



2023 Special Olympics Oregon Winter Season Winter Sports Information Powerlifting Rules and Guidelines

COMPETITION DATES AND LOCATIONS

Sunday, April 16, 2023

Location TBD – Albany/Corvallis Area projected

Participating local programs: ALL local programs participate at this competition.

DEADLINE DATE FOR TEAM COMPETITION ROSTERS TO BE SUBMITTED

- Monday, April 3, 2023

RULES

The Official Special Olympics Oregon Sports rules shall govern all Special Olympics Oregon powerlifting competitions – see pages 2–8 of this packet. These rules are based upon the USA Powerlifting Association rules - [USA Powerlifting Rules](#). These shall be employed except when in conflict with the official Special Olympics Oregon sports rules.

COMPETITION REMINDERS

- **Athletes must be at least 14 years old to train and compete in powerlifting.**
- A complete list of Special Olympics Oregon powerlifting events can be found on page 2 of this packet.

2023 Special Olympics Oregon Winter Regional Games

Powerlifting Rules and Guidelines

The Official Special Olympics Oregon Sports rules shall govern all Special Olympics Oregon powerlifting competitions. These rules are based upon the USA Powerlifting Association (USPA) rules - [USA Powerlifting Rules](#) . These shall be employed except when in conflict Special Olympics Oregon sports rules.

SECTION A — OFFICIAL EVENTS

The official powerlifting events offered by Special Olympics Oregon are:

- S – Squat
- B – Bench Press
- D – Dead Lift
- C2 – Combination 2 (Bench Press and Dead Lift)
- C3 – Combination 3 (Squat, Bench Press and Dead Lift)

Special Olympics Oregon powerlifting competitions shall be run as Classic/Raw competitions (no supportive equipped gear is to be worn).

SECTION B – REGISTRATION AND RULES REMINDERS

- 1) Athletes must be 14 years of age to train and compete.
- 2) Athletes may enter one, two, or all three of the individual events.
- 3) Athletes entered in the Bench Press and Dead Lift will automatically be registered for the Combination 2 event.
- 4) Athletes entered in the Bench Press, Dead Lift, and Squat will automatically be registered for the Combination 3 event.
- 5) Athletes must be proficient in each lift for which they are registered.
- 6) Weights will be converted to kilos for competition but may be submitted in pounds or kilos on roster paperwork.

SECTION C – EQUIPMENT

- 1) Bar and disc specifications
 - a) Distance between collars: 1.31m (4' 3.5") at a maximum.
 - b) Total length outside the sleeves: 2.20m (7' 2.75") at a maximum.
 - c) Diameter of the bar: 28mm (1.875") minimum; 29mm (1.8125") maximum.
 - d) Diameter of the largest disc: 45cm (1'5.75").
 - e) Weight of the largest disc: 25 kg (55 lbs).
 - f) Weight of the bar 20kg (45lb) with collars: 25 kg (55 lbs).
 - g) Collars shall always be used when discs are loaded onto the bar.
 - h) The discs must be in the following range (weight will vary if in pounds): 25 kg (55 lbs), 20 kg (44 lbs), 15 kg (33 lbs), 10 kg (22 lbs), 5 kg (11 lbs), 2.5 kg (5.5 lbs), 1.25 kg (2.5 lbs).
 - i) All discs must be clearly marked with their weight.
- 2) An athlete may have the option of using a 15kg bar for the bench press only. This bar may be used up to the point that the 20kg bar can be used by the athlete.
- 3) Bench specifications
 - a) Standard flat level bench
 - i) Length: No less than 1.22m
 - ii) Width: 29cm to 32cm
 - iii) Height: 42cm to 45cm

SECTION D – UNIFORMS – COSTUME and PERSONAL EQUIPMENT

Please note that the following is the ideal competition uniform, and what is recommended. If the recommended uniform (outlined below) is cost-prohibitive for the local program, Special Olympics Oregon allows the use of a wrestling singlet, or tight-fitting shorts with a tight-fitting t-shirt in place of a lifting suit.

- 1) Denim (of any color) may not be worn by athletes or partners in competition.
- 2) Coaches are discouraged from wearing denim, but it is not prohibited.
- 3) Lifting suit
 - a) A non-supportive lifting suit shall be worn in competition. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
 - b) The suit shall be one-piece and form fitting without any looseness when worn.

- c) The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in execution of any lift.
 - d) It may be of any color or colors.
 - e) The suit's material shall be of a single thickness, other than a second thickness of material of up to 12cm x 24cm allow in the area of the crotch.
 - f) There must be legs to the suit, extending a minimum of 3cm and a maximum of 25cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.
 - g) Long pants may not be worn.
 - h) At Special Olympics World and National Games powerlifting competitions, all competitors must wear a lifting suit which conforms to the above stated specifications; the only exception being the full-length aerobic suit worn in the bench press by athletes with physical disabilities.
- 4) Undershirt
- a) An undershirt (commonly known as a "T-shirt") of any color or colors must be worn under the lifting suit by all competitors during the performance of the squat and the bench press. It is optional for men, but mandatory for women to wear a T-shirt during the performance of the dead lift. The T-shirt is subject to the following conditions:
 - i) It is not ribbed.
 - ii) It does not consist of any rubberized or similar stretch material. Specialized "bench" shirts are not permitted.
 - iii) It does not have reinforced seams or seams which might tend to assist the lifter in competition.
 - iv) It must have sleeves, which do not terminate below the elbow or up at the deltoid.
- 5) Undershorts
- a) A standard commercial "athletic supporter" or standard commercial undershorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment of rubberized or similar stretch) material shall be worn under the lifting suit.
 - b) Specialized squat briefs shall not be worn.
 - c) Women competitors shall wear non-supportive protective briefs or panties.
- 6) Footgear
- a) Long socks (up to the knee) MUST be worn for the Dead lift.
 - b) Sports type of shoes eg. Trainers, Powerlifting, or weight training boots ONLY must be worn. No hiking boots or work boots.
 - c) The height of the heels shall not exceed 5cm.
- 7) Belt
- a) A belt made of leather, vinyl, nylon or other similar non-stretch or non-metal (other than buckle and stud attachments material) may be worn on the outside of the suit.
 - b) Dimensions: Width-a maximum of 10cm; thickness-a maximum of 13mm.
 - c) The belt may not encircle the body more than once.
 - d) Belts shall not have additional padding.
- 8) Wrist Wraps
- a) Wrist wraps may be used. The maximum size is 8cm wide and 1m long.
 - b) The wrist wrap may not be more than 10cm above or 2cm below the wrist.
 - c) If wrist wraps are wrap-around style, with or without stitching, to form a sleeve, they may have Velcro patches not exceeding 30 centimeters in total length and 8cm in width as well as a thumb loop. The total length of a wristband may not exceed 50cm. The thumb loop shall not be over the thumb during a competitive lift.
- 9) Knee Wraps
- a) Knee sleeves that do not exceed 30cm in length or 7mm in thickness may be worn by the athlete. The Chief Referee or Competition Director shall reject any knee sleeves that have been put on the lifter using the assistance of any method such as the use of plastic siding, the use of lubricants, and so on, or with the assistance of any other person other than that which is typically required by athlete for assistance with wrist wraps or with dressing on a daily basis (such as assistance regularly needed with putting on personal items such as shoes, socks, etc.).
 - b) When worn, knee wraps should not be in contact with the socks or lifting suit.
- 10) Supportive Wraps
- a) Supportive equipment other than a belt or wrist wrap will NOT be worn in competition.
- 11) Non-Supportive Wraps
- a) Wraps made of crepe or bandage and sweatbands do not require IPF approval.
- 12) Baby powder, pool-hall chalk, liquid chalk, resin, talc or magnesium carbonate is only allowed on the hands and powder are the only substances allowed to be added to the body or attire.
- 13) The use of oil, grease, or other lubricants is forbidden.
- 14) No gloves will be allowed.

SECTION E — OFFICIALS

- 1) The Chief Referee shall be seated in front of the platform. The three referees may seat themselves according to the best vantage points; usually the Chief Referee sits directly in front of the platform and the other two referees on each side of the platform. A timekeeper may also be appointed, and shall be a certified official.
- 2) The Chief Referee is the sole judge to determine an error in the loading of the bar, or announcing errors by the speaker; however, all three referees are responsible for verifying that the weight is loaded correctly.
- 3) A platform manager may be appointed and shall be a certified official.

SECTION F — COACHES AND THEIR RESPONSIBILITIES

- 1) Coaches are not allowed in designated lifting areas. Athletes are subject to disqualification if coaches do not adhere to the officials and the IPF rules.
- 2) Coaches are responsible for knowing and understanding the rules of the sport, not only the modified rules in this manual, but also USA Powerlifting rules. The National Governing Body of rules for Special Olympics Oregon Powerlifting is USA Powerlifting Association. To reference Rules, go to [USA Powerlifting Rules](#).
- 3) The Head Coach must ensure that proper supervision is provided for all athletes while training and in competition.

SECTION G — DIVISIONING

- 1) Athletes shall be placed in divisions according to gender, age, ability and weight class.
- 2) Minimum age to compete is 14.
- 3) Age: Sub-Junior: 14-18, Junior: 19-23, Senior: 24-39, Master: 40 & over.
- 4) Weight classes may be combined or modified.
- 5) NOTE: The Wilkes formula will no longer be utilized for Special Olympics Oregon regional competition.

6) Men

- 53 kg (111 lbs)
- 59 kg (130 lbs)
- 66 kg (145.5 lbs)
- 74 kg (163 lbs)
- 83 kg (183 lbs)
- 93 kg (205 lbs)
- 105 kg (231 lbs)
- 120 kg (264.5 lbs)
- 120+ kg (264.75 lbs or more)

Women

- 43 kg (95.75 lbs)
- 47 kg (103 lbs)
- 52 kg (114.25 lbs)
- 57 kg (125.5 lbs)
- 63 kg (139 lbs)
- 72 kg (158.5 lbs)
- 84 kg (185 lbs)
- 84+ kg (185.25 lbs or more)

- 7) Weight classes are a divisioning tool which groups athletes according to body weight which is the primary determinant of ability. Body weight will be converted to kilos for competition.
- 8) Divisions within gender, age and weight categories should be based upon “opening attempts”. The athlete’s opening attempt should be based upon a previous performance and should not be significantly higher or lower (except in the case of injury) than the athlete’s previous performance within the last 6 to 12 months. All “opening attempts” will be listed in kilos.
- 9) Weigh-in – one day format may require SOOR to forgo official weigh in
 - a) Special Olympics Oregon will rely on the competitors’ weight provided on the registration for regional competitions.
 - b) It is imperative that the athlete is weighed each season just prior to the registration deadline.
 - c) If a day-of-event weigh-in procedure is used:
 - i) An athlete’s weight category must be declared on their competition roster prior to the day of the competition.
 - ii) Weigh-in will be in private area and the lifters will be allowed in one at a time. The referees, the lifter and his/her coach will be allowed in the room.
 - iii) An athlete weighing in above the upper limit for a weight class will be moved to the next heavier weight class.
- 10) At the head coaches’ meeting or prior to the start of the competition, the head coach will:
 - a) Inform the Chief Referee of the athlete’s opening lift for each event.
 - b) Inform the Chief Referee if an athlete has an anatomical (physical) disability, which would require any adaptation in the rules. Inform the Chief Referee if the lifter will need more than one minute to start his or her lifts due to a physical disability.
 - c) The athlete and coach must present all equipment which the athlete will use at competition (e.g. weight-belt, wraps, lifting uniform).

SECTION H — GENERAL RULES OF COMPETITION AND MODIFICATIONS

- 1) Rounds system
 - a) Lifters will be divided into flights of no more than 14 lifters. In each flight, the lifter with the lightest attempt will lift first, and the weight loaded onto the bar will progressively increase until all in the flight have lifted. The bar will then be unloaded and second attempts will be performed in the same fashion, followed by third attempts.
 - b) In no case can the weight be reduced after the lifter has attempted to perform a lift with the announced weight. Then the next flight will lift.
- 2) During any competition organized on a platform or stage, nobody other than the lifter, the members of the jury, the officiating referees, assigned medical personnel and assigned platform personnel, the managers, and/or the competing lifter’s coach shall be allowed around the platform or on the stage.
- 3) An area on the platform behind the Chief Referee will be marked and may be occupied by the coach during the performance of his or her athlete’s lift attempt. The coach may give manual signals.
- 4) Before the beginning of the competition, the referees and platform officials must check the weight of the bar and discs so that the total weight may be identical with that announced.
- 5) 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 (as stated on the expediter card at the time of the weigh-in) will be granted extra time, up to three minutes if needed.
- 6) First round attempts should be submitted at weigh-ins.
- 7) A lifter must submit his second or third attempts within one minute of completing his preceding 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 2.5 kilogram increase in his next attempt. Should the lifter have failed his previous attempt, and not submitted a weight for a further attempt within the one-minute time allowance, then the bar will be loaded to the failed weight.
- 8) Commands for the hearing impaired/deaf lifter in Bench Press
 - a) The Chief Referee shall reposition him/herself so as to be able to provide a visual movement of the arm, both to begin the lift and to rack the weight.

- 9) Coaches must stress in practice that the athletes must wait for the Chief Referee to give the “Start, “Press”, and “Rack” commands in the Bench Press, “Down” in the Dead Lift, and “Squat” and “Rack” in the Squat. Attempts will be declared NO LIFT if the athletes do not wait and respond to these commands.
- 10) A lift must be declared NO LIFT and the lifter must be disqualified if in the majority opinion of the judges and Chief Referee the weights were dropped intentionally.
- 11) At any time during a lift if the Chief Referee feels that the lifter is endangering themselves, they will ask the spotters to step in and assist the lifter in either racking, or returning the bar to the floor.
- 12) Scoring of the events shall be the maximum weight lifted for each event and a total combined maximum weight for all events.
- 13) The minimum attempt for any event will be the official competition bar with no collars.
- 14) The Wilkes Formula will NOT be used for Special Olympics Oregon regional competition.

SECTION I — EVENT-SPECIFIC RULES AND MODIFICATIONS

1) Squat

- a) The Squat is an advanced lift. Athletes must have extensive training and must be able to demonstrate proficiency in this lift before they are allowed to compete. If in the judgment of the Chief Referee, an athlete does not demonstrate proficiency to safely perform a lift (during warm-ups or during the competition), the Chief Referee has the authority to disallow an athlete to continue attempting in that event.
- b) The lifter shall assume an upright position with the top of the bar not more than 3cm below the top surface of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (not the collars) and the feet flat on the platform with the knees locked.
- c) After removing the bar from the racks, the lifters must move backward to establish their position. The lifter shall wait in this 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. If mechanical racks that withdraw are used, the lifter must remove the barbell from the racks before they are withdrawn and wait motionless for the Chief Referee’s signal. The signal shall consist of a downward movement of the arm and audible command “SQUAT”.
- d) Upon receiving the Chief Referee’s signal, the lifter must bend and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- e) The lifter must recover at will without double bouncing or any downward movement after starting up to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar.
- f) 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.
- g) The lifter shall face the front of the platform.
- h) The lifter shall not hold the collars, sleeves, or discs at any time during the performance of the lift. However, at the edge of the hand gripping, the bar may be in contact with the inner surface of the collars.
- i) Not more than five and fewer than two spotter/loaders shall be on the platform at any one time.
- j) The lifter may enlist the help of the spotter/loaders in removing the bar and replacing it in the racks; however, once the bar has cleared the racks, spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
- k) 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 of one or more of the spotters/loaders or equipment failure.
- l) An athlete with Down Syndrome who has been diagnosed with Atlanto-Axial Instability (AAI) or who has not been screened for AAI may not participate in the Squat event.
- m) Causes for disqualification in the Squat:
 - i) Failure to observe the Chief Referee’s signals at the commencement or completion of the lift.
 - ii) Double bouncing or more than one recovery attempt at the bottom of the lift.
 - iii) Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
 - iv) Any shifting of the feet laterally, backwards, or forwards, during the performance of the lift.
 - v) 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.
 - vi) Changing the position of the bar across the shoulders after the commencement of the lift.

- vii) Contact of the bar or the lifter by the spotter/loaders between the chief referee's signals.
- viii) Contact of elbows or upper arms with legs.
- ix) Failure to make a bona fide attempt to return the bar to the racks.
- x) Any dropping or dumping of the bar after the completion of the lift.
- xi) Failure to comply with any of the requirements contained in the general description of the lift.

2) Bench Press

- a) The lifter must assume the following position on the bench, and maintain this position during the entire lift: the head and trunk (including buttocks) must be in contact with the surface of the bench, and the feet must be on the floor or plates. To achieve firm footing, flat-surfaced discs or blocks (no exceeding 30 centimeters in height) may be used. Lifters with physical disabilities shall be given the opportunity to use either the standard or the special bench for disabled lifters. The hands must grip the bar with the thumbs around grip, thus locking the bar safely in the hands. The use of the reverse grip is forbidden.
- b) Lifters with physical disabilities may be strapped to the bench from the ankles to the hips using a strapping belt not to exceed 10cm in width.
- c) After removing the bar from the racks or receiving it from the spotter or coach, 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 at full arms extension.
 - i) If the lifter receives the bar from their coach, once the lifter has control of the bar the coach must step back to their designated position. The lifter may only have a lift-off from their coach if it is requested at the weigh-in. The athlete must receive the bar at arm's length.
 - ii) The spacing of the hands shall not exceed 81cm (2' 8"), measured between the index fingers.
 - iii) The Chief Referee's signal shall consist of a downward movement of the arm together with the audible command: "START".
 - iv) After receiving the start signal, the lifter must lower the bar to the chest and hold it motionless. The Chief Referee shall give the audible command "PRESS" at which time the bar shall be pressed upwards with an even extension of the arms to straight-arm's length. When held motionless in this position a visible signal consisting of a backward movement of the arm together with the audible command "RACK" shall be given.
 - (1) In case of a hearing impaired lifter, tactile signals may be employed.
 - (2) Athletes who are anatomically unable to fully lockout a bench press must have a certified coach state so at the weigh in. A medical certificate should accompany the request. No changes in proper lifting technique can be made for the lifter after the weigh in.
- d) In this lift, the referees shall station themselves at the best vantage points.
- e) A maximum of four and a minimum of two spotter/loaders shall be mandatory.
- f) Causes for disqualification in the Bench Press
 - i) Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
 - ii) Any change in the elected lifting position after the "Start" signal; i.e. any raising movement of the shoulders/shoulders, buttocks or feet from their original points of contact with the bench or floor, or lateral movement of the hands on the bar. At no point may the athlete's feet come in contact with the bench or its supports.
 - iii) Any heaving or bouncing of the bar from the chest after it has been motionless on the chest.
 - iv) Any uneven extension of the arms.
 - v) Any downward movement of the bar in the course of being pressed out.
 - vi) Contact with the bar of the lifter by the spotter/loaders between the Chief Referee's signals.
 - vii) Deliberate contact between the bar and the bar rest uprights during the lift to make the lift easier.
 - viii) Failure to press the bar to full arms extension (full arms length) at the completion of the attempt.
 - ix) Failure to comply with any of the requirements contained in the general description of the lift.

3) Dead Lift

- a) The bar must be positioned horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without downward movement until the lifter is standing erect. (Grip option: when gripping the bar either the backs of both hands face front or the back of one hand and the palm of the other hand face front in what is called the over and under grip.)
- b) The lifter shall face the front of the platform.

- c) On completion of the lift, the knees shall be locked in the straight position and the shoulders should be held in an erect position (not forward or rounded). The shoulders do not have to be thrust back past an erect position, however, if they are thrust back in that manner, and all other criteria is acceptable, the lift shall be accepted.
- d) The Chief Referee's signal shall consist of the 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 completed position as determined by the Chief Referee.
- e) Any attempts to raise the bar or deliberate attempts to lift the bar shall count as an attempt.
- f) Causes for disqualification in the Dead Lift
 - i) Any downward movement of the bar or either end of the bar during the uplifting.
 - ii) Failure to stand erect with the shoulders in the erect position.
 - iii) Failure to lock the knees straight at the completion of the lift.
 - iv) Supporting the bar on the thighs during the performance of the lift.
 - (1) Note: supporting the bar on the thighs may include also a secondary bending of the knees and dropping of the hips.
 - v) Lowering the bar before receiving the Chief Referee's signal.
 - vi) Allowing the bar to return to the platform without maintaining control with both hands.
 - vii) Failure to comply with any of the requirements contained in the general description of the lift.

4) Combination 2

- a) An athlete is required to compete in the Bench Press and Dead Lift to qualify for a final score in the Combination 2 event.
- b) An athlete's final score is calculated by adding together the maximum weight he/she successfully lifted in the Bench Press and Dead Lift.
- c) Three unsuccessful lifts in either the Bench Press or Dead Lift will automatically eliminate the athlete from the Combination 2 event.

5) Combination 3

- a) An athlete is required to compete in the Bench Press, Dead Lift and Squat to qualify for a final score in the Combination 3 event.
- b) An athlete's final score is calculated by adding together the maximum weight he/she successfully lifted in the Bench Press, Dead Lift and Squat.
- c) Three unsuccessful lifts in the Bench Press, Dead Lift or Squat will automatically eliminate the athlete from the Combination 3 event.