



## Hong Kong Powerlifting Federation

### Scholastic Open 2020 - Competition details

1. Date: 28th of March, 2020 (Saturday)
2. Venue: Classics Strength Academy Hong Kong (Flat A, 6th Floor, Victorious Factory Building, 35-37 Tseuk Luk Street, San Po Kong)
3. Fee: The entry fee for this competition is **\$550HKD** and the student membership fee is **\$350HKD** per year. It is compulsory to be a current member of the Hong Kong Powerlifting Federation (HKPF) in order to compete in this event.
4. Application:
  1. Lifters who wish to compete will have to fill out the application forms online  
Meet Application in English: <https://forms.gle/KzZoqnAsmPjs94ez5>  
Meet Application in Chinese: <https://forms.gle/y4cPAZjLNyMSX1vaA>
  2. Apply online through bank transfer: Upon completion of the online forms, transfer **\$550 HKD** (if current member) or **\$900HKD** (if not yet member) to  
**Account No: 395 533672 888** Name: Mxx Kx Txxx (Hang Seng Bank) or  
**FPS (Fast Payment System) +852 64841399**

(Please send the transfer receipt alongside with your full name and phone number to +852 6484 1399 Tyler Man (WhatsApp) or email to [tyler.man@hkpowerlifting.com](mailto:tyler.man@hkpowerlifting.com))

5. Spots: Max 50 Lifters. Once the spots are filled, no more entry would be accepted.
6. Sessions: Competition will be divided into 2 sessions.  
\*tentative schedule\*  
Session 1: Weight in at 8am and compete from 10am-2pm.  
Session 2: Weight in at 12pm and compete from 2pm-6pm.  
Exact details regarding weight class times TBA
7. Weight Classes:

Men	Woman
62kg Class- up to 62.00kg	48kg Class up to 48.00 kg
69kg Class- from 62.01kg up to 69.00 kg	53kg Class from 47.01kg up to 53.00 kg
77kg Class- from 69.01kg up to 77.00 kg	58kg Class from 53.01kg up to 58.00 kg
85kg Class- from 77.01kg up to 85.00 kg	64kg Class from 58.01kg up to 64.00 kg
94kg Class- from 85.01kg up to	72 kg Class from 64.01kg up to

94.00 kg	72.00 kg
105kg Class- from 94.01kg up to 105.00 kg	84 kg Class from 72.01kg up to 84.00 kg
120kg Class- from 105.01kg up to 120.00 kg	100 kg Class from 84.01kg up to 100.00kg
120+kg Class- over 120.00 kg	100+kg Class over 100.00kg

In Youth events (age 14-18), there will be an additional 56kg Class for Men and 44kg Class for Women. There will also be no 120kg Class and 120+kg Class for Men in Youth and it will be replaced by 105+kg class. For Women, there will be no 100kg class and 100+class and it will be replaced by 84+kg class.

Youth addition class (age 14-18):

Men	Women
56kg Class- up to 56.00kg	44 Class up to 44.00 kg
105+kg Class- over 105.00 kg	84+kg Class over 84.00kg

8. Weightclass Placing and Medals: Lifters will be competing against those in the same weight class. Lifter who placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> (by Total) in each weight class will be awarded Gold, Silver and Bronze individually. (Note: Age class will not be taken into account in terms of weightclass placing and medals. (For example: a Junior 85kg lifter and an Open 85kg lifter will be competing in the same division))
9. Best Lifter Award: Lifter with the highest Wilks score in each age class will be awarded with a "Best Lifter Youth/Junior/Open/Masters"
10. Age class will only be taken into account for the "Best Lifter Award"

Youth	under 18 years of age on 1st January in the year of competition and 14 years or more on the day of competition
Junior	under 23 years and over 18 years of age on 1st January in the year of competition
Open	over 14 years on the day of competition
Masters 40 - 44	aged 40 to 44 as at 31st December in the year of competition
Masters 45 - 49	aged 45 to 49 as at 31st December in the year of competition
Masters 50 - 54	aged 50 to 54 as at 31st December in the year of competition
Masters 55 - 59	aged 55 to 59 as at 31st December in the year of competition
Masters 60 - 64	aged 60 to 64 as at 31st December in the year of competition

Masters 65 – 69	aged 65 to 69 as at 31st December in the year of competition
Masters 70 – 74	aged 70 to 74 as at 31st December in the year of competition
Masters 75 – 79	aged 75 to 79 as at 31st December in the year of competition
Masters 80+	age 80 or more as at 31st December in the year of competition

11. Rules: This competition will be conducted under the rules of “World Powerlifting Anti-Doping Rulebook” and “World Powerlifting Rules of Competition”
12. Hong Kong Record: Hong Kong Records can be achieved in this event. Lifter must achieve a minimum of **1.0kg higher** than the current record for the lift to be registered as a Hong Kong Record. In event where a Hong Kong Record is vacant, lifter would have to achieve the minimum of “Hong Kong Standard” for the lift to be registered as a Hong Kong Record.
13. **TeamHK selection: This event would serve as an official qualifier for the international competition. Results of this event would also be used for the selection of the Hong Kong Powerlifting Team (TeamHK) in future international events.**