



VALOR GAMES FAR WEST

Powerlifting Rules

These sport rules are modified from Paralympic competition rules to suit the population of the Valor Games Far West. The Valor Games Far West is not a qualifying event for Paralympic Games or other Paralympic sanctioned events.

ELIGIBLE ATHLETES

- Athletes must be capable of fully gripping the bar with both hands. Partial hand and arm amputees may not participate, nor stroke survivors nor individuals with quadriplegia.
- Athletes will be awarded by gender and weight class, as reported on their application

GENERAL EVENT RULES

- This is a bench press competition.
- Athletes must wear a 100% cotton t-shirt with sleeves that expose the elbow. Logos on shirt must only be the games shirt / Military branch or USA. Athletes may wear shorts or sweat pants. No dress shoes or jeans.
- T-shirt sleeves must not go lower than elbow so that when the athlete is lifting, judges can see the elbow.
- Appropriate language is expected on the bench to respect the bar as well as fellow competitors. Any athlete using profane language will be asked to leave the competition.
- The bar will be loaded progressively, so once the first attempts are given, it may only be changed one time / within 5 minutes of the start of competition.
- There will be three benches and each bench will have one judge. S/he will determine if it is a good lift.
- A good lift is defined as: holding the bar in start position (above the pectoral area, motionless with elbows locked out) until the referee says "start". The bar shall move under control downward, touch the chest, pause and ascend controlled and held motionless at the top until the referee says "rack". At this point the spotter will assist the athlete to rack the bar.
- Bad lifts are: starting or racking before the command / touching and go on the chest without pausing/ bouncing the bar on the chest / uneven extension.
- After the attempt, each lifter shall leave the bench and go to the table to give his/her next attempt. There will be a board so athletes can see where they are placing with regard to their competitors so that an informed decision about the next attempt can be made.
- Each competitor shall have three attempts. Medals shall be awarded based on the highest three lifts in each weight class category. All weights will be in pounds.