



**Power Lifting
Competition Rules**

1. **Purpose:** To disseminate information and instruction pertaining to Open Power Lifting Tournaments.
2. **Eligible Participants:** Open Island-wide.
3. **Division:**

Bodyweight categories:

a. Female Open Weight Classes:

- 47 Kg & UNDER
- 47.01 Kg - 52 Kg
- 52.01 Kg - 57 Kg
- 57.01 Kg - 63 Kg
- 63.01 Kg - 72 Kg
- 72.01 Kg - 84 Kg
- 84.01 Kg & OVER
- MASTERS DIVISION / 40 YRS & OVER

b. Male Open Weight Classes:

- 59 Kg & UNDER
- 59.01 Kg - 66 Kg
- 66.01 Kg - 74 Kg
- 74.01 Kg - 83 Kg
- 83.01 Kg - 93 Kg
- 93.01 Kg - 105 Kg
- 105.01 Kg - 120 Kg
- 120.01 Kg & OVER
- MASTERS DIVISION / 40 YRS & OVER

4. **Rules:** The International Power lifting Federation (IPF) rules will apply as modified by these By-laws or the Tournament Director.

5. **Competition Bylaws.** Competition will be conducted in the following lift sequence in all divisions:

Squat Bench Press Dead lift

a. Competition takes place between lifters in categories defined by sex and bodyweight.

b. Each competitor is allowed three attempts on each lift.

c. Lifters failing to achieve a total are eliminated from the overall competition.

d. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.

e. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter.

f. The overall male and female winner of the competition will be determined using the Wilks formula.

6. **Awards:** Individual awards will be given to the 1st, 2nd and 3rd place in each weight division. There also be an Overall award given to the top male and female lifter.

7. **Officials:** There will be three Officials used during all competition.

8. **Tournament Director:** The Tournament Director or MCCA representative will be responsible for the administration of the tournament and all aspects thereof. Any and all decisions are final.

