

# 2011 Raw Unity Powerlifting Championships FAQ

## What is Raw Unity?

The Raw Unity Meet was created in 2007 as a way for the best raw lifters in the United States to come together under one roof to compete under a common set of rules to see who is the strongest in each weight class. In order to avoid federation politics, the Raw Unity Meet always has been and always will be unsanctioned. All lifters from all federations are welcomed. There is only one division for the Raw Unity Powerlifting Championships: Open.

## How do I qualify for Raw Unity?

Please email me at [erictalmant@yahoo.com](mailto:erictalmant@yahoo.com) if you are interested in coming to Raw Unity 4 and we will go from there.

## What are the rules of Raw Unity?

The rules of performance of Raw Unity can be found here:

<http://www.rawunitymeet.com/resources/Technical+Rules+Book+of+the+Raw+Unit+%20Powerlifting+Championships%5B1%5D.pdf>

Please take note that for the squat, the hip joint going lower than the knee joint is the same as the top crease of the hip being lower than the top of the knee. If you are unsure about what will pass in the squat for Raw Unity, then submit your videos to [erictalmant@yahoo.com](mailto:erictalmant@yahoo.com) and I will run them by our judges. Our judging team is very experienced. They are not asking you to do any more than the rules that are written. However, please understand that our judging team interprets the rules exactly as written. Having the top of your leg parallel with the ground does not mean you have broken parallel! The same goes for the bench press and the deadlift. If you have any reservations, just email me your videos and I will let you know if it would pass at Raw Unity. We want to ensure that every lifter has all of the tools he or she needs to be successful in this event.

## What personal costume items are allowed at Raw Unity?

Lifters are allowed to wear a non-supportive singlet, wrist wraps of any length, competition powerlifting belt, and approved NEOPRENE knee sleeves. If you have any questions at all about anything you would like to use at Raw Unity that you are unsure of, then please email me and I will let you know if it can be used in Raw Unity.

## **What equipment will be used on the platform at Raw Unity?**

For the squat, we use a combo rack that is an ER rack or something similar. We use the 55 pound, 8 foot long Texas squat bar for the men's squat and the 45 pound Texas power bar for the women's squat. For the bench press, we use the bench that attaches to the combo rack, and a 45 pound Texas power bar. We have used a 20 kilo Ivanko bar for the bench press in the past, but due to the whip of the bar we have changed to the Texas power bar. For the deadlift, we use the 7.5 foot Texas deadlift bar. The plates are chrome Ivanko and calibrated.

## **What is the date and location for Raw Unity 2010?**

The 2011 Raw Unity Powerlifting Championships will be held in Tampa, Florida, at the scenic Jackson Springs Recreation Center. The women, men's lightweight, and deadlift only will be on Saturday, January 22nd. The men's middleweight, men's heavyweight, and bench only will be on Sunday, January 23rd.

## **Meet Awards:**

Medals will be given to 1st-3rd place in each men's weight class, top 3 lightweight women, top 3 middleweight women, top 3 bench lightweights, top 3 bench middleweights, top 3 bench press heavyweights, top 3 lightweight deadlifters, and top 3 heavyweight deadlifters. There will also be cash awards. In each of the men's lightweight, middleweight, and heavyweight division at least \$500 will go to 1st place, \$250 to 2nd, and \$125 for 3rd. For the female lightweight and middleweight divisions, \$300 will be awarded for 1st, \$200 for 2nd, and \$100 for 3rd. Bench only will be \$ TBA to the best lightweight, \$ TBA to the best middleweight, and \$ TBA to the best heavyweight. Deadlift only will be \$??? to the best lightweight and \$??? to the best heavyweight. We are hopeful that we will be able to add cash awards to the deadlift contest between now and the competition. However, as it stands currently we do not have any sponsors putting up cash awards for the deadlift only competition. There were no cash awards for the deadlift competition last year-but once again we are working hard to change that. All cash awards will be given out according to Wilks points.

## **What is the official web site?**

In case you are not aware, the official meet web site is <http://www.rawunitymeet.com>. Most of what you need to know about the meet will be posted on the site, along with each newsletter, entry form, and any changes that may occur. If you know of anyone that is interested in competing, attending, or helping out at the Raw Unity Meet I ask that you direct that person to the web site for information.

## **When can I register?**

The 2011 Raw Unity Championships will be a 2 day event. The competition will be on January 22<sup>nd</sup> and 23<sup>rd</sup> in Tampa, Florida. Registration for the event is now open. The qualifying totals for each weight class can be found here:

<http://www.rawunitymeet.com/About-Qualify.html>

You can use any meet to qualify just as long as we can verify your results as being done raw. For qualifying purposes the definition of raw is whatever that federation says it is. For example, if someone competes in the APA then they are allowed to use the monolift and knee wraps. However, once they are at the Raw Unity Championships they are subject to the rules and regulations that we have outlined specifically for Raw Unity. These can also be found on the web site or by following the link provided above under "What are the rules of Raw Unity?"

## **Will there be drug testing?**

No. Since this is an unsanctioned event that happens once a year, it would be much easier for a lifter to "beat" a planned drug test. Furthermore, there are some lifters out there that use either hormone replacement therapy, hormones for the treatment of a medical condition, or designer drugs that there are no known tests for. I have had extensive conversations with some very knowledgeable people regarding this issue, and rather than try to spend money on testing that is flawed in one way or another I felt it was better to use the funds that would be allocated for drug testing for some other aspect of the meet; such as prize money or more food for the lifters. We understand that it takes a certain kind of lifter to be able to compete under these circumstances; but overall this is the majority opinion of the lifters that have chosen to compete at Raw Unity. We have drug tested in the past, but we will not do so for 2011. If you have any questions about this rule change then feel free to email me at [erictalmant@yahoo.com](mailto:erictalmant@yahoo.com).