



UC Merced Powerlifting Competition Rules and Regulations

POWERLIFTING COMPETITION INFORMATION:

Date: April 27th, 2025

Time: On-site registration and check-in either 8 AM – 10 AM or 12 PM – 2 PM. Competition will start at 3:00pm.

Location: Student Activities and Athletics Center, Weight Room

Individual Events:

1. Squat
2. Bench Press
3. Deadlift

Cost: \$10 per event OR \$25 to participate in all 3 events (Squat, Bench Press and Deadlift)

Registrations:

- Can registered online or at the front desk of the Gallo Rec Center.
- Competitors can either register to compete in one event (of their choosing), two events (of their choosing) or all three events.

GENERAL RULES:

Clothing Requirements:

- T-shirt (sleeves falling below the deltoid, but not below the lifter's elbow)
- Shorts or athletics pants.
- Athletic shoes, Powerlifting/Weightlifting boots, Deadlifting slippers are all permitted
- Shin length socks are encouraged for deadlifting. Closed toe shoes must be worn.
- Non-supportive lifting suits are accepted but a t-shirt must be worn underneath and be of single thickness

Clothing NOT Permitted:

- Bench shirts
- Elbow pads
- Any type of rubberized materials
- Hiking boots
- Wrist straps

Equipment Permitted:

- Wrist wraps
- Knee sleeves without additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them
- Lifting belts
- Chalk but will NOT be provided
- Medical tape can be worn around the thumbs (anywhere else on the body needs approval).
- Standard commercial sweatbands (not exceeding 12cm in width)

Equipment NOT Permitted:

- Oil, grease or other lubricants on the body or clothing
- Anything that is not listed under permitted equipment. *Can talk with the referees **before** the start of competition for approval.*

WEIGHT CLASSES:

Men: 150 and below, 151-175, 176-200, 201-250, 251 and above

Women: Based on percentage of bodyweight

ORDER OF EVENTS:

1. Squat
2. Bench Press
3. Deadlift

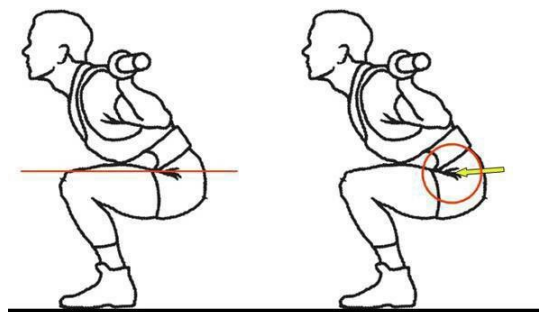
ORDER OF COMPETITION:

1. A card will be given to each lifter upon sign-in. This card will be used to declare their weighted attempt.
2. All lifters must declare an “opening weight” (first card) upon sign-in.
3. All cards must be turned in to official BEFORE the next round begins. Cards must be signed by lifter AND official. NO changes to lift cards after submission to the announcer.
4. Lifting order of each round will be based on the lifter’s choice of weight for that round. Lifting order will be determined prior to the respective round. Order may change from round to round (lightest to heaviest).
5. Lifters will have no more than three minutes from the time their name is announced to the time they are positioned on the platform to attempt the lift.
6. If a lift is unsuccessful, and it is not the third and final attempt, the lifter must wait until the next round to lift again.
7. Each lifter is given three lifts, at which time the lifter with the highest weight lifted within each class will be declared the winner.

PERFORMANCE RULES:

Squat:

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. [Clarification: For the purpose of this rule, the thumbs are not considered fingers and a “thumbless” grip is allowed in the squat] The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
3. Upon receiving the Chief Referee’s signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to and replacing it in the racks. The lifter must stay with the bar during this process.
6. Not more than 5 and not less than 2 spotter/loaders shall be on the platform at any time. The Referees may decide to the number of spotter/loaders required on the platform at any time 2, 3, 4, or 5.



The figure above indicates the required depth for the squat.

Causes for Disqualification of a Squat:

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram (see diagram on the following page).
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any items outlined under "Rules of Performance" for the squat.

Bench Press:

1. The head of the bench will be set facing the Head Referee.
2. The lifter must lie on their back with the shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor. This position must be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform.
3. The hands and fingers must grip the bar positioned in the rack stands with thumbs around grip (closed grip). NO open grips will be allowed.
4. Not more than five and no less than two spotters/loaders shall be on the platform at any time. Once in position, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loader must be at arms' length.
5. After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with straight arms, elbows locked, for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless, and the bar properly positioned. Due to safety the Chief Referee can request the bar be re-racked.
6. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start."
7. After receiving the signal, the lifter must lower the bar the chest or abdominal area (the bar cannot touch the belt), hold it motionless on the chest, after which the Chief Referee will signal the audible command "Press." The audible command "Press" will be accompanied by a visible signal- an upward movement of the arm.
8. Following the "Press" signal, the lifter must then return the bar to straight arms' length, elbows locked. When held motionless in this position the audible command "Rack" shall be give together with a backward motion of the arm.
9. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referee's command is "Rack." [Classification: The bar may be pressed up unevenly and one arm may lock out before the other one provided there was no downward movement of the whole of the bar at any point after receiving the press command]

Causes for Disqualification of Bench Press:

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, or buttocks, from the bench, or lateral movement of hands on the bar, or raising of the feet.
3. Heaving or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
6. Failure to press the bar to straight arms' length elbows locked at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports. Lifting of the feet is not allowed. Foot movement is permissible but MUST remain flat on the platform.
9. Deliberate contact between the bar and the bar rests supports.
10. Failure to comply with any of the items outlined above.

Deadlift

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift, the knees shall be locked in a straight position and the shoulders back.
3. The Chief Referee's signal shall consist of a downward movement of the arm 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.
4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun, no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift. [Clarification: Prior to the lifter's bona fide/deliberate effort to raise the bar to commence the deadlift attempt, the lifter may roll the bar on the platform and/or shake the bar. It will be the referees' discretion to determine whether or not a bona fide/deliberate attempt to raise the bar occurs.]

Causes for Disqualification of a Deadlift

1. Any downward movement of the bar before it reaches the final position
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking of the feet between ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
6. Lowering the bar before receiving the Chief Referee's signal.

7. Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).
8. Failure to comply with any of the items outline above.

DIQUALIFICATION:

1. If above rules are not followed.
2. All decisions are FINAL based on the word of the Head Referee.

AWARDS: (subject to change depending on participation numbers):

Awards will be given to the following categories:

1. Men's
 - a. Top three overall (by percentage) in all 3 events combined
 - b. Top three overall (by percentage) in each event
 - c. Most weight lifted total
 - d. Heaviest lift in each weight class in each event
2. Women's
 - a. Top three overall (by percentage) in all 3 events combined
 - b. Top three overall (by percentage) in each event
 - c. Most weight lifted total
 - d. Heaviest lift in each event