

POWERLIFTING

EVENTS

Bench Press
Deadlift Only

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN – no qualification is necessary

FORMAT

1. Each division will be divided into weight classes as follows:

Men (lbs.)

130.00lbs/59.00kgs, 145.50lbs/66.00kgs, 163.00lbs/74.00kgs, 182.75lbs/83.00kgs, 205.00lbs/93.00kgs,
231.25lbs/105.00kgs, 264.50lbs/120.00kgs, 264.50+lbs/120.00+kgs

Women (lbs.)

103.5lbs/47kgs, 114.5lbs/52kgs, 125.5lbs/57kgs, 138.75lbs/63kgs, 152.00lbs/69kgs, 167.50lbs/76.00kgs,
185lbs/84kgs, 185+lbs/84+kgs

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 and deadlift.

4. Raw/Unequipped Lifting is defined as: Non-supportive singlet, wrist wraps, and knee wraps only.