

General Rules

1. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire. Gloves, lifting straps, and any form of squat pad are not allowed. Chalk will be provided by CRI. Knee wraps or sleeves are allowed.
2. No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.
3. Bleach water, gloves and towels will be on hand to sanitize bars, bench, or platform if needed.
4. No jewelry is allowed on the platform at any time.
5. One-minute time limit in order to give your second attempts to the Head table will be enforced.
6. No ammonia capsules are allowed on the platform.
7. At registration an index card will be presented to you with all of your information for weigh-ins, rack height, attempts, class and division, you must verify all information before the start of the event.

Squats

A. Rules of Performance

1. The lifter shall assume an upright position with the bar across the upper back/ trapezius. The bar shall be horizontal across the shoulders with the hands in contact with the bar. The hands may touch but not grasp the inside collars, the lifters feet shall be placed flat on the platform with knees locked.
2. After removing bar from rack the lifter shall move backwards to establish the starting position. The lifter may request aid to unrack the bar. The lifter shall await the Chief Referee's signal to start. The signal shall begin as soon as the lifter is motionless with knees locked, and the bar properly positioned. The signal shall consist of an obvious downward movement of the hand/arm and the audible command "SQUAT." Prior to the signal, the lifter may make adjustments within the rules without penalty.
3. Upon receiving the signal the lifter must bend the knees and lower the body until the mid point of the thigh at the hip joint (B) is lower than the mid point of the knees (A). Only one descent attempt is allowed.
4. The lifter shall recover at will from the deepest point of the squat to and upright position with KNEES LOCKED. Although stopping is permitted, double bouncing or downward movement is not permitted once upward motion has started. When the bar is motionless, the Chief Referee will give the signal to replace the bar when the lifter is in the apparent final position is best determined by the Chief Referee (even if the final position is not correct according to the rules). The signal to replace the bar shall consist of an obvious backward motion of the hand/arm and the audible command "RACK."

5. The lifter can request an “UP” signal given by the Head Judge when proper depth is achieved. The request must be verified with the Head Judge prior to each squat attempt.
6. Upon receiving the “RACK” signal the lifter shall make a bona fide attempt to return the bar to the racks. This is defined as one step forwards the racks. The lifter may request aid to rack the bar.
7. The lifter shall face the front of the platform.
8. The lifter shall not hold the collars, sleeves or plates at any time during the lift.
9. Not more than five or fewer than two spotters shall be on the platform at anytime. Designated spotters may not be replaced unless approved by the Head Referee.

B. Causes for disqualifications

1. Failure to wait for Chief Referee’s signal at the commencement or completion to lift.
2. Laterally changing positions of the hands on the bar after receiving the signal to commence the lift. Opening and closing fingers is allowed.
3. Double bouncing is more than one recovery attempt at the bottom of the squat.
4. Failure to assume an upright position with knees locked at the start and completion of the squat.
5. Any shifting of the feet laterally or stepping forwards or backwards during the performance of the lift. The toes may come up and/or the heels may come up off the platform but must return to the same position.
6. Failure to achieve proper depth.
7. Changing the position of the bar across the shoulders after the start of the lift. This implies the intentional or unintentional rolling of the bar to aid performance of the lift. It does not apply to a minute amount of position change, which will not aid the lifter.
8. Contact with the bar, lifter, or plates, by the spotters between referee’s signals.
9. Touching the elbows or upper arms to the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the racks
11. Any intentional dumping or dropping of the bar as determined by a majority of the referees

Bench Press

A. Rules of Performance

1. The lifter must lie on his/her back so that the head, shoulders (upper back area), and buttocks are in contact with the bench surface at all times during the lift. A lifter's feet may be placed in only one of two positions. Flatfooted or up on the balls of their feet. Once the bar begins its decent, a lifter may not move their feet from the original starting position, until the Head Judge gives the command of “RACK”.

2. The lifter's costume and bench surface are not of sufficient color contrast to enable the referees to detect possible raising movement (hip/butt) from the bench, the bench may be covered with a contrasting colored towel.
3. To achieve firm footing the lifter may use plates or blocks.
4. Not more than 4 or fewer than 2 spotters shall be on the platform at anytime. The lifter may enlist the help of the spotter or a personal coach in removing the bar from the racks. This lift-off or self take-off must be at arms length, not down to the chest.
5. The lifter must grasp the bar with a closed grip. A reverse grip is allowed.
6. After receiving the bar at arms length, the lifter shall wait for the Chief Referee's command of "DOWN." Prior to the signal, the lifter may make adjustments within the rules without penalty.
7. Upon receiving the signal the lifter must lower the bar to the chest and await the Chief Referee's signal.
8. When the bar is motionless on the chest, the signal shall be given. It shall consist of an audible command "PRESS." If the lifter has a hearing defect, the referee may use an agreed upon signal such as a touch of the hand to the lifter for both press and rack signals.
9. After the signal to press has been given, the bar is pressed upward to straight arms length, elbows locked out, and held motionless until audible command "RACK" is given. Elevation of the bar need not be equal throughout the entire lift, but lock out of both arms must be simultaneously.
10. The bar is allowed to stop during the upward motion but is not allowed downward after press command has been given.

B. Causes for Disqualifications

1. Failure to observe the signals during the lift.
2. Any change in the elected lifting position once the bar starts its descending motion, buttocks, or feet from their original positions. Lateral movement of the hands is not allowed.
3. Heavy, bouncing, any downward movement of the bar or allowing the bar to sink into the chest after the press signal has been given is not allowed.
4. Any uneven extension of the bar at the completion (lock out).
5. The bar may stop during the lift, the Chief Referee will give "RACK" signal if after 2 seconds the bar does not resume the upwards progress or if in the referees opinion, the lifter's safety is in question.
6. Any downward movement of either hand or the bar during the lift.
7. The contact of the bar by the spotters between signals.
8. Contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the upright during the lift, which could make the lift easier.

Deadlift

A. Rules of performance

1. The bar shall 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 with

- knees locked. Start of the lift is at the lifter's option; there is no Chief Referee's signal. The bar may stop but no downward movement is allowed.
2. The lifter shall face the front of the platform.
 3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders do not have to thrust back past an erect position. If they are thrust back in that manner and all other criteria are acceptable, the lift is good.
 4. The Chief Referee's signal at the end of the lift shall consist of an obvious downward movement of hand/arm and the audible command "DOWN." The signal will be given when the bar is held motionless and the lifter is in the apparent finished position. Dropping the bar, after the "DOWN" command has been given, is permitted.
 5. ANY raising of the bar from the platform of any deliberate attempt to do so count as an attempt.

B. Causes for Disqualification:

1. Any downward movement of the bar during the lift. The bar may stop but may not descend before continuing upward.
2. Failure to stand erect with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of lift.
4. Supporting the bar on the thigh during the lift. As the bar is lifted, the knees MUST continually extend without additional flexion of the knees at any time during the lift.
5. Any lateral movement of the feet, stepping backward or forward during the lift. The heels and toes may come up but must return to original position.
6. Lowering the bar before the signal is given to do so.

Weigh-ins

1. Weigh-ins will be from 9:00-9:30am on the day of the competition in the Wellness Center on the 2nd floor of the RAC.
2. Lifters should be weighed in their undergarments by an official. In all completions, lifters must be weighed in by members of their **OWN** sex. Additional female officials will be appointed to weigh women.
3. Handicapped lifters using an artificial limb in competition must weigh in with THAT limb.
4. If a lifter does not make weight, the lifter may be re-weighed until the time limit. A lifter who has made weight shall NOT be re-weighed for any reason, including an attempt to move up or down a class.
5. If 2 lifters make the same total at the same bodyweight, they shall be weighted. If they reweigh the same, they shall both share the placing and no award shall be given to the next in line. Should they reweigh at different body weights, the lighter lifter shall be awarded the higher place.
6. The lifters should check squat and bench rack heights and foot blocks prior to the specific event and have this information marked on their weigh-in/score card.

7. The lifter must lift in a weight class he made weight in. He may not lift in a weight class heavier or lighter than one he has made weight in.
8. The same scale must be used throughout weigh-ins.

Weight Classes

1. Female competitors will compete in an Open division consisting of no weight classes.
2. Male weight class distribution will be as follows:

Men's Open:

- 164.99 – below
- 165.00 – 180.99
- 181.00 – 197.99
- 198.00 – 219.99
- 220.00 – 259.99
- 260.00+

Ladies Open:

- 0 - infinity

Lifting Attire

Shorts:

1. Pants or any garment past the knees, other than knee wraps/sleeves, are not allowed for any lift.
2. Length of shorts must be clearly above knees. Loose fitting/baggy shorts are not allowed. Spandex type bike shorts are suitable.
3. Undergarments shall be worn.
4. Single-ply supportive undergarments such as Under Armour™, compression shorts, sliding shorts and football girdles are allowed.
5. Shorts made of canvas, cut-off/altered power suits or jeans, etc. are not allowed.
6. Only the Referee shall determine if shorts are appropriate.
7. The only belt allowed with shorts is a lifting belt as defined in the rules.

Shirts: T-shirts

1. A shirt with short sleeves only must be worn by male and female lifters. The shirts sleeves must not touch the elbow. The T-shirt must be made of cotton, Lycra or Under Armour™.
2. The T-shirt shall also conform to the following requirements:
 - a. It shall not be ribbed or consist of any rubberized or similar stretch material.
 - b. It may have a “V” or crew shaped neck opening.
 - c. It shall not have any buttons, zippers, or collars.
 - d. Shirt may not be turned inside out to hide inscriptions.
 - e. Torn or soiled shirts are not permitted
 - f. T-shirts emblems/logos that are obscene or degrading are not permitted.
 - g. Only one shirt may be worn at one time on the platform
 - h. The shirt must be long enough to tuck into the lifting suit.
 - i. Velcro straps are not allowed.

Socks:

1. Any type of socks are permitted: any color, any logo, provided they are not obscene/profane
2. They do not touch the knee.
3. They are not full length, tights or hose.
4. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.

Headbands/Hats:

A professionally made elastic headband, beanie or toboggan may be worn. No Handkerchiefs, bandannas, hats, or other headgear will be allowed on the platform.

Belts:

1. A competitor may wear a belt, but only on the outside of the lifting suit.
2. Belts can be checked-out for free from the Equipment desk.
3. Material and construction:
 - a. The belt shall be made of leather or nylon in one or more laminations, which may be glued and/or stitched together.
 - b. It shall not have any additional backing, padding, inserts, bracing or supports of any material on the surface or inside the belt.
 - c. Any type of buckle or fastener (including quick release) is permitted.
 - d. No more than 4" in width is allowed.

Awards:**Weight class awards:**

The top three (3) male lifters of each weight class division based on their total will receive medals. The total is calculated by adding the highest weight successfully lifted for each event- Squat, Bench Press, Deadlift. It is not required that the participant enter any two or all three events, however, it is strongly suggested to receive a better total. The top three (3) females regardless of bodyweight based on their total will determine placing and awards.

Biggest Awards:

A Biggest Squat, Bench Press, and Deadlift award will be given to individuals who successfully lifted the highest amount of weight regardless of bodyweight or weight class in each event. Also, a Biggest Overall Total award will be given to a male participant who had the largest total regardless of bodyweight or weight class.

Best Awards:

A Best Squat, Bench Press, Deadlift and Overall award will be given to individuals who successfully lifted the highest amount of weight in relation to their bodyweight. To determine Best awards, a ratio will be calculated using the Wilkes formula.