

Power lifts & Rules of Performance

Signals and implementation of the three lifts are as follows:

1. SQUAT

Start: A visual signal consisting of a downward movement of the arm, together with the audible command "Squat". The Audible command MUST be given slightly BEFORE the movement of the arm.

Rack: A visual signal consisting of a backward movement of the arm, together with the audible command "Rack".

- After removing the bar from the Power Rack while facing the front of the platform, the lifter must step forwards, and they may adjust their feet outwards or inwards to obtain their chosen stance. The top of the bar shall not be more than 3cm below the top of the posterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/ or fingers gripping the bar, and the feet flat on the platform with the knees locked.
- The lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".
- Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- The lifter must return to the start position, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during the lift. As soon as the lifter has demonstrated a controlled final position, the head referee will give the rack signal after which the lifter must make a legitimate attempt to return the bar to the racks.
- The signal to replace the bar will consist of a backward motion of the arm and the audible command "Rack".
- The lifter shall face the front of the platform, towards the head referee.
- The lifter shall not hold the collars or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.
- Not more than six and not less than four loaders/spotters shall be on the platform at the same time during the squat.
- The lifter will be allowed only one commencement signal per attempt.
- The lifter may be given an additional attempt at the same weight at the end of the round, at the head referee's discretion, if failure in an attempt was due to any error by one or more of the spotters.
- Once the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the paddles, white for a "good lift" and red for a "no lift".

Causes for Disqualification of a Squat:

- Failure to observe the head referee's signals at the commencement of the lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with knees locked at the start and completion of the lift.
- Failure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
- Any backward step after removing the bar from the Power Rack but before Squat commences.
- Any resetting/movement of the feet after the squat signal.
- Contact with the bar by the spotters between the referee's signals.

- Contact of elbows or upper arms with the legs.
- Failure to make a legitimate attempt to return the bar to the racks.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble after the squat command.

2. BENCH PRESS

Start: An audible command of “start” is given as soon as the lifter receives the bar at arms’ length, elbows are locked, and the person giving the lift out has moved off the platform. This will signal the commencement of the lift.

An audible command of “Press” given AS SOON AS the bar is motionless on the lifter’s chest.

Completion: An audible command of “Rack” when the bar has been pressed to straight-arm’s length with elbows locked

The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The lifter’s shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.

- To achieve firm footing a lifter of any height may use discs or blocks to build up the surface of the platform, but MUST NOT come in contact with any part of the bench press. Whichever method is chosen, the shoes must be in a solid contact with the surface.
- After receiving the bar at arm’s length, the lifter shall wait for the “start” signal and then lower the bar to the chest (not below the sternum) and await the head referee’s Press signal.
- Not more than four and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designate spotters or enlist personal spotters, in removing the bar from the racks.
- A designated spotter having provided a center lift off must immediately clear the area in front of the head referee and move to either side of the platform (or where directed). If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referees’ responsibilities, the referees may determine that the lift is unacceptable and be declared “no lift” by the referees and given the red paddle. Failure of any personal spotters to leave the platform may cause disqualification of the lift.
- The spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter’s responsibility to explain this to the head referee and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter’s time for that attempt.
- The thumb must be wrapped around the bar. A thumbless grip is not permitted.
- The reverse or underhand grip is permitted.
- The bar must be at straight arm’s length and motionless before the lift is commenced.
- The lifter will be allowed only one commencement signal per attempt.
- After the press call has been given, the bar is pressed upward. The bar shall not be allowed to sink into the chest or move downwards at all after the press call is given. The lifter will press the bar to straight arm’s length and hold motionless until the audible command “Rack” is given. Bar may move horizontally and may stop during the ascent but may not move downward towards the chest.
- Once the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the paddles, white for a “good lift” and red for a “no lift”.
- Head referee, lifter and bench must be facing forward to the crowd.

Causes for Disqualification of a Bench Press:

- Failure to observe the referee's signals of "Start", "Press" and "Rack".
- Raising of the gluteal muscles from the bench (as long as some portion of the gluteal muscles remains on the bench and a referee cannot see straight through the lift is permissible).
- Lateral movement of the hands during the lift (between the referee's signals).
- Any change of position from the feet during the lift.
- If the bar is resting on the stomach below the sternum, or contact with the lifting belt.
- Bouncing the bar off the chest.
- Allowing the bar to sink into the chest after receiving the referee's signal.
- Excessive uneven extension of the bar during or at the completion of the lift as judged by the referees.
- Any downward motion of the bar during pressing the bar to the completion.
- Contact with the bar by the spotters between the referee's signals.
- Any contact of the lifter's shoes with the bench or its supports.
- Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.

3. DEAD LIFT

Start: No signal required.

Completion: A visual signal consisting of a downward movement of the arm together with the audible command "Down". The Audible command MUST be given slightly BEFORE the movement of the arm.

- The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be no downward motion of the bar.
- The lifter shall face the front of the platform.
- On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect, (the shoulder will not be forward or rounded. it is not necessary that they be back past the erect position).
- The head referee's signal shall not be given until the bar is held motionless and the lifter is in an apparent finished position.
- Any deliberate attempt to lift the bar will count as an attempt.
- Once the bar has been replaced on the platform at the completion of the lift and the referees will announce their decisions by means of the paddles, white for a "good lift" and red for a "no lift".

Causes of Disqualification of a Dead lift:

- Any downward motion of the bar before it reaches the final position; at the completion of the lift, if the bar settles as the shoulders come back this should not be reason to disqualify the lift.
- Failure to stand erect, (the shoulders will not be forward or rounded. It is not necessary that they be back past the erect position. All be it is permissible).
- Failure to lock the knees and/or hips straight at the completion of the lift.
- Supporting the bar on the thighs in a manner that the lifter can obtain leverage or hitching.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble.
- Lowering the bar before receiving the head referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands.