Special Olympics
Olympiques spéciaux
Canada

Powerlifting

March 2023

The Special Olympics Canada (SOC) Official Sports Rules shall govern all SOC Powerlifting competitions.

As a national sports program, SOC has created these rules based upon the International Powerlifting Federation (IPF) and the Canadian Powerlifting Union (CPU) rules for powerlifting. IPF or CPU rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following sections outlining the SOC Official Powerlifting Rules shall apply.

SECTION A - **Official Events**

1. Squat

2. Bench Press

3. Deadlift

SECTION B - **Rules of Competition**

I. Special Olympics Canada will follow the IPF Classic (raw/unequipped) rules for national competitions.

II. Participants must compete in both the deadlift and bench press. The participants may also compete in the squat competition.

III. If an athlete is unsuccessful at all their squat attempts they may continue on to their bench press. If an athlete is unsuccessful at all their bench press attempts they may continue on to the deadlift.

IV. Competition takes place between lifters in categories defined by gender, body weight, and age. Weight categories will begin at 53kg for men and 43kg for women.

V. The lifters best valid attempt on each lift, counts toward his/her competition total.

    a. The winner of the category shall be the lifter who achieved the highest total. The remaining lifters shall be ranked in the descending order of totals.

    b. Three failures in either the bench press or deadlift results in a no total.
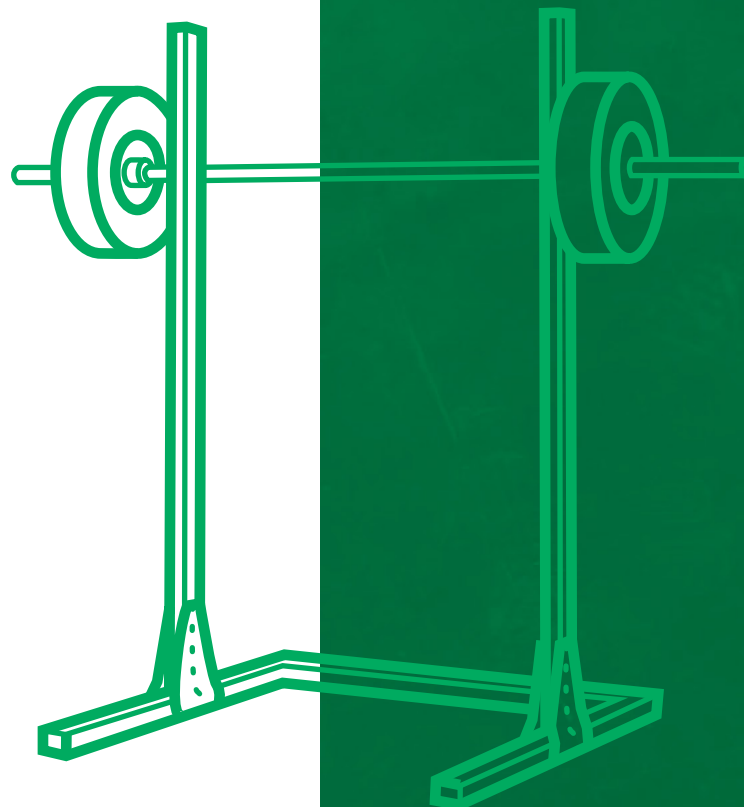
VI. To determine best lifters overall (total) or best single lifts regardless of body weight, the IPF Formula will be used.

VII. The participants coach is allowed to "set up" a lifter for an attempt in all 3 lifts: squat, benchpress and deadlift. The coach may space the athlete's hands on the bar, in addition to their feet and body, and then step off the platform. The participant may not commence the lift with the coach on the platform. The coach may position the lifter's hands for a Bench Press but may not give the hand-off, this is the responsibility of the spotters and/or loaders. Only one coach is allowed around the perimeter of the lifting platform. The coach may give verbal cues to the lifter.

VIII. Before each lifting session the head referee must gather all competitors and coaches together for a brief rules review, each lift should be demonstrated and commands reviewed.

IX. The chief referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His/her decision will be given to the speaker who will make the appropriate announcements.
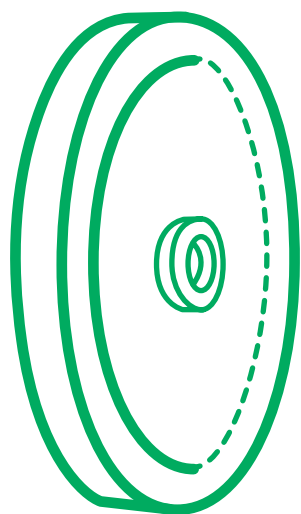
MEN

Up to 53.0 kg

59.0 kg Class
From 53.01 kg up to 59.0 kg

66.0 kg Class
From 59.01 kg up to 66.0 kg

74.0 kg Class
From 66.01 kg up to 74.0 kg

83.0 kg Class
From 74.01 kg up to 83.0 kg

93.0 kg Class
From 83.01 kg up to 93.0 kg

105.0 kg Class
From 93.01 kg up to 105.0 kg

120.0 kg Class
From 105.01 kg up to 120.0 kg

120.0+ kg Class
From 120.01 kg up to unlimited

WOMEN

Up to 43.0 kg

47.0 kg Class
From 43.01 kg up to 47.0 kg

52.0 kg Class
From 47.01 kg up to 52.0 kg

57.0 kg Class
From 52.01 kg up to 57.0 kg

63.0 kg Class
From 57.01 kg up to 63.0 kg

69.0 kg Class
from 63.01 kg up to 69.0 kg

76.0 kg Class
From 69.01 kg up to 76.0 kg

84.0 kg Class
From 76.01 kg up to 84.0 kg

84.0+ kg Class
From 84.01 kg up to unlimited.

SECTION C - **Equipment and Safety Requirements**

Competition takes place between lifters in categories defined by gender, body weight, and age. Powerlifting competition is open to Special Olympics athletes fourteen years of age and over.

Athletes competing in the Squat event must have been competing in Powerlifting for a minimum of two years and have written permission from their doctor. Athletes that test positive for Atlanto Axial Dislocation may not participate in the Squat event.