Weight Lifting Competition

**Major Lifts:** Squat, Deadlift, Bench

All: Both sides loaded equally with the same amount of weight and checked by spotters before performing lift

This is a non-equipped weight competition.

**Allowed:** Belts, sleeves, wrist wraps, chalk (no loose chalk), proper fitting clothes, and appropriate footwear.

**Not allowed:** Knee wraps, bench shirts, lifting straps, loose chalk, and bare feet.

**Deadlift:** both hands must be on bar as long as inside the collars

1) Any stance is okay as long as it is within the plates
2) Must have 2 spotters, one on each side of the bar
3) Don’t put the bar down until commanded by a judge otherwise will be DQ’d
4) Shoulders must be all the way back at the top of the lift, if rolled forward can be DQ’d
5) Must lock out knees completely at top of the lift
6) Can be DQ’d if you rest bar on your knees/thighs
7) Must have proper footwear on

**Squats:**

1) Once in starting position out of the rack, judge gives que to begin lift
2) Squat must be AT LEAST/ MINIMUM to 90 degrees
3) Knees must not go past toes during squat
4) After lift is complete must wait for signal to re-rack bar

**Bench:**

1) Must wait for start command before lower the bar
2) After start command lower all the way down to your chest once in this position then
3) wait for command to Press. Once command is given press the bar back up to starting position
4) Elbows must be FULLY extended at after press/ Lockout
5) Once you hear the command Rack, then you may re-rack the barbell
6) Head, shoulders, butt must remain on bench and feet on ground for the lift
7) No reverse grip benching/ no thumb-less grips
8) Can only have hands distanced to max grip rings

**Disqualifications for any lifts:**

1) Ignoring commands by judges
2) Moving points of contact out of place / changing positions during lift
3) Not finishing through on full range of motion
4) Taking longer than 5-6 minutes for each lift
5) Not wearing proper attire