

2019 LIFTathon Rules

In the spirit of this competition being a charity fundraising event, we are using a modified version of the Powerlifting competition rules commonly used for Bench Press and Deadlift. Adhering to these rules will maintain the integrity of the competition, while creating a fun event, accessible to as many people as possible.

General Rules

- All lifters participate at their own risk
- Teams of 5 must have at least 2 members of each gender.
- Masters athletes age 50 and over on the date of competition, may reduce their lift by 10% of the bodyweight.
- Lifters must weigh in and sign a waiver between 12 and 12:30 PM (without shoes).
- Shorts or athletic tights and T Shirt or tank top are acceptable for weigh in.
- Bodyweight will be rounded to the nearest pound.
- No Bench Shirts allowed.
- No Deadlift suits allowed.
- Belts are allowed.
- There will be 2 judges, one will count the lifter's score and one will count any faults. The final score is lifts, minus any faults.
- Lifts must be continuous repetitions to be counted. There should be no pause at the bottom of any lift.
- Highest score wins. If two lifters or teams make the same total, the win is awarded to the lifter or team with the fewest faults.

Bench Press Rules

- Male lifter's bar will be loaded to the nearest 5 lbs. to 50% of his bodyweight (body weight is rounded up to the nearest pound).
- Female lifters bar will be loaded to the nearest 5lbs, to 40% of their bodyweight (body weight is rounded up to the nearest pound).
- The lifter's head, shoulders and buttocks must remain in their original positions on the bench at all times.
- Lifters feet need to remain flat in their original position on the floor at all times.
- Bar is held at arms-length prior to start signal.
- Bar must be touched on the chest. Touch and go is acceptable. No pause is required.
- Resting or bouncing the bar on the chest is not allowed.
- Heaving bar off the stomach is not allowed.
- Bar must be extended to full lockout with both arms to be counted as a repetition.
- Lifts must be continuous repetitions to be counted, without any downward movement once the upward movement has been initiated.
- Lifters do reps until they can do no more.

Deadlift Rules

- Male lifter's bar will be loaded to the nearest 5 lbs. to 80% their bodyweight (bodyweight rounded up to the nearest pound).
- Female lifter's bar will be loaded to the nearest 5 lbs. to 70% of their bodyweight (bodyweight rounded up to the nearest pound).
- Lifter is allowed to perform a conventional deadlift.
- Lifter is given a start signal. On completion of the lift, the knees shall be locked in a straight position, with the hip fully open and the shoulders held in an erect position behind the bar to be counted as a repetition.
- Bar is placed down between repetitions under control.
- Hitching is not allowed.
- Hands must remain on the bar throughout the attempt. No dumping or dropping of the bar is allowed.
- Lifts must be continuous repetitions to be counted, without any downward movement on the bar once the upward movement has been initiated.
- The lifter is allowed to pause for maximum two seconds at top of the lift only.
- Lifters do reps until they can do no more.

LIFTathon Deadlift Competition

(Bodyweight and deadlift weights rounded to nearest 5lb. Increment)

* Athletes age 50+ can reduce LIFT weight by an additional 10% of bodyweight

Body Weight	MALE	FEMALE
	80%* LIFT	70%* LIFT
95	75	65
100	80	70
105	85	75
110	90	75
115	90	80
120	95	85
125	100	90
130	105	90
135	110	95
140	110	100
145	115	100
150	120	105
155	125	110
160	130	110
165	130	115
170	135	120
175	140	125
180	145	125
185	150	130
190	150	135
195	155	135
200	160	140
205	165	145
210	170	145
215	170	150
220	175	155
225	180	160
230	185	160
235	190	165
240	190	170
245	195	170

LIFTathon Bench Press Competition

(Body weights and bench press weights rounded to nearest 5lb. Increment)

* Athletes age 50+ can reduce LIFT weight by an additional 10% of bodyweight

Body Weight	MALE	FEMALE
	50%* LIFT	40%* LIFT
95	50	40
100	50	40
105	55	40
110	55	45
115	60	45
120	60	50
125	65	50
130	65	50
135	70	55
140	70	55
145	75	60
150	75	60
155	80	60
160	80	65
165	85	65
170	85	70
175	90	70
180	90	70
185	95	75
190	95	75
195	100	80
200	100	80
205	105	80
210	105	85
215	110	85
220	110	90
225	115	90
230	115	90
235	120	95
240	120	95
245	125	100
250	125	100