

The International Association of Natural Health Practitioners (IANHP) presents the  
**American Mighty Men & Women AC Deadlift Championship**  
Sanctioned by the  
**AMERICAN DRUG-FREE POWERLIFTING FEDERATION**

**DATE:** SATURDAY, May 6, 2023

**VENUE & LOCATION:** New Eden Wellness Center (Fountain Square), 1196 East Algonquin Rd,  
Algonquin, IL 60102

**MEET DIRECTOR:** Lawrence DeSantis  
1196 East Algonquin Rd. (331) 225-6455  
Algonquin, IL 60102 info@ianhp.org

**ELIGIBILITY:** All entries must be 2023 registered A.D.F.P.F. Members. Membership must be completed prior to the meet online. <http://adfpf.net/membership/>. Memberships are good for one year.

**ENTRY FEE: 75.00 single event / 95.00 for both events(divisions)**

(Fees are not refundable.) Make checks payable to IANHP and mail to 1196 East Algonquin, Road. Algonquin, Illinois. 60102 or pay online at. <https://www.ianhpinternational.org/ac-power-deadlift>

**ENTRY DEADLINE:** Entries **with fees** must be **postmarked by SATURDAY, April 30, 2023**. Late entries will be accepted at the meet director's discretion but will incur a \$20 late fee in all instances.

**MEET T-SHIRT:** \$25 in advance (must be pre-ordered).

**DIVISIONS OF COMPETITION:**

This event uses 26-inch diameter weight plates (wagon wheel size) and a Standard Olympic 7 foot long, 45-pound weight barbell. The lifter will lift the bar which is standing 12.75 inches from the floor. In a standard deadlift the bar is 8.75 inches from the floor. The lifter is lifting 4 inches less in the AC Deadlift Event. As such, ADFPF records may not be set in this meet although meet records can be set. Top three lifters in Open and Masters class will receive awards. A single best lifter award will be given for the best Male and Female lifter using the Schwatz/Malone coefficients.

**Note:** To train at a gym or at home for the AC Power Deadlift, you may simply add four 1-inch rubber mats under each side of the barbell.

**UNEQUIPPED Division:** Lifters must wear a NON-SUPPORTIVE singlet, NON-SUPPORTIVE T-shirt and shoes must be worn in each event (Lycra & Spandex. **SUPPORTIVE equipment LIMITED to the BELT and WRIST WRAPS.** The following are **NOT ALLOWED:** KNEE WRAPS, BOXER SHORTS, KNEE or ELBOW SLEEVES, LYCRA or SPANDEX SHIRTS.

**EQUIPPED Division:** Supportive equipment limited to the following in each Event:

**DEADLIFT EVENT:** Supportive equipment includes SINGLE PLY SUIT, BELT, KNEE & WRIST WRAPS are optional. SUPPORTIVE BRIEFS are **NOT** allowed. KNEE SOCKS, Shoes/slippers must be worn.

**INDIVIDUAL AWARDS:**

**WEIGHT CLASSES:**

MEN:	<b>52.0</b>	<b>56.0</b>	<b>60.0</b>	<b>67.5</b>	<b>75.0</b>	<b>82.5</b>	<b>90.0</b>	<b>100.0</b>	<b>110.0</b>
	(114.5)	(123.5)	(132.25)	(148.75)	(165.25)	(181.75)	(198.25)	(220.25)	(242.5)
	<b>125.0</b>	<b>145.0</b>	<b>+145.0</b>						
	(275.5)	(319.5)	(+319.5)						

Women

:	<b>44.0</b>	<b>47.5</b>	<b>50.5</b>	<b>53.0</b>	<b>55.5</b>	<b>58.5</b>	<b>63.0</b>	<b>70.0</b>	<b>80.0</b>	<b>90.0</b>	<b>+90.0</b>
	(97.0)	(104.75)	(111.25)	(116.75)	(122.25)	(129.0)	(139.0)	(154.25)	(176.25)	(198.25)	(+198.25)

**CATEGORIES OF COMPETITION:** Open: 24 to 39 years of age. Master 1-10: (1) 40-44 (2) 45-49 (3) 50-54 (4) 55-59 (5) 60-64 (6) 65-69 (7) 70-74 (8) 75-79 (9) 80-84 (10) 85-89

**DRUG TESTING:** URINALYSIS testing on a minimum of 10% of participants.

**BANNED SUBSTANCE LIST:** ADFPF drug control policies follow the World Anti-Doping Agency (WADA) guidelines, which will be applied in cases for substances not covered below. Banned substances include ANABOLIC STEROIDS, GROWTH HORMONES, PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS. Many over-the-counter substances violate ADFPF Drug Control rules. Check all ingredients; if you have questions concerning medications and/or supplements, phone the DRUG HOTLINE at 1-800-233-0393.

ADFPF Active members are subject to both NIL-notice IN and OUT-OF COMPETITION drug testing and to Target Testing. If tested POSITIVE, the lifter may appeal by allowing the testing of Sample B at their expense. Lifters testing POSITIVE for ANABOLIC STEROIDS and related substances, OR who refuse to be drug tested IN-COMPETITION and/or OUT-OF COMPETITION receive a LIFETIME BAN in both the ADFPF & WDFPF.

**TIME SCHEDULE:**

Saturday, May 6, 2023  
Official Weigh-In: 8:00 AM to 9:30 AM  
Rules Briefing: 9:45 AM  
Lifting begins at: 10:00 AM

**A.D.F.P.F. RULES:**

**This meet will require a singlet. A t-shirt should be worn under the singlet. Attire must be clean and respectful. This is subject to the meet director and judge's discretion.**

**ADFPF members are encouraged to download the WDFPF RULEBOOK** from the website:

<http://adfpf.net/wdfpf/>

Chalk, Baby Powder/talc is allowed in designated areas.

ADFPF Membership must be purchased online prior to event.

All personal equipment worn on the platform must be CLEAN, UNTORN and in GOOD repair.

Obscenities/profanities are **NOT allowed** on **ANY items** in the competition area.

**ENTRY FORM for**  
**AC Power Deadlift Championship**

COMPLETE, SIGN and RETURN BOTH PAGES of this ENTRY FORM with CHECK or MONEY ORDER payable to: IANHP; 1196 East Algonquin Rd; Algonquin, IL 60102; 331-225-6455 Cell. Entries must be postmarked by April 30, 2023. You can pay online as well as scan the entry form and email it to [info@ianhp.org](mailto:info@ianhp.org)

Please PRINT CLEARLY or TYPE  
E-MAIL ADDRESS:

\_\_\_\_\_

---

First name	Middle Initial	Last name	Gender	Weight Class in Kilos
------------	----------------	-----------	--------	-----------------------

---

Street Address

---

City	State	Zip Code	Date of Birth	Age on May 6
------	-------	----------	---------------	--------------

(\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Home phone including area code                      Cell phone

ADFPF membership #: \_\_\_\_\_

2023 ADFPF Membership ADFPF WEBSITE: <http://adfpf.net/register-for-adfpf/>  
Please email [info@ianhp.org](mailto:info@ianhp.org) if you have any issues registering.

Best UNEQUIPPED COMP. DEADLIFT: \_\_\_\_\_.

Best EQUIPPED Comp. DEADLIFT: \_\_\_\_\_.

HAVE YOU EVER BEEN DRUG TESTED? \_\_\_\_\_

IF SO, APPROXIMATE DATE(S) OF TESTING: \_\_\_\_\_

METHOD(S) OF TESTING (CIRCLE ONE):            URINALYSIS            POLYGRAPH            VOICE  
STRESS

HAVE YOU BEEN LIFETIME DRUG FREE? \_\_\_\_\_

LIST MEDICATIONS taken during the past 2 weeks:

\_\_\_\_\_

.

CHECK competition entered:

\_\_\_\_\_ **Master or Open Single Division** (\$75.00). CIRCLE DIVISION: **UNEQUIPPED** / **EQUIPPED**

\_\_\_\_\_ **Both Divisions** (\$95.00)

Pre-Order \$25 Meet T-shirt, indicate SIZE & QUANTITY: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL  
\_\_\_XXXL

**Total Entry fee + Shirt Order:** \$\_\_\_\_\_. Please make check payable to (credit cards accepted by calling meet director): Lawrence DeSantis (331) 225-6455

**OFFICIAL RELEASE FORM CERTIFICATION:**

I hereby give my word of honor that I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the WORLD ANTI-DOPING AGENCY & the International Olympic Committee. I further agree NOT to use prescription diuretics in an effort to make weight **NOR** will I take psychomotor stimulants for this competition.

\_\_\_\_\_  
(Signature of athlete) Date: \_\_\_\_\_

\_\_\_\_\_  
(Signature of parent/guardian if athlete is under 18 years of age)

Date \_\_\_\_\_

**Release From Liability:**

Please read this release very carefully, as when you sign it, you will be giving up important legal rights!

In consideration of the acceptance of my entry form for AC Power Deadlift Championships, I intend to be legally bound for not only myself but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition, i.e. IANHP, New Eden Wellness Center, the Meet Directors, the A.D.F.P.F., or any persons associated with the competition from any and all liability which may arise from this competition.

Additionally, I understand that Powerlifting is an inherently hazardous activity and that participation in this sport exposes me to the risk of injury or death. I further understand that the A.D.F.P.F. will NOT reimburse me for, or coverage of any medical expenses incurred by me as a result of injuries that I might sustain, training for, traveling to or from, or participating in the competition.

Moreover, I agree that the results of any testing method selected by ADFPF recognized testing officers for the purpose of detecting the presence of drugs, as listed on the International Olympic Committee (I.O.C.) banned substances list, SHALL BE CONCLUSIVE. I agree to cooperate fully with all required I.O.C. sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event. Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing that I might otherwise have won. I also agree to waive any claim that might arise under state, national or international law for defamation, slander, libel

or any other claim for which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, which I may sue in effort to challenge this release from liability.

I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release From Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature of athlete

\_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent/guardian if athlete is under 18 yrs. of age)