

Powerlifting Rules and Info

Who can compete?

This is an Amateur / Unsanctioned powerlifting competition for ALL U.S. / NATO I.D. Card holders ages 18+ across the Benelux and Europe region. We encourage first time powerlifters to those who have competed before. The event's primary goal is to bring our fitness community together in a supportive and welcoming environment for all.

How do I register for the event:

Registration begins Sept 5th and is open to the first 40 people and closes on November 1st (two weeks before the competition). You must download the registration form and **submit via email**. If you are a part of the Benelux community, you will need to pay for your registration in person at either the Brussels Fitness Center or the Chievres Fitness Center no later than November 1st. If you are traveling from another region, you must contact us to confirm your registration no later than November 1st. For individuals traveling from outside of the Benelux, we will allow you to pay the day of.

What is the cost of the event:

The registration fee is \$15. And can be paid for at the Chievres or Brussels Fitness center. Credit Card Only! Competitors can choose to order a T-shirt for \$5 extra. Registration + Tshirt = \$20.

How will the event be judged:

The Wilks Formula: For this event, we're using the Wilks formula in place of weight classes. The Wilks Formula calculates a score that considers both the lifter's body weight and the total weight they lift. This means that regardless of your body weight, your performance will be judged based on the Wilks score, ensuring fairness for everyone, whether you're lighter or heavier.

No Age Categories: Currently, there aren't separate age categories, but the Wilks formula helps ensure that everyone competes fairly based on their strength relative to their body weight.

Competition timeline:

08:00 – 09:30 Check-In, Equipment Check and Weigh-In: Belts, wrist straps, knee sleeves, and clothing (no baggy clothes) will be inspected to ensure they meet competition standards. All participants must weigh in during this time. Weigh-ins will be conducted in private with designated weigh-in stations.

09:30: Rules & Safety Briefing: Detailed explanation of competition rules, including the use of the Wilks formula, lift commands, safety protocols, proper spotting techniques, and emergency protocols.

09:45: Warm – Up for Squats

10:00: Event Begins

13:00: Lunch Break

13:30: Event Resumes

16:00 Estimated end of competition but may vary based on participants

*Due to safety reasons, competitors who arrive late, will not be allowed to participate. Please arrive on time!

Is there a dress code for the competition?

Yes, participants must wear form-fitting clothing. No baggy clothes allowed. This is to ensure judges can accurately assess the lifts. Singlets are welcome but are not necessary.

What type of straps or sleeves are allowed?

Only wrist straps, knee sleeves, and belts are allowed. All equipment will be inspected during check-in. If you have additional questions, please contact us at Chievresfitnesscenter@army.mil

Can I bring friends, family, or guests to the competition?

YES! And we highly encourage you to bring as many supporters as you wish to cheer you on. Please note that to enter the Chievres AB your guests must be US or NATO Id holders. We will have extra T-shirts for your supporters to purchase that will include a special booth where they can have your name or nickname put on the back of the shirt. Guest T-shirts = \$10 / Name add on = \$5

Are lodging accommodations available for those traveling from afar?

Yes, we have partnered with the Chievres Lodge and have secured a room rate for \$125 per night. You must call the hotel directly and ask for the Powerlifting rate which will be provided for both the 15th and 16th of November. Rooms first come first serve and are not guaranteed without a reservation. Contact Chievres Lodge: +32 068-26-7111 or DSN: 314-597-5233.

Will there be food and beverages during the event?

Yes, the Bene Brew, which is located next door to the competition will serve food between 1000-1400 on the day of. After which, our guests can purchase food from the Exchange.

How many lift attempts and how much time in between?

Each competitor will have 2 lift attempts for squats, bench and deadlifts of one minute each.

Is hitching allowed?

No hitching will be allowed during the deadlift. Hitching is supporting the bar on your quads once it has passed the knees.