

# Weight Lifting

**All players must sign the activity consent form and present their valid ZipCard ID prior to the weigh-in and the event. No one will be permitted to participate without their ZipCard. No Exceptions!**

1. WEIGH IN: Mandatory the day before the event – Plaster Sports Complex Fitness Center
2. ZIPCARD REQUIRED to weigh in and to compete.
3. NO weight allowance.
4. Individual: Only name listed on the roster may weigh in.
5. Team: Maximum number of participants per team (based on entry fee paid) will be listed on the official form at weigh-ins. (\$50/team max fee. Rosters must be submitted by registration deadline.)
6. COMPETITION: All weight classes ONE NIGHT ONLY at Plaster Athletic Weight Room.
7. Mandatory scratch meeting immediately before the event is held.

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## SCORING

Points will be awarded according to placement in each event. Participants must do at least one correct lift on each apparatus to receive points.

PLACE	1st	2nd	3rd	4th	5th	6th
POINTS	10	8	6	4	2	1

1. In case of a tie for overall place winners in a weight class, the lifter with the lightest body weight at the time of the competition will be declared the winner.
2. The team with the greatest number of accumulated POINTS from all its members will be the team winner. In case of a tie, the team with the lightest gross weight will be declared the winner.
3. Intramural t-shirts will be given to the 1st place winners in all weight classes and to the 1st place team members (no duplicate t-shirts).

## NO NEW PARTICIPANTS MAY BE ADDED AFTER THE WEIGH-INS

ALL participants must be present and signed in at the required scratch meeting held just before the start of tournament. All lifters must report within 5 minutes after an event is called and stay in their rotation order or they will be disqualified.

## Rules of Competition

1. Each weight class will have a pre-set, maximum weight for each lift (see below).
2. Sweatshirts may not be worn during lifting. No exceptions!
3. T-shirts must be worn by participants and must be tucked in at all times.
4. Absolutely no changing positions in the rotation. Changes in rotation could give one participant an advantage over another.
5. Each team may have a maximum of two participants in each weight class.
6. Violation of any rule will result in disqualification of the lifter for that particular lift.

## Violation of Form

1. First time will be a verbal warning and lift will not count.
2. Second time the participant will stop lifting and will be done with that specific lift.

## BENCH PRESS

1. Head, shoulders, and buttocks must stay in contact with the bench at all times during the press. The lifter's feet must remain flat on the floor.
2. The weight must be held (elbows extended) for one-second count by the official before the initial repetition can begin.
3. The weight must not bounce off the lifter's chest during the lowest part of the press. The elbows must be fully extended on each repetition. Failure to extend the elbows on a repetition ends the lifter's competition in this event.

## SEATED MILITARY PRESS

1. Each participant will sit on the bench with back support raised vertically; shoulders must touch the bench during competition and feet must remain flat on the floor at all times.
2. Each participant will take the weight off the rack and assume the hold (elbows extended) position for one second prior to the lifter's initial repetition.
3. The weight must come down in front of the head; the bar must come down completely below the ears. The elbows must be fully flexed at the low point of lift.

- The elbows must be fully extended on the return of each repetition. Failure to extend the elbows on a repetition ends the lifter's competition in this event.

**CURLS**

- Adjustment of the arm rest on curls. The arm rest should be approximately one inch or less below the armpits.
- Inside grip or close grip form will be used during this lift. To be a successful repetition the weight must be brought up to a 90 degree angle.
- When the weight is taken down, the elbows must be almost completely straight, yet still barely flexed.
- A preacher's seat and a curl bar will be used in this competition. Failure to fully extend or fully flex the elbows will end the lift.

Weights to be Attempted (Men)				Weights to be Attempted (Women)			
Weight Class	Bench Press	Seated Military	Curls	Weight Class	Bench Press	Seated Military	Curls
130 lbs (130 & U)	125 lbs	80 lbs	45 lbs	110 lbs (110 & U)	60 lbs	50 lbs	30 lbs
140 lbs (131-140)	135 lbs	85 lbs	50 lbs	120 lbs (111-120)	65 lbs	55 lbs	35 lbs
150 lbs (141-150)	145 lbs	90 lbs	55 lbs	130 lbs (121-130)	70 lbs	60 lbs	40 lbs
160 lbs (151-160)	155 lbs	95 lbs	60 lbs	140 lbs (131-140)	75 lbs	65 lbs	45 lbs
170 lbs (161-170)	165 lbs	100 lbs	65 lbs	150 lbs (141-150)	80 lbs	70 lbs	50 lbs
180 lbs (171-180)	175 lbs	105 lbs	70 lbs	160 lbs (151-160)	85 lbs	75 lbs	55 lbs
190 lbs (181-190)	185 lbs	110 lbs	75 lbs	170 lbs (161-170)	90 lbs	80 lbs	60 lbs
200 lbs (191-200)	195 lbs	115 lbs	80 lbs	180 lbs (171-180)	95 lbs	85 lbs	65 lbs
210 lbs (201-210)	205 lbs	120 lbs	85 lbs	190 lbs (181-190)	100 lbs	90 lbs	70 lbs
HWT (211+)	215 lbs	125 lbs	90 lbs	HWT (191+)	105 lbs	95 lbs	75 lbs

**INDIVIDUAL WEIGHT LIFTING RECORDS**

130# Paul Becker, Kappa Alpha (1997) 101 Points  
 140# Men Greg Sanders, Phi Delta Theta (1992) 133 Points  
 140# Women Wendy Reuter, Independent (2004) 59 Points  
 150# Aaron Vitt, The Dogs (1991) 151 Points  
 160# Chris Santangelo, Sigma Eps (2001) 135 Points  
 170# Dennis Riney, Lambda Chi (1994) 127 Points  
 180# Jeff Hansen, Independent (1989) 129 Points  
 190# Ty Carter, Alpha Kappa Lambda (2002) 96 Points  
 200# Mike Cook, Independent (1991) 103 Points  
 210# Eric Russell, Sigma Phi Epsilon (2002) 75 Points  
 HWT (211+) Men Kevin Bor, Adhos (1985) 93 Points  
 HWT (191+) Women Deborah Knight, Independent (2004) 23 Points