

**Bench Press National Championships**  
**Scranton, Pennsylvania**  
*Officially Sanctioned USA Powerlifting Championship*  
**TEAM ENTRY FORM**

FULL TEAM NAME: \_\_\_\_\_

HEADCOACH: \_\_\_\_\_ MANAGER: \_\_\_\_\_

PHONE: \_\_\_\_\_ USAPL Team Registration Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

Raw \_\_\_\_\_ Equipped \_\_\_\_\_

Male Open Team – Top 6 Lifters scored IPF style \_\_\_\_\_ \$100

Female Open Team – Top 6 lifters scored IPF style \_\_\_\_\_ \$100

Dual Team – Lifters can lift on Open Teams (above) and lift on the mixed teams (below).

Combined Open Team – Top 3 males – Top 3 females scored IPF Style \_\_\_\_\_ \$100

State Open Team – Top 6 lifters male or female by state \_\_\_\_\_ \$100

Top 3 Teams will be awarded. All State Open Teams, must have USAPL membership in the given state. All lifters must be registered in the Open Class to be part of team scoring.

**TEAM ROSTER**

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			

**TEAM SCORING**

Each team is allowed a maximum of 9 lifters spread throughout the range of the 9-bodyweight categories for men and 8 lifters throughout the range of 8 bodyweight categories for women. Each team is allowed a maximum of two alternates. These alternates may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight category. Team scoring will be calculated in accordance with IPF rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING  
OF THE COMPETITION**

**Summary of IPF Scoring**

Point scoring for all World, Continental and Regional Championships shall be: 12, 9, 8, 7, 6, 5, 4, 3, 2, for the first 9 placing in any bodyweight category. Top 6 on each team will be compared for team placing.

[Read IPF Scoring Rules](#) – Starting on page 4