

2009 SCISA State Speed & Strength Competition

Class A-AA - Saturday, April 25th
On the campus of the W.W. King Academy, Batesburg, SC

Class AAA - TBA

Participation:

Eligible students in grades **8-12** may participate in Speed & Strength Competitions.

Coaching Notes:

1. Sportsmanship: What you permit, you promote! Coaches must emphasize and promote good sportsmanship and fair play according to the rules.
2. Coaching requirement: the head coach must be CPR certified.
3. Coaches will be requested to assist as needed.

General Rules:

1. A school shall compete in the same classification as it does in football.
2. Participation is LIMITED. No school will be allowed to have more than one participant per weight class.
Note: This is a return to the founding principal of the Speed & Strength Competition, to emphasis the total "athleticism" of the student-athlete. We had drifted from this in recent years. We were allowing some participants to do only the lifting parts while someone else did the agilities events.
3. All participants will be weighed on the day of the event, prior the start of the event.
4. A competitor must compete within his own weight class. *Exception:* A competitor may move UP no more than One weight class. In this case, the competitor must participate in all events or in any lifting event. No one may move up a weight class and participate only in the agility events.
5. Shoes must be worn. Tennis shoes, boots, or lifting shoes may be worn. No Flip flops, shower shoes nor sandals may be worn in the lifting area. All Competitors must wear a shirt at all times. No competitor will be allowed to wear jewelry of any kind. This includes but is not limited to Necklaces, Bracelets, and any and all piercings. Note: medical alert tags must be taped to the body.
6. Gloves, wraps and braces will be permitted. No lifting straps will be allowed.
7. Coaches may spot or provide a lift off for their lifters.
8. All ties will be broken according to body weight. Points will go to the heavier competitor in the 40 Yd, Pro-Shuttle and Vertical Jump. Points will be awarded to the lighter competitor in the Power Clean and Bench Press.
9. ALL competitors, coaches and judges MUST be present during the rules meeting. Failure to do so will result in not being allowed to compete in the competition.
10. Judges will call All events. The decisions of the judges are final. All Judges Decisions are FINAL!
11. Events for the 2009 State Competition include:
 - 40-yard dash
 - Pro-agility shuffle
 - Vertical leap
 - Bench Press
 - Power Clean