

Arkansas State University

Intramural Sports

Powerlifting Rules

**General Info:**

Each participant will be given three lifts in the Squat, Bench Press, and Deadlift.

**Weigh In:**

Participants must weigh in wearing at least shorts. Anyone attempting to weigh in under another name or misrepresenting themselves in anyway will be penalized. Participants may go up one weight class above their weight if they wish. They must declare this at the weigh in and may not change after the start of the competition.

**Weight Classes**

**Women**: **Men**:

97-below 134-149 lbs 114-below 182-198 lbs

98-106 lbs 150-166 lbs 115-123 lbs 199-220 lbs

107-115 lbs 167-182 lbs 124-132 lbs 221-242 lbs

116-124 lbs 183-199 lbs 133-148 lbs 243-275 lbs

125-133 lbs 200-over 149-165 lbs 276-over

166-181 lbs

**General Information and Rules:**

1. Each participant must wear shorts and some kind of T-shirt. Lifters can use gloves and can wrap knees and wrists. No wrist straps are allowed. No bench press shirts allowed.
2. Safety and lifting techniques will be stressed. Any questions concerning the meet will be answered before lifting on the tournament date.
3. Each lifter will be given a maximum of two minutes to perform the attempted lift.
4. Each of the three lifts must be performed progressively from lighter weight to heavier weight. Weight will go up a minimum of ten pounds per weight change at each lift. Plan your strategy and lifts accordingly.
5. Each participant will have three attempts in each lift category to lift their maximum.
   1. If the lifter makes his/her first weight attempt, he/she will still have two more attempts to make maximum weight.
   2. If the lifter makes his/her first weight, but misses his/her second, he/she will have one attempt remaining.
   3. On the retry of a weight, the weight must remain constant or increased, never decreased.
   4. The heaviest weight judged to be good out of each lift will be added to compile the grand total.
   5. The Wilks formula will be used to determine the overall winner.

**Judges:**

1. There will be three judges. The head judge is responsible for giving necessary signals for the lift.

|  |  |  |
| --- | --- | --- |
| Lift | Commencement | Completion |
| Squat | A visual signal consisting of a downward movement of the arm with the audible command “squat” | A visual signal consisting of a backward movement of the arm together with the audible command “rack” |
| Bench Press | A visual signal consisting of a downward movement of the arm together with the audible command “start”  During the lift:  The audible command “press” after motionless at the chest. | A visual signal consisting of a backward movement of the arm together with the audible command “rack” |
| Dead Lift | No signal required | A visual signal consisting of a downward movement of the arm together with the audible command “down” |

1. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decision by means of a flag. Yellow for a good lift, and red for no lift.
2. Judges will be seated in what they consider the best viewing position around the platform for each of the three lifts. The head judge must always keep in mind the need to be visible to the lifter performing the squat.

**Lift Categories:**

1. Do not attempt to lift the weight off the rack unless you plan to do the lift. Once the weight is removed from the rack, it counts as a lift attempt whether the attempt is successful or not.

**Squat:**

1. The lifter shall face the front of the platform.
2. After removing the bar from the racks, the lifter must move to establish the starting position. The lifter may be aided in removal of the bar from the racks by the spotter/loaders.
3. When the lifter is motionless, the head judge will give the signal to begin the lift.
4. Upon receiving the head judge’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.
5. The lifter must recover at will to an upright position with the knees locked.
6. When the lifter is motionless, in the apparent upright position, the head judge will give the signal to rack the bar.

**Causes for disqualification of a squat:**

1. Failure to observe the head judge’s signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to bend knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
6. Contact with the bar or the lifter by the spotter/loaders between the head judge’s signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. 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 lifter must lie on their back with head, shoulders, and butt in contact with the bench surface. The feet must be flat on the floor. Hands and fingers must grip the bar positioned on the rack with a thumbs around grip. Foot movement is permissible but must remain flat on the floor.
2. After correctly positioning themselves, the lifter may use the help of the spotter/loaders in removing the bar from the racks. The lift off is assisted by the spotter, loaders must be at arm’s length.
3. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.
4. After receiving the signal, the lifter must lower the bar to the chest or abdominal area, hold it motionless, then the head judge will signal the audible command “press”.
5. The lifter must then return the bar to straight arm’s length elbows locked. When held motionless in this position the audible command “rack” will be given with a backward motion of the arm.

**Causes for disqualification of a bench press:**

1. Failure to observe the head judge’s signals at the commencement, 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, butt or feet from the bench, or lateral movement of hands on the bar.
3. Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
6. Failure to press the bar to straight arm’s length elbows locked at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the head judge’s signals, in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Any uneven extension of the arms during the lift.
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 head judge’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 the ball and heel is permitted.
6. Lowering the bar before receiving the head judge’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.