

# Oklahoma Senior Olympics Weightlifting Regulations

## GENERAL PROVISIONS

- ✦ There will be three weightlifting events: Leg Press, Bench Press, and Arm Curl. There will be two stamina events: Push-ups and Sit-ups (crunches).
- ✦ The competition is designed for men and women, with each competing against his/her own sex only.
- ✦ All competition will be conducted by the following age categories: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85+.
- ✦ There will be a judge for each event.
- ✦ Competitors compete in their respective age categories within their weight class in bench press, leg press, and arm curls. The top three persons in each age group and weight class receive awards. Push-ups and sit-ups are conducted in age groups only. (Rationale: Weight is not a factor in non-strength events.) Each age group for men will have four weight classes and each age group for women will have three weight classes. Winners will be determined by the most weight lifted (on a single lift) in each event. **We use this method at the State games due to the large number of entrants.**

### Weight Class Divisions Within an Age Group:

#### MEN

0-165  
166-195  
196-225  
226 & Over

#### WOMEN

0-130  
131-160  
161 & Over

- ✦ Two of our three local games will use a percentage formula due to a smaller number of entrants. In these local games, there will be no weight classes within the age categories. The percentage formula is based on the percentage of body weight lifted. **The formula for each weightlifting event will be: WL (weight lifted) divided by BW (body weight).** For example, a lifter who weighs 200 pounds and lifts 150 pounds will be credited with a 75% lift. Winners will be determined by those lifting the highest percentage of their own body weight in each event.
- ✦ Each competitor will have three attempts in each of the weightlifting events (bench press, leg press, and arm curls). However, if the competitor cannot complete the lift on his first attempt, the competitor is disqualified. If the competitor completes the qualifying lift (first lift) successfully, but misses on the second attempt, the third attempt must be at or above the weight attempted on the second attempt.
- ✦ Body weight will not be a consideration in the push-up and sit-up competition.

## AWARDS

- ✦ Awards will be given as follows:  
Individual Awards: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners will receive medals.

## LEG PRESS

- ✦ Equipment required: The prone leg press machine, sometimes called the hip sled, will be utilized.
- ✦ Form Required: The competitor will begin in the reclined position with both feet placed on the footplate. With the assistance of spotters, the competitor will lift the weight until the legs are fully extended and straight. This is the starting position. Then the competitor will lower the weight until the upper leg (thigh) and lower leg (shin) form an angle of 90 degrees or less. The weight will be returned to the full locked out position (equal to the starting position).

A judge will be used to determine if a 90 degree or less angle was achieved.

## **BENCH PRESS**

- ✦ Equipment Required: Olympic Bar and plates; Olympic bench.
- ✦ Form Required: The competitor must lie flat on his/her back on the bench with feet flat on the floor. The lift begins with arms fully extended. The competitor must bring the bar to the chest and return to the fully extended position. No significant pause is required, but the bar must touch the chest (No Bouncing).
- ✦ The competitor must keep their feet flat on the floor during the lift.
- ✦ The buttocks must remain on the bench during the entire lift.
- ✦ The lift must be continuous – no distinct pauses and restarts are allowed during the lift cycle.
- ✦ The lift must be virtually level during the lift cycle.
- ✦ A spotter may help the participant lift the bar from the rack, but may not assist or touch the bar during the lift cycle.

## **ARM CURL**

- ✦ Equipment Required: Olympic curl bar and Olympic weights.
- ✦ Form Required: The competitor must be in a standing position. He/She will hold the bar in the fully extended position (against thighs). The lift begins in a still position against the thighs with a significant pause. The competitor cannot lift the bar from the ground to thighs and curl bar in a continuous motion. The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders.
- ✦ During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward.
- ✦ The bar may not bounce off the thighs at the beginning of the lift.
- ✦ During the lift cycle, no back sway or leaning backward is allowed.
- ✦ The lift must be virtually level during the lift cycle.

## **PUSH UPS**

- ✦ Equipment Required: 2" x 4" x 4" block

- ✦ For Men:

The push-up begins with the face downward prone position with arms extended and the lower body supported by the toes only. The hands must be approximately shoulder width. One push up is completed when the competitor lowers himself to the floor and returns to the upright position. The small block mentioned above will be placed on the floor beneath the competitor at the chest bone. To be a valid push-up the competitor must at least touch the block when he lowers himself during the push-up cycle. The body must remain virtually straight and rigid (the buttocks must be raised with the rest of the body during the push-up).

- ✦ For Women:

The regulations are the same as the men's except the women's starting position will be from the face downward prone position with arms extended and the lower body supported by the knees rather than the toes.

- ✦ Timed Event: This is a sixty-second event. The goal is to perform as many correct push-ups as possible during this period. Pauses are allowed only in the upright position.

## **SIT UPS**

- ✦ Equipment Required: None.
- ✦ Form Required: The sit up begins with the competitor lying prone on his/her back with knees bent upward (heels pulled backward toward the buttocks). A spotter may be used to hold feet. The arms must be crossed over the chest. A sit-up is complete when arms make contact with the thighs and the competitor returns to the prone position. The elbows may not be extended during the sit-up. Fingertips must touch shoulders at all times.
- ✦ Timed Event: This is a sixty-second event. The goal is to perform as many correct sit-ups as possible during this period. Pauses are allowed at any time.