

Weightlifting rules:

We will be following the USA W rules of performance to go along with the weightlifting portion of the competition.

2 THE TWO LIFTS 2.1 GENERAL In the sport of weightlifting the IWF recognizes two (2) lifts which must be executed in the following sequence: a) The Snatch b) The Clean & Jerk Both lifts must be executed with two hands.

A maximum of three (3) attempts is allowed in each lift.

THE SNATCH

The barbell is centered horizontally on the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms downward and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and may slide along the thighs. No part of the body other than the feet may touch the platform during the execution of the Snatch. The athlete may recover in his/her own time, either from a split or a squat position. The lifted weight must be maintained in the final motionless position, with both arms and legs fully extended and feet on the same line and parallel to the plane of the trunk and the barbell. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body.

THE CLEAN & JERK

The first part, the Clean: The barbell is centered horizontally on the center of the competition platform. The athlete takes the start position behind the barbell. The athlete grips the barbell and bends at the knees. The barbell is gripped, palms

TECHNICAL AND COMPETITION RULES 13 downward and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement upward the barbell should remain close to the body and the barbell may slide along the thighs. The barbell must not touch the chest before it stops at the final position either on the clavicles, chest or on fully bent arms. The athlete's feet must return to the same line and the legs must be fully extended before starting the Jerk. No part of the body other than the feet may touch the platform during the execution of the Clean. The athlete may recover in his/her own time and must finish with the feet on the same line and parallel to the plane of the trunk and the barbell.

The second part, the Jerk: The athlete must become motionless after the Clean and before starting the Jerk. The athlete bends and dynamically extends the legs and arms simultaneously to move the barbell upward in one motion to the full extent of the arms, while either splitting or bending the legs. The athlete returns his/her feet to the same line parallel to the plane of the trunk and the barbell with his/her arms and legs fully extended. The athlete waits for the Referees' signal to replace the barbell on the competition platform. The Referees give the signal to lower the barbell as soon as the athlete becomes motionless in all parts of the body. Before the Jerk, the athlete may adjust the position of the barbell for the following reasons: a) to withdraw or "unhook" the thumbs b) if breathing is impeded c) if the barbell causes pain d) to change the width of the grip The barbell adjustments noted above are not considered to be an additional attempt at the Jerk

GENERAL RULES FOR ALL LIFTS

The technique known as "hooking" is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the barbell.

In both lifts, the Referees must count as "No lift" any unfinished attempt in which the barbell has reached the height of the knees.

After the Referees' signal to lower the barbell, the athlete must lower it in front of the body. The grip on the barbell must only be released when it has passed the level of the shoulders.

An athlete, who, for any reason, cannot fully extend the elbow(s), must report/display this fact to all on-duty Referees as well as the Jury prior to the start of competition and may remind of this fact prior to the start of each lift when on the platform. This is the sole responsibility of the athlete.

When snatching or cleaning in the squat style, the athlete may assist their recovery by swinging or rocking their body while in the squat position.

The use of chalk (magnesium carbonate) is permitted.

INCORRECT MOVEMENTS

Incorrect Movements for All Lifts

Pulling from the hang, defined as: stopping the upward movement of the barbell during the pull.

Touching the platform with any part of the body other than the feet.

Pause during the extension of the arms.

Finishing with a press-out, defined as: continuing the extension of the arms after the athlete has reached the lowest point of his/her position in the squat or split for both the Snatch and the Jerk.

Bending and extending the elbows during the recovery.

Leaving the competition platform or touching the area outside the competition platform with any part of the body before the complete execution of the lift.

Dropping the barbell from above the shoulders.

Failing to replace the complete barbell on the competition platform.

Not facing the Center Referee at the beginning of the lift.

Releasing the barbell before the Referees' signal.

Incorrect Movements for the Snatch

Pause during the lifting of the barbell.

Touching the head with the bar; hair and any items worn on the head are considered to be part of the head.

Incorrect Movements for the Clean

Resting or placing the barbell on the chest at an intermediate point before its final position producing a "double clean"; often referred to as a "dirty clean".

Touching the thighs or the knees with the elbows or the upper arms.

Incorrect movements for the Jerk

Any apparent effort to jerk which is not completed; including, lowering the body or bending the knees.

Any deliberate oscillation of the barbell to gain advantage. The athlete must become motionless before starting the Jerk.

INCOMPLETE MOVEMENTS AND POSITIONS

Uneven or incomplete extension of the arms at the completion of the lift.

Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.

Failing to fully extend the knees at the completion of the lift.

Powerlifting Rules

SQUAT

1. 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.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotters/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless and erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
3. Upon receiving the Chief 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. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then move forward and return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotters/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
6. Not more than five and not less than two spotters/loaders shall be on the platform at any time. The Referees may decide to the number of spotters/loaders required on the platform at any time 2, 3, 4, or 5.

CAUSES FOR DISQUALIFICATION OF A SQUAT:

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.

3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to 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, as in the diagram (see diagram on the following page).
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any items outlined under "Rules of Performance" for the squat.

BENCH PRESS

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a "thumbs around" grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. The hair of the athlete must not hide the back of the head when lying down on the bench (pony tail is preferred). The Jury or Referees may require the lifter to affix his/her hair accordingly.
3. To achieve firm footing the lifter may use flat surfaced plates, or blocks not exceeding 30cm in total height and a minimum dimension of 60cm x 40cm, to build up the surface of the platform. Blocks in the range of 5cm, 10cm, 20cm, and 30cm should be made available for foot placement at all international competitions.
4. Not more than five and not less than two spotters/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arms length.

5. The spacing of the hands shall not exceed 81cm measured between the forefingers (both forefingers must be within the 81cm marks and the whole of the forefingers must be in contact with the 81cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.

6. After removing the bar from the racks, with or without the help of the spotters/loaders, the lifter shall wait with [elbows locked into the starting position] for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".

8. After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless on the chest, after which the Chief referee will signal the audible command "Press". The lifter must then return the bar to straight arms length elbows locked. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referee's command is "Rack."

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS:

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.

2. Any change in the elected lifting position during the lift proper (i.e., any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar).

3. Heaving or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.

4. Any downward movement of the whole of the bar in the course of being pressed out.

5. Bar is not lowered to the chest (i.e., not reaching the chest or abdominal area, or the bar is touching the belt).

6. Failure to press the bar to [arms length with elbows locked into the finished position] at the completion of the lift.

7. Contact with the bar or the lifter by the spotters/loaders between the Chief Referee's signals in order to make the lift easier.

8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the "Rules of Performance".

DEADLIFT

1. The lifter shall face the front of the platform with the bar 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.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
4. 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. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

CAUSES FOR DISQUALIFICATION OF A DEADLIFT

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking of the feet between ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).
8. Failure to comply with any of the items outlined under "Rules of Performance".

ORDER OF COMPETITION

THE ROUNDS SYSTEM

(a) At weigh-in, the lifter or his coach must declare an opening attempt for all three lifts. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh-in. The speaker's card (illustrated below) is deemed to be the appropriate first attempt card. The lifter will then be given eleven blank attempt cards for use during the competition. Three are needed for the squat, three for the bench press, and five for the deadlift. Each lift distinguished by using a different colored card. Having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for his second attempt. This weight must be filled in where indicated upon the card and submitted to the competition secretary or other appointed official before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach. Under the round system, the need for numerous marshals is eliminated with the attempt cards being handed directly to the designated official. Examples of attempt cards are illustrated on the following page. Remember that the box for first attempts on the cards in the lifters possession is only to be used for the permitted first attempt change if required. Similarly, the fourth and fifth boxes on the deadlift card are only to be used for the two permitted changes on the third attempt deadlift if required. In single bench press competitions a card similar to that of the deadlift will be used.

(b) Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.

(c) The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight on the bar be lowered within a round, and then only at the end of a round.

(D) Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lowest lot number drawn at the weigh-in, will lift first. The same applies to third round deadlift attempts, whereby the weight may be changed twice, subject to the bar not having already been loaded to the lifter's originally chosen weight and the lifter having been called to the bar by the speaker.

(E) If unsuccessful with an attempt, the lifter may not follow himself, but must wait until the next round before he can attempt that weight again.

(F) If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases, the lifter shall take his extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted a three minute rest prior to making his attempt, last but one in the round two minutes, last but two in the round one minute. In these cases where lifters are following themselves and given compensatory rest time the bar will be loaded as soon as the new attempt is turned in. The

compensatory time will then be added to the usual one minute to begin the attempt. The clock will be started and the lifter will have that time to begin his attempt. Lifters following themselves will have four minutes placed on the clock, during which time the lifter can begin his attempt as soon as he is ready. Lifters last but one in the round will be given three minutes, last but two in the round will be given two minutes, all others will be given the usual one minute to begin the attempt.

(g) Weights submitted for second round attempts on all three lifts cannot be changed. Similarly third round attempts on the squat and bench press cannot be changed. Under this rule once an attempt is turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will be run

(I) In the third round of the deadlift, two changes are permitted. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar (already loaded to his previously submitted weight) by the speaker.

(J) the totals of all lifts in their respected divisions will be added to create the total for each division and each lifter will be ranked in their weight class by their achieved total.