

Powerlifting Contest Rules - SPANDAN 2024

Based on IPF Standards.

1. Events:

- Three main lifts: Squat, Bench Press, Deadlift.
- Athletes compete to achieve the highest combined total weight lifted across all three lifts.

2. Weight Classes (Men/Women):

- Men: 59kg, 66kg, 74kg, 83kg, 93kg, 93kg+
- Women: 47kg, 52kg, 57kg, 63kg, 69kg, 69kg+

3. Equipment:

- Knee sleeves (or wraps), wrist wraps, and a belt are permitted.
- No supporting shirts allowed for bench press.
- Use of chalk powder (or similar) is permissible.

4. Lift Procedures:

- **Squat:** Athlete must squat until the femur (thigh) is parallel to the ground and return to a fully upright position.
- **Bench Press:** Athlete must lower the bar to the chest (motionless) and press upward to arm's length.
- **Deadlift:** Athlete must lift the barbell off the ground to a fully erect stance.

5. Commands:

- Failure to follow referee's commands during the lift will result in a failed attempt.

- Commands: Squat - "Squat" & "Rack", Bench - "Start", "Press", & "Rack", Deadlift - "Down".

6. Attempts:

- Athletes are allowed three attempts for each lift.
- The highest successful attempt for each lift contributes to the athlete's total score.

7. Fouls:

- Failing to await or follow referee commands.
- Any downward movement during the lift.
- Lifting of the head, shoulders, or buttocks from the bench during the bench press.
- Stepping backward or forward during a lift.

8. Scoring:

- Total weight lifted from successful attempts across all three lifts determines the athlete's score.
- In case of a tie, the athlete with the lower body weight wins.

9. Conduct:

- Athletes must display good sportsmanship.
- Unsportsmanlike conduct may result in disqualification.

Please note: This is a condensed version of the IPF powerlifting rules. Participants should refer to the official IPF rulebook for a detailed understanding and any updates to the rules.