

INTRAMURAL SPORTS

2019 POWERLIFTING

Spring 2019

ENTRIES DUE: Thursday, March 28th at 4pm, TO THE CAMPUS RECREATION Information Desk, STUDENT REC CENTER.

WEIGH-IN: 4:00 PM, Thursday, March 28th
IN THE STUDENT RECREATION CENTER (SRC)
WEIGH-INS WILL BE IN ASSISTED CHANGE ROOM.

COMPETITION BEGINS: 12 P.M., Saturday, March 30th in the SRC

Weight Classes are as follows:

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220+

Men: 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 319, 319+

ALL PARTICIPANTS MUST SHOW A VALID UNIVERSITY ID CARD IN ORDER TO WEIGH-IN.

* There will be no late (day of) entries. Substitutions for pre-entered participants in the same weight class will be allowed with proper ID.

1. Rules and regulations: Check your Intramural Handbook in regard to eligibility.
2. The University of Idaho does not provide health or accident protection for participants. The University and any of its employees are not liable for injuries which might be sustained while participating. If insurance protection is desired, the participant must provide it himself. Insurance protection is strongly recommended!
3. Each organization is allowed three entries per weight class to be counted toward IM points. Others may be entered as independents.
4. Participants **will not** be allowed to use **SHOULDER PADS**. Knee wraps will be allowed for the squat.
5. Power lifting **BODYSUITS will not** be allowed.
6. **WRIST STRAPS AND GLOVES will be allowed. NO CHALK**

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Campus Recreation

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POWERLIFTING RULES

- I. Each contestant will be given three trials at each of the following lifts:
 1. Bench press: Weight lowered to chest (must touch) and pushed back until arms are straight and elbows locked. Buttocks and back must not lift from the bench.
 2. Squat: Take weight from rack. In order for an attempt to be judged as legal, the lifter must squat down until the tops of the thigh are below parallel with the floor or the point of the hips is below the point of the knee.
 3. Dead lift: Pick weight up from the floor until hands are across the thighs. Any grip will be permissible. Weight may touch thighs on the way up. A completion - legs must be straight (knees locked), and the shoulders pulled back.

- II. For the second attempt of a lift a lifter may not select poundage which is less than the amount used in one of his previous trials.

- III. The winner for each weight class will be the contestant with the highest total poundage for the three lifts (sum of the best lift for each event):

2019 INTRAMURAL POWERLIFTING

UNIVERSITY OF IDAHO

INTRAMURAL SPORTS

This sheet must be filled out and brought to the weigh-ins along with a current University of Idaho student/faculty/staff ID.

PLEASE PRINT

NAME _____

TEAM NAME _____

LIABILITY AGREEMENT

SPECIFIC HAZARDS

Intramural Power lifting is a three lift event and it is assumed all participants have lifted previously and know the basic skills and rules of power lifting. All Participants must complete an Intramural Waiver before participating in any Intramural Activity.

Even though there are not many accidents in power lifting, one must be aware of the possibility of injury that may include but are not limited to: death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, and serious injury to internal organs and the skeletal system.

You are particularly cautioned against illegal lifting techniques which may result in spinal and neck injury or quadriplegia.

I understand that there are risks in participating in Intramural Power lifting. I hereby voluntarily assume all risks of bodily injury or property damage associated with participation and agree to release and discharge the State of Idaho, the Regents of the University of Idaho, their agents, servants and employees, from any and all liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any Intramural Sport activities whose which are caused by negligence of releases.

Participant's Name

Student/Faculty/Staff ID Number -
(Must present UI ID when registering)

Participant's Signature

Email Address

Weight Class _____