



DESSPORTIVOS 2023

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 59 kg, 59-66 kg, 66- 74 kg, 74-83 kg, 83-93kg, 93-105 kg, up to 120 kg and above 120 kg.

COSTUME AND EQUIPMENT

Though athletes are not required to wear a singlet for this competition, we strongly recommend it because it allows the referees to judge the lifts accurately.

Singlets must be of single ply material. Wrestling singlets are fine. Multi-ply singlets are not allowed. Multi-ply squat shorts are not allowed. T-shirts must be worn underneath singlets.

Athletes not wearing singlets must wear shorts that are no longer than mid-thigh. Basketball/long shorts are not allowed. Shirts must be tucked in during the competition.

All athletes must wear short sleeved T-shirts. Sweatshirts, long sleeve shirts, and tank tops are not allowed. No vulgar language is allowed on T-shirts.

Knee sleeves, wrist wraps, and weightlifting belts are allowed.

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



DESSPORTIVOS 2023

ALL ATHLETES MUST WEAR LONG SOCKS FOR THE DEADLIFT. Socks must come up to the bottom of the knee. Soccer socks are fine. ATHLETES WILL NOT BE ALLOWED TO COMPETE IN THE DEADLIFT WITHOUT LONG SOCKS.

At weigh-ins, athletes must be prepared to give their opening attempts for SQUAT, BENCH, and DEADLIFT. ATTEMPTS MUST BE GIVEN IN KILOGRAMS.

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 run in a flight system. After all lifters complete all three squat attempts, the meet progresses to bench press. All athletes complete all three attempts at bench then all athletes move on to the 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 a successful attempt on a specific lift disqualifies you from the entire event. For example, if you miss all three squat attempts you cannot move on to the bench and deadlift. It is important to choose numbers wisely and know the rules (see below).

In each lift your opening attempt should be a weight you can move easily. Your second attempt will be more difficult while your third attempt should be the goal you are shooting for in the meet. When setting your opening attempts please note that squats must hit below parallel and bench press attempts are all paused.



DESSPORTIVOS 2023

After each attempt you must immediately go to the scoring table and give the table the weight for your next attempt. You are allowed 60 seconds. If you don't provide weight within 60 seconds your next attempt increases 2.5kg by default.

We are using kilo plates in this meet, so all weights must be provided in kilograms. All weight increases must be a minimum of 2.5kg increments (5.5lbs). See chart link above.

SQUAT COMMANDS AND RULES

The squat has two commands: SQUAT and RACK.

Once you un-rack the bar, hold it steady. Once steady the head referee will say SQUAT. Wait to hear the command before you squat.

Squats must hit below parallel (hip crease below top of knee).

Once you begin to stand the bar path must continue up. If the bar starts to go back down at any point the head referee will tell the spotters to help you move the weight back into the rack.

Your feet must stay connected to the ground. If your feet move at all during the lift it is disqualified.

Once you stand up and show control at the top of the squat the referee will give the RACK command. You may now move the weight to the rack.

Failure to follow commands results in a failed attempt.



DESSPORTIVOS 2023

OTHER IMPORTANT SQUAT INFO

If you cannot successfully complete the lift, stay with the bar. Do not ditch the bar. Spotters and loaders are there to help you if you cannot successfully make the attempt. If you drop the bar, you put yourself and the spotters at risk. If you drop the bar, you will be disqualified.

BENCH PRESS COMMANDS AND RULES

The bench press has three commands: START, PRESS, and RACK.

Once you lift off the bar, hold it steady. Once steady the head referee will say START. Wait to hear the command before you move the weight down.

Move the weight down and hold the bar on the chest motionless (this is the pause). At the pause the head referee says PRESS.

Press the weight and hold it at the top with arms locked out. Once the bar is motionless at the top the referee says RACK. Wait to hear the command before you rack the bar.

Failure to follow commands results in a failed attempt.

OTHER IMPORTANT BENCH PRESS INFO

Your butt must always touch the bench. If your butt comes off the bench at any time during the lift that's a failed attempt. Your feet must also stay in contact with the ground.



DESPORTIVOS

2023

You may have someone give you a lift off if you like.

DEADLIFT COMMANDS AND RULES

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

Once the platform is ready you approach the bar.

Lift to a full lockout of hips and knees. Once you initiate the lift the bar must continually move upwards. If the bar starts to go back down the lift is over. The bar cannot rest on the thighs at any point during the lift. Hitching or ratcheting the weight up is not allowed.

Once at the top, wait to hear the head referee say DOWN then return the bar to the ground under control.

OTHER IMPORTANT DEADLIFT INFO

Straps are not allowed on the deadlift.

Once you hear the DOWN command keep your hands on the bar until the weight touches the platform. Failure to keep your hands on the bar results in a failed attempt. If you drop the bar on purpose or in a celebratory fashion you will be disqualified from the meet.

DO NOT DROP THE BAR



DESSPORTIVOS 2023

OTHER RULES AND THINGS TO KNOW

You have 60 seconds after each attempt to inform the score table of your next attempt after a successful lift. If you do not inform the score table within 60 seconds your weight will increase by the default of 2.5kg (5.5lbs). If you missed the attempt the weight for your next attempt does not change.

Once you have submitted the weight for your next attempt you cannot change it. Remember that the weight can only stay the same or increase. You cannot decrease the weight from your previous attempt. So if you miss a 100kg bench press attempt you cannot go down to 90kg on your next attempt. If you miss all three attempts on any given lift, you are disqualified from the meet. Choose your weights wisely.

There is no cursing on the platform. If you cuss on the platform you are disqualified.

Do not argue with the referees.