



POWER LIFTING MEET

WELCOME GUIDE

A virtual competition, open to lifters of any age, experience, and strength level.

RULES

EACH PARTICIPANT SUBMITS 9 LIFTS

3
SQUATS

3
BENCH
PRESS

3
DEAD
LIFTS

SCORING

BEST OF EACH LIFT ADDED TOGETHER

BEST
SQUAT

+

BEST
BENCH
PRESS

+

BEST
DEAD
LIFTS

=

TOTAL

HIGHEST SCORE IN EACH DIVISION WINS!

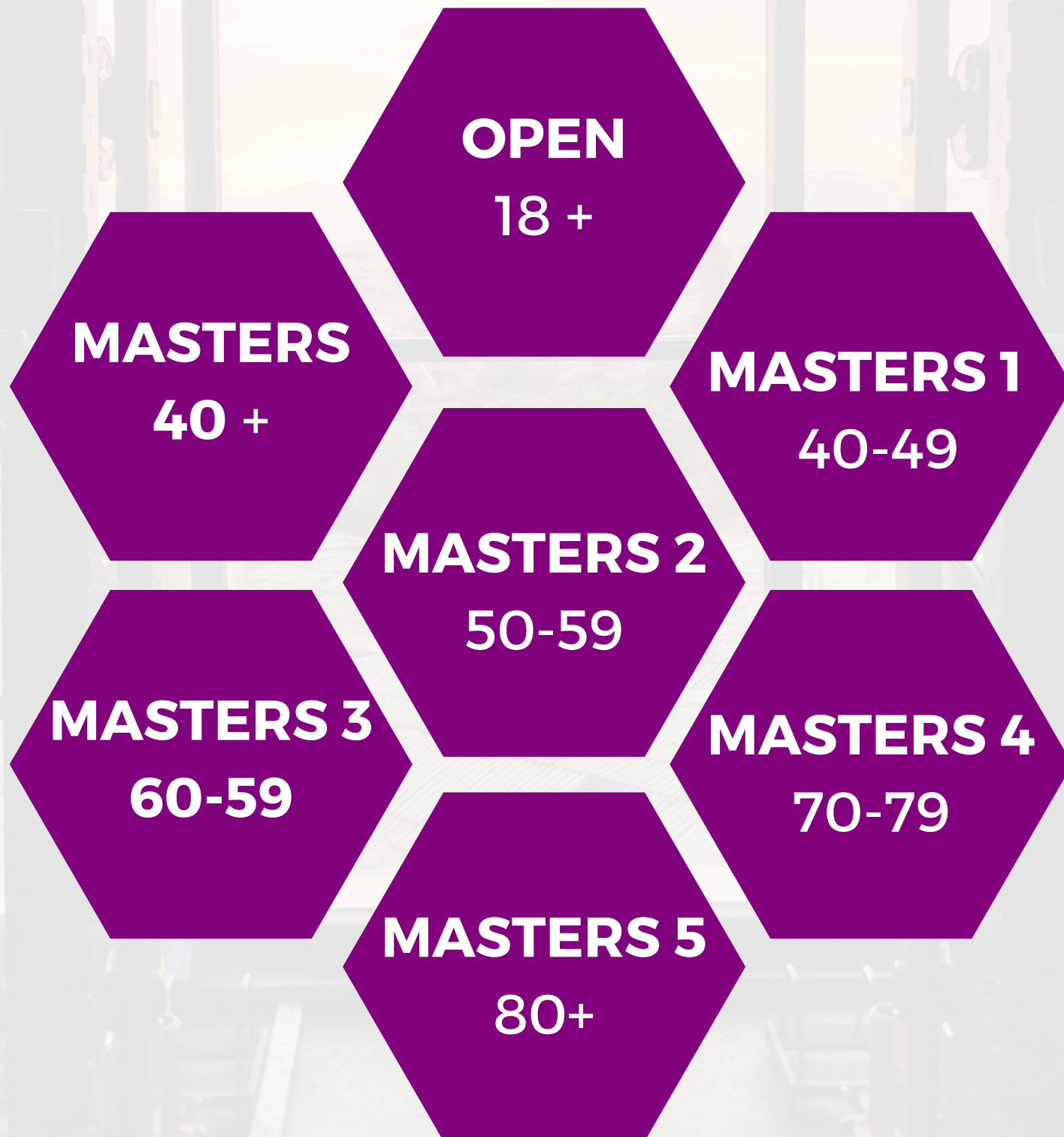
All nine lifts must be performed (recorded) on the same day with a timestamp.

RULES

The heaviest successful lift in each discipline will be added together to comprise the total. The heaviest total in each weight class and division is the winner. If two lifters in the same weight class have the same total; the lighter lifter is the winner. (In the rare case that two lifters achieve the same total and weigh the same amount, the lifter who submits their lifts first is the winner.)

If you miss a lift on strength (fail to lift the weight through a full range of motion) you may repeat that weight again but you may not go down in weight (e.g., take weight off the bar).

AGE DIVISIONS



MEN'S WEIGHT DIVISIONS

59KG
UP TO
59.0KG

66KG
59.01KG
TO
66.0KG

74KG
66.1KG
TO
74.0KG

83KG
74.1KG
TO
83KG

93KG
83.1KG
TO
93.0KG

105KG
93.1KG
TO
105.0KG

120KG
105.1KG
TO
120.0KG

120KG+
120.1KG
UNLIMITED

WOMEN'S WEIGHT DIVISIONS

47KG
UP TO
47.0KG

52KG
47.01KG
TO
52KG

57KG
52.1KG
TO
57.0KG

63KG
57.1KG
TO
63KG

69KG
63.1KG
TO
69.0KG

76KG
69.1KG
TO
76.0KG

84KG
76.1KG
TO
84.0KG

84KG+
84.1KG
UNLIMITED

WEIGH-IN PROCEDURE

We are using the current USAPL/IPF
weight classes.

DATE REQUIREMENT

MUST BE RECORDED
WITH TIME STAMPED
VIDEO
ON THE SAME DAY
AS THE LIFT,
PRIOR TO THE LIFT.

INFO REQUIREMENT

TAKEN BY ANOTHER
INDIVIDUAL WITH
LIFTER'S FEET AND
SCALE WEIGHT FROM
DIGITAL SCALE CLEARLY
VISIBLE.

EQUIPMENT

WEIGHT REQUIREMENT

MUST USE A 45-POUND
(20KG) OLYMPIC
BARBELL. POUND OR
KILO PLATES CAN BE
USED

USAGE REQUIREMENT

FIRST PLATE SHOULD
FACE LIFTER. ALL OTHER
PLATES SHOULD FACE
OUT TOWARD JUDGES

HOW TO FILM YOUR LIFTS

Check out this video:

https://drive.google.com/file/d/1uHHjjCUf8jn_-WuxX0Lq7IZbiZcTtmZ3/view?usp=sharing

SQUAT RULES

The lifter must unrack the weight under their own accord, stand with knees locked, and demonstrate an obvious level of control before the start of the descent to simulate a “start” command.

The lifter must descend to a “below parallel” position whereby the crease of the hip joint is below the top surface of the knee.

The lifter must ascend without the assistance of a spotter, resume their initial knees-locked position, and demonstrate an obvious level of control before racking the weight to simulate a “rack” command. No double-bouncing allowed.

Once the bar has begun its initial ascent, the bar may stop but may not go down for any reason. Any downward motion of the bar constitutes a no-lift.

All videos should be recorded from the same side at a 30-40 degree angle (approximately 4, 5, 7, or 8 o'clock). This will enable the judges to adequately assess legal depth.

BENCH PRESS RULES

The thumbs must be wrapped around the barbell at all times. No “suicide grip” allowed.

After the lifter removes the bar from the rack, with or without help from a spotter, the lifter must have locked elbows, and demonstrate an obvious level of control before the start of the descent to simulate a “start” command.

The lifter must lower the bar to the body and may touch anywhere on the torso. The bar must come to a complete stop and be held motionless at the chest for an obvious (discernible) pause. (No bouncing, no touch & go.)

After pausing, the lifter must press the barbell without the assistance of a spotter, resume their initial elbows-locked position, and demonstrate an obvious level of control before racking the weight to simulate a “rack” command.

Once the lift has begun, the lifter’s buttocks must remain on the bench throughout the entire lift. Lifters may bench with flat feet or on the toes and the head may come off the bench.

BENCH PRESS RULES

Once the bar has begun its initial ascent, the bar may stop but may not go down for any reason.

Any downward motion of the bar constitutes a no-lift. Uneven extension is allowed as long as the middle of the barbell does not drop at any point.

All videos should be recorded from the same side at a 30-40 degree angle (approximately 4, 5, 7, or 8 o'clock) clearly displaying the bar touching the lifter's torso and with full view of the buttocks.

DEADLIFT RULES

The lifter may employ any stance (conventional or sumo).

The lifter must place both hands on the barbell, with the grip of their choosing, and lift the barbell to an erect standing position with knees fully locked and shoulders back.

The lifter may not support the barbell on their thighs (hitch or ramping).

The barbell must be held motionless in the locked-out position and demonstrate an obvious level of control before returning the barbell to the floor to simulate a “down” command.

The hands must remain on the barbell and it must be lowered under control until it is returned to the floor (no dropping).

Once the bar has begun its initial ascent, the bar may stop but may not go down for any reason.

Any downward motion of the bar constitutes a no-lift.

All videos should be recorded from the same front 30-40 degree angle (approximately 1, 2, 10, or 11 o'clock) clearly displaying the locked-out, erect standing position upon completion of the lift.

VIDEO SUBMISSIONS

All nine videos should be submitted (including missed attempts).

The camera should be approximately knee/hip height in the SQ.

The camera should be approximately bench height for the BP.

The camera should be approximately waist-level during the DL.

Include the entire lift from start (set-up) to finish (once the hands leave the bar and it is safely back in the rack or on the floor).

PLEASE trim your videos. Judges do NOT need to see pre-lift routines including psych-up or chalking hands, etc.

Ensure that room lighting allows clear visibility.

Ensure the bar load can be clearly seen.

Ensure the entire body of the lifter can be seen at all times throughout completion of the lift.

VIDEO SUBMISSIONS

Singlets are preferred but optional.

If you do not wear a singlet, shorts or leggings/tights may be worn. Shorts should not be baggy and must NOT descend to the knees or cover the knee sleeves. No jeans, sweatpants, or wind pants allowed.

T-shirts must be tucked in shorts or leggings so the hip crease can be easily viewed and NOT obstruct legal depth. No long-sleeve shirts allowed or anything covering the elbows during the BP.

Belts, knee sleeves, and wrist wraps are allowed.

Squat/deadlift suits, bench press shirts, and knee wraps are NOT permitted.

Please see the explanation video here:

<https://drive.google.com/file/d/1mF89-Sh4zjlfXb114nqaX7tC-32PFMjD/view?usp=sharing>

No lifting straps, Versa Grips, or any other grip aids allowed.

Chalk is allowed.

Baby powder is allowed on the thighs during the DL.

VIDEO SUBMISSIONS

TIMESTAMPS APPS

All nine lifts must be performed (recorded) on the same day with a timestamp.

<https://apps.apple.com/ca/app/timestamp-camera-basic/id840110184>

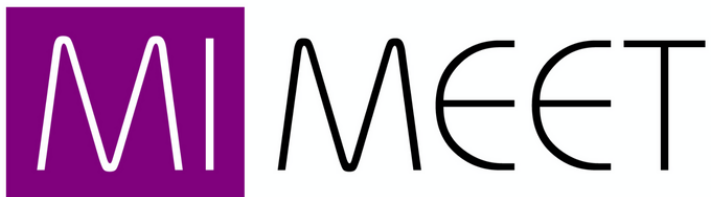
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JUDGING

A panel of three judges will review each lift. Two of three judges must agree for the lift to be considered a good lift (successful) or a no lift (unsuccessful).



As this is a virtual competition, we politely request that all participants uphold the values of honesty, good sportsmanship, and adhere to the rules as best as possible.



RULES

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SQUATS

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BENCH
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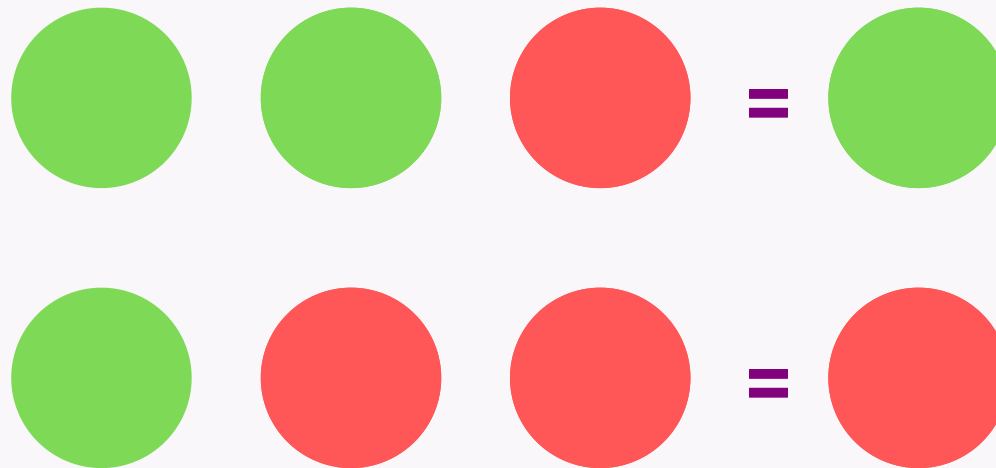
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