

Battle Lift 2025 – Registration, Lift & Scoring Process

1. Registration

- Register inside the venue at the Battle Lift Registration desk.
- If your team registered before the t-shirt deadline, you'll collect your athlete t-shirts here.
- Collect your team board and scoreboard—hand it to your judge when you get to your lane.

2. Lift Format & Rules

- Only one team member may lift at a time.
- Your judge will count valid reps as they are performed.
- Your weight selection must be displayed on the weight card in your lane.
- All barbells must have clips on before lifting begins.
- No pre-loading the barbell before the start time.
- Only conventional or sumo deadlifts are allowed.
- Plates must touch the platform for each rep to count. Lifting off plates or stopping short is not allowed.
- Chalk is allowed, but teams must bring their own and clean the bar and floor thoroughly after use.
- Athletes are not permitted to drop the bar from any height.

3. Equipment Provided

- No lifting straps or grips of any kind are allowed.
- Belts may be worn, and Velites belts will be available from the Battle Cancer store.
- Knee supports or straps are also permitted.

Your team will have access to:

- 1 x 20kg barbell
- 4 x 20kg plates
- 4 x 10kg plates
- 2 x 5kg plates
- You can load the bar in increments of 10kg, starting from 20kg (bar only) up to 150kg.
- You may change the weight as often as you like during the event.

4. Scoring & Submission

- Your judge will track your reps against the correct weight on your scoreboard as you go.
- At the 60-minute time cap, your judge will calculate your team's total kg lifted over the hour.
- Submit your final score and fundraising total to the Battle Lift Registration desk.
- Scoring = Total Kg Lifted (more is best) + Fundraising Points (€1 = 1 point).

5. Celebrate Your Finish

- Gather your team and head to the Battle Cancer Finishers' Wall for your official Battle Lift photo!