

POWERLIFTING: RULES & REGULATIONS



About this event

Join Semper Fit in their unsanctioned Powerlifting Event at MCAS Miramar. This event is open to all authorized patrons including: Active Duty members, Dependents of Active Duty, DoD Civilians, Retirees, and Retiree Dependents. Individuals will attempt a 1-repetition max lift for 3 lifts: Barbell back squat, barbell bench press, and barbell deadlift DL. There will be a Male and Female Category ONLY, with no distinct sub-categorization based on weight and/or age. Please see below for specific details regarding procedure, rules, and scoring during the event.

Patron Registration & Check-in:

- Participants may register prior to event via the registration form on the event flyer, or day-of the event.
- Participants must bring their ID to establish proof of authorized patronage.

Check-in process:

1. Participating athletes will provide a valid ID to establish proof of authorized patronage.
2. Athletes will be given a score card to write down their information (name, rank, unit, contact information).
3. The athlete's body weight will be recorded by the event (ie: Semper Fit) staff.

Event Rules: The powerlifting event will follow the "raw" lifting protocols, meaning the participants will conduct the lifts with limited equipment/attire:

Acceptable attire: Rainbow gear workout attire, green-on-green, boots-n-utes, or a weightlifting singlet.

Acceptable equipment: Knee sleeves, weight lifting belt, and wrist wraps.

Equipment that is NOT acceptable:

- Bench press suit
- Weight lifting straps (straps that wrap around the barbell)
- Weight lifting hooks
- "Sling-shot" bands
- Knee wraps
- Any other equipment that would essential assist with a lift.

The coordinators and judges of the event will give the final decision on Acceptable & Not-Acceptable equipment when equipment is present while registering.

Lifting Procedures & Attempts: The order of lifts that all athletes will go through during this event will go as followed:

1. Barbell Back Squat
2. Barbell Bench Press
3. Barbell Deadlift

Participants will have 3 attempts for each lift to reach their heaviest 1-repetition max. The heaviest successful attempt will be recorded.

Example: If an athlete is able to complete their 2nd attempt at a Barbell Deadlift at 500lbs, but was not able to complete their 3rd attempt at 505lbs, then the recorded numbers for the Barbell Deadlift will be 500lbs.

Between each attempt/lift, the athlete will have 3-5 minutes to rest before going into their next attempt or lift.

NOTE: This is subject to change depending on the number of participants present during the time. Each athlete will be called up to the lifting stage to attempt their lift.

Lifting Criteria: Prior to the lifter's 1st attempt for each lift, the lifting judge for the specific lift will reiterate the expectations of what is an acceptable lift or not for each of the following three categories: BACK SQUAT / BARBELL BENCHPRESS / BARBELL DEADLIFT. See the details on each of the three, below:

Barbell Back Squat:

1. Lifter will un-rack to get into their position to conduct the Barbell Back Squat.
2. There will be spotters on both sides of the barbell and one spotter behind the lifter.
3. Once the lifter is set, they will descend into their Back Squat.
4. The lifter's hips will have descend to, at minimum, the level of the lifter's knees.
5. Lifting Judge will give the "up" command/call once they see the hips reach at the minimum point.

NOTE: It is the lifting judge's final call of what is counted as an acceptable lift or not.

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Barbell Bench Press: Positioning for the Barbell Bench Press is that the lifter has to maintain 5 points-of-contact during the lift:

1. Back of the lifter's head on the bench
2. Top portion of the lifter's back on the bench
3. Lifter's hips touching the bench
4. Left foot touching the ground, doesn't have to be flat
5. Right foot touching the ground, doesn't have to be flat

- Lifter will un-rack to get into their position to conduct the Barbell Bench Press.
- There will be spotters on both sides of the barbell and one spotter positioned slightly behind but near the center portion of the barbell.
- If the lifter wishes, they can request assistance on the "lift-off" / un-rack. After that, it is the lifter conducting the rest of the motion.
- Once the lifter is set, they will descend into their Barbell Bench Press.
- The barbell has to touch/tap the chest of the lifter.
- Lifting Judge will give the "up" command/call once they see the barbell touch/tap the lifter's chest.

NOTE: It is the lifting judge's final call of what is counted as an acceptable lift or not.

Barbell Deadlift: Either Conventional or "Sumo" deadlift stance is acceptable.

No spotter will be near/present on the lifting stage.

- Barbell with weight will be on the ground.
- Once the lifter is set, they will ascend into their lift.
- Lifter must be able to completely "lock-out" into a upright position:
- Knees fully extended, hips in-line with knees, shoulders pulled back, head looking forward when body is "locked-out."
- Lifting Judge will give the "Down" command/call to bring the barbell back to the ground once the lifter arrives to the top position of the deadlift.
- Lifter must maintain control and grip of the barbell when returning the barbell to the ground, even if it is a fast motion down.

NOTE: Releasing the weight from the top position of the deadlift will not count as a proper lift.

Scoring: The scoring system will be as followed:

The total sum of the max weight lifted for the 3 different exercises divided by the lifters body weight.

Example: Male lifter, weighing in at 180-lbs, was able to lift for following numbers:

450-lbs for Barbell Back Squat, 315-lbs for Barbell Bench Press, 505-lbs for Barbell Deadlift = 1270-lbs

$1270 \div 180\text{-lbs} = 7.055$ is their score.

End of the Event: Once the last participating lifter completes their last attempt at the Barbell Deadlift, all scores will be calculated and the top 3 placements for Male & Female competitors will be presented.

Disclaimer: This event is an unsanctioned powerlifting event with no association to any other weightlifting or powerlifting association/agency. By registering to participate in MCCS Miramar Semper Fit's powerlifting event, either prior to the event date or day-of, participating athletes are also signing a liability waiver understanding the risks of participating in this physically demanding event.

All scored that are judged are final. For further questions, please contact:

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