

# The Swolehawk Games

**When: November 16th,17th, and 18th.**

**Where: Student Rec Center**

Ground Rules:

- Competitors will compete as individuals in each of the 3 events (Bench press, Squat, and curling/run the rack). If competitors want to just compete in one or two events instead of all three that is permissible, however they will not be able to compete for grand champion prizes.
- Points will be awarded to the top 3 competitors for each competition.
- The individual with the most points after the 3 events is the grand champion. There will be a male and a female grand champion.
- There will be a male division and a female division.
- The weight classes are as follows- This only applies for curling

MENS-

1. 0-175 lbs (Lightweight)
2. 176-225lbs (Middleweight)
3. 225-greater (Heavyweight)

WOMENS-

1. 0-125lbs (Lightweight)
2. 126- 150lbs (Middleweight)
3. 150lbs-greater (Heavyweight)

- A competitor must present a valid UTM Student ID at the time of check-in.
- Competitors are required to weigh in before the competition begins each evening. Weigh in begins at 6 pm.
- Competitors must also sign a waiver form in order to participate in the events.
- The formula used for squat and bench is the Wilks formula. The Wilks formula is used for powerlifting competitions. The formula takes the body weight of a contestant and the weight they lifted and records a score through calculations.

## **Curl Competition November 16th, 2021**

1. Competitors will attempt to attain the highest weight that they can curl with dumbbells in each hand for 5 reps.
2. Competitors will start with 5lbs dumbbells and work their way down in 5lb increments until they can no longer curl 5 reps with the weight.
3. A rep is a competitor curling the weight with both hands, squeezing at the top, and then coming back down at a full extension at the bottom.

4. Competitors cannot just swing the weight up, swinging the weight results in the competitor's max counting as the last set of 5 they were able to accomplish before swinging.
5. Wrist wraps/straps are allowed for this competition.
6. The winner will be the competitor who can get the farthest down the rack(most weight done for 5 reps).
7. In the event of a tie, competitors will compete against each other to see who can curl the most reps at the weight they last successfully curled.

### **Squat Rules November 17th, 2021**

1. Competitors will attempt to record a 1 rep max in this event.
2. Competitors get 5 warm up sets to prepare for their max.
3. Competitors get 3 chances to record a max.
4. A 1 rep squat max is a competitor unracking the weight, the competitor squatting down to the bench letting their butt touch the bench, then rising back up with the weight in a standing position, and racking the weight.
5. If a competitor is unable to record a max within the 3 chances, the competitor will receive a score of 0 for the competition.
6. Belts, knee sleeves/wraps, and braces are allowed for the competition.
7. The winner will be determined using a formula based on bodyweight and the weight that the competitor squatted to attain a score.
8. The highest score determines the winner of the event.
9. In the event of a tie, the competitors will face off and see who can squat the most reps with 135lbs.

### **Bench Press Rules November 18th, 2021**

1. Competitors will attempt to record a 1 rep max in this event.
2. Competitors get 5 warm up sets to prepare for their max.
3. Competitors get 3 chances to record a max, the highest of the three will be accepted as the max. If a player is unable to record a max in the 3 chances, this will result as a 0 for the competitor's max.
4. Competitors are allowed to have heels up and lower backs can be off the bench to have a natural curve. However, the competitor must keep butt on the bench, shoulders must remain on the bench, and feet must be kept on the ground.
5. A 1 rep max is a competitor unracking the weight. The competitor comes down to the chest, and pushes up for a full extension when the referee provides an up call.
6. Lift offs, or assistance when unracking the weight is allowed.

7. Belts, wrist straps, and bicep sleeves are allowed.
8. The winner will be determined using a formula to attain a score based on bodyweight and the weight that is benched.
9. The highest score determines the winner.
10. In the event of a tie, the competitors will face off and see who can bench the most reps with 135lbs.

**Prizes:**

- T-shirts will be awarded to the top squat and bench for the male and female.
- For the curling competition (run the rack), a T-shirt will be awarded to the top contestant in each weight class.
- The overall winner from all three competitions will receive a medallion and a chance to grab 3 t-shirts out of the Campus Rec t-shirt closet.