RULES OF PERFORMANCE
for the April 21 Senior Games Meet

The Lake County Senior Games powerlifting qualifier event will be hosted by Gold’s Gym, Mount Dora, April 21, 2016. That’s a Thursday.

Weigh-in time: 8:00 am

Lifting starts: 9:00 am

This event is a “push-pull”, contesting the bench press and dead lift. There’s no squat in this event.

You may enter the bench press alone, the dead lift alone, or both. You may compete for a single lift, or on the combined total of both lifts.

How long will the meet last?? That depends on how many lifters compete.

At a meet, bars are loaded for you, and spotters keep you safe on all sides.

Lifters Get 3 Attempts

Lifters have 3 attempts per lift to get their highest score (the weight you lift is your score). The example to the left shows a reasonable meet plan for a lifter with maxes as shown.

Your first attempt should be certain success. The second attempt is probable. The third may be a stretch.
If you don’t successfully complete any of the three attempts, you “scratch” the meet; that is, no score is recorded for your participation.

Lifters take turns such that everyone in the group does their first attempt before 2nd attempts begin. That means you have a few minutes’ rest between attempts. That’s a good thing!

Judges watch each lifter and determine whether the lift is successful or not. Typically there are three judges. Two out of three “thumbs-up” is a successful lift. Otherwise, it’s a “no lift” and no score is registered for that attempt.

If you miss a 1st or 2nd attempt, you still get to go again. You cannot go DOWN in weight over the three attempts. You can stay the same if you miss a lift, or increase the weight.

When you weigh in, the meet organizers will ask you for your “openers”. Those are your first attempts for the lifts you are competing in. They’ll also check your singlet to be sure it’s a non-supportive garment, and your belt, knee sleeves and wrist wraps (if you have them) to be sure they’re compliant.

Below are the rules for how to complete the bench press and dead lift, defining how the judges assess a successful lift attempt.

**Raw Powerlifting Gear**

Raw powerlifting means no suits - no dead lift suit or bench shirt. (Supportive suits are used in “equipped” competitions.)

This event requires these to be worn:

- **Non-supportive singlet and a tee shirt** for both lifts
- **Knee socks** for the dead lift (to keep your DNA off the bar)
These are allowed, not required:

- **Lifting belt** - no wider that 4” at any point (used in the dead lift)

- **Knee sleeves** (made of neoprene) for the dead lift. These are important for a squat - not so much for a dead lift. If your knees need extra support or benefit from being warm, you may want knee sleeves.

  Knee wraps are not allowed (long bands that wrap around like a bandage).

- **Wrist wraps** - Used for the bench press, wrist wraps may help stabilize your wrists for heavier bench presses.

  Straps - bands that lash the bar to your hands - are not allowed in the dead lift. Bare hands only in a meet!

I recommend the following additional gear:

- **Compression socks.** These compress the lower half of your leg, enabling faster motion in the lift because the blood doesn’t have to inflate so much of your leg when you assume the weight. You can wear them under knee socks.

  A noted Massachusetts vascular surgeon wants you to know: “Wear the maximum compression sock you can get whenever you lift heavy.” It’ll minimize the risk of varicose veins in your legs.

- **Baby powder** for your thighs in the dead lift. Who needs unnecessary resistance on a dead lift? This reduces drag. Baby oil isn’t allowed.

- **Chalk** - In Gold’s for training, use “chalkless chalk”, a liquid grip aid available in sports stores (for gymnastics, lifting, etc)
Bench Press Rules

When it’s your turn, you’ll hear, “The bar is loaded”. From that point, you have two minutes to complete your attempt. Judges use the following rules to assess the success of your attempt.

The lifter must lie on his back with head, shoulders, and buttocks in contact with the bench surface, and the feet must be flat on the floor. Hands and fingers must grip the bar positioned in the rack. This position shall be maintained throughout the lift.

After removing the bar from the racks, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum/breastbone), hold it motionless on the chest, after which the Chief Referee will signal the audible command “PRESS.” The signal shall be given as soon as the bar is motionless and properly positioned.

The lifters must then return the bar to arms-length with no excessive/immoderate uneven extension of the arms. When held motionless in this position, the audible command “RACK” shall be given.

Dead Lift Rules

When it’s your turn, you’ll hear, “The bar is loaded”. From that point, you have two minutes to complete your attempt. Judges use the following rules to assess the success of your attempt.

The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter’s feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

On completion of the lift the knees shall be locked in a straight position and the shoulders back.

The Chief Referee’s signal shall consist of a downward motion of the arm and the audible command, “DOWN.” The lifter must then put the bar down under control.