

POWERLIFTING

CATEGORIES / EVENT CODES

Bench Press

Dead Lift

FLORIDA SENIOR STATE GAMES

OPEN – no qualification is necessary

ENTRY REGULATIONS

1. Divisions will be contested in accordance with Senior Games five-year age increments starting 50-54 through 100+.
2. USA Powerlifting membership is not required.
3. Proof of age will be required at weigh-in (birth certificate w/ picture I.D., Driver's License or State I.D.).

FORMAT

1. Each division will be divided into weight classes as follows:
Men (lbs.)
123, 132, 148, 165, 181, 198, 220, 242, 275, & SHW
Women (lbs.)
105, 114, 123, 132, 148, 165, 181, 198, 198+
2. Each division will be divided into age groups in accordance with Florida Senior Games Rules of Competition.
3. Each athlete shall be granted three (3) attempts in the bench press competition.

SPORT RULES

Competition will be conducted in accordance with all USAPL/IPF rules and regulations. These rules can be found online at: http://www.powerlifting-ipf.com/ipf_technical_rulebook.htm

NATIONAL SENIOR GAMES QUALIFYING RULES

Powerlifting is not part of the National Senior Games program.

STATE DIRECTOR

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