



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.):

<u>MEN</u>	<u>WOMEN</u>
0 – 132	0 – 106
133 - 148	107 – 114
149 – 165	115 – 130
166 – 295	131 – 146
196 – 225	147 – 160
226 & More	161 & More

In all events - bench press, leg press and arm curls - competitors will be given three attempts/lifts. Competitors will pick an opening weight which will be their first attempt/lift. The only time a competitor can drop down in weight is after the first attempt.

Winners with in 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)

Two judges will be at all events. Judge will call “lifter ready” and then “lift.”

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.

LEG PRESS

1. Equipment: Hammer Strength Linear Leg Press.
2. The competitor will begin in a reclined position with both feet on the platform and lift the weight to a locked out position/legs fully extended. The competitor will lower the weight until the thigh/upper leg and shin/lower leg form a 90 degree position or less. The competitor will then push the weight back to the locked out position for a complete lift.
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.

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.