

SPORT: **POWER LIFTING**

EVENTS: (recreational)

SQUAT, BENCH PRESS & DEADLIFT

National Governing Body: the USAPL/IPF (USA Powerlifting/International Powerlifting Federation) Rules of Performance will be used to judge the three lifts. These rules will be strictly enforced in technical areas where a lifter can gain an unfair advantage. However, the meet director may deviate from the USPL Federation rules in some cases to accommodate the Senior Olympic commitment to competition between age peers, and the equipment limitations of the host facility. In making these decisions the meet director will insure that no lifter receives an unfair advantage.

SCORING: LSOG will use the Wilks body weight coefficient to score the lifts and determine order of finish. There will be no weight classes within age divisions. Power lifting is new to Senior Olympics and there have not been enough participants to have good competition in age and body weight divisions.

CLOTHING: The USPL Federation rules on lifting costumes will apply with the following exception: lifters may wear any athletic shorts that expose the knee and any shirt that covers the trunk, provided they meet the USPL restrictions against clothing with built in support. Bench Press shirts and deadlift suits **that meet USAPL/IPF Rules** are allowed.

FLIGHTING: Age groups may be combined to form optimum flights (ten to fourteen lifters per flight, but no more than fourteen)

USAPL/IPF Performance Rules:

SQUAT

1. The lifter shall assume an upright position with the top of the bar not more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.

2. After removing the bar from the racks, the lifter must move backwards to establish his position. The lifter shall wait in this position for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "squat".

3. Upon receiving the Chief Referee's 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.

4. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar.
5. The signal to replace the bar will consist of a backward motion of the hand and the audible command "rack". The lifter must then make a bona fide attempt to return the bar to the racks.
6. The lifter shall face the front of the platform.
7. The lifter shall not hold the collars, sleeves or discus 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.
8. Not more than five and not less than two spotter/loaders shall be on the platform at any time.
9. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
10. The lifter 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 by one or more of the spotter/loaders.

Causes for Disqualification of a Squat

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
4. Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.
5. Failure to 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.
6. Changing the position of the bar across the shoulders after the commencement of the lift.
7. Contact with the bar by the spotter/loaders between the referee's signals.
8. Contact of elbows or upper arms with the legs.
9. Failure to make a bona fide attempt to return the bar to the racks.
10. Any dropping or dumping of the bar after completion of the lift.
11. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

BENCH PRESS

1. The head of the bench must be placed on the platform facing the Chief Referee.
2. The lifter must lie on his back with shoulders and buttocks in contact with the flat bench

surface. His hands may grip the bar with a “thumbs around” grip, thumbless grip or reverse grip as long as the rings on the bar are covered. You may not grip outside the 81cm mark. His shoes must be flat on the floor. This position shall be maintained throughout the attempt. The head may raise during the lift.

3. If the lifter’s costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.

4. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30cm in total height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45cm X 45cm.

5. Not more than four and not less than two spotter/loaders shall attend. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off, if assisted by the spotter/loaders, must be to arms length.

6. The spacing of the hands shall not exceed 81cm. The use of a reverse grip is allowed, as long as the 81cm marks are covered.

7. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait with elbows locked for the chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.

8.. The signal shall consist of a downward movement of the arm together with the audible command “start”.

9. After receiving the signal, the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause and then press upwards with an even extension of the arms to arms length. When held motionless in this position the audible command “rack” is given.

Causes for Disqualification of a Bench Press

1. Failure to observe the Chief Referee’s signals at the commencement or completion of the lift.

2. Any change in the elected lifting position other than the head during the lift i.e. any raising movement of the shoulders, buttocks, or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar.

3. Heaving, bouncing, or sinking the bar after it has been motionless on the chest.

4. Any uneven extension of the arms during the lift.

5. Any downward movement of the bar in the course of being pressed out.

6. Failure to press the bar to full extension of the arms at the completion of the lift.

7. Contact with the bar by spotter/loaders between the Chief Referee’s signals.

8. Any contact of the lifter’s feet with the bench or its supports.

9. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.

10. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

DEAD LIFT

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without any downward movement until the lifter is standing erect.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders back.
4. The Chief Referee's signal shall consist of a downward movement of the hand and the audible command "down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

Causes for Disqualification of a Dead Lift

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift.
5. Stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.
8. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

The correct finish position in the dead lift is: The lifter must be standing erect with the shoulders back and the knees locked.