**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING**

**FORT BLISS – BARBELLAS & BEASTS**

**11 May 2024**

1.**REFERENCES:** a. AR 215-1, Non-appropriated Fund Instrumentalities and, Morale, Welfare

and Recreation Activities, 24 September 2010.

2. **WHAT:** Fort Bliss SFA Group Fitness Program –Barbellas & Beasts

3. **WHEN:** 11 May 2024 / 0830 check-in/weigh-in / event start 0930

4. **WHERE:** MEF Room / Soto Physical Fitness Center / 20751 Constitution Ave.

5. **ELIGIBLITY:** Open to Public

6. **REGISTRATION:**  $30 per participant / registration is required and can be done at Soto PFC

7. **SAFETY BRIEF:** 0920

8. **AWARDS:** 1st, 2nd, and 3rd place / males and females

9**. EVENTS**: Overhead barbell press (Wilks Scoring Method), deadlift knockout (Wilks Scoring

Method), heaviest squat (Wilks Scoring Method), sandbag to shoulder burnout (most reps for time: 1-minute) – lifters’ opening weight (first attempt) must be stated at time of registration. Weigh-ins will be done prior to the start of the competition.

10**. WEIGHT CLASSES:**

Men’s Weight Class

* Super Light: 174.9 and under
* Light: 175 - 199.9
* Middle: 200 – 225.0
* Heavy: Over 225

Women’s Weight Class

* Super Light: 124.9 and under
* Light: 125 – 149.9
* Middle: 150 – 175.0
* Heavy: Over 175

11. **RULES:**

Weigh-ins will be done prior to the start of the competition. A lifters’ opening weight (first attempt) must be stated at time of check-in. Each lifter will have 3 attempts to complete: heaviest squat, overhead press, and deadlift possible. Each Lifter in the weight class will take turns starting with the lightest attempt to the heaviest attempt. Once a weight has been determined, a lifter cannot lower the weight of the attempt. The lifter is only allowed to increase weight. For Heaviest Squat, Overhead Barabell Press, and Deadlift Knockout the Wilks Scoring method will be used. If there is a tie for placement the Sandbag to Shoulder event score will be used to determine the winner.

**Event Rules:**

**Overhead Press:**

* Overhead press must be performed as a strict press. Dipping legs to “push press the bar” or dipping to catch bar “jerk” are not allowed.

**Deadlift Knockout:**

* + - Lifter will pull the weight off the floor and then assume a standing erect position – the knees must be locked, the shoulders back. The lifter must maintain control of the weight while placing the bar to the floor. NO dropping the bar.

**Barbell Squat:**

* + - Lifter must bend the knees and lower the body until the crease of the hip is lower than the knee joint, at which point the lifter stands upright finishing the movement.

**Sandbag to shoulder:**

* Each lifter will have 1 minute to move the sandbag from the floor to one of their shoulders. The lifter must remove the opposite hand from the shoulder to demonstrate that the sandbag is balanced, and the lifter is in control of the implement. The lifter shall then drop the sandbag from shoulder height onto the floor before next attempt.
* Weights of the Sandbag:
  + Super lightweight Men: 150 lbs.
  + Lightweight Men: 175 lbs.
  + Middleweight Men: 200 lbs.
  + Heavyweight Men: 225 lbs.
  + Super Lightweight Women: 50 lbs.
  + Lightweight Women: 75 lbs.
  + Middleweight Women: 100 lbs.
  + Heavyweight Women: 125 lbs.

12. **ALLOWED EQUIPMENT:**

* Belt
* Knee Sleeves
* Knee wraps
* Elbow Sleeves
* Wrist wraps
* Chalk

13**. PROHIBITED EQUIPMENT:**

* Lifting Straps
* Versa Grips or similar
* Gloves

14. **EVENT DIRECTOR**: Chastity Jose, 744-5790

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Chastity Jose

Fitness Director

Fort Bliss, TX