



Power Lifting Meet

General Rules

1. Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total.
2. If two or more lifters achieve the same total, obviously the lighter lifter ranks above the heavier lifter. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter. Where awards are presented for best bench press and deadlift the same procedure will apply.
3. Age groups for this composition are as follows:
Open: Lifters age 18-34
Masters: Lifters age 35- UP
4. One warning concerning sportsmanship will be given at the pre-meet rules briefing. Any use of profanity or exhibiting excessive anger on the platform or in view of other lifters and spectators will result in disqualification.
5. Once the command, —Bars Loaded or Ready || has been given by the Head Referee, the lifter has 1 minute to start the lift. The start of the lift begins after the command —Squat || is given, the bar begins its decent in the bench press or the bar is lifted from the floor in the deadlift.
6. Lifters may not be on the platform until the command —Bars Loaded or Ready || is given by the Head Referee.
7. Lifters have 1 minute after the completion of their last attempt to enter their next attempt at the scorers table. If an attempt is not entered by a lifter, the same attempt will be entered if the last attempt was unsuccessful or a 2.5 kg/5 lb increase will be entered as the next attempt.
8. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
9. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
10. The use of any form of adhesive on the underside of footwear is strictly forbidden. This includes any form of built in adhesive, sand paper, emery cloth, etc. Resin, magnesium carbonate, or —stick type || sprays are not allowed on footgear. A spray of water is acceptable.
11. Items such as mouthpieces and eye wear are permitted to be worn.

Personal Equipment

1. The use of gloves, elbow sleeves, knee wraps, knee sleeves, tape applied around a limb or finger, supportive lifting suit, supportive briefs, compression shorts, supportive shirts or compression shirts are prohibited. Lifters are responsible for having proper equipment. The use of wrist wraps and a lifting belt is permitted.
2. A non-supportive singlet of any color may be worn but is not required. Lifters may also compete in non-supportive shorts (gym shorts) and t-shirt (t-shirt must be tucked into waist

band of shorts). Cutoff jeans, shorts made of canvas or altered power suits is not allowed. Spandex type bike shorts are suitable. It is required that shorts be mid-thigh in length.

3. Attire that includes obscenities, inflammatory descriptions or is insulting is not allowed. Referees (upon inspection) will determine the criteria to be used in determining what will be allowed.

4. Emblems may be displayed on singlets and t-shirts representing the lifter's affiliations, sponsors registered club, region or state. Students (high school/college) may wear singlets bearing the school's name/logo on it.

5. Wrist wraps:

The use of wrist wraps will be permitted under the following restrictions:

- a. Only one wrist wrap is permitted on each hand.
- b. The wraps may not exceed 61cm (24 inches) in length or 8cm (3.2 inches) in width.
- c. The wraps may not exceed a covering width of 12cm (4.7 inches).
- d. The tightening loops must not be over the thumb during the lift.

6. Socks:

- a. Socks may be worn.
- b. They may be of any color or colors and may have manufacturer's logos.
- c. They shall not be of such length on the leg that they come into contact with the knee.
- d. Full length leg stockings, tights or hose are strictly forbidden.
- e. Shin length socks must be worn to cover and protect the shins while performing the deadlift.
- f. Light protective guards between sock and shin may be worn.

7. Belt- competitors may wear a belt. If worn it shall be on the outside of the lifting singlet.

8. Shoes must be worn during lifts.

9. Jewelry

- a. The head referee reserves the right to ask any lifter to remove articles of jewelry that he/she deems unsafe. Potential hazards may include (but are not reserved to) loose fitting or excessive bracelets and/or necklaces.
- b. If a lifter desires to wear religiously significant jewelry, or anything with deep personal significance, they are asked to inform the head referee prior the competition.
- c. Engagement/wedding rings or bands are allowed to be worn in competition.

Bench Press:

1. The bench shall be placed on the platform with the head facing the rear of the platform.

2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands. Full and false grip is allowed (if a lifter chooses to use a false grip, they must announce prior to the start of the lift). This position shall be maintained throughout the lift.

3. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders or their coach in removing the bar from the racks. The lift off, if assisted by the spotter / loaders must be at arms length.

4. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter may begin the lift by lowering the bar to their chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone) where, once it becomes motionless, the Head Referee will signal an audible —Press || . If the lifter has a hearing defect, a prearranged

signal must be agreed upon between the head referee and lifter (example: the head referee physically touches the referee for the press and rack command).

5. The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command —Rack || shall be given together with a backward motion of the arm.

6. If anatomically, the arms cannot be fully extended, the lifter must inform the Head Referee prior to their first attempt.

Causes for Disqualification of a Bench Press:

1. Failure to observe the Head Referee's signals during or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.)
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole 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 or the lifter by the spotter / loaders between the Head Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance

Deadlift:

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.

3. The Head Referee's signal shall consist of a downward movement of the arm 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.

4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

5. The head referee reserves the right to determine if a lifter has made a legitimate effort. Lifters are allowed to shake the weight, make jerks, or take their hands on and off the bar without penalty—providing the 60 second time limit has not elapsed.

Causes for Disqualification of a Deadlift:

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. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.

5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.

6. Lowering the bar before receiving the Head Referee's signal.

7. Allowing the bar to return to the platform without maintaining control with both hands (i.e.: releasing the bar from the palms of the hand).

8. Failure to comply with any of the items outlined under Rules of Performance.

Weighing-In

1. Lifters may weigh-in up to 18 hours before the start of the competition.

2. The weigh-in for each competitor will be carried out in a room with the door closed, with only the competitor, his coach or manager and one to three referees present. For reason of hygiene the lifter should wear socks.

3. Lifters may weigh-in in underwear. Lifters will be weighed-in only by members of the same sex