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## ARNOLD SPORTS FESTIVAL 2010

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### **EXPO STAGE:**

#### **INTERNATIONAL PRO DEADLIFT** – *Saturday*

**SCORING:** Two categories:

- Men/Women: Absolute Weight
- Overall: Wilks Formula (Men/Women)

**DIVISIONS:**

- Men: One weight class of 15 (10-12 USAPL/ 4-6 IPF)
- Women: One weight class of 8 (5 USAPL/ 3 IPF)

**SELECTION:** All athletes by invitation only.

Primary selection\*

- 2009 ASF Pro Deadlift competitor
- 2009 USAPL Nationals (All Nationals)
- 2008/2009 IPF/NAPF event completed by October 3, 2009

Secondary Selection

- 2008 USAPL Nationals
- Men's Competitor Criteria-Minimum 320kg Deadlift and Minimum 200 Wilks Score
- Women's Competitor Criteria Minimum 200 Wilks Score

#### **INTERNATIONAL TITAN PRO BENCH PRESS** – *Sunday*

**SCORING:** Absolute weight and Wilks

- Men: 1<sup>st</sup> – 3<sup>rd</sup> place per class; Wilks Overall
- Women: 1<sup>st</sup> – 3<sup>rd</sup> place; Wilks Overall
- Team: 1<sup>st</sup> and 2<sup>nd</sup> place, based on combined 12 highest Wilks attempts on the team

**DIVISIONS:**

- Men: Lightweight (-90kg)/ Heavyweight (90+kg)
- Women: One weight class
- Teams: America (Two Teams), Europe, Asia
- Five Men of two Lightweight (-90kg)/ three Heavyweight (90+kg) /one Woman per team

**SELECTION:** All athletes by invitation only.

Primary selection\*

- 2009 ASF Pro Bench competitor
- 2009 USAPL Nationals (All Nationals)
- Any 2008/2009 IPF/NAPF event completed by October 10<sup>th</sup>, 2009.

Secondary Selection

- 2008 USAPL Nationals
- 2-3 lifters per nation in each weight class
- Must have established a minimum Wilks total of 150 (Men); 130 (Women)



**BALLROOM:**

**USAPL RAW CHALLENGE** - *Friday* Three-lift (belt and wrist wraps allowed); 50 lifter limit

SCORING: Men/Women: by weight class

Juniors & Masters: 1<sup>st</sup>-3<sup>rd</sup> place by Wilks formula

Overall: Highest Squat, Bench, Deadlift, Highest Wilks

DIVISIONS:

Men/Women: by weight class

Juniors & Master by Wilks formula

SELECTION: All athletes by invitation only.

Primary selection

- 2009 ASF Raw competitor
- 2009 Raw Nationals

Secondary Selection

- 2008/2009 Raw total in Sanctioned USAPL meet

Final Selection

- 2008/2009 Total in USAPL Sanctioned meet
- Must have established a minimum Wilks total:
  - Men: 400 unequipped
  - Women: 360 unequipped

**NAPF AMERICAN PRO INVITATIONAL** - *Saturday* Three-lift; Team/Individual Competition

SCORING:

Men: 1<sup>st</sup>-3<sup>rd</sup> place by Lightweight, Middleweight, Heavyweight; Women: One class by formula

Best Lifter: Men, Lightweight, Middleweight, Heavyweight, Master & 26 and younger; Woman

Best Lift: Squat, Bench & Deadlift by Lightweight, Middleweight, Heavyweight

Team: 1<sup>st</sup> & 2<sup>nd</sup> place by Wilks

DIVISIONS:

Men: Lightweight (-75kg)/ Middleweight (82.5kg-100kg) Heavyweight (100+kg)

Women: One class by Wilks

Teams: USA (three teams), Canada, Central/South America

- Ten lifters per team, five teams total
- Each team must have:
  - One or more lifter 40 years or older
  - Two lifters 26 years or younger
  - One woman

SELECTION: All athletes by invitation only.

Primary selection:

- 2009 Quest competitor
- 2009 USAPL Nationals (All 3-lift Nationals)
- Any 2008/2009 IPF/NAPF event completed by October 3, 2009

Secondary Selection:

- 2008 USAPL Nationals

Final Selection:

- 2008/2009 Total in USAPL Sanctioned meet
- Must have established a minimum Wilks total: 500 (Men); 475 (Women)



#### DRUG TESTING:

To USA Powerlifting Standards, In-Meet and Out-of-Meet testing for anabolic steroids, hormones, stimulants, masking agents, designer compounds, diuretics.

#### SELECTION:

Selection for 2010 will be by tiers:

- **Primary:**\* Athletes who fall within these competitions and meet the other qualifying criteria for the event will be selected first
- **Secondary:** Athletes who fall within these competitions and meet the other qualifying criteria for the event will be selected will be after November 1 nomination deadline and alternates have declined their slot.
- Final selection will be selected if the event has opening after December 15 final nomination deadline

*\* Additional Primary meets may be added, ie, USAPL/IPF approved "Pro" Events*

#### RECORDS:

- American Records may be set in all events by USAPL members.
- World Records may be set in the NAPF Quest Invitational and Titan Pro Bench competition.

#### INTERNATIONAL ATHLETES TO BE INVITED INCLUDE:

IPF Members who are in good standing with their Federation. IPF Federations must have a viable Out of Meet Testing program.

#### COMPETITION ORGANIZATION:

Production by USA Powerlifting. Appointment of staffing, including referees to be determined by USA Powerlifting's Arnold Sports Festival (ASF) Committee.

#### CRITERIA FOR ALL EVENTS:

- Final athlete and team selection by the ASF Committee.
- All members must be in good standing with USA Powerlifting or their IPF affiliate
- Preliminary nomination deadline: November 1
- Athlete Locator Form (2009 4<sup>th</sup> Quarter) must be submitted by: November 15
- \$150 Entry/Doping fee postmarked by: November 30 (*Non-payment of Entry fee by deadline will remove athlete from competition*)
- Final nomination deadline: December 15
- Athlete Locator Form (2010 1<sup>st</sup> Quarter) must be submitted by: December 15

*\* Event format and/or number of athletes per event may change at the Arnold Organizers request.*