POWERLIFTING

CATEGORIES / EVENT CODES
Bench Press
Dead Lift

FLORIDA SENIOR STATE GAMES
OPEN – no qualification is necessary

ENTRY REGULATIONS
1. Divisions will be contested in accordance with Senior Games five-year age increments starting 50-54 through 100+
2. USA Powerlifting membership is not required.
3. Proof of age will be required at weigh-in (birth certificate w/ picture I.D., Driver’s License or State I.D.).

FORMAT
1. Each division will be divided into weight classes as follows:
   Men (lbs.)
   123, 132, 148, 165, 181, 198, 220, 242, 275, & SHW
   Women (lbs.)
   105, 114, 123, 132, 148, 165, 181, 198, 198+
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 competition.

SPORT RULES
Competition will be conducted in accordance with all USAPL/IPF rules and regulations. These rules can be found online at: http://www.powerlifting-ipf.com/ipf_technical_rulebook.htm

NATIONAL SENIOR GAMES QUALIFYING RULES
Powerlifting is not part of the National Senior Games program.

STATE DIRECTOR
Richard Ficca (727) 748-2975 or richard@floridacoastalinsuranceagency.com