



# DESSPORTIVOS 2024

**Please read the following rules for our Desportivos powerlifting Competition**

## **Weight Categories**

**The weight classes are different for men and women. For men, the weight classes are under 66 kg , 66- 74 kg , 74-83 kg , 83-93kg , 93-105 kg and above 105 kg.**

## **COSTUME AND EQUIPMENT**

**If the participant is wearing a Singlet, it must be of single ply material. Although singlets are not mandatory.**

**Knee sleeves, wrist wraps, and weightlifting belts are allowed. Knee wraps, elbow sleeves, wrist straps are NOT allowed.**

**At weigh-ins, athletes must be prepared to give their opening attempts for SQUAT, BENCH, and DEADLIFT.**

**To help you set your first attempted weight, PLEASE READ ALL COMPETITION RULES BELOW.**

## **COMPETITION RULES**

**The order of the lifts is (1) SQUAT, (2) BENCH, (3) DEADLIFT**

### **. SETTING ATTEMPTS**

**The weight on the bar can only increase. If you miss your opening attempt you are not permitted to lower the weight on your next attempt. You can try the same weight on your next attempt or you can increase weight. Failure to make even a single successful attempt on a specific lift disqualifies you from the entire event.**



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## **SQUAT COMMANDS AND RULES**

**The squat has two commands: SQUAT and RACK. Failure to follow commands results in a failed attempt.**

## **BENCH PRESS COMMANDS AND RULES**

**The bench press has three commands: START, PRESS, and**

## **RACK. DEADLIFT COMMANDS AND RULES**

**The deadlift is the simplest of all three lifts and has one command:**

## **DOWN. OTHER IMPORTANT DEADLIFT INFO**

### **DO NOT DROP THE BAR**

**Once you have submitted the weight for your next attempt you cannot change it. Do not argue with the referees. Referees decision is final.**

