

The Towson Intramural Powerlifting Meet is a single-day event designed for lifters of all experience levels.

Participants will compete in the **squat, bench press, and deadlift** for the highest combined total. Each lifter will have **three attempts per lift**, and totals will determine winners by weight class and overall relative strength.

This is a fun, inclusive event focused on strength, safety, and community — not a sanctioned USA Powerlifting meet.

OPEN, MEN'S, AND WOMEN'S DIVISIONS

WEIGHT CLASSES (lbs)

To accommodate participation, lifters will compete in **combined divisions**. Lifters will be divided into flights (groups) based on weight class and opening attempts. Warm-ups must be completed before your flight begins. Once your flight starts, remain near the platform — missed attempts due to absence will be counted as failed lifts.

1. Women's Divisions:
 - A. Lightweight: Up to 115 lbs
 - B. Middleweight: 116–150 lbs
 - C. Heavyweight: 151–185 lbs
 - D. Super Heavyweight: 186+ lbs
2. Men's Divisions:
 - A. Lightweight: Up to 165 lbs
 - B. Middleweight: 166–200 lbs
 - C. Heavyweight: 201–235 lbs
 - D. Super Heavyweight: 236+ lbs

Divisions may be combined further at the discretion of event staff depending on participation.

Awards will be given to the top lifter in each weight class and one overall “Best Lifter” (based on relative strength). In the event of low participation, classes or divisions may be combined at the discretion of event staff.

General Information

1. **START TIME:** Participants are to be signed in before the official event time. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.

2. IDENTIFICATION: All participants must bring a current valid Photo I.D. to the playing area to be checked in and ruled eligible to participate prior to the beginning of each event. Late arriving participants must sign in with an Intramural Supervisor before participating in the event.
3. WEIGH-IN: Same-day weigh-in will take place prior to the start of the meet. All Equipment (belts, sleeves, wraps) must be inspected during weigh-in. Once weighed in, lifters will submit their opening attempts for each lift.
4. LIFT ORDER: Each lifter will perform all three lifts in this order:
 1. Squat
 2. Bench Press
 3. Deadlift

Each lifter receives **three** attempts per lift. The best successful attempt in each lift counts toward the lifter's total.

5. ATTEMPT RULES: Lifters must declare their next attempt within 60 seconds of completing their lift. Once the bar is loaded, no changes may be made. The bar must be loaded evenly on both sides and with collars secured before the lift begins.
6. JUDGING STANDARDS:
 - A. SQUAT:
 - o Lifter must descend until the top of the thigh is below parallel to the knee.
 - o The lift is completed when the lifter returns to a fully upright position.
 - o Any downward movement of the bar before the command to rack results in a failed attempt.
 - B. BENCH PRESS:
 - o Lifter must lower the bar to the chest, pause briefly, and press to full lockout at the judge's command.
 - o Feet must remain flat on the floor.
 - o No downward motion after the press command.
 - C. DEADLIFT:
 - o Lifter must pull the bar to a fully upright position with locked knees and shoulders back.
 - o Any hitching, downward movement, or dropping the bar before the down command is a failed lift.

Each lift will be judged by meet staff for completion and form. Slight leniency will be applied to accommodate novice lifters.

- D. DISQUALIFICATION:
 - o Failing all three attempts in any lift results in a "no total" (not eligible for awards).
 - o Any unsafe, disrespectful, or unsportsmanlike behavior may result in disqualification.
 - o Lifters must always follow staff directions.

7. SCORING: Judges/Officials will keep the score.
8. JEWELRY/ACCESSORIES: No jewelry or accessories may be worn. Exception: Stud earrings are allowed. *Clarification: Medical alert bracelets are not considered jewelry; they must be taped down with the medical information visible. Knee sleeves, squat belts, wrist wraps, and chalk are permitted. Other performance enhancing gear such as; knee wraps, bench shirts, deadlift suits, wrist straps are NOT permitted.*

SPORTSMANSHIP

9. UNSPORTSMANLIKE CONDUCT: Any unsportsmanlike conduct including, but not limited to, arguments with officials by any player, coach, manager, or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.
10. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol and/or drugs or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products on Burdick premises. Violators may be removed from the facilities with possible forfeiture, at the discretion of the Supervisor.
11. INTRAMURAL SPORTS POLICIES: Each participant is responsible for making sure they are aware of all Intramural Sports policies and rules. This includes being held responsible for sportsmanship.

Safety Notice:

Powerlifting is a physically demanding sport and injuries are possible. The Intramural Sports Program assumes no responsibility for injuries; however, basic first aid will be available on-site. Spotters, collars, and equipment checks will be provided to help ensure safety. Participants are encouraged to lift within their ability and use proper technique.