



Powerlifting Equipment

Training and Competition Equipment

A competition platform and combination squat and benchpress rack are considered the field of play for Special Olympics Powerlifting events. The 2.5 meter by 2.5 meter platform will be made of multiple sheets of plywood covered by carpet or a manufactured platform covered with carpet.



While a platform is not necessary for training, having a designated, safe area to train with racks to squat and benchpress on and a rubber surface to deadlift on is necessary. A combination squat and bench rack with spotting arms is required for all Special Olympics powerlifting competitions. This rack is very efficient for training as it quickly converts from squat height to bench press height and is a safe alternative to training without safety arms.



Competition bars and weights should be of the Olympic type and meet standards outlined in the [Special Olympics Powerlifting Rules](#). While the standard bar is 20 kilograms, the 15 kilogram bar may be used on the benchpress for athletes who cannot lift the 20 kilogram bar. For training, the number of lifting stations and amount of weights and bars should be adequate for the number of athletes to be trained in a given time frame. For a more details description of competition equipment refer to the [Official Special Olympics Powerlifting Rules](#).