

St. Louis Senior Olympics

Weightlifting Rules

RULES AND REGULATIONS

All competition will be conducted by the following 5 year age categories.

The following are the Weight Class Divisions within an Age Group:

| <u>MEN</u> | <u>WOMEN</u> |
|------------|--------------|
| 0 – 165 | 0 – 130 |
| 166 - 195 | 131 - 160 |
| 196 – 225 | 161 & Over |
| 226 & Over | |

In all events bench press, leg press and curls competitors will pick an opening weight, the opening weight is a competitor's first attempt. If the opening weight is a scratch meaning the competitor missed his/hers first lift, they will be disqualified for that particular event. If a competitor misses the second attempt they must stay at attempted weight or move up in weight for the third attempt. You may not drop down in weight for any attempt.

Three judges will be at all events. Judge will call "lifter ready" and then "lift."

BENCH PRESS

1. Equipment: Olympic Bar plates and Olympic flat bench
2. The competitor will lie flat on his/her back; feet must be flat on the floor. The lifter must start with arms fully extended in a locked position. If requested by competitor a lift off can be given on a three count. Competitor must touch chest with bar and push back to the locked out position. (No Bouncing) touch and go.
3. Shoulders and buttocks must be flat on bench at all times.
4. If spotter has to touch bar during the course of a lift the lift will be no good.
5. Lift must be continuous with no pause at bottom (Touch and Go).
6. Wrist wraps will be allowed for the bench press
7. NO lifting shirts or tanks of any kind will be allowed
8. Lifts will be increased in 10lb increments (i.e., 100 to 110 or 120, not 100 to 105).

LEG PRESS

1. Equipment: Leg press machine/Hip sled Olympics Plates
2. The competitor will begin in a reclined position with both feet on the platform and lift the weight to a locked out position/legs fully extended. The competitor will lower the weight until the thigh/upper leg and shin/lower leg form a 90 degree position or less. The competitor will then push the weight back to the locked out position for a complete lift.
3. No knee wraps will be allowed for leg press, unless it is for a medical condition (i.e. torn ACL)
4. Lifts will be increased in 20lb increments (i.e., 100 to 120 or 140, not 100 to 115).

ARM CURLS

1. Equipment Required: Olympic curl bar and Olympic weights.
2. Form Required: The competitor must be in a standing position. He/She will hold the bar in the fully extended position (against thighs). The lift begins in a still position against the thighs with a significant pause. The competitor cannot lift the bar from the ground to thighs and curl bar in a continuous motion. The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders.
3. During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward.
4. The bar may not bounce off the thighs at the beginning of the lift.
5. During the lift cycle, no back sway or leaning backward is allowed. The lift must be virtually level during the lift cycle.
6. Lifts will be increased in 10lb increments (i.e., 100 to 110 or 120, not 100 to 105).