



Special Olympics
South Dakota



ATHLETE HANDBOOK

Powerlifting

2021

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Special Olympics South Dakota



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Dear Special Olympics Athlete,

Congratulations on becoming a part of Special Olympics South Dakota (SOSD)!

Through your commitment to Special Olympics and its programs, we challenge you to train and compete in all sports you desire. We also challenge you to find your voice and to help us shape and grow SOSD. There are many exciting ways to be an athlete and a leader, so be sure to ask your coach or the Special Olympics office for more resources.

By participating in sports, physical fitness, and health education programs, you will increase self-confidence and social skills, improve physical and motor skills, and have more opportunities to grow as a person. This handbook is designed to introduce SOSD to you and to provide general information needed as an athlete.

We wish you luck, and can't wait to see you out on the field and in the community!



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1. Competition

The state is divided into four Areas. The city in which you live will determine which Area competitions you attend.

Northeast (NE) - Aberdeen, Huron, Watertown, and the surrounding communities

Southeast (SE) - Brookings, Mitchell, Sioux Falls, Yankton, and the surrounding communities

Black Hills (BH) - Custer, Rapid City, Spearfish, and the surrounding communities

Central (C) - Pierre, Mission, Winner, and the surrounding communities. These delegations do not have dedicated Area competitions to attend. In other words, you can choose where you wish to go.

For those who qualify, there are also State competitions held in the following sports:

State Basketball Tournament - Team (Traditional & Unified), Cheerleading (Traditional & Unified), and Skills (Individual & Team)

State Summer Games - Swimming (Traditional & Unified), Powerlifting, Volleyball, Soccer (Traditional & Unified), Soccer Skills, Racewalking, and Track & Field (Traditional & Unified)

State Equestrian

Fall Classic - Bocce (Traditional & Unified), Softball (Traditional & Unified), and Softball Skills

State Traditional Bowling

State Unified Bowling

Eligibility to participate in these events will depend on you meeting all of the training requirements and rules developed by your Delegation or Team.

Please Note: Delegations and Teams may choose to NOT participate in events. There could be many reasons for this, including the availability of coaches, finances, and roster numbers.

2. Practices / Training Requirements

The time, place, duration, and content of your practices will be established by your program leadership and can vary rather significantly from program to program. However, rest assured your coaches have completed the required certification course work and have demonstrated competence in coaching their sport. The following are general training expectations set forth by the State Office:

- Bowling: A minimum of five 3-game series or a total of 15 games over a minimum of 8 weeks.
- Winter Games: A minimum of 15 hours over a minimum of 8 weeks.
- Basketball: A minimum of 15 hours over a minimum of 8 weeks.
- Summer Games: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 3 sports - 5 hrs per sport / 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.
- Equestrian: A minimum of 15 hours over a minimum of 8 weeks.

- Fall Classic: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.

3. Unified Sports

There are two kinds of teams in Special Olympics, Traditional and Unified. Everyone on a Traditional Team is a Special Olympics Athlete. On a Unified Team, some of the players have a disability and some do not.

4. Athletes Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Sports Partners are expected to observe the following code:

Sportsmanship

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers, or staff.

Training and Competition

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning, and competitions.

I will not “hold back” in preliminary competition just to get into an easier finals division.

Responsibility for My Actions

I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.

I will not smoke or vape in non-smoking areas.

I will not drink alcohol or use illegal drugs at Special Olympics events.

I will not take drugs for the purpose of improving my performance.

I will obey all laws and Special Olympics rules.

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games, up to and including not being allowed to participate.

5. You Know What I mean?

People often use short-cuts when speaking and writing about Special Olympics.

DQ = Disqualification. An athlete will receive only a participation ribbon when, during competition, a judge determines a rules infraction has occurred.

GOC = Games Organizing Committee. For every State event we host, there is a group of people from the host city who help organize the event.

HA = Healthy Athletes. At our State Summer Games, we provide health screenings to athletes.

HOD = Head of Delegation. This is the person in charge of your delegation/team.

ID = Intellectual Disability. All athletes participating in Special Olympics have an ID.

LETR = Law Enforcement Torch Run. These are people who help raise money for SOSD.

SO or SOI = Special Olympics and Special Olympics, Inc. The preferred name is Special Olympics.

SOSD = Special Olympics South Dakota. SOSD is a state program of Special Olympics. The State Office is located in Sioux Falls.

UP = Unified Partners. These are players on teams who do not have an ID.

YA = Young Athletes. These are future Special Olympics athletes who are ages 2 - 7.

6. Application for Participation in Special Olympics South Dakota

To participate in Special Olympics, you must complete Form A: Application for Participation in Special Olympics South Dakota. This form contains the following components:

- ⇒ Your contact information
- ⇒ Contact information for a parent/guardian
- ⇒ Health insurance information
- ⇒ Physical exam that must be completed by a medical professional every three years
- ⇒ A release signed by either you or a parent/guardian
- ⇒ Once this form is completed, you should give it to your HOD. They will give a copy to the State Office.
- ⇒ If you should get injured or become ill at a Special Olympics event and should require the care of a medical professional, your HOD should bring this document with you.

7. Concussions

Defining a Concussion

A concussion is a type of traumatic brain injury caused when you get hit on the head or from a bunch of smaller blows to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull. Although concussions are usually not life-threatening, their effects can be serious, therefore, proper attention must be paid to individuals suspected of sustaining a concussion.

Suspected or Confirmed Concussion

If a coach or official thinks you have sustained a concussion in a practice, game, or competition, you will be removed

from practice, play, or competition at that time. If a qualified medical professional is available on-site to render an evaluation, that person shall have final authority as to whether or not a concussion is suspected. If applicable, your parent or guardian should be made aware that the participant is suspected of sustaining a concussion.

Return to Play

If you have been removed from practice, play or competition due to a suspected concussion, you may not participate in Special Olympics sports activities until either of the following occurs A) at least seven consecutive days have passed since you were removed from play and a currently licensed, qualified medical professional* provides written clearance for the participant to return to practice, play and competition or B) a currently licensed, qualified medical professional determines you did not suffer a concussion and provides written clearance for you to return to activities immediately. Written clearance in either of the scenarios above shall become a permanent record.

*A qualified medical professional is defined as a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

8. Abuse

Your health, safety, and well-being are of the highest concern to those in your Special Olympics family (Coaches, chaperones, staff, and volunteers). If you should ever feel unsafe or mistreated, we urge you to seek the assistance of a family member or a trusted member of your Special Olympics family.

9. Competition Readiness

To compete at your best you need to be prepared!

1. Proper sports equipment: For example, you will need a softball glove that fits your hand.
2. Uniform or sports clothing: Blue jeans are not appropriate for competition. Your shoelaces should be tied and you should be wearing sports socks.
3. Proper sports shoes: If you wear cowboy boots while competing in basketball, for example, the possibility of injuring an ankle is quite high. Plus, you won't look like a serious athlete.
4. Minimal or no jewelry.
5. Hair is out of your face.
6. Sunscreen on exposed skin.
7. Eat a healthy snack or meal within 2-3 hours of the event.
8. Drink one bottle of water within an hour of the event.
9. Warm-up before the event.

10. Year-round Fitness

Staying fit and healthy should not end when your latest State event is over. It is very important for you to set fitness goals and strive to fulfill them. Here are some ideas:

1. Work out or go for a walk at least 5 times per week.

2. Eat fast food no more than 3 times per week.
3. Get 8 hours of sleep per night.
4. Drink 5 large glasses of water per day.
5. Do not drink soda... even diet soda.
6. Eat 5 fruits and/or vegetables every day.

11. Athlete Leadership

Inclusion starts with Athlete Leadership! What does the word “inclusion” mean? Many things, but as it applies to Special Olympics it means:

- A. You should have the opportunity to enjoy the same experiences as people without an ID, and;
- B. You should have the same opportunities to contribute to SO through the sharing of your talents and gifts outside of competition.

The following are roles athletes can and should be filling:

1. Athlete Leadership Council
2. Coaches
3. Committee Members
4. Fund-raisers
5. Games Organizing Committee Members
6. Global Messengers (Giving Speeches)
7. Health Promoters
8. Officials
9. Photographers
10. Reporters
11. SOSD Board of Directors
12. Volunteers

For more information regarding any of these roles, contact the state office at 605.331.4117

12. Fundraising

It takes a lot of money to put on Special Olympics events. You can help your local program as well as the State with this. We strongly encourage you to attend fundraising events in your community and actively help out when applicable.

For you to perform at your best, you need to know the rules of the game. Look for Athlete Handbooks for all of your sports.

Special Olympics South Dakota Sports Rules - Powerlifting

EQUIPMENT

Footwear

1. Long socks (up to the knee) must be worn for the deadlift.
2. Sport type shoes e.g. trainers, powerlifting, or weightlifting boots ONLY must be worn.
3. No hiking or work boots allowed.
4. The height of the heels shall not exceed 5 cm.

Belts

1. A belt may be worn on the outside of the suit.
2. The belt may not encircle the body more than once.
3. The belt shall not have additional padding.

Wrist Wraps

Wrist wraps or wristbands may be worn.

Knee Wraps

1. Knee sleeves may be worn by the athlete.
2. The referee shall reject knee wraps that have been put on the lifter using assistance of any method such as the use of plastic sliding, the use of lubricants, and so on, OR with the assistance of any other person other than that which is typically required by the athlete for assistance with wrist wraps or with dressing daily (such as socks, shoes, etc).

Supportive Wraps

Supportive equipment other than a belt or wrist wrap will not be worn in competition.

Substances

1. Baby powder, pool-hall chalk, liquid chalk, resin, talc, or magnesium carbonate are the only substances that may be added to the body or attire.
2. The use of oil, grease, or other lubricants is forbidden.

Modifications

Lifting with a prosthesis is allowed and orthotics in shoes will be allowed.

DIVISIONING AND COMPETITION SCHEDULE

Divisions

1. Athletes shall be placed in divisions according to gender, age, ability, and weight class.
2. SOSD will attempt to division athletes into no less than 4 lifters per division, whenever possible.
3. SOSD Athletes must be a minimum of 14 years old to participate in powerlifting.
4. Age divisions: Sub Junior 14-18; Junior 19-23; Senior 24-39; Master 40 and over

Weight Class Divisions

1. Weight classes are a divisioning tool that groups athletes according to body weight which is a primary determinant of ability.
2. This chart outlines the weight classes for both males and females.

Male		Female	
Kilograms	Pounds	Kilograms	Pounds
53 kg	111 lb	43 kg	95.75 lb
59 kg	130 lb	47 kg	103 lb
66 kg	145.5 lb	52 kg	114.50 lb
74 kg	163 lb	57 kg	125.50 lb
83 kg	183 lb	63 kg	139 lb
93 kg	205 lb	72 kg	158.5 lb
105 kg	231 lb	84 kg	185 lb
120 kg	264.5 lb	84+ kg	185.25+ lb
120+ kg	264.75+ lb		

Weigh-in

1. All athletes must weigh-in **before** the 1st session of the competition. (this also includes 2nd session lifters).
2. All lifters will get their rack heights for bench press and squat during the weigh-in.
3. Divisions may need to be adjusted as needed if the weight class differs from the qualifying weight class.
4. Weigh-in will be done in private and the lifters will be allowed in one at a time. The weigh-in room will be locked and the only persons allowed in it are the referees, the lifter, and his/her coach/trainer.
5. Each competitor can only have his/her official weight registered once. Only those heavier or lighter than the category limit are allowed to return to the scales within the limits of the hour allowed from the beginning of the weigh-in.
6. An athlete weighing in above the upper limit for a weight class will be moved to the next heavier weight class.
7. An athlete weighing in below the minimum limit for any weight class may, at the discretion of the Referee, be permitted to lift in the next lightest-weight class if that competition is available. If competition in a lighter weight class is not available, the athlete will be permitted to lift outside the official competition and receive a participant's ribbon.

Rounds System

1. Lifters will be divided into flights of no more than 14 lifters in each flight.
2. In each flight, the lifter with the lightest attempt will lift first, and the weight loaded onto the bar will be progressively increased until everyone in the flight has lifted. The bar will then be unloaded and second attempts will be performed in the same fashion, followed by third attempts.
3. The weight cannot be reduced after the lifter has attempted to perform a lift with the announced weight.

RULES OF COMPETITION

General Rules and Modifications

1. A coaches meeting will follow weigh-ins to go over the rules of the meet. There will be a brief warm-up period after the coaches' meeting.
2. The order of events is squat, bench press, and deadlift.
3. During any competition organized on a platform or stage, no one other than the lifter, referee, assigned medical personnel, recognized officials, and competing lifter's coach shall be allowed around the platform or on the stage.
4. An area on the stage to the left and behind the referee will be marked and may be occupied by the coach during the performance of his/her athlete's lift attempt. The coach may give manual signals.
5. For participants who are hearing impaired/deaf in the Bench Press, the referee shall reposition him/herself to be

- able to provide a visual movement of the arm, both to begin the lift and to rack the weight.
6. Each athlete will have three attempts for each lift.
 7. Each competitor shall be allowed one minute from the calling of his/her name to the starting of the attempt. If the delay exceeds one minute, the attempt shall be forfeited. The clock shall stop when the lifter starts the lift properly. Lifters with anatomical (physical) disabilities (as stated before the competition) will be granted extra time, up to 3 minutes if needed.
 8. First-round attempts should be submitted at weigh-ins.
 9. A lifter and/or his/her coach must submit his 2nd or 3rd attempts within one minute of completing his preceding attempt. The one minute will begin from the time the lights are activated. If no weight is submitted within the one-minute time allowance, the lifter will be granted a 2.5 kg increase on his next attempt. Should the lifter have failed his previous attempt, and not submitted a weight for a further attempt within the one-minute time allowance, the bar will be loaded to the failed weight.
 10. A lift must be declared a NO lift and the lifter must be disqualified if, in the opinion of the referee/judges, the weights are dropped intentionally.
 11. There will be three referees on the lifting platform. A lifting attempt must receive a minimum of two out of three white flags to be a successful attempt. Two or more red flags will constitute an unsuccessful attempt.
 12. Each lifter will have a coefficient determined by their body weight. To determine the placing of lifters, multiply each lifter's coefficient by the total weight lifted. The resulting factor is your Wilkes Formula Total (WFT). The lifter having the highest WFT is awarded first place, the second highest is awarded 2nd place, etc.

EVENT SPECIFIC RULES AND MODIFICATIONS

Bench Press

1. The lifter must assume the following position on the bench, and maintain this position during the entire lift: the head and trunk (including buttocks) must be in contact with the surface of the bench, and the feet must be on the floor or plates. To achieve firm footing, flat-surfaced discs or blocks (not exceeding 30 cm in height) may be used. Lifters with physical disabilities shall be allowed to use either the standard or the special bench for lifters who are disabled. The hands must grip the bar with the thumbs around the grip, thus locking the bar safely in the hands. The use of the reverse grip is forbidden.
2. Lifters with physical disabilities may be strapped to the bench from the ankles to the hips using a strapping belt not to exceed 10 cm in width.
3. After removing the bar from the racks or receiving it from the spotters/loaders, the lifter shall wait with elbows locked for the referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned at full arms extension.
4. Not more than four and not fewer than two official spotters/loaders shall assist in the competition areas.
5. The spacing of the hands shall not exceed 81 cm (2 ft 8 in), measured between the index fingers.
6. Athletes who are anatomically unable to fully lockout a bench press must have a certified coach state so at the weigh-in. A medical certificate should accompany the request. No changes in proper lifting techniques can be made for the lifter after weigh-in.
7. A referee's signal shall consist of a downward movement of the arm together with the audible command: "Start".
8. After receiving the start signal, the lifter must lower the bar to the chest and hold it motionless. The referee shall give the audible signal "Press", at which time the bar shall be pressed upward with an even extension of the arms. When held motionless in this position, a visible signal consisting of a backward movement of the arm together with

the audible command “Rack” shall be given. In the case of a hearing-impaired lifter, tactile signals may be employed.

Causes for disqualification in the bench press

1. Failure to observe the referee’s signals at the commencement and completion of the lift.
2. Any change in elected position after the “Start” signal: i.e., raising movement of the head/shoulders, buttocks, or feet from their original points of contact with the bench or floor, or lateral movement of the hands on the bar. At no point may the athlete’s feet come in contact with the bench or its supports.
3. Any heaving or bouncing of the bar from the chest after it has been motionless on the chest.
4. Any pronounced/exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full arms extension (full arm’s length) after the attempt.
7. Contact with the bar or lifter by the spotters/loaders between referee’s signals.
8. Deliberate contact between the bar and the bar-rest uprights during the lift to make the lift easier.
9. Failure to comply with any of the requirements contained in the general description of the lift.

Deadlift

1. The bar must be positioned horizontally in front of the lifter’s feet, gripped with an optional grip in both hands, and lifted without downward movement until the lifter is standing erect. (Grip option: when gripping the bar, either the backs of both hands face front or the back of one hand and the palm of the other hand face front in what is called the over and under grip).
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in the straight position and the shoulders should be held in an erect position (not forward or rounded). The shoulders do not have to be thrust back past an erect position; however, if they are thrust back in that manner, and all other criteria are acceptable, the lift shall be accepted.
4. The referee’s signal shall consist of a downward movement of the hand and the audible command “Down”. The signal will not be given until the bar is held motionless and the lifter is in the completed position as determined by the referee.
5. Any attempts to raise the bar or deliberate attempts to lift the bar shall count as an attempt.

Causes for disqualification in the deadlift

1. Any downward movement of the bar or either end of the bar during the lift.
2. Failure to stand erect with the shoulders in an erect position.
3. Failure to lock the knees straight after the lift.
4. Supporting the bar on the thighs during the lift. NOTE: Supporting the bar on the thighs may include also a secondary bending of the knees and dropping the hips.
5. Lowering the bar before receiving the referee’s signal.
6. Allowing the bar to return to the platform without maintaining control with both hands.
7. Failure to comply with any of the requirements contained in the general description of the lift.

Squat

1. **An athlete with Down syndrome who has been diagnosed with Atlanto-axial Instability may not participate in the back squat lift in powerlifting.**
2. The lifter shall assume an upright position with the top of the bar not more than 3 cm below the top surface of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar

(not the collars) and the feet flat on the platform with the knees locked.

3. The use of a wedge at the heels or toes shall be forbidden.
4. After removing the bar from the racks, the lifter must move backward to establish his/her position. He/she shall wait in this position for the referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. If mechanical racks that withdraw are used, the lifter must remove the barbell from the racks before they are withdrawn and wait motionless for the referee's signal. The signal shall consist of a downward movement of the arm and audible command "Squat".
5. Upon receiving the referee's signal, the lifter must bend and lower the body until the top surfaces of the legs at the hip joints are lower than the tops of the knees.
6. The lifter must recover at will, without double bouncing or any downward movement of the body or bar, to an upright position. Once in an upright position with knees locked, the lifter will wait for the referee's signal. When the lifter is motionless, the referee will give the signal to replace the bar.
7. The signal to replace the bar will consist of a backward motion of the hand and the audible command "Rack". The lifter must then attempt to return the bar to the racks.
8. The lifter must face the front of the platform.
9. The lifter shall not hold the collars, sleeves, or discs at any time during the performance of the lift. However, the sides of the hands, gripping the bar, may be in contact with the inside surface of the inner collars.
10. Not more than five and not fewer than two spotters/loaders shall be on the platform at any given time.
11. The lifter may enlist the help of the spotters/loaders in removing the bar from the racks, and replacing the bar in the racks after the lift. Once the bar has cleared the racks, the spotters/loaders shall not assist the lifter any further.
12. In the event of a spotter error or equipment failure, the referee may grant the lifter an additional attempt at the same weight.

Causes for Disqualification in the Squat

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change of position of the hands on the bar ..
3. Double bouncing or more than one recovery attempt at the bottom of the lift
4. Failure to assume an upright position with knees locked at the commencement and completion of the lift.
5. Any shifting of the feet laterally, backward, or forward during the performance of the lift.
6. Failure to bend the knees and lower the body until the top surfaces of the legs at the hip joints are lower than the top of the knees.
7. Changing the position of the bar across the shoulders after the commencement of the lift.
8. Contact of the bar or the lifter by the spotters/loaders between the referee's signals.
9. Contact of the elbows or upper arms with the legs.
10. Failure to make a bona fide attempt to return the bar to the racks.
11. Any dropping or dumping of the bar after the completion of the lift.
12. Failure to comply with any of the requirements contained in the general description of the lift.

Combination

1. The Double Combination event includes the bench press and deadlift.
2. The Triple Combination event includes the bench press, deadlift, and squat.
3. An athlete's final score is calculated by adding together the maximum weight he/she successfully lifted in the bench press and deadlift (double combination), or the squat, bench press, and deadlift (triple combination).
4. Three unsuccessful attempts in any of the lifts will automatically eliminate the lifter from the Combination events.

Unified Sports-Powerlifting

1. This division will be composed of Special Olympics athletes and their Unified partners. While there should be an attempt to match athlete and partner teams by weight and ability, this is not always possible or necessary.
2. Athletes are allowed to participate in Unified powerlifting OR traditional powerlifting but are not allowed to participate in both competitions. They must choose one (but can compete in up to 4 events in each competition).
3. Each team includes a Special Olympics athlete and a Unified partner.
4. Each athlete and partner compete against other athlete and partner teams.
5. Each athlete and partner are scored based on combined weight lifted.
6. To take away any advantage of bodyweight any athlete and partner might have, a formula (Wilkes coefficient) is applied to each athlete and partner's bodyweight to put them on a level playing field.
7. While most athlete and partner teams will be gender-specific, mixed or coed teams may be included in a specific division.

AWARDS CRITERIA

1. Medals are presented for 1st-3rd place while ribbons are presented for 4th-8th place.
2. Awards are presented after each session.

SPORTSMANSHIP

1. Put forth maximum effort during each event.
2. Practice the skills with the same intensity as you would perform them in competition.
3. Always finish a game/event. Never quit.
4. Always comply with the rules.
5. Demonstrate sportsmanship and fair play at all times.
6. Respect the decision of the officials at all times.