



SWOSU Intramurals

Powerlifting Rules

***See the 'SWOSU Intramural – General Rules' document before proceeding.**

Officials and scorekeepers will be provided

Section 1: Participants

Weight Divisions:

MALE:	FEMALE:
Up to 165lbs	Up to 148lbs
166 - 198lbs	149 – 198lbs
199 – 241lbs	199 or greater
242 greater	

1. Minimum of 3 people per division.
 - If there are less than 3 in a division, that division will merge with the division in the next weight class (higher). The exception would be the highest weight division will merge down.

Section 2: Competition

1. There will be 3 events
 - a. Bench
 - b. Squat
 - c. Deadlift
2. There will be a 30-minute warm-up period between each event.
3. Each participant will receive 3 attempts per event.
4. The winner of each Weight Division will be determined by adding the highest weight they successfully lifted from each event. Then the participant with largest sum is the winner.
 - a. If there is a tie after summing the weights lifted, the tie breaker will go to the participant with the lighter weight from weigh-in day.

Section 3: General

1. Each participant gets three (3) attempts/rounds per event (squat, bench, deadlift).
2. After initial weigh-in, before the competition begins, each participant submits an opening weight for their first lift in each event.
3. After finishing each attempt, the participant will tell the official the amount of weight for their next attempt.
4. Lifting sequence (participant order) of each round will be based on the 'Rising Bar' Rule. The 'Rising Bar' Rule is as follows
 - a. The lightest bar goes first, and the bar only gets heavier as the round progresses.
 - i. This minimizes plate changes and keeps a single rack moving.
 - b. After the first round of attempts is completed, the bar will be reset to the lightest declared weight for the next round.
 - c. This means the participant order in the next round could change.
5. Everyone completes their first attempt before anyone starts their second.
6. Failure to obey any command given by the officials will result in an immediate scratch (failure) of that attempt.

Section 4: Events

Bench:

1. The bar must touch chest, and arms must lockout at end of lift;
2. The bar isn't allowed to come back down after it's pushed up.
3. No excessive bouncing of the weight off the chest,
 - a. Shoulders, buttocks, head, and feet must remain in contact with the ground/bench.
4. Back arch is allowed if the participants buttocks remain on the bench during the lift.
5. If a participant's legs are not long enough for their feet to touch ground, then weights or pads will be placed under their feet.
6. Wrist wraps and elbow wraps are allowed, but slingshots are not allowed.
7. Commands:
 - a. 'PRESS' – After the participant has moved the weight off the rack and above their chest. The official will state 'PRESS' and the participant will begin the lift.
 - b. 'RACK' – After the participant has returned their arms have locked out, the official will state 'RACK' for the participant to move the weights to the rack.

Squat:

1. Buttocks must reach parallel with knees.
2. Participants must return to starting position at top of lift.
3. Knee sleeves and belt are allowed.
4. Bar cannot go back down after being squatted up.
5. Commands:
 - a. 'SQUAT' – After the participant has moved the weights onto their back, the official will say 'SQUAT' and the participant will complete the lift.
 - b. 'RACK' – Once the participant has returned to their starting position, the official will say 'RACK' and the participant will return the weights to the rack.

Deadlift:

1. Equipment:
 - a. Belt and chalk are allowed.
 - b. Hand wraps, straps and hooks are NOT allowed.
2. Proper Form:
 - a. Either conventional or sumo stance is allowed.
 - b. Mixed grip, hook grip, or double-overhand only
3. Bar starts on the ground.
4. The participant must lift the bar in one continuous motion until standing fully upright with knees locked out and shoulders back.
5. No downward movement of the bar is allowed during the ascent.
 - a. Once the bar stalls or drops, the lift attempt is over.
6. 'Hitching' (resting the bar on the thighs and jerking it up in stages) is not permitted; the bar must travel upward smoothly. The bar may not be supported on the thighs to complete the lift.
7. Once locked out, the participant must hold the position until the Down command is given,
 - a. Then lower the bar under control (no dropping or slamming from the top).
8. Hand Commands:
 - a. 'Raising the Hand' – When the Official raises their hand, the participant will begin their lift.
 - b. 'Lowering the Hand' - When the participant has locked out or 'Scratched' (Failed the lift), the official will lower their hand and the participant then lowers the bar to the floor. They do NOT drop the weights.