



## Powerhouse Teen Bench Press & Deadlift Battle

**DATE:** May 13, 2023

**LOCATION:** ALL FIT EAST BRADY  
405 Robinson Street, East Brady, PA 16028

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

Competitor meeting: 10:25am – 10:40am

Lifting begins at: 11:15am

**ELIGIBILITY:** Teens from any area ages 13 thru 19 up to and including 12<sup>th</sup> grade. **This is a High School/Junior High School meet only. Lifters must not have graduated yet from high school.**

**COMPETITOR LIMIT:** meet is limited to 50 lifters! Get your entry in early to secure your spot.

**CONTEST ENTRY FEES:** \$20 bench press division/ \$20 deadlift division/ \$35 for both divisions.  
All competitors receive a Sons of Thunder Powerlifting T-shirt.

**SPECTATOR ADMISSION:** FREE

**AWARDS: Male ages 13-19:** The top 3 lifters in each weight class in each division will receive placement awards. There will also be special awards for Outstanding Bench Presser, Outstanding Deadlifter, Top combined effort (Push-Pull Champion), Special awards determined by powerlifting's Schwartz formula.

**Male ages 13-15:** No weight classes. Awards for Top 13-15 year old Bench Presser plus 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup>. Top 13-15 year old Deadlifter plus 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>. Awards for 13-15 age bracket determined by Schwartz formula. Also, awards for the Top 13-year-old bench presser & deadlifter.

**Female ages 13-19:** The top 5 lifters in each class in each division will receive placement awards. If a good turnout of girls, we will split into two classes by age or experience. There will also be awards for Outstanding Girls Bench Presser, Outstanding Girls Deadlifter, Girls Push-Pull Champion. All of the girls' awards are determined by powerlifting's Malone formula.

**Strongest Team Award:** a minimum of four lifters is needed for a team. A team can be a gym team, school team, etc. You do not have to belong to a team to compete in the meet.

**WEIGHT CLASSES (MALE):** 123, 132, 148, 165, 181, 198, 220, 242, 243+. **FEMALE:** one or two classes.

**ABOUT SONS OF THUNDER POWERLIFTING:** Sons of Thunder Powerlifting is a nondenominational Christian sports ministry. A brief Christian message is presented to the crowd prior to the meet.

**FOR MORE INFORMATION:** contact Rick Balbo at (412) 367-1971, rickbalbo@yahoo.com or visit our website at [www.sonsofthunderpl.org](http://www.sonsofthunderpl.org)

**SONS OF THUNDER POWERLIFTING'S  
2023 POWERHOUSE TEEN BENCH PRESS & DEADLIFT BATTLE**

**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, All Around Fitness Center, their officers, directors, agents, employees, sponsors, volunteers, officials, and sub-contractors. I certify that I am in good physical health and have no serious health problems and that I assume full responsibility for such conditions INCLUDING coronavirus. I realize that I am fully responsible for my well-being, my family's safety while at this meet and I realize the coronavirus could be contracted by myself or my family during this meet and realize I am fully aware and responsible for any virus I may pick up at this meet. This agreement releases Sons of Thunder Powerlifting, Rick Balbo, All Around Fitness Center, their officers, directors, agents, employees, sponsors, volunteers, officials, and sub-contractors from any and all liability relating to the coronavirus that may result or be perceived to result from this meet. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videos, 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 prescription anabolic steroids or growth hormone. 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:**

\$20 if you just want to compete in the bench press division

\$20 if you just want to compete in the deadlift division

\$35 if you want to compete in both divisions

***Please have your application in or postmarked by May 6, 2023. It really helps with registration, planning & meet check-in to have your entry form received by us prior to the meet. If doing a "walk-in" entry at the door, a \$5 late fee will be added to the entry fee.***

*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**

## **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. Wrist straps that wrap around the bar are prohibited. Elbow supports are 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.