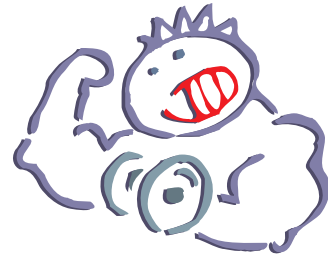


WEIGHTLIFTING COMPETITION 2010

MANDATORY ORGANIZATIONAL MEETING

Monday, February 1 at 4:30 p.m. in the Conference Room of the Helfaer Rec Center. Persons wanting to participate **MUST** attend this mandatory meeting.



WEIGH-INS

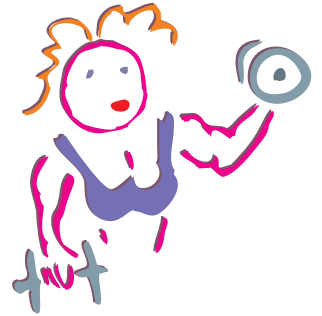
Monday, February 8 at 5:45 p.m.

COMPETITION DATE

Monday, February 8 at 6:00 p.m.

WEBSITE

<http://www.marquette.edu/recsports/intramural.shtml>



RULES AND GENERAL INFORMATION

WEIGHT CLASSES

135 & under	175 & under	210 & under
159 & under	190 & under	211 & over

Weight classes could be combined if not enough lifters in each class. (2 minimum)

COMPETITION

*Bench Press *Squat *Combined Weight Lifted for Bench & Squat
(Participants may enter only one event OR all three.)

SCORING

Each lifter may perform three trials with each lift. The heaviest weight lifted for each lift is recorded as the lifter's score. In the event of a tie within a weight class, the lifters will be re-weighed and the lighter of the two is declared the winner.

COMPETITION PROCEDURE

On the day of competition, all lifters must weigh in at 5:45 p.m. and check in with the tournament coordinator.

No later than fifteen minutes before the start of competition, each lifter must return his/her scorecard with his/her choice of a starting weight, to the scorer, for either the bench or squat, or for both events. The last lifters will be allowed warm-up lifts and it is recommended to do this prior to their weigh-ins. There will also be a brief warm-up after weigh-ins.

The scorer will arrange the cards in ascending order of weight (i.e. lowest weight first and heaviest weight last) for each category -- bench and squat.

The scorer will then inform all lifters of the order of lifting by calling out the first three names. Prior to the actual call to compete, a lifter may warm-up and chalk the hands. Once the call to the competition area is directed toward a specific lifter, he/she has two minutes in which to make an initial move in making the lift.

If a competitor fails to make a good lift at the first weight, he/she must immediately make a second (and possibly third) attempt at the same weight. In no case may a lifter lower the weight for a second or third attempt. Two minutes are allowed between the failed lift and the second attempt. If the second attempt fails, two more minutes are allowed between the failed lift and the third and final attempt. If other competitors are lifting the same weight, they must wait until a previous lifter either makes a good lift or fails in all three attempts.

When a lifter makes a good lift and he/she has another trial(s) remaining, he/she must indicate to the scorer the weight at which the next attempt will be made. This must be done immediately after the lift. The weight indicated must be at least ten pounds above the previously made attempt. Lifters are allowed to have their own spotters if they wish.

