



## **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 who are registered to attend the event are entitled to a £10.00 discount off their first entry. Entry fees are listed below:

First entry - £40.00 (**£30.00 for 2020 members**)

Each additional entry - £10.00

Payments are to be made electronically to the below account:

#### **Drug Free Powerlifting Ltd**

**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**

Please complete the [ELECTRONIC ENTRY](#) to enter this event.

As there is no requirement for 2020 members to have participated in a qualification event in 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 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 a guest 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 31<sup>st</sup> Jan 21 received automatic qualification to the 2021 events. Individuals who joined from 1<sup>st</sup> 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 lifters responsibility to secure a location to do this, ensure adequate weigh is available and arrangements are met for a referee to attend. Any issues surrounding this must be presented to in writing to the email account [Presdient@bdfpa.co.uk](mailto:Presdient@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 masks<sup>1</sup> at all times, less 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 either the minimum lift or higher. Details are linked here:

[BDFPA National Entry Look Up](#)

[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 4<sup>th</sup> 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.

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<sup>1</sup> Less children and those with conditions that allowed for masks not to be worn under previous guidance