

Powerlifting

EVENT: Powerlifting (Bench Press Only, Deadlift Only, or Ironman)

LOCATION: Detroit Muscle Gym 736 Junction St, Plymouth, MI 48170

The MSO powerlifting (bench press/deadlift) competition will be based on both weight classifications and age level. We will be using 5-year age groups 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+. Men and women will compete separately.

*****EVENT UPDATES:** The MSO is proud to continue to partnership with Detroit Barbell. JJ Thomas (Owner of Detroit Barbell and State Chairman of UPA Michigan Powerlifting), Detroit Barbell members and Strength Depot members are helping run this event.

Detroit Barbell will be sponsoring the competition equipment for this event including...

- An Forza competition bench
- We use two bars – Bulldog Bench Bar and a Texas DL Bar.
- We will be using the Rogue Kilo calibrated weight set
- Official Software that uses the Schwartz formula to determine the best lifter.

Other information:

- We will not be allowing a reverse grip in the bench press for safety reasons
- We will be working in kilograms this year for both bench press and deadlift. There will be a conversion chart available and we will be there to help you as well.
- 3 Separate Divisions: Bench press ONLY, Deadlift ONLY, or Combination (Medals will be awarded based on each division)
- Elbow sleeves are NOT allowed in Bench Press
- Lift offs are allowed

Weight Divisions:

Women:

105.8lbs/48kg,
114.5lbs/52kg,
123.5lbs/56kg,
132.3lbs/60kg,
148.8lbs/67.5kg,
165.4lbs/75kg,
181.9lbs/82.5kg,
198.4lbs/90kg,
198.4+lbs/90+kg

Men:

132.3lbs/60kg,
148.8lbs/67.5kg,
165.4lbs/75kg,
181.9lbs/82.5kg,
198.4lbs/90kg,
220.5lbs/100kg,
242.5lbs/110kg,
275.6lbs/125kg,
308.7lbs/140kg,
308.7+lbs/140+kg

Belts

Competitors may wear a belt which MUST be worn on the outside of the lifting suit. Belts must meet the following requirements...

1. The main body shall be leather, vinyl, or other similar non-stretch material in one or more laminations which may be glued or stitched together.
2. A one or two prong buckle or lever buckle may be used.

MAXIMUM DIMENSIONS OF THE BELT:

1. Width: 10 cm (3 15/16 in.)
2. Thickness: 13 mm (1/2 in.)

Wrist Wraps

Wraps no more than 1 meter (39 15/16 in.) in length and 8 cm (3 1/8 in.) in width may be worn, Wrist bands NO MORE THAN 10 cm (3 15/16 in.) wide may be worn. A combination of the two is NOT permitted. Wrist wraps must meet the following requirements:

1. If wrist wraps are a wrap around style, they may have thumb loops and Velcro patch for securing them; however, the thumb loop may NOT be worn over the thumb during the lift and the Velcro patch may NOT encircle the entire wrist.

DEADLIFT

Each athlete will have three (3) attempts for the Dead Lift

Deadlift

1. The bar must be 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. The bar may stop but there must be no downward motion of the bar.

2. The lifter shall face the front of the platform.

3. On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect.

4. The head 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 an apparent finished position.

5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

Causes of Disqualification of a Deadlift

1. Any downward motion of the bar before it reaches the final position.

2. Failure to stand erect.

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. 'Supporting' is defined as a body position adopted by the lifter that could not be maintained without the counterbalance of the weight being lifted. Hitching or Ramping.

5. Movement of the feet laterally, backward or forward that would constitute a step or stumble.

6. Lowering the bar before receiving the head referee's signal.

7. Allowing the bar to return to the platform without maintaining control with both hands (dropping the bar).

BENCH PRESS

Each athlete will have three (3) attempts for the Bench Press

Bench Press

1. The front of the bench must be placed on the platform facing the spectators.
2. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.
3. To achieve firm footing, a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.
4. Not more than five and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designated spotters or enlist a personal spotter or spotters in removing the bar from the racks. Only designated spotters may remain on the platform during the lift, unless a 3-man head off is used. If a 3 man lift off is used. The 3 spotters designated by the lifter must spot the entire lift. This is for the safety of the lifter. We don't want the bar falling on the lifter's body or head while lifter's designated spotters are replacing the meets designated spotters. The lift off must be to arm's length and not down to the chest. A designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee and move to either side of the bar. If the personal middle spotter does not immediately leave the platform area and/or in any way distracts or impedes the head referees' responsibilities, the referees may determine that the lift is unacceptable, and be declared "no lift" by the referees and given three red lights.
5. The spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee, and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt. The reverse or underhand grip is permitted.
6. After receiving the bar at arm's length, the lifter shall lower the bar to the chest/belly and await the head referees' signal.
7. The signal shall be an audible command "Press" and given as soon as the bar is motionless on the chest. As long as the bar is not so low that it touches the lifter's belt, it is acceptable.
8. The lifter will be allowed only one "Press" command signal per attempt.
9. The bar can sink into the chest/belly before the press command, but cannot be heaved in such a way to aid the lifter after the referee's press signal. The press signal will not be given until the bar is motionless on the chest/belly. The lifter will then press the bar to straight arm's length and hold motionless until the audible command "Rack" is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.

Causes for Disqualification of a Bench Press

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position or the raising of the buttocks, or lateral movement of the hands, during the lift proper (between the referee's signals). Any excessive movement or change of contact of the feet during the lift proper. Lifter can start on toes and drive heels to the ground.
3. Bouncing the bar off the chest.
4. Allowing the bar to sink into the chest/belly after receiving the referee's press signal. Heaving the bar in such a way as to aid the lifter.
5. Pronounced uneven extension of the arms during or at the completion of the lift. By the judgment of the referees.
6. Any downward motion of the bar during the course of being pressed out.
7. Contact with the bar by the spotters between the referee's signals.
8. Any contact of the lifter's shoes with the bench or its supports.
9. Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.
10. It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arm's length. Except for a 3 man lift off which was explain on page 11 question #4. Such spotters shall not return to the platform upon completion or failure of the attempt. It is especially important for a spotter providing a center lift off to leave the platform quickly so as not to impair the head referee's view. Failure of any personal spotters to leave the platform may cause disqualification of the lift.