

## 2019 Powerlifting Rules Interpretations

In 2019, Special Olympics Kansas will be enforcing some new rules (for SOKS) that have been rules at World and USA games. This sheet is to help explain how the rules will be enforced/interpreted at the different meets across the state.

Rule - all athletes must wear a singlet

1. Singlet must be 1 piece
2. Singlet must have legs.....cover area above mid-thigh, but knee must be showing
3. Singlet can be solid or multicolored
4. **\*\*Note- Athletes may choose to wear a t-shirt and or shorts over their singlet when they are not lifting. We would prefer athletes wear a TEAM shirt if possible.**
5. **Please contact SOKS if you are unable to find singlets.**

Rule – all athletes must wear undershirt

1. Undershirt must be collarless
2. Undershirt must be short sleeve.....below the shoulder and above the elbow
3. Undershirt sleeve(s) must be sewn together.....no cutoffs with frayed edges
4. Undershirt can be solid or multicolored
5. Undershirt can be either cotton or dri-fit

Rule – athletes must wear a weight belt for Dead lift and Squat

1. Belt cannot have any additional padding- Belts should only be 13mm thick.
2. **We highly recommend belts be secured by a clasp rather than Velcro.**

Rule – Commands will be strictly enforced

Bench

1. Athlete will take bar from spotter and get situated with elbows locked and bar not moving
2. Once #1 is completed, referee will say "START"
3. Lower bar to chest motionless
4. Once #3 is complete, referee will say "PRESS"
5. After press, athletes elbows must be locked and bar motionless above chest
6. Referee will say "RACK"

Deadlift

1. No command to start
2. Athlete will stand with arms straight and back straight, motionless
3. Referee will say "DOWN"

Squat

1. Athlete will take bar from rack and get situated with bar on back and the athlete motionless
2. Once #1 is completed, referee will say "SQUAT"
3. Athlete bends knees and drops their bottom to a parallel position.
4. Athlete returns to starting (#1 position)
5. Once motionless, referee will say "RACK"
6. Lift will be performed inside the squat rack

**Squat Clarification- Coaches have made us aware that some athletes may not be able to reach a “parallel position”. Therefore, we will have 2 divisions of squats which a coach may choose to enter their athletes in.**

**Level 1- Athletes will be judged on whether they are able to reach the parallel position.**

**Modified- Athletes not able to reach the parallel position. Coaches need to provide some sort of documentation. Documentation meaning a simple statement indicating the athlete cannot reach parallel which is signed and dated by the coach. This document needs to be submitted with entry form. Please indicate on the Entry Form which level of squats the athlete should be entered in.**

Light lifter division – athletes that enter this division will use a 15kg/25lbs bar (not the curl bar from previous years) for all 3 lifts. Also, this group will rotate list just the same and use the same bench, squat rack, and deadlift platform as the regular lifters.

Curls and sit ups will not be offered in 2019.