



2011 Port City Push/Pull Entry Form (Please Print)

First Name: _____ Last Name: _____
 Address: _____ Gender: M F Age: _____ Birth date: _____
 City: _____ State: _____ Zip: _____ Weight: _____
 Tele: _____ Email: _____

Weight classes are as follows: Circle Weight Class and Division

Weight Class: Lightweight (>150) Middleweight (151–200) Heavyweight (201–250) SHW (250+)
 Divisions: Open Men Teen Men (13-19) Masters Men (40+) Open Women
 Circle T-shirt Size: Small Medium Large X-Large XX-Large

You are not required to compete in both lifts! You may compete in Bench Press, Deadlift or both (please circle below).

Entry Fee Per Division: \$40.00 Bench Press Only. \$40.00 Deadlift Only. \$60.00 Bench Press and Deadlift.

Entry Deadline May 7th, 2011 No late entries & No Refunds!

\$ _____ **Total Enclosed** (All athletes receive FREE event T-shirt)

GENERAL RELEASE OF CLAIMS AND INDEMNITY

- GENERAL RELEASE OF CLAIMS. I generally release those referenced below from all legal and equitable claims of every kind—in tort, contract, statute, breach of warranty and otherwise, known and unknown—for all damages that have resulted or may in the future develop from this event. This release specifically includes without limitation all known and unknown claims for personal injury, disability, lost income, medical and drug expenses, wrongful death, conscious pain and suffering, funeral and other necessary expenses, loss of services and consortium, property damage, defamation, slander, libel, emotional distress, invasion of privacy, and all other damages of every nature arising now or in the future. The releases are:
 - UMS–Wright Preparatory School, Jason’s Port City Health Club, Inc. d/b/a Jason’s Fitness, and Jason S. Greene [the Ameet director@];
 - all principals and agents, employers and employees, deputies, members, officers, directors, governing bodies, referees and meet personnel, lifters, spotters, loaders, coaches, lawyers, affiliates, joint tortfeasors, and other persons and entities, whether or not specifically named or referred to, who may be jointly or severally liable (all of whom I expressly intend to release); and
 - all primary and excess insurers, reinsurers, indemnitors, predecessors and successors, executors and administrators, heirs and assigns, and all other persons and entities, whether or not specifically named or referred to, who may be liable on behalf of those referenced above.
- INDEMNITY. I must indemnify the releasees from all claims of every kind for property damage, personal injuries, wrongful death, and actions brought by any third party arising from my participation in this event or my use of the facility in which it is held. I agree to pay the attorney fees and litigation expenses incurred by any person or entity whom I may sue in an effort to challenge this agreement. I understand my agreement to pay attorney fees and litigation expenses is the *sine qua non* for my participation in this event. If any provision of this General Release of Claims and Indemnity is deemed by a court of competent jurisdiction to be invalid, the remainder remains in full effect. This Release of Claims cannot be modified orally.
- ASSUMPTION OF RISKS. My participation in this event entails some inherent dangers including personal injury, death, and property damage. I assume all such risks. This includes without limitation risk of injuries while traveling to and from this event, and risk of injuries due to conduct of the releasees, whether negligent or otherwise.
- WARRANTY OF CAPACITY TO EXECUTE AGREEMENT AND CONSIDERATION. I have read this contract completely and I understand it fully. In consideration for being allowed to participate in this event, I voluntarily agree to all these terms. My birth date is _____.

Witness my hand and seal this ____ day of _____, 2011.

(Name of Releasor printed.)

[SEAL] _____
Releasor.

[SEAL] _____
Releasor’s parent or guardian if under 21.

Make check or money order payable to: Jason’s Fitness 3724 Cottage Hill Rd. Mobile, Al 36609



2011 Port City Push/Pull Rules

This is a “raw” meet. No supportive wraps or suits are allowed. Lifters must wear a one-piece non-supportive lifting singlet, shoes, and a non-supportive T-shirt in the bench press. Lifters may wear briefs, socks, an IPF approved belt, commercial wrist wraps, and knee sleeves. No elbow supports of any kind allowed.

Push-Pull Weigh-In:

Saturday, May 14th, 2011: 8:30–9:30a.m. UMS-Wright High School Gym

All contestants must be present and have all lifting equipment at weigh in!

Awards: 1st-3rd Place bench press & deadlift in each class determined by **Wilks Formula**.

The **Wilks Formula** is a coefficient that can be used to measure the strength of a powerlifter against other powerlifters despite the different weights of the lifters.

RULES OF PERFORMANCE

Lifting Attire

Non Supportive lifting singlet or gym shorts and T-shirts. NO LIFTING SUITS OR SHIRTS ALLOWED!

Bench Press

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift.
3. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, 30 cm, should be made available for foot placement at all international competitions.
4. Not more than five and not less than two spotter / loaders shall be on the platform at anytime. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off if assisted by the spotter / loaders must be at arms length.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.
6. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to “Re-place” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start”.
8. After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), hold it motionless on the chest, after which the Chief referee will signal the audible command “Press”. The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.
9. If anatomically, the arms cannot be fully extended the lifter must produce a certificate issued by the Medical Committee. The maximum allowable is 15 degrees out of true.

Causes for Disqualification of a Bench Press

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance.

Deadlift

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

Causes for Disqualification of a Deadlift.

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.
8. Failure to comply with any of the items outlined under Rules of Performance.