



The Official Special Olympics Rules for Powerlifting dated June 2016 will be in effect for the 2017-2018 SONC program year. This document is intended to be used in conjunction with United States Powerlifting Federation rules, and SOI rules. Therefore, those rules are not repeated here but they will be enforced unless in direct conflict to SONC modifications.

Events Offered¹

- Bench Press
- Deadlift
- Squat

Appropriate Attire and Equipment

Please refer to the SOI rules dated June 2016 for appropriate lifting attire and equipment.

Competition Modifications and Interpretations

- First round attempts must be submitted at weigh-ins.²
- A lifter must submit his/her second or third attempts within one minute of completing his/her preceding attempt. The one minute will begin from the time the lights are activated. If no weigh is submitted within the one minute time allowance, the lifter will be granted a 2.5kg increase on his next attempt. Should the lifter have failed his previous attempt, and not submitted a weight for a further attempt within one minute time allowance, then the bar will be loaded to the failed weight.³
- An athlete may have the option of using a 15kg bar for the bench press only. This bar may be used to the point that the 20kg bar can be used by the athlete.⁴
- For all other competition rule updates, please refer to the SOI rules.

Special Notices

- The Sport Development Team highly recommends athletes and coaches attend at training clinic prior to participation in state-level competition. There will be three clinics, and will start in January 2018.
- Mandatory weigh-ins will take place on Friday of SONC Summer Games. Any athlete not weighed-in at this time will be scratched from competition.
- Athletes that are registered for the triple combination will **not** be registered for the combination.
- Three unsuccessful attempts in any of the lifts will automatically eliminate the lifter from any combination event.⁵
- The minimum age to compete in powerlifting is 14.⁶
- SONC Summer Games
 - All weights are measured in kilos. This includes body weight. A conversion chart is located in the SOI rules.
 - Competition will be run as a full powerlifting meet, where athletes perform all lifts in one day.
 - Coaches will not be allowed to lift the bar for the athletes; spotters and loaders will do this while the coach remains in the coaches box.

¹ SONC modification of section 2.6. SONC will not be offering Unified Powerlifting for the 2017-2018 program year.

² SOI Section 6.1.5

³ SOI Section 6.1.6

⁴ SOI Rule 3.1.11

⁵ SOI Section 6.2.4.3

⁶ SOI Section 4.1.1.1