

# VGSE2020 Powerlifting Rules



*These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games Southeast. Valor Games Southeast 2020 are not a qualifying event for USA Nationals or other Paralympic sanctioned events.*

## **Disability/Classification Groups:**

Open to all except arm amputees.

- Based on disability: Para Class and Open Class
- Athletes will be awarded by gender and weight class, as self-reported on their application.

## **Weight classes (in pounds):**

***Note: Classes may be combined or limited depending on number of participants in competition***

- WOMEN: up to 88, 89-97, 98-105, 106-114, 115-123, 124-132, 133-148, 149-165, 166-180, over 180
- MEN: up to 105, 106-114, 115-123, 124-132, 133-148, 149-165, 166-180, 181-198, 199-220, over 220

## **Event Rules:**

- This is a bench press ONLY competition.
- Athletes must wear a 100% cotton t-shirt with short sleeves that expose the elbow. T-shirt sleeves must not go lower than elbow so that when the athlete is lifting, judges can see the elbow.
- Athletes may wear shorts or sweat pants of their choosing, but no jeans or khakis.
- Athletes must wear tennis shoes, no dress shoes or flip-flops.
- The bar will be loaded progressively, so once the first attempts are chosen by the athletes, it may only be changed 1 time / within 5 minutes of the start of competition.
- There will be two to three benches and each bench will have 1 judge. The judge will determine if it is a good lift. The judge's decision is final.
- A good lift: holding the bar in start position (above the pectoral area, motionless with elbows locked out) until the referee says "start". The bar shall move under control downward, touch the chest, pause and ascend controlled and held motionless at the top until the referee says "rack". At this point the spotter will assist the athlete in racking the bar.
- A no lift: starting or racking before the command; touch and go on the chest without pausing; bouncing the bar on the chest / uneven extension, or any downward motion of the bar once the bar ascent has begun.
- A "thumbless" grip is not permitted in competition. A lifter's head and buttocks must also remain in contact with the bench throughout the lift from the issuing of the "start" command until the "rack" command is given.
- Athletes in the Open Class will perform the lift with their feet on the floor, however once placed the feet cannot move from position between the issuing of the "start" command through the "rack" command. Athletes in the Para Class must place their legs straight on the bench. If a lifter cannot fully stretch his/her legs due to physical disability, he/she must report/identify this fact to the referee and the jury before getting onto the bench at the beginning of each attempt during the competition.

# VGSE2020 Powerlifting Rules



- After each attempt, the lifter shall leave the bench and go to the table. Athletes will be able to check their current placement in their body weight category so that he/she can make an informed decision about the next attempt.
- Each competitor will have three attempts. Medals shall be awarded based on the highest three lifts in each weight class category. All weights will be in pounds.

## **Medals:**

Medals will be awarded to the top three finishers in each weight class by gender.

Specific rules for Powerlifting: <http://www.teamusa.org/US-Paralympics/Sports/Powerlifting.aspx>