

## Strongest DAWG Powerlifting Competition Rules

- **Event Order**

1. Squat
2. Bench
3. Deadlift

- Each lifter is allowed 3 attempts on each lift
- The lifter's best valid attempt on each lift counts toward the competition total
- If 2 lifters achieve the same total the lighter lifter ranks above the heavier lifter

- **Weight Classes**

- Men's (lbs)
  - <124
  - 124-133
  - 134-150
  - 151-166
  - 167-183
  - 184-200
  - 201-222
  - 223-244
  - 245-277
  - 278+
- Women's (lbs)
  - <106
  - 107-115
  - 116-124
  - 125-133
  - 134-150
  - 151-166
  - 167-183
  - 184-200
  - 201+

- **Judging**

- There will be three judges for each lift
- A green card represents a "good" lift
- A red card represents a "bad" lift
- A lift is considered good with 2 out of 3 green cards

- Explanation of failed lifts

Squat	Benchpress	Deadlift
<p><b>1.</b> Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees</p>	<p><b>1.</b> Bar is not lowered to chest i.e. not reaching the chest or is touching the abdominal area.</p>	<p><b>1.</b> Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back</p>
<p><b>2.</b> Failure to assume an upright position with the knees locked at the commencement and completion of the lift. Any downward movement of the bar during the lift. Changing the position of the bar across the shoulders after the commencement of the lift. Any downward movement of the bar on the back more than the diameter/thickness of the bar below the lifter's chosen starting position.</p>	<p><b>2.</b> Any pronounced or exaggerated uneven extension of the arms during the lift. Any downward movement of the bar in the course of being pressed out. Failure to press the bar to full extension of the arms at the completion of the lift.</p>	<p><b>2.</b> Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification</p>
<p><b>3.</b> Stepping backward or forward although lateral movement of the foot and rocking the feet between the ball and heel is permitted. Failure to observe the Chief Referees signals at the commencement or completion of the lift. Double bouncing or more than one recovery attempt at the bottom of the lift. Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.</p>	<p><b>3.</b> Heaving, or sinking the bar after it has been motionless on the chest, in such a way as to aid the lifter. Failure to observe the Chief Referees signals at the commencement, during or completion of the lift. Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders, buttocks or feet from their original points of contact with the bench or floor or lateral</p>	<p><b>3.</b> Lowering the bar before receiving the Chief Referees signal. 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. Stepping backward or forward although lateral movement of the feet or rocking the feet between the ball and heel is permitted. Failure to comply with any of the requirements contained in the general description of the lift, which</p>

<p>Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored. Any dropping or dumping of the bar after completion of the lift. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p>movement of the hands on the bar.  Contact with the bar or the lifter by the spotters/loaders between the Chief Referees signals, in order to make the lift easier.  Any contact of the lifters feet with the bench or its supports.  Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.  Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p>precedes this list of disqualification.</p>
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\*Belts will be provided

\*Wrist straps are prohibited

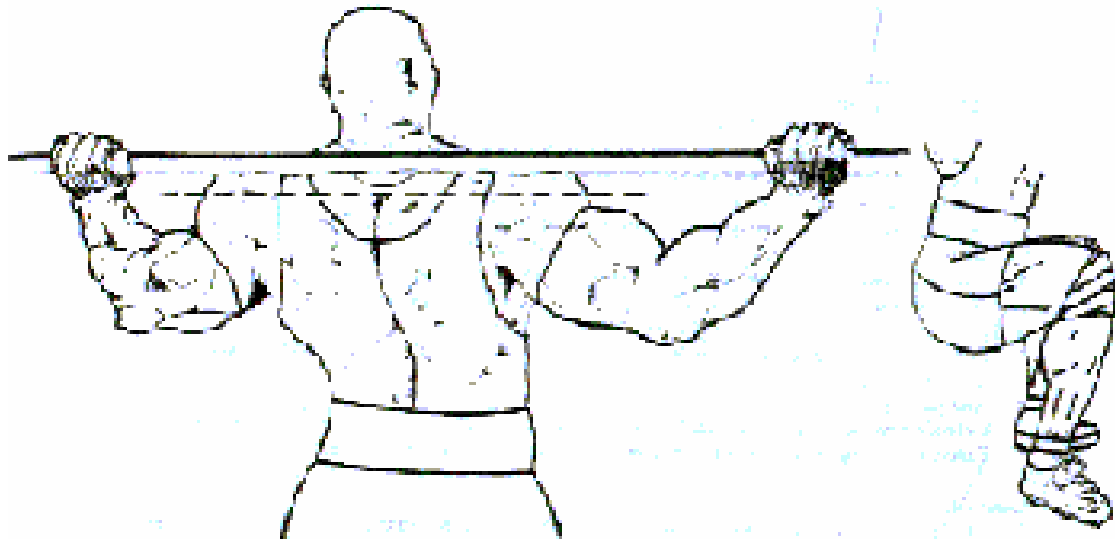
## **POWERLIFTS AND RULES OF PERFORMANCE**

### **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, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The diagram on page 18 indicates the legal position of the bar across the shoulders. 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 spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned 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. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.
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. For reasons of safety the lifter may request the aid of the spotter / 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 spotter / loaders shall be on the platform at anytime. The Referees may decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, 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 although lateral movement of the sole and 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.
6. Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals in order to make the lift easier.
8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
9. Any dropping or dumping of the bar after completion of the lift.
10. Failure to comply with any of the 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.
3. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, 30 cm, should be made available for foot placement at all international competitions.
4. Not more than five and not less than two spotter / loaders shall be on the platform at anytime. 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 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm 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 spotter / loaders, the lifter shall wait with 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. 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 (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), 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 arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.
9. If anatomically, the arms cannot be fully extended the lifter must produce a certificate issued by the Medical Committee. The maximum allowable is 15 degrees out of true.

### **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 movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / 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 lifters 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, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
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.

The diagram below shows a description of supporting the bar on the thighs:

