

## POWERLIFTING RULE INTERPRETATIONS

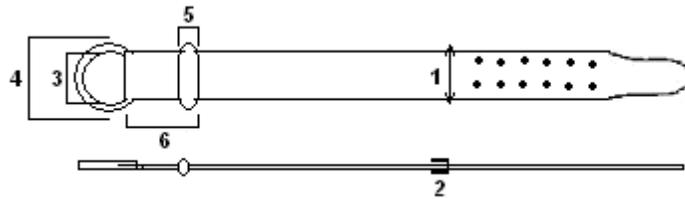
### SECTION A - GENERAL RULES

- A-1. In cases not covered by these interpretations, USA Powerlifting Rules will govern. Rules can be downloaded at <http://www.powerlifting-ipf.com>.
- A-2. Weight classes will be used for all levels of competition.
- A-3. Separate divisions will be based on sex, age, body weight, and best lifts. Athletes will be placed in divisions according to ability.
- A-4. Athletes must be 14 years of age to compete.
- A-5. The Games Rules Committee will make all final decisions.
- A-6. At all competitions, athletes must pass a skills assessment tests to compete in the squat, deadlift, and bench-press competition. At the State level, the athletes will be assessed for the squat only.
- A-7. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate and honest scores of their athlete's ability.
- A-8. Three unsuccessful attempts in any of the lifts will automatically eliminate the athlete from the combination event.
- A-9. The Wilkes Formula may be used for calculating placement of lifters.
- A-10. Athletes must qualify from a Regional event to attend the State Summer Games.
- A-11. Athletes can participate in a maximum of 3 – and they would be competing in Combined.

### SECTION B - UNIFORMS AND EQUIPMENT

- B-1. No advertising or sponsorship is allowed to be worn on competition uniforms or warm ups.
- B-2. Athletes must compete in a 1 piece lifting suit or singlet and the leg length must not touch the top of the knee or any knee wrap or knee cap supporter. Athletes with physical disabilities may wear a two-piece outfit with both upper and lower pieces being form fitting. Long pants cannot be worn.
- B-3. Competitors must wear a T-shirt of any color or colors under the lifting suit during the performance of the Bench Press. It is optional for men, but mandatory for women to wear a T-shirt during the performance of the Deadlift. The T-shirt is subject to the following conditions:
  - a. Is not ribbed
  - b. Does not consist of any rubberized or similar stretch material. Specialized "Bench" shirts are not permitted.
  - c. Does not have reinforced seams or seams which might tend to assist the lifter in competition.
  - d. The T-shirt must have sleeves, but which do not terminate below the elbow or up at the deltoid.

- B-4. Sport type shoe (trainers or powerlifting/weightlifting boot) must be worn. No hiking or work boot will be allowed. The height of the heels shall not exceed 5cm.
- B-5. Athletes will not be allowed to wear jewelry or awards during competition.
- B-6. Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit.
- The main body shall be made of leather, vinyl or other similar non-stretch materials in one or more laminations, which may be glued and/or stitched together.
  - It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
  - The buckle shall be attached at one end of the belt by means of studs and/or stitching.
  - The belt may have a buckle with one or two prongs or "quick release" type (quick release referring to lever.)
  - A tongue loop shall be attached close to the buckle by means of studs/or stitching
  - The name of the athlete, the athlete's state or club may appear on the outside of the belt.
  - Dimensions for belt:
    - Width-maximum 10 cm
    - Thickness-maximum 13 mm along main length
    - Inside width of buckle-maximum 11 cm
    - Outside width of buckle-maximum 13 cm
    - Tongue loop-maximum width 5 cm
    - Distance between end of belt and far end of tongue loop-maximum 25 cm



## SECTION C - ORDER OF COMPETITION

- C-1. The order of the events for competition will be the squat, bench press then deadlift.
- C-2. The chief referee will be seated in front of the platform. The referees may seat themselves according to the best vantage point; usually the head judge sits directly in front of the platform and the other two judges on each side of the platform.
- C-3. The bar is loaded progressively, the lifter taking the lowest weight lifting first. In no case can the weight be reduced to a lighter weight when the athlete has performed a lift with the weight announced.
- C-4. Rounds System- The athlete with the lightest entry will lift first and progress until all athletes have lifted. The bar will be unloaded and a second attempt will be performed in the same fashion, followed by third attempts. Athletes have the option of skipping a weight round. On a failed third attempt, the athlete's final score will be the weight of the last successful lift.
- C-5. A delay of 1 minute will be allowed to competitors from the calling of their name to starting of the attempt. If the delay exceeds two minutes, it will eliminate the attempt. The clock will stop when the lifter starts the lift properly. A timekeeper will be appointed.
- C-6. During any competition organized on a platform or stage, nobody other than the members of the jury, the officiating referees, the coaches, and the lifters engaged in the category being

contested will be allowed around the platform or on the stage.

- C-7. The chief referee is the sole judge of the decision in the case of an error in the loading of the bar, or of incorrect announcing by the speaker.
- C-8. Scoring of the events will be the maximum weight lifted for each event.
- C-9. A coach will be allowed to assist the athlete with establishing their grip and positioning of the bar. Once those have been established, the coach must go to the designated coaches' box. The lift will not begin until the coach is in the coaches' box. The spotters will be responsible for assisting the athlete with the lift off the rack.

#### SECTION D - BENCH-PRESS

- D-1. The width of the bench will not be less than 29cm or more than 32cm. The height will not be less than 42cm or more than 45cm. The length will not be less than 1.22 m (4'), and the board will be flat and level. For those athletes whose feet do not touch the floor, the platform may be built up with 45 lb. plates or boxes no higher than 30cm to provide firm footing.
- D-2. The athlete must assume the following position on the bench, and maintain this position during the zero lift: the head and trunk (including buttocks) must be extended on the bench, and the feet must be on the floor or plates. The hands must grip the bar with thumbs around grip, thus locking the bar safely in the hands. The spacing of the hands will not exceed 81cm measured between the index fingers. The use of the reverse grip is forbidden.
- D-3. After removing the bar from the rack or receiving it from the spotters, the athletes shall wait with elbows locked for the referees signal. The signal should be given as soon as the athlete is motionless and the bar properly positioned at full arms extension. The signal shall consist of a downward movement of the arm together with the audible command: "Start".
- D-4. After receiving the referee's signal the athlete must lower the bar to the chest and hold it motionless. The referee will say "press" at which time the bar is pressed upwards with an even extension of the arms. When held motionless in this position, a visible signal consisting of a backward movement of the arm together with the audible command "Rack" shall be given. In case of a hearing impaired athlete, tactile signals may be employed.
- D-5. If the athlete's costume and the bench top are not of a sufficient color contrast to enable the officials to detect a possible rising of the buttocks, the bench top will be covered accordingly.
- D-6. In this lift the referees will station themselves at the best vantage points.
- D-7. A maximum of 4 and a minimum of 2 spotter-loaders will be mandatory; however, the lifter may enlist one or more of the official spotter-loaders to assist him in removing the bar from the racks.

#### SECTION E - CAUSES FOR DISQUALIFICATION FOR THE BENCH-PRESS

- E-1. During the lift, any change of the lifting position.
- E-2. Any raising or shifting of the athlete's head, shoulders, buttocks, or legs from the bench, movement of the feet, or lateral movement of the hands on the bar.
- E-3. Any heaving or bouncing of the bar from the chest.

- E-4. Any uneven extension of the arms.
- E-5. Any downward movement of the bar during the press proper.
- E-6. Failure to press the bar to full extension of the arms at the completion of the lift.
- E-7. Any touching of the bar by the spotter or loaders before the referee's signal to replace the bar.
- E-8. Failure to wait for the referee's signal during any part of the lift.
- E-9. Touching against the bench or its supports with the feet.
- E-10. Allowing the bar to touch the upright of the bench during the lift in order to gain an advantage.

#### SECTION F - DEADLIFT

- F-1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip with both hands, and uplifted with one continuous motion until the lifter is standing erect. Upon completion of the lift, the knees must be locked in the straight position and the shoulders should be held in an erect position (not forward or rounded). The referee's signal shall consist of the downward movement of the hand and the audible command "Down". The signal will not be given until the bar is held motionless in the final position as determined by the referee.
- F-2. It is optional for men, but mandatory for women to wear a T-shirt during the performance of the Deadlift. Athletes competing in the deadlift must wear long socks (up to knee).
- F-3. It is strongly recommended that all athletes wear a belt during the Deadlift competition. Please refer to Section B for the requirements of the belt.
- F-4. Any attempts to raise the bar or deliberate attempts to lift the bar shall count as an attempt.

#### SECTION G - CAUSES FOR DISQUALIFICATION FOR THE DEADLIFT

- G-1. Any downward movement of the bar before it reaches the final position.
- G-2. Failure to stand erect with shoulders in the erect position.
- G-3. Failure to lock the knees straight at the completion of the lift.
- G-4. Supporting the bar on the thighs during the performance of the lift.
- G-5. Lowering the bar before the referee's signal to do so.
- G-6. Allowing the bar to return to the platform without maintaining control with both hands.

#### SECTION H – SQUAT

- H-1. \*\*Coaches and athletes are required to successfully complete mandatory squat training prior to training or competition. Contact Coach Development Manager for information on training opportunities.
- H-2. The athlete shall assume an upright position with the top of the bar not more than 3 cm

below the top surface of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (not the collars) and the feet flat on the platform with the knees locked.

- H-3. After removing the bar from the racks, the athlete must move backward to establish his/her position. The athlete shall wait in this position for the Chief Referee's signal. The signal shall be given as soon as the athlete is motionless and the bar properly positioned. If mechanical racks that withdraw are used, the athlete must remove the barbell from the racks before they are withdrawn and wait motionless for the Chief Referee's signal. The signal shall consist of a downward movement of the arm and audible command "Squat."
- H-4. Upon receiving the Chief Referee's signal, the athlete must bend and lower the body until the top surfaces of the legs at the hip joints are lower than the top of the knees.
- H-5. The athlete must recover at will without double bouncing or any downward movement after starting to an upright position with the knees locked. When the athlete is motionless, the Chief Referee will give the signal to replace the bar.
- H-6. The signal to replace the bar will consist of a backward motion of the hand and the audible command "Rack." The athlete must then make a bona fide attempt to return the bar to the racks.
- H-7. The athlete shall face the front of the platform.
- H-8. The athlete shall not hold the collars, sleeves or discs at any time during the performance of the lift. However, the edge of the hands, gripping the bar, may be in contact with the inner surface of the collars.
- H-9. Not more than five and not fewer than two spotters/loaders shall be on the platform at any one time.
- H-10. The athlete may enlist the help of the spotters/loaders in removing the bar from the racks, and replacing the bar in the racks at the conclusion of the lift; however, once the bar has cleared the racks, spotters/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
- H-11. The athlete may, at the Chief Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error of one or more of the spotters/loaders or equipment failure.

#### SECTION I – CAUSES FOR DISQUALIFICATION FOR THE SQUAT

- I-1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
- I-2. Double bouncing or more than one recovery attempt at the bottom of the lift.
- I-3. Failure to assume an upright position with knees locked at the commencement and completion of the lift.
- I-4. Any shifting of the feet laterally, backward, or forward, during the performance of the lift.
- I-5. Failure to bend the knees and lower the body until the top surfaces of the legs at the hip joints are lower than the top of the knees.

- I-6. Changing the position of the bar across the shoulders after the commencement of the lift.
- I-7. Contact of the bar or the athlete by the spotters between the Chief Referee's signals.
- I-8. Contact of elbows or upper arms with the legs.
- I-9. Failure to make a bona fide attempt to return the bar to the racks.
- I-10. Any dropping or dumping of the bar after completion of the lift.
- I-11. Failure to comply with any of the requirements contained in the general description of the lift or in the judgment of the meet official the lifting technique poses a danger to the athlete.