

Special Olympics Northern California and Nevada

Powerlifting



2005 Guidelines & Rules

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SPECIAL OLYMPICS

MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training For Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) Coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympic Athlete in a competition.

The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of Special Olympics Northern California that the coach shall:

RESPECT FOR OTHERS

- ❑ I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- ❑ I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- ❑ I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- ❑ I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- ❑ I will respect the talent, developmental stage and goals of each athlete.
- ❑ I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- ❑ I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- ❑ I will ensure that accurate scores are provided for entry of an athlete into any event.
- ❑ I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- ❑ My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- ❑ I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- ❑ I will encourage athletes to demonstrate the same qualities.
- ❑ I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- ❑ I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- ❑ I will be alert to any form of abuse from other sources directed toward athletes in my care.

QUALITY SERVICE TO THE ATHLETES

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport (s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s).

HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these principles or to the philosophies of Special Olympics, then one or more of the following steps may be taken by Special Olympics Northern California:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation for continued participation.
2. The coach may be requested to withdraw personally or with his/her team from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of SONC / SONV Athletes or SONC / SONV Program, Special Olympics Northern California and Nevada may:

1. Ban the coach or organization from participation in any or all Special Olympics events for a specified period of time.
2. Ban the coach or organization from participation in SONC / SONV indefinitely

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SONC / SONV POWERLIFTING RULES AND REGULATIONS

The Official Special Olympics Rules shall govern all Special Olympics Powerlifting competitions. As an international sports program, Special Olympics has created these rules based upon the International Powerlifting Federation (IPF) and the U.S. Powerlifting Federation (USPF). IPF or USPF rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

SECTION A - GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A **UNIFIED® PARTNER RELEASE FORM** IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. EACH ATHLETE IS REQUIRED TO PLAY IN THE QUALIFYING MEET PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.

SECTION B - OFFICIAL EVENTS

PLBHPR	Bench press
PLDEAD	Dead lift

• There will be no Squat or Combination events in 2005

Athletes may register for 2 individual events.

SECTION C - EQUIPMENT

1. Bar and Disc Specifications
 - a. Distance between collars: 1m 31cm (4'3.5") at a maximum.
 - b. Total length outside the sleeves: 2m 20cm (7'2.75") at a maximum.
 - c. Diameter of the bar: 28mm (1 7/8") minimum; 29mm (1 13/16") maximum.
 - d. Diameter of the largest disc: 45cm (1'5.75").
 - e. Weight of the largest disc: 45kg (99 lbs).
 - f. Weight of the largest bar and collars: 25kg (55lbs).
 - g. The discs must be in the following range: 45kg (99lbs), 25kg (55lbs), 20kg (44lbs), 15kg (33lbs), 10kg (22lbs), 5kg (11lbs), 2.5kg (5.5lbs), 1.25kg (2.5lbs)
 - h. For record purposes, small discs may be added to the bar on a fourth attempt to give a weight of at least .5kg (1lb) more than the existing world record.
 - i. All discs must have a clear indication of their weight.

SECTION D - UNIFORMS

1. Costume and Personal Equipment

a. Lifting Suit

The lifting costume shall consist of one-piece, full-length lifting suit of one-ply stretch material without any patches or padding. A non-supportive weightlifting/wrestling type suit is also a legal suit. The straps of the suit must be worn over the shoulders at all times while lifting in competition. The lifting suit shall also be subject to the following requirements:

- 1) It may be of any color or colors
- 2) Seams and hems must not exceed 3cm in width and .5cm in thickness. Only non-supportive suits may have seams and hems exceeding 3cm in width.
- 3) Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width and .5cm in thickness.
- 4) It must have legs and the length of the leg must be a minimum of 3cm and must not exceed 15cm from the middle of the crotch measured down the inside of the leg from the crotch.
- 5) Only non-supportive type suits may have a double crotch.

b. Undershirt

An undershirt (commonly known as a “T-shirt”) of any color or colors must be worn under the lifting suit by all competitors during the performance of the Squat and the Bench Press. It is optional for men, but mandatory for women to wear a T-shirt during the performance of the Deadlift. The T-shirt is subject to the following conditions:

- 1) Is not ribbed.
- 2) Does not consist of any rubberized or similar stretch material. Specialized “Bench” shirts are not permitted.
- 3) Does not have reinforced seams or seams which might tend to assist the lifter in competition.
- 4) The T-shirt must have sleeves, but which do not terminate below the elbow or up at the deltoid.

c. Under shorts

A standard commercial “athletic supporter” or standard commercial under shorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment of rubberized or similar stretch material) shall be worn under the lifting suit. Specialized “Squat Briefs” shall not be worn. Women competitors shall wear non-supportive protective briefs or panties.

d. Footgear

Socks may be worn. Some type of shoe or boot must be worn.

e. Belt

A belt made of leather, vinyl, or other similar non-stretch or non-metal (other than buckle and stub attachments material) may be worn on the outside of the suit. Dimensions: Width - a maximum of 10cm; Thickness - a maximum of 13mm. The belt may not encircle the body more than once.

f. Wraps

Wrist wraps of a maximum width of 8cm and a maximum length of 1m may be worn. A wrist wrap shall not extend beyond 10cm above or 2cm below the center of the wrist. In lieu of wrist wraps, wrist bands not exceeding 10cm in width may be worn.

g. General Costume

Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate are the only substances that may be added to the body or attire. The use of oil, grease, or other lubricants is forbidden.

2. Modifications

Wheelchair athletes may wear a two piece outfit, with both upper and lower pieces being form fitting.

SECTION E - PERSONNEL

1. The chief referee shall be seated in front of the platform. The three referees may seat themselves according to the best vantage points; usually the chief referee sits directly in front of the platform and the other two referees on each side of the platform. A timekeeper shall also be appointed, and shall be a certified official.
2. The chief referee is the sole judge of the decision to take in consideration of an error in the loading of the bar, or in announcing by the speaker; however, all three referees are responsible for verifying that the weight is loaded correctly.
3. A platform manager shall be appointed and shall be a certified official.

SECTION F - COACHES AND THEIR RESPONSIBILITIES

1. Coaches are not allowed in designated lifting areas. Athletes are subject to disqualification if coaches do not adhere to the officials and the IPF rules.
2. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also IPF rules. The National Governing Body of Rules for Special Olympics Powerlifting is the **International Power lifting Federation, (IPF) and the United States Powerlifting Federation**. To acquire your own **USPF Rules Book**, write to:

U.S. Powerlifting Federation
2103 Langley Avenue
Pensacola, FL 32504
(904) 477- 4863

SECTION G - DIVISIONING AND COMPETITION SCHEDULE

1. Athletes shall be placed in divisions according to gender, age, ability, and weight class. **Minimum** age to compete is 16. Gender = Male/Female, age = Senior 16-21, Master 22 and over, and Divisions = all weight classes.
 - a. Men
 - 1) 52kg (114.5 lbs)
 - 2) 56kg (123.5 lbs)
 - 3) 60kg (132.5 lbs)
 - 4) 67.5kg (148.75 lbs)
 - 5) 75kg (165.5 lbs)
 - 6) 82.5kg (181.75 lbs)
 - 7) 90kg (198.5 lbs)
 - 8) 100kg (220.5 lbs)
 - 9) 110kg (242 lbs)
 - 10) 125kg (275 lbs)
 - 11) Super Heavy Weight 126kg (276 lbs and above)
 - b. Women
 - 1) 44kg (97 lbs)
 - 2) 48kg (105.75 lbs)
 - 3) 52kg (114.25 lbs)
 - 4) 60kg (132.5 lbs)
 - 5) 67.5kg (148.5 lbs)
 - 6) 75kg (165.5 lbs)
 - 7) 82.5kg (181.75 lbs)
 - 8) 90kg (198.5 lbs)
 - 9) Heavyweight
 - c. Weight Classes are a divisioning tool which groups athletes according to body weight which is the primary determinant of ability. The Schwartz/Malone Formula should be used when there are not enough athletes to have at least three athletes per weight class or to place combined score of athlete and partner for Unified powerlifting.
 - d. Divisions within sex, age and weight categories should be based upon “opening attempts”. The athlete’s opening attempt should be based upon a previous performance and should not be significantly higher or lower (except in the case of injury) than the athlete’s previous performance within the 6 to 12 months. A signed score sheet or score card must be provided to verify the athlete’s prior performance.

2. Weigh-In

- a. Before trials and finals, the weigh-in of competitors must take place one hour and fifteen minutes before the beginning of competition for a particular category. All the lifters in the category must attend the weigh-in, which shall be carried out in the presence of the three referees appointed for the category.
 - b. Weigh-in will be in secret and the lifters will be allowed in one at a time. The weigh-in room will be locked and the persons allowed in it are the referees for the body weight classes, the lifter and his coach or trainer. The weigh-in results will not be made known until after the total weigh-in is finished.
 - c. Each competitor can only have their official weight registered once. Only those greater or lighter than the category limit are allowed to return to the scales. They are allowed one hour at maximum from the beginning of the weigh-in session to make the proper weight. After this they will be eliminated.
 - d. An athlete's weight category must be declared at the technical meeting to be scheduled and announced prior to the first day of competition.
3. Rounds System - Lifters will be divided into flights of no more than 15 lifters, in each flight. In each flight, the lifter with the lightest attempt will lift first, and the weight loaded onto the bar will progressively increase until all in the flight have lifted. The bar will then be unloaded and second attempts will be performed in the same fashion, followed by third attempts. In no case can the weight be reduced when the lifter has attempted to perform a lift with the announced weight. Then the next flight will lift.
 4. Each competitor shall be allowed a period of one minute from the calling of his/her name to the starting of the attempt. If the delay exceeds one minute, the attempt shall be forfeited. The clock shall stop when the lifter starts the lift properly.

SECTION H - RULES OF COMPETITION

1. General Rules and Modifications

- a. During any competition organized on a platform or stage, nobody other than the lifter, the members of the jury, the officiating referees, assigned medical personnel and assigned platform personnel, the managers, and the competing lifter's coach shall be allowed around the platform or on the stage.
- b. Before the beginning of competitions, the referees and platform officials must check the weight of the bar and discs so that the total weight may be identical with that announced.
- c. The lifter shall have one minute to begin the lift after his/her name is called to the bar. Lifters with anatomical (physical) handicaps (as stated on the expeditor card at the time of the weigh-in) will be granted extra time, up to three minutes if needed.
- d. Commands for the Hearing Impaired/Deaf Lifter in Bench Press.
The chief referee shall reposition him/herself so as to be able to provide a visual movement of the arm, both to begin the lift and to rank the weight.
- e. A lift must be declared NO LIFT and the lifter may be disqualified if the weights are dropped intentionally.

f. Scoring of the events shall be the maximum weight lifted for each event.

2. Event Specific Rules and Modifications

Bench press

- 1) The lifter must assume the following position on the bench, and maintain this position during the zero lift: the head and trunk (including buttocks) must be extended on the bench, and the feet must be on the floor or plates. The hands must grip the bar with the thumbs around grip, thus locking the bar safely in the hands. The use of the reverse grip is forbidden.
- 2) The chief referee's signal (press or tactile eye for hearing impaired athlete) shall be given when the bar is absolutely motionless at the chest.
- 3) After the referee's sign the entire bar is pressed vertically to straight arm's length, and held motion until for the chief referee's signal to replace the bar.
 - a) Athletes who are anatomically unable to fully lockout a bench press must have a certified coach state so at the weigh in. **A medical certificate should accompany the request.** No changes in proper lifting technique can be made for the lifter after the weigh in.
- 4) The width of the bench shall not be less than 25cm (9 ¾") or more than 30 cm (11 ¾"). The height shall not be less than 35cm (13 ¾"). The length shall not be less than 1.22m (4') and the board shall be flat and level.
- 5) The spacing of the hands shall not exceed 81cm (2'8"), measured between the forefingers.
- 6) If the lifter's costume and the bench top are not of sufficient color contrast to enable officials to detect a possible rising of the buttocks, the bench top shall be covered accordingly.
- 7) A lifter who is also physically handicapped may be strapped to the bench, and assisted to and from the bench. A belt or leather strap, not more than 10cm (4") in width may be used to strap the lifter to the bench. The lifter may be strapped either between the navel and nipples and/or between the knees and ankles.
- 8) In this lift, the referees shall station themselves at the best vantage points.
- 9) For those lifters whose feet do not touch the floor, the platform may be built up with 20kg. (45 lb.) plates to provide firm footing or boxes which are no higher than 30cm.
- 10) A maximum of four and a minimum of two spotter/loaders shall be mandatory, however, the lifter may enlist one or more of the official spotter/loaders to assist him/her in removing the bar from the racks.
- 11) Causes for disqualification in the benchpress:
 - a) Failure to observe the chief referee's signals at the commencement or completion of the lift.
 - b) Any change in the elected position during the lift proper, i.e. raising movement of the head/ shoulders, buttocks or feet from their original points of contact with the bench or floor, or positioned movement of the hands on the bar.
 - c) Any heaving or bouncing of the bar from the chest after it has been motionless on the chest.
 - d) Allowing the bar to sink into the chest after receiving the chief referees' signals.
 - e) Any uneven extension of the arms.
 - f) Contact with the bar by the spotter/loaders between the chief referees signals.
 - g) Deliberate contact between the bar and the bar rest uprights during the lift to make the lift easier.
 - h) Failure to press the bar to full arms extension (full arms length) at the completion of the attempt.
 - i) Failure to comply with any of the requirements contained in the general description of the lift.

Deadlift

- 1) The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without downward movement until the lifter is standing erect.
- 2) The lifter shall face the front of the platform.
- 3) On completion of the lift, the knees shall be locked in the straight position and they should be held in an erect position (not forward or rounded). The shoulders do not have to be thrust back past an erect position, however, if they are thrust back in that manner, and all other criteria is acceptable, the lift shall be accepted.
- 4) The chief referee's signal shall consist of the downward movement of the hand and the audible command down. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- 5) Any attempts to raise the bar or deliberate attempts to lift the bar shall count as an attempt.
- 6) Causes for disqualification in the deadlift:
 - a) Any downward movement of the bar or either end of the bar during the uplifting.
 - b) Failure to stand erect with the shoulders in the erect position.
 - c) Failure to lock the knees straight at the completion of the lift.
 - d) Supporting the bar on the thighs during the performance of the lift. Note: supporting the bar on the thighs may include also a secondary bending of the knees and dropping of the hips.
 - e) Lowering the bar before the chief referee's signal.
 - f) Allowing the bar to return to the platform without maintaining control with both hands. Failure to comply with any of the requirements contained in the general description of the lift.