

SILVER STATE GAMES

WEIGHT LIFTING/FITNESS

ORDER OF EVENTS and GUIDELINES

BENCH PRESS -participants will have one attempt at their desired weight, once the entire group has completed their first attempt the second round will begin. After the group has complete the second attempt, you will complete your third and final attempt. The highest weight will be your score.

A rep will be counted when the bar is brought down to one inch above the chest and then the arms are fully extended.

SIT UPS-this is a single attempt event. Up to four participants will compete together, ankles maybe held by the counter. The counter will be responsible for counting complete reps. The event will begin with the shoulders touching the mat. A complete rep will be touching the elbows to the legs while the arms are crossed and placed on the chest. The next rep is counted when the shoulder blades touch the mat. This event is one attempt until form is lost (three consecutive noncomplete reps) or when the participant quits.

MED BALL SLAM-this is a one-minute timed event. The event will start with the ball on the ground to start. The rep will count when the ball is lifted above the head. Men will use a 15 lb. ball; women will use a 10 lb. ball.

PULL UPS-this is a single attempt event. The rep will count when the chin is at the bar and then the next rep will begin when the arms are extended $\frac{3}{4}$ down. The arms do not need to be in full extension. Once the form is broken or the participant quits the event is over.

KETTLEBELL BOX SQUAT-this is a single attempt event. A rep is counted when the kettlebell (15 lbs. for men, 10 lbs. for women) is held at the chest and the buttocks touch the box/bench that is place behind the participant. The reps are counted each time the participant squats and the buttocks touch the box/bench after a full extension of the legs (standing up). The event will stop when the participant loses form (three noncomplete reps) or quits.

PUSH-UPS- this is a single attempt event. The event will start with up to four participants in a prone position with hands on the mat under the shoulders. A rep is counted when the arms are fully extended (not locked out), the body is returned to the mat and hands are released from the mat. The event will stop when the participant loses form (three noncomplete reps) or quits.

JUMP ROPE-this is a timed one-minute event, up to four participants at a time. The event starts with the middle of the rope on the ground. The reps will be counted for each revolution of the rope until one minute is up.

LEG PRESS- participants will have one attempt at their desired weight, once the entire group has completed their first attempt the second round will begin. After the group has complete the second attempt, you will complete your third and final attempt. The highest weight will be your score. The start position is the leg extended. The rep will count when the legs are contracted to a 45 degree and then extended.

SHUTTLE RUN-this is a single attempt timed event. It starts with a 10 lbs. ball on the ground. The timer will begin when the participant picks up the ball. The event will consist of 10 behind-the-head, over a shoulder, ball tosses. Then run 20 sprints of 25 feet, after each 25 ft run the hands must touch the tape on the ground. The event will end with another 10 behind-the-head tosses. The lowest time wins.