

Clarion University Intramural Sports

Powerlifting Rules

It is assumed that all Intramural Participants have read all policies and procedures in the [Intramural Sports Handbook](#). The purpose of this Handbook is to assure equitable and enjoyable participation as possible for all participants at Clarion University. All participants, referees and staff are responsible for all of this information

Events:

- Bench press: flat barbell bench press
- Deadlift: conventional deadlift, any hand position and grip
- Contestants can participate in one or both events

Weight Classes:

- Mens:
 - 135, 155, 175, 200, 225, 250, Up
- Women's:
 - 100, 120, 140, 165, 190, 215, Up

Equipment:

- Lifting will be done in the weight room of the Student Rec Center
- All benches and plates are provided
- Wrist straps are not provided but are allowed
- Chalk may be used- no messes!
- Lifting shirts are not permitted

Rules:

- Contestants are responsible for their own warm ups and stretching
 - It is encouraged that each contestant warms up properly to avoid injury
- Each contestant will have three (3) attempts for each event
 - Your best successful lift (highest weight) will count towards your score
 - Three (3) failed attempts will result in a 0
- Lifters designate the amount they wish to lift
 - You may start at any weight
- Lifting begins with the lowest start weight for each weight class
 - Lifting progresses from lightest to heaviest
- Bars will be loaded for each contestant and lifting begins
 - Spotters are provided, you may use your own if you wish
- Bench press requires a one (1) second pause
- If two contestants max at the same weight in their three attempts a tie breaker will occur
 - Five (5) pounds is added to the max weight and lifting continues until there is a winner
 - If both fail at the same weight it will result in a tie

Winners:

- A winner will be declared in each weight class of each division (men's & women's)
- You must compete in both events for a chance to win a t-shirt