Panther Strong Weightlifting Competition

May 5th, 2016

ENTRY/ROSTER: Although this is a drop-in event, we strongly encourage participants to submit their entry forms to the Campus Recreation Office by Monday, May 4th, by no later than 5:00 PM.

COMPETITION: All weight lifters must present a current, valid Adelphi photo ID card prior to competition. Sign-in and weigh-in will be from 3:30 to 4:00 PM in the Fitness Center on Tuesday, May 5th. The meet will begin promptly at 4:00 PM for both the men's and women's competition, beginning with the lowest participant weigh-in and progressing in the following order: squat, bench press and deadlift. The weight lifting meet staff will assist in spotting the lifts and racking the weights for the participants. However, outside spotters are allowed in the event that a participant feels more comfortable with someone else. Three attempts are allowed for each lift and will be determined successful or unsuccessful by the weight lifting meet judges. A warmup period of 3 minutes will be allowed for each participant prior to the first attempt of each lift. The strongest man and woman will be determined based on pounds lifted per pound of body weight. (Example: 295 squat + 225 bench + 305 deadlift= 825 total weight → 825 total ÷ body weight of 195 lbs = 4.23 pounds lifted per pound of body weight)

EQUIPMENT: Use of weight lifting belts, gloves, wrist, elbow and knee wraps are permitted. Chalk is also permitted. However, NO LIFTING STRAPS ARE ALLOWED as well as NO BENCH PRESS SHIRTS OR SLEEVE ASSISTANCE DEVICES.

RULES: The rule interpretations and decisions of the weight lifting judges and the weight lifting meet staff are final.

1. **BENCH PRESS**

- Feet must be flat and can't move.
- Lifter's butt must maintain contact with bench.
- Bar must be pressed evenly and in one continuous motion.
- Lifter will PAUSE the bar on their chest and listen for the judge's "PRESS" call before lifting the bar.

- Lifter will wait for a "RACK" call at the top of the lift for the lift to be successful.
- Disqualifications include: Not following the judge's commands and beginning press prematurely or racking the weight prematurely.
- An assisted lift-off is permitted.

2. <u>SQUAT</u>

- After removing the bar from the rack, the lifter must move backwards to establish the starting position.
- When the lifter is motionless and erect with knees locked out, the judge will give the signal "SQUAT" to begin the lift.
- Bar must be lowered until the top surface of the legs at the hip joint is lower than the top of the knees.
- Lifter must assume an upright position with the knees locked at completion of the lift.
- Lifter must wait for the judge's "RACK" command to rack the weight.
- Disqualifications include: Failure to lower the body until the top surface of the legs at the hip joint are lower than the top of the knees. Failure to assume an upright position with the knees locked at the completion of the lift. Racking the weight before the judge's command. Double bouncing at the bottom of the lift, or any downward movement during the ascent. Stepping backward, forward or laterally during lift.
- Assistance in unracking the weight is permitted.

3. <u>DEADLIFT</u>

- Bar must come up evenly and in one continuous motion.
- Lifter must have their knees locked out, chest up and shoulders pulled back at the end of the lift. Lifter must maintain this position for 3 seconds.
- Lifter must wait for the judge's command "DOWN" to set the bar down.
- Lifter MUST NOT DROP THE WEIGHT, hands must maintain contact with the bar for the entire descent.
- Disqualifications include: Failure to assume an upright position with the knees locked out at the completion of the lift. Failure to assume an upright position with shoulders pulled back at the completion of the lift. Dropping

or dumping the weight before judge's call. Failing to maintain control of the weight or losing hand contact with bar on the descent. Using the thighs to aid in getting the bar up. Stepping backward, forward or laterally during lift.

AWARDS: Trophies & T-shirts will be awarded to the strongest male and female competitor based on pounds lifted per pound of body weight. A medal will be presented to the male and female who successfully complete the heaviest weight for each lift.

ASSUMPTION OF RISK: Inherent risks are associated with every recreational activity. Participants assume these risks when they agree to participate. All participants are strongly advised to secure health insurance coverage and to visit their physician for a physical examination prior to registration or participation.

SCHEDULE: It is solely the responsibility of the participants to find out when they are scheduled to compete. The weight lifting meet will begin promptly at 4:00 PM on Tuesday, May 5th. All participants must be signed in and weighed in by this time.