

Power Lifting

2021 Season. Updated 3/18/2021





Return to Play 2021

- Practice Guidelines
- Competition Outline
 - Virtual
 - At home



Power Lifting Season

- Season
 - February 1st - December 31st
- Virtual Competition
 - May – August



Season Goals

- Practice & improve skill development
- Improve conditioning & fitness
- Offer virtual meet amongst lifters across the state
- Offer at home opportunity that focus on fitness and wellness activities
- Awards will be awarded at end of season

Practice





Practice

Teams may gather following Massachusetts guidelines for COVID 19

- As of March 1st Gyms can be at a 50% max capacity. Check with your facility on capacity guidelines and how many people you are allowed to have at a given practice
- Masks must be worn at all times. Highly recommend wearing a face shield for both lifter and spotter during lifts
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared
- Recommended use same groups for every practice session



Practice

- No spectators allowed for individuals over age of 21. Only one spectator if there is a viewing area for those under age of 21
- Activities must end by 9:30pm
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during, in between each lifter and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (*refer to return to play power point in [coaches resource section](#) of SOMA website*)

Competition





Competition Opportunities

- Virtual Meet
 - Lifters are divisioned against others from across state in a virtual meet that is based on USA Power Lifting Hometown Throw Down. Awards provided at conclusion of season
- At Home



How Virtual Meet will work

- Lifter or coaches submit following information to Special Olympics MA
 - Athlete name, body weight, lifts attempting
- Athletes will be placed into classes and classes posted to SOMA website
 - Classes may change throughout season.
- From May – August: lifter or coach submit all lifts during that time frame in lbs & kg's. Results will be posted to leaderboard on SOMA website so athletes can see how they are doing vs others in their class
- August 15th submission window closes. Special Olympics MA will review lifters final submitted lift and judge that lift. Lift may be judged using video submission or in person by a certified judge. Final lift that is submitted for review or is reviewed will serve as final result
- Athlete may join competition at any point during this window



In Person Meet

- It is the goal of Special Olympics MA to host an in person power lifting completion
- Event, if held, will be in Fall of 2021 and potentially outdoors



At home competition

- For those athletes that can not attend a practice due to risk level or apprehension for being in small gatherings. Special Olympics has designed the following at home fitness competitions:
 - Strength & Conditioning
 - Athletes receive points for number of days they work out using the monthly workout calendar
 - They receive awards based on # of points earned
 - Special Olympics North America Move Challenge

Future of Sport





Post COVID

- Season to be expanded from current 12 week window to 6-8 month long season
- Each season will end with a state competition
- At least four (4) weeks prior to state competition, assessment days will be held across the state. Purpose of assessment days are as follows
 - Opportunity for Meet Committee to view athletes doing lifts at a lighter weight of 75% of projected max
 - Committee will evaluate all lifters and determine if lifter needs to be in a modified lift class at state meet
 - Opportunity to give lifter training tips on how to train over remaining weeks of training to properly prepare for meet. As well as give coach a detailed assessment of lifter so they can alter training plan and work on any flaws or weakness in athletes form that may negatively impact their lifts at state meet
 - Serve as a rules clinic and dry run for both coaches and lifters so they are prepared for state meet.
- Athletes may compete in multiple sports and not choose which sport to compete in for a season. Only time an athlete must make choice is if competition falls on same day.

Questions?

ops @specialolympicsma.org

or

Matt.Ruxton@specialolympicsma.org

