

## **GENERAL MEET RULES:**

Raw powerlifting rules apply. Lifting belts & wrist wraps are allowed. Attire can be shorts & a t-shirt or tank top. You can also wear a one-piece lifting/wrestling singlet. Compression clothing such as bench shirts, erector shirts and deadlift suits is prohibited. Wrist straps that wrap around the bar are prohibited. Elbow supports are prohibited.

In a bench press and deadlift competition, the bench press event will be conducted first.

Each lifter will get three attempts.

After a successful attempt, the next attempt must be at least 5 pounds heavier. On a failed attempt, the lifter must stay at that weight. Important: *For your first attempt, you should make sure it is a weight you will be successful with.*

Lifters will most likely be in groups of 10 or so. While the first group is performing their lifts, the other groups will be in the warm-up area warming up. When all of the lifters in the first group have performed all three of their attempts, it will be the next group's turn and so on.

## **BENCH PRESS COMPETITION RULES:**

The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. Feet can be flat on the floor or on toes. The position must be maintained between the "Press" and "Rack" signals.

To achieve firm footing, the lifter may use a plate underneath his feet.

The lifter may use the help of one of the spotters/loaders in removing the bar from the racks. The lifter's coach or teammate may be used as well in removing the bar from the racks.

After removing the bar from the racks, the lifter shall lower the bar to his chest and await the head referee's signal. This is about a one second pause with the bar touching the chest.

The signal to press the bar from the chest will be the audible command "Press" given by the head referee and will be given as soon as the bar is motionless on the chest.

After the command "Press" has been given, the bar is pressed vertically until arms are fully extended and held motionless until the audible command "Rack" is given.

### **What are the causes for a failed bench press lift?**

Failure to observe the head referee's signals at the commencement or completion of the lift.

Any change in the elected lifting position after the "Press" command but prior to the "Rack" command that results in the lifter's head, shoulders, or buttocks breaking contact with the flat bench surface, the lifter's feet moving from their original point of contact on the floor, lateral movement of the hands on the bar, or opening and closing the hands on the bar.

Bouncing the bar off of the chest or allowing the bar to sink into the chest after receiving the head referee's "Press" signal.

The bar descending in the course of being pressed out.

Major uneven extension of the arms or uneven lockout.

Failure to press the bar to full extension of the arms at the completion of the lift.

Contact with the bar by the spotters/loaders between "Press" and "Rack" commands.

Any contact of the lifter's feet with the bench or its supports.

Contact with the bench uprights during the press that results in stopping or downward movement of the bar or is judged to have assisted or saved the lift.

#### **DEADLIFT COMPETITION RULES:**

The bar must be horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted upward with one continuous movement until the lifter is standing in a full upright position.

On completion of the lift, the knees shall be locked and the lifter standing in a full upright position.

The head referee's signal at the completion of the lift is a downward motion of the hand and the verbal command "down". The signal shall be given when the bar is motionless and the lifter is in the apparent finished position.

There is no signal to begin the lift. The lifter begins the lift on his own when he feels he is ready.

Any raising of the bar or attempt to do so counts as an attempt.

You must maintain control of the bar with both hands when lowering the bar back to the platform.

#### **What are the causes for a failed deadlift?**

Downward movement of the bar during the uplifting.

Failure to stand erect with shoulders held in an erect position at the completion of lift.

Failure to lock knees at completion of the lift.

Stepping backward or forward during the performance of the lift.

Lowering the bar before receiving the head referee's signal.

Supporting the bar on the thighs during the lift in a manner that the lifter can obtain leverage (hitching).

Returning the bar to the platform without maintaining control of it.