



TYPE OF COMPETITION

- Para style powerlifting is the ultimate test of upper body strength.
- Athletes bench press on a competition bench that is three (3) feet longer than the typical bench (in a gym) and approximately 1.5' (feet) wider. This enables ALL competitors to lift with their feet off the floor.
- All athletes lift with the feet off the ground to ensure that the competition focuses entirely on the upper body without relying on drive through the legs.
- The only supportive gear allowed is wrist wraps and/or weight belts.

COMPETITION FORMAT

- The competition bar is loaded progressively, from lightest to heaviest.
- Athletes start with the lightest weight and end the round with the heaviest weight.
- Rounds two (2) and three (3) follow the same pattern, from lightest to heaviest.
- In round three (3), an athlete can change their attempts two (2) times, trying to ensure they lift the heaviest weight to win a medal.
- Athletes will approach the bench when their name, body weight class, and rank have been announced.
- Once an athlete lays on the bench, they may choose to be strapped in with one (1) or two (2) straps below the groin area of the body and above the ankle, but not over the knees.
- The athletes will take the bar out of the rack when ready.
- The Head Referee will give a "start" command.
- The athlete will descend with the bar to the chest in a controlled manner. After pausing briefly to ensure a break in motion between the descent and ascent, the athlete will ascend and lock out their arms together, waiting for the referee to say "rack."
- Spotters/loaders will then assist athletes in putting the bar back into the rack.
- Athletes then look to the referees for a decision: if there are at least two (2) white flags, it is a good attempt. If there are two (2) or three (3) red flags, it is a "No Lift/Failed Attempt".
- Athletes will repeat the above steps in each attempt, progressively increasing the weight each round if the attempt is successful.
- They will increase the weight on the bar to try to get into the top three (3) places in their body weight class/gender to medal.

SPORT DETAILS / SCORING & RULES

- Athletes compete based on gender (men/women) and body weight class. All classes are in kilos.
- Men's body weight classes (kilos) : a65 - 72 - 80 - 88 - 97 - 107 - 107+
- Women's body weight classes (kilos): 55 - 61 - 67 - 73 - 79 - 86 - 86+
- To convert kilos to pounds, multiply by 2.2046 (e.g., 100 kg x 2.2046 = 220.46 lbs.).

- Athletes have three (3) attempts during the competition and one (1) attempt per round (there are three (3) rounds per body weight class).
- The top three (3) lifters in each BW class/gender will medal Gold/Silver/Bronze.

SPECTATOR INFORMATION

- The difference between powerlifting and weightlifting is that in weightlifting there are three (3) different types of lifts, in powerlifting there is one (1) lift completed three (3) different times.

Common Errors for a No Lift/Failed Attempt

- Starting before the start command/ending before the rack command. (Both commands are given by the referee.)
- Dropping the bar down to chest in an uncontrolled manner.
- Bouncing/sinking/heaving bar on chest.
- Uneven extension when locking out the bar (one (1) arm locks out before the other).

