

Wyoming Senior Olympics

Physical Fitness Test (Weightlifting)

Event Information

- DATE:** Friday, August 2
- FACILITY:** Central High School Weight Room
- DIRECTOR:** Jeronimo Provencio
jeronimo@goldsgymwy.com
- SCORING & RULES:** Scoring will be kept on a 3-attempt basis for squat, bench press, deadlift. The three powerlifting movements (squat, bench press, and deadlift) will follow USA Powerlifting rules which can be found at USA Powerlifting <https://www.usapowerlifting.com/>. All other events will be 1 attempt with maximum number of repetitions being the score.
- SCHEDULE:** The meet will run on a rolling schedule but will run no more than 15 minutes ahead of the final schedule.
- CHECK-IN:** All competitors in events should check-in at the table in the weight room 20 minutes prior to the start of the event.
- STARTING WEIGHT:** Competitors will be asked for their starting weights for Squat, Bench Press, and Deadlift, prior to the start of the event.
- EQUIPMENT:** Legal equipment is mandated by USA Powerlifting rules. This includes singlets, wrist wraps, belts, and knee straps and sleeves.

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Event Schedule

Friday, August 2

Events:

- **11am – 4:30pm Physical Fitness Test (Weightlifting)**
M/W All Age Groups
11am – Squat
11:45am – Bench Press
12:30pm – Deadlift
1:15pm – Sit Ups
2pm – Push Ups
2:45pm – Pull Ups
3:30pm – Arm Curl

Central High School Weight Room
5500 Education Dr, Cheyenne, WY 82009

Commissioner: Jeronimo Provencio

Awards: To be presented after completion of competition.

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Event Rules

Pushups:

1. Start Position: Palms on floor, arms locked out, feet together.
2. Complete Repetition: Triceps must be parallel to ground (90-degree angle) OR chest touch ground for a complete repetition. Arms must return to the start position.
3. Lifter will have one minute to complete as many repetitions as possible.
4. Lifters may rest between repetitions in the start position.

Sit-ups:

1. Start Position: Head, shoulders and butt touching floor with arms folded across chest. Knees must be bent with feet flat on the floor.
2. Complete Repetition: Shoulder blades must touch the floor and elbows must touch anywhere on the quad.
3. Participants will have one minute to complete as many repetitions as possible.
4. Participants may rest between reps in the up position and may have a foot spotter.

Pullups:

1. Start Position: Palms must face away from you - pronated position. Must be hanging and arms straight.
2. Complete Repetition: Chin must be parallel or above the bar. Participant then returns to the start position. No swinging or kipping.
3. Participants will have one minute to complete as many repetitions as possible.
4. Participants may rest between reps but must remain hanging on the bar.

Arm Curl:

1. The lifter shall have their shoulders and buttocks firmly against the wall during the lift and heels twelve inches (12") from the wall.
2. Lifter shall wait in starting position from the head Referee's signal.
3. The feet shall be flat on the ground with the knees locked and arms fully extended.
4. The signal will be given once the lifter is motionless and the bar is properly positioned with your head up, chin up, and arms extended fully down.
5. The Head Referee's signal shall consist of an upward movement of the arm and the verbal command "curl".
6. Once the curl command is given, the lifter must bring the bar up to the fully curled position (bar near the chin or throat).
7. The knees must remain locked, shoulders, and buttocks against the wall throughout the entire lift.
8. The head referee signals "down" to complete the lift.

Squat, Bench Press and Deadlift:

1. The three powerlifting movements (squat, bench press, and deadlift) will follow USA Powerlifting rules that can be found at:
<https://www.usapowerlifting.com/>.