

ESPERER ALL INDIA OPEN POWER LIFTING CHAMPIONSHIP 2024 RULES AND REGULATIONS

- All lifts must be taken in the same sequence in all "three-lift competitions."
 - Squat
 - Bench Press
 - Deadlift.
- Competition takes place between lifters in categories defined by sex, body weight & equipment division. The Men's and Women's Open class permit lifters of any age more than 10 Years
- Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift, disregarding any Fourt attempts for record purposes, counts toward his competition total.
- The winner of a category shall be the lifter who achieves the highest total.
- The remaining lifters shall be ranked in descending order of total.
- Lifters failing to achieve a total are eliminated from the competition. If two or more lifters achieve the same total, the lighter lifter by body weight ranks above the heavier lifter as determined at weigh-ins.
- If bodyweight at weigh-ins is the same both lifters will be imminently re-weighed. The lifter with the lower body weight will be the winner.
- The total of each weight class winner is converted into wilks point and the participant with highest wilks wins the overall championship/strongman-strongwomen title.
- Weighing-in of the competitors must take place no earlier than two hours before the start of the competition or not more than 24 hours before the start of the competition. The weigh-in period will last a minimum of one and a half hours. During the weigh-ins, a bodyweight class limit sheet should be located near the scale for reference for the officials and the lifters. Lifters must be weighed in either their singlet or in their underwear or nude and without shoes or belt, jewelry, or other items which do not effectively change the lifter's weight may be left on. Lifter may keep socks on. In competitions where women are competitors, the weigh-in procedure may be altered to ensure that officials of the same sex weightlifters. Additional female officials may be appointed for this purpose. Each lifter may only officially weigh-in once. Only those whose body weights are heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the time allowed for the weighins otherwise; they will be eliminated from the competition for that bodyweight category.
- Wraps not exceeding 1 meter in length and 8 cm (3.1 in) in width may be worn.
- One-ply elasticized neoprene knee sleeves or supporter not exceeding 30 cm in length or 7mm in thickness may be worn. Knee sleeves can be of any color or combination of colors.
- Knee Wraps are only allowed in Raw KW, Single Ply, and Multi-Ply
- Elbow sleeves may be used during squat and deadlift only
- Lifting shoes or boots shall be worn. They may be of any color or colors.
- A supportive lifting suit may be worn only in competitions which are designated as Equipped. A supportive lifting suit may be worn for all lifts in competitions which are designated as an Equipped (in which a non-supportive lifting suit may instead be worn). The suit-straps must be always worn over the lifter's shoulders in all lifts in all competitions.

Weight Categories

Women's: kg	men's: Kg
Below 50	Below 55
50 to 60	55 to 65
60 to 70	65 to 75
70 to 85	75 to 90
85 plus	100 plus

POWERLIFTS AND RULES OF PERFORMANCE

Squat

- The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and/or in contact with the inner collars.
- After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
- Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one descent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.
- The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
- The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to and replacing it in the racks. The lifter must stay with the bar during this process.

Causes for disqualification of a Squat:

- Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- Double bouncing at the bottom of the lift, or any downward movement during the ascent.
- Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
- Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees, as in the diagram.
- Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.

- Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals in order to make the lift easier.
- Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
- Any dropping or dumping of the bar after completion of the lift.
- Failure to comply with any of the items outlined under Rules of Performance for the squat.

Bench Press

- The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift.
- To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform.
- Not more than five and not less than two spotter / loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off, if assisted by the spotter / loaders, must be at arm's length.
- The spacing of the hands shall not exceed 81 cm measured between the forefingers. If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.
- After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with elbows locked in the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless, and the bar properly positioned. For reasons of safety the lifter will be requested to "Re-place" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
- The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".
- After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum breastbone), hold it motionless on the chest, after which the Chief referee will signal the audible command "Press". The lifter must then return the bar to arm's length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.
- If anatomically, the arms cannot be fully extended the lifter must produce a certificate issued by the Medical Committee.

Causes for Disqualification of a Bench press.

- Failure to observe the Chief Referee's signals at the commencement, during, or completion of the lift.
- Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.
- Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
- Any pronounced / exaggerated uneven extension of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.

- Failure to press the bar to full extension of the arms at the completion of the lift.
- Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, to make the lift easier.
- Any contact of the lifter's feet with the bench or its supports.
- Deliberate contact between the bar and the bar rests support.
- Failure to comply with any of the items outlined under the Rules of Performance.

Deadlift

- The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- On completion of the lift the knees shall be locked in a straight position and the shoulders back.
- The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- Any raising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

Causes for Disqualification of a Deadlift.

- Any downward movement of the bar before it reaches the final position.
- Failure to stand erect with the shoulders back.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
- Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
- Lowering the bar before receiving the Chief Referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.
- Failure to comply with any of the items outlined under Rules of Performance

STRICTLY PROHABITED

- The use of, oil, grease, or other lubricants on the body, costume, or personal equipment is strictly forbidden.
- The use of any form of adhesive on the underside of shoes or boots is strictly forbidden.
- The uses of substances like ammonia snaps, smelling salt, etc. cannot be used anywhere near the lifting platform. Lifter is responsible for disposing of these substances after his attempt.
- Doping is prohibited to enforce strict anti-doping policies and maintain the integrity of the sport.

EVENT DETAILS & GUIDELINES

Please scan QR code here to enroll this Event



EVENT Name: ESPERER ALL INDIA POWERLIFTING CHAMPIONSHIP

EVENT Date: 26-27-28 January 2024

Location: Bandra west St Joseph Highschool.

last date to enroll for this event is 24 January 2024.

Note: We would like to inform you that our company has a strict no-refund policy. Before enrolling, we encourage you to review details and ask any questions they may have and

Also, you can find details about the event on <https://www.esperersm.in/> for more information.
contact:

Falak Naaz- 9307861039

Chhaya Waghmare: 8291747122

1. Participants must adhere to the designated areas and facilities assigned for the sporting event.
2. Respect the venue's rules regarding equipment usage, ensuring that only approved items are utilized during the event.
3. Maintain a clean environment by properly disposing of trash in designated bins.
4. Follow any specified dress code or uniform requirements set by the event organizers.
5. Abide by the schedule provided, arriving on time for events and promptly vacating the premises afterward.
6. Any damage to the venue caused by participants must be reported immediately to event organizers.
7. Participants are expected to display good sportsmanship and fair play, adhering to the principles of friendly competition.
8. Compliance with all safety protocols, including emergency procedures, is mandatory.
9. Use of prohibited substances or engaging in unsportsmanlike behavior may result in disqualification.
10. Any disputes or concerns should be reported to event officials for resolution