



# Weightlifting



## **SOMI-Specific Information**

**Sport season:**

February - June

**Culminating State Events:**

State Summer Games

**Events Offered:**

Sit-Ups

Exercycle

Modified Push-Ups

Modified Bench Press

**National Governing Body:**

International Power Lifting Federation (IPF)

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Vaterstetten Germany 011-49-810631675

## **Specific Information**

1. The correct bar weight in the modified bench press is 12 lbs.
2. Athletes entered in weightlifting events may not enter power lifting events. Weightlifting and power lifting are considered separate and unique sports.

## **Weightlifting Uniform**

1. The weightlifting uniform is a one piece that is close-fitting, collarless, and does not cover the knees, or a T-shirt and shorts. The uniform can be any color. A T-shirt may be worn under one-piece.
2. Also see page 5 for uniform guidelines that apply to all sports (i.e., no denim).

## **General Rules: Modified Push-Ups**

1. Equipment: Stopwatch, whistle, and mats.
2. Set-up: The event can be conducted either on level ground or on gym mats laid on a flat surface.
3. Rules: Athlete performs push-ups from the kneeling position.
  - I. Athlete begins doing push-ups at the sound of the starting whistle.
  - II. During the modified push-ups, the athlete's chest must touch the floor for a legal push-up to be counted.
  - III. Athlete attempts to perform as many legal push-ups as possible during a 60-second time period.
  - IV. In order to perform a legal push-up, the athlete must lower his/her head and upper body to the floor, touch the chest to the floor, and return to the starting position. The athlete's back must remain straight.
  - V. No assistance may be given to the athlete.
  - VI. The push-ups do not have to be performed continuously.
  - VII. It is the responsibility of the official to count aloud the number of push-ups as they are performed.
  - VIII. Athlete stops when the whistle is blown again at the expiration of 60 seconds.
4. Scoring: One point is awarded per complete push-up conducted in the 60-second time period. If, at the sound of the whistle signifying the conclusion of 60 seconds, the athlete is on the way down, the push-up does not count. If the athlete is on the way up, the push-up shall count, if he/she completes the push-up correctly.

### **General Rules: Sit-Ups**

1. Equipment: Stopwatch, whistle, and mats.
2. Set-Up: The event can be conducted either on level ground or on gym mats laid on a flat surface.
3. Rules: Athlete starts in supine position with knees bent and feet flat on the floor.
  - I. Athlete's feet are held to the floor by competition assistants.
  - II. Athlete begins sit-ups when the whistle is blown.
  - III. Athlete keeps arms folded across his/her chest with hands grasping opposite shoulders during this event.
  - IV. To perform a complete sit-up, an athlete must touch one of his/her elbows to the thighs or knees.
  - V. Athlete stops when the whistle is blown again at the end of 60 seconds.
4. Scoring: One point is awarded per complete sit-up conducted in the 60-second time period.

### **General Rules (Modified Bench Press)**

1. Equipment: Weight bench, stopwatch, whistle, and standard 12 lb. bar.
2. Set-Up: Set the bench on level ground or gym mats.
3. Rules: Athlete lies on bench on his/her back
  - I. Athlete starts with the bar resting across his/her chest.
  - II. Athlete begins presses at the sound of the starting whistle.
  - III. Athlete stops presses when the whistle is blown again.
  - IV. One press is designated as starting and finishing with the bar touching the athlete's chest, in between which the athlete presses the bar straight up above his/her chest until the arms are straight.
4. Scoring: Athlete performs as many bench presses as possible with a standard 12 lb. bar in 30 seconds.

### **General Rules: Exercycle**

1. Equipment: Exercise bike (stationary and with odometer), stopwatch, and whistle.
2. Set-up: Place the exercise bike on level ground and keep the wheel tension setting the same for all athletes grouped in a division.
3. Rules: Athlete starts this event sitting on the bike with feet on the pedals in any position. Athlete may receive assistance to stay on the bike, but not pedaling. If the athlete's feet fall off the pedal, he/she may put them back on to the pedals and resume pedaling. The athlete has the option of strapping his/her feet to the pedals (i.e., Velcro straps) in order to prevent them from slipping. Athlete begins pedaling at the sound of the starting whistle. Athlete pedals for sixty seconds.
4. Scoring: Count the total number of revolutions in sixty seconds.