



LIFTathon Rules 2026

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

Weight Classes*

In an effort to accommodate more participants and help the competition flow, Athletes will lift a standard weight based on their Bodyweight Class for Males and Females. ALL ages will lift the same weight, however, overall winners will be awarded in Open class and Masters (55 and over).

****See attached chart for weights***

General Rules:

- Teams of 5 must have at least 2 members of each gender.
- **Lifters must weigh in between 11:00 AM and 11:45 AM.**
- Bodyweight will be rounded to the nearest pound.
- Belts are allowed. Gloves and wrist straps are not allowed.
- Elbow wraps are generally not allowed. However, exceptions are made for competitors with documented elbow injuries. Acceptable medical diagnoses for the use of elbow wraps include, but are not limited to, lateral epicondylitis (tennis elbow), medial epicondylitis (golfer's elbow), elbow bursitis, and post-surgical rehabilitation of the elbow.
- Judges will count the lifter's score. Only repetitions which meet the movement standards below will be counted.
- Highest score wins.

Bench Press Rules:

- **Lifters do as many repetitions as possible within a 2-minute period.**
- The lifter's head, shoulders, and buttocks must remain 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 arm's-length prior to start.**
- **Bar must be touched on the chest.** Touch and go is acceptable. No pause is required.
- **Bar must be extended to full lockout with both arms** to be counted as a repetition.
- Resting or bouncing the bar on the chest is not allowed.
- Lifters may re-rack the bar during the 2:00 minute timeframe.

Deadlift Rules:

- **Lifters do as many repetitions as possible in a 3-minute period.**
- Lifters must perform a conventional deadlift. **Hands must remain outside the legs.**
- On completion of the lift, the **knees shall be locked in a straight position, with the hip joint 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. Hands must remain on the bar throughout the attempt.
- **No bouncing, dumping, or dropping of the bar is allowed.**



LIFTathon 2026: Competitors will lift a standard weight for their bodyweight class as listed below. Bodyweight will be verified on the date of the competition.

2025 LIFTathon Weight Classes	Male Competitor Bodyweight Classes (lbs.)	Bench Press Weight	Deadlift Weight	Female Competitor Bodyweight Classes (lbs.)	Bench Press Weight	Deadlift Weight
Lightweight	170 and <	95 lbs.	145 lbs.	135 and <	65 lbs.	95 lbs.
Smedium	171 - 190	105 lbs	165 lbs.	136 - 155	70 lbs.	110 lbs.
Middleweight	191 - 215	115 lbs.	185 lbs.	156 - 180	75 lbs.	125 lbs,
Beast Mode	216 +	125 lbs.	205 lbs.	181 +	80 lbs.	135 lbs.