



2025 Powerlifting Rule Changes and POE's



1. Barbell

- a. Bar cannot be changed to a deadlift bar during deadlift. Bar used for squat remains the same throughout the event unless damaged.
- b. Sleeves on barbell should rotate freely.

2. Uniform/Equipment

- a. Singlets shall consist of only 1 layer of material except in groin area which shall be limited to 2 layers.
- b. Singlets shall have a minimum 3-inch inseam and shall not extend below the knees.
- c. Lifters shall be permitted to wear only one shirt which is non-compression and loose fitting.
- d. Lifters shall be permitted to wear only one undergarment.
- e. Undergarments must be legless. V-type underwear only.
- f. Socks worn during deadlift shall extend to at least 2 inches from the bottom of the kneecaps.
- g. Socks shall not be tucked under or pulled over knee sleeves.
- h. A metal-type buckle is required. Plastic buckles are not permitted.
- i. Ratchet type buckles are not permitted.
- j. Laces must be tied/secured.
- k. Wrist wraps may have a Velcro closure or be tucked.
- l. Wrist "bands" not permitted in any capacity. Only wraps.
- m. Knee sleeves shall be pull-on style only. No wraps.
- n. Knee Sleeves shall not be in contact with the lifter's singlet and socks may not be tucked under or pulled over the knee sleeve.
- o. Athletic tape is not permitted.
- p. No headphones or earbuds permitted on the platform.
- q. Chalk and magnesium carbonate may be used on the hands, shoulders, or buttocks. No baby powder or slippery powders may be used.

3. Performance Rules

- a. Squat
 - i. Lifter needs to acknowledge they're ready either verbally or with a nod before receiving "SQUAT" command.
 - ii. Lifter must make a bona fide attempt to return the bar to the racks in a forward motion after receiving "RACK" command.
 - iii. Excessive up and down shrugging of the bar across the shoulders after the commencement of the lift is not permitted.
 - iv. Lifters must maintain hand position and grip after the commencement of the lift. No open and closing of the hands.
- b. Bench
 - i. If building up the platform, lifter or coach must inform judges and set the surface themselves.
 - ii. During post-season meets, the same center spotter shall be used through the entire flight and team members shall not be permitted to hand off to the lifter.
- c. Deadlift
 - i. Intentional dumping "could" be cause for ejection.
 - ii. Rolling the bar prior to commencement is permitted.
- d. General Conduct
 - i. Backslapping is not permitted.
 - ii. Profanity is not permitted.

4. Weighing-In

- a. Undershirts are optional during weigh-in.
- b. Lifters shall not be permitted to weigh-in unless they are wearing legal competition attire (singlet, suitable undergarment, sports bra for female lifters).
- c. Lifters may check their weight without restriction during the weigh-in period.
- d. The head judge or weigh-in judge will inspect all belts, wrist wraps, deadlift socks and knee sleeves during the weigh-in process. If any item fails inspection, the athlete will not be allowed to weigh in until approved by the judge.

5. Personnel Conduct & Responsibilities

a. Judges

- i. Head judge shall not be a seated judge on a competition platform unless the competition consists of a single platform.
- ii. Three (3) unique platform judges shall be assigned to each platform used during a competition. 1 Chief Judge and 2 side judges.
- iii. Platform judges shall not move to other platforms during the competition unless directed to do so by the Head Judge.
- iv. Judges should make their decisions independently and should not follow the decision of another judge on the platform.
- v. Judges shall wear either a black polo shirt or black collared shirt, black pants, and black shoes. Shirts shall be tucked in while judging. Judges shall not wear workout pants, sweatpants, or yoga pants. Headwear of any kind is not permissible.
- vi. A judge shall not use any electronic device (phone) while engaged in a powerlifting flight or seated in a judges' chair.

b. Coaches

- i. Coaches may coach the lifters from the designated coaching areas at the foot of the platform but not next to a judge or at the head of the platform.
- ii. If serving as a spotter, cannot provide coaching or encouragement.

c. Spotters

- i. Spotters shall not wear any headphones or earbuds during spotting and loading. Attire should be appropriate for the event.

6. Other

- a. Bomb Outs – During the regular season, lifters may continue for practice at the Meet Director's discretion but shall not score points or earn state-qualifying marks. Due to scheduling logistics, lifters who are eliminated at the State Meet shall not be permitted to continue.
- b. Loading Errors – Any re-attempts will be taken at the end of the flight. If the lifter is the last lifter of the flight, a 3-minute rest will be provided to the lifter after the bar is loaded to the correct weight.