



2016 Rule Change Summary

Powerlifting

Change From	Change To
Old Formatting	New Formatting with numerical system for ALL sections See also date change at footer to reflect June 2016
Section A - Official Events	ADD: New Official Events Unified Sports Powerlifting
Section B - Equipment	ADD: Equipment 3.1.11 An athlete may have the option of using a 15kg bar for the bench press only. This bar may be used up to the point that the 20kg bar can be used by the athlete. The bar will have the following characteristics and measurements: <ul style="list-style-type: none"> Weight: 15kg Length: 201 cm Outer Ends (sleeves: 5 cm diameter/32 cm long and must rotate) Grip section: 2.5 cm diameter/131 cm long 2 (knurled) grip sections spaced 42 cm apart with non-knurled 0.5 cm strip 19.5 cm from inner sleeves
Section E - Rules of the Competition	Section 6- Rules of Competition ADD: Unified Sports Powerlifting 6.2.5 Unified Sports <ul style="list-style-type: none"> This division will be composed of Special Olympics athletes and their Unified partner. While there should be an attempt to match athlete and partner teams by weight and ability, this is not always possible or necessary when each partner and athlete are provided a coefficient from the Wilkes formula found in the Special Olympics rules. Athlete and partner competition and scoring will be based upon the following:



	<p>6.2.5.1 Each team Includes a Special Olympics athlete and Special Olympics partner</p> <p>6.2.5.2 Each athlete and partner compete against other athletes and partner teams.</p> <p>6.2.5.3 Each athlete and partner are scored based upon combined weight lifted. An example is: Athlete (Team A) squats 150 kgs , benchpresses 100 kgs and deadlifts 200 kgs for a total of 450kgs. Partner (Team A) squats 175 kgs, benchpresses 125 kgs and deadlifts 250 kgs for a total of 550 kgs. Their combined weight lifted total is 1000kg.</p> <p>6.2.5.4 They are competing against an Athlete (Team B) who squats 185 kgs, benchpresses 105 kgs and deadlifts 205 kgs for a total of 495 kgs. That athlete’s partner (Team B) squats 165 kgs, benchpresses 110 kgs and deadlifts 255 kgs for a total of 530 kgs. Their combined weight lifted total is 1025 kgs.</p> <p>6.2.5.5 In order to take away any advantage of bodyweight any athlete and partner might have, a formula (Wilkes coefficient) is applied to each of athlete and partner bodyweight to put them on a level playing field. In the case above, athlete (Team A) weighs 60 kgs and partner (Team A) weighs 95 kgs. Athlete (Team B) weighs 70 kgs and Partner, Team B weighs 110 kgs.</p> <p>6.2.5.6 Each athlete and partner team places are determined based upon combined Wilkes coefficient, based upon their body weight times combined weight lifted.</p> <p>6.2.5.7 Competitions may include or be exclusively two lift meets (Bench Press and Deadlift). In this case, the same scoring process as outlined above would apply.</p> <p>6.2.5.8 While most athlete and partner teams will be</p>
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	<p>gender specific, mixed or coed teams may be included in a specific division (e.g. male athlete and female partner team competing against other male athlete and female partner teams or female athlete and male partner team competing against other female athlete and male partner teams.</p> <p>6.2.5.9 For IPF Unified Powerlifting competitions, the scoring process outlined above would also apply with the only requirement being the athlete and partner are IPF members.</p>
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