



BDFPA NATIONAL SINGLE LIFT CHAMPIONSHIPS 2021

EVENT INSTRUCTION

The National Single Lift Championships will take place over the weekend of 24-25 Jul 21. Male competitors will lift on the Saturday with Females on the Sunday. Detailed below are all aspects pertaining to the event.

Location.

Motiv8 Gym, 12 Bergen Way, North Lynn Industrial Estate, King's Lynn PE30 2JG

Entry Fee.

All those who were members in 2020 and who renewed their membership by 31st January 2021 are entitled to a £10.00 discount off their first entry for this event only. Entry fees are listed below:

First entry - £40.00 (£30.00 for 2020-2021 members as above)

Each additional entry - £10.00

Payments are to be made electronically to the below account:

BDFPA

Sort Code: 54-41-51

Account No: 53681959

Reference for payment is: Surname, Initial, SL21, number of events entering including first entry

Example – ThomasN-SL21-3

The treasurer can now see that when compared to the entry forms received that this payment is from Neil Thomas for the 2021 National Single Lifts, and they have entered 3 events so the total should be £50.00 as he was a member in 2020.

Entry form completion

Entry is to be complete by **ELECTRONIC ENTRY** only. There is no qualification requirement for 2020 members who joined or renewed their membership before 31st January 2021, their weight category is what they intend to lift in. Once committed to a weight class that is the set category the participant must lift in. There are no changes to weight class on the day. Lifters who have joined or re-joined after 31st January 2021 and qualified by means of a qualification lift will be in the category, they set the lift in. Those who are unable to make their prescribed weight class will be permitted to lift as guests only and be unable to set records or receive awards.

Weigh-in.

All lifters must be present at weigh-in as per the time below. Late arrival will preclude participation.

0800 – 0900 – Weigh in

0900- 0930 – Re-weighs

1100 – Event starts

Participation/Qualification to lift at the National Single Lifts 2021.

All individuals who were BDFPA members, either by renewal or initial membership, by the 31st Jan 21 receive automatic qualification to the 2021 events. Individuals who joined from 1st Feb 21 onwards are required to have demonstrated the minimum qualification standard by way of divisional events or lifting in front of a referee. It is the lifter's responsibility to secure a location to do this, ensure adequate weight is available and arrangements are met for a referee to attend. Any issues surrounding this must be presented in writing to the email account president@bdfpa.co.uk who will advise further.

Event COVID Safety Measures.

All though COVID measures put in place by Government guidelines will be significantly relaxed by the event, the BDFPA will retain in place certain aspects to ensure any potential infection risk is as low as possible to all those present. This rationale is in place as there is no requirement to be vaccinated, and dependant on the vaccination programme there still maybe individuals who have not yet been offered/received their vaccination. Specific elements are listed below:

- Spectators will be limited to 1 adult accompanying the participant. This does not include children who may accompany their parents to the event.
- Weigh-in will be limited to the lifter only in the venue at the time of weigh-in.
- Warm up areas will be restricted to the flight lifting bubbles only, the warmup area will always be restricted to those lifting in the upcoming flight.
- The admin desk is restricted to the participant only when giving next lifts etc.

- It is strongly encouraged that all individuals wear masks¹ at all times, except participants, who do not need to wear a mask when lifting.
- Platform bars will be cleaned down after each lift by the spotters and loaders.
- If a lifter opts for a centre lift off or spot from their coach this person MUST wear a mask.
- Referees will wear masks during their duties on the platform.
- Warm-up areas are to be cleaned down by the lifters once they have completed their warmup; items will be provided to support this.
- All those attending are encouraged to have a supply of hand sanitiser for personal use throughout the day.
- Presentations at the end of the day will not have physical contact.

Opening lifts.

As per National event requirements each lifter MUST open on the minimum lift or higher.

Details are linked here:

[check my opening lifts](#)

[Unequipped](#)

[Equipped](#)

Qualification for International events.

Those who finish top 3 of their age and weight class will have the opportunity to participate at WDFPF Sanctioned events in 2021.

Presentations.

Those who finish in the top 3 of their age and weight class will receive an award for placing as such. Those who finish 4th and below will receive a participation certificate. This does not apply to the SENIOR Class (24-39) who lift in the open category against all age classes and are placed in relation to their position in the flight not age class and will as such receive awards relative to the flight position. All presentations will take place at the competition of lifting each day, there is no provision for those who choose to leave before the event has finished

Drugs Testing.

As per BDFPA and WDFPF requirements all participants are subject to drugs testing. Participants must not leave the venue without the permission of the Drugs Control Officer. Any lifter called for testing who has subsequently been found to have left the venue maybe subject to sanctions as per the BDFPA/WDFPF Drugs policy.

¹ Except children and those with conditions that allowed for masks not to be worn under previous guidance