



Lamar University Intramural Sports

WEIGHTLIFTING MEET RULES

PLAYER ELIGIBILITY:

1. Participation is limited to currently-enrolled, Lamar University-Beaumont or LIT students, faculty and staff.
2. In order for participation in an intramural contest each player must present their validated LU-Beaumont or LIT- ID and print their name on the score sheet.
3. Players not weighted and signed in by two minutes after match time will be a forfeit.

RULES

1. Categories will be squat (free bars), bench press with back against bench and sole of feet firmly on the ground (Free bars), and seated shoulder press.
2. A maximum of three (3) attempts in each weight category will be allowed. The total of the best lifts of each category will be counted for the total weight.
3. All-Sports teams may have one lifter in each weight class, but cannot have more than one lifter in a weight class.
4. Award shirts will be given to the top individual in each class.
5. Weight classes are:

<u>Men</u>	<u>Women</u>
132 and under	90 and under
133-148	91-105
149-162	106-120
163-178	121-135
179-194	135-149
195-224	150-164
225 +	164 +

6. You may enter in the weight class above yours, but not below.
7. Weigh in will be in the Fitness Center before you lift. You can sign up for a weight class after your final weigh.
 - a. Each lifter must declare your three amounts you will lift for each lift category.
8. All-Sports Standings are determined by organization with most points scored from the four weight classes. 10 points awarded to 1st place, 8 points to 2nd place, 6 points to 3rd place, 4 points for 4th place and 2 points for 5th place. Team with most points scored will win the competition.
9. All-Sports teams will receive two (2) points for each weight category won.
10. If total weight is tied, the lighter lifter will win first place. If still tied, lifters will share points.
11. Squat suits and wraps are allowed but lifters must supply their own. Must have them on and ready when turn comes up or you will lose the lift.

Intramural Weightlifting Tournament Records

<u>MEN</u>	<u>NAME</u>	<u>WEIGHT LIFTED</u>	<u>YEAR</u>
132-UNDER	Jeff Ayers	725	1988
133-148	Jason Jenkerson	765	2002
149-162	Paul Hantrakul	835	2002
163-178	John Read	905	2007
179-194	Rodney Caveness	1040	1988
195-224	Dan Kroesch	1215	1988
225-ABOVE	Derrick Clark	1395	1991

<u>WOMEN</u>	<u>NAME</u>	<u>WEIGHT LIFTED</u>	<u>YEAR</u>
90-UNDER	<i>Vacant</i>		
91-105	Haley Addison	220	2008
106-120	Tymple Cody	360	1991
121-135	Pamela Spencer	360	1988
135-149	Caron Holt	570	1989
150-164	Jeanne Conde	370	1990
164-OVER	Vanessa Lewis	580	1990