



LORI PIESTEWA POWERLIFTING 2024

Rules and Regulations

You will get the chance to test your strength on Bench, Squat, and Deadlifts. You're given three attempts to receive a good lift. Each lift is judged on a red-to-white light system in which lifters must get 2 white lights out of 3 or 3 white lights out of 3 to have a successful lift. Before the competition, you will find your rack height for Squats and Bench so that we're able to make the correct adjustments during the competition. In addition, after we get your weight and set you in the appropriate weight class, we will ask you for your open lifts for Squat, Bench, and Deadlifts in Kilograms. Note that these lifts you give us will be the first lifts you will do on your first attempt. In all of the lifts, if you're Unable to lift the weight due to poor form or lack of strength, you cannot move the weight back down but instead either stay at the same weight you started at or move up 2.5kg in weight until you either lifted the weight successfully or failed all three attempts.

SQUAT

The lift is judged based on a couple of key things like breaking the parallel of the squat where the hip crease goes below the knees, squatting the weight successfully, and obeying the commands that the head judge says.

BENCH

First, your upper body and butt must remain in contact with the bench at all times during the lift for it to be considered a good lift. Next, the lifter must follow the commands the judge says. “

Unrack, Start, Press, and rack” which are all movements of the bench.

DEADLIFTS

This lift the judge will give you one command and that is a down command after you have completed the lift and locked out on top of the lift. The judges can determine if the lift is good or not by seeing if you're hitching/ramping, have a soft lockout, or are unable to perform the lift.

There is an 1st, 2nd, and 3rd place winner for each weight class that signs up; however, we're also giving additional awards to the top 3 best lifters overall based on a system called DOTS which compares their body weight to the total amount of weight lifted.