

# 2024 Indiana Regional

Equipped/Unequipped Powerlifting, Push/Pull, Bench Only, Power Press, Power Sports

Date: Saturday, September 14th, 2024

Location: Workhorse Gym, 1301 W. Mulberry St., Kokomo, IN

Weigh-Ins – Early – Friday- Workhorse Gym, 1301 W. Mulberry St, Kokomo, IN

Meet Directors: Rich & Tad Peters | 10751 Lake Rd | Lexington, OK 73051 | Phone: 405-706-0484 / 405-706-0687

email: [sqbpd@aol.com](mailto:sqbpd@aol.com)

Local Contact: Ron Nichols | 1301 W. Mulberry St | Kokomo, IN 46902 | 765-357-8565

email: [workhorsegym@gmail.com](mailto:workhorsegym@gmail.com)

## ***RULES:***

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**General Rules:** All current NASA rules will apply. View the entire NASA rule book on our Web site at [www.nasa-sports.com](http://www.nasa-sports.com). All lifters are required to have a current NASA Membership. NASA enrollment will be available at the meet or pre-enroll on our web site. Membership is good for 1 full year from the date of purchase. Adult membership is \$50.00 per year and High School Membership is \$25.00 per year.

**Power Sports:** No supportive equipment of any kind (exception: 4" max width lifting belt is allowed) in Power Sports Divisions. Lifts included in Power Sports are Strict Curl, Bench Press and Deadlift for Total (full meet), and/or you may enter any lift individually.

**All lifters MUST wear a Wrestling Singlet or other one-piece lifting suit.  
Full-length knee socks must be worn by all Dead lifters.**

## ***WEIGHT CLASSES:***

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**Men:** 114.25, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.5, 242.5, 275.5, 308.5 & SHW

**Women:** 97, 105.75, 114.25, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.5, 242.5, and 242+

### **OFFICIAL WEIGH-IN TIMES**

Early Weigh-in 7:00 – 8:00pm Friday (all Women and Men's Classes 114-SHW)

Regular Weigh-in 8:00 – 9:00am Saturday (all Women & Men's Classes 114-SHW)

**LIFTING WILL BEGIN AT 10:00am SATURDAY**

**Awards will be presented after the lifting is complete each day and lifters are free to leave.**

### **NEW ENTRY and Competition FORMAT – BEGINNING JUNE 29<sup>TH</sup>, 2024**

- Pick your Category- Select the Category you want to enter!
- Select the Division (s) you want to enter (If you plan to set records in a division)
- Estimate your meet body weight. Not binding until actual weigh-in
- Sign your entry and mail of enter on-line.

### **Notes-**

If you want to compete in different Categories and set records, you must be entered in those respective Categories & Divisions. If you select Additional Record Divisions to set records in your Category there will be a \$25.00 Record Processing Fee for each additional Division in your Category, you will be listed on the score sheet just once. . BUT, if the Records you choose to set are in Divisions in a different Category you will be required to pay the Add-On Category / Division Fee at the cost indicated on the entry form, as in the past.

If you set Records in Divisions in your main category, you will be listed on the scoresheet just once and you will be required to fill out a Record Application at the meet and pay the fee of \$25 per record Division at check in. This saves you an additional add-on fee but you will receive only one award. Each Additional Event you enter shall constitute an additional Category entry, indicate your Additional Division on your entry form.

**Categories- Duplicated for all Events , PL, BP Only, Power Sports, etc.**

- **Category One**- Includes the following classes-  
All High School and Teenage Lifters

- **Category Two**- Includes the following Classes-  
Junior and Intermediate Lifters

- **Category Three**- Includes the following classes.  
All Sub Masters, Open. Police & Fire, and Pure Lifters

- **Category Four**-  
Includes Masters-1, Masters-2, and Masters Pure

-**Category Five**-  
Includes Masters 3, and Masters 4

- **Category Six (Grand Masters)**  
Includes Lifters 80 and older.

Lifters in each **Category** will be competing against each other in their respective weight classes. Records can be set in all individual Divisions as is now the case. The Current Records/Format will NOT change and will remain the same as in the past.

**More Info at the bottom of this entry form**

***DIVISIONS & Categories: Each Division indicates which Category you will be in.***

<b>Pure: Cat 3</b>	Lifetime Anabolic Steroid Free
<b>Open: Cat 3</b>	Anabolic Steroid Free for Minimum 3 Years
<b>Novice: Cat 3</b>	Lifetime Anabolic Steroid Free; never won first place in any NASA National meet
<b>High School: Cat 1</b>	Currently HS-enrolled lifters, Home Schooled ; Lifetime Anabolic Steroid Free
<b>Teenage: Cat 1</b>	13-19 years of age; Lifetime Anabolic Steroid Free
<b>Junior: Cat 2</b>	13-23 years of age; Lifetime Anabolic Steroid Free
<b>Intermediate: Cat 2</b>	24-29 years of age; Lifetime Anabolic Steroid Free
<b>Police &amp; Fire: Cat 3</b>	Full-time Law Enforcement, Military & Fire Personnel; Lifetime Steroid Free
<b>Sub-masters 1: Cat 3</b>	30-34 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Sub-masters 2: Cat 3</b>	35-39 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Sub-masters Pure: Cat 3</b>	30-39 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Masters 1: Cat 4</b>	40-49 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Masters 2: Cat 4</b>	50-59 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Masters 3: Cat 5</b>	60-69 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Masters 4: Cat 5</b>	70-79 years of age; Anabolic Steroid Free for Minimum 3 years
<b>Masters 5: Cat 6</b>	80+years of age; Anabolic Steroid Free for Minimum 3 years
<b>Masters Pure: Cat 4</b>	40+ years of age; Lifetime Anabolic Steroid Fre

**More Info at the bottom of this entry form**

## **ALLOWED:**

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### **Equipped Powerlifting**

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Single-ply Squat Suit and BP Shirt + Lifting Belt and Knee/Wrist wraps.

### **Equipped Push/Pull**

Consists of lifter's best Bench Press and Deadlift for a Total. Single-ply BP Shirt + Lifting Belt and Knee/Wrist wraps.

### **Equipped Bench Only**

Single-ply BP Shirt + Lifting Belt and Wrist wraps.

### **Power Sports Full Meet**

Consists of the lifter's best Curl, Bench Press and Deadlift for a Total. 4" max width Lifting Belt only.

### **Unequipped Powerlifting**

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

### **Unequipped Push/Pull**

Consists of lifter's best Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

### **Unequipped Bench Only**

Lifting Belt and Wrist wraps.

### **Power Press and/or Power Clean Only**

Power Press consists of lifter's best Power Clean and Bench Press for a Total. Lifting Belt and Knee/Wrist wraps. **Clean is only the Clean.**

**Retro Powerlifting** – No Supportive Equipment except Lifting Belt and Wrist Wraps Only

## **ENTRY FEES:**

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**\$10.00 Late Fee applies after Deadline Date of 9-10-24 for 1<sup>st</sup> Entry only. Cash and Credit Cards Only for all late entries.**

**Individual Lifters:** Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Press; Power Sports (Full Meet and Individual Events): **\$80.00 for first division entered; \$50.00 for each additional division entered.**

NOTE: In Power Sports Individual Events – Awards in each individual event entered

**High School Lifters:** Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Press; Power Sports (Full Meet and Individual Events): **\$50.00 for first division entered; \$40.00 for each additional division entered.**

NOTE: In Power Sports Individual Events – Awards in each individual event entered.

**Team Entry Fee: \$50.00 per team entry.** This fee is for the Team Trophy. Team rosters **MUST** be turned in by the start of lifting on Saturday. Maximum 10 members per team.

**Return All Entries and Entry Fees to: NASA | 10751 Lake Rd | Lexington, OK 73051**

**Or enter online at our Web site: [www.nasa-sports.com](http://www.nasa-sports.com)**

## **AWARDS:**

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**Individual Lifters:** 1st thru 5th Place Awards for each weight class in each division. Category for Powerlifting, Push/Pull, Bench Press Only, Power Press, and Power Sports contests. Awards may consist of Championship medals, Column Trophies, Sculptured Trophies, Large Plaques and Medium Plaques. Selection of all awards will be determined by overall rankings.

**Teams:** 1st thru 3rd Place Trophies for Powerlifting, Push/Pull, Bench Press Only, Power Press, and Power Sports Teams.

## **STATE/NATIONAL RECORDS:**

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### **STATE & NATIONAL RECORDS**

State Records can be set or broken in this event. You must be entered in all the Division(s)/ Events to break those records. Lifters may make multiple entries (add-on entries). National Records **MAY** be allowed but is optional. Special Awards May Be Presented At This Event Which May Include Championship Belts, NASA Jackets, etc.

**More Info at the bottom of this entry form**

# 2024 Indiana Regional Powerlifting Championship

**September 14th, 2024**

Workhorse Gym, 1301 W. Mulberry St., Kokomo, IN 46902 | 765-357-8565

→ **IMPORTANT: Late Fee of \$10.00 begins Sept. 10<sup>th</sup>** ← Late Fees Will Be Strictly Enforced

You may enter on-line at [www.nasa-sports.com](http://www.nasa-sports.com)

CATEGORY (s) Entered -

Name	Wt Class	Age	Sex
Address	City	State	Zip

E-mail Address \_\_\_\_\_ Phone \_\_\_\_\_

Division(s) Entered (i.e. Juniors, Masters-1, Open, etc.):

Events Entered:	1st Division \$80 (\$50 for HS)	2nd Division \$50.00 (\$40 HS)	3rd Division \$50.00 (\$40 HS)	4th Division \$50.00 (\$40 HS)
Equipped Powerlifting - Full Meet				
Unequipped Powerlifting - Full Meet				
Equipped Push Pull				
Unequipped Push Pull				
Equipped Bench Only				
Unequipped Bench Only				
Power Sports - Full Meet Curl, BP, DL				
Power Sports Strict Curl Only				
Power Sports Bench Press Only				
Power Sports Deadlift Only				
Power Press Only (bp + power clean)				
Power Clean Only				

Retro Powerlifting (belt only)

Total number of Divisions Entered: \_\_\_\_\_ Total Amount Enclosed \_\_\_\_\_ Check No. \_\_\_\_\_  
*Incl. Late Fee if applicable*

**I Realize This Competition is an Anabolic Steroid Free Meet and that I Agree to be Tested by Urinalysis**

In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs and assigns, any and all claims for injury or damages which myself or my family may incur by virtue of my competing in this contest as against Rich Peters, Tad Peters, NASA Powerlifting, the Workhorse Gym, Ron Nichols, NASA, the facility used and any of their agents and employees. I also realize that the sport of Powerlifting is a high risk sport and that I could be injured. I certify that I am in good physical health and have no serious health problems and that I assume full responsibility for such conditions and realize Covid 19 is an act of God and I may contract this virus before, during or after this event. I realize that I am fully responsible for my well-being and safety in the warm-up room, on the lifting platform and while I am lifting at this event. I certify, by my signature, that I have read this waiver and fully understand and accept its terms. I agree to the testing methods adopted by NASA, Coefficient System and/or Urine Testing. I agree that if I test positive for anabolic steroids my name can be made public. I also agree to abide by the NASA Rules of Conduct and Sportsmanship. I do hereby verify my acceptance by my signature below and /or my entry by electronic device.

**Do Not Sign This Waiver Before Reading It Fully and Carefully. If you do not accept its terms, DO NOT sign it.**

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if Athlete is under 18 years of age \_\_\_\_\_

**Return All Entries and Entry Fees to: NASA \* 10751 Lake Rd \* Lexington, OK 73051**

## The new competitive change that we are implementing will work this way. First lets us break down and learn new terminology.

Category is the competitive category that you will lift in regardless of your age base off the old Division break down see the chart below.

You may enter as many Categories you qualify for.

*Category 1*= All High School and Teenage Lifters compete together for placings.

*Category 2*= All Junior and Intermediate Lifters.

*Category 3*= All Submasters, Open and Pure lifters compete against each other.

*Category 4*= Masters 1 and Master 2, Master Pure compete against each other..

*Category 5*= Masters 3 & 4 compete against each other

*Category 6*= Grand Masters, Lifters 80 and above.

Awards will be awarded from 1st through 5th in all Category's Weight Classes. All sat Classes will remain the same as in the past. will remain the same as always and Records can all be set or broken regardless of Division Placings.

### Divisions Within each Category

The old Divisions will now be referred to as Class. The existing requirements will not change. See below:

**Pure:** Lifetime Anabolic Steroid Free

**Open:** Anabolic Steroid Free for Minimum 3 Years

**Novice:** Lifetime Anabolic Steroid Free; never won first place in any NASA National meet

**High School:** Currently HS-enrolled lifters; Lifetime Anabolic Steroid Free

**Teenage:** 13-19 years of age; Lifetime Anabolic Steroid Free

**Junior:** 13-23 years of age; Lifetime Anabolic Steroid Free

**Intermediate:** 24-29 years of age; Lifetime Anabolic Steroid Free

**Police & Fire:** Full-time Law Enforcement and Fire Personnel; Lifetime Anabolic Steroid Free

**Sub-masters 1:** 30-34 years of age; Anabolic Steroid Free for Minimum 3 years

**Sub-masters 2:** 35-39 years of age; Anabolic Steroid Free for Minimum 3 years

**Sub-masters Pure:** 30-39 years of age; Anabolic Steroid Free for Minimum 3 years

**Masters 1:** 40-49 years of age; Anabolic Steroid Free for Minimum 3 years

**Masters 2:** 50-59 years of age; Anabolic Steroid Free for Minimum 3 years

**Masters 3:** 60-69 years of age; Anabolic Steroid Free for Minimum 3 years

**Masters 4:** 70-79 years of age; Anabolic Steroid Free for Minimum 3 years

**Masters 5:** 80+ years of age; Anabolic Steroid Free for Minimum 3 years

**Masters Pure:** 40+ years of age; Lifetime Anabolic Steroid Free

### The events you can enter will not change. (i.e. Unequipped Powerlifting, Push/Pull. Power Sports etc..)

#### There are no changes to the weight classes!

Now that it is time to enter a meet this is how you will enter. Lifter X is in high school, is competing in the 220 lbs weight class and they want to compete in the **high school** class. They will enter Category 1 **HS** Class. Lifter X also wants to compete in the **Open** Class so they will also Enter Category 3. This is two entries. The Lifters name will be listed on the score sheet twice. Once under Division 1 and once under division 3.

Does that make sense? If not ask questions before continuing on!

**Record setting:** Rules for setting records have not changed. They still must be announced before the attempt and all National Record attempts must be approved by the National judges that witnessed the lift on the platform and the Official Jury if one is assigned if the lift is appealed.

Records will still be set as normal under the class definitions. (See above for the break down). We will continue with our Lifter X scenario from above. Lifter X is competing in the 220-weight class as a **high school** lifter. Lifter X also has done his/her homework and sees that they can set records in the **teenage** class as well as the **High School** class. Since both of those classes are in Category 1, they will only get the records for the **High School** Class since that is the Division, they entered in Division 1. Lifter X will be allowed to submit a record request to the records chairman for the **Teenage** Division for a fee of \$25.00.

This is a non-refundable fee and must be paid up front as This will allow him/her to claim records in both **Divisions of Category 1**. However, Lifter X will not be able to set records for the **Junior** class because Lifter X did not enter **Category 2** for the competition.

### **Scoring and Placing:**

Each Event will have its own score sheet. Unequipped Power Lifting, Equipped power lifting, power Sports etc.. The score sheet will have Category 1-6 listed and all the names and lifters.

**in addition to the above**, say Lifter X also wants to also enter the full Powersports event in both the Teen and High School Divisions. **Since Powersports is a separate event from Retro Powerlifting, Lifter X will pay \$40 (the cost of a 2<sup>nd</sup> Category)** for the 1<sup>st</sup> division of Category 1 of full Power Sports (e.g. High School), and then \$25 for the Teenage Division in Powersports. So Lifter X now pays an additional \$65, for a total of \$140 amongst all events, categories, and divisions. Under the previous entry format, Lifter X would've paid \$50 for their 1<sup>st</sup> entry, and \$40 for each subsequent entry, for a total cost of \$170. **Under this new format, Lifter X saves \$ and provides actual competition, but only receives 2 awards: one for how they place in Retro Powerlifting, and one for how they place in Powersports**