



  
**PALM COAST**  
*& the Flagler Beaches*

FLORIDA  
SPORTS  
FOUNDATION

FLORIDA  
**SENIOR  
GAMES**  
STATE CHAMPIONSHIPS

Open to Ages 50 & Up

# POWERLIFTING

DATE: 9/20

WEIGH-IN: 8AM - 9:15AM

START TIME: 9:30AM

REGISTRATION DEADLINE: 9/10

LOCATION:

MATANZAS HIGH SCHOOL

3535 OLD KINGS RD. N.

PALM COAST, FL.

FEE: \$15/PER PERSON

INCLUDES T-SHIRT

AND ONE EVENT. ADDITIONAL EVENTS ARE \$5  
EACH.

CONTACT 386.986.2323

Registration form and waiver located on  
[www.palmcoastgov.com/seniorgames](http://www.palmcoastgov.com/seniorgames)

This Local Senior Games is sanctioned by the Florida Sports  
Foundation and a qualifier for the Florida Senior Games  
State Championships.



# **Florida Senior Games Rules of Competition**

## **POWERLIFTING**

### **CATEGORIES / EVENT CODES**

Bench Press

Dead Lift

Bench Press – Raw / Unequipped

Dead Lift – Raw / Unequipped

### **STATE CHAMPIONSHIPS QUALIFYING RULES**

OPEN – no qualification is necessary

### **ENTRY REGULATIONS**

5. Divisions will be contested in accordance with Senior Games five-year age increments starting 50-54 through 100+.

6. USA Powerlifting membership is required at the State Championships.

7. 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.)

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, & SHW

Women (lbs.)

97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

2. Each division will be divided into age groups in accordance with Florida International Senior Games & State Championships Rules of Competition.

3. Each athlete shall be granted three (3) attempts in the bench press competition.

4. Raw/Unequipped Lifting is defined as: Non-supportive singlet, wrist wraps, and knee wraps only.

5. State Championship competition will be drug tested.

### **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](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**

Robert Keller (954) 790-2249 or [rhk@verizon.net](mailto:rhk@verizon.net)

Florida Website: [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)