOW SLEEVES, or any equipment constructed of any Canvas/blue jean materials. Also, absolutely no boxer shorts, boxer briefs, or underwear with any sort of leg/inseam to be worn during competition. If you do not own regular, legless underwear you must purchase them prior to the meet or be forced to forfeit fees and the chance to compete at this meet.

UNEQUIPPED Division: The only supportive equipment allowed is the LIFTING BELT & WRIST WRAPS. Lifters must wear a NON-SUPPORTIVE SINGLET & T-shirt. Shoes, boots or slippers are required in each event along with Knee Socks for the DEADLIFT. All lifting personal equipment must meet ADFPF rule specifications.

EQUIPPED Division: Supportive equipment limited to the following in each Event:

SQUAT EVENT: A SINGLE PLY SQUAT SUIT, BELT, KNEE WRAPS & WRIST WRAPS. A NON-SUPPORTIVE T-Shirt must be worn under the SQUAT SUIT. Shoes or boots required.

BENCH PRESS EVENT: Supportive equipment includes a SINGLE PLY BENCH SHIRT with CLOSED seams and NO fasteners (the shirt must cover the entire torso including shoulders, chest & back), BELT & WRIST WRAPS. A non-supportive singlet must be worn over the shirt. If no supportive shirt is worn, a T-shirt must be worn. Shoes or boots required.

DEADLIFT EVENT: Supportive equipment includes SINGLE PLY SUIT, BELT, KNEE WRAPS & WRIST WRAPS. Shoes, boots, or slippers and KNEE SOCKS required.

CATEGORIES OF COMPETITION: The ADFPF offers 7 CATEGORIES of competition including: OPEN; TEEN 1 (14-15 yrs of age); TEEN 2 (16-17 yrs); TEEN 3 (18-19 yrs); JUNIOR (20-23 yrs); MASTERS' (starting at ages: 40-44; 45-49); 50-54; and so on in 5 year increments); POLICE/FIRE/MILITARY (OPEN only, CURRENT FULL TIME employment required).

WEIGHT CLASSES:

MEN:

52.0	56.0	60.0	67.5	75.0	82.5	90.0	100.0
(114.5)	(123.5)	(132.25)	(148.75)	(165.25)	(181.75)	(198.25)	(220.25)
110.0	125.0	145.0	+145.0				
(242.5)	(275.5)	(319.5)	(+319.5)				

WOMEN:

44.0	47.5	50.5	53.0	55.5	58.5		
(97.0)	(104.75)	(111.25)	(116.75)	(122.25)	(129.0)		
63.0	70.0	80.0	90.0	+90.0			
(139.0)	(154.25)	(176.25)	(198.25)	(+198.25)			

DRUG TESTING: URINALYSIS testing for a minimum of 10% of participants.

BANNED SUBSTANCE LIST: ADFPF drug control policies follow the World Anti-Doping Agency (WADA) guidelines, which will be applied in cases for substances not covered below. Banned substances include ANABOLIC STEROIDS, GROWTH HORMONES, PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS. Many over-the-counter substances violate ADFPF Drug Control rules. Check all ingredients; if you have questions concerning medications and/or supplements, phone the DRUG HOTLINE at 1-800-233-0393.

ADFPF Active members are subject to both NIL-notice IN and OUT-OF COMPETITION drug testing and to Target Testing. If tested POSITIVE, the lifter may appeal by allowing the testing of Sample B at their expense. Lifters testing POSITIVE for ANABOLIC STEROIDS and related substances, OR who refuse to be drug tested IN-COMPETITION and/or OUT-OF COMPETITION receive a LIFETIME BAN in both the ADFPF & WDFPF.

TIME SCHEDULE:

- ✓ **Friday, October 9: 6 – 8pm p.m.** The Equipment check, & weight check (not official) will take place at the venue.
- ✓ **Saturday, October 10 (All Women and Men upto and including 75kg):**
 - Weigh IN: 7 – 8 am (all lifters must be present at wigh in prior to 8am), reweighs from 8am – 8:30am.** Equipment Check as needed.
 - 8:45 a.m. -- RULES BRIEFING.**
 - 9:00 a.m. -- OPENING CEREMONIES** and start of Championships.
- ✓ **Sunday, October 11: (All Men > 75kg)**
 - Weigh IN: 7 – 8 am (all lifters must be present at wigh in prior to 8am), reweighs from 8am – 8:30am.** Equipment Check as needed.
 - 8:45 a.m. -- RULES BRIEFING.**
 - 9:00 a.m. -- OPENING CEREMONIES** and start of Championships.

ENTRY FORM for
2020 ADFPF Combined POWERLIFTING NATIONAL CHAMPIONSHIPS

Sanctioned by the ADFPF

COMPLETE, SIGN and **MAIL ALL PAGES** of this ENTRY FORM with **CHECK** or **MONEY ORDER** payable to: **Michael Stagg**. You may pay entry fees via debit or credit card by calling the meet director. Mike Stagg (812) 431-9113. You may also enter online at www.adfpf.net

Mail to: **2920 Harmony Way, Evansville, IN 47720**

Or

Register online (a payment link will be sent within 48 hours after registration)

Entries must be postmarked by **SATURDAY, September 26, 2020**
(late entries will be accepted at discretion of meet director but will incur \$30 fee)

E-Mail Address: _____

Please PRINT CLEARLY or TYPE:

(First name)	(Middle Initial)	(Last name)	(Gender)	
(Street Address)	(City)	(State)	(Zip Code)	(Weight Class in Kilos)
(Home phone including area code)	(Cell phone including area code)	(Date of Birth)	(Age on 17 Aug)	

HAVE YOU BEEN LIFETIME DRUG-FREE? _____ ADFPF #: _____

Complete the following in KILOS (pounds divided by 2.2046):

Best COMPETITION UNEQUIPPED SQUAT: _____.	Best COMPETITION EQUIPPED SQUAT: _____.
Best COMPETITION UNEQUIPPED BENCH PRESS: _____.	Best COMPETITION EQUIPPED BENCH: _____.
Best COMPETITION UNEQUIPPED DEADLIFT: _____.	Best COMPETITION EQUIPPED DEADLIFT: _____.
Best COMPETITION UNEQUIPPED TOTAL: _____.	Best COMPETITION EQUIPPED TOTAL: _____.

CHECK competitions you wish to enter; \$50.00 for the first division and category (\$35 for each additional division and category, e.g., Unequipped Open plus Equipped Junior). **ALL LIFTERS WILL BE ENTERED INTO OPEN CLASS REGARDLESS OF DIVISION (there is no additional fee).**

POWERLIFTING SELECTION:

___ UNEQUIPPED Division POWERLIFTING. ___ EQUIPPED Division POWERLIFTING.

Single Event SELECTION:

___ UNEQUIPPED Squat. ___ EQUIPPED Squat

___ UNEQUIPPED Bench Press

___ EQUIPPED Bench Press

___ UNEQUIPPED Deadlift

___ EQUIPPED Deadlift

If you are currently employed full-time as a POLICE Officer, FIRE-Fighter or as MILITARY Personnel
CHECK HERE: _____

List medications you've taken during the past 3 weeks: _____

DRUG TESTING: Provide dates and organizations of testing: _____, _____, _____.

CIRCLE METHOD(S) OF TESTING: URINALYSIS POLYGRAPH VOICE STRESS.

Pre-Order Championship T-shirts — indicate SIZE & QUANTITY of each size; shirts available for \$20.:

___S; ___M; ___L; ___XL; ___XXL; ___XXXL; ___XXXXL

Entry fee: \$_____. **ADFPF Membership fee:** \$_____. **T-Shirt Order:** \$_____. **TOTAL** enclosed,
payable to Michael Stagg \$_____.

For additional INFORMATION please contact:

Mike Stagg: 812-431-9113 E-mail—stagg@twc.com

OFFICIAL RELEASE FORM CERTIFICATION:

I hereby give my word of honor that I am LIFETIME drug free, I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the WORLD ANTI-DOPING AGENCY & the International Olympic Committee. I further agree NOT to use prescription diuretics in an effort to make weight **NOR** will I take psychomotor stimulants for this competition.

Signature: _____

Date: _____

Release From Liability:

Please read this release very carefully, as when you sign it, you will be giving up important legal rights!

In consideration of the acceptance of my entry form for **2020 Combined ADFPF POWERLIFTING NATIONAL CHAMPIONSHIPS**, I intend to be legally bound for not only myself but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition, i.e. Iron Fortress Gym, the Meet Directors, the officials, the spotters and loaders, the A.D.F.P.F. and W.D.F.P.F. or any persons associated with the competition from any and all liability which may arise from this competition.

Additionally, I understand that Powerlifting is an inherently hazardous activity and that participation in this sport exposes me to the risk of injury or death. I further understand that the A.D.F.P.F. will NOT reimburse me for, nor provide coverage of any medical expenses incurred by me as a result of injuries that I might sustain, training for, traveling to or from, or participating in the competition acting as bench press lift-off personnel.

Moreover, I agree that the results of any testing method selected by ADFPF recognized testing officers for the purpose of detecting the presence of drugs, as listed on the International Olympic Committee (I.O.C.) and World Anti Doping Agency (WADA) banned substances lists, SHALL BE CONCLUSIVE. I agree to cooperate fully with all required I.O.C. & WADA sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event. Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing that I might otherwise have won. I also agree to waive any claim that might arise under state, national or international law for defamation, slander, libel or any other claim for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, which I may sue in effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest. If any provision of this Release From Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release From Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

(Signature of athlete)

Date: _____

(Signature of parent/guardian if athlete is under 18 yrs of age)

Date: _____

Athletes may lift off to self in the Bench Press or have the meet personnel do the lift-off or they may have their coach or another lifter help with the Lift-Off. Whoever is providing the lift-off must sign a RELEASE FROM LIABILITY for Competition Workers form AFTER reviewing that release form. Forms available at the Scoring Table.

A.D.F.P.F. Membership REGISTRATION Form

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman; Highland Games competitions through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To ensure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

AMERICAN DRUG-FREE POWERLIFTING FEDERATION Active & Non-active Membership Application Form

Complete this form and mail with membership fee to

Bill Sias

1384 Holton Road Suite D

Muskegon, MI 49445

Need more information? Email billsias@adfpf.org

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. ADFPF members must be DRUG-FREE for their entire life. Additionally, I agree to UNANNOUNCED OUT-Of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substances or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF & the WDFPF to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the internet or any other publication that the ADFPF &/or WDFPF so choose.

Signature: _____ . If under 21 yrs., Parent initial: _____ . Today's Date: _____ ;

Prior Registration #: _____ . Provide Email contact for mailings and updates: _____ .

_____. Phone: (____) _____. Cell: (____) _____
(1st Name.) (M.I.) (Last Name)

Address: _____ . City: _____ ; State: _____ ; Zip Code: _____

Date of Birth: ____ _ ____ ; Current Age: _____. Gender: _____. U.S. Citizen? _____.

ADFPF Registered Club Member: _____. Have you always been DRUG-FREE? _____.

Referee Ranks & Organizations: _____

ADFPF Membership fees: TEENAGERS - \$20 ALL others 20+ years old - \$30

Paid via (CIRCLE ONE): CASH; CHECK or Money order payable to the **ADFPF**.

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, Meet Directors or officials who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership fee is \$20.00. (It is possible to change the NON ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-Active ADFPF Membership fee (\$20.00) Paid via (CIRCLE ONE): CASH; CHECK or Money order payable to the ADFPF. All membership cards expire on Dec. 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.