

IRON QUEEN CLASSIC RULEBOOK

1) INTRODUCTION

- a) The Iron Queen Classic is a strength sport competition organized by Formidable Foundation to promote participation in powerlifting and provide competitive opportunities for athletes eight (8) years and older.

2) PURPOSE

- a) This event focuses on two (2) core barbell movements:
 - i) Bench Press
 - ii) Deadlift
- b) The competition is designed to create an organized, safe, and competitive environment while encouraging participation and personal achievement.
- c) This rulebook outlines the policies, procedures, and standards used for the Iron Queen Classic. All athletes, coaches, referees, and volunteers are expected to review and follow these rules.
- d) Participation in the competition constitutes agreement with the rules and policies described in this document.

3) EVENT ORGANIZATION

- a) The Iron Queen Classic is hosted by Formidable Foundation.
- b) This event is an independently organized competition and is not affiliated with any national or international powerlifting federation.
- c) The meet director and organizing committee maintain authority over the conduct of the event and the interpretation of these rules.
- d) All decisions made by meet officials are final.

4) EVENT FORMAT

- a) The Iron Queen Classic consists of two competition lifts:
 - i) Bench Press
 - ii) Deadlift
- b) Athletes may compete in:
 - i) Bench Press Only
 - ii) Deadlift Only
 - iii) Bench Press + Deadlift (combined total)
- c) Each athlete receives three (3) attempts per lift.

- d) The heaviest successful attempt will count toward the athlete's official result.
- e) If an athlete competes in both lifts, the heaviest successful bench press and deadlift will be combined to create a competition total.

5) ELIGIBILITY

- a) Participation in the Iron Queen Classic is open to athletes who meet the eligibility criteria outlined below and who complete the registration process.
- b) Athletes must:
 - i) Complete event registration
 - ii) Sign the event liability waiver
 - iii) Check in and weigh in the day prior to the event during the scheduled times
 - iv) Follow all event rules and policies
 - v) Meet division eligibility requirements
- c) Athletes under the age of eighteen (18) must have a parent or guardian sign all required waivers and consent forms.

6) DIVISION STRUCTURE

- a) The Iron Queen Classic offers divisions designed to provide organized and meaningful competition opportunities for athletes. Division categories are established to support the purpose and mission of this event, and participation in a specific division is determined according to the eligibility criteria outlined in these rules.
- b) **Women's Division:**
 - i) The Women's Division is open to female athletes. This division exists to support and expand opportunities for women and girls to participate in strength sports.
- c) **MX Division**
 - i) The MX Division is open to any athlete who chooses to compete in this division including those athletes who do not meet the applicable eligibility criteria for the Women's Division. The MX division is offered to provide an additional inclusive competition category.
- d) This event is intended for women and those who identify as female. While we believe strength is important for all athletes, individuals who identify as male are not eligible to compete.
- e) The Meet Director reserves the right to determine eligibility and division placement in accordance with these rules.
- f) Athletes are responsible for registering in the division that aligns with the eligibility criteria defined in this rulebook.

7) AGE DIVISIONS

- a) Athletes will compete within the following age divisions when registration numbers allow.
 - i) Youth: 8–12
 - ii) Teen: 13–19
 - iii) Junior: 20–23
 - iv) Open: 24–39 (all ages welcome)
 - v) Masters 1: 40-49
 - vi) Masters 2: 50-59
 - vii) Masters 3: 60-69
 - viii) Masters 4: 70-79
 - ix) Master 5: 80+
- b) Masters divisions may be further subdivided depending on participation.
- c) Age is determined based on the athlete's age on the day of the competition.

8) WEIGHT CLASSES

- a) Weight classes may be used to group athletes of similar body weight for fair competition.
- b) Girl's/Women's weight classes:
 - i) 97 lbs (97.4 lbs and below)
 - ii) 105 lbs (97.5 lbs to 105.4 lbs)
 - iii) 114 lbs (105.5 lbs to 114.4 lbs)
 - iv) 123 lbs (114.5 lbs to 123.4 lbs)
 - v) 132 lbs (123.5 lbs to 132.4 lbs)
 - vi) 148 lbs (132.5 lbs to 148.4 lbs)
 - vii) 165 lbs (148.5 lbs to 165.4 lbs)
 - viii) 181 lbs (165.5 lbs to 181.4 lbs)
 - ix) 198 lbs (181.5 lbs to 198.4 lbs)
 - x) 220 lbs (198.5 lbs to 220.4 lbs)
 - xi) 220+ lbs (220.5 lbs and up)
- c) MX's weight classes:
 - i) 123 lbs (114.5 lbs to 123.4 lbs)

- ii) 132 lbs (123.5 lbs to 132.4 lbs)
- iii) 148 lbs (132.5 lbs to 148.4 lbs)
- iv) 165 lbs (148.5 lbs to 165.4 lbs)
- v) 181 lbs (165.5 lbs to 181.4 lbs)
- vi) 198 lbs (181.5 lbs to 198.4 lbs)
- vii) 220 lbs (198.5 lbs to 220.4 lbs)
- viii) 242 lbs (220.5 lbs to 275.4 lbs)
- ix) 275 lbs (275.5 lbs to 308.4 lbs)
- x) 308+ lbs (308.5 lbs and over)

9) WEIGH-INS/CHECK-INS

- a) Weigh-ins/Check-ins is mandatory and done the day prior to the event during the scheduled times
- b) Upon checking in, please have your driver's license, student ID, or birth certificate ready so we can verify your date of birth and age class. If you do not have a driver's license, then your legal guardian may verify your name and age.
- c) You will need to give your opening attempt in pounds. They must be in five-pound increments.
 - i) Youth Bar: 25 pounds is the lowest possible permitted opening attempt for bench press and 45 pounds for deadlift.
 - ii) Power/Deadlift bar: 45 pounds is the lowest possible permitted opening attempt for bench press and 65 pounds for deadlift.
- d) All lifters must weigh-in prior to competing. All lifters will be weighed by an appropriately trained person of the same gender.
- e) When weighing in, you can wear as much or as little clothing as you wish. If you opt to undress to make weight, then you will be able to do so in a room with a closed door.
- f) All competitors under the age of 18 must have a guardian present at weigh-in.
- g) If you do not make the weight you wish, then you may try again during the allotted time frame. In order to do so, you must wait until everyone who is present at the weigh-in completes their first weigh-in attempts.
- h) Your weight class will be determined by your weight at the weigh-in, regardless of what weight class you registered for.
- i) If you do not weigh in during the scheduled times, you are not allowed to compete. No exceptions.
- j) After you weigh-in, you will find your bench rack heights on the competition bench if you are participating in that lift.
- k) After you weigh in, the next time we will see you is at the rules meeting, which is 30 minutes prior to the start of the competition. ALL lifters must attend the rules meeting.

10) RULES OF COMPETITION

a) Flights

- i) All athletes will be categorized into flights so they know when they will lift.
- ii) Flights are typically arranged by body weight and then by age and first opening attempt. The lifters with the lowest body weight, age, and opening attempt will go first. The Athlete Manager has the ability to alter the flight organization ahead of the competition if they choose to do so. Flights will be clearly communicated to all athletes before competition begins.
- iii) Flight A lifters will be the first to compete. Inside of flight A, they will be further broken down into groups based on the number of platforms. For example, if there are three platforms, flight A will be broken down into flights A1, A2, and A3. The number after the letter will be the name of a platform (i.e., the platforms will be named 1, 2, and 3). The platform numbers will be displayed and verbally communicated so lifters are aware of where they need to be.
- iv) After flight A completes their three attempts on bench press or deadlift, then flight B will start, and so on. This will continue until all flights have completed the bench press or deadlift.

b) Rounds System

- i) Lifters categorized into flight A will be the first to lift at the event. That means the lifters assigned to that flight will warm up immediately following the rules meeting.
- ii) The maximum number of lifters that will be assigned to each platform in a flight is 15.
- iii) While flight A is warming up, they are the only people allowed to use the warm-up equipment. This will help control the number of people on the equipment and ensure that all lifters are prepared when it is time for them to hit the platform.
- iv) If you wish to change your opening attempt, it must be done no less than three minutes prior to your flight starting and must be done at the scorer's table by a volunteer running the scorer's table at the platform you are assigned to. A lifter can only change their opening attempt once prior to starting.
- v) Once lifters are finished warming up, they can head to their platform and flight B can begin warming up, and so on.
- vi) An expeditor will be present and help arrange the lifters in order at each platform. The program Lifting Cast or other suitable event software will be used for the event. The expeditor will have his/her own device to sequence the lifters, but lifters can also view the information on their phones or on posted

screens if available. Expeditors will do their best to direct the lifters and flow of traffic, but it is ultimately the lifter's responsibility to arrive at the platform on time.

- vii) Once the bar is called loaded, the person scheduled to lift will have a one-minute time limit to start the lift.
- viii) Once the bench press is completed, the lifter must exit the opposite side of the platform from which she entered. The lifter then heads directly to the scorer's table to give her second attempt.
- ix) Each lifter in the flight will take her first attempt following the same directions as listed above.
- x) Once each lifter has made her first attempt, second attempts will start. The lifter with the lowest second attempt weight will go first. This means that there is a chance lifters could lift in a different order than the first round of attempts. This will be clearly displayed in the lifting program, and the expeditor will be present to help with this.
- xi) After all of the second attempts are completed, then the flight will start third attempts. The lifter with the lowest third attempt will go first.
- xii) After lifters complete their third bench press attempt, they will exit the platform and are finished until deadlift. There is no need for any lifter to go to the scorers' table after the third attempt.

c) Bench Press Rules

- i) The bar will be called "loaded" by the head judge once your weight has been placed on the bar and the platform is ready for you. The platform will have three judges: one head judge and two side judges. There will also be a minimum of three loaders/spotters. If you request a handout, the head spotter at the head of the bench can do this.
- ii) You have one minute from that time the bar is called "loaded" to approach the bar, get set up, and receive your first command.
- iii) To bench, you must lay with your back on the bench. Your back and butt must remain in contact with the bench starting when the first command is called and through the end of the lift.
- iv) Your feet can be either flat on the ground or you can have your heels elevated. Once you receive the first command, you cannot pick your feet up until you rack the bar at the end of the lift. Your feet are allowed to slide; but, again, they cannot come up.
- v) You may request blocks to place under your feet if you cannot get the proper footing. This can be requested at weigh-ins or any time before the start of your lift.

- vi) You must grip the bar with your thumbs around the bar.
- vii) Your entire hand cannot be outside the rings on the bar.
- viii) Once you are ready, you can take the bar out of the rack yourself or with a handout from the head spotter. When the head judge sees that your arms are locked out, he/she will give the first command, "Start," with a lowering of his/her arm.
- ix) If the judge doesn't believe you are in the proper position after five seconds, he/she may ask you to re-rack the weight by giving the command "rack" with a backward motion of his/her arm. You will be notified and can start the lift again.
- x) Once you have started, you must lower the bar until it reaches your chest and then bring it to a complete stop.
- xi) Once the bar is motionless on your chest, the head judge will give an audible command of "Press" with a hand motion upwards. At that point, the bar must maintain an upward motion until both of your elbows lock out.
- xii) When your elbows are locked and the bar is motionless, the head judge will give the "Rack" command with a backward hand motion.
- xiii) The spotters and loaders may assist you in returning the bar to the rack, if necessary.
- xiv) After your lift, the three judges will give their rulings, which will be either a white light/card for a "good" lift or a red light/card for a "no lift." In order for your attempt to be a good lift, you must get a minimum of two white lights/cards. If you receive two or more red lights/cards, your attempt is a "no lift."
- xv) Once your lift is completed, you must exit the platform. After the first two attempts, you need to go straight to the scorers' table to give your next attempt. You have one minute to do so.
 - (1) If your lift was good, then your next attempt must increase by a minimum of 5 pounds.
 - (2) If your lift was a no lift, then you can either opt to repeat the same attempt or increase a minimum of 5 pounds. You cannot ask for an attempt with a lower weight than your opening attempt.
- xvi) If you do not report to the scorer's table after your first or second attempts, the following will occur:
 - (1) If your attempt was good, 5 pounds will be added to your next attempt.
 - (2) If your attempt was a no lift, your next attempt will be the same weight.

- xvii) After you give your attempt, return to the line. After your third lift, you are done until it is time for you to start warming up for deadlifts.
- xviii) If a lifter who is competing in both lifts receives a “no lift” on all three attempts of their bench press, they will no longer be eligible to place in their weight class & age division as this has to be a combined total score between the two lifts. They are still allowed to participate in all three deadlift attempts if they wish to

d) Reasons for Disqualification of a Bench Press

- i) Failure to comply with any of the head judge’s commands.
- ii) Any change in lifting position after the start command is given (besides the lifting of the head). Examples include: butt coming off the bench, shoulders moving on the bench, or movement of hands on the bar. Feet must stay in contact with the floor, but mild incidental foot movement is allowed. Lifting of the foot or changing of position is a reason for disqualification.
- iii) Sinking of the bar into the chest after the “press” command is given.
- iv) Heaving the bar off the chest after the “press” command is given.
- v) Excessive uneven lockout.
- vi) Any downward motion of the bar after the “press” command is given.
- vii) Failure to press the bar into full extension to complete the lift.
- viii) Any contact of the lifter’s feet with the bench or uprights.
- ix) Any contact of the bar with the uprights during the execution of the press and is believed to have assisted your lift.
- x) Failure to remove the bar to execute the lift within the one minute time limit that starts once the bar is called “loaded” by the head judge.

***If your lift is disqualified and you’re not sure why,
you are welcome and encouraged to ask one of the judges.***

e) Deadlift Rules

- i) The bar will be called “loaded” by the head judge once your weight has been placed on the bar and the platform is ready for you. The platform will have three judges: one head judge and two side judges. There will also be a minimum of three loaders/spotters.
- ii) You have one minute from that time to approach the bar, set up, and receive your first command.

- iii) You must approach the bar facing the front of the platform and towards the head judge.
- iv) The judge will signify that he/she is ready for you to start the lift by putting his/her arm in the air.
- v) When you are ready, grab the bar and lift it. A lift is classified as an attempt once at the point in which all plates leave the ground.
- vi) Once you start the lift, the bar must continue in an upright movement until it is locked out. A lockout is when you are standing erect and the knees, hips, and shoulders are in a straight line.
- vii) When a lockout is achieved, the judge will give a verbal “down” command with downward motion of his/her arm.
- viii) You must keep both hands in contact with the bar when returning the bar back to the floor in a controlled manner.
- ix) After you commence your lift, the three judges will give their rulings, which will be either a white light/card for a “good” lift or a red light/card for a “no lift.” In order for your attempt to be a good lift, you must get a minimum of two white lights/cards. If you receive two or more red lights/cards, your attempt is a “no lift.”
- x) Once your lift is completed, you must exit the platform. After the first two attempts, you need to go straight to the scorers’ table to give your next attempt. You have one minute to do so.
- xi) If your lift was good, then your next attempt must increase by a minimum of 5 pounds.
- xii) If your lift was a no lift, then you can either opt to repeat the same attempt or increase a minimum of 5 pounds. You cannot ask for an attempt with a lower weight than your opening attempt.
- xiii) If you do not report to the scorer's table after your first or second attempts, the following will occur:
 - (1) If your attempt was good, 5 pounds will be added to your next attempt.
 - (2) If your attempt was a no lift, your next attempt will be the same weight.
- xiv) After you give your attempt, return to the line. After your third lift, CONGRATULATIONS! You are done and awards will start shortly after all lifters are done

f) Reasons for Disqualification of a Deadlift

- i) Failure to comply with any of the head judge’s commands.
- ii) Any downward movement of the bar prior to receiving the “down” command.

- iii) Failure to stand erect with knees, hips, and shoulders in a locked position.
- iv) Supporting the bar on the thighs during the lift (often known as “ramping”).
- v) Jerking of the bar up the thighs during the lift (often known as “hitching”).
- vi) Stepping forwards, backwards, or laterally during any part of the lift. Rocking between the balls of the feet is permitted.
- vii) Lowering the bar before receiving the “down” command.
- viii) Failure to lower the bar with weights back to the platform in a controlled manner after receiving the “down” command. Both hands must stay in contact with the bar until the weight reaches the floor.
- ix) Failure to start the lift within the one-minute time period from when the bar was called “loaded.” The lift officially begins once the lifter makes a bona fide attempt to lift the bar from the platform.

***If your lift is disqualified and you’re not sure why,
you are welcome and encouraged to ask one of the judges.***

10) EQUIPMENT USED AT EVENT/JUDGING

- a) The following equipment will be available on each platform:
 - i) 45-pound power bar power for bench press and a 45 pound deadlift bar for deadlift with collars
 - ii) A 25-pound youth bars are available upon request for both the bench press and deadlift
 - iii) Blocks for bench press are available upon request
 - iv) Metal plates in pound measurement, including: 45 lbs, 25 lbs, 10 lbs, 5 lbs, and 2.5 pounds (there will be no fractional plates)
 - v) 10 and 25 lb bumper plates for youth lifters on the deadlift
 - vi) Bench press rack for the bench press
 - vii) DL platform for the deadlift
- b) The warm-up area will have similar equipment to that used on the platform.
- c) Judges.

- i) Each platform will have three judges: one head judge and two side judges. Judges will either use lights or red and white cards to signal their decisions. Additional information regarding judging can be found in the Referee Section.

11) CLOTHING & ACCESSORIES

- a) You must wear a shirt at all times (i.e., during both the bench press and the deadlift). A tank top classifies as a shirt. If you are questioning whether your tank top would classify as a sports bra you need to err on the side of caution.
- b) You do NOT need to wear a singlet, but you must wear form-fitting clothes so the judges can determine whether your attempt meets the applicable standards (for example, whether your butt stays in contact with the bench at all times during a bench press attempt). If you are wearing a shirt that makes it difficult for the judges to determine whether you are meeting the applicable standards, the judges may ask you to tuck it in.
- c) During the deadlift you must wear clothing that protects your shins, such as legging or knee high socks. If you choose to wear shorts or capri-length pants, you must then wear socks to cover your shins. This rule is for safety (to prevent blood from touching the bar if it scrapes a competitor's shins).
- d) When deadlifting it is required that you wear shoes or deadlift slippers.
- e) You must wear shoes during the bench press. No BARE FEET allowed.
- f) You may not wear clothing with profanity or political statements. Any competitor violating this rule may be removed at the discretion of the Meet Director.
- g) You may not wear lifting suits (equipped lifting).
- h) You may not wear headphones or earbuds on the platform. Hearing aids are allowed.

12) LIFTER EQUIPMENT

- a) Belts: You may wear a belt during either lift. Lever, prong, and velcro belts are allowed.
- b) Gloves: You may NOT wear gloves during either lift.
- c) Wrist wraps: You can wear wrist wraps during the bench press or deadlift, but they CANNOT touch the bar during the execution of the lift.
- d) You may use chalk.
- e) Knee sleeves are allowed but they cannot come in contact with clothing you are wearing such as socks, shorts or pants.
- f) Tape is not allowed in any areas that will come in contact with the bar (hands, fingers, knees etc).

13) ATHLETE CONDUCT

- a) All athletes, coaches, and spectators are expected to demonstrate respectful conduct throughout the competition.
- b) Unsportsmanlike behavior may result in:
 - i) Attempt disqualification
 - ii) Removal from the competition
 - iii) Removal from the venue
- c) The meet director maintains authority over conduct decisions.

14) SAFETY

- a) Athlete safety is a priority.
- b) Spotters and loaders will be present during bench press attempts.
- c) Athletes must follow referee commands and safety instructions at all times.
- d) Any athlete appearing unable to safely continue competing may be removed from the competition by officials.

15) APPOINTED OFFICIALS

a) Announcer

- i) The Masters of Ceremonies (MC) is responsible for informing the audience as to the progress of the meet.
- ii) Due to the size of the event the MC will do their best to announce the bar is loaded, weight for the next attempt and the name of the lifter.
- iii) The MC will get his/her information from Lifting Cast.
- iv) Depending on the size of the event and number of platforms, there may be more than one MC.

b) Meet Director

- i) The Meet Director is the person you contact during the event if questions or concerns arise.
- ii) In the event of a discrepancy, the Meet Director will speak with all three judges on the platform where the lift was performed and give their final verbal ruling.
- iii) The verbal ruling of the Meet Director is final.
- iv) The Meet Director or Athlete Manager is responsible for uploading meet results to be kept for Formidable Foundation's records.

c) Referees/Judges

i) There must be three judges at all times on the platform in order for a lift to be ruled upon. There is to be one head judge and two side judges.

- (1) Due to the Iron Queen Classic being an unsanctioned meet, the judges are not required to have completed an examination. It is heavily encouraged for all judges to have prior experience in judging in a federation or to be a seasoned lifter with a good understanding of the rules. It is up to the Meet Director's discretion as to whether a person satisfies the minimum requirements to be a judge.
- (2) Once the lift has been completed, the judge must give their ruling with a white light/card for a "good" lift or a red light/card for a "no lift."
- (3) If a judge rules a no lift, a judge can and is encouraged to let the lifter know why.
- (4) Judges are to make their own decisions and not look to other judges after the completion of the lift for guidance on their rulings.
- (5) At any time the head judge can use his/her discretion to have the bar or platform cleaned.
- (6) Referees will be dressed in the volunteer event shirt.
- (7) The use of electronic devices is not allowed while judging.
- (8) If a lifter is lifting on a platform where the lifter's coach is a judge, then the judge must be removed from the platform and a substitute put in place for that lifter's attempts.
- (9) A judge may sit anywhere necessary for them to judge the lift to the best of his/her ability. If that means he/she needs to communicate with spotters and loaders, this needs to be done prior to the start of a lift.

ii) Signal for Lifts

(1) Bench Press

- (a) The head judge starts with his/her arm raised. To start the lift, he/she lowers his/her arm and gives the verbal command "start."
- (b) Once the bar has come to a complete stop on the chest, the head judge will raise his/her arm and give the verbal command "press."
- (c) Once the lifter locks out, the lift the head judge will move his/her arm backwards with the verbal command "rack."

(2) Deadlift

- (a) To start the lift, no command will be given. Instead, the head judge's arm will be raised.

- (b) Once the lifter reaches the lockout position, that head judge will lower his/her arm and give a verbal “down” command.

d) Scorers’ Table

- i) There will be one scorer’s table per platform that will be staffed with two volunteers each.
- ii) The scorers are responsible for accurately recording the data of lifts on both the attempt cards and in the software.
- iii) One scorer is solely responsible for collecting attempts for lifters.
- iv) One scorer is solely responsible for entering the attempts, marking whether the lift is good or bad, and making sure the timer is running.
- v) In the event a lifter wants to plead her case to overturn a ruling on the platform, the scorers’ table is responsible for getting the Meet Director.

e) Spotters and Loaders

- i) Spotters and loaders are expected to work as a team, as they control the tempo of the event.
- ii) Spotters and loaders must rotate as necessary to make sure everyone can rest when needed.
- iii) They are responsible for loading the bar to the appropriate weight, adjusting rack heights as necessary, cleaning the bar, and providing a welcoming and encouraging environment for the lifters.
- iv) Bench Press/Deadlift will require a minimum of three and maximum of five spotters/loaders.

v) Head of the Platform:

- (1) Informs all loaders on the platform the weight to be loaded on the bar.
- (2) Responsible for making sure that the appropriate weight has been loaded on the bar and notifying the head judge.
- (3) Bench Press: Responsible for providing a handoff to the lifter upon request.
 - (a) If no handoff is requested, the head of the platform is to be off to the side where he/she can return quickly in the event of an emergency.
 - (b) After giving a handoff, the head of the platform must quickly back off, down, and to the side to get out of the way of the judge, but able to return quickly in the event of an emergency.
- (4) Deadlift: Responsible for raising and lowering the deadlift jack, cleaning the bar as necessary, and standing behind the lifter when lifting in the event she lets go of the bar and falls backwards.

vi) Side Spotters:

- (1) They can help unload the bar and re-rack after the attempt is completed. At no point are the side spotters allowed to touch the bar unless the head judge directs the side spotters to do so.
- (2) If a spotter touches the bar by accident, it is up to the head judge to assess the situation and make a ruling.
- (3) Bench Press: While spotting, the side spotters' hands must be directly under the bar at all times.
- (4) Deadlift: Once the collars are in place, the side spotters are to stay off to the side by the weight trees.

16) PLATFORM/BARS

- a) The first plate must always face in and all other plates are to be loaded facing out, followed by the collars.
- b) The platform is to be clean and clear of all objects except those necessary. This includes plates, snacks, water bottles, towels, cleaning solution, etc.
- c) The collars must be tightened each attempt with no gaps between the collars and plates.
- d) The deadlift bar is to be brushed down prior to the start of each flight and the start of a new round of attempts. It can be cleaned again at the head judge's request.
- e) If blood touches the bar, it must be cleaned with a bleach solution immediately and cleaned to proper sanitation protocols.
- f) Lifting chalk is permitted and available for use during the meet. Baby powder and smelling salts (ammonia) are not allowed at this event.
- g) The bar must be centered on the rack during bench press and on the platform during deadlift.

17) AWARDS

- a) Awards may be presented for:
 - i) Division Winners - 1st, 2nd and 3rd place medals will be awarded in each weight class and age division under both the Women's Division and MX Division. This is based on total points/pounds moved.
 - ii) Best Bench Press - Highest total pounds moved by a single lifter in one attempt. If it is a tie then it goes to the person with the lowest body weight. This will be awarded under both the Women's Division and MX Division.
 - iii) Best Deadlift - Highest total pounds moved by a single lifter in one attempt. If it is a tie then it goes to the person with the lowest body weight. This will be awarded under both the Women's Division and MX Division.

- iv) Best Combined Total - Determine by the lifter with the highest DOTS points + age. Awarded in both the Women's Division and MX Division.
- b) The meet director reserves the right to introduce additional awards, to be determined prior to the meet.

18) RECORDS

- a) Records established at the Iron Queen Classic apply only to events hosted by Formidable Foundation unless otherwise specified.
- b) Record tracking may be maintained by the event organizers.

19) LIABILITY WAIVER

- a) All athletes must sign a liability waiver before competing.
- b) Participation in strength sports carries inherent risks including injury, equipment failure, or other physical harm.
- c) By competing in the Iron Queen Classic, athletes acknowledge these risks and agree to participate voluntarily.

20) FINAL NOTES

- a) The Iron Queen Classic is intended to celebrate strength, community, and personal achievement.
- b) Athletes, volunteers, and spectators are encouraged to contribute to a positive and supportive competitive environment.
- c) Formidable Foundation appreciates the participation and support of everyone involved in making the event possible.

