

General Rules

1. Lifters are allowed three attempts per event. All lifts must be down within 1 minute of the lifter being notified the bar is ready. All lifts must be done in shoes. Bench Shirts and Squat suits are not permitted.
2. Only the Lifter, Spotters/Loaders and Judges are allowed on the platform, no-one else. You cannot have someone telling how far to go down or when to come up.
3. After your attempt, you may choose to attempt the same weight, cannot increase weight until original lift is a success, or pass on their next attempt. You may never request a lighter weight than that of the first attempt.
4. Lifting order is broken into flights. Flights begin with the lightest attempts and end with the heaviest. Final lifting order is up to the discretion of the meet director.
5. A majority decision by three judges determines the good or bad.
6. It is encouraged that lifters inquire as to why an attempt was turned down, but it is forbidden to argue with or insult a judge.
7. The heaviest successful attempt will count toward the meet.
8. Hooking is permitted. Hooking is covering the last joint of the thumb with the other fingers of the same hand while gripping the bar.
9. If a competitor cannot fully extend their arm or has any other disability that may affect their performance, they must notify the judges before the beginning of the meet so that they may make a ruling over the disability.
10. If two lifters in the same class tie, the lighter lifter automatically wins the higher placing.
11. If a coach or personal spotter blocks the view of a judge, the judge must rule the lift as a bad attempt because they could not see otherwise.
12. The use of baggy clothes is not permitted in meet. All clothes must be form fitting. Singlets would be preferred, but not mandatory.
13. The meet director or a majority vote between the judges may eject an athlete from the meet or deny attempts based on the athletes actions or statements.
14. The use of profanity or alcohol at the meet event is grounds for immediate ejection and removal from the meet site.
15. No squat suits or bench shirts of any kind may be worn.
16. Don't harm or destroy any thing that is not your own property, you will be held accountable for any damage you cause.

Rules for the Squat

1. A legal squat is performed when the top of the upper thigh is parallel to the height of the knee.
2. There will be no "UP" call when the Lifter is in the bottom of the squat, and no pause is necessary.
3. When the proper weight is loaded the Head Judge will give the "BAR READY" command. The Lifter will have 1 minute to take the weight onto their back or shoulders and prepare their proper stance (proper stance is with the knees locked and the head up). If the Lifter is having trouble coming out of the rack and getting set up the spotters can help stable the weight but must not touch the bar or Lifter once the Head Judge has given the "SQUAT" command. If any Spotter touches the bar or the Lifter after the Head Judge has given the "SQUAT" command the lift will be called BAD.
4. Once the Lifter is set the Head Judge will give the "SQUAT" command. The Lifter will break parallel as indicated in rule #1 and may lift immediately to the beginning stance, completely erect. No bent knees, not hunched over.
5. Once the squat is completed the Lifter must wait for the Head Judge will give the "RACK" command.
6. After the Head Judge gives the "RACK" command the Lifter may have help in racking the weight.
7. During the squat, feet must remain planted and the bar must move up in one continual motion.

Rules for the Bench

1. You must wear tight form fitting clothing. No long or baggy pants of any kind are allowed.
2. Head must touch the bench.
3. You can tip toe or be flat footed, but your foot cannot lose contact with the floor. (ie. Foot can move or twist, but not move as much as in a step.) Once the "PRESS" command is given, the foot cannot change from down to up, or vice-versa.
4. If you take a hand out, you must lock your elbows before starting the bar down towards your chest. If you do not take a hand out, you can come out of the rack and straight down towards your chest, if you like.
5. You must pause the bar on your chest and wait for the Head Judge to give you the "PRESS" signal before moving the bar upward to the LOCKED OUT position.
6. Once you have received the "PRESS" signal, the bar can only move upward; you cannot sink any deeper into the chest and then go up.
7. Once the bar has started upward, it can pause, but if it moves downward at all the lift will be called bad and the Head Judge will instruct the Spotters to take the bar.
8. Bar can be a little uneven on the way up (not a lot) but both sides must be locked out at the same time.
9. You must remain in the LOCKED OUT position at the top until the Head Judge gives you the "RACK" signal.

10. If any Spotter touches the bar for any reason before the Head Judge gives you the "RACK" signal, the lift will not count.
11. Once you have received the "RACK" signal, at this time the Spotters will help you back into the rack and the lift is over.
12. Your hand out person, MUST step back or to the side so the Head Judge can see the lifter, if not the lifter WILL NOT receive a "PRESS" or a "RACK" signal and the lift will be called BAD.
13. NO ONE is allowed on the platform or in the immediate lifting area, other than Judges, Spotters, Loaders, Officials, and Lifter.

Rules for the Deadlift

1. The bar must move up in one continual motion.
2. No gloves or straps. Wraps may not touch the bar.
3. No hitching or jerking the bar up the thighs.
4. The intentional release of the bar from above the knees may be interpreted as equipment abuse and could result in immediate ejection.
5. The athlete may begin after hearing the "BAR READY" signal and the Head Judge gives the "LIFT" signal by raising their hand.
6. Judges look for the athlete to be standing completely erect, shoulders back, chest out, and knees locked but not hyperextended.
7. The athlete may not lower the weight until the head judge gives the "DOWN" signal by lowering their hand.
8. Feet must remain stationary throughout the lift.
9. Your hands MUST stay on the bar all the way back down. Any dropping or throwing the bar down and the lift will be called BAD. Bar must be in control at all times.

Disqualification

Squat

1. Failure to start the Lift from and Erect and Stable (Lifter in Control of the weight) Position.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with knees locked at the commencement and completion of the lift.
4. Movement of the feet laterally, backward or forward that would constitute a step any time during the attempt. This includes resetting of the feet after the lift has been started.
5. Failure to squat to sufficient depth so as to bend the knees and lower the body until the surface of the leg at the hip crease is lower than the top of the knee.
6. Contact with the bar by the Spotters after the squat has begun but prior to the Head Judge telling the Spotters to take the bar.
7. Contact of elbows or upper arms with the legs during any portion of the lift.
8. Failure to make a bona fide attempt to return the bar to the racks after the "RACK" command has been given by the Head Judge.
9. Any intentional dropping or dumping of the bar.
10. Intentional Dropping/Dumping of the Bar and Intentional Running out from under the Bar will result in the Lifter being terminated from the contest.

Bench Press

1. Failure to observe the Head Judges signals at the commencement or completion of the lift.
2. Any lateral movement of the hands on the bar between the Head Judges "PRESS" and "RACK" signals.
3. Excessive movement or change of contact of the feet during completion of the lift.
4. Failure to maintain the buttocks in contact with the bench at any point during the commencement of the lift.
5. Bouncing the bar off the chest.
6. Allowing the bar to sink into the chest after receiving the Head Judge's signal to "PRESS."
7. Pronounced uneven extension of the arms during or at the completion of the lift.
8. Any downward motion of the bar during the completion of the lift after receiving the "PRESS" command from the Head Judge.
9. Contact with the bar by the Spotters between the Head Judge "PRESS" and "RACK" commands.

10. Any contact of the Lifter's shoes with the bench or its supports at any time during completion of the lift.

11. Deliberate contact between the bar and the bar rest uprights during the lift to assist with the completion of the lift.

Deadlift

1. Any downward motion of the bar before it reaches the final position.

2. Failure to stand fully erect with the knees locked at the completion of the lift.

3. Hitching or supporting the bar by allowing it to rest on the thighs during the performance of the lift. Supporting is defined as a body position adopted by the Lifter that could not be maintained without the counterbalance of the weight being lifted.

4. Movement of the feet laterally, backward or forward that would constitute a step at any point during completion of the lift.

5. Lowering the bar before receiving the Head Judge's "DOWN" signal.

6. Dropping the bar. Dropping is defined as allowing the bar to return to the platform without maintaining contact and control of the bar with both hands.

Wraps

Wraps shall be composed of an elastic weave primarily of polyester, cotton, or medical crepe. Wraps may be used as follows:

Wrists

Wraps not exceeding 36 inches (1 meter) in length and 3.2 inches (8 centimeters) in width may be worn. Alternatively, elasticized wrist bands not exceeding 4 inches (10 centimeters) in width may be worn. A combination of the wrist wrap and elasticized wrist band is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop and Velcro patch for securing them, however the thumb loop is not to be attached during lift. A wrist wrap shall not exceed beyond 3.9 inches (10 centimeters) above the wrist towards the elbow and 1 inch (2.5 centimeters) below the center of the wrist joint towards the palm. Wrist wraps may not exceed a total length of 6 inches (15 centimeters) along the wrist and forearm.

Knees

Wraps not exceeding 97.5 inches (3 meters) in length and 3.2 inches (8 centimeters) in width may be worn. A knee wrap shall not extend beyond 6 inches (15 centimeters) above and 6 inches (15 centimeters) below the center of the knee joint. Knee wraps may not exceed a total of 12 inches (30 centimeters) in both directions above and below the knee. Knee sleeves (elasticized knee supports) not exceeding 8 inches (20 centimeters) in length may be worn. A combination of a knee wrap and a knee sleeve is not permitted. Knee wraps shall not touch the socks or the lifting suit.

Elbows

Wraps may only be worn during the Squat and Deadlift. Elbow wraps are not allowed during the Bench Press. The wraps may cover the general elbow area but cannot extend to the wrist or to the shoulder. The wraps may be composed of an elastic weave primarily of polyester, cotton, or medical crepe or they may be supportive sleeves of rubberized material. The wrap must be composed of a single unit that is no longer than 3 feet (91.4 centimeters) in length.

Wrist Straps

NOT ALLOWED