



## Power Lifting

### Format:

Squat, Bench Press, Dead lift (All 3 Lifts)

There will not be a Bench Only format this year.

**Note:** Foot blocks will not be allowed for bench press. No teams. Bench shirts will not be allowed.

### Schedule:

June 23, Saturday

8:00 AM Weigh-in at Harris Center

8:30 AM Competition begins

**Divisions:** The coordinator reserves the right to combine, modify or eliminate divisions based on participation.

<b>Open (No Age Limit)</b>	<b>Men's Masters (Age 40-over)</b>	<b>Junior (Age-under 18)</b>	<b>Women (No Age Limit)</b>	<b>Pound for Pound (No Age Limit)</b>
Under 135 lbs	Under 135 lbs	Under 135 lbs	Under 120 lbs	No Weight Class
135 - 169 lbs	135 - 169 lbs	135 - 169 lbs	120 - 149 lbs	X
170 - 199 lbs	170 - 199 lbs	170 - 199 lbs	150 - 179 lbs	X
200 - 234 lbs	200 - 234 lbs	200 - 234 lbs	180 - 200 lbs	X
Over 235 lbs	Over 235 lbs	Over 235 lbs	Over 200 lbs	X

### Rules:

#### Squat

- After lifting the weight from the rack, the lifter must step back from the rack and assume a starting position with knees locked. The head referee will give the command "squat" in conjunction with a downward movement of the arm.
- Once the lifter has received the "squat" command neither the feet nor the hands may move and the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees. (Normally, this is a parallel position.)
- The lifter must recover from the deepest point of the squat to an upright position with knees fully locked.

- When the lifter is motionless, the head referee will give the signal to "rack" the bar along with a backward movement of the hand.
- Upon receiving the "rack" command, the lifter must make a bona-fide attempt to return the bar to the rack. This is defined as taking at least one step toward the rack after which the spotters can assist.
- **Failure to complete at least one squat successfully will result in disqualification of the lifter from the remainder of the contest.**

### **Bench Press**

- The lifter must keep their buttocks on the bench at all times or the lift will be disqualified.
- A thumb less grip is not permitted.
- A reverse bench grip is not permitted.
- After removing the bar from the rack or receiving the hand off from the spotter, the lifter must wait for the referee's "Start" command. The command will not be given if the lifter's arms are not fully locked.
- Upon receiving the "start" command, the lifter must start the downward movement and lower the bar to the chest and hold it motionless on the chest with a definite and visible pause. Motionless to mean: stopped.
- The lifter must then press the weight upward with an almost even extension of the arms to arm's length.
- The lifter must hold the weight motionless at this point, with elbows locked until the referee gives the "rack" command.
- After the rack command is given, spotters may assist the lifter in returning the bar to the rack.
- Both feet must remain in contact with the floor at all times.
- **Failure to complete at least one bench press successfully will result in disqualification of the lifter from the remainder of the contest.**

### **Deadlift**

- The lifter shall face the front of the bar and the head referee.
- On completion of the lift, the knees must be fully locked and the shoulders back.
- The referee will then give the "down" command and a downward movement of the hand. The signal will not be given until the bar is held motionless and the lifter is in a finished position.
- Stepping back or forward during the lift will disqualify the lift.
- Any downward motion of the bar during the lift will disqualify the lift.
- Supporting the bar on the thighs "hitching" during the lift will disqualify the lift.
- Dropping the weight after the lift will result in a disqualification.
- Wraps are not allowed - only bare hands with chalk can be used.
- Failure to complete at least one deadlift successfully will result in disqualification of the lifter from the remainder of the contest.

## **Lifting Protocol**

- The lifts will all begin and the bar will be loaded based upon the lightest weight and proceed upward.
- "On deck" lifters will be prepared to lift including all equipment ready to go.
- Once the bar is loaded "the bar is loaded command" will be given by the referee and the lifter has 1 minute to get into position for the lift.
- "In-the-hole lifters" should begin preparation for their lift and should be prepared to move to the "on deck" position.
- All referee decisions are FINAL. Each lifter has the right to ask the referee's for corrective criticism of why a lift was disqualified.
- Inappropriate language will result in an immediate disqualification of the lifter from the rest of the meet.
- No coaches or assistants may approach the platform during the lift - except for spotters who must move out of the way and not block the view of any of the referee's.
- If, at any time during the lift, a spotter touches the bar - the lift is disqualified.
- It is the responsibility of the spotter's and loaders to ensure the correct weight is on the bar and to confirm this with the referee prior to the lift.
- Shoes or slippers must be worn for all lifts.

## **Equipment**

As a safety precaution, the referee has the right to inspect and disapprove any equipment that is faulty or unacceptable. This includes squat suits, bench shirts, knee wraps, deadlift suits, and lifting belts.

*Rules prepared by John Stehman, Master Power Lifter APFIAAPF.*