

# 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 (2004-2007 Official Special Olympics Summer Rules Book) will apply to all training and competition.

International Powerlifting Federation (IPF)  
Zeisgstrasse 34  
D-8011 Vaterseetren, Germany

United States Powerlifting Federation  
12101 Reagon Street  
Los Alamitos, CA 90720  
[www.uspf.com](http://www.uspf.com)

## **LIFT RULES**

Specific rules for each of the 3 lifts are found on in the 2004-2007 Official Special Olympics Summer Rules Book.

## **GENERAL RULES**

1. Athletes must be at least 16 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 ability.
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 challenge 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. Correct clothing rules and guidelines are found in the 2004-2007 Official Special Olympics Summer Rules Book.

## **EQUIPMENT**

Equipment specifications are found in the 2004-2007 Official Special Olympics Summer Rules Book.

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

- ◆ Athlete Sports Entry Form



**Special Olympics**  
*Florida*

**POWERLIFTING EXPEDITER CARD**

Lifter's Name: \_\_\_\_\_

County/ID Number: \_\_\_\_\_ Coach: \_\_\_\_\_

Body Weight: \_\_\_\_\_ Age: Senior (16-21) \_\_\_\_\_ Master (22/over)

Weight Class\*\* \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_  
(see listing below)

Circle One: Benchpress Only      Combo 2 (Bench, Dead)      Combo 3 (Bench, Dead, Squat)

	1	2	3
<b>Squat</b>			
<b>Bench Press</b>			
<b>Deadlift</b>			

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)