



ARNOLD SPORTS FESTIVAL 2010

EXPO STAGE:

INTERNATIONAL PRO DEADLIFT – Saturday

SCORING in two categories:

- Men/Women: Absolute Weight
- Overall: Wilks Formula (Men/Women)

DIVISIONS:

- Men: One weight class of 15 (10-12 USAPL/ 4-6 IPF)
- Women: One weight class of 8 (5 USAPL/ 3 IPF)

SELECTION: All athletes by invitation only.

Primary selection*

- 2009 ASF Pro Deadlift competitor
- 2009 USAPL Nationals (All Nationals)
- 2008/2009 IPF/NAPF event completed by October 1, 2009

Secondary Selection

- 2008 USAPL Nationals
- Men's Competitor Criteria-Minimum 320kg Deadlift and Minimum 200 Wilks Score
- Women's Competitor Criteria Minimum 200 Wilks Score

INTERNATIONAL TITAN PRO BENCH PRESS – Sunday

SCORING: Absolute weight and Wilks

Men: 1st – 3rd place per class; Wilks Overall

Women: 1st – 3rd place; Wilks Overall

Team: One Overall Award based on the IPF Team Formula

Teams: America, Europe, Asia

- Six Men of three Lightweight (-90kg)/ three Heavyweight (90+kg) /Two Women per team

DIVISIONS:

Men: Lightweight (-90kg)/ Heavyweight (90+kg)

Women: One weight class

SELECTION: All athletes by invitation only.

Primary selection*

- 2009 ASF Pro Bench competitor
- 2009 USAPL Nationals (All Nationals)
- Any 2008/2009 IPF/NAPF event completed by October 1st, 2009.

Secondary Selection

- 2008 USAPL Nationals
- 2-3 lifters per nation in each weight class
- Must have established a minimum Wilks total of 150 (Men); 130 (Women)
- Must have successfully completed two attempts in qualifying meet to be ranked. Those completing three attempts will receive priority selection.
- Bench bomb-outs in any International qualifier negates rankings for 2010.



BALLROOM:

RAW CHALLENGE - *Friday* Three-lift (belt and wrist wraps allowed); 50 lifter limit

SCORING: Men: by weight class

Women, Juniors & Master Men: 1st-3rd place by Wilks formula

Overall: Highest Squat, Bench, Deadlift, Highest Wilks

DIVISIONS:

Men: by weight class

Women, Juniors & Master Men: 1st-3rd place by Wilks formula

SELECTION: All athletes by invitation only.

Primary selection

- 2009 ASF Raw competitor
- 2009 Raw Nationals

Secondary Selection

- 2008/2009 Raw total in Sanctioned USAPL meet

Final Selection

- 2008/2009 Total in USAPL Sanctioned meet
- Must have established a minimum Wilks total:
 - Men: 400 unequipped or 475 geared
 - Women: 360 unequipped or 425 geared

NAPF AMERICAN PRO INVITATIONAL - *Saturday* Three-lift; Team/Individual Competition

SCORING:

Men: 1st-3rd place by Lightweight, Middleweight, Heavyweight; Women: One class by formula

Best Lifter: Men, Lightweight, Middleweight, Heavyweight, Master & 26 and younger; Woman

Best Lift: Squat, Bench & Deadlift by Lightweight, Middleweight, Heavyweight

Team: 1st & 2nd place by Wilks

DIVISIONS:

Men: Lightweight (-75kg)/ Middleweight (82.5kg-100kg) Heavyweight (100+kg)

Women: One class by Wilks

Teams: USA (Four Teams), Canada, Central/South America

- Ten lifters per team, six teams total
- Each team must have:
 - One or more lifter 40 years or older
 - Two lifters 26 years or younger
 - One woman

SELECTION: All athletes by invitation only.

Primary selection:

- 2009 Quest competitor
- 2009 USAPL Nationals (All 3-lift Nationals)
- Any 2008/2009 IPF/NAPF event completed by October 1, 2009

Secondary Selection:

- 2008 USAPL Nationals

Final Selection:

- 2008/2009 Total in USAPL Sanctioned meet
- Must have established a minimum Wilks total: 500 (Men); 475 (Women)



DRUG TESTING:

To USA Powerlifting Standards, In-Meet and Out-of-Meet testing for anabolic steroids, hormones, stimulants, masking agents, designer compounds, diuretics.

SELECTION:

Selection for 2010 will be by tiers:

- **Primary:*** Athletes who fall within these competitions and meet the other qualifying criteria for the event will be selected first
- **Secondary:** Athletes who fall within these competitions and meet the other qualifying criteria for the event will be selected will be after November 1 nomination deadline and alternates have declined their slot.
- **Final selection** will be selected if the event has opening after December 15 final nomination deadline

** Additional Primary meets may be added, ie, USAPL/IPF approved "Pro" Events*

RECORDS:

- American Records may be set in all events by USAPL members.
- World Records may be set in the NAPF Quest Invitational and Titan Pro Bench competition.

INTERNATIONAL ATHLETES TO BE INVITED INCLUDE:

IPF Members who are in good standing with their Federation. IPF Federations must have a viable Out of Meet Testing program.

COMPETITION ORGANIZATION:

Production by USA Powerlifting. Appointment of staffing, including referees to be determined by USA Powerlifting's Arnold Sports Festival (ASF) Committee.

CRITERIA FOR ALL EVENTS:

- Final athlete and team selection by the ASF Committee.
- All members must be in good standing with USA Powerlifting or their IPF affiliate
- Qualifying deadline: October 1, 2009
- Preliminary nomination deadline: November 1
- Athlete Locator Form (2009 4th Quarter) must be submitted by: November 15
- \$150 Entry/Doping fee postmarked by: November 30 (*Non-payment of Entry fee by deadline will remove athlete from competition*)
- Final nomination deadline: December 15
- Athlete Locator Form (2010 1st Quarter) must be submitted by: December 15

** Event format and/or number of athletes per event may change at the Arnold Organizers request.*