

Competition Information

- Lifts will be performed in the following order:
 - Squat
 - Bench Press (Powerlifting) + Strict Press (CrossFit)
 - Deadlift
- Participants will have three lifts per movement
 - Participants will perform all three lifts at one time
 - Participants will have 1 minute to perform their lift
 - They will then have 5 minutes between lifts to change weight and rest
- Winners will be decided by:
 - Heaviest Squat + Press + Deadlift = Score
 - Tie's will be decided by lightest competitor or in a head-to-head challenge if weight is equal
- The following accessories are permitted:
 - Knee/Elbow sleeves and Wrist wraps
 - 4-inch lifting belts (any style as long as the back doesn't exceed 4 inches)
 - Lifting straps for those doing the powerlifting block (not allowed for CrossFit total)
 - Any preferred footwear for each lift
- Movement standards will be demonstrated on the day of competition to ensure all participants know the requirements they are being judged on. Movement standards will also be shown on our Facebook and Instagram page.
- All competitors will weigh in on the day of competition. If you would like to come check your weight using our scale beforehand then you may do so, but the official weight will be recorded the day of competition.

Please email skary.fitness@gmail.com for any questions regarding the competition