



DEADLIFT

DOMINATION

23.07.2022 - ESSEN

ANNOUNCEMENT

Hybrid event between Powerlifting and Strongman Deadlift only

Host: KSV Essen 1888 e.V.

Location: Gelsenkirchener Str. 89A, 45141 Essen, Germany

Eligible to participate: All athletes who are not subject to a ban by the DOSB and are at least 14 years old. Minors require the consent of their legal guardians.

Tickets: There are a total of 100 starting tickets. If the number of participants exceeds the number of tickets, the lottery will decide.

Registrations: The athletes register with first and last name, weight class, date of birth, highest deadlift, from April 24th, 2022 until May 24th, 2022 at the latest on <https://ksvessen1888.de> using the form for Deadlift Domination.

A confirmation email will follow with the payment information. The place is reserved for 1 week.

Prize: The entry fee is €40 per athlete.

The entry fee is to be transferred in advance (by bank transfer or PayPal) by no later than one week after registration. Failure to do so will result in no permission to start. No refund for non-attendance, but a transfer of the starting place within the Weight class is possible. If the event cannot take place due to the pandemic situation, a refund of the entry fee is possible.

Classes:

Women relative ranking according to dots

Men's absolute ranking in the weight classes -100 and +100

RULES

Equipment:

- Only one suit, no briefs, if no suit is worn, a singlet is mandatory
- Straps allowed, but the thumb must be on the bar
- Deadlift socks must be worn
- Shoes or slippers must be worn
- Belt allowed

Process:

1. The lifter must be facing the front of the platform towards the Head Judge. The bar must be horizontal in front of the lifter's feet, grasped with both hands in any grip style, and lifted until the lifter is upright.
2. At the end of the attempt, the knees must be straight and the shoulders back show behind.
3. The Head Judge clears the platform for the attempt by raising his arm is lifted and the command „the barbell is loaded“ has been given. The signal of Referee to lower the barbell consists of a downward movement of the Arms and the audible command „Down“. The signal will not be given before until the bar is held motionless and the lifter settles into the supposed end position is located.
4. Any attempt to raise the bar, or any attempt to do so at will, is considered an attempt scored. Once the attempt has begun, no downward movement is allowed, unless the lifter reaches the upright position with locked knees. If yourself lowers the dumbbell as the shoulders recede (slight downward movement at the end of the attempt), this should not be a reason for a failed attempt.

Reasons for an invalid lift attempt:

1. Any downward movement of the bar before final position is reached.
2. Not standing upright with shoulders back.
3. Knees not straight through at the end of the attempt.
4. Support the dumbbell with your thighs while performing the test. If the bar moves up the thigh, but that doesn't benefit the lifter occurs, this is no reason for a failed attempt. In case of doubt, the referees should decide in favor of the lifter.
5. Forward or backward movement of the feet, with a lateral movement of the feet or a rocking of the feet between ball and heel is allowed.
6. Lowering the bar before the Referee's signal.
7. Drop the barbell onto the platform without grasping it with both hands; i.e. H. Dropping the dumbbell from your palms.
8. Failure to comply with any of the items specified under the Rules of Execution.
9. Non-compliance with the points clothing and/or equipment.

CONDITIONS OF PARTICIPATION

With my registration and participation in the „Deadlift Domination“ competition organized by Kraftsportverein Essen 1888 e.V., I bindingly declare that I am taking part in this event on July 23, 2022 at my own risk. By registering for the competition, I declare that I have no health concerns about my participation. I release the organizer from all claims that arise in connection with the said event, in particular due to an accident, regardless of whether it is the fault of one's own or a third party or for any other reason. This waiver of liability applies to claims for any legal reason, in particular both for claims for damages from contractual and non-contractual liability and also for claims from tort. I agree that the data specified in my registration, which I have in connection with my participation in the competition, will be used for the purpose of planning and running the competition. In the event of non-attendance or cancellation of the event due to force majeure, there is no entitlement to a refund of the entry fee.