

5th Annual BIGIRON CHRISTMAS CHALLENGE

Full Power, Single Lift Bench Press and Deadlift, Push/Pull

THIS YEAR: BENCH PRESS FOR REPS, AND STRICT CURL ADDED !!!!



Sunday December 09, 2012
Lifting starts promptly at 9:30 AM

LIFTER REGISTRATION 6:30 AM – 9:00 AM
WEIGH IN: 7:00 AM – 9:00 AM Sunday Only
RULES BRIEFING AT 9:00 AM



Meet Location:

**Holiday Inn Rockland
929 Hingham Street
Rockland, MA**

\$5 Admission fee for spectators

**AAU OFFICIAL ENTRY FORM
-- Fill Out Completely --
RETURN ENTIRE APPLICATION**

NAME _____ AGE _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (DAY) _____ (EVENING) _____

AAU # _____ TEAM (If applicable) _____

E-MAIL _____

CIRCLE WEIGHT CLASS: (all lifters must circle one) *Kilograms/Pounds*

FEMALE:	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132	67/148	75/165
	82/181	90/198	100/220	100+/220+						
MALE:	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132	67/148	75/165
	82/181	90/198	100/220	110/242	125/275	140/308	140+/308+			

Important:

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants **must** have a current AAU membership.
- All participants **must** present a valid AAU Powerlifting membership card at registration
- AAU membership **must** be obtained before the competition begins

I understand and will abide by all A.A.U. Powerlifting rules and regulations waive and release the A.A.U., the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in this event. I realize Powerlifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF ATHLETE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN _____ IF UNDER 18

Please Print:

NAME: _____

REGISTRATION CATEGORIES:

Circle One:

RAW

Equipped

Check the box to the left of each appropriate Division listed below.

BIGIRON Christmas Challenge Full Power:

Check the box to the left of each Division you wish to compete in:

- | | |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE | <input type="checkbox"/> YOUTH (UP TO 11) |
| <input type="checkbox"/> TEEN (12 – 19) | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY |
| <input type="checkbox"/> JUNIOR (20-23) | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY |
| <input type="checkbox"/> OPEN (ANY AGE) | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY |
| <input type="checkbox"/> SUB-MASTER (35-39) | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> MASTER (40 AND OVER) | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

BIGIRON Christmas Challenge Bench Press:

Check the box to the left of each Division you wish to compete in:

- | | |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE | <input type="checkbox"/> YOUTH (UP TO 11) |
| <input type="checkbox"/> TEEN (12 – 19) | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY |
| <input type="checkbox"/> JUNIOR (20-23) | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY |
| <input type="checkbox"/> OPEN (ANY AGE) | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY |
| <input type="checkbox"/> SUB-MASTER (35-39) | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> MASTER (40 AND OVER) | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

BIGIRON Christmas Challenge Dead Lift:

Check the box to the left of each Division you wish to compete in:

- | | |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE | <input type="checkbox"/> YOUTH (UP TO 11) |
| <input type="checkbox"/> TEEN (12 – 19) | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY |
| <input type="checkbox"/> JUNIOR (20-23) | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY |
| <input type="checkbox"/> OPEN (ANY AGE) | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY |
| <input type="checkbox"/> SUB-MASTER (35-39) | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> MASTER (40 AND OVER) | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

QUESTIONS, CONTACT:

**Big Iron Powerlifting BigIronPowerlifting@comcast.net
Dave Mansfield 781-294-4201**

Please Print:

NAME: _____

REGISTRATION CATEGORIES:

Circle One:

RAW

Equipped

Check the box to the left of each appropriate Division listed below.

BIGIRON Christmas Challenge Push/Pull:

Check the box to the left of each Division you wish to compete in:

- | | |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE | <input type="checkbox"/> YOUTH (UP TO 11) |
| <input type="checkbox"/> TEEN (12 – 19) | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY |
| <input type="checkbox"/> JUNIOR (20-23) | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY |
| <input type="checkbox"/> OPEN (ANY AGE) | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY |
| <input type="checkbox"/> SUB-MASTER (35-39) | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> MASTER (40 AND OVER) | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

BIGIRON Christmas Challenge Bench Press for Reps:

Check the box to the left of each Division you wish to compete in:

- | | |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE | <input type="checkbox"/> YOUTH (UP TO 11) |
| <input type="checkbox"/> TEEN (12 – 19) | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY |
| <input type="checkbox"/> JUNIOR (20-23) | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY |
| <input type="checkbox"/> OPEN (ANY AGE) | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY |
| <input type="checkbox"/> SUB-MASTER (35-39) | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> MASTER (40 AND OVER) | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

BIGIRON Christmas Challenge Strict Curl:

Check the box to the left of each Division you wish to compete in:

- | | |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE | <input type="checkbox"/> YOUTH (UP TO 11) |
| <input type="checkbox"/> TEEN (12 – 19) | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY |
| <input type="checkbox"/> JUNIOR (20-23) | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY |
| <input type="checkbox"/> OPEN (ANY AGE) | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY |
| <input type="checkbox"/> SUB-MASTER (35-39) | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> MASTER (40 AND OVER) | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

ABSOLUTELY NO REFUNDS ALLOWED

ENTRY FEE: (Includes One Division) \$50 = _____

TEAM ENTRY FEE: (Per Division) \$50 = _____

CROSSOVER FEES: NUMBER OF CROSSOVERS x \$25 = _____

LATE FEE: IF RECEIVED AFTER DECEMBER 1, 2012 \$25= _____

Applications received after December 1, 2012 without the late fee will **NOT** be accepted

TOTAL AMOUNT ENCLOSED: (NO REFUNDS) _____

MAKE CHECK OR MONEY ORDER PAYABLE TO: **BIG IRON Fitness & Rehab LLC**

SEND COMPLETED APPLICATION TO
DAVE MANSFIELD
58 HOLMES TERRACE
HANSON, MASSACHUSETTS 02341

Meet Rules Bench for Reps and Strict Curl

Weight Classes
Men

Lightweight – A bodyweight of no more than 165.0 pounds
Middleweight – A bodyweight of 165.1 pounds to 220.0 pounds
Heavyweight – A bodyweight greater than 220.0 pounds

Women

Lightweight – A bodyweight of no more than 140.0 pounds
Heavyweight – A bodyweight greater than 140.0 pounds

Attire

- Lifters must wear a t-shirt and shorts
 - Wrestling singlets allowed
- No supportive bench shirts allowed
- Wrist wraps are allowed
- Weight belts are allowed

Biggest Bench Press

- Feet must remain on the floor
- Buttocks must remain on the bench
- No bouncing or heaving the weight off the chest
- No downward motion of the bar once it begins its upward travel off chest
- Arms must lockout at the top
- Wait for judge's command to rack the weight
- Lifters given 3 attempts
 - Weights can not decreased on subsequent attempts

Bodyweight Bench for Reps (women 50% Body Weight)

- Weight lifter will be lifters body weight rounded down to the nearest 5 pound increment (Ex. Bodyweight = 182 pounds, rep weight= 180 pounds)
- Feet must remain on the floor
- Buttocks must remain on the bench
- No bouncing or heaving the weight off the chest
- Arms must lockout at the top
- Judge will call out successful reps
- No time limit

Strict Curl

- Easy curl bar will be used
- Lifter will remove the weight from the rack
- Wait for judge's command to curl
- Lifter must stand erect, no leaning back allowed
- Knees must remain locked
- Legs and hips cannot be used to add momentum to lift
- Once the top of the curl has been achieved the judge will give the "down" command

QUESTIONS, CONTACT:

Big Iron Powerlifting BigIronPowerlifting@comcast.net
Dave Mansfield 781-294-4201

NAME: _____

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity (“activity”) I, my personal representatives, assigned heirs and next to kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.
2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”)**; (b) these Risks and dangers may be caused by my own actions or the actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW**; there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.
3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU’s Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the **“RELEASEES”** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I**, or anyone on my behalf, makes a claim against any of the Release’s, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant: _____ Phone: _____

Participant’s signature (only if age 18 or over): _____ Date: _____

Minor’s RELEASE

AND I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR’S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or Guardian: _____ Phone: _____

Address: _____
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____