

# **2017 IAWA WORLD POSTAL CHAMPIONSHIPS INFORMATION SHEET**

## **RULES OF THE COMPETITION**

1. The due date for entry is AUGUST 31<sup>st</sup>. Make sure your lifts are completed and sent to me by that time. My email is: amyers@usawa.com
2. The lifts chosen for this event are the Cheat Curl, One Hand Dumbbell Snatch, One Hand Vertical Bar Lift with 2" Bar, and the Bench Press with Feet in the Air. The rules for these lifts are outlined in the USAWA and IAWA(UK) Rulebooks, which are available on the website. Make sure to list the hand used in the one handed lifts on the entry form. The chosen lifts represent the lifts performed on the first day of the 2017 IAWA World Championships!
3. If you live in a country that has an organized All Round Weightlifting organization that is affiliated with the IAWA you must be a current member of that organization to enter. Make sure to join before you lift in this World Postal Championships.
4. All lifts by a lifter must be performed on the same day. Record this date on the ENTRY FORM.
5. Please enter your results in kilograms on the scoresheet. List only your best legal lift performed. Do not record misses. Also list your age in years and your BWT (bodyweight) in kilograms. Your bodyweight must be weighed on the day your lifts are performed.
6. Make sure you PRINT the names of the one to three officials used for each lifter as well as having the officials sign the scoresheet. Officials must be current certified officials in their All Round Weightlifting organization. Three officials are required for IAWA records. At least one official is required for entering.
7. As per any meet and as OUTLINED in the rulebooks, you get three attempts. These must be declared and adhered to. If a 4<sup>th</sup> attempt for record is done this must be made clear on the ENTRY FORM.
8. The Scoresheet accommodates up to 6 lifters, but if more than that participate from a club simply add another scoresheet. You do not need to be part of a club to enter the World Postal Championships but Club recognition will be given to the top scoring clubs. Scoring rankings will be done for both individuals and for clubs.
9. Please write CLEARLY on the scoresheet, and fill out the scoresheet completely!
10. Remember this postal championship is ran on the HONOR SYSTEM. Be truthful in your efforts, and feel good about giving your best performance in an honorable manner. If everyone does that – the future of this meet is strong!

**THANK YOU FOR YOUR PARTICIPATION AND SUPPORT OF THE IAWA**