

Team Rules & Roster

The WABDL High School National Bench Press and Deadlift Championships will feature modified team rules:

- *There is NO team entry fee. Each school represented will be entered automatically in the team competition, even if a school is represented by only one lifter.*
- *We will be using a 13-spot roster. Teams that can fill the roster completely may also designate two alternates.*
- *If a team cannot completely fill the roster, the roster will be completed automatically by the meet director; there is no need to send in a completed roster unless your team can fill a roster completely.*
- *A roster may consist of bench pressers and/or deadlifters in any combination; the roster can be all bench pressers, all deadlifters, or a mix (note that this is different from standard WABDL rules governing rosters).*

Complete the blank roster on the next page and send it to the meet director.

WABDL High School National Team Roster

Team:

Captain or Coach:

Contact #:

Name	Wt. Class	B or DL
Alternates		

- *You may have up to 13 members on your team and two alternates.*
- *One person may lift in the deadlift and also in the bench press.*
- *You may have any combination bench pressers and/or deadlifters.*
- *There is no minimum number to enter as a team.*
- *Each school represented will automatically earn team points, even with only one lifter.*
- *There is no team entry fee.*
- *All lifters on a roster must be from the same school.*
- *Alternates may be assigned for points if a team has a "no show" or an injury of a team member.*
- *For teams that do not have enough lifters to fill the roster, the roster will be completed automatically by the meet director.*
- *For teams that can fill the roster, team captains must submit a roster to the meet director no later than September 12.*
- *Scoring is as follows: 1st = 20; 2nd = 16; 3^d = 12; 4th = 10; 5th = 8; 6th = 5*
- *In case of ties, we will be using the bonus-point system, which awards bonus points to lifters based on how many lifters they place above, up to a maximum of six points for a 1st place winner. The bonus point chart is below:*

Bonus Point Chart

	1	2	3	4	5	6	7 or 7+
1st	20	21	22	23	24	25	26
2nd	---	16	17	18	19	20	21
3rd	---	---	12	13	14	15	16
4th	---	---	---	10	11	12	13
5th	---	---	---	---	8	9	10
6th	---	---	---	---	---	5	6

Note: The numbers across the top row denote the number of competitors in a weight class. The numbers in the far-left column denote the placing of the lifter receiving bonus points. Find the placing of the lifter in question, then go across the chart to the right to the column representing the number of lifters in the lifter's weight class to find the number of points to award the lifter. This number includes basic points plus bonus points.