

SON
STRICT CURL NATION

FEDERATION
BYLAWS

The Strict Curl Nation Federation

Step up to the platform and become a part of the fastest growing powerlifting sport in the world, brought to you by the first company built by Strict Curl Athletes, for Strict Curl Athletes.

We proudly bring to you, the first and only Elite Strict Curl sanctioned federation built from a passion for the sport. Become a part of the largest community for Strict Curl Athletes across the world, open to newcomers to the sport as well as seasoned veterans! This company was founded to promote the sport, highlight the athletes and give them the recognition they deserve, create the largest community of strict curl athletes, and take the sport to a whole new level with the creation of the first ever Professional Strict Curl League!

The Strict Curl

Equipment

- **Bar** – the current officially approved bar for any State, National or World Record is Gopher Performance 54”L
- **Clamps** – both clamps must weigh 0.65kg (1.3 kgs together). See the Strict Curl Nation Loading Chart in appendix.
- **Plates** – Ivanko, Rogue, or Ghost calibrated plates are the only weights that will be allowed on the platform and during competition. In the warm-up area, you may choose from the weights listed above.
- **Platform** – the platform must be a Commercial-grade Strict Curl Platform.
- **Other** – the Curler is allowed to wear **wrist-wraps** that are no longer than 12-inches. A single-ply **singlet** must be worn. A **tee-shirt**, or sleeveless tee-shirt must be worn under the singlet. **Chalk** or Liquid Chalk is permitted. Curler may use a **mouthpiece**.
- Strict Curl Nation does not support the wearing of gloves, knee wraps, or items displaying profanity. No items other than those outlined above are allowed to be worn during competition.
- Any past-injury or impingement a curler may have that requires the judges to waive a technical rule in order to protect them is allowed but must get approval by the meet director prior to the date of competition. Special Needs Curlers that need special equipment or technique modifications will be supported.

Technique/Anatomy

- The athlete will have a 12” maximum distance from heel to Strict Curl Platform’s back-pad (at home practicing, this would be equivalent to the wall).
- Before the Curl Call command is given, the Curler must have his/her arms in a hanging straight position.
- Knees must be completely locked out. There cannot be even a slight knee bend.
- The butt and upper back must stay on the back of the platform the entire time during the lift with no spacing (daylight) in those two areas.
- The head can be either in a neutral position or pressed against the Strict Curl Platform.

Competition Rules

Meet Directors are responsible for organizing all Curlers into Flights. Flights can be organized by the Chairman of each State. The Strict Curl Nation highly recommends that flights are no larger than 12 Curlers.

A minimum of 3 Judges is required for each Competition. Two Side Judges, and one Head Judge. World Records can only be set at events with all 3 judges being level 3 tier. Judges will have a professional dress code and remain seated during the lift, or the lift is no good.

Each Curler will be given three attempts, or a fourth attempt if they are within 8% of a National or World Record.

Once the head Judge gives the "Bar's Loaded" signal, the Curler will approach the platform and get in the proper technical stance. The two Side Judges will be looking for the Heels, Knees, Glutes and Back to all be in their proper position. Once the side judges see the above athlete position is correct, they will give the head Judge a sign to start the commands. The commands are as follows: 1.) Curl and 2.) Rack.

- "Curl" – upon this command, the Curler is allowed to start performing the lift whenever he/she is ready. At the top of the lift, the bar will be held until the Head Judge gives the next command, signaling the Curler has control.
- "Rack" – this is the second and final command signaling the Curler to lift his/her body away from the Strict Curl Platform and rack the bar in its original position on the curl platform. The athlete must have control when lowering and then racking the bar.

Once the Curler has racked the bar, they have 1-minute to report their next attempt to the Head Table. If the Curler fails to report their next attempt in a timely manner, the Head Table will automatically disqualify the Curler from their future attempts.

Reasons for Red-Lighting:

- Profanity
- Glutes or Upper-back lift off Strict Curl Platform
- The Bar descends on one-side, or both
- The Bar Path must follow a consistent convex curve. The body anatomy of the Curler must remain as it was in the starting position without any contortion of upper body left-to-right motions.
- Curler breaks commands (Curl, Rack)

Awards

A minimum of 6 awards are to be given at each Meet:

- Best Curler (Heaviest Lift – Male/Female);
- Best Lift (Wilkes Formula – Male/Female);
- Lift of the Day (Male/Female)

Drug testing

The Strict Curl Nation (SCN) will drug-test 5% of Curlers per Meet.

Age Groups

Strict Curl Nation Federation recognizes the following age groups:

- Youth (11 & Under)
- Teen 12-13
- Teen 14-15
- Teen 16-17
- Teen 18-19
- Sub-Juniors 20-24
- Juniors 25-29
- Sub-Masters 30-34
- Masters 35-39
- Masters 40-44
- Masters 45-49
- Masters 50-54
- Masters 55-59
- Grand Masters 60-64
- Grand Masters 65-69
- Grand Masters 70-74
- Grand Master's 75 up to 90

Weight Classes

Strict Curl Nation Federation recognizes the following Weight Classes:

- 97
- 105
- 114
- 123
- 132
- 148
- 165
- 181
- 198
- 198
- 220
- 242
- 275
- 308
- SHW

Divisions

Strict Curl Nation Federation recognizes the following Divisions:

- Open
- Age
- Police/Fire/Military
- Special Olympics
- Handicapped

Teams –

Divisions

- Co-ed State: 10 team members, 5 male 5 female
- Co-ed National: 10 team members, 5 male 5 female
- State Championship: 10 members, co-ed must be made up from same Home state
- Once a Curler joins a team, it must be submitted and approved by Patrick Russo. The Curler will be on that team for a full calendar year commitment. Each Curler on the Team is scored one of the following:
 - 1st Place – 5 points
 - 2nd Place – 4 points
 - 3rd Place – 3 points
 - 4th Place – 2 points
 - 5th Place – 1 point

Records

Records will be uploaded to the Strict Curl Nation website once all lifts have been submitted to Strict Curl Nation via strictcurlnation@gmail.com after each meet, and once all lifts have been validated (world records will need to be recorded and videos submitted to the email above either in the e-mail or a link to the video via a file storage website such as Google Drive, Box.com, or OneDrive).

Memberships

To have any lift count as an official record in the Strict Curl Nation Federation, each Curler must have an active SCN Membership. A membership is good for 365 days from the purchase date and can be purchased at www.strictcurlnation.com You will receive a digital membership card via email after entering all required information and submitting payment.

Certified Judges

SCN Certifies Judges Levels 1, 2 and 3

- Level 1 – can Judge State Meets only
- Level 2 – State & National Attempts
- Level 3 – State, National & International Attempts

State Chairman

Anyone interested in representing their State as a SCN Chairman, please reach out to Patrick Russo or Joseph Freni via e-mail at strictcurlnation@gmail.com

Social Media

It is the responsibility of all members, officials and others associated with SCN Federation to maintain the dignity of the federation whenever communicating as participants in the SCN Federation. In particular, publicly complaining about officiating, calls made or other aspects of contests will not be tolerated. This can extend to posting a lift that was turned down with the explicit question of “don’t you think this was good?”, “should this have been turned down?” or similar. Any issues with judging or officials raised following a competition should be brought to the attention of the SCN Federation Presidents, Rules Chair, or other member of the board, but not made by public complaint. Similarly, social media “attacks” on certain groups of individuals in the context of anything to do with the SCN Federation, will absolutely not be tolerated. This will include, but not be limited to, email-based harassment, removal without cause from boards or sites associated with the SCN Federation (cause shall be determined ONLY by the board), mass “unfriending” or similar of individuals or groups, again, unless such individuals have been banned by the board, etc. Those involved in such social media-based harassment are subject to warning or suspension by the board, depending on the specifics of the infraction. Any harassment or slandering towards the SCN Federation team including ownership, will not be tolerated, up to and including a membership refund that will be issued to the athlete in question, and a permanent ban in the federation, due to said harassment or slandering.

Liability Waiver

ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT (“AGREEMENT”)

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)

In consideration of being permitted to participate in a Strict Curl Nation (“activity”) I, my personal representatives, and assigned heirs and next to kin:

- 1. ACKNOWLEDGES**, agree and represent that I understand the nature and activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in this activity. I have adhered to all quarantine requirements and take full responsibility for following all State Guidelines. I authorize the filming of myself performing the activity and for the Strict Curl Nation to utilize film on social media as they see fit.
- 2. FULLY UNDERSTAND** that (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”)**; (b) these Risks and dangers may be caused by my own actions or inactions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW**; (c) there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.
- 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Connecticut Strength, LLC, Strict Curl Nation, LLC, Patrick Russo, Nikki (Nicole) Dorval, Joseph Freni, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by Strict Curl Nation (each

considered one of the "RELEASEES" herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT** I, or anyone on my behalf, makes a claim against any of the Release's, **I WILL INDEMNIFY, SAFE AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

4. DRUG TESTING STATEMENT, AGREEMENT, AND RELEASE OF LIABILITY

I give my word as an athlete that I have not utilized any type of strength-inducing chemicals (anabolic steroids, growth hormones, etc....) for the past three years.

In consideration of the acceptance of this entry, I agree to any test method deemed necessary by the meet director(s) and that the results of said testing method which the meet director and/or sponsors of this meet use and detect the presence of the strength inducing drugs may be released to any third party(ies) and I generally and specifically waive any right to privacy if any, related there to.

I hereby waive and release, intending to be legally bound to myself, my executors, administrators, and heirs, all rights and claims for damages I may have against all parties associated with this Event as a result of testing positive for the utilization of strength-inducing chemicals.

DRUG TESTING STATEMENT, AGREEMENT, AND RELEASE OF LIABILITY (continued)

My entry into this event constitutes my consent to the testing procedures; and, if any such results test positive, I understand that I shall be disqualified from the pertinent competition and suspended for a period to be fixed by the meet director(s).

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant: _____ Phone: _____

Participant's signature (only if age 18 or over): _____ Date: _____

MINOR RELEASE

AND I, THE MINORS PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN

PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I THE MINOR OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or guardian: _____ Phone: _____

Address (Street, City, State, Zip): _____

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____

Appendix

Kilos	LBS	Red 25	Blue 20	Yellow 15	Silver 10	Orange 5	Gold 2.5	Black 1.25	Green 0.5	Chip 0.25	Kilos	LBS	Red 25	Blue 20	Yellow 15	Silver 10	Orange 5	Gold 2.5	Black 1.25	Green 0.5	Chip 0.25	
15	33.07										45.5	100.31			1							1
15.5	34.17									1	46	101.41			1						1	
16	35.27								1		46.5	102.51			1						1	1
16.5	36.38								1	1	47	103.62			1						2	
17	37.48								2		47.5	104.72			1					1		
17.5	38.58							1			48	105.82			1					1		1
18	39.68							1		1	48.5	106.92			1					1	1	
18.5	40.79							1	1		49	108.03			1					1	1	1
19	41.89							1	1	1	49.5	109.13			1					1	2	
19.5	42.99							1	2		50	110.23			1			1				
20	44.09						1				50.5	111.33			1			1				1
20.5	45.19						1			1	51	112.44			1			1			1	
21	46.30						1		1		51.5	113.54			1			1			1	1
21.5	47.40						1		1	1	52	114.64			1			1			2	
22	48.50						1		2		52.5	115.74			1			1	1			
22.5	49.60						1	1			53	116.84			1			1	1			1
23	50.71						1	1		1	53.5	117.95			1			1	1	1		
23.5	51.81						1	1	1	1	54	119.05			1			1	1	1	1	1
24	52.91						1	1	1	1	54.5	120.15			1			1	1	2		
24.5	54.01						1	1	2		55	121.25		1								
25	55.12					1					55.5	122.36		1								1
25.5	56.22					1				1	56	123.46		1							1	
26	57.32					1			1		56.5	124.56		1							1	1
26.5	58.42					1			1	1	57	125.66		1							2	
27	59.52					1			2		57.5	126.77		1						1		
27.5	60.63					1		1			58	127.87		1						1		1
28	61.73					1		1		1	58.5	128.97		1						1	1	
28.5	62.83					1		1	1		59	130.07		1						1	1	1
29	63.93					1		1	1	1	59.5	131.17		1						1	2	
29.5	65.04					1		1	2		60	132.28		1								
30	66.14					1	1				60.5	133.38		1						1		1
30.5	67.24					1	1			1	61	134.48		1							1	
31	68.34					1	1		1		61.5	135.58		1							1	1
31.5	69.45					1	1		1	1	62	136.69		1							2	
32	70.55					1	1		2		62.5	137.79		1						1	1	
32.5	71.65					1	1	1			63	138.89		1						1	1	1
33	72.75					1	1	1		1	63.5	139.99		1						1	1	1
33.5	73.85					1	1	1	1		64	141.10		1						1	1	1
34	74.96					1	1	1	1	1	64.5	142.20		1						1	1	2
34.5	76.06					1	1	1	2		65	143.30	1									
35	77.16				1						65.5	144.40	1									1
35.5	78.26				1					1	66	145.50	1								1	
36	79.37				1				1		66.5	146.61	1								1	1
36.5	80.47				1				1	1	67	147.71	1								2	
37	81.57				1				2		67.5	148.81	1							1		
37.5	82.67				1				1		68	149.91	1							1		1
38	83.78				1				1		68.5	151.02	1							1	1	
38.5	84.88				1				1	1	69	152.12	1							1	1	1
39	85.98				1				1	1	69.5	153.22	1							1	2	
39.5	87.08				1				1	2	70	154.32	1									
40	88.18				1		1				70.5	155.43	1									1
40.5	89.29				1		1			1	71	156.53	1								1	
41	90.39				1		1		1		71.5	157.63	1								1	1
41.5	91.49				1		1		1	1	72	158.73	1								2	
42	92.59				1		1		2		72.5	159.83	1								1	
42.5	93.70				1		1	1			73	160.94	1							1	1	1
43	94.80				1		1	1		1	73.5	162.04	1							1	1	1
43.5	95.90				1		1	1	1		74	163.14	1							1	1	1
44	97.00				1		1	1	1	1	74.5	164.24	1							1	1	2
44.5	98.11				1		1	1	2		75	165.35	1				1					
45	99.21			1							75.5	166.45	1				1					1

Kilos	LBS	Red 25	Blue 20	Yellow 15	Silver 10	Orange 5	Gold 2.5	Black 1.25	Green 0.5	Chip 0.25
76	167.55	1				1			1	
76.5	168.65	1				1			1	1
77	169.76	1				1			2	
77.5	170.86	1				1		1		
78	171.96	1				1		1		1
78.5	173.06	1				1		1	1	
79	174.16	1				1		1	1	1
79.5	175.27	1				1		1	2	
80	176.37	1				1	1			
80.5	177.47	1				1	1			1
81	178.57	1				1	1		1	
81.5	179.68	1				1	1		1	1
82	180.78	1				1	1		2	
82.5	181.88	1				1	1	1		
83	182.98	1				1	1	1		1
83.5	184.09	1				1	1	1	1	
84	185.19	1				1	1	1	1	1
84.5	186.29	1				1	1	1	2	
85	187.39	1			1					
85.5	188.50	1			1					1
86	189.60	1			1				1	
86.5	190.70	1			1				1	1
87	191.80	1			1				2	
87.5	192.90	1			1			1		
88	194.01	1			1			1		1
88.5	195.11	1			1			1	1	
89	196.21	1			1			1	1	1
89.5	197.31	1			1			1	2	
90	198.42	1			1		1			
90.5	199.52	1			1		1			1
91	200.62	1			1		1		1	
91.5	201.72	1			1		1		1	1
92	202.83	1			1		1		2	
92.5	203.93	1			1		1	1		
93	205.03	1			1		1	1		1
93.5	206.13	1			1		1	1	1	
94	207.23	1			1		1	1	1	1
94.5	208.34	1			1		1	1	2	
95	209.44	1		1						
95.5	210.54	1		1						1
96	211.64	1		1					1	
96.5	212.75	1		1					1	1
97	213.85	1		1					2	
97.5	214.95	1		1				1		
98	216.05	1		1				1		1
98.5	217.16	1		1				1	1	
99	218.26	1		1				1	1	1
99.5	219.36	1		1				1	2	
100	220.46	1		1			1			
100.5	221.56	1		1			1			1
101	222.67	1		1			1		1	
101.5	223.77	1		1			1		1	1
102	224.87	1		1			1		2	
102.5	225.97	1		1			1	1		
103	227.08	1		1			1	1		1
103.5	228.18	1		1			1	1	1	
104	229.28	1		1			1	1	1	1
104.5	230.38	1		1			1	1	2	
105	231.49	1	1							
105.5	232.59	1	1							1
106	233.69	1	1						1	
106.5	234.79	1	1						1	1