

RULES for The Strength Fortress' Team Championships

General Rules

1. The technical rules of Powerlifting Australia will be applied as per any Powerlifting Australia sanctioned competition.
2. Weigh ins will start 90 minutes before the scheduled commencement of lifting and will be open for 60 minutes as per PA rules.
3. This competition is considered an "Open" competition and any attempts at PA Records that are not a multiple of 2.5kg must be above the current Open PA record.

Teams

1. A team is any group of lifters who have nominated the same person as their first choice "Coach".
2. A lifter can only compete in and score points for *one* team.
3. Lifters can nominate multiple coaches (no more than two). In such case, they can only belong to the team of their primary coach as per their entry.

Example 1: Lifter 1 nominates Coach A as their first coach and Coach B as their second coach. Lifter 2 nominates Coach A as their first coach and Coach C as their second coach. Both Lifter 1 and Lifter 2 have nominated the same first coach and are hence on the same team.

Example 2: Lifter 1 nominates Coach A as their first coach and Coach B as their second coach. Lifter 2 nominates Coach B as their first coach and Coach D as their second coach. In this case, Lifter 1 and Lifter 2 have nominated different people as their first coach and are hence on different teams.

Example 3: Lifter 1 nominates Coach A as their first coach and Coach B as their second coach. Lifter 2 nominates Coach B as their first coach and Coach A as their second coach. In this case, Lifter 1 and Lifter 2 have nominated different people as their first coach and are hence on different teams.

4. A person who chooses to compete can nominate themselves as coach or another person. The same rules apply as per rule 3. of "Teams".
5. Any person nominated as coach must make a bona fide effort to coach their lifter(s) through the competition. This means only the lifter's primary and secondary coach are permitted to coach on the platform and submit their attempt cards. Any lifter found to have falsely nominated their coach risks having their team points eliminated and potentially their team disqualified.
6. A team can consist of as many as 6 lifters and any amount of secondary coaches. As per PA rules, any individual lifter can nominate no more than two coaches. If more than 6 lifters enter under the same first coach, the coach must clarify who their six lifters are that will be eligible to contribute to the team score.
7. Final coach nominations must be made no later than 7 days before the date of the competition. All changes to coach nominations must be made before this time and any changes to coach nominations later than this date will not be accepted.

Warm Up Room

1. Access to the warm up room is strictly for nominated coaches, lifters and officials.
2. Any person who is not a nominated coach will be removed from the warm up room and risk disqualifying any lifters with whom they were associating or coaching.
3. All coaches must be dressed in appropriate coaching attire as per PA regulations ie. tracksuit pants or shorts must be worn with an appropriate t shirt or polo. No jeans or dress shoes allowed

Scoring system

1. Point scoring shall be 6, 4, 3 and 2 for the first 4 placings and 1 point for any subsequent placings in any bodyweight category.
2. Only the point scores of the four best placed lifters of each team will be counted for the team competition. In case of a tie in points scored, the winning team will be the one with the most first places. In the case of a tie between teams having the same number of first places, the one having the most second places will be classified as first, and so on through the placing of the four scoring lifters. Should teams finish equally after this procedure, then the team with the greater total number of Wilks points will be declared the winner (taken only from the four scoring members of said teams).