



McDowell County Teen Bench Press & Deadlift Bash

DATE: May 18, 2019

LOCATION: MAC Center Gym at Community Crossing
225 Maple Ave, Welch, WV 24801

TIMES: Check-in/weigh-in: 9:00am – 10:15am

Competitor meeting: 10:25am – 10:40am

Lifting begins at: 11:15am

ELIGIBILITY: Teenagers ages 14 thru 19. Teenagers from all communities are eligible to compete.

CONTEST ENTRY FEES: \$8 (this covers bench press or deadlift division or if you are doing both)
All competitors receive a T-shirt.

SPECTATOR ADMISSION: FREE

AWARDS: The top 3 lifters in each weight class in each division will receive placement awards. There will also be awards for Top McDowell County Bench Presser (county resident), Top McDowell County Deadlifter (county resident), Top Bench Presser (all areas), Top Deadlifter (all areas), Top combined performance (Push/Pull Champion – all areas), Top 14-15 yr old Bench Presser (all areas), Top 14-15 yr old Deadlifter (all areas), and Strongest Team (all areas). A team can be a gym team, school team, etc. You do not have to belong to any particular team to compete.

WEIGHT CLASSES (MALE): 132, 148, 165, 181, 198, 220, 242, 243+. **FEMALE:** one open class.

ABOUT SONS OF THUNDER POWERLIFTING: Sons of Thunder Powerlifting is a nondenominational Christian-based sports ministry that conducts powerlifting meets for teenagers. A brief Christian message is presented to the crowd prior to the start of the meet.

FOR MORE INFO: contact **Rick Balbo** at **(412) 367-1971** or email at **rickbalbo@yahoo.com** or visit our website at **www.sonsofthunderpl.org**

**SONS OF THUNDER POWERLIFTING'S
2019 McDOWELL COUNTY TEEN BENCH PRESS & DEADLIFT BASH**

CONTEST APPLICATION

NAME: _____ AGE: _____ DATE OF BIRTH: _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

PHONE: _____ EMAIL: _____

HT: _____ WT: _____

TEAM (if any): _____ WHAT SCHOOL DO YOU ATTEND: _____

CHECK WHICH DIVISION(S) YOU ARE ENTERING BENCH PRESS: _____ DEADLIFT: _____

SIGNATURE: _____ DATE: _____

(Guardian if under 18 years of age)

Upon signing the above, I will be legally bound for myself, my heirs, executors, and administrators, and assigns to waive and release any and all claims or rights for injuries or damages suffered by me against Sons of Thunder Powerlifting, Rick Balbo, Community Crossing, their officers, agents, employees, sponsors, co-sponsors, officials, and sub-contractors. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, and motion picture recordings, or any record of this event for any purpose.

Also, upon signing the above, I give my word as an athlete that I have not utilized any type of anabolic steroids or growth hormone for the past two years.

The essence of a Sons of Thunder Powerlifting meet is that it should be fairly conducted, with the competitor's success or failure being the result of natural strength by way of rigorous training and sound nutrition. The use of strength enhancing drugs creates an unfair advantage. Although we do not drug test our meets, we do expect our athletes to be drug-free. Let's keep the playing field level.

CONTEST ENTRY FEES:

\$8 (one flat fee whether you are just doing bench press or deadlift or if you are doing both divisions)

IF MAILING ENTRY IN: *Please have your application in or postmarked by May 10, 2019. Fill out the application, detach and return along with your entry fee (Check or money order) made payable to Sons of Thunder Powerlifting and mail to:*

**Rick Balbo
Sons of Thunder Powerlifting
1875 Dolphin Drive
Allison Park, PA 15101**

IF ENTERING THE DAY OF THE MEET: If you have an entry form, please fill it out in advance and bring with you to the meet along with the entry fee. We also will have entry forms at the meet to fill out if you don't have one. If possible, call Rick at 412-367-1971 or email RICKBALBO@YAHOO.COM to let us know you are competing. This helps us with the planning and gives us a better idea the size of the meet.

GENERAL MEET RULES:

Raw powerlifting rules apply. Lifting belts & wrist wraps are allowed. Attire can be shorts & a t-shirt or tank top. You can also wear a one-piece lifting/wrestling singlet. Compression clothing such as bench shirts, erector shirts and deadlift suits is prohibited.

In a bench press and deadlift competition, the bench press event will be conducted first.

Each lifter will get three attempts.

After a successful attempt, the next attempt must be at least 5 pounds heavier. On a failed attempt, the lifter must stay at that weight. Important: *For your first attempt, you should make sure it is a weight you will be successful with.*

Lifters will most likely be in groups of 10 or so. While the first group is performing their lifts, the other groups will be in the warm-up area warming up. When all of the lifters in the first group have performed all three of their attempts, it will be the next group's turn and so on.

BENCH PRESS COMPETITION RULES:

The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. Feet can be flat on the floor or on toes. The position must be maintained between the "Press" and "Rack" signals.

To achieve firm footing, the lifter may use a plate underneath his feet.

The lifter may use the help of one of the spotters/loaders in removing the bar from the racks. The lifter's coach or teammate may be used as well in removing the bar from the racks.

After removing the bar from the racks, the lifter shall lower the bar to his chest and await the head referee's signal. This is about a one second pause with the bar touching the chest.

The signal to press the bar from the chest will be the audible command "Press" given by the head referee and will be given as soon as the bar is motionless on the chest.

After the command "Press" has been given, the bar is pressed vertically until arms are fully extended and held motionless until the audible command "Rack" is given.

What are the causes for a failed bench press lift?

Failure to observe the head referee's signals at the commencement or completion of the lift.

Any change in the elected lifting position after the "Press" command but prior to the "Rack" command that results in the lifter's head, shoulders, or buttocks breaking contact with the flat bench surface, the lifter's feet moving from their original point of contact on the floor, lateral movement of the hands on the bar, or opening and closing the hands on the bar.

Bouncing the bar off of the chest or allowing the bar to sink into the chest after receiving the head referee's "Press" signal.

The bar descending in the course of being pressed out.

Major uneven extension of the arms or uneven lockout.

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

Contact with the bar by the spotters/loaders between "Press" and "Rack" commands.

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

Contact with the bench uprights during the press that results in stopping or downward movement of the bar or is judged to have assisted or saved the lift.

DEADLIFT COMPETITION RULES:

The bar must be horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted upward with one continuous movement until the lifter is standing in a full upright position.

On completion of the lift, the knees shall be locked and the lifter standing in a full upright position.

The head referee's signal at the completion of the lift is a downward motion of the hand and the verbal command "down". The signal shall be given when the bar is motionless and the lifter is in the apparent finished position.

There is no signal to begin the lift. The lifter begins the lift on his own when he feels he is ready.

Any raising of the bar or attempt to do so counts as an attempt.

You must maintain control of the bar with both hands when lowering the bar back to the platform.

What are the causes for a failed deadlift?

Downward movement of the bar during the uplifting.

Failure to stand erect with shoulders held in an erect position at the completion of lift.

Failure to lock knees at completion of the lift.

Stepping backward or forward during the performance of the lift.

Lowering the bar before receiving the head referee's signal.

Supporting the bar on the thighs during the lift in a manner that the lifter can obtain leverage (hitching).

Returning the bar to the platform without maintaining control of it.