

## **TSU Strong Man & Women Challenge Rules/Guidelines**

In order to enter the challenge you must be a current TSU male/female student and involved in Intramural Sports. Competitors will compete in two lifts; bench press and squat. Competitors will be divided by weight class and will compete for the highest total score from each lift. Fitness Staff will serve as the judges and must understand Challenge Rules before judging.

### **Challenge Rules:**

Each competitor is allowed 3 failed attempt per event. Each lifter can advance through an event until max is reached but must increase weight by no less than 10 lbs. per attempt.

### **Bench Press Rules:**

- Head must remain on bench
- Shoulder blades must remain on bench
- Butt must remain on bench
- BOTH feet must remain In contact with the floor
- Lift must be completed within 10 seconds of start
- Any downward motion after the press has begun counts as a failed lift
- Bar must come up evenly on both sides, shifting of weight counts as a failed lift
- If Judge declares a failed attempt, the competitor can repeat the lift without racking the weight, If weight is racked then it is considered a failed lift
- **Violation of one or more of these rules counts as a failed lift.**

### **Squat Rules:**

- Face the bar
- Grab it tight with a medium grip; put it on your upper-back by dipping under the bar
- Raise your chest and move your feet under the bar
- Unrack it by straightening your legs; step back with straight legs
- Lock your hips and knees
- Squat
- Take a big breath, hold it and Squat down
- Push your knees out while moving your hips back and keep your lower back neutral
- Squat down until your hips are below your knees and thighs parallel to the floor isn't low enough
- You must break parallel, squat up, break parallel then squat back up
- Keep your knees out and chest up
- Lock your hips and knees at the top & breathe
- **Violation of one or more of these rules counts as a failed lift**

### **Behavior Guidelines:**

- Profanity or criticism of any kind directed towards judges, score keepers, or other competitors will result in disqualification from the competition and competitor will be asked to leave.

- We ask that all competitors assist in spotting to promote a safe and fair environment for everyone
- Cheating of any kind will not be tolerated and will result in disqualification

### **Weight Classes for Competition (Tentative)**

#### **Men**

≤150

151-179

180-200

201-219

≥220

#### **Women**

≤120

121-139

140-159

≥160

#### **Awards**

Ultimately we will have 9 winners!