

Special Olympics PA Powerlifting Squat Assessment Checklist



Athlete Name _____ **Delegation:** _____

Background Because of the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate and then further compete in the squat lift in Special Olympics Pennsylvania sanctioned powerlifting meets (sectional events and Fall Festival). Assessments will be done at sectionals and at Fall Festival for anyone not in attendance at sectionals. Athletes must demonstrate proficiency in the lift utilizing all of the mechanics on this assessment checklist

Preparation Phase

1. Athlete approaches the bar, grasps the bar with an overhand grip wider than the shoulders with a closed grip.
2. Athlete ducks under the bar centering the bar on the midline of their back.
3. The bar is positioned on the athletes at the mass of the back no more than 1.5 inches below the top of the shoulders with the hands positioned as close to the shoulders as your chest and shoulder flexibility will allow. In some cases (i.e. Down syndrome athletes) where the assessor feels as though there is an undue amount of stress on the shoulders capsule, this may be cause for temporary disqualification.
4. The athlete uses the hands to press the bar against the back, and not to support the weight.
5. Elbows pulled back and lifted up.
6. Head is straight up and you should be able to make direct streamline eye contact with the assessor.
7. Chest is out.
8. Feet are flat spaced slightly wider than the shoulders.
9. Toes turned out 15-30 degrees out from center.
10. Athlete can isometrically contract stomach in this position (tighten abs).
11. Before the descent, knees should be locked in position.

Descent Phase

1. Athlete descends with buttocks back as to simulate sitting on a bench
2. Athletes head does not drop
3. Athletes should be able to continue to make streamline eye contact through the entire squat descent motion. The body must not forward lean. Excessive forward lean is considered that which is 30 degrees or more.
4. The descent is slow and controlled. There is no double bouncing.
5. The knees do not move beyond the toes during the descent
6. The athlete can achieve the full depth of the squat. This means that the hip flexor joint is lower than the knee joint. Be careful on how you judge those with big quadriceps muscle mass as this may be deceiving. You are looking for the hip joint itself to be lower than the knee joint.
7. The weight should stay born over the midline of the body supported more from the heel than the toes.

Ascent Phase

1. After achieving the full squat depth position, the athlete starts the acceleration phase from the bottom of the lift using the quadriceps extension first.
2. There is no double bouncing to recover and ascend with the bar.
3. The athlete's abdominal muscles will be firm against the belt during the ascent of the lift.
4. The athlete does not hold breath during the ascent of the lift.
5. Feet stay flat on the floor during the entire lift and do not change position.
6. Athletes come to a full lockout position with knees fully locked, hips not rounded, back straight and making full streamline eye contact with the assessor judge.