



The Official Special Olympics Sports Rules for Powerlifting shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based on International Powerlifting Federation (IPF) rules for Powerlifting found at <http://www.powerlifting-ipf.com/IPF> and Special Olympics International Rules found at https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Powerlifting-Rules-2020-v2.pdf?_ga=2.225199962.1582016580.1660814026-898989341.1611200015. These rules shall be employed except when they are in conflict with the rules listed in this document. In such cases, rules in this document shall apply.

Events Offered

- Squat
- Bench Press
- Deadlift
- Combination (Bench Press and Dead Lift) or
- Combination (Bench Press, Dead Lift, and Squat)

Registration

- Competitors must be at least 14 years of age to compete.
- Competitors can participate in a maximum of 4 events.
- All coaches must submit a level (weight category) at the close of the registration period for each of their athletes prior to the on-site weigh-in.

Divisioning

- Athletes are placed in divisions according to weight class based on the weigh-in.

Bodyweight Categories:

MEN

Sub-Junior & Junior only-up to 53.0 kg (116.84 lbs)
59.0 kg (130.07 lbs) Class up to 59.0 kg (130.07 lbs)
66.0 kg (145.51 lbs) Class from 59.01 kg (130.09 lbs) up to 66.0 kg (145.51 lbs)
74.0 kg (163.14 lbs) Class from 66.01 kg (145.53 lbs) up to 74.0 kg (163.14 lbs)
83.0 kg (182.98 lbs) Class from 74.01 kg (163.16 lbs) up to 83.0 kg (182.98 lbs)
93.0 kg (205.03 lbs) Class from 83.01 kg (183.01 lbs) up to 93.0 kg (205.03 lbs)
105.0 kg (231.49 lbs) Class from 93.01 kg (205.05 lbs) up to 105.0 kg (231.49 lbs)
120.0 kg Class (264.55 lbs) from 105.01 kg (231.51 lbs) up to 120.0 kg (264.55 lbs)
120.0+ kg (264.55 lbs) Class from 120.01 kg up to unlimited (264.58 lbs)

WOMEN

Sub-Junior & Junior only-up to 43.0 kg (94.80 lbs)
47.0 kg (103.62 lbs) Class up to 47.0 kg (103.62 lbs)
52.0 kg (114.64 lbs) Class from 47.01 kg (103.64 lbs) up to 52.0 kg (114.64 lbs)
57.0 kg (125.66 lbs) Class from 52.01 kg (114.66 lbs) up to 57.0 kg (125.66 lbs)
63.0 kg (138.89 lbs) Class from 57.01 kg (125.69 lbs) up to 63.0 kg (138.89 lbs)
72.0 kg (158.73 lbs) Class from 63.01 kg (138.91 lbs) up to 72.0 kg (158.73 lbs)
84.0 kg (185.19 lbs) Class from 72.01 kg (158.75 lbs) up to 84.0 kg (185.19 lbs)
84.0+ kg (185.19 lbs) Class from 84.01 kg (185.21 lbs) up to unlimited.

Equipment

- Athletes are required to wear a lifting suit.
- Athletes are required to wear sneakers or powerlifting/weightlifting boots.
- Athletes with physical disabilities (e.g. wheelchair, cerebral palsy, amputees), may wear a two-piece outfit both upper and lower pieces being form fitting; either snug-fitting track trousers or snug-fitting shorts may be worn.
- Lifting with prostheses is allowed and orthosis with shoes will be allowed.
- An undershirt (t-shirt) of any color must be worn under the lifting suit by all competitors during the performance of the squat and bench press. It is optional for the deadlift.
- A weight lifting belt made of leather, vinyl, nylon or other similar non-stretch or non-metal (other than the buckle and stud attachments materials) may be worn on the outside of the suit.
 - Dimensions:
 - Width: a maximum of 10 centimeters
 - Thickness: a maximum of 13 millimeters.
 - Belts may not encircle the body more than once, and shall not have additional padding.
- Wraps may be worn on the wrist. Maximum width shall be 8cm and maximum length 1m.
- Knee wraps or bandages not exceeding 2m in length and 8cm in width may be used.
- Only wraps or bandages of a one ply commercially woven elastic covered with cotton or a combination of both can be worn.
- Bandages of rubber or rubberized substitutes are strictly forbidden.
- The use of oil, grease or other lubricants is forbidden.

Competition

GENERAL RULES

- An athlete's weight category must be declared during registration period.
- Athletes must weigh-in 1 hour prior to the start of competition.
- Each competitor shall be allowed a period of one minute from the calling of his/her name to the starting of the attempt. If the delay exceeds one minute, the attempt shall be forfeited. The clock shall stop when the lifter starts the lift properly. Lifters with anatomical (physical) disabilities (should be noted on the top of the Speakers card at the time of the weigh-in) will be granted extra time, up to three minutes if needed.
- First round attempts will be submitted at the weigh-in.
- A lifter must submit his/her second or third attempts within one minute of completing his/her proceeding attempt. The one minute will begin from the time the lights are activated. If no weight is submitted within the one-minute time allowance, the lifter will be granted a 2.5kg increase on his/her next attempt. Should the lifter have failed his/her previous attempt, and not submitted weight for a further attempt within the one-minute time allowance, then the bar will be loaded to the failed weight.

- Three unsuccessful attempts in any of the lifts will automatically eliminate the lifter from a combination event.
- Scoring of the events shall be the maximum weight lifted for each event and a total combination maximum weight for all events.

Disqualification

- Failure to comply with any of the requirements contained in the rules will result in disqualification.
- On the completion of an attempt, a lifter shall leave the platform within 30 seconds; failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.