

## **2010 Special Olympics Oregon Winter Regional Games POWERLIFTING INFORMATION**

Medical forms & Unified Partner forms: DUE in the SOOR office by January 6, 2010 @ 5pm  
Originals Only – No Faxes

### **Powerlifting Regional Competition**

- 3/13/10 Sat– Regional Sports Ctr – 200 32<sup>nd</sup> St, Springfield, OR 97478 – **Registrations due: 2/24 @ 5pm**  
**All powerlifting teams will attend this competition**

### **Powerlifting List of Events**

- S - Squat
- B - Bench
- D - Deadlift
- C2 - Combination #2 [Bench & Deadlift]
- C3 - Combination #3 [Bench, Deadlift & Squat]

### **Powerlifting Rules**

The Official Special Olympics Sports rules shall govern all Special Olympics Powerlifting competitions -  
[http://media.specialolympics.org/soi/files/sports/powerlifting\\_rules.pdf](http://media.specialolympics.org/soi/files/sports/powerlifting_rules.pdf)

These rules are based upon the USA Powerlifting rules for Powerlifting – [www.usapowerlifting.com](http://www.usapowerlifting.com)  
USA Powerlifting rules shall be employed except when they are in direct conflict with the Official Special Olympics Sports rules and any additional Special Olympics Oregon modifications. In such cases, the Official Special Olympics Sports rules and SOOR modifications shall apply.

### **Registration Information**

- 1. Athletes must be at least 16 years old to compete in Powerlifting, per SOI rules**
2. Athletes may compete in 3 Individual events & 1 Combination event from the list above
3. An athlete with Down Syndrome, who has been diagnosed with Atlanto-axial Instability (AAI), may not participate in the squat lift event (per Article I, Section 2, 7, f).

### **ATTIRE:**

Proper attire should be worn (i.e. no jeans or sweats)

1. A one-piece lifting suit or wrestling singlet is recommended. Tight fitting shorts and a tight-fitting t-shirt may be worn.
2. Wraps may be used: maximum size=8cm wide and 1m long. The wrap may not be more than 10cm above or 2 cm below the wrist.
3. See SOOR 'Policies and Procedures' for complete uniform information

### **EQUIPMENT**

1. A belt made of leather, vinyl, nylon or other similar non-stretch or non-metal (other than buckle and stud attachments material) may be worn on the outside of the suit. Dimensions: width-maximum of 10cm; thickness maximum of 13mm. The belt may not encircle the body more than once.
2. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire and cannot be put on the wraps.
3. No gloves will be allowed.
4. See SOOR 'Policies and Procedures' for complete equipment information

## 2010 Special Olympics Oregon Winter Regional Games Powerlifting Registration

Please use one entry form per team

**To Register:**

- Complete one entry form (found below) for each separate team.
- Please be sure all coaches/chaperones have a valid Class A form on file
- Please be sure there is 1 coach/chaperone listed for every 4 athletes (additional needed if 1:1 required)
- Please be sure each athlete listed has a current medical form on file
- Please take care to spell names as they are spelled on submitted forms (i.e. medical, partner, or Class A)

**E-mail your completed registration** by the deadline listed to:

Donna K Ayres: [dayres@soor.org](mailto:dayres@soor.org) please cc: your Field Director

If e-mail is not possible, send or fax to:

Donna K Ayres, 5901 SW Macadam Ave, Suite 200, Portland, OR 97239, Fax: 503-248-0603, Phone: 503-248-0600, ext 30

Each Head Coach/Assistant Coach/Chaperone must have a valid Class A form on file to be included on the form below.

<b>County or Local Program Name:</b>	
<b>Location of assigned Regional:</b>	Springfield
<b>Head Coach Name:</b>	
<b>Address:</b>	
<b>City/State/Zip</b>	
<b>Daytime or cell phone</b>	
<b>E-mail Address:</b>	

**Powerlifting Assistant Coach/Chaperone Roster:**

Please be sure to include enough Assistant Coaches/Chaperones to meet the requirement of 1 coach/chaperone for every 4 athletes. Please indicate anyone serving as a 1:1 chaperone. Those with an e-mail address listed will receive competition information, in addition to the Head Coach. Meals will be assigned to your team based on the 1:4 ratio. All those listed below must have a valid Class A form on file.

Assistant Coach/Chaperone Name	E-mail address	Check if 1:1 chaperone

