WNPF EMPIRE SHOWDOWN



SATURDAY, APRIL 24, 2027 | CATO, NEW YORK

ENTRY DEADLINE: MARCH 27, 2027

Complete the entry form and signed agreements included in this packet.
Ron DeAmicis • powerlt103@aol.com • 330.519.3078 (text)

Meet information

Event Overview

The WNPF EMPIRE SHOWDOWN will take place on April 24, 2027. Participation is limited to the first fifty lifters who register.

Meet Details and Logistics

Location: CATO RECREATION CENTER, 2851 NY-370, CATO, NY

Weigh-Ins & Event Schedule

Weigh-ins are mandatory the night before the meet from 5-6pm or 8-9am the morning of.
Rules meeting commences at 9AM, followed by the meet start time at 9:45AM.

Entry Fees & Deadlines

- Entry for the first division/event: $135
- Additional divisions/events: $65 each
- Entry deadline: March 27, 2027

Entries received after this date incur a $40 late fee, with no exceptions. Walk-in entries are not permitted. If you anticipate being late and still wish to compete, you must email wnpf@aol.com. Timely entrants receive a meet shirt; late entrants do not.
All fees are strictly non-refundable and cannot be transferred or exchanged.

Registration & Payment

Register online to save postage; a small PayPal fee applies. You do not need a PayPal account, just a debit or credit card. ONLINE PAYMENT Link: 2027 SCHEDULE & ONLINE PAYMENT | wnpf-powerlifting
Payments via Venmo are accepted by request. Money orders are accepted. Personal checks are not accepted.
Team entries for the championships require a $120 team fee paid in advance, along with a roster at sign-up. You may register online or contact wnpf@aol.com for further details.

Memberships

All lifters must hold a WNPF membership to participate.
- $50 for Youth, Teens, Juniors, and Seniors over 65 years
- $60 for all others

Drug Testing Protocols

All participants should be aware that drug testing will be conducted during this event. The WNPF enforces strict standards, randomly selecting lifters for both in-competition and out- of-competition testing. Only drug-free competitors are eligible to enter; any individual not compliant with these regulations should refrain from registering.

Records & Awards

State records may be set at this event.
Awards include NEW, NEW, NEW WNPF sculptures, medals, plaques, rings and other prizes for lifters placing first through third, team awards, and best lifter awards.

Attire & Merchandise

WNPF attire will be available for purchase, including tees, sweats, singlets, socks, knee sleeves, wrist wraps, and knee wraps.

Admission

Admission for spectators and non-lifters is $15. Coaches must also pay for entry. Please inform all guests about the admission charge.

Equipment Provided

The meet will feature calibrated plates, a monolift, Texas squat and deadlift bars, and a computerized scoring system.

Events & Divisions

Events offered:
- Full meet
- Bench only
- Deadlift only
- Squat only
- Ironman (Bench & Deadlift combined)
- Powercurl
- Strict Curl
- Bench for Reps

Divisions & equipment

Divisions include:
- Youth: 9-10, 11-12
- Teen: 13-14, 15-16, 17-19
- Junior: 20-23
- Open
- Submasters: 35-39
- Masters: five-year increments
- Special Olympians
- Disabled lifters
- Novice
- Police/Fire/Military (proof required prior to competition)

Event Changes & Bomb Outs

If a lifter bombs out, they cannot automatically switch to another event. Lifters may enter another event for an additional fee if they wish. Equipment Classifications

Raw Lifter Equipment Guidelines

- Knee sleeves are permitted for both squats and deadlifts.
• Squats may also be performed with bare knees.
• Lifters may use wrist wraps, a singlet, and a belt during their lifts.
• Required attire includes a cotton T-shirt and underwear only; no additional items are allowed.

Raw Classic Lifter Equipment Guidelines

- Knee wraps are permitted for squats.
• Lifters may also use wrist wraps, a singlet, and a belt for their lifts.
• Knee sleeves are allowed for deadlifts.
• Required attire consists of a cotton T-shirt and underwear only. No additional items are permitted.

Single Ply Lifter Equipment Guidelines

- Permitted Equipment: Knee wraps, wrist wraps, singlet, and belt.
- Bench Shirts: Single ply bench shirts must close in the back.
- Squat and Deadlift Suits: Single ply suits are allowed for squats and deadlifts.
- Singlet Requirement: Singlets must be worn on top of shirts.
- Attire: Only cotton T-shirts and underwear are allowed.
- Restrictions: No additional items are permitted.
- Knee wraps for the Deadlift is permitted

Double Ply Lifter Equipment Guidelines

- Permitted Equipment: Double ply lifters are allowed to use knee wraps, wrist wraps, a singlet, and a belt. Only a cotton T-shirt and underwear are permitted as base attire.
• Bench Shirts: Double ply bench shirts may be worn and can be either open or closed in the back. No other shirts are allowed underneath the bench shirts.
• Squat and Deadlift Suits: Double ply suits are allowed for both squats and deadlifts.
• Singlet Requirement: Singlets must be worn over the shirt at all times.
• Knee wraps for deadlift is permitted.
• Restrictions: No additional items are allowed beyond those specifically listed above.

Slingshot Bench Press only Division Equipment Guidelines

Eligible Participants
• Open, submasters, masters, and police/fire/military competitors in the bench press only
• Slingshots may be worn in the Ironman, but competitors will be categorized in either the single ply or double ply equipped division. We do not allow Slingshots in the full powerlifting event.

Permitted Equipment

- Wrist wraps
- Singlet
- Belt
- Cotton T-shirt and underwear (as base attire)
- Single ply or double ply slingshots (division separation applies)

Equipment & meet contacts

Restrictions

- No additional items are allowed beyond those listed above.

Ironman & Deadlift only Divisions and Equipment

Guidelines Division Availability For the Ironman and deadlift only events, there is no Raw Classic or Double Ply division offered. Competitors may participate in either the RAW or Equipped divisions only.

Equipment Regulations

Knee sleeves are permitted specifically for use during the deadlift portion of the competition. However, knee wraps are not allowed in the Ironman or deadlift only divisions unless you are in the equipped division.

Event Staff and Contact Information

Helpers and Workers Needed To ensure the smooth operation of WNPF meets, we are actively seeking dedicated individuals to join our staff. If you are interested in assisting, please reach out via email at wnpf@aol.com. Our events require a variety of roles, including spotters/loaders, scorekeepers, and door personnel. Your support is essential to the success of each meet.

Contact Information

For further details or to express your interest in helping, please contact:

Ron DeAmicis - Director

Ron DeAmicis, 6531 New Road, Youngstown, Ohio 44515

Email: powerlt103@aol.com

Website: www.wnpfpl.com, 330.519.3078- text

Key dates

Entry deadline: March 27, 2027
Competition: Saturday, April 24, 2027
Weigh-ins: Friday, April 23, 5-6 PM, or Saturday, April 24, 8-9 AM
Rules meeting: 9 AM • Lifting begins: 9:45 AM

Lifter entry form

WNPF EMPIRE SHOWDOWN • APRIL 24, 2027

ENTRY DEADLINE: MARCH 27, 2027

Please email one week after mailing if you need confirmation. Do not send certified or signature-required mail.

Name: _____ Nickname: _____

Street address: _____

City: _____ State: _____ ZIP: _____

Age: _____ Date of birth: _____ Sex: M ____ F ____

Phone: _____ Email: _____

Occupation: _____ Weight class: _____ Shirt size: _____

Current WNPF member? Yes ____ No ____ Expiration date: _____

Estimated openers: Squat _____ Bench _____ Deadlift _____ Curl _____

Events & divisions - mark every selection

Full power	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __ Raw __ Raw Classic __ Single Ply __ Double Ply __
Squat only	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __ Raw __ Raw Classic __ Single Ply __ Double Ply __
Bench only	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __ Raw __ Slingshot __ Single Ply __ Double Ply __
Deadlift only	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __ Raw __ Equipped __
Powercurl	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __
Strict Curl	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __
Ironman / Maiden	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __ Raw __ Equipped __
Bench for reps	Youth __ Teen __ Junior __ Open __ Subs __ Masters __ Police/Fire/Military __

First division/event: $135 • Additional divisions/events: $65 each
All fees are non-refundable, non-transferable, and non-exchangeable.

Mail to: Ron DeAmicis, 6531 New Road, Youngstown, OH 44515
Questions / confirmation: POWERLT103@AOL.COM

Policies & signed agreements

- Personal checks are not accepted. If sent, they will be held or returned, and you must send a money order or bank check instead. Payment must be received before the deadline, or a late fee will apply.
• Any owed fees (membership, extra divisions, entry, late fees, etc.) must be paid in cash only at weigh- ins.

Contact Information For questions or confirmation, contact: RON DEAMICIS at POWERLT103@AOL.COM

Release of Liability In consideration of your acceptance of this entry, you and your heirs release any and all rights or claims for damages for injuries against the contest facility, the World Natural Powerlifting Federation, Troy Ford, Ron DeAmicis, Barbara Williams, Willy Wilcox and all WNPF meet directors and staff, and all sponsors, supporters, referees, and spotter/loaders. This release applies to injuries resulting from travel too, participation in, and travel from the competition. Release and Waiver of Liability By submitting this entry, I acknowledge and fully accept all risks associated with participating in this competition. I voluntarily assume responsibility for any injuries or property loss that may occur. Additionally, I grant permission for the meet directors or their designated agents to videotape or photograph my participation. I understand that I will not receive royalties or compensation for any such recordings or images, and that, should I be unable to attend, all fees paid are forfeited and cannot be applied to another event. This waiver is binding for myself, my heirs, executors, and administrators. I release all parties involved with the event - including the contest facility, World Natural Powerlifting Federation, meet directors, staff, sponsors, referees, and spotter/loaders - from any liability, including claims of negligence arising from travel to, participation in, or travel from the competition.

Drug Testing Agreement

I agree that any drug testing methods (In contest or out of contest) utilized by the meet director or sponsors are final and binding, regardless of my opinion on their accuracy. I will submit to any necessary physical or chemical tests for drug detection. Should I fail any test, I agree to forfeit any trophies or awards and understand that my name will be published on a list of suspended members. I will be suspended from the WNPF a minimum of 36 months up to a lifetime ban depending on the situation and this will be determined by the WNPF committee. I waive any right to pursue legal action regarding failed drug tests and agree to cover any legal fees or expenses incurred by those I may challenge in court. I also acknowledge that my agreement to these terms is a necessary condition (Sine Qua Non) for my entry to be accepted.

If any provision herein is found invalid by a court, the rest of this release remains effective.

Health and COVID-19 Statement

I affirm that I have not been in contact with anyone diagnosed with COVID-19 and have no symptoms. Should I contract COVID-19, I will not hold WNPF responsible for any resulting illness or consequences. I understand wearing masks is optional and that I may be in close proximity to individuals who are unmasked.

Certification

By signing below, I certify that within the past 36 months I have not used any strength-inducing drugs, including anabolic steroids or growth hormones, nor have I used prescription diuretics or psychomotor stimulants within seven days before this meet. I understand that this agreement cannot be modified orally.

Signature of applicant or parent/guardian (if under 18):
_____ Date: _____

SEND TO: RON DEAMICIS, 6531 NEW ROAD, YOUNGSTOWN, OH 44515