



## **Power lifting**

### **INTRODUCTION**

Power lifting is an intense and exciting sport representing the ultimate test of physical and physiological strength. This claim is supported by those in the athletic community as Power lifters hoist more weight per attempt than any other Sport. It is a true test of muscle strength whereby the athlete challenges themselves with weights which exceed 3 times their own body weight in the Squat and Dead lift and 2 times their body weight in the Bench Press. Competitors are given 3 attempts in each of the disciplines, the Squat, the Bench Press and the Dead lift. The best lift in each discipline is added together to arrive at a lifter's total for the contest, by which they are ranked. The highest total wins each weight class. Athletes are divided into classes by weight and age. All weights are in kilograms. A lifter must have at least one successful attempt in each of the disciplines to compile a total, otherwise they are disqualified. Power lifting is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and dead lift. As in the sport of Olympic weightlifting, it involves the athlete attempting a maximal weight single lift of a barbell loaded with weight plates. Power lifting evolved from a sport known as "odd lifts", which followed the same three-attempt format but used a wider variety of events, akin to strongman competition. Eventually odd lifts became standardized to the current three.

In competition, lifts may be performed equipped or un-equipped. Equipment in this context refers to a supportive bench shirt or squat/dead lift suit or briefs. In some federations, knee wraps are permitted in the equipped but not un-equipped division; in others, they may be used in both equipped and un-equipped lifting. Weight belts, knee sleeves, wrist wraps and special footwear may also be used, but are not considered when distinguishing equipped from un-equipped lifting.

### **HISTORY OF POWER LIFTING**

The roots of power lifting are in traditions of strength training stretching back as far as Greek and Roman times. The modern sport originated in the United States and the UK in the 1950s. Previously, the weightlifting governing bodies in both countries had recognized various 'odd lifts' for competition and record purposes. During the 1950s, Olympic weightlifting declined in the United States, while strength sports gained many new followers. In 1958, the AAU's National Weightlifting Committee decided to begin recognizing records for 'odd lifts'. A national championship was tentatively scheduled for 1959, but it never happened. The first genuine national 'meet' was held in September 1964 under the auspices of the York Barbell Company. Ironically, Bob Hoffman, the owner of York Barbell, had been a long-time adversary of the sport. But his company was now making power lifting equipment to make up for the sales it had lost on Olympic-style equipment.

During the late 1950s and early 1960s various 'odd lift' events gradually developed into the specific lifts – the bench press, the squat, and the dead lift and lifted in that order. Bob Hoffman became more and more influential in the development of this new lifting sport and organized 'The Weightlifting Tournament of America' in 1964 – effectively the first US National championships. In 1965 the first named USA National Championships were held. The International Power lifting Federation was formed immediately after the contest, and so none of the lifts could be yet registered as official world records. The 1973 Worlds was also held in York, Pennsylvania. 1973 was the first time that the lifts were done in the order we now recognize – Squat, Bench Press, Dead lift (although still lifting in pounds). 1974 was the first time that teams had to be selected in advance. With 74 entrants this was the largest Worlds so far. The 52 kg class was introduced – and there were 9 lifters entered. In 1975 the World Championships was held outside America for the first time, in Birmingham, England at the Town Hall, hosted by the legendary Vic Mercer 82 lifters this time. Unusually for a competition the Supers lifted first. This was because the Television Company filming the event was only interested in filming the 'big guys'. Bob Hoffman sent over tons of equipment for this contest too – and didn't take it back, legend says it's all still being used in the West Midlands.

The establishment of the IPF in 1973 spurred the establishment of the EPF (European Power lifting Federation) in 1974. Since it was closely associated with bodybuilding and women had been competing as bodybuilders for years, the new sport was opened to them very quickly. The first U. S. national championships for women were held in 1978 and the IPF added women's competition in 1979. In the USA, the Amateur Sports Act of 1978 required that each Olympic or potential Olympic sport must have its own national governing body by November 1980. As a result, the AAU lost control of virtually every amateur sport. The U.S.P.L.F. was founded in 1980 as the new national governing body for American power lifting.

## **FUNDAMENTAL SKILLS**

1. **SQUAT** - The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar (a “thumbs around” grip is not required). The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. **BENCH PRESS**- The bench shall be placed on the platform with the head facing the front or angled up to 45degrees. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a “thumbs around” grip. This position shall be maintained throughout the lift.
3. **DEAD LIFT**- The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect. On completion of the lift the knees shall be locked in a straight position and the shoulders back.

## **Technical Rules of the International Power lifting Federation**

### **Platform**

All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. It must not exceed 10 cm in height from the surrounding stage or floor. The surface of the platform must be flat, firm and level and covered with a material of non-slip

smooth carpet (i.e. free from irregularities and projections). Rubber matting or similar sheeting materials are not permitted.

### **Bars and Discs**

For all power lifting contests organized under the rules of the IPF, only disc barbells are permitted.

1. Total overall length not to exceed 2.2 m.
2. Distance between the collar faces is not to exceed 1.32 m or be less than 1.31 m.
3. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
4. Weight of the bar and collars are to be 25 kg.
5. Diameter of the sleeve not to exceed 52 mm or be less than 50 mm.
6. There shall be a diameter machined marking or the bar taped so as to measure 81 cm between marking or tape.

### **Squat Racks**

1. Only Squat Racks from commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Power lifting Championships.
2. The squat racks shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m in 5 cm increments.
3. All hydraulic racks must be capable of being secured at the required height by means of pins.

### **Bench**

Only Bench Racks and Benches from Commercial Manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Power lifting Championships. The bench shall conform to the following dimensions:

1. Length - not less than 1.22 m and shall be flat and level.
2. Width - not less than 29 cm and not exceeding 32 cm.
3. Height - not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position.
4. Minimum width between insides of bar rests shall be 1.10 m.
5. The head of the bench shall extend 22 cm beyond the centre of the uprights with a tolerance of 5 cm either way.
6. Attached safety stands must be used in all events.

## **Clocks**

Timing clocks visible to all (venue, platform, warm-up area) must be used which operate continuously up to a minimum of twenty minutes and display elapsed time. Additionally, a clock displaying time left in which to enter the next attempts should also be made visible to the coach or lifter.

## **Lights**

A system of lights shall be provided whereby the referees make known their decisions.

## **Failure Cards / Paddles**

After the lights have been activated and appeared, the referee(s) will raise a card or paddle or activate a light system to make known the reason/s why the lift has been failed.

Referees numbered card system

Colour of the cards:

Failure no. 1 = red card

Failure no. 2 = blue card

Failure no. 3 = yellow card

## **CATEGORIES**

### **Weight Classes:**

Most power lifting federations use the following weight classes

Men: 52 kg, 56 kg, 60 kg, 67.5 kg, 75 kg, 82.5 kg, 90 kg, 100 kg, 110 kg, 125 kg, 140 kg, 140 kg+

Women: 44 kg, 48 kg, 52 kg, 56 kg, 60 kg, 67.5 kg, 75 kg, 82.5 kg, 90 kg, 90 kg +

However, in 2011, the IPF introduced the following new weight classes:

### **IPF Weight Classes:**

Men: up to 53 kg (Sub-Junior/Junior), 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+

Women: up to 43 kg (Sub-Junior/Junior), 47 kg, 52 kg, 57 kg, 63 kg, 72 kg, 84 kg, 84 kg +

### **Age categories**

This depends on the federation generally but averages are as follows:

15-18 (Sub-Jr), 19-23 (Jr), Any age(Open), 40+(Masters), 70+(Grandmasters)

## **IMPORTANT COMPETITION OF DIFFERENT LEVELS**

### **POWER LIFTING**

**World power lifting championship**

**Commonwealth power lifting championship**

**Paralympics power lifting**

**Olympic power lifting**

**National championship**

### **SPORTS ACHIEVEMENTS AND AWARDEES**

#### **ARJUNA AWARDEES : POWER LIFTING**

<b>YEAR</b>	<b>NAME</b>
1994	E.S. BHASKARAN

#### **DRONACHARYA AWARDEES**

<b>YEAR</b>	<b>NAME</b>
2000	BHUPENDRA DHAWAN

### **CONCLUSION**

Power lifting is to exert maximum force against maximum resistance thereby overcoming it in certain prescribed technical movements. This technical movement refers to the three lifts used in international competitions, the squat, bench press, and dead lift.

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