



**About Powerlifting:** Every athlete aims in lifting more weights than the opponent using specific moves. In Special Olympics Powerlifting is much more than deadlift, squat or bench press. It is effort, persistence and loyalty. Training, determination and attitude, are the key facts that define the balance between a successful or a failed attempt. The barbell, despite testing the physical strength, is also highlighting the athlete's inner wish to improve, "not to make compromises".

**Established at Special Olympics:** 1983

**Differences of Special Olympics Powerlifting:** Special Olympics, Inc. allows for athletes with physical disabilities to wear a two-piece outfit with both upper and lower pieces being form fitting; either snug-fitting track trousers or snug-fitting shorts may be worn. A full-length aerobic suit may be worn while performing the bench press. Additionally, lifting with a prosthesis is allowed and orthosis with shoes will be allowed.

### **By The Numbers:**

- In 2011, 29,447 Special Olympics Athletes competed in Powerlifting events
- In 2011, 87 Special Olympics Programs hosted Powerlifting competitions
- Olympic Weightlifting consists of participants attempting only two types of lifts – the snatch and the clean and jerk.
- Since 2005, the number of total Special Olympics Athletes competing in Powerlifting has grown by over 113%!

### **Events for Competition:**

- Squat
- Bench Press
- Dead Lift
- Combination (Bench Press and Dead lift) or
- Combination (Squat, Bench Press and Dead lift)

### **Associations/Federations/Supporters:**

International Powerlifting Federation (IPF)

United States Powerlifting (USAPL)

**Divisioning at Special Olympics:** Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans."