

POWERLIFTING COMPETITIONS RULES & REGISTRATION

REGISTRATION

Sign up on-site, at the WARR Center, Bldg. 2525, on the day of the event.

FORMAT

- Competitors will perform three different lifts in the following: Barbell Back Squat, Barbell Bench Press, and Barbell Deadlift.
- Participants have two attempts to lift the heaviest amount of weight for each exercise for one rep.
- Participants will have three to five minutes to rest between exercises before performing their second attempt, as well as for their first attempt in a new exercise.
- Participants are allowed to wear lifting straps / wrist wraps for the deadlift and bench press, and knee sleeves/wraps for the deadlift or back squat.

SCORING SYSTEM

The total weight lifted from the three exercises will be divided by the competitor's body weight (which is retrieved when they register on-site on the day-of the event).

EXAMPLE: Back squat 300lbs + Bench Press 250lbs + deadlift 400lbs = 950lbs / 180lbs (competitor's body weight) = 5.277 score

AWARDS

Overall top place male & female (two prizes), heaviest lift per exercise - six prizes, potentially three prizes for males, and three for females.