

WNPf VIRTUAL POWERLIFTING CHAMPIONSHIPS

Open to lifters in all states

DATES: MARCH 21, 2021, JUNE 20, 2021, SEPT. 25, 2021 (FIRST 20 LIFTERS ONLY)

LOCATION= YOUR HOME GYM, LOCAL GYM, ETC.

TIMES= WEIGH INS THE NIGHT BEFORE FROM 4-6PM AND/OR THE DAY OF FROM 7:30-8:30AM, RULES MUST BE READ BY YOU PRIOR TO THE EVENT. THE MEET WILL START AT 9:30AM.

FEE= ENTRY FEE IS \$75.00 (THIS INCLUDES THE FOLLOWING- ONE ENTRY OR EVENT AND ONE MEET SHIRT). EXTRA DIVISIONS OR EVENTS WILL COST \$40. TEAM CHAMPIONSHIP FEES COST \$75 PER TEAM! You can pay this fee by PayPal with a service fee added, Venmo at WNPfPOWER or cash app at \$WNPfPOWER. DEADLINE IS 4 WEEKS BEFORE EACH MEET, THERE WILL BE A \$20 LATE FEE IF YOUR FEES ARE PAID AFTER THIS DATE, NO EXCEPTIONS.

MEMBERSHIP FEE= \$30 YOUTH AND TEENS, \$40 JUNIORS, \$50 ALL OTHER LIFTERS. THIS CAN BE PAID IN ADVANCE OR AT WEIGH-INS WITH CASH ONLY. <https://www.wnpfpl.com/online-membership-form>

ALL LIFTERS THAT ENTER WILL RECEIVE A RULES SHEET ALONG WITH A FORM ON HOW TO PERFORM YOUR LIFTS, CAMERA ANGLES, WEIGH IN PROCEDURES, ETC. WE WILL HAVE YOU COMPETE EITHER IN A ZOOM MEETING OR YOU WILL SUBMIT YOUR VIDEOS INTO A WNPf DROP BOX. WE WILL INFORM YOU OF THE METHOD A WEEK BEFORE THE EVENT.

AWARDS= ALL LIFTERS WILL BE AWARDED FROM FIRST TO FIFTH PLACE! BEST LIFTER AWARDS WILL BE AWARDED DEPENDING ON THE NUMBER OF ENTRIES AS WELL AS ANY TEAMS THAT ENTER THE TEAM CHAMPIONSHIP!

RECORDS- ALL STATE RECORDS WILL BE UP FOR GRABS. PLEASE CHECK OUT THE RECORDS FOR YOUR STATE AT <https://www.wnpfpl.com/state-records>

RULES= LIFTERS PLEASE READ THE WNPf RULES BEFORE YOU COME TO OUR EVENT AT <https://www.wnpfpl.com/copy-of-rules-1> . SAME RULES APPLY FOR THIS EVENT ALONG WITH SOME ADDITIONAL RULES FOR VIRTUAL.

SOME EQUIPMENT RULES- RAW LIFTERS can wear knee sleeves, wrist wraps, a 4" belt and singlet only!

RAW CLASSIC LIFTERS can wear knee wraps, wrist wraps, a 4" belt and singlet only! Elbow sleeves are allowed in the squat and deadlift!

SINGLE PLY LIFTERS can wear knee wraps, wrist wraps, a 4" belt, singlet, single ply suit, single ply bench shirt that must be closed in the back and fit over the shoulders.

SLINGSHOT LIFTERS- can wear approved slingshots

MAKE SURE YOU SIGN UP FOR THE CORRECT EVENT, DIVISION, ETC. YOU WILL NOT BE ABLE TO CHANGE IT ON MEET DAY YOU CAN ONLY ADD!

FOR MORE INFORMATION= TROY FORD- DIRECTOR, WNPf@AOL.COM OR WNPfPOWER@GMAIL.COM (770) 668-4841, WEBSITE- WWW.WNPfPL.COM

2021 WNPf VIRTUAL POWERLIFTING CHAMPIONSHIPS- open to lifters in all states

For online payments and online forms go to www.wnpfpl.com

Deadline: FEB. 20, 2021, All fees are non refundable and cannot be transferred or exchanged.

Name _____ Nick name _____

Address _____

City _____ State _____ Zip _____ Tel # _____

Email address _____ Age _____ Date of birth _____

Are you a current 2021-22 WNPf member? Yes ___ No ___ Card Expiration date _____

Estimated opening attempts (These can be changed at weigh-ins)

SQ _____ BP _____ DL _____ TEE SHIRT SIZE _____

Weight class entering _____ if you don't think you will make weight please email us one week prior, thanks!

I am entering 3/21/21 ___ 6/20/21 ___ 9/25/21 ___

Please check your divisions and if you are lifting Raw, Raw classic, single ply or otherwise you will be put in the single ply division

FULL POWERLIFTING- YOUTH ___ TEEN ___ JUNIOR ___ OPEN ___ SUBS ___ MASTERS ___ P/F/M ___ NOVICE ___ RAW ___ RAW CLASSIC ___ SINGLE PLY ___ DOUBLE PLY ___

BENCH ONLY- YOUTH ___ TEEN ___ JUNIOR ___ OPEN ___ SUBS ___ MASTERS ___ P/F/M ___ NOVICE ___ RAW ___ SINGLE PLY ___ MASTERS SLINGSHOT ___ DOUBLE PLY ___

BENCH FOR REPS- YOUTH ___ TEEN ___ JUNIOR ___ OPEN ___ SUBS ___ MASTERS ___ P/F/M ___

DEADLIFT ONLY- YOUTH ___ TEEN ___ JUNIOR ___ OPEN ___ SUBS ___ MASTERS ___ NOVICE ___ P/F/M ___ RAW ___ EQUIPPED ___

POWERCURL- YOUTH ___ TEEN ___ OPEN ___ MASTERS ___

SQUAT ONLY- YOUTH ___ TEEN ___ JUNIOR ___ OPEN ___ SUBS ___ MASTERS ___ NOVICE ___ P/F/M ___ RAW ___ RAW CLASSIC ___ SINGLE PLY ___ DOUBLE PLY ___

IRONMAN (BP/DL COMBINED)- YOUTH ___ TEEN ___ JUNIOR ___ OPEN ___ SUBS ___ MASTERS ___ NOVICE ___ P/F/M ___ RAW ___ SINGLE PLY ___ DOUBLE PLY ___

ALL FEES ARE NON REFUNDABLE, NON TRANSFERABLE AND CANNOT BE EXCHANGED. PLEASE DO NOT SEND YOUR ENTRY IN BY CERTIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP. IF YOU WANT CONFIRMATION PLEASE EMAIL ME AT WNPf@AOL.COM We do not accept personal checks, we will hold them for you or return them to you and have you send in a money order or bank check instead but it must be paid before the deadline otherwise a late fee will be added. If you owe any fees such as membership, extra divisions, entry or late fees, etc. we accept cash only at weigh-ins. Thank you. **SEND**

TO: WNPf, POBOX 142347, FAYETTEVILLE, GA. 30214 CONTACT: TROY FORD @ WNPf@AOL.COM

In consideration of your accepting this entry, I hereby for myself and my heirs, release any & all rights/claims for damages for injuries I may have against the contest facility in use, World Natural Powerlifting Federation, Troy Ford, Ron DeAmicis, all other meet directors & staff, and any & all other participating sponsors, supporters, referees, and spotter/loaders as a result of my traveling to, and/or from and/or participating in, the above listed competition. I make this release and waiver of claim with full knowledge of the hazards and inherent risks associated with the above listed competition. I hereby assume the risk of injury and property damage/loss. Also, in consideration of your accepting this entry I hereby sign over my rights to be videotaped and/or photographed to the meet directors and/or his designee. I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I also realize that if I do not attend this event for any reason I will forfeit all fees and cannot transfer them to another event. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability I waive and release everyone connected with the competition from any and all liability, including any results of negligence which may arise from this competition. Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass drug tests, I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally. Certification: I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet

Signature in full of applicant or parent/guardian if lifter is under 18