

# The South Carolina Rebel Powerlifting & Bench Press Championships

## Unequipped + Equipped + CrossFit

- Date** April 6, 2013, beginning at 9:30 AM
- Location** TD Convention Center  
1 Exposition Drive, Greenville, SC 29607
- Directors** Donnie Thompson, [donniethompsonpower@gmail.com](mailto:donniethompsonpower@gmail.com), Phone: 803-569-0981  
Steve Maxson, [spoiler909@gmail.com](mailto:spoiler909@gmail.com), Phone: 828-238-3405
- Entry Fees** \$75 per division. \$30.00 for each additional division. Entry fee includes a meet T-shirt. Entries will not be accepted on the day of the contest. **No refunds for cancellation.**
- Contest Lifts** Full Power, Ironman (push/pull), Bench Only and Dead lift Only
- Divisions** There are 2 divisions: Amateur and Professional
- | <b><u>DIVISIONS: Unequipped and Equipped</u></b> | <b><u>SUB-DIVISIONS:</u></b> |                            |
|--|------------------------------|----------------------------|
| Open Professional                                | Men                          | Submaster                  |
| Open Amateur                                     | Women                        | Master (all age divisions) |
|  | Teen                         | Junior                     |
|  | Police                       | CrossFit                   |
- 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, SHW
- Weigh-ins** Friday, April 5: 9:30AM – 10:30PM at TBD  
Friday, April 5: 5:00PM – 7:30PM at Convention Center  
Saturday, April 6: 7:30AM – 8:30AM at Convention Center
- Start Time** Rules Meeting Begins at: 8:30 AM  
Lifting Begins at: 9:30 AM
- Rules** International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit must be worn. *For rules and regulations, visit the IPA website at [www.IPAPOWER.com](http://www.IPAPOWER.com)*
- Deadline** Entry deadline is March 27<sup>th</sup> or when the lifter limit is met. *There is a **\$ 20 late fee** for all entries postmarked after March 27<sup>th</sup>.*
- IPA Registration** IPA cards will be available at the meet for \$30, and \$25 for teen athletes. *Cash or money order only accepted for IPA registration.*
- To register in advance for an IPA membership, download a registration form or sign-up online through PayPal at [www.IPAPOWER.com](http://www.IPAPOWER.com). Mailed IPA membership registrations and checks can be sent to: Mark Chaillet, 190 Arsenal Rd., York, PA 17404.
- Awards** Awards will be distributed to the top three places in each weight class and every division and sub-division (to include full age divisions) in the full power and bench only meets. There will be male and female best lifter awards for the Professional and Amateur divisions.

## DIVISIONS

The International Powerlifting Association (IPA) is an organization established as a "Lifters for Lifters" organization with three divisions, Professional (Pro), Elite Amateur and Amateur (Am). Qualification for these divisions is as follows:

**Pro Division:** Anyone who totals **Professional (Pro)** is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division. The *Pro Division* has its own world records. Records will be kept in the Men, Women, Junior, Open, Submaster, Raw, and Master Divisions only. There is not a Teenage or a Special Olympian Division in the *Pro Division*.

**Amateur (Am) Division:** This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a urinalysis test (same standards as the U.S. Olympic Committee). If the test is 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 all of the lifter's records and accomplishments to date will be considered disqualified. A lifter testing positive will be permanently banned from lifting in the *Am Division*. If the lifter enters the *Am Division* and totals a *Pro total*, the lifter will be classified as an *Amateur* in the meet he/she totals *pro*, but must compete in the *Pro* division in any subsequent IPA meets. The *Amateur Division* has its own elite and world records. *Amateur* records will be kept in the Men's, Women's, Teen (13-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Unequipped, Master, Police, and Special Olympian Divisions.

**Elite Amateur Division:** This division is considered Amateur in that it is a completely drug free division. To qualify, the lifter must have a Pro total. Every athlete is tested by method of urinalysis, and the lifter pays for his/her own drug test.

**Unequipped Lifting:** This division requires that lifters use no equipment except wrist wraps, knee wraps and a belt.

**CrossFit Division:** This division has been created specifically for CrossFit athletes. Lifters in this division will be amateur level and compete Unequipped (with or without knee wraps). Best lifter awards will be presented for this division at the meet. Any record set by a lifter in the CrossFit division will be recognized as an Amateur Raw (unequipped) Open record.

### IPA PROFESSIONAL CLASSIFICATION TOTALS (UNEQUIPPED AND EQUIPPED)

#### REVISED CLASSIFICATION TOTALS!

#### MEN'S DIVISIONS

##### PROFESSIONAL & ELITE AMATEUR

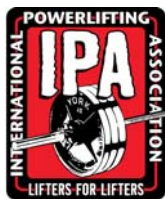
#### WOMEN'S DIVISIONS

##### PROFESSIONAL & ELITE AMATEUR

| <i>Weight Class</i> | <u>Equipped</u> |      | <u>Unequipped</u> |      | <i>Weight Class</i> | <u>Equipped</u> |      | <u>Unequipped</u> |     |
|---------------------|-----------------|------|-------------------|------|---------------------|-----------------|------|-------------------|-----|
|                     | PRO             | M*   | PRO               | M*   |                     | PRO             | M*   | PRO               | M*  |
| 114                 | 1085            | 976  | 904               | 850  | 97                  | 680             | 612  | 543               | 491 |
| 123                 | 1210            | 1089 | 984               | 904  | 105                 | 732             | 659  | 581               | 529 |
| 132                 | 1300            | 1170 | 1059              | 974  | 114                 | 790             | 711  | 623               | 567 |
| 148                 | 1450            | 1305 | 1185              | 1087 | 123                 | 857             | 771  | 665               | 604 |
| 165                 | 1580            | 1422 | 1298              | 1190 | 132                 | 895             | 805  | 703               | 637 |
| 181                 | 1692            | 1523 | 1396              | 1279 | 148                 | 953             | 858  | 773               | 702 |
| 198                 | 1780            | 1602 | 1471              | 1354 | 165                 | 1027            | 924  | 853               | 759 |
| 220                 | 1875            | 1687 | 1551              | 1476 | 181                 | 1192            | 1073 | 895               | 815 |
| 242                 | 1940            | 1746 | 1607              | 1497 | 198                 | 1149            | 1034 | 960               | 871 |
| 275                 | 2000            | 1800 | 1654              | 1518 | 198+ (SHW)          | 1260            | 1134 | 1012              | 918 |
| 308                 | 2040            | 1836 | 1728              | 1594 |                     |                 |      |                   |     |
| SHW                 | 2085            | 1876 | 1748              | 1614 |                     |                 |      |                   |     |

\*M - Master

\*Totals below those posted above are considered Amateur Classification totals.



# The South Carolina Rebel Powerlifting & Bench Press Championships April 6, 2012 Greenville, SC

## OFFICIAL ENTRY/RELEASE FORM

Mail entry to: Steve Maxson  
307 25<sup>th</sup> Ave NW  
Hickory, NC 28601

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_ Gym \_\_\_\_\_

Events:  FULL POWER  IRONMAN  BENCH ONLY  DEADLIFT ONLY

Equipment:  UNEQUIPPED  EQUIPPED

Divisions:  PROFESSIONAL  AMATEUR

Sub-Divisions:  Police  Fire  CrossFit (*see division page*)

Age Divisions:  Open  Teen  Junior (20-23)  Submaster (33-39)  Master

Weight Class \_\_\_\_\_ IPA Expiration Date \_\_\_\_\_

**\$75 per division. \$30.00 each additional division. Entry fee includes a meet T-shirt. Entries will not be accepted on the day of the contest. No refunds for cancellation.**

Lifters will receive a T-Shirt, please circle shirt size: S M L XL 2XL 3XL 4XL

**TOTAL DUE:** \$ \_\_\_\_\_

Spectator fees: \$5 paid at the door (children 12 and under are free)

Please make checks payable to Steve Maxson

Online payments may be made via Paypal to spoiler909@gmail.com

### RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the International Powerlifting Association (IPA), Donnie Thompson, Steve Maxson, 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 the powerlifting competition sponsored by International Powerlifting Association (IPA), Donnie Thompson, Steve Maxson.

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 if I enter the Am (drug tested) divisions, I may be selected to take a urinalysis test. If this test is found 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 IPA will pay for the test. By signing this 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 Date  
is under 21 years of age.