

**VIKING STRENGTH RAW POWERLIFTING**

**COMPETITION RULES DOCUMENT**

WEIGHT CLASSES

This competition is available for both male and female competitors, with the following weight categories available to enter:

*Female*

Under 60kg

60.01kg - 70kg

70.01kg - 80kg

80.01kg - 90kg

90.01kg – 100kg

100.01kg+

*Male*

Under 80kg

80.01kg - 90kg

90.01kg - 100kg

100.01kg - 110kg

110.01kg – 120kg

120.01kg+

AWARDS

There will be a winner for each weight category across both the male and female classes (award goes to the person with the biggest total), as well as an award for 1st, 2nd and 3rd place overall based on the Wilks score, with both a female and male podium at the end of the day.

That’s a potential 18 awards being awarded at the end of the day!

These are huge competitions with plenty of spectators making noise to support each and every lifter.

SCHEDULE

Weigh-in and registration is 08.00 – 09.00

Flight one will lift off at 10.00.

There will be up to three flights on the day, which will follow on from one another back-to-back, with a small break between squat and bench, and another break between bench and deadlift.

We will confirm the schedule in more detail when we have an idea of how many competitors will be in each class, which is usually posted on Instagram and Facebook (@vikingstrengthgym). You’ll also receive an email on the week of the competition confirming the flight times.

BASIC COMPETITION RULES

Wearing a Powerlifting singlet is allowed but not mandatory for all three events.

THE SQUAT IS FIRST

We will be using a Rogue Ohio Power Bar and a combo rack.

After removing the bar from the rack and establishing the starting position, you must wait for the "Squat" command. Sit into the squat and return to the starting position. Once there, wait for the "Rack" command before returning the bar to the rack.

Tight clothing and a T-shirt must be worn. A lifting belt, 7mm Neoprene knee sleeves, wrist wraps and a singlet are all allowed but not mandatory.

Failure to return to the starting position unassisted, or any downward movement of the bar will result in a no lift. Failing to reach proper depth (where the crease of the hip is below the top of the knee) will result in a “no lift”

Three attempts will be taken and the highest completed squat will be added to your total.

We will be allowing the "Talon Grip".

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THE BENCH PRESS IS SECOND

We will be using the Rogue Ohio Power Bar and a combo rack.

After removing the bar from the rack and establishing the starting position, you must wait for the "Start" command. Lower the bar to the chest and wait for the "Press" command, before pressing the bar and returning to the starting position. Once there, wait for the "Rack" command before returning the bar to the rack.

Tight clothing and a T-shirt must be worn. A lifting belt, wrist wraps and a singlet are all allowed but not mandatory. Elbow sleeves or any other elbow support are not allowed.

Failure to lock out the elbows, the buttocks coming off the bench or any downward movement of the bar during the ascent will result in a no lift.

Three attempts will be taken and the highest completed Bench Press will be added to your total.

We are allowing the heels to be raised, “false grip”, and the head to be lifted off the bench, providing that no other rules are broken by doing so.

FINALLY, IT’S THE DEADLIFT

We will be using the Rogue Ohio Power Bar.

After approaching the bar, pick the weight up and stand with the knees and hips locked with the shoulders back. Once locked out, you must wait for the "Down" command before placing the bar back on the floor, without dropping it or inappropriately slamming it back down.

Tight clothing must be worn and the shins must be covered.

Footwear must be worn during the Deadlift event (we won’t allow socks only).

Chalk, talc, a lifting belt and singlet are allowed but not mandatory.

Failure to lockout the Deadlift, lowering the bar before the “down command,” dropping/slamming the bar down, or hitching/ramping will result in a no lift.

No lifting straps or other grip supports are allowed and no liquid chalk please.

Three attempts will be taken and the highest completed Deadlift will be added to your total.

The highest completed total in each weight class wins!

THE VIKING SHIELD

From 2025 we have hosted two semi-finals and a final. Both semi-finals can be entered by anyone, with the final being invite only.

There are multiple ways of qualifying for the final from either one of the semi-finals, which are listed below:

* Place top 3 overall in a semi-final (Wilks)
* Win your weight class in a semi-final (Total)
* When a competitor wins their weight class AND finishes on the podium, the next best overall lifter (Wilks) will qualify (4th overall, then 5th overall, etc.)
* Wildcards. The next best male and the next best female competitor (overall) across BOTH semi-finals who has not already qualified will receive an invite to the final. EG: You place 6th in the first semi-final with a 350.0 Wilks, which was not enough to qualify you. However, the best lifter who didn’t qualify from the second semi-final finished with a 345.0 Wilks. You will then receive the wildcard invite as you are the next best score overall to have not yet qualified. This means there is always a reason to perform as well as possible, as you might just snap up that wildcard invite!!
* Win the male or female best overall lifter (Wilks) of the previous years final, to receive an invite without having to attend a semi-final.

The winners of each final will have their names forever engraved on The Viking Shield which is mounted at the gym.