**SEPTEMBER 25, 2023**

**TO: ALL USAWA MEMBERS (AND ALL IAWA MEMBERS WORLDWIDE)**

**FROM: BILL CLARK – CLARK’S GYM**

**SUBJECT: THE DEADLIFT DOZEN – PLUS ONE**

This message is to the world of all-round (odd) lifting – and is the first time that our organization has the opportunity to utilize the new USAWA rule which allows both hybrid and remote competition in any sanctioned meet except the USAWA National Championship – which must be competition on site.

DUAL MEMBERSHIP – Anyone who is registered in any country as an IAWA member is automatically eligible to compete in open competition in any other IAWAmember nation, be it in person or remote.

THUS – Clark’s Gym is opening up the infamous Deadlift Dozen Plus One to the world – remote and hybrid – and, where registered officials are involved – records can be set.

The USAWA sanction thus opens the meet to the entire IAWA membership.

We will see what comes to pass.

My assumption is that any lifter in any nation can set a national record if the lift is adjudicated by three registered officials (one in the U.S.), but that is a rule to be at the discretion of each national governing body.

CLARK’S GYM GOAL:

Is to involve every IAWA-registered lifter in the world in this meet.

1 – First, we will rely on your honesty if you lift remote without officials in attendance.

2 – Second, there is no entry fee and the only awards will be certificates.

3 - If you plan to lift in person in Clark’s Gym, I need to know if you’re coming so we can make the best conditions in our small gym.

4 - A USAWA record day is set for those in the gym and can be done on either or both days. Previously, the record day applied only to the site of the meet director. According to the existing rules which allow officiating at remote sites, record day should be allowed at any such site. We’ll see if that will apply.

5 - The lifts must be done on no more than two consecutive days.

6 – The results must be reported in pounds, not kilos.

7– The results will require no official form, but must contain the same for each lifter, whether with or without an official.

The simple entry form for a remote lifter will be your name, your age - with birthdate, your bodyweight on each day (if a two-day meet), your club of registry, your national body, and the name(s) of the officials. I also need your mailing address in case you win a certificate.

Simply list your best lift in each of the 13 events – one event to a line, using the order below.

8 – Please make all reports via e-mail to [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) and report within 48 hours. I must have your results not later than 10 a.m., Wednesday, October 25, Central Time, USA.

9 – The date of the competition, no matter where you live in the world is October 21-22, 2023.

10 – The lifts - to be done in any order, but reported in the order below, are:

Deadlift – heels together.

Deadlift – two bars.

Deadlift – Fingers – Index.

Deadlift – Fingers – Little.

Deadlift – Fingers – Middle

Deadlift – Fingers – Ring.

Deadlift – No thumbs – left.

Deadlift – No thumbs – right.

Deadlift – One arm - left.

Deadlift – One arm – right.

Deadlift – Reeves.

Hack Lift.Hack

Jefferson Lift (straddle lift).

11 – If you cannot perform any of the lifts, you are still in the competition. Your total weight is used.

12 - Once again, a reminder – we accept every entry, regardless of origin and either remote, with or without officials. If your national association allows you to set records with the proper officials in your country – that’s a plus.

All we need for this meet is your current membership in the IAWA and one of its branches such as the USAWA and the IAWA/UK.

FINALLY –

If 200 IAWA members worldwide get involved – the happier Clark’s Gym will be.

It is our hope for 2024 that you will be able to lift via video communication – but, until then – we’re happy to be making all of Clark’s Gym meets fully open to the world, hybrid – with or without officials – as well as the best way of all – in person in the grimy confines of Clark’s Gym.

Now – inundate me with results.

30