

# Summer Games - Powerlifting



## TRADITIONAL EVENTS

Bench Press

Deadlift

Squat

Combination (Bench Press, Squat and Deadlift)

*Athletes must be at least 14 years old to compete in Powerlifting.*

The Official Special Olympics Sports Rules for Powerlifting shall govern all Special Olympics competitions. Special Olympics has created these rules based upon International Powerlifting Federation (IPF) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Powerlifting.

## RULES OF COMPETITION

### UNIFORM SPECIFICATIONS

1. The lifting costume shall consist of a one-piece, full length lifting suit of one-ply stretch material without any patches or padding. A non-supportive weightlifting/wrestling type suit is also a legal suit. The straps of the suit must be worn over the shoulders at all times while lifting in competition.
2. No sweat pants or shorts are allowed.
3. A singlet with a T-shirt underneath must be worn by all competitors during all events.
4. Socks may be worn. Some type of shoe or boot must be worn. The height of the heels shall not exceed 5cm.

### GENERAL RULES

1. Athletes will be weighed in while wearing their competitive uniform (singlet, or tight shirt, shorts, socks, and shoes).
2. The coaches must declare the athletes' opening lift for each event after the weigh-in.
3. Divisions of not less than three (3) lifters or more than eight (8) lifters will be made using the following criteria.
  - a. Lifters will be put in one (1) of the eight (8) established weight classes based on their body weight at weigh-in.
  - b. Lifters can then be divisioned within the weight class based on body weight.
4. The use of oil, grease, and all other lubricants is strictly prohibited. Baby powder may be used.
5. If a lifter, after the referee's inspection, changes part of his costume, belt, or bandages or puts on anything which has not been authorized or which is contrary to the rules, he/she shall immediately be disqualified from the competition.
6. Each athlete must have an accurate lift recorded for each event entered.
7. Individuals will be placed in competitive divisions according to age group, gender, and qualifying score. The Powerlifting Sport Management Team reserves the right to re-classify or disqualify any individual whose pre-tournament scores do not fairly represent his/her ability.
8. In Powerlifting, athletes may be entered in each of the four (4) events offered.
9. Athletes in Powerlifting must be at least 14 years old by June 9, 2017 to be eligible.
10. The Head Coach of each Powerlifting team MUST have been certified by attending a Special Olympics Powerlifting Coaches Training School or another training offered and approved by Powerlifting's National Governing Body (NGB)..

WEIGHT CLASSES	
148 pounds and under	149 - 165 pounds
166 - 181 pounds	182 - 198 pounds
199 - 220 pounds	221 - 242 pounds
243 - 300 pounds	301 pounds and over

### EQUIPMENT

1. A belt made of leather, vinyl, nylon, or other similar non-stretch or non-metal (other than buckle and stud attachments material) may be worn on the outside of the suit. The belt may not encircle the body more than once. A lifting belt must be used in the deadlift. The athletes must provide their own.
2. Gloves may not be used.
3. Bandages of rubber or supports of rubber substitutes are forbidden.
4. Wrist
  - a. Bandages of gauze or medical crepe may be worn with a maximum width of 8cm (3-1/4") and a maximum length of one (1) meter (3' 3-1/2").
5. Knee
  - a. Bandages of gauze or medical crepe may be worn with a maximum length of two (2) meters (6' 6-3/4").
  - b. Alternatively, an elastic knee cap may be worn with a maximum length of 20cm (8 inches). A combination of the two (2) is forbidden.
  - c. Any other type of brace or wrap, other than those specified in #4 and #5 above, require a physician's note.

### LIFTING STANDARDS

1. Order of Competition
  - a. The Chief Referee shall be seated in front of the platform. The three (3) referees may seat themselves according to the best points of vantage; usually the head judge sits directly in front of the platform and the other two (2) judges on each side of the platform.
  - b. The bar is loaded progressively; the lifter taking the lowest weight will lift first. In no case can the bar be reduced to a lighter weight when the lifter has performed a lift with the weight announced.
  - c. Round's System
    - i. Lifters will be divided into fights of no more than 15 lifters. The lifter with the lightest attempt will lift first and the weight will progressively increase until the 15<sup>th</sup> lifter has lifted. The bar will be unloaded and second attempts will be performed in the same fashion, followed by the third attempt. Then the next round will lift.



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2. Bench Press Standards
  - a. The lifter must assume the following position on the bench, and maintain the position during the zero (0) lift; the head and trunk (including buttocks) must be extended on the bench, and the feet must be on the floor. The hands must grip the bar with thumbs around grip, thus locking the bar safely in the hands.
  - b. The referee's signal shall be given when the bar is absolutely motionless at the chest.
  - c. After the referee's signal, the bar is pressed vertically to straight arm's length and held motionless for the referee's signal to replace the bar.
  - d. The spacing of the hands shall not exceed 81cm measured between the forefingers.
  - e. For the lifters whose feet do not touch the floor, the platform may be built up with 45lb plates to provide firm footing.
  - f. Reasons for Disqualifications in the Bench Press
    - i. During the lift, any change of the lifting position.
    - ii. Any raising or shifting of the lifter's head, shoulders, buttocks or legs from the bench, or movement of the feet.
    - iii. Any heaving or bouncing of the bar from the chest.
    - iv. Allowing the bar to sink excessively into the lifter's chest prior to the uplift.
    - v. Any uneven extension of the arms.
    - vi. Stopping of the bar during the press proper.
    - vii. Any touching of the bar by the spotters, before the referee's signal to replace the bar.
    - viii. Failure to wait for the referee's signal.
    - ix. Touching against of the uprights of the bench with the feet.
    - x. Touching the shoulders against the uprights of the bench during the press.
    - xi. Allowing the bar to touch the uprights of the bench during the lift in order to gain an advantage.
3. Deadlift Standards
  - a. The bar must be laid horizontally in front of the lifter's feet, and gripped with both hands, and uplifted with one (1) continuous motion until the lifter is standing erect. At completion of the lift, the knees must be locked and the shoulders thrust back. The referee's signal shall indicate the time when the bar is held motionless in the final position.
  - b. Reasons for Disqualifications in the Deadlift
    - i. Any stopping of the bar before it reaches the final position.
    - ii. Failure to stand erect.
    - iii. Failure to lock the knees.
    - iv. Supporting the bar on the thighs.
    - v. Any raising of the bar or any deliberate attempt to do so shall count as an attempt.
    - vi. Any shifting of the feet during the performance of the lift.
    - vii. The heels or toes may be raised, provided that either foot is not displaced or comes down in a different position.
    - viii. Lowering the bar before the referee's signal to do so.
    - ix. Allowing the bar to return to the platform without maintaining control with both hands.
4. Squat Standards
  - a. The lifter will assume the upright position with the top of the bar NOT more than 3cm (1.18 inches) below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands in contact with the bar and the feet flat on the platform with the knees LOCKED. The lifter's hands may be against the inside collars but not on the inside collars nor on the plates.
  - b. After removing the bar from the racks, the lifter must move backwards to establish the starting position. The lifter will wait in this position for the Chief Referee's signal. The signal will be given as soon as the lifter is MOTIONLESS, ERECT WITH THE KNEES LOCKED, and the bar is PROPERLY POSITIONED. The signal will consist of a downward movement of the arm and the audible command "SQUAT". Before receiving the starting, the lifter may make position adjustments within the rules without penalty. Once the lifter has received the starting signal, the feet may NOT move and the hands may NOT slide laterally on the bar.
  - c. Upon receiving the starting signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one (1) descent attempt is allowed.
  - d. The lifter must recover at will from the deepest point of the squat, without double-bouncing or any downward movement (stopping is permitted) once the upward motion has started, to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar: "RACK". The signal will be given when the lifter is in the apparent final position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The "RACK" signal is given along with a backward movement of the hand.
  - e. Upon receiving the "RACK" signal, the lifter MUST make a bona fide attempt to return the bar to the racks. This is defined as one (1) step towards the racks; the lifter may then request aid to rack the bar if necessary.
  - f. The lifter may enlist the aid of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotters/loaders may NOT assist any further with regard to proper positioning, foot placement, bar position, etc.
  - g. Reasons for Disqualifications in the Squat
    - i. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
    - ii. Laterally changing position of the hands on the bar after receiving the signal to lift. Opening the hands and closing the fingers is allowed.
    - iii. Double bouncing or more than one (1) recovery attempt at the bottom of the lift.
    - iv. Failure to assume an upright position with the knees locked at the COMMENCEMENT or COMPLETION of the lift.
    - v. Any shifting of the feet laterally or stepping forward or backward during the performance of the lift. The toes and/or heels may come up off the platform, but MUST return in the same position.
    - vi. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
    - vii. Changing the position of the bar across the shoulders after the commencement of the lift. This applies to intentional or unintentional rolling of the bar to aid in performance of the lift - it does NOT apply to a minute amount of position change that would not aid the lifter.