



Special Olympics ***Missouri***

POWERLIFTING

The Official Special Olympics Sports Rules shall govern all Special Olympics Powerlifting competitions. As an international Sports Program, Special Olympics has created these rules based upon the International Powerlifting Federation (IPF) and National Governing Body (NGB) Rules. IPF or National Governing Body rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

A. Events Offered by Special Olympics Missouri (SOMO will not allow Squats)

1. Bench Press
2. Dead Lift
3. Squat
4. Combination Lifts

B. Competition Uniforms

1. All powerlifters shall wear a one-piece, full length lifting suit of one-ply stretch material without patches or padding. A non-supportive weightlifting/wrestling type suit is also legal a legal suit. The straps of the suit must be worn over the shoulders at all times while lifting in competition. The lifting suit shall also be subject to the following requirements. (See Rule 2 Costume and Personnel Equipment)