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# 2013 KANSAS CITY CORPORATE CHALLENGE

## WEIGHTLIFTING

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**DATE / TIME:** Saturday, June 22, 2013

Competition begins at 8:00 a.m.

Scheduled competition times will be available on the KCCC website on April 12<sup>th</sup> by 5:00 p.m. ([www.kccorporatechallenge.com](http://www.kccorporatechallenge.com)).

**LOCATION:** 68's Inside Sports

11301 W 88<sup>th</sup> Street

Overland Park, KS 66214

- Referees will notify participants after each lift if it was a successful or unsuccessful lift.
- Each company is allowed to enter one coed team, consisting of three people (two men and one woman, or one man and two 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 April 12<sup>th</sup>) 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. Scoring will be based on the Sinclair Formula (see bottom bullet for access to the formula).
- 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.
- Nasal inhalants will not be allowed. Because safety is our utmost concern, bench shirts, wrist, elbow and knee supports, weightlifting belts, and gloves will be allowed.
- 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.
- Individual winners will be determined from their Individual score in the Team competition. The *top three* individual men and women in each division will receive medals and "medal points" toward their company's overall KCCC score (1<sup>st</sup> place - 3 points, 2<sup>nd</sup> place - 2 points, 3<sup>rd</sup> place - 1 point).
- Visit [www.kccorporatechallenge.com](http://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 Chad Tower at 913.826.2953/[chad.tower@jocogov.org](mailto:chad.tower@jocogov.org)