



Powerlifting

Bench Press, Deadlift, Squat and Strict Arm Curl

DATE	Sunday, June 9, 2023	LOCATION	The Pit Barbell Club 5221 Oak Grove Road Evansville, IN 47715
TIME	9:00 am Central Time Early Weigh in: Saturday 11 am – 6 pm Weigh In and Check In: Sunday 7am – 8am		

EVENT INFO **Order of events:** Squat, Bench Press, Deadlift and Curl (all lifters entered in event will complete that event before moving to the next event).

The events are as follows:

Squat Bench Press Deadlift

Any lifter entering all three lifts will also be entered in the Powerlifting Total competition. Lifters may also enter the strict curl.

GENERAL INFORMATION

The following age divisions will apply to both men and women for all individual competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+. Age divisions for competition will be determined by the age of the athlete as of December 31, 2024. No onsite registration is allowed. The top four finishers in age, gender, and division will advance to the National Senior Games to be held July 24 – Aug 3, 2025 in Des Moines, Iowa.

MEDALS

Medals are given to 1st (Gold), 2nd (Silver), 3rd (Bronze) in each age group. The Indiana State Games allows and encourages athletes from out of state to participate. The definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

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COORDINATOR Coordinator will be responsible for all event issues that arise.
Meet Director/Questions: Mike Stagg (812) 431-9113, staggm2@gmail.com

QUESTIONS Contact IndianaStateGames@gmail.com or call 812-297-9568

RULES: All powerlifting rules will follow IPF/WDFPF standards except as follows

1. Senior Games lifters will not be drug tested.
2. Attire may vary from IPF/WDFPF rules so long as site judges do not deem that it gives any unfair advantage nor creates any type of safety issue (excessively loose clothing for example)
3. Knee Sleeves are allowed so long as judges approve them.
4. Wrist wraps and weightlifting belts are allowed.
5. Elbow sleeves are NOT allowed in the bench press event nor in the strict curl.
6. Weigh in and equipment check will be open Saturday at the venue from 11am to 6pm and on the morning of the competition from 7am to 8am.

Strict Curl Rules

1. An EZ Curl bar loaded to the attempt will be placed in a rack in front of the lifter.
2. When told "READY" the lifter will unrack the weight and stand against the wall with the shoulder and hips against the wall with the bar in the uncontracted position.
3. When the lifter is in the proper position the referee will give the "CURL" command. The lifter must raise the bar while keeping constant contact against the wall with the hips and shoulders.
4. At the completion of the movement the referee will say "DOWN". Once the bar reaches the non-contracted position, the referee will say "RACK" at which point the weight can be returned (with assistance if needed) into the rack.