

Weightlifting Rules

Allowed: Wrist-wraps, chalk, weight belts, knee-wraps

Not allowed: Wrist-straps, bench press shirt

Individuals must keep footwear on at all times

Bench Press Rules:

Feet must be flat on the floor at all times.

Glutes must be on the bench at all times.

Shoulders must be on the bench at all times.

After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with straight arms elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.

Must tap chest at bottom rep, in order for it to count – Do not bounce off of chest.

Squat Rules:

The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.

After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift.

Must break 90 degrees.

Must come all the way up for the rep to count.

Pause for a split second to show you have control of the bar.

Deadlift Rules:

Gripped with an optional grip in both hands.

Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked.