



# Special Olympics Minnesota 2019 Powerlifting Handbook

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Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport at [www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx)

New in 2019!!

- Minimum age requirement for participation



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## POWERLIFTING EVENTS

### Squat

The lifter faces the front of the platform with the bar held horizontally across the shoulders. The hands should be gripping the bar and the feet flat on the platform with knees locked. The lifter must wait for the Referee's signal to begin. Upon receiving the signal, the lifter must lower the body until the top surfaces of the legs at the hip joints are lower than the top of the knees. The lifter must then recover to the upright position with knees locked and remain motionless. The Referee will give the signal to replace the bar on the rack.

Athletes with Down Syndrome who have been diagnosed with Atlanto-axial Instability may not participate in the squat event.

Causes for disqualification:

- Failure to observe the Referee's signals.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with knees locked.
- Any shifting of the feet laterally, backward, or forward during the lift.
- 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.
- Changing position of the bar across the shoulder after the lift has started.
- Contact of the bar or the lifter by the spotters/loaders between the Referee's signals.
- Contact of elbows or upper arms with legs.
- Failure to make an attempt to return the bar to the racks.
- Dropping or dumping the bar after completion of the lift.
- Failure to comply with any of the requirements in the general description of the lift.

### Bench Press

The lifter must assume the position on the bench with the head and trunk in contact with the surface of the bench. The feet must be on the floor or on plates. After removing the bar from the racks, the lifter waits with elbows locked for the Referee's signal. After receiving the start signal, the lifter must lower the bar to the chest and hold it motionless. The Referee will give the signal to "Press", at which time the bar should be pressed upward with an even extension of the arms and held motionless. The Referee will then signal the bar to be placed back on the rack.

Causes for disqualification:

- Failure to follow the Referee's signals.
- Any change in position after the start signal. Example: raising the head, shoulders, buttocks or feet from their original points of contact, or lateral movement of the hands on the bar.
- Any heaving or bouncing of the bar from the chest after it has been motionless on the chest.
- Any pronounced or exaggerated uneven extension of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.
- Failure to press the bar to full arm's length.
- Contact with the bar or the lifter by the spotters/loaders between the Referee's signals.
- Deliberate contact with the bar and the bar-rest uprights during the lift.
- Failure to comply with any of the requirements contained in the general description of the lift.

## **Dead lift**

The lifter faces the front of the platform with the bar positioned horizontally in front of the lifter's feet. The lifter can grip the bar with either the backs of both hands facing the front, or an over/under grip where the back of one hand faces the front and the palm of the other hand faces the front. Any attempts to raise the bar will count as an attempt. On completion of the lift, the knees should be locked in the straight position, the shoulders held in an erect position, and the bar is held motionless. The bar should not be put down until the Referee signals with an audible command.

Causes for disqualification:

- Any downward movement of the bar or on either end of the bar during the lift.
- Failure to stand erect with the shoulders in an erect position.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs during the lift. This may also include a secondary bending of the knees and dropping of the hips.
- Lowering the bar before receiving the Referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands.
- Failure to comply with any of the requirements contained in the general description of the lift.

## **Combination 1**

In this event the athlete competes in both the bench press and dead lift. The athlete does not compete in the squat. The athlete's final score is calculated by adding together the maximum weight the athlete successfully lifted in the bench press and dead lift. The athlete receives one award for the combination event. Three unsuccessful attempts in any of the lifts will result in a zero score for that lift.

## **Combination 2**

In this event the athlete competes in all three lifts: the squat, bench press and dead lift. The athlete's final score is calculated by adding together the maximum weight the athlete successfully lifted in the squat, bench press and dead lift. The athlete receives one award for the combination event. Three unsuccessful attempts in any of the lifts will result in a zero score for that lift.

## **WEIGHT CLASSES**

Special Olympics Minnesota uses the athlete's gender and weight class for divisioning.

### **Weight classes for Men**

111 lbs  
130 lbs  
145.5 lbs  
163 lbs  
183 lbs  
205 lbs  
231 lbs  
264.5 lbs  
264.75 or more lbs

### **Weight classes for Women**

95.75 lbs  
103 lbs  
114.5 lbs  
125.5 lbs  
139 lbs  
158.5 lbs  
185 lbs  
185.25 or more lbs

Please be sure your athlete is in the appropriate weight class. For example, if a male athlete weighs 135 lbs, he will be in the 145.5 weight class. If a male athlete weighs 129 lbs, he will be in the 130 weight class.

## POWERLIFTING RULES OF COMPETITION

### General Rules

- Athletes must be a minimum of 14 years of age to participate in powerlifting.
- The lifting uniform consists of a one-piece, full-length lifting suit with an undershirt (T-shirt) worn underneath the lifting suit. Tennis shoes or similar footwear must be worn.
- Weight belts may be worn on the outside of the lifting suit.
- Additional information can be found in the powerlifting rules posted on our website at <http://specialolympicsminnesota.org/sports/powerlifting/>

### The Meet

- Weigh-in will be completed as athletes arrive in the morning. Divisions will be adjusted as needed if the weight class differs from the qualifying weight class.
- Head coaches will receive a Powerlifting Information Card for each athlete when they arrive. Come prepared with the weight of each athlete's first attempt for each lift. If the athlete is participating in the squat, they will also need to determine their rack height on the squat rack on the competition stage when they arrive.
- A coaches meeting will follow weigh-in to go over rules of the meet. There will be a brief warm-up period after the coaches meeting.
- The order of events is squat, bench press, and dead lift.
- Each athlete will have three attempts for each lift.
- There will be three referees on the lifting platform. A lifting attempt must receive a minimum of two out of three white flags in order to be a successful attempt. Two or more red flags will constitute an unsuccessful attempt.
- The coach must submit the weight for the next attempt immediately after the athlete completes an attempt. Weight attempts can stay the same or increase. The weight cannot be decreased after it has been attempted.
- When an athlete is finished with all attempts for one lift, have them begin warming up for the next lift.
- Based on the number of people registered, we may split athletes into multiple flights to keep the meet running on time. Flights will be determined by first attempts in each lift (lowest to highest).
- Scoring of the events will be the maximum weight successfully lifted in that event. For combination events, the score will be a total of the maximum weight successfully lifted for each lift.
- Awards will be given out immediately following the completion of the dead lift.

## COMPETITIONS AND DIVISIONING

### Area Competitions

Area	Date	Location	City	Register	Contact
Area 3	Jan. 26	CrossFit Itasca	Grand Rapids	Jan. 13	dani.druse@somn.org
Area 6/8	Feb.16	SMSU	Marshall	Feb. 2	leah.wolkow@somn.org
Area 11/12	Jan. 13	Southside Gym	Burnsville	Dec. 30	sarah.richardson@somn.org

### State Competition

Date	Location	City	Quota Due	Register By
March 2	Stillwater High School	Stillwater	Feb. 1	Feb. 10

### Competition Details

- Athletes may enter up to two individual events or one combination event.
- When registering online for combination events, choose only the combination event. Do not include any of the individual events.
- The state powerlifting meet is part of Winter Games held at Stillwater Area High School. At state athletes must choose one sport to compete in, either powerlifting or poly hockey. Athletes cannot compete in both sports at state.

### Divisioning

- Coaches need to submit the athlete's weight class as their qualifying score during online registration. Please submit accurate weight classes, this will cut down on re-divisioning the day of the meet.
- Divisions are based on an athlete's gender, weight class and age group.

### Powerlifting events offered

- Squat (individual event)
- Bench Press (individual event)
- Dead lift (individual event)
- Combination 1 (bench press & dead lift)
- Combination 2 (squat, bench press & dead lift)