

POWERLIFTING

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

Regular Events Combo Lift 2 - Bench Press/Deadlift Combination
 Combo Lift 3 - Squat/Bench Press/Deadlift Combination
 Bench Press only (**restricted to athletes with anatomical limitations**)

Athletes may enter one combination event only.

International Powerlifting Federation (IPF) rules with modifications established by SOI (January 2011 Official Special Olympics Summer Rules Book) will apply to all training and competition.

International Powerlifting Federation (IPF)
www.powerlifting-ipf.com

United States Powerlifting Federation
<http://wvuspf.com>

LIFT RULES

Specific rules for each of the 3 lifts are found on in the 2011 Official Special Olympics Summer Rules Book.

GENERAL RULES

1. Athletes must be at least 14 years of age to compete in this sport.
2. Lifters shall be placed in competition divisions (at the close of competition) based on their gender, weight class and age. Divisions must have a minimum of three athletes. If a weight class does not have three athletes, then the weight class is combined with the next higher weight class and the Wilkes Formula will be used to determine the final places. If there are more than eight lifters in a weight class, the lifters will be divided by age group to determine final divisions
3. Athletes must attend the weigh-in
4. Scoring in the events will be the total combination of the best weight lifted successfully in each lift.
5. Only the competing athlete, members of the jury, officiating referees, assigned medical personnel and platform personnel, plus the athlete's coach will be permitted around the platform or on the stage. An area on the stage to the left and behind the Chief Referee will be marked and may be occupied by the coach during the performance of his/her athlete's lift attempt. The coach may give manual signals.
6. Each competitor shall be allowed a period of one minute from the calling of his/her name to the starting of the attempt. If the delay exceeds one minute, the attempt shall be forfeited. The clock shall stop when the lifter starts the lift properly. Lifters with anatomical (physical) handicaps (as stated on the expediter card at the time of the weigh-in) will be granted extra time, up to three minutes if needed.
7. A lift must be declared NO LIFT and the lifter must be disqualified if in the majority opinion of the judges and Chief Referee the weights were dropped intentionally.
8. Three officials are necessary to judge any of the lifts. At least 2 judges must rule on a good lift to make the lift a good attempt.
9. Physically challenged lifters may compete in combination events but will take a zero score if physically not able to complete a lift and be scored accordingly.

COMPETITION

The order of lifts will be Squat, Bench Press and Deadlift.

UNIFORMS/APPROPRIATE CLOTHING

1. Lifters may not wear long pants during competition. Wheelchair athletes may wear tight warm-up bottoms but not warm-up tops
2. In the Bench Press, if the lifter's clothing does not provide sufficient contrast with the color of the bench, the bench top shall be covered accordingly.
3. Athletes must wear singlets during all competitions.
4. Long socks (up to the knee) must be worn for the Deadlift.
5. Sports type shoes e.g. trainers, powerlifting or weightlifting boots ONLY must be worn. No hiking or work boots allowed
6. Correct clothing rules and guidelines are found in the January 2011 Official Special Olympics Summer Rules Book.

EQUIPMENT

Equipment specifications are found in the January 2011 Official Special Olympics Summer Rules Book.

REQUIRED FORMS FOR STATE GAMES ENTRY IN ADDITION TO GENERAL REG. FORMS

- ◆ Athlete Sports Entry Form

FINAL DIVISIONING

Minimum of 3 maximum of 8 per division)

Option one

Sub-divide by
Gender

Weight Class

If less than 3 lifters in a weight class combine weight class with next higher weight class
Establish final divisions based on Wilkes Formula using the final result total

Option Two

Sub-divide by

Gender

Weight Class

If no more than eight lifters in a weight class,
Determine final places based on final results total

If there is more than a 10% disparity in final scores then sub-divide into divisions based on equal final scores

Must have a minimum of 3 lifters in each division.

Option 3

Sub-divide by

Gender

Weight Class

If there are more than eight lifters in a weight class, sub-divide by age groups if possible then determine final places.

If there is more than a 10% disparity in final scores then sub-divide into divisions based on equal final scores

Must have a minimum of 3 lifters in each division.



Special Olympics
Florida

POWERLIFTING EXPEDITER CARD

Lifter's Name:				
County:			Coach:	
Body Weight:	Age: Sub-Junior (14 – 18)	Junior (19-23)	Senior (24-39)	Masters (40/Over)
Weight Class (see listing below)	Male:		Female:	

Event:

Bench Press Only	Combo 2 (Bench/Deadlift)	Combo 3 (Squat, Bench, Dead)
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	1	2	3
Squat			
Bench Press			
Deadlift			

Anatomical Handicaps: Yes / No Modifications approved: Yes / No

Type of Modification: _____

** Special Olympics Weight Classes

MEN

- 52 kg (114 ½ lbs)
- 56 kg (123 ½ lbs)
- 60 kg (132 ¼ lbs)
- 67 ½ kg (148 ¾ lbs)
- 75 kg (165 ½ lbs)
- 82 ½ kg (181 ¾ lbs)
- 90 kg (198 ¼ lbs)
- 100 kg (220 ¼ lbs)
- 110 kg (242 ½ lbs)
- 125 kg (275 ½ lbs)
- 126 kg and above (275 ¾ lbs and above)

WOMEN

- 44 kg (97 lbs)
- 48 kg (105 ¾ lbs)
- 52 kg (114 ½ lbs)
- 56 kg (123 ½ lbs)
- 60 kg (132 ½ lbs)
- 67.5 kg (148 ¾ lbs)
- 75 kg (165 ½ lbs)
- 82.5 kg (181 ¾ lbs)
- 90 kg (198 ¼ lbs)
- 90.5 kg and above (198 ½ lbs and above)