
2019 KANSAS CITY CORPORATE CHALLENGE

WEIGHTLIFTING

DATE / TIME: Sunday, April 28, 2019

Scheduled competition times will be available on the KCCC website on March 29th by 5:00 p.m. (www.kccorporatechallenge.com).

LOCATION: Bodies Health & Fitness
1100 SE Century Drive A
Lee's Summit, MO 64086

- Officials will notify participants after each lift if it was a successful or unsuccessful lift.
 - Unsuccessful lifts are those that don't touch the chest, tilt when they attempt to lift the bar, feet come off the ground, back comes off the bench. If all 3 lifts are unsuccessful you will be disqualified and not get any points (participation points included).
- Each company is allowed to enter one coed team, consisting of three people (two men and one woman, or one man and two women, not 3 men or 3 women) in the Weightlifting competition. If your company is unable to field a three-person team, individual participants may still compete for individual medals and points.
- Each **individual participant** must check-in before your Division's check-in deadline time otherwise you will not be able to compete. Refer to the KCCC Weightlifting schedule (after March 29th) for your appropriate time.
- The weightlifting event will be a bench press competition. Competitors will have 3 minutes to complete their lift from the time they are called to the bench.
- Competition will consist of a maximum single rep, with each participant allowed three attempts.
- Competition Guidelines:
 - ✓ Head, shoulders and glutes must remain in contact with the bench at all times
 - ✓ Touch and go
 - ✓ No sinking; No heaving
 - ✓ Pressing the Bar
 - ✓ Once the press begins, the bar cannot go back down in any way. You must have an even lock out with both elbows locking out at the same time before racking the bar.
- Competitors may go up or down in weight after each lift.
- **Use of personal equipment:** participants may use a maximum 4 inch wide belt (must be buckled or lever with no padding on the inside of the belt), wrist wraps, and knee sleeves. Please show belt to KCCC Games Captain for inspection. Participants may **NOT** use elbow wraps, elbow sleeves, knee wraps, sling shots, or bench shirts of any kind. Equipment will be inspected by on site officials. **Participants are allowed to use chalk but the participant is responsible for cleaning up the area after their lift.**
- A competitor's coach or teammate is responsible for the lift-off of the racked attempt. Judges will be used to determine legal or illegal lifts and will signal to the competitor after each lift.
- The Team's three individual scores will be totaled to determine the Team score. The top three teams in each division will receive medals, and the top eight teams in each division will be awarded points toward their company's overall KCCC total.

- Lifter is responsible for confirming that the correct weight is on the bar.
- Lifter is required to wear closed-toed shoes and a shirt while lifting.
- ONLY competitors are allowed within the lift/warm up area.
- Please refer to the KCCC Point System for information on points for Weightlifting.
- Visit www.kccorporatechallenge.com and click on the “Event Information” tab to access the Sinclair Formula which is used to compute the scores for this event.

For more information regarding the Weightlifting Competition,
contact KCCC Office at 913.831.2222 / kccorporatechallenge@gmail.com