

# “Raising the Bar” Challenge

## History

- The challenge was created by Paul Cullen of CrossFit Causeway in memory of a fellow lifter Lisa Black who lost her battle with cancer in December 2014. The challenge was first attempted in support of the “Raising the Bar” Powerlifting seminar series hosted by Ricky Mullan and Sean Ryan.
- The challenge was completed in order to raise money for Cancer Research UK in support of current and past family and friends who battle with cancer.
- Paul was the first to perform the challenge setting a benchmark of 56 minutes and 08 seconds.
- A time of 60 minutes to successfully lift a total of 20 tons is considered “hitting the bar”.....to raise it you MUST go below 60 minutes from first to last rep.
- A huge “thank you” to Raise the Bar gymwear and Scott Thompson who was the original sponsor of the seminar series.
- The Northern Ireland Powerlifting Federation (NIPF) will retain a listing of all those who attempt the challenge. It should be refereed by a CrossFit L1, (or higher) trainer who has sat and passed the CrossFit Judges Exam, and an International Powerlifting Federation recognised referee.
- Finally...in the spirit of the original challenge anyone attempting to set a time or record SHOULD consider raising sponsorship, or providing a donation, to a cancer charity of your choice. Do it because you care.

## Aim:

- To lift 20,000kg for men or 15,000kg for females.
- Your time of completion is your score.

## Rules:

- For this challenge you are allowed to use two barbells and one kettlebell and 5 nominated lifts from the accompanying list.
- Once a competitor nominates the weights of their two separate barbells and kettlebell these three separate weights must be used for the entire challenge, the weights cannot be altered mid-challenge.
- A competitor could select lighter weights and do an increased number of repetitions or heavier weights and fewer repetitions.

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- The weights selected are entirely up to the competitor, but no barbell can exceed 100kg in weight and no kettlebell exceed 24kg / 32kg in weight, there are no lower limits on the weights
- No lift is allowed to take up more than 55% of the total, and a minimum of 1200kg (Men), 900kg (Females), must be lifted with the kettlebell.

### **Brackets:**

- Standard sex / age / weight brackets as used by the NIPF apply, no formula is to be applied, and competitors compete in their own bracket only (ie Junior (u23), Senior (24-39) and Master (40+) only).

### **Equipment Allowed:**

- 2 X regulation sized Olympic barbells
- Standard 450mm regulation sized plates, (bumper or iron)
- 4 x barbell collars
- 1 x cast iron kettlebell
- 1 x bench
- 1 x squat rack

**The rep scheme is up to the individual competitor, but the lifts should adhere to standard performance protocol**

### **Permitted lifts, (Barbell):**

Squat, Deadlift, Benchpress, Clean and Strict Press, Clean and Jerk, Power Snatch

### **Permitted lifts, (kettlebell):**

Swing (American), one armed snatch

### **Scoring:**

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Every rep must be performed to all normal protocols, ie, squats must break parallel, hips must be extended, overhead lifts must be locked out etc. a single point will be awarded for every repetition completed to acceptable form. The 3 weights and rep scheme must be pre-approved by the judges prior to starting the challenge.