



# 2010 Panther Football Power Lifting Meet

**Bench – Squat – Dead Lift**

*Three Attempts at Each Lift*

*Saturday, March 6, 2010*

*Competition Begins at 10:00 AM*

**Address:**

Pickerington North High School  
Field House  
7800 Refugee Road  
Pickerington, Ohio 43147  
[740] 816-0600

**Weigh-In:**

8:30 AM to 9:30 AM

**Entry Fee:**

\$10.00 Per Lifter or  
\$200.00 Team Rate

**Requirements:**

Permission slip signed by a  
parent/guardian

**Admission:**

\$1.00

**Concessions:**

Will be available

**Additional Information:**

Contact Tom Phillips, HFC  
[coachphillips@gmail.com](mailto:coachphillips@gmail.com)

## Divisions & Weight Classes:

<b>Lightweight:</b>	125 Lbs.	135 Lbs.	145 Lbs.	155 Lbs.
<b>Middleweight:</b>	165 Lbs.	175 Lbs.	185 Lbs.	195 Lbs.
<b>Heavyweight:</b>	210 Lbs.	220 Lbs.	230 Lbs.	240 Lbs.
<b>Super Weight:</b>	250 + Lbs.			

## Individual Awards & Team Awards:

<b>First - Third Place</b>	Medals
<b>Fourth - Sixth Place</b>	Ribbons
<b>Team Awards: First – Third Place</b>	Trophies

**Please Note:** No lifting aids such as shirts, suits, wraps, etc will be permitted. Please instruct lifters to bring their own chalk, if they wish to use it.

# Meet Registration Card

Please Print & Bring to Meet

Name: \_\_\_\_\_ School: \_\_\_\_\_

Weight: \_\_\_\_\_ Coach: \_\_\_\_\_

**Weight Class:** Please Circle One...

Lightweight	125	135	145	155
Middleweight	165	175	185	195
Heavyweight	210	220	230	240
Super Weight	250+			

**Squat**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Bench Press**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Dead Lift**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Total Weight:** \_\_\_\_\_

# Permission Form

Please Print & Bring to Meet

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Emergency Phone #:** \_\_\_\_\_

I UNDERSTAND THAT THERE IS A RISK IN ANY ATHLETIC EVENT. I AGREE THAT ALL EXERCISES SHALL BE UNDERTAKEN BY ME AT ME OWN RISK AND PICKERINGTON LOCAL SCHOOLS/ATHLETICS SHALL NOT BE LIABLE FOR ANY INJURIES OR ACCIDENTS THAT MAY OCCUR.

\_\_\_\_\_

**Athlete**

\_\_\_\_\_

**Parent/Guardian**

\_\_\_\_\_

**Date**

# Squat Rules

## Reasons For Failure

### Squat

Failure to observe the judge's instructions.

Failure to bend the knees and lower the body until the hip joint is even with the knee joint.

Failure to assume an upright position with the knees locked at the commencement and completion of the lift.

Changing the position of the bar across the shoulders after the commencement of the lift.

Any shifting of the feet laterally, backwards or forwards during the performance of the lift.

Contact of elbows or upper arms with the legs.

Double bouncing or more than one recovery attempt at the bottom of the lift.

Failure to make an attempt to return the bar to the rack.

Any dropping or dumping of the bar after the commencement of the lift.

Contact with the bar of lifter by the spotter after the commencement of the lift.

Deliberate contact between the bar and the bar supports during the lift in order to make the lift easier.

# Bench Press Rules

## Reasons For Failure

### **Bench Press**

Failure to observe the judge's instructions.

Any uneven extension of the arms during the lift that judge deems a safety risk.

Any downward movement of the bar in the course of being pressed out.

Failure to press the bar to the full extension of the arms at the completion of the lift.

Heaving, bouncing or sinking the bar on the chest.

Any raising movements of the buttocks, shoulders or feet or lateral movement of the hands on the bar from the original lifting Position after the commencement of the lift.

Contact with the bar or lifter by the spotters after the commencement of the lift.

Any contact of the lifter's feet with the bench or its upright.

Deliberate contact between the bar and the bar supports during the lift in order to make the lift easier.

# Dead Lift Rules

## Reasons For Failure

### Dead Lift

Failure to observe the judge's instruction.

Failure to lock the knees straight at the completion of the lift.

Failure to stand erect with the shoulders back.

Any downward movement of the bar before it reaches the final position.

Supporting the bar on the thighs during the performance of the lift.

Lowering the bar before receiving the judge's signal.

Allowing the bar to return to the platform without maintaining control with both hands.

Stepping backward or forward during the performance of the lift.

Hitching, rocking or walking the bar up the thighs in order to make the lift easier.