

# Powerlifting Rules and Info

## Who can compete?

This is an Amateur/Unsanctioned powerlifting competition for all U.S./NATO ID card holders aged 18+ across the Benelux and Europe region. We encourage first time powerlifters to those who have competed before. The event's primary goal is to bring our fitness community together in a supportive and welcoming environment for all.

## How do I register for the event?

Registration begins September 1<sup>st</sup> and is open to the first 40 people and closes on November 14, the day before the competition. You must register via the Google form. Registration must be paid at the Chievres Fitness Center or Brussels Fitness Center no later than the morning of the event.

## What is the cost of the event?

The registration fee is \$10 and can be paid for at the Chievres or Brussels Fitness Center via U.S. credit card only.

## How will the event be judged?

The Wilks Formula: For this event, we're using the Wilks formula in place of weight classes. The Wilks Formula calculates a score that considers both the lifter's body weight and total weight they lift. This means that regardless of your body weight, your performance will be judged based on the Wilks formula score, ensuring fairness for everyone.

No Age Categories: There will be no separate age categories as the Wilks formula helps ensure that everyone competes fairly based on their strength relative to their body weight.

## Competition timeline:

08:00-09:30: Check-in, Equipment Check, Weigh-In: Belts, wrist straps, knee sleeves, and clothing will be inspected to ensure they meet competition standards. All participants must weigh in during this time. Weigh-ins will be conducted in private with designated weigh-in stations.

09:30: Rules & Safety Briefing: Detailed explanation of competition rules, including the use of the Wilks formula, lift commands, safety protocols, proper spotter techniques, and emergency protocols.

09:45: Warm up for Squats

10:00: Event Begins

13:00: Lunch Break

13:30: Event Resumes

16:00: Estimated end of competition. May vary based on participants.

**\*\*\*For safety reasons, competitors who arrive late will not be permitted to participate.\*\*\***

**Is there a dress code for the competition?**

Yes, participants must wear form-fitting clothing. No baggy clothing is allowed. This is to ensure the judges can accurately assess the lifts. Singlets are welcome but not necessary. Professional compression singlets are not permitted.

**What type of straps or sleeves are allowed?**

Only wrist straps, knee sleeves, and belts are allowed. All equipment will be inspected during check-in. If you have additional questions, please contact us at [ChievresFitnessCenter@army.mil](mailto:ChievresFitnessCenter@army.mil).

**Can I bring friends, family, or guests to the competition?**

YES! And we highly encourage you to bring as many supporters as you wish to cheer you on. Please note that to enter Chievres Air Base, you guests must be US or NATO ID holders. Fitness Center Staff will not be responsible for signing any guests onto the installation.

**Are lodging accommodations available for those traveling from afar?**

Yes, we have partnered with the Chievres Lodge and have secured a room rate of \$186 per night for the nights of 14 & 15 Nov. You must call the hotel directly and ask for the Powerlifting rate. Rooms are first come, first served and are not guaranteed without a reservation. Chievres Lodge can be contacted at +32 068 26 7111 or DSN 314 597 5233.

**Will there be food and beverages during the event?**

Yes, Bene Brew, located next to the Fitness Center, will serve food from 1000-1400 during the competition. We are hoping to have some food truck options as well, but the Commissary and Exchange will be open during the length of the competition.

**How many lift attempts can be made and how much time is between lifts?**

Each competitor will have 2 lift attempts for squats, bench, and deadlifts of one minute each.

**Is hitching allowed?**

No. Hitching, supporting the bar on the quads once it has passed the knees in a deadlift, will not be allowed.

## Judging Criteria

**No lift = the lift attempt is lost and will not count.**

### **Squat (Depth):**

- The lifter must reach proper depth with the hip crease below the top of the knee before returning to the upright position.
- Double bouncing, or more than one recovery attempt at the bottom of the lift, or any downward movement during the ascent is not allowed and will be considered no lift.
- Stepping backward or forward or moving feet laterally is not permitted. The lifter must maintain their foot position until the lift is completed and the referee signals to re-rack the bar. This rule ensures that the lifter's stance remains consistent and prevents any unfair advantage or imbalance during the lift.
- Rocking the feet between the ball and heel is not permitted for safety reasons. This means the lifter cannot shift their weight excessively from their toes to their heels or vice versa. Such movements can be unsafe, leading to instability and potential injury. The lifter's feet must remain flat on the platform throughout the squat to ensure a stable and controlled lift.

### **Bench Press (Pause):**

- The bar must be motionless on the chest before receiving the "Press" command.
- Any downward movement of the bar in the course of being pressed out is not allowed and considered a no lift.
- Heaving (bouncing off the chest) of the bar after it has been motionless on the chest or abdominal area is not allowed and considered a no lift. The bar can touch the chest but not heave off the chest.
- At all times of the lift, head, shoulders, and buttocks must remain in touch with the bench. If at any point of the lift execution the lifter's head, shoulders, and buttocks are no longer in contact with the bench, it is a no lift.

### **Deadlift (Control):**

- The lifter must maintain control of the bar throughout the lift and while lowering it back to the floor. Once the bar is lifted, it is not allowed to drop to the floor and the hands must maintain contact with the bar on the descent.
- Any downward movement of the bar before it reaches the final position will be a no lift. If the bar settles as the shoulders come back, this will not be a reason to disqualify the lift.
  - **Bar Settling as shoulders come back:** When completing a deadlift, the lifter often finishes by pulling their shoulders back to fully lock out the lift. In some cases, as the lifter pulls their shoulders back, the bar may slightly settle or move downward momentarily. This is a natural movement, and as long as the lifter maintains control of the bar and completes the lift with the bar in a locked position, it should **not** result in disqualification. The key is that the lifter finishes the lift in a controlled manner with the knees and hips fully extended and the shoulders back.
- Supporting the bar on the thighs during the performance of the lift (hitching) will not be allowed.

### **Failure to Comply**

- Any lift attempted before receiving the correct command will be disqualified.
- Any lift completed without waiting for the "Rack" or "Down" command will be considered a failed attempt.

## **Lift Command Overview**

**Lifters should familiarize themselves with the commands and the judging criteria to avoid unnecessary disqualifications. Judges' decisions are final. Appeals on judgement calls are not allowed unless there is a clear violation of the rules.**

### **Squat**

**“Squat”:** Once the bar is securely positioned on the lifter’s back, the head judge will give the command “Squat”. The lifter must then perform the squat.

**“Rack”:** After completing the squat (reaching full depth and returning to an upright position), the lifter must wait for the “Rack” command before returning the bar to the rack. The lift is only complete when the bar is safely racked.

### **Bench Press:**

**“Start”:** After un-racking the bar and holding it with elbows locked out, the lifter will receive the “Start” command. The lifter must lower the bar to the chest and pause.

**“Press”:** Once the bar is motionless on the chest, the head judge will give the “Press” command. The lifter must then push the bar upward until the elbows are locked out.

**“Rack”:** The lifter must wait for the “Rack” command before returning the bar to the rack. The lift is complete only when the bar is safely racked.

### **Deadlift**

**“Lift”:** The lifter may begin the lift at their discretion without a specific command. The bar must be lifted smoothly until the lifter is standing fully upright with shoulders back and knees locked out.

**“Down”:** After the lifter has reached the correct upright position, the head judge will give the “Down” command. The lifter must lower the bar under control until it touches the floor. Dropping the bar will result in a no lift.