



Special Olympics

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**2010 Rule Change Summary
Powerlifting**

Change From	Change To
<p>Section B – Equipment 1.i All discs must be clearly marked with their weight and must weigh within <u>25</u> percent of their face value</p>	<p>Section B – Equipment 1.i All discs must be clearly marked with their weight and must weigh within <u>.25</u> percent of their face value</p>
<p>Section B-Equipment 2.a Standard Flat Level Bench</p>	<p>Section B-Equipment- 2.a Standard Flat Level Bench (attached safety standards must be used for all events)</p>
	<p>Section B-Equipment 3.a.6 Long pants may not be worn.</p>
<p>Section B-Equipment 3.c Undershorts</p>	<p>Section B-Equipment 3.c Briefs</p>
<p>Section –B-Equipment 3.d Footgear Socks may be worn. Some type of shoe or boot must be worn.</p>	<p>Section –B-Equipment 3.d Footgear Long socks (up to the knee) must be worn for the Deadlift. Sports type shoes e.g. trainers, powerlifting or weightlifting boots ONLY must be worn. No hiking or work boots allowed.</p>
	<p>Section B-Equipment 3.e Belt Belts shall not have additional padding.</p>
	<p>Section B – Equipment – 3.f. 2). a.b. 2). Knee wraps – wraps not exceeding 2 meters in length and 8 cm in width may be used.. When worn, wraps should not be in contact with the socks or the lifting suit. a) Supportive wraps – Only IPF approved wraps shall be permitted for use in powerlifting competitions.</p>

	b) Non supportive wraps: Wraps made of medical crepe or bandage and sweatbands do not require IPF approval.
Section C-Divisioning and Competition Schedule. 1 1. Athletes shall be placed in divisions according to gender, age, ability and weight class. Minimum age to compete is <u>16</u> Gender: Male/Female. Age: <u>Senior:16-21, Master:22 and over</u> , Divisions: all weight classes.	Section C-Divisioning and Competition Schedule. 1 1. Athletes shall be placed in divisions according to gender, age, ability and weight class. Minimum age to compete is <u>14</u> Gender: Male/Female. Age: <u>Sub-Junior: 14-18, Junior 19-23, Senior:24-39, Master:40 and over</u> , Divisions: all weight classes
Section D – Personnel – 2. 2. The Chief Referee will be solely responsible for decisions made in the case of loading errors or incorrect announcements by the speaker, who is the master of ceremonies and is responsible for the efficient running of the competition.	Section D- Personnel – 2. 2. The Chief Referee will be solely responsible for decisions made in the case of loading errors or incorrect announcements by the speaker. <u>The Chief Referee’s decision will be given to the speaker who will make the appropriate announcement.</u>
	Section E – Rules of Competition 1. e & f e. First round attempts should be submitted at weigh-ins. f. A lifter must submit his second or third attempts within one minute of completing his preceding attempt. The one minute will begin from the time the lights are activated. If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5kg increase on his next attempt. Should the lifter have failed his previous attempt, and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight.
Section E – Rules of Competition- 1.g The Wilkes Formula (WF * See Appendix) is presented as a table of coefficients	Section E – Rules of Competition- 1.i The Wilkes Formula (WF * See Appendix) is presented, <u>in kilograms</u> , as a table of coefficients.
	Section E – Rules of Competition, 2.a.3 Added illustration showing proper depth in squat
Section E- Rules of Competition, 2.b.4).d) Any uneven extension of the arms during the lift.	Section E- Rules of Competition, 2.b.4).d) Any pronounced/exaggerated uneven extension of the arms during the lift

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 2009.