

**SOUTH-WEST DIVISIONAL FULL POWER and SINGLE LIFT
CHAMPIONSHIPS**

To be held at SYNERGY BARBELL POWERLIFTING CLUB

Tuff House Gym, Unit 4, Mixon Estate, Old Mixon Crescent, Weston Super Mare

BS24 9NX

Sunday 27 January 2019

ENTRY FORM

NAME.....	ADDRESS.....
.....	
..... TEL	
.....	
D.O.B.....	AGE (on date of competition)
APPROX B/WT.....	B/WT.CATEGORY
BDFPA MEMBERSHIP No	
Are you a Novice (first-time) competitor? YES No	

<i>EVENT</i>	<i>UNEQUIPPED</i>	<i>EQUIPPED</i>
<i>Single Lift</i> <i>(state which lifts)</i>		
POWERLIFTING		

***Please indicate which event you are entering by ticking the appropriate box
Note: There are no single lifts at this event it is full power only.***

I UNDERSTAND THAT I COMPETE IN THIS EVENT AT MY OWN RISK

SIGNED DATE

ENTRY FEE is £25.00 for full power, £15 for one single lift £20 for two lifts. Entry fee, to be paid via paypal bdfpasouthwest@gmail.com and your entry form is to be emailed to bdfpasouthwest@gmail.com by FRIDAY 11 January 2019 (deadline – this word ‘deadline’ is meant to indicate when you should get your entry in for, not when you make enquires about entering and your excuse is not valid, or original.

LIMITED TO 35 LIFTERS - FIRST COME FIRST SERVED

ENQUIRIES on rules, dress code etc., to BDFPA South West using the above email address.

BDFPA membership should be applied for in advance of the day of the competition. from the BDFPA internet website at <http://www.bdfpa.co.uk/> (click 'membership')

Weigh in will be between 0800 and 0930

BASIC GUIDELINES ON DRESS CODE FOR DIVISIONAL COMPETITIONS

UNEQUIPPED

Non-supportive leotard or standard **P.E. shorts**.

At divisional competitions shorts may be worn, but for all competitions at National level or above a leotard MUST be worn every time. Tracksuit bottoms are not allowed. (Examples of acceptable leotards [Inzer] can be found at http://www.inzernet.com/search_results.asp?txtsearchParamTxt=&txtsearchParamCat=10&txtsearchParamType=ALL&txtsearchParamMan=ALL&txtsearchParamVen=ALL&txtFromSearch=fromSearch&iLevel=1

The maximum length of the leg on non-supportive leotards is 30 cms.

If shorts are worn, they must be loose fitting, non-supportive, and must not extend in length past the lifter's knees.

T-Shirt

This must be a typical non-supportive t-shirt – without collar/ buttons/ pockets/ zips – and must have sleeves of a normal length.

You may display a BDFPA or championships logo, or that of your club or sponsor. Otherwise the t-shirt should be plain.

T-shirts are only optional in the Mens' dead lift event, but otherwise MUST be worn during all competitions.

Socks

MUST be worn if you are dead lifting. They should be full knee-length socks.

Belt

Max width 10 cms./ max thickness 13mm./ no padding/ no Velcro. Lever belts are permitted.

Wrist Wraps

Max width 8 cms./ max length 1 metre.

Underwear

Non-supportive underwear only. Boxer shorts are not allowed.

Footwear

Any footwear is permitted, but you cannot lift in bare feet or without shoes or slippers.

EQUIPPED

For equipped lifting you may also wear supportive suits/ bench shirt/ knee wraps. For full legal details of these – and dress code generally, check the BDFPA rulebook for further technical information: (P.57-64)

web address..... <http://www.bdfpa.co.uk/rule/2007handbookA4.pdf>