

2026 Phifer's Fitness Invitational

Sanctioned by the

AMERICAN DRUG-FREE POWERLIFTING FEDERATION

Participation in this event will allow ADFPF members to QUALIFY for the 2026 and 2027 WDFPF Single Event and/or FULL POWER Championships. ADFPF members will be able to set AMERICAN, & STATE Records during this event.

DATE: Saturday, July 25, 2026

VENUE & LOCATION: Phifer's Fitness / 116 N Main St. Tipton, IN 66072

MEET DIRECTOR:

Cameron Taylor

cttaylor94@gmail.com

(630) 464-2168 Cell

ELIGIBILITY: All entries must be 2026 ADFPF members . Lifter must renew or become a member online prior to the event: www.adfpf.net .

ENTRY FEE: \$85 to enter POWERLIFTING or First Single Event with 1 Division (UNEQUIPPED or EQUIPPED) and 1 CATEGORY (Teen, Junior, Open, Masters or Police/Fire/Military). \$30.00 to add additional single event or another Category &/or Divisions (e.g. Unequipped Open + Equipped Open). (Fees are **not** refundable.)

Make checks payable to Michael Stagg.

If registering online - a payment link will be sent within 48hrs of registration receipt.

ENTRY DEADLINE: Entries **with fees** must be **postmarked by SATURDAY, July 18, 2025**. Entries after the deadline will be accepted at the discretion of the meet director. Late entries will incur a \$30 additional fee.

A.D.F.P.F. RULES: ADFPF members are encouraged to download **RULEBOOK** from the website: www.adfpf.net
Chalk, Baby Powder/talc allowed only in designated areas. All personal equipment worn on the platform must be CLEAN, UNTORN and in GOOD repair. Obscenities/profanities are **NOT allowed** on **ANY items** in the competition area.

SPECTATOR ADMISSION FEE: \$10 (children under 13 will be admitted with no charge)

INDIVIDUAL AWARDS:

ALL LIFTERS ARE AUTOMATICALLY ENTERED INTO OPEN CLASS to determine the OVERALL CLASS CHAMPION and for the determination of team points.

TOP THREE places in each WEIGHT CLASS for the **OPEN MEN & WOMEN** (this category placing is determined by the ABSOLUTE final standing regardless of age).

TOP THREE places in each WEIGHT CLASS for the **MASTERS' MEN & WOMEN** using age groupings of: 40-49, 50-59, 60-69, etc.

TOP THREE places in each WEIGHT CLASS for the **TEENAGE lifters using the following categories:** 14-15, 16-17, 18-19.

TOP THREE places in each WEIGHT CLASS for the **JUNIOR MEN & WOMEN.**

Overall Best Lifter award for Open Men (Schwartz Formula), Open Women (Malone Formula) in both equipped and unequipped. Best lifter awards will be presented for Master/Teenage/Junior/MPF provided there are at least 5 or more entries.

TEAM AWARDS (NO CHARGE FOR TEAM ENTRIES): Top 3 TEAMS. All teams MUST have a MINIMUM of 5 team members. TEAMS may be men only; women only or Co-ed. Please notify meet director of Team Entry by July 11, 2026

Equipment Rules/Regulations

NOT ALLOWED for ANY DIVISION of ADFPF meets: ELBOW SLEEVES, or any equipment constructed of any Canvas/blue jean materials. Also, absolutely no boxer shorts, boxer briefs, or underwear with any sort of leg/inseam to be worn during competition. If you do not own regular, legless underwear you must purchase them prior to the meet or be forced to forfeit fees and the chance to compete at this meet.

UNEQUIPPED Division: The only supportive equipment allowed is the LIFTING BELT & WRIST WRAPS. Lifters must wear a NON-SUPPORTIVE SINGLET & T-shirt. Shoes, boots or slippers are required in each event along with Knee Socks for the DEADLIFT. All lifting personal equipment must meet ADFPF rule specifications.

There is a "Raw Modern" division that allows for the use of knee sleeves. Otherwise, the equipment rules are identical to the Unequipped division. It must be noted that for qualification purposes, the WDFPF considers the use of knee sleeves to fall under the equipped division.

EQUIPPED Division: Supportive equipment limited to the following in each Event:

SQUAT EVENT: A SINGLE PLY SQUAT SUIT, BELT, KNEE WRAPS & WRIST WRAPS. A NON-SUPPORTIVE T-Shirt must be worn under the SQUAT SUIT. Shoes or boots required.

BENCH PRESS EVENT: Supportive equipment includes a SINGLE PLY BENCH SHIRT with CLOSED seams and NO fasteners (the shirt must cover the entire torso including shoulders, chest & back), BELT & WRIST WRAPS. A non-supportive singlet must be worn over the shirt. If no supportive shirt is worn, a T-shirt must be worn. Shoes or boots required.

DEADLIFT EVENT: Supportive equipment includes SINGLE PLY SUIT, BELT, KNEE WRAPS & WRIST WRAPS. Shoes, boots, or slippers and KNEE SOCKS required.

CATEGORIES OF COMPETITION: The ADFPF offers 7 CATEGORIES of competition including: OPEN; TEEN 1 (14-15 yrs of age); TEEN 2 (16-17 yrs); TEEN 3 (18-19 yrs); JUNIOR (20-23 yrs); MASTERS' (starting at ages: 40-44; 45-49); 50-54; and so on in 5 year increments); POLICE/FIRE/MILITARY (OPEN only, CURRENT FULL TIME employment required).

WEIGHT CLASSES:

MEN:

52.0	56.0	60.0	67.5	75.0	82.5	90.0	100.0
(114.5)	(123.5)	(132.25)	(148.75)	(165.25)	(181.75)	(198.25)	(220.25)
110.0	125.0	145.0	+145.0				
(242.5)	(275.5)	(319.5)	(+319.5)				

WOMEN:

44.0	47.5	50.5	53.0	55.5	58.5
(97.0)	(104.75)	(111.25)	(116.75)	(122.25)	(129.0)

63.0	70.0	80.0	90.0	110.0	+110
(139.0)	(154.25)	(176.25)	(198.25)	(242)	(+242)

DRUG TESTING: URINALYSIS testing for a minimum of 10% of participants.

BANNED SUBSTANCE LIST: ADFPF drug control policies follow the World Anti-Doping Agency (WADA) guidelines, which will be applied in cases for substances not covered below. Banned substances include ANABOLIC STEROIDS, GROWTH HORMONES, PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS. Many over-the-counter substances violate ADFPF Drug Control rules. Check all ingredients; if you have questions concerning medications and/or supplements, phone the DRUG HOTLINE at 1-800-233-0393.

ADFPF Active members are subject to both NIL-notice IN and OUT-OF COMPETITION drug testing and to Target Testing. If tested POSITIVE, the lifter may appeal by allowing the testing of Sample B at their expense. Lifters testing POSITIVE for ANABOLIC STEROIDS and related substances, OR who refuse to be drug tested IN-COMPETITION and/or OUT-OF COMPETITION receive a LIFETIME BAN in both the ADFPF & WDFPF.

TIME SCHEDULE:

✓ **Saturday, July 25th:**

8 a.m. - 9am (re weighs until 9:30am) – Registration/Equipment Check, OFFICIAL WEIGH-IN (for Saturday competitors).

10 a.m. -- RULES BRIEFING.

10:30 a.m. -- OPENING CEREMONIES and start of Championships.

ENTRY FORM for
2026 Phifer's Fitness Invitational

Sanctioned by the ADFPF

COMPLETE, SIGN and **MAIL BOTH PAGES** of this ENTRY FORM with **CHECK** or **MONEY ORDER** payable to: **Michael Stagg**. You may pay entry fees via debit or credit card by calling the meet director. Mike Stagg (812) 431-9113. You may also enter online at www.adfpf.net

Mail to: **9525 Hillview Dr., Evansville, IN 47720**

Entries must be postmarked by **SATURDAY, July 18, 2026**
(late entries will be accepted at discretion of meet director but will incur \$30 fee)

E-Mail Address: _____

Please PRINT CLEARLY or TYPE:

(First name)	(Middle Initial)	(Last name)	(Gender)	
(Street Address)	(City)	(State)	(Zip Code)	(Weight Class in Kilos)
(Home phone including area code)	(Cell phone including area code)	(Date of Birth)	(Age on 13 Jul)	

HAVE YOU BEEN LIFETIME DRUG-FREE? _____ ADFPF #: _____

Complete the following in KILOS (pounds divided by 2.2046):

Best COMPETITION UNEQUIPPED SQUAT: _____ Best COMPETITION EQUIPPED SQUAT: _____

Best COMPETITION UNEQUIPPED BENCH PRESS: _____ Best COMPETITION EQUIPPED BENCH: _____

Best COMPETITION UNEQUIPPED DEADLIFT: _____ Best COMPETITION EQUIPPED DEADLIFT: _____

Best COMPETITION UNEQUIPPED TOTAL: _____ Best COMPETITION EQUIPPED TOTAL: _____

CHECK competitions you wish to enter; \$75 for the first division and category (\$30 for each additional division and category, e.g., Unequipped Open plus Equipped Junior). **ALL LIFTERS WILL BE ENTERED INTO OPEN CLASS REGARDLESS OF DIVISION (there is no additional fee).**

POWERLIFTING SELECTION:

___ UNEQUIPPED Division POWERLIFTING.

___ EQUIPPED Division POWERLIFTING.

___ RAW MODERN Division POWERLIFTING

Single Event Selection

___ Squat ___ UNEQUIPPED ___ RAW MODERN ___ EQUIPPED

___ Bench Press ___ UNEQUIPPED ___ EQUIPPED

___ Deadlift ___ UNEQUIPPED ___ EQUIPPED

If you are currently employed full-time as a POLICE Officer, FIRE-Fighter or as MILITARY Personnel
CHECK HERE: _____

List medications you've taken during the past 3 weeks: _____

DRUG TESTING: Provide dates and organizations of testing: _____, _____, _____.

CIRCLE METHOD(S) OF TESTING: URINALYSIS POLYGRAPH VOICE STRESS.

Pre-Order Championship T-shirts — indicate SIZE & QUANTITY of each size (first shirt is included with Entry);
additional shirts available for \$25.00 if pre-ordered. A limited number will be available at the meet.

___ S; ___ M; ___ L; ___ XL; ___ XXL; ___ XXXL; ___ XXXXL

Entry fee: \$_____. ADFPF Membership fee: \$_____. T-Shirt Order: \$_____. TOTAL enclosed,
payable to ADFPF: \$_____.

For additional INFORMATION please contact:

Mike Stagg: 812-431-9113 E-mail—staggm2@gmail.com

OFFICIAL RELEASE FORM CERTIFICATION:

I hereby give my word of honor that I am LIFETIME drug free, I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the WORLD ANTI-DOPING AGENCY & the International Olympic Committee. I further agree NOT to use prescription diuretics in an effort to make weight **NOR** will I take psychomotor stimulants for this competition.

Signature: _____

Date: _____

Release From Liability:

Please read this release very carefully, as when you sign it, you will be giving up important legal rights!

In consideration of the acceptance of my entry form for **2026 ADFPF Phifer Fitness**, I intend to be legally bound for not only myself but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition, i.e. The Pit Barbell Club, the Meet Directors, the officials, the spotters and loaders, the A.D.F.P.F. and W.D.F.P.F. or any persons associated with the competition from any and all liability which may arise from this competition.

Additionally, I understand that Powerlifting is an inherently hazardous activity and that participation in this sport exposes me to the risk of injury or death. I further understand that the A.D.F.P.F. will NOT reimburse me for, nor provide coverage of any medical expenses incurred by me as a result of injuries that I might sustain, training for, traveling to or from, or participating in the competition acting as bench press lift-off personnel.

Moreover, I agree that the results of any testing method selected by ADFPF recognized testing officers for the purpose of detecting the presence of drugs, as listed on the International Olympic Committee (I.O.C.) and World Anti Doping Agency (WADA) banned substances lists, SHALL BE CONCLUSIVE. I agree to cooperate fully with all required I.O.C. & WADA sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event. Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing that I might otherwise have won. I also agree to waive any claim that might arise under state, national or international law for defamation, slander, libel or any other claim for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, which I may sue in effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest. If any provision of this Release From Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release From Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

(Signature of athlete)

Date: _____

(Signature of parent/guardian if athlete is under 18 yrs of age)

Date: _____

Athletes may lift off to self in the Bench Press or have the meet personnel do the lift-off or they may have their coach or another lifter help with the Lift-Off. Whoever is providing the lift-off must sign a RELEASE FROM LIABILITY for Competition Workers form AFTER reviewing that release form. Forms available at the Scoring Table.