



Special Olympics

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2012 Rule Change Summary Powerlifting

Change From	Change To
SECTION B — Equipment 1.f. f. Weight of the bar: 20kg and collars: 25 kg (55 lbs.)	SECTION B — Equipment 1.f. f. Weight of the bar: 20kg (45 lbs) with collars: 25 kg (55 lbs.) NOTE: This allows a lift of the bar only.
	SECTION B — Equipment 1.j j. Collars shall always be used when discs are loaded on the bar.
SECTION C — DIVISIONING AND COMPETITION SCHEDULE – 1. a. Men 1) 52 kg (114.50 lbs.) 2) 56 kg (123.50 lbs.) 3) 60 kg (132.25 lbs.) 4) 67.5 kg (148.75 lbs.) 5) 75 kg (165.25 lbs.) 6) 82.5 kg (181.75 lbs.) 7) 90 kg (198.25 lbs.) 8) 100 kg (220.25 lbs.) 9) 110+ kg (264.50 lbs.) 10) 125 kg (275.50 lbs.) 11) Over 125 kg (over 275.50 lbs.) b. Women 1) 44 kg (97 lbs.) 2) 48 kg (105.75 lbs.) 3) 52 kg (114.50 lbs.) 4) 56 kg (123.50 lbs.)	SECTION C — DIVISIONING AND COMPETITION SCHEDULE - 1. a. Male 1) 53 kg (111 lbs.) 2) 59 kg (130 lbs.) 3) 66 kg (145.5 lbs.) 4) 74 kg (163 lbs.) 5) 83 kg (183 lbs.) 6) 93 kg (205 lbs.) 7) 105 kg (231 lbs.) 8) 120 kg (264.5 lbs.) 9) 120+ kg (264.75 or more lbs.) b. Female 1) 43 kg (95.75 lbs.) 2) 47 kg (103 lbs.) 3) 52 kg (114.50 lbs.) 4) 57 kg (125.50 lbs.) 5) 63 kg (139 lbs.) 6) 72 kg (158.5 lbs.)

<ul style="list-style-type: none"> 5) 60 kg (132.25 lbs.) 6) 67.5 kg (148.75 lbs.) 7) 75 kg (165.25 lbs.) 8) 82.5 kg (181.75 lbs.) 9) 90 kg (198.25 lbs.) 10) Over 90 kg (over 198.25 lbs.) 	<ul style="list-style-type: none"> 7) 84 kg (185 lbs.) 8) 84+ kg kg (185.25 or more lbs.) <p>NOTE: Weight classes have been changed to align with the International Powerlifting Federation. Weight classes are expanded and there are less weight classes.</p>
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NOTE: For full detail of Proposed Rule Changes (Accepted and Denied) please contact your Regional Sport Director. This list does not indicate those proposed changes that were not adopted by the Sports Rules Advisory Committee in 2012.