



EVENT RULES

Weightlifting

RULES AND REGULATIONS

The following are the Weight Class Divisions within each five-year Age Group (50-54, 55-59, 60-64, etc. etc.):

MEN

0 – 165
166 – 195
196 – 225
226 & Over

WOMEN

0 – 130
131 – 160
161 & Over

In all events bench press, leg press, and curls competitors will be given three attempts/lifts. Competitors will pick an opening weight which will be his/her first attempt/lift. If the opening weight is a scratch/miss the competitor may not drop down in weight. The competitor's missed weight will automatically be his/her second attempt weight, unless he/she chooses to increase the weight. If after three attempts the competitor still has not completed a successful lift he/she is disqualified from that event.

Winners within each weight and age group will be determined by the amount of weight lifted by the competitor divided by the weight of the competitor. (John weighs 175lbs he lifts 225lbs he lifted 128.6% of his body weight)

Three judges will be at all events. Judge will call "lifter ready" and then "lift."

The weight of the equipment will be added to the total weight lifted. The curl bar is 25 lbs, bench press bar is 45 lbs and the leg sled is 120 lbs.

BENCH PRESS

1. Equipment: Olympic Bar plates and Olympic flat bench
2. The competitor will lie flat on his/her back; feet must be flat on the floor. The lifter must start with arms fully extended in a locked position. If requested by competitor a lift off can be given on a three count. Competitor must touch chest with bar and push back to the locked out position. Competitor must touch not bounce the bar to their chest at which point the judge will say "press" the competitor will then push back to the locked out position. (No Bouncing) touch and go.
3. Shoulders, buttocks and feet must be flat on bench and floor at all times.
4. If spotter has to touch bar during the course of a lift the lift will be no good.
5. Wrist wraps and any other medically required adds will be allowed for the bench press
6. NO lifting shirts or tanks of any kind will be allowed
7. Lifts must be increased a minimum of 5lbs (i.e., 100 to 105) with each successful lift. You may not drop down in weight from any previous attempt.

LEG PRESS

1. Equipment: Hammer Strength Linear Leg Press.
2. The lifter must break the weight and then lower it until the knees are at or below 90 degrees and then must lock the weight out at the top. The leg press does not have a pivot system, so it will move straight up and down with no shift or pivot. Weight will be added on the lower pegs first and then the top pegs if needed. The seat has two adjustments and the user can use whichever they are comfortable with. It also has a built in safety spot at the bottom of the slide to prevent people from getting stuck but will not at all limit the range of motion.
3. No knee wraps will be allowed for leg press, unless it is for a medical condition (i.e. torn ACL)
4. Lifts must be increased a minimum of 10lbs (i.e., 100 to 110) with each successful lift. You may not drop down in weight from any previous attempt.

ARM CURLS

1. Equipment Required: Olympic curl bar and Olympic weights.
2. Form Required: The competitor must be in a standing position. He/She will hold the bar in the fully extended position (against thighs). The lift begins in a still position against the thighs with a significant pause. The competitor cannot lift the bar from the ground to thighs and curl bar in a continuous motion. The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders.
3. During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward.
4. The bar may not bounce off the thighs at the beginning of the lift.
5. During the lift cycle, no back sway or leaning backward is allowed. The lift must be virtually level during the lift cycle.
6. Lifts must be increased a minimum of 5lbs (i.e., 100 to 105) with each successful lift. You may not drop down in weight from any previous attempt.