



NORTHSIDE BARBELL

G.S.K.V. NORTHSIDE BARBELL – RAW POWERLIFTING COMPETITION 17TH OF DECEMBER 2014

Important information

Wednesday **17 December**

14:00 to 17:30 – weigh-ins and warm-up room open (from 14:00)

18:00 – start of competition

21:00 – prize ceremony

Location: Sportcentrum ACLO
Blauwborgje 16
9747AC Groningen

Contact: info@northsidebarbell.nl
www.facebook.com/GSKVNorthside
Emile: 0629015941 (on the day of competition only)

Entry-fee 10 euro's on bank account NL08 INGB 0006 4622 10 (IBAN), named on: G.S.K.V. Northside Barbell.

Sign-up You can sign-up by sending a mail to info@northsidebarbell.nl, or join the event at: www.facebook.com/GSKVNorthside

"This competition is hosted by Groningen's student strength training club, Northside Barbell. This competition is not affiliated with any of the Dutch Powerlifting unions and therefor no official records can be set. We do not want to infringe on any activities or competitions hosted by the Dutch Powerlifting unions. The aim is to have fun, enjoy lifting with fellow student lifters and to set some PR's. We strive to organize a competition that brings you the right atmosphere to make sure you can excel in what you have dedicated so many hours of training to: lifting heavy weights."

Rules and guidelines

General

- There are 3 disciplines in the following order of execution: the barbell squat, bench and deadlift. You are given 3 attempts per discipline to lift a maximum amount of weight with one repetition.
- The amount of weight you lift must go up or be equal to your previous lift at each attempt of all three disciplines. You can retry a previous failed weight, but you cannot decrease the weight after a failed or successful lift.

Classes and rankings

- There are no weight and/or age groups. The winner will be determined using the Wilks formula (http://en.wikipedia.org/wiki/Wilks_Coefficient).
- There will be a separate rankings for both males and females. If there are less than 3 females participating, both sexes will compete against each other using the Wilks formulas for men and women.

Day of competition: warming-up and weigh-ins.

- All competitors will be split into two groups of approximately 8-12 lifters.
- The competition starts at 18:00, at which the first group starts with their squat attempts. At 18:30 the second group starts their squat attempts. At 19:00 the first group starts their bench attempts. A detailed timetable of the day will be posted a week prior to the competition on the Facebook page. Additionally, physical hand-outs will be available at the venue.
- Make sure you start your warm-ups for the next discipline directly after the last attempt of the previous discipline.
- Lifters can weigh-in from 14:00. From this time lifters can access the warm-up room to start their preparation.



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Clothing, supportive gear and other materials

- A Powerlifting singlet is mandatory. If you currently do not have one, please contact us at info@northsidebarbell.nl so we can give you advice in buying one.
- Socks that cover the whole length of the shin are mandatory in the deadlift, as to reduce to chance of leaving your DNA on the bar during your attempts.
- The use of the following (supportive) gear is allowed:
 - Stretch undergarment
 - Wrist-wraps
 - Elbow and knee sleeves
 - Belt (maximal thickness is 13mm)
 - Weightlifting shoe
- Usage of chalk (all disciplines) and baby power (deadlift only) is allowed. Magnesium will be provided by the organisation near the platform and in the warm-up room.

Competition

- During each attempt the announcer will call out the following information: the current lifter's name and weight loaded, and the names of the next two lifters.
- When your name is called, make sure you get ready to approach the platform. Shortly after the call-out, the head referee will signal the 'bar is loaded' command. This is the cue for the lifter to step onto the platform and begin the lifting sequence.
- When the correct weight on the bar is called ('bar is loaded'), you have one minute to perform the lift. If you fail to start your attempt within this minute, the attempt will be noted as failed and you may not initiate or re-try the attempt after this decision has been made by the head referee.
- Three referees will judge your lift: the head referee sits right in front of the platform, and one referee at each side. After you finished the lift each judge will hold up a red (failed) or white (correct) flag. For a successful attempt you need at least 2 of the 3 referees to be holding up a white flag.
- After a finished attempt you can ask the head referee for feedback regarding the reasons for failing the attempt.
- During the bench press a designated spotter will be present to give you a hand-off – make sure you communicate your preference before starting your attempt to avoid any unwanted interference with your lift.
- If there is unnecessary involvement of the spotters or other external factors during the lift that interfered with your technique and/or the success of the lift, the head referee may issue a possible re-try.
- The decisions made by the head referee are not open for discussion.

Competition lifts

Squat

- The squat is judged on depth: the crease between the hip and the leg must be parallel to the top of the knee (patella) during the lowest part of the motion.
- Knees must be locked out at the beginning and completion of the lift.
- If the bar touches the rack during the descend and/or ascend, it will result in a failed attempt.
- Double-dipping is not allowed (act of squatting down, partially go up and then go down a second time).
- Dropping the barbell during any point of the movement will result in a failed attempt.
- Moving the feet during the descend and ascend will result in a failed attempt.
- The commands given by the head referee are:
 - 'Start' – you can now un-rack the weight.
 - There is no command regarding the start of squatting down
 - 'Rack' – you can now rack the weight again.
- Failure to follow the head referee's commands will result in a failed attempt.



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Bench

- Paused style of benching. The lifter pauses the bar on the chest and after about one second of pausing, the main referee will give the 'bench' command.
- The bar needs to touch the chest, and the arms need to fully extend for it to count as a successful lift. Excessive bouncing or sinking in of the weight on the chest is not allowed.
- Uneven arms, sinking the bar into the chest after the 'Press'-command, and any downwards movement of the barbell during the ascend will result in a failed attempt.
- Buttocks must remain in contact with the bench at all times during the lift.
- The whole feet (toes and heels) must stay in contact with the floor at all times and may not move during the lift.
- The commands given by the head referee are:
 - 'Start' – you can now lower the weight to your chest.
 - 'Press' – after a notable pause (~1 second) of the bar on your chest, you are given the 'press' command to begin pressing the barbell away from the body.
 - 'Rack' – you can now rack the weight again
- Failure to follow the head referee's commands will result in a failed attempt.

Deadlift

- Both conventional and sumo styles of deadlifting are allowed.
- No hitching of the bar and/or thigh riding (act of resting the bar on the thighs) during the lift.
- In the upright position, the lifter must fully lock the knees and hips.
- Feet may not move during the ascend of the barbell.
- The bar must be lowered in a controlled manner. (Forcefully) Releasing the barbell will result in a failed attempt.
- Lowering the barbell before the referee's sign will result in a failed attempt.
- The commands given by the head referee are:
 - There is no command regarding the start of the deadlift.
 - 'Down' – after standing upright, the referee's arm will be lowered accompanied with the 'Down' command. This signal will not be given if the barbell is not held motionless in the erect position.
- Failure to follow the head referee's commands will result in a failed attempt.