

# Kapaun Mt. Carmel

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Principal: Dr. Dennis McGuire    Athletic Director: John Heise    Head Coach: Dan Adelhardt

## 5A State Power Lifting Championships April 5, 2008

Dear Football Coach/ Strength Coach and/or Athletic Director,

We are excited to be hosting the 2008 Class 5A Power Lifting Championships to be held at Kapaun Mt. Carmel High School on April 5. We hope that your school will take part. Although this is not a KSHSAA sponsored event, we are sure that this will be a well run event that will showcase the hard work that your athletes, both male and female, put into the weight room. Classes are divided by weight so athletes will be competing against similar sized athletes. Girls weight classes are: 105, 114, 123, 132, 140, 148, 156, 165, and HWT. Boys weight classes are: 114, 123, 132, 140, 148, 156, 165, 181, 198, 220, 242, and HWT.

Enclosed are various forms and information regarding the meet. Important times for the meet are as followed:

7:30 a.m. – 8:30 a.m.	Team Registration
8:45 a.m.	Coaches Meeting
9:00 a.m.	Lifters Begin Warm-up
9:15 a.m.	Lifter Instructions
9:30 a.m.	Meet Begins

Last year we had approximately 135 athletes and completed lifts by 12:30 p.m.

Again, we welcome your participation in the meet and look forward to a great event. If you have any questions feel free to contact me through one of the contact methods at the top of the letter.

Sincerely,

Dan Adelhardt  
Head Football Coach  
Kapaun Mt. Carmel High School

## Lifting Rules

- Do your athletes know the rules?
- Provide your own spotters—but if judge sees “touch” or says “help”—lift is void
- Must wear shoes
- Be ready to lift/have wraps ready—once name is called to lift, athlete will have one minute to report to the platform
- Judges are asked to be very specific
- **Listen** to judge commands (practice with your athletes)  
**“clean ” when ready (‘Rack’ for bench and squat) (‘Down’ for clean)**
- Only winner of each class-lift may attempt a new state record.
- Lifter should immediately declare next lift with table.
- 4<sup>th</sup> attempts are not part of 3-lift total.
- If problems/discrepancy—**YOU** come to me
- Squat-
  - Lifter must go parallel from bend in the hip to top of the knee
  - No foot movement from beginning of lift until “Rack” command
  - Bar cannot roll on back
  - No touching of legs with arms
  - No hand movement on bar
  - Knees must be locked at beginning and end of lift
  - Knee wraps, body suits, belts, manta ray and neck pad acceptable
- Bench-
  - Even bar extension
  - Bar must move upward in a continuous motion
  - No foot movement – feet flat on floor
  - Bar should come down slowly, touch chest and press
  - No ‘bouncing’ off chest
  - Butt and head must remain on bench during the lift
  - Only tucked in T-shirts allowed
  - Body suits, belts and wrist wrap acceptable
  - No elbow wraps unless 4<sup>th</sup> lift to break state record
- Clean-
  - Declare if doing power clean
  - Hang clean—**once the bar goes down-it must go up** (shrug up is fine-then lift)
  - No rocking
  - Elbows through and maintain rack
  - Limited foot movement on rack
  - **NO DROP-VOID LIFT AND POTENTIAL DISQUALIFICATION FROM MEET!**
  - Wrist straps and wrist tape acceptable

# Lifting Rules

## Squat

1. Must obey “Squat” and Rack commands
2. Lifter must go parallel from bend in the hip to top of the knee
3. No foot movement from beginning of lift until “Rack” command
4. Bar cannot roll back
5. No touching of legs with arms
6. No hand movement on bar
7. Knees must be locked at beginning and end of lift
8. Knee wraps, body suits, belts, manta rays and neck pads are acceptable

## Bench Press

1. Must obey “Bench” and “Rack” commands
2. Even bar extension
3. Bar must move upward in a continuous motion
4. No foot movement—feet flat on floor
5. Bar should come down slowly, touch chest and press
6. No “bouncing” off chest
7. Butt and head must remain on bench during lift
8. Only tucked in T-shirts allowed
9. Body suits, belts and wrist wraps acceptable
10. No elbow wraps unless 4<sup>th</sup> lift to break state record

## Clean

1. Must obey “Clean” and “Down” commands
2. declare if doing power clean
3. Hang Clean-**once bar goes down, it must come up** (shrug up is fine, then lift)
4. No rocking
5. Elbows through and maintain rack
6. Limited foot movement on rack
7. No DROP-POTENTIAL DISQUALIFICATION FROM MEET!
8. Wrist straps and wrist tape are acceptable