16th Hong Kong Bench Press (Geared & Classic) Championships 2017 (Open, Sub-Junior, Junior & Master)
cum international competition selection event

(1) Date: 28th October, 2017 (Saturday)

(2) Venue : Cheung Sha Wan Sports Centre, Kowloon

(3) **Weight categories :**

1. Men : Below 53kg (Sub-Junior & Junior only)、59kg、66kg、74kg、83kg、93kg、105kg、120kg、120kg+
2. Women : Below 43kg (Sub-Junior & Junior only)、47kg、52kg、57kg、63kg、72kg、84kg、84kg+

Nomination Deadline: 28th September 2017. Weight Category cannot be change after 7th October 2017.

Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return and make weight within the limits of 1 1/2 hour for the weigh-in, Otherwise they will be eliminated from the competition (Lifter who fail to weigh-in still can participate in the event but the result will not be counted).

Age groups :

Open :	14 years of age or above ;	
Sub-Junior:	Aged 14 – 18	(Year of Birth: 1999 – 2003)
Junior:	Aged 19 – 23	(Year of Birth: 1994 – 1998)
Master 1 :	Aged 40 – 49	(Year of Birth: 1968 – 1977)
Master 2 :	Aged 50 – 59	(Year of Birth: 1958 – 1967)
Master 3 :	Aged 60 – 69	(Year of Birth: 1948 – 1957)
Master 4 :	Aged 70 or above	(Year of Birth: 1947 or before)

(4) Time of Weigh-in and Competition : (Tentative only & subject to change)

Those who would participate in two events on the competition day, they just have to Weigh-in ONCE only.

1st session : Weigh-in(Classic): 09:30 ; Competition: 11:30
All Women & Men ;
2nd session : Weigh-in(Geared): 14:00 ; Competition: 16:00
All Women & Men

(5) Rules : The competition will follow the International Powerlifting Federation Rules, please check http://www.powerlifting-ipf.com for more details. Reasons for "No Lift" for Bench Press and card color meaning:

BENCHPRESS
1. (Red) *Bar is not lowered to chest or abdominal area. i.e. not reaching the chest or abdominal area, or is touching the belt.

2. (Blue) *Any downward movement of the whole of the bar in the course of being pressed out. *Failure to press the bar to straight arm’ s length elbow locked at the completion of the lift.
3. (Yellow) *Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter. *Failure to observe the Chief Referees signals at the commencement, during or completion of the lift. *Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders, buttocks from their original points of contact with the bench or floor or lateral movement of the hands on the bar. *Contact with the bar or the lifter by the spotters/ loaders between the Chief Referees signals, in order to make the lift easier. *Any contact of the lifters feet with the bench or its supports. *Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier. *Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

(6) Costumes and Equipment:
Competitors shall wear costumes under the rules of International Powerlifting Federation, the basic costumes, like powerlifting suit, pants, bench T-shirt, belt, wrist band and other equipment can be ordered in Internet: http://www.inzernet.com, http://www.titansupport.com , or www.gometal.com. Should you have any queries about purchasing, please contact us. This competition will be regulated by the rules of International Powerlifting Federation and the equipment will be checked by the referee before competition.

(7) The event organizer, the Venue and the Sponsor takes no responsible for any damage, injury or death resulted from athlete’ s negligence or technical problems, including in the event of loss of property, or any other individuals or organizations connected directly or indirectly with the Event.

(8) Doping Control: Doping tests will be conducted at this event. The Hong Kong Anti-Doping Committee (HKADC) will conduct the tests in accordance to the HKADC Anti-Doping Rules. Any participating athlete can be selected for doping tests and is requested to provide urine and/or blood sample under witness. Sanctions for Anti-Doping Rules violation, such as refusal to providing sample or returning of positive test results, may include:

1. Disqualification of results achieved at the event
2. Ineligibility in sport

During the period of ineligibility, the individual is not allowed to participate in any capacity (including but not limited to competing athlete, coach, team official, etc) in competitions or other activities organized by organizations affiliated to the World Anti-Doping Code (WADC).

3. Financial sanction of HK$20,000

4. Public disclosure of athlete's identity and details of the violation

5. Any other applicable sanctions.

Athletes should read and understand the anti-doping regulations and information available on the official webpage of HKADC (www.antidoping.hk). According to the Strict Liability Principle, athlete is responsible for what could be found in his/her body. Ignorance could not be used as an excuse for a positive test. If there are any uncertainties, please contact HKADC.

(9) Registration

How to Register : Please fill in the application form (can be downloaded at www.hkwpa.org.hk) and return by mail or in person along with the registration fee. Payment can be made in cash or by cheque, payable to "The Hong Kong Weightlifting and Powerlifting Association Limited". (Address: Room 1005, Olympic House, 1 Stadium path, So Kon Po, Causeway Bay, Hong Kong)

The Deadline is on 28th September 2017

Note: Additional administration fee HK$100 will be charged when the cheque is dishonored.

Registration Fee:

All participants must be a member of HKWPA, the 2017 membership fee is HK$100 for ordinary membership, HK$50 for student membership, lifetime membership fee HK$2000 (must become an ordinary member for at least 3 years).

Individual participation: HK$350. Student (Full-time) and Disabled citizen: HK$250. Lifters who want to join more than one age category or joining both geared and classic event: HK$600 (Full-time Student and Disabled citizen: HK$400). The participation fee for up to one event at most for citizen who are suffering from mentally handicap, blindness, deaf and receiving Comprehensive Social Security Assistance(CSSA) can be waived (with document proof).

Teams participation: The registration fee for the team members of HKWPA will be exempted (The team membership fee is HK$250 per year), otherwise, each team should pay for team registration fee of HK$250, and the fee for each athlete in the team is $350 (Full-time Student and Disabled citizen: HK$200). The team registration form should be signed by the team leader for confirmation. The Organization's chop is required for the Organization's Team.

There will be no refund for any registration fee. If athlete got injured, he/she can get 50% refund with medical proof, and the request must be made at least 24 hours before the competition. Individual registration after deadline is not guaranteed, it depends whether there is quota remains (Quotas for this competition: 85). Late registration fee: HK$450 (including students and Disabled) will be applied after deadline. The prizes and awards will be collected one month after the competition day. There will be an Administration fee of HK$20 for those who request of certificates. For any sponsor who sponsors HK$2000 or products/souvenirs of equivalent value, the registration for one athlete will be waived.

(10) Record:
If athletes report their birth year during the weigh-in, their results will be recorded in their age categories and open category. If any athlete does not provide their birth year, they are considered to join the open category.

(11) Prizes and Award:
1) Souvenir packs will be given to all participants.
2) The top three athletes of each category will be awarded Gold, Silver and bronze medals respectively.
3) The best Man athlete and Woman athlete will be awarded with trophies.
4) The best athlete in each age category of Men, Women will get trophy. (Geared and Classic ranking will be counted separately)
5) Men and Women Team awards (at least 2 team members to form the team, geared and Classic ranking will be counted separately). Scoring system : 1st- 14 points, 2nd -9 points,3rd -6 points,4th – 3 points, 5th -2 points, 6th -1 points

(12) Appeal Committee:
All athletes are entitled to appeal against the result within two weeks after the completion of competition, and the application for appeal must be made in writing to The Hong Kong Weightlifting and Powerlifting Association Limited. A fee of $100 will be charged upon application, and refund if the appeal is granted.

(13) Selection of athletes for Invitation Championships:
1. The champion, first runner-up and second runner-up of this competition will be entitled to a 50% subsidy by HKWPA of the expenses they will incur if they choose to participate in the Asian Open or World Open Championship(s). The subsidy will cover flight tickets, accommodation (from two days before the competition to one day after the necessary competition fees. Athletes who win medals in the Asian Open with more than 4 competitors in their categories will be entitled to a further 40% subsidy by HKWPA. Athletes, who win medals in the International Championships with more than 4 competitors in their categories, or in the Asian Open with more than 5 competitors in their categories, will be entitled to a further 50% subsidy, covering all their expenses. These subsidies only apply to competitions held within one year after the Bench Press Championships. Athletes are required to agree to receive anti-doping test during out-of-competition periods.

2. Sub-Junior and Junior athlete who in the opinion of HKWPA performed outstandingly I this competition will be allowed a 50%-70% subsidy of the expenses they will incur if they participate in the Asian or World Junior Championship(s). Selection will be made by the HKWPA selection committee. The subsidy will cover flight tickets, accommodation (from two days before the competition to one day after the necessary competition fees. Sub-Junior and Junior athletes who win medals in the International Championships with more than 4 competitors in their categories will be entitled to a further 30% subsidy by HKWPA covering their expenses. These subsidies only apply to competitions held within one year after the Bench Press Championships. For the purpose of these subsidies, at the time of the relevant competitions, the athletes need to be under the age required for entrance to the adult categories. Athletes are required to agree to receive anti-doping test during out-of-competition periods.

3. In order to encourage more athletes to participate in the international competition(s) and improve the Bench Press performance, athletes who reach 40% of the IPF World Record standard in this competition are allowed to participate in any competitions at their own expenses. The standard requires are as follows:

IPF World record (as at 28/08/2017, for reference only)

	Benchpress (single) World Record of IPF (Men)									Benchpress (single) World Record of IPF (Women)							
Cate. (kg)	53	59	66	74	83	93	105	120	120+	43	47	52	57	63	72	84	84+
Open		210.5	248	300	310	330	336	356	410		140	150	165	184	178	200	235
Junior	175	200	225	245.5	300	300	320.5	356	392.5	100	110	150	140.5	147.5	165	165	190

(14) Pre-Competition training: All athletes who join the competition will be given priority to apply the Powerlifting courses co-organized by Leisure & Cultural Service Department, please check the following website (http://www.hkwpa.org.hk) for details and application form(to be returned by mail.)

(15) Meal arrangement:
The organizing committee will not provide any meals to athletes
All athletes are recommended to prepare their own food for necessary.

(16) Seminar on Competition rules for referees: Date TBC
Venue: Wan Chai Sports ground Weightlifting Room

(17) Free Admission to spectators.

(18) The competition will be postponed in case of No. 8 typhoon signal or black rainstorm signal is hoisted on the competition day. Further announcement on change of date will be announced in the association website: http://www.hkwpa.org.hk

(19) For enquiries, please contact us by 2504 8193 or by fax: 2504 8193. Participants can also send the email of HKWPA: pokkimwon@hkwpa.org.hk for any inquiries.

(20) All of the above information is subject to change without notice. All rules and information as announced on the competition day will prevail.

Updated on 2017-08-29