

SOUTH-WEST DIVISIONAL BENCH ONLY SINGLE LIFT
To be held at SYNERGY BARBELL POWERLIFTING CLUB

Tuff House Gym, Unit 4, Mixon Estate, Old Mixon Crescent, Weston Super Mare
BS24 9AX
Sunday 21 November 2021

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

<i>EVENT</i>	<i>UNEQUIPPED</i>	<i>EQUIPPED</i>
<i>Bench</i>		

Please indicate which event you are entering by ticking the appropriate box.

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

SIGNED DATE

ENTRY FEE £15 for one single lift

Entry fee, to be paid via paypal bdfpasouthwest@gmail.com and your entry form is to be emailed to bdfpasouthwest@gmail.com by **FRIDAY 5 November 2021 (NO ENTRY WILL BE EXPECTED AFTER THIS DATE) .**

LIMITED TO 20 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>