



Powerlifting Rules

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games.
Please note: The 2019 Valor Games are not a qualifying event for USA Nationals or other Paralympic sanctioned events.

Power Lifting Weigh-In

Monday, September 23, 2019 (5:00-9:00 pm – during registration)

2019 Valor Games Power Lifting Competition

Tuesday, September 24, 2019

Power Lifting Warm-up and Weight Class posted

3:00-4:00 pm

Power Lifting Competition

4:00-6:00 pm

Power Lifting Venue

Marriott Plaza Hotel – 555 South Alamo Street, San Antonio, TX 78205

Disability/Competition Divisions

- Open to all
- There will be an open category for athletes with PTSD and TBI, who have no physical impairments
- Athletes will be awarded by gender and weight class, weight-in at event registration is required

Weight classes (in pounds)

- There will be 3 weight classes for men and 2 weight classes for women in both the open and the para divisions.
- The exact weight for each class will be posted once registration is closed.

GENERAL EVENT RULES

- This is a bench press ONLY competition.
- Athletes must wear a 100% cotton t-shirt with short sleeves that expose the elbow. T-shirt sleeves must not go lower than elbow so that when the athlete is lifting, judges can see the elbow.
- Logos on shirt can only be the Valor Games, service branch or Team USA.
- Athletes may wear shorts or sweat pants of their choosing, but no jeans or khakis.
- Athletes must wear tennis shoes, no dress shoes or flip-flops.





- The bar will be loaded progressively, so once the first attempts are chosen by the athletes, it may only be changed 1 time / within 5 minutes of the start of competition.
- There will be 2 benches (1 for warm-up and 1 for competition) and the competition bench will have 1 judge. The judge will determine if it is a good lift. There will be 1 jury person and an athlete may approach the jury if they feel they have been unfairly judged. The jury decision is final.
- A good lift is defined as: holding the bar in the start position (above the pectoral area, motionless with elbows locked out) until the referee says "start". The bar shall move under control downward, touch the chest, pause and ascend controlled and held motionless at the top until the referee says "rack". At this point the spotter will assist the athlete to rack the bar.
- Bad lifts are: starting or racking before the command; touching and going on the chest without pausing; bouncing the bar on the chest / uneven extension.
- After the attempt, each lifter shall leave the bench and go to the table to give his/her next attempt. There will be a board that athletes check for their current placement in their body weight so that he/she can make an informed decision about the next attempt.
- Each competitor shall have three attempts.
- Medals shall be awarded based on the heaviest three lifts in each weight class category. All weights will be in pounds.
- Athletes that are classifiable for Para-Powerlifting may achieve the Military standard at this event, provided they have completed their lifts on the Para-bench. Athletes competing in the open category cannot be certified as meeting the Military standard as they are not classifiable.
- Appropriate language is expected on the bench to respect the judges and competition as well as your fellow competitors. Any athlete using profane language will be asked to leave the competition.

Awards

- Medals will be given to the top three athletes in each division.
- Medal ceremonies will be conducted at the Power Lifting venue immediately after the completion of the competition

For information on the Power Lifting competition, please contact the Power Lifting Sports Coordinator:

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