**Strongest Raider Competition**

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

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

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

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

**Deadlift:**

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 aka “hitching”
7) Must have proper footwear on

**Squats:**

1) Once in starting position out of the rack, judge gives que to begin lift
2) Hip crease must go below the knee
3) After lift is complete must wait for signal to re-rack bar
4) Must stay in the rack during lift

**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
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 60 seconds for each lift
5) Not wearing proper attire

**2019 Weight Classes:**
Males:
Light: <155 lbs.
Medium: 156-185 lbs.
Light Heavy: 186-215 lbs.
Heavy: >215 lbs.

Females:
Light <115 lbs.
Medium: 116-155 lbs.
Heavy: >155 lbs.