

FOR YOUR INFORMATION:

Push-pull is a division, like bench press or dead lift; however, the fees for bench press and dead lift are separate from push-pull fees. You only get a trophy for push-pull if you enter just push-pull. You do not get a trophy for bench press or dead lift unless you enter and pay for those additional divisions separately. You may now do push-pull in single-ply or double-ply; however, both the bench and the dead lift must be the same ply.

Bench Press and Dead Lift Divisions:

- 1 division bench press - either single-ply or double-ply – may set a bench record
- 2 divisions bench press - either single-ply or double-ply may set bench records
- 1 division dead lift - single-ply or double-ply may set a dead lift record
- 2 divisions dead lift - single-ply or double-ply may set dead lift records
- 3 divisions - (this could be 2 bench and 1 dead or 1 bench and 2 dead) may set records in three divisions
- 4 divisions (this would be 2 bench and 2 dead lifts) may set records in four divisions

Push-Pull Divisions:

- 1 division push-pull - SINGLE-PLY OR DOUBLE-PLY (cannot set records in bench press or dead lift only can set record in one push-pull)
- 2 divisions push-pull - SINGLE-PLY OR DOUBLE-PLY (cannot set records in bench press or dead lift only can set records in the two push-pull divisions)

Combinations of Bench Press/Dead Lift Divisions + Push Pull Divisions:

- 1 divisions (1 bench or 1 dead) + one division push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in one division and one push-pull) (Lifter obviously lifts in both bench press and dead lift and in the same ply)
- 1 divisions (1 bench or 1 dead) + two division push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in one division and two push-pulls) (Lifter obviously lifts in both bench press and dead lift and in the same ply)
- 2 divisions (1 bench and 1 dead) + one division push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in two divisions and one push-pull)
- 2 divisions (1 bench and 1 dead) + two divisions push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in two divisions and two push-pulls)
- 3 divisions (2 bench and 1 dead or 1 bench and 2 dead) + one division push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in three divisions and one push pull)
- 3 divisions (2 bench and 1 dead or 1 bench and 2 dead) + two divisions push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in three divisions and two push pulls)
- 4 divisions (2 bench and 2 dead) + one division push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in four divisions and one push pulls)
- 4 divisions (2 bench and 2 dead) + two divisions push-pull SINGLE-PLY OR DOUBLE-PLY (can set records in four divisions and two push pull divisions)

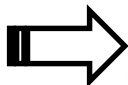
To WABDL Lifters:

Changes to the rules for push-pull records begin this new lifting year, 2015.

1. Beginning with worlds – and not retroactive to earlier meets – you may select to enter, just push-pull as a new division. The fee for entering just push pull in one division is \$60(\$40-teens) and \$110(\$75-teens) for two divisions. **This varies with the individual meet director.** This means you may earn one or two trophies and set records for the push-pull in the division(s) you enter. For instances, if you elected to enter one push-pull division, you would select a division and weight class and enter: Open Men or Open Women (bench press and dead lift) 165#. If you go beyond the current push-pull record for this division and weight class, you will set a new push-pull record. We will keep state and world records for push-pull. **You may not enter bench press in the Open Men/Open Women and dead lift in Master Men/Master Women 40-46 165# and be eligible for a push-pull division.** You **must** enter the same division for both bench and dead lift in the push-pull division. **ALL PUSH-PULL DIVISIONS ARE SINGLE-PLY OR DOUBLE-PLY so if you are entering bench and dead lift divisions in addition to push-pull, you must lift in the same ply for both bench and dead.**
2. **If you elect to enter ONLY the push-pull division, YOU MAY NOT SET RECORDS IN DEAD LIFT OR BENCH PRESS UNLESS YOU ENTER and PAY FORTHOSE DIVISIONS SEPARATELY and ONLY THE BEST LIFT OF THE CONTEST COUNTS FOR THE PUSH-PULL RECORD, not fourth lifts. A lifter who “bombs out” in one division is disqualified from the push-pull.**
3. For example, if you enter one bench and one dead lift in the same division, and one push-pull division, you would be eligible to earn three trophies and be eligible to set records in dead lift or bench press or both as well as in the push-pull division. If you entered two divisions of bench and two divisions of dead and two divisions of push-pull, you would be eligible to win six trophies and set six different records. **The push-pull division(s) must be the same division for both bench and dead lift and must be one (or two) of the divisions selected for the bench/deadlift divisions of the contest if you are entering them in addition to your push-pull division.**

For example:

If a lifter pays \$148 for two divisions at worlds (one bench and one dead lift, for example, in Master Men 40-46 165#) and also pays an additional \$81 for the push-pull division, the lifter is eligible to set a state, national, or world record in either bench press or dead lift or both, and also set the record in Master Men 40-46 165# push-pull. **Push-pull records will be established by division and weight class and are SINGLE-PLY OR DOUBLE-PLY and only the best lifts of the contest count toward the push-pull record, not fourth attempts.**



If a lifter enters three divisions (2 bench press, 1 dead lift or 1 bench and 2 dead lifts) and wants to do a push-pull division, also, he must be sure that one of the two bench divisions and the one dead lift are in the same division and weight class and ply. If he enters 1 bench and 2 dead lifts and wants to do a push-pull division, he must be sure that one of the two dead lift divisions is the same as the bench division.

For example:

If a lifter enters bench Open Men 165# and bench Master Men 40-46 165# and one dead lift, the deadlift must either be Open Men 165# or Master Men 40-46 165# or the lifter is not eligible to do the push-pull division. If a lifter decides to enter Class 1 Men bench press, and Master Men 40-46 bench press, and dead lift Open Men, he would be **ineligible** for a push-pull division. **The push-pull division must be the same division for both bench and dead lift and must be one of the divisions selected for the bench/deadlift divisions of the contest if he enters more than the push-pull division.** A lifter could enter bench Class 1 and bench Open Men and dead lift Class 1 and dead lift Open Men and would then be eligible to enter one or two divisions of push-pull. He could not enter bench and dead lift Class 1 Men and Master Men 40-46 and then enter Submaster Men for the push-pull division. In this example, the push-pull

division would either have to be Class 1 or Master Men 40-46 or both. **All push-pull divisions are SINGLE-PLY OR DOUBLE-PLY.**

4. If you are just in push-pull you cannot be on a team nor are you eligible to take a fourth attempt for a national or world record because lifts in divisions don't count for anything except push-pull records, unless you've paid separately for the division(s).