

# USAWA

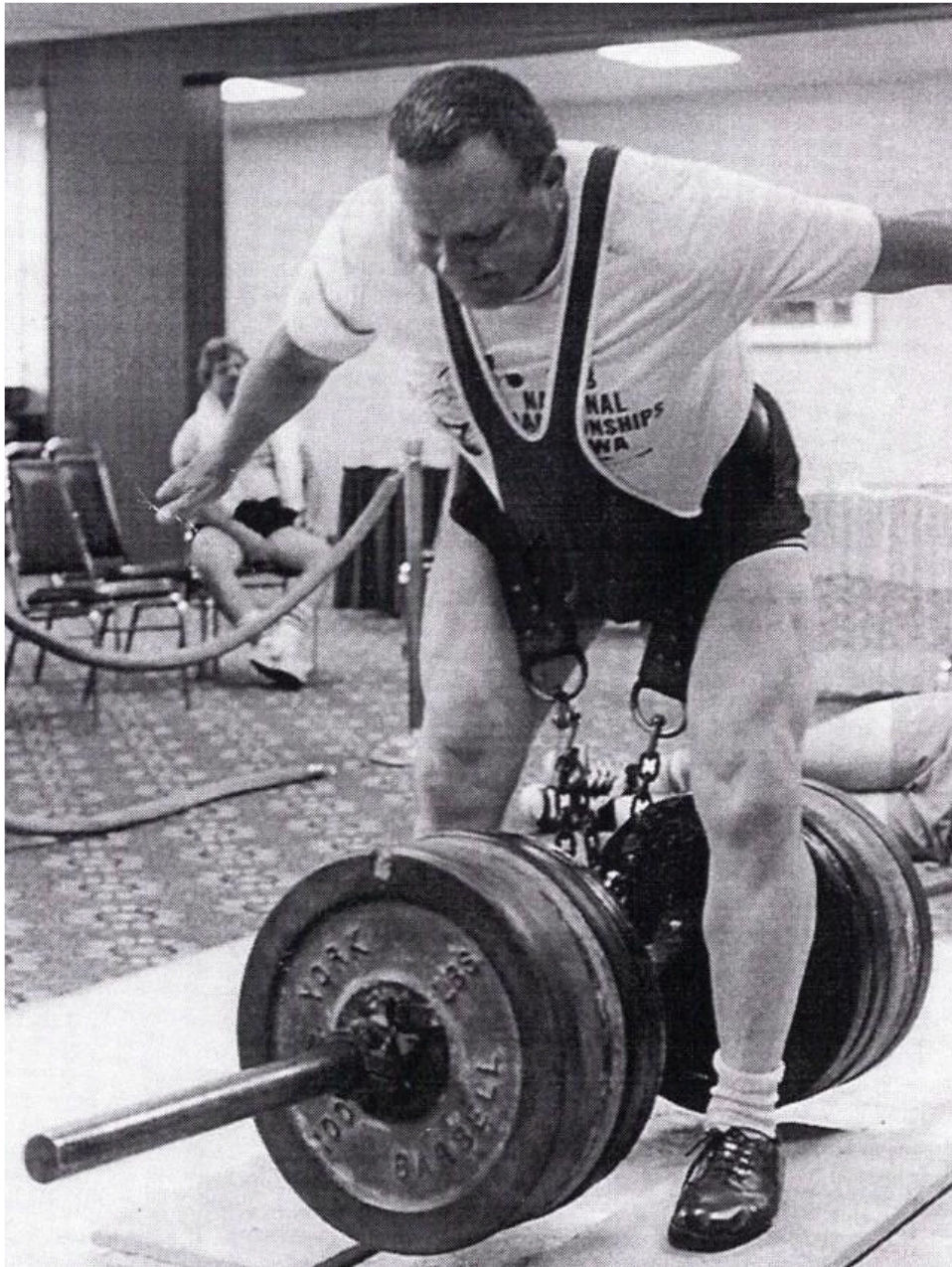


**OFFICIAL RULEBOOK**

**12<sup>TH</sup> EDITION**

# UNITED STATES ALL-ROUND WEIGHTLIFTING ASSOCIATION

OFFICIAL RULEBOOK



**Bill Clark – Founder of the United States All-Round Weightlifting Association**

Official Rulebook of the USAWA

Twelfth Edition

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### Editor and Publisher

Al Myers, Past USAWA Secretary/Treasurer; 2024 updates by Beth Skwarecki, Secretary

### Preface

This rulebook was compiled from a variety of sources including past Strength Journals from England, the original IAWA handbook for the 15 International Lifts, The World's Weightlifting Rules and Records by George Jowett, past monthly Strength Journals published by Bill Clark, and other previously compiled rules and guidelines established by the membership of the USAWA.

This rulebook contains all of the lifts approved by the United States All-Round Weightlifting Association. When new lifts or rule changes are approved by the membership at the annual meeting, they will be added to this rulebook.

### Acknowledgements

I wish to thank everybody who contributed ideas to this rulebook. Thanks goes to Kerry Clark, who did the editing and design on the original rulebook and the first revision in 2003. Also, I want to thank everyone who contributed pictures to this rulebook. This includes Denny Habecker, Tim Piper, Mary McConnaughey, Jim Malloy, Scott Schmidt, the late Joe McCoy and many others. I especially want to thank the late Tom Ryan, who did the proof reading of many prior Rulebooks to make them as error-free as possible.

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# **Technical Rules of the United States All-Round Weightlifting Association**

## **I. Rules of Lift Approval**

1. The USAWA recognizes the various lifts not currently governed by other international weightlifting or powerlifting organizations. This includes the Snatch, Clean and Jerk, Squat, Bench Press, and the Deadlift.

2. New USAWA lifts may be added to the current list of approved lifts by submitting a description of the lift and rules of the lift to the executive board for review 30 days prior to the Annual National Meeting. The executive board may ask for more description or added content to the submitted written rule before a vote is taken. Upon the board's approval by majority vote, the submitted lift will be presented to the membership at the annual meeting and voted on by the membership. The lift must receive majority vote by the membership present to be approved. No amendments or changes to the submitted lift may be made at the Annual National Meeting. If the lift fails membership vote, it may be resubmitted at future meetings following this same protocol.

3. New approved USAWA lifts or any other approved lift of the USAWA may be presented to the IAWA for IAWA approval if membership deems so by majority vote. At the Annual National Meeting a call to the membership by the President will be made to initiate this process. Only lifts following this protocol will be presented to the IAWA for IAWA approval. A USAWA representative of the IAWA Technical Committee will be the person responsible for presenting lifts to the IAWA.

## **II. Participants**

1. Competitions are to be organized for both men and women.

2. All participants in a sanctioned USAWA event must be registered with the USAWA, and have signed the USAWA Membership Application, which indicates the member has agreed to the USAWA drug testing policies and the Bylaws of the USAWA.

3. The USAWA will recognize four main age groups:

- Junior – This includes lifters who have not reached their 20<sup>th</sup> birthday. Junior age groups may be further split into smaller age groups. These include 13 and under, 14-15, 16-17, and 18-19.
- Senior – This includes lifters who have reached their 20<sup>th</sup> birthday, but have not reached their 40<sup>th</sup> birthday.
- Open – This includes lifters who are 20 years of age or older.
- Master – This includes lifters who are 40 years of age or older. Master age groups may be further split into smaller age groups. These include 40-44, 45-49, 50-54, and will continue each 5 years to infinity.

4. A Handicap Division may be offered by Meet Directors. The determination of a lifter's eligibility for this division is determined on a case by case basis by the meet director. No separate records will be kept for the Handicapped Division. The meet director may modify rules of individual lifts to accommodate specific handicaps, but for lifts to be eligible for USAWA records the lifts must be done according to the rules of the lifts set forth in the USAWA Rulebook.

5. A lifter's age is the actual age on the date of the competition. In case of multi-day competitions, the lifter's age is the age on the first day of competition.

### **III. Drug Testing**

1. The lifter must sign and date the membership application which includes the USAWA Drug Waiver stipulations. By signing the membership application the lifter agrees to the terms of the USAWA Drug Policy.

2. The Drug Enforcement Director, under the direction of the USAWA executive board, will make the decisions on which competitions or events drug testing may take place, and when it may occur during the competition. The lifters may or may not be notified in advance which competitions or events will be drug tested.

3. Drug testing may be done out of competition. The lifter will be notified no more than 48 hours prior to the test and must make arrangements for the test to be performed within 48 hours.

4. If selected for drug testing, a lifter must sign a Drug Testing Permission Statement which indicates the lifter has agreed to the stipulations of the USAWA Drug Policy and the penalties imposed for a positive test. Failure to cooperate with any part of the testing process may be treated as a positive offense, and result in the same penalties as a positive test.
5. Drug testing will be only for elevated testosterone, anabolic agents, and anabolic enhancers. Diuretics and ephedrine are not tested for. A complete list of banned substances and the testing laboratory is available from the USAWA secretary.
6. An appeal may be made to the executive board by a lifter for an exception for a specific agent or agents. The appeal must be for medical reasons. The lifter must provide documentation supporting the appeal. This is done on an individual basis and must be done prior to a lifter being called for drug testing. The executive board's decision will be decided by majority vote.
7. All drug testing will be done by a certified lab, and the choice of this testing agency will be made by the USAWA Drug Enforcement Director and the USAWA Executive Board.
8. A first offense for a positive test will result in a 6 month suspension from the USAWA. All awards, records, and titles won will be forfeited if the positive test occurred in a competition.
9. A second offense for a positive test will result in a 2 year suspension from the USAWA.
10. A third offense for a positive test will result in a lifetime ban from the USAWA.

#### **IV. Weight Classes**

1. Weight classes will be the same for both men and women.
2. For Senior, Open and Master lifters, there will be 19 weight classes beginning at 40 kilograms bodyweight. Each 5 kilogram increase in bodyweight will constitute a different weight class until 125 kilograms is reached. Lifters above 125 kilograms will be in the unlimited class.
3. For Junior lifters, there are two additional lighter weight classes, which are the 30 kilogram weight class and the 35 kilogram weight class.

4. During any competition, a lifter may compete in only one weight class. If the competition is a multi-day competition, the weight class is determined by the lifter's bodyweight on the first day of the competition.

## **V. Records**

1. Records for one-limb lifts will be kept for each limb.
2. Records for finger lifts will be kept by hand and individual finger.
3. The lifter must weigh in and establish a weight class on the same day a record lift is made. For multi-day competitions, the lifter must weigh in each day of the competition to be eligible for records set after the first day.
4. Records may be established in any USAWA sanctioned competition or event provided that one certified USAWA official is present to officiate and approve the lift. If three USAWA officials are used to judge the lift, the lifter must receive approval of two.
5. USAWA Records may be established in any IAWA sanctioned competitions or events provided that the lifter gets approval of 2 certified IAWA officials out of the three officials present.
6. Records set in a lift in an IAWA competition or event must have the same rules for that lift as those set by the USAWA.
7. Records in Team Lifts will be in the weight class of the heavier lifter and in the age class of the younger lifter. An exception would be if a Junior Class lifter is teamed with an Open, Senior or Master Class lifter, whereas then records would be only for overall records.
8. Records for repetition records will be kept for each official lift within the same weight classes and age groupings as individual records. The method for keeping these records will be based on the bodyweight-corrected Lynch Points of the total weight lifted (reps times weight lifted), with the Lynch Points being used as the repetition record. This will allow the lifter to choose whatever weight and repetition scheme they desire in order to establish or set a repetition record. The same weight must be used for each repetition. There must not be any long pauses between repetition lifts, with this being based on the

judgement of the official. The rules of the individual lifts apply, including the officials commands on each repetition.

9. Records will be kept for men and women in all weight classes within subgroups of the Junior and Master age groups. Overall records will be kept for men and women in all weight classes, which includes the best weight class lift of all age groups.

10. Records may be established with weights in kilograms or pounds, but will be listed in the record list in pounds. Record lifts will be rounded down to the nearest pound in the record list for recording purposes.

11. The record list will contain the official USAWA name of the lift, the name of the lifter, the age group, bodyweight class, date of the meet, and meet site in which the record occurred.

12. Extra attempts may be allowed in a competition for record purpose only. The weight chosen must exceed the current record. If a lifter makes an extra attempt lift, the weight lifted on this extra attempt will not count toward the lifter's total in the competition. The Meet Director may place limits on the number of extra attempts allowed for record purposes. It is recommended that 1 extra attempt be given for record.

13. Records must be established a minimum of .5 kilogram or one pound beyond the existing record.

14. Records must be turned into the Records Director by the meet director, meet reporters or other individuals, to be eligible for the record list. All results submitted for records must include the names and signatures of the certified officials who officiated the record lifts.

15. The Records Director will be appointed by majority vote of the membership present at the annual meeting, and will remain in that position until the membership decides otherwise. The Record Director is responsible for maintaining the Official Record List for the USAWA.

## **VI. Equipment**

1. No wrapping is allowed except wrist wraps and knee wraps. Knee wraps are ONLY allowed for the Anderson squat, front squat, and the 12" base squat. Wrist wraps must

not exceed 1 meter in length and knee wraps must not exceed 2 meters in length. The maximum width of wrist wraps and knee wraps is 10 cm and the maximum thickness is 1 mm. If wrist wraps contain thumb loops, they must be removed from the thumbs prior to lifting.

2. The lifting uniform may be a one piece suit or it may consist of shorts and a shirt. The lifting uniform must not provide any support that would aid in lifting.
3. Upper body must be covered by a one piece suit, shirt or both. If a one piece suit is worn, the straps must be over the shoulders. The elbows must be exposed.
4. Lower body must be covered by a one piece suit or shorts. No sweat pants are allowed. The suit or shorts must not extend lower than the base of the quadriceps muscle. An undergarment is allowed to be worn under the suit or shorts, but must not provide any support that would aid in lifting.
5. Headgear of any kind is not allowed except for religious purposes. This would include stocking caps, ball caps, headbands, or any other covering of the head.
6. Lifting gloves are not allowed.
7. Lifting straps are not allowed.
8. Braces or supports on any part of the body are not allowed. This would include neoprene elbow and knee sleeves, except that knee sleeves are allowed on lifts where knee wraps are also allowed. An exception to this rule may be made by the officials if the lifter has proof that it is medically necessary.
9. Socks must extend no higher than the bottom of the kneecaps and must not be an aid in lifting.
10. Suitable shoes or slippers must be worn. They must not provide an unfair aid in lifting.
11. A belt may be worn and must not exceed 12 centimeters or 4-3/4 inches in width.
12. The lifter may be required to have his/her gear, which may include shoes, lifting belt, wrist wraps, and lifting attire inspected at weigh-ins. Approval of proper dress code will be determined by the Meet Director. Lifting attire which contains inappropriate language or images, is too revealing, sloppy in appearance, or deemed otherwise inappropriate by the weigh-in official or Meet Director is a violation of the USAWA dress code.
13. Dry chalk is the only substance allowed to be used on the hands.
14. No substances may be used on any part of the body besides the hands.



15. Tape is not allowed on the hands or any other part of the body. An exception is allowing tape or bandages to cover open wounds or injuries, and only after inspection and approval of the officials.

16. The bar must meet the following specifications.

- The bar must have a minimum diameter of 25 millimeters or 1 inch.
- The bar must have a maximum diameter of 1.25”.
- The sleeves of the bar must have a minimum diameter of 50 millimeters or 1.96 inches.
- The minimum distance between the inside collars is 51 inches.
- The maximum distance between the inside collars is 58 inches.
- The minimum total length of the bar must not be less than 7 feet. An exception to this is when lifts are done where the combined weight of the bar and the plates does not exceed 20 kilograms or 45 pounds, whereas a lighter and shorter bar may be used. Another exception is allowing a lighter and shorter bar to be used for women, older lifters and junior lifters.
- The maximum total length of the bar must not exceed 8 ½ feet.
- All bars must be marked with a clear indication of the bar’s weight if the bar’s weight is not 45 pounds or 20 kilograms.
- The bar may contain knurling on any parts of it.
- For one hand lifts, the bar must contain knurling in the center of the bar.
- The bar must be straight.
- The sleeves of the bar are allowed to revolve.

17. The plates for the bar must meet the following specifications.

- If kilogram plates are used, the weight of the plates will be 50, 25, 20, 15, 10, 5, 2.5, 1.25, .5, and .25 kilograms.
- If pound plates are used, the weight of the plates will be 100, 45, 35, 25, 15, 10, 5, 2.5, 1, and .5 pounds.
- The diameter of the largest plate used must be a maximum of 18 inches.
- All plates must be marked with a clear indication of the plate’s weight.
- Plate composition may be of metal, rubber, rubber and metal, wood, plastic, or wood composition.
- The plates must fit soundly on the bar as to not pose safety concerns when lifted.

18. Collars to fasten the plates to the bar must be used. The weights of the collars are included in the total weight. The collars should be of a style appropriate to the bar being used or for the lift being performed. Clip collars are allowed.

19. Dumbbells must meet the following specifications.

- The total length of the dumbbell rod must not exceed 61 centimeters or 24 inches.
- The dumbbell handle must have a minimum diameter of 25 millimeters or 1 inch and a maximum diameter of 1.25 inches.
- The plates on the dumbbell may be fixed or changeable.
- The gripping surface of the dumbbell handle must be a maximum of 6 inches.
- Dumbbell plates must not exceed 15 inches in diameter unless the individual rules of a lift state otherwise. The rules of certain lifts may require smaller diameter plates or may allow larger diameter plates.
- The weight of the dumbbell must be clearly marked.
- There may be knurling on the dumbbell handle.
- Fixed dumbbells must be made in such a way that the plates will remain on the dumbbells when lifted, and changeable dumbbells must have collars tightly fixed.
- Dumbbells may be loaded with back hang or front hang only in lifts which allow it.
- Molded dumbbells, such as hexagon or globe dumbbells are allowed provided the dumbbells meet the other specifications.

20. Kettlebells must meet the following specifications.

- Kettlebells must have an elevated handle that is fixed and rigid in relation to the body of the kettlebell.
- The maximum height from the bottom of the kettlebell to the top of the handle is 12 inches.
- The kettlebell handle must have a minimum diameter of 25 millimeters or 1 inch.
- The weights on the kettlebell may be fixed or changeable.
- The weight of the kettlebell must be clearly marked.
- There may be knurling on the kettlebell handle.

21. Lifting platforms must meet the following specifications.

- The minimum size of the platform is eight feet by eight feet. The maximum size of the platform is 13 feet by 13 feet, or 4 meters by 4 meters.
- The platform must be made from non-slip material, such as plywood, wood, or rubber. It must be appropriate for the lifts selected for the competition or event.
- The boundaries of the platform must be marked.
- The platform must be level.

22. The Heavy Lift Bar must meet the following specifications.

- The diameter of the bar must be a minimum of 1 15/16 inches.
- The bar may be a pipe or solid steel shaft.
- The minimum length of the inside sleeve is 16 inches and the maximum length is 42 inches.
- The maximum length of the bar is 8 ½ feet and the minimum length of the bar is 7 feet.
- Only one hook is allowed on the bar, located in the center.
- The bar must be straight.
- The weight of the bar must be clearly marked.
- The bar must contain no revolving sleeves.

23. The Fulton Bar (2" Bar) must meet the following specifications.

- The diameter of the bar must be a minimum of 1.9 inches.
- The bar may be a pipe or a solid steel shaft.
- There must be no rotation to the sleeves of the bar.
- The minimum distance between the inside collars is 51 inches.
- The maximum distance between the inside collars is 58 inches.
- The minimum total length must not be less than 7 feet.
- There must not be any knurling on the bar.
- The weight of the bar must be clearly marked.
- The bar must be straight.

24. An appropriate lighting system to signal the decisions of the officials is recommended for competitions. If no such system is available, a visible hand signal or card/stick signal may be used.

25. A visible time clock with an audible warning device at each minute is recommended, but not required. If such a device is not available, the timekeeper will keep the time in an acceptable manner and verbally announce each minute and Final Call. When competition is held on multiple platforms, the head official on each platform may act as

the timekeeper for the platform the official is officiating. The meet announcer or the meet scorekeeper will often serve as the timekeeper.

26. A certified scale is required for weigh-ins in competitions or events where records are set. It may weigh in either pounds or kilograms. A scale certificate must be present with the scales and must not be older than 1 year.

27. A warm up area for lifters located close to the competition platform must be provided. Appropriate equipment and weights must be provided and constant communication with the competition area must be maintained.

## **VII. Officials**

1. All officials must be approved and certified by the USAWA.
2. USAWA Officials must have current USAWA membership to be active officials. Officials who do not have current USAWA membership will be identified on the list of certified officials as inactive. The lack of current membership will not result in the loss of certification status.
3. The minimum age for a Certified Official is 16 years of age.
4. Two systems are approved for officiating USAWA competitions or events.
  - One Official System – The competition or event will be officiated by only one certified official. This system is recommended for small competitions or events, such as record days, club competitions, or postal competitions.
  - Three Official System – The competition or event will be officiated by three certified officials. Approval of the lift requires a minimum of 2 officials deeming the lift good. This system is recommended for large competitions or events, such as the National Championship and Championship events.
5. The decisions of the officials are final. There is no appeal of the officials' decisions.
6. Each official has equal jurisdiction. However, in the Three Official System, one official will be designated the head official for the duration of a lift being contested and issue the verbal and visual commands. This official will assume the center position.
7. The officials may station themselves in positions necessary to make decisions. However, no two officials may occupy the same area.

8. Officials must be properly dressed as determined by the Meet Director, but uniforms are not required. It is recommended that certified USAWA Officials wear the official judge's shirt when officiating.

9. There will be two levels of classification for Certified USAWA officials.

- Level 1 Test Qualified – The official has passed the USAWA Rules Test and completed the practical training sessions.
- Level 1 Experience Qualified – The official has the experience of officiating in 25 or more competitions or events.
- Level 2 – The official has passed the USAWA Rules Test and has completed the practical training sessions, and has the experience of officiating in 25 or more competitions or events. An aspiring Level 2 official may substitute officiating experience in another federation for up to 15 competitions or events. It is the applicant's responsibility to certify substitute experience to the Officials Director. Federations may include USA Weightlifting, USA Powerlifting, United States Powerlifting Association, NASA Powerlifting, or others at the discretion of the Officials Director.

10. The USAWA Secretary will maintain a list of certified officials, their level of classification, and their active/inactive status. This list will be available to the membership on the USAWA Website.

11. The USAWA Rules Test will consist of 100 open book questions regarding rules within this rulebook. The test must be completed and returned to the USAWA Officials Director to be graded. There is no time limit in taking the test. To pass the test, an applicant must score over 90 percent. The Officials Director will inform you only of a pass or fail. You will not be told the questions you missed. If you fail, you may retake the test as many times as you like.

12. After passing the USAWA Rules Test, an applicant must complete three practical training sessions before attaining certified official status. This process requires an applicant to officiate unofficially alongside a Level 2 official in the One Official System or judge officially in the Three Official System in three competitions. A combination of using either of these two systems is allowed in order to fulfill the three practical training sessions. If judging as part of the Three Official System is used, the other two officials must be certified officials, of which one must be a Level 2 official. A practical training session form will be available for the applicant to document this process. This form is available on the USAWA Website. A Level 2 official must provide authorization that the applicant was competent as an official by signing the form after each event. The same Level 2 official may provide authorization on all practical training sessions for an

applicant. It is the applicant's responsibility to submit this form to the Officials Director once completed in order to apply for official certification.

13. Up to two of the three practical training sessions may be completed by passing a 15-question video test. A minimum of one in-person practical training session, as described above, is still required.

14. Once an applicant has passed the Rules Test and has completed the three practical training sessions, the Officials Director will issue an Officials card that will be valid for 3 years from the date the practical training session form was approved. Level 1 Test Qualified Officials will be required to retake the Rules Test after 3 years to maintain Certified Official Status. If there is a lapse in renewal, an official will not be required to complete the practical training sessions again to regain certification. Level 1 Experience Qualified Officials will receive an Officials card that is valid for 3 years and will be automatically renewed unless the official has been inactive as an official during the previous three year period, in which a new Officials Card will not be issued unless the individual makes a written request to the Officials Director. Level 2 Officials are exempt from recertification, and are issued a lifetime officials card.

15. An individual must make a written request to the Officials Director in order to apply for Level 1 Experience Qualified Certified Status. This involves providing proof that the individual has the 25 competition experience requirement. This also applies to an official who wants to change their level of certification from Level 1 Test Qualified to Level 2.

16. All sanctioned USAWA events must use certified officials, and the officials must be willing to sign a meet document proving their involvement in the competition or event as an official.

17. An aspiring official may unofficially judge alongside a certified official at a competition or event for practice, with this counting toward the experience requirement. However, the aspiring official must not make any official decisions.

18. A certified official may be put on probationary status if the executive board, by majority vote, feels that the official has been making poor judging decisions or has committed an act that poorly represents the USAWA. To regain certified official status, the official on probationary status must make a written appeal to the executive board. It will require a majority vote by the executive board to regain status as a certified official. There may be requirements issued by the board to the official on probationary status in order to regain certified status.

## **VIII. The Competition**

1. The competition may be a single lift, or a combination of many lifts. It may be a competition of lifters choosing lifts for USAWA records, termed a Record Day.
2. The competition may be held on a single day, or over a designated period of time. Competition for all meets other than the USAWA National Championship may be held remotely, in person, or hybrid. The designation is at the discretion of the competition director.
3. To be an official sanctioned USAWA event, an application for meet sanction (sanction request) must be completed and submitted to the USAWA Secretary. If approved by the executive board, the applicant shall send the sanction fee to the USAWA Treasurer..
4. All sanction requests must be sent in and approved at least 30 days prior to the scheduled event. A sanction request is approved once the competition or event has been placed on the USAWA event schedule on the USAWA website.
5. All sanctioned competitions must have a Meet Director. A single person or multiple people may be assigned the Meet Director. This position is stated on the sanction application. The Meet Director will be the contact for the USAWA Secretary.
6. An entry form or listing of the events must be included with the sanction request. The date of the competition and the location of the competition must be part of this information. If the Meet Director changes any of these parameters once sanctioned without approval from the Executive Board, the meet sanction may be revoked.
7. There is a 5 lift maximum per lifter for record days and for record lifts on lifts that are not part of a meet performed after a meet. This 5 lift maximum does not apply for meets that have preannounced lifts.
8. It is recommended not to publically announce an event before the sanction is official. Announcing an event prior to proper sanction may result in failure of meet sanction.
9. The Meet Director may supply entry forms for competitions. These forms must be fully filled out and signed if the entry form deems so. If the Meet Director provides a hold-harmless liability statement that requires a signature it must be signed to insure entry. The Meet Director may have an entry deadline which must be abided by. Failure in performing these entry form requirements may make the lifter ineligible for the competition. The USAWA and the Executive Board will support a Meet Directors decision in not allowing entries because of failure in meeting the entry criteria.
10. The Meet Director will determine the order of lifting for the entire competition.

11. The Meet Director is responsible for verifying that all competitors are current USAWA members, and must submit new member applications along with the membership dues to the USAWA secretary immediately after an event. Failure to do so may result in loss of meet sanction following a competition or event.
12. The Meet Director will select the officials and the official system that will be used for the competition.
13. The timekeeper, scorekeeper, and speaker/emcee are meet officials to be appointed by the Meet Director. These positions may be held by one person or multiple people.
14. The Meet Director will select the lifts for the meet as outlined in the sanction application. The lifts may be official lifts of the USAWA or exhibition lifts. Exhibition lifts are not eligible for records, but may be used in scoring for the competition.
15. Weigh-ins will be on the day of the competition and before the start of the competition. Weigh-in times and weigh-in locations will be set by the Meet Director and should be of adequate time to accomplish the weigh-ins.
16. If the competition is selected for drug testing by the Drug Enforcement Director, the Meet Director must make arrangements for the drug testing to be carried out in an organized manner.
17. The Meet Director may choose to have a drawing of lots. This is not required. Lots must be drawn a minimum of 2 hours prior to the competition. This will consist of a random drawing of the lifters' names to determine the order of weigh-ins and/or the order of lifting for the entire competition. The time set for this lot drawing must be announced by the Meet Director. A lifter and his/her coach may be present during the drawing of lots. The Meet Director will appoint a certified official to conduct the drawing of lots. If lots are not drawn, the Meet Director will determine the order of lifting. It is recommended that if lots are not drawn that the order of lifting be done by age, with the order of lifting set from youngest lifter to oldest lifter.
18. The Meet Director must make arrangements for a certified official to operate the scale and record the bodyweights during weigh-ins. This is the criteria for weigh-ins:
  - The lifter may weigh nude, in undergarments, in shorts, or in a lifting suit.
  - Female lifters may weigh nude only in the presence of female officials, and male lifters may weigh nude only in the presence of male officials.
  - The lifter may be accompanied at the weigh-in by one coach.
  - The lifter may weigh as often as he/she desires in order to make a weight class. This must be done within the designated weigh-in time.



- Weigh-ins must occur before the start of any competition or event and on the same day if records are to be submitted.

19. The Meet Director or an official appointed by the Meet Director is responsible for giving a rules meeting before the competition begins. The rules covered in this meeting are the individual rules for the lifts of the competition.

20. There will be a minimum of a 10 minute warm-up period between the rules meeting and the start of the competition.

21. Lifters must supply the scorekeeper with his/her opening attempt in a lift prior to the beginning of the competition of that lift, or risk failure of being awarded an opening attempt of the weight of his/her choice. Once the first lifter is called to lift based on the lowest weight of submitted opening attempts, any attempts submitted at this point must be of a higher weight.

22. At the Meet Director's discretion, lifters may be divided into flights or sessions based on opening attempts, bodyweight classes, or age groupings. Flights allow one lift to be completed fully, with some lifters in a different grouping than others. Sessions allow a group of lifters to complete all of the lifts of the day before the other group begins.

23. The Meet Director is responsible for providing competent spotters and loaders for the meet.

24. The lifter will be allowed three attempts in each lift within the competition. Extra record attempts may be allowed for record purposes only, but will not count towards the lifter's competition total.

25. The lifting will follow the Progressive Loading System. This means that the weight of the lift will be the same or increasing at all times. The weight of the lift will never decrease unless there has been an improperly loaded attempt or the announcer/speaker/emcee calls for an improper weight. The weight of the lift must always increase by a minimum of 2.5 kilograms or 5 pounds. An exception is when a record is attempted where an increase of .5 kilograms or 1 pound is allowed. Another exception is in certain lifts where small amounts of weight are lifted, in which a 1 pound increase may be allowed between attempts. Allowance of this exception is made by the Meet Director if felt warranted, and must be announced prior to the beginning of the lift and applied to all lifters.

26. In case a lift is improperly loaded, and the lifter is allowed to lift, the lifter may accept the results of the lift if successful, or the lifter may refuse it and be granted a

replacement attempt. If the improperly loaded lift is unsuccessful, the lifter will be granted a replacement attempt.

27. If a lifter fails at an attempt, the lifter may call for the same weight on the next attempt.

28. After finishing an attempt, the lifter is responsible for the declaration of his/her next attempt to the scorekeeper. The lifter may change his/her declaration as many times as desired before being called to lift.

29. The lifter may wait to make a declaration, but must be aware that the announcer/speaker/emcee may make a call for the weight to increase to the lowest declaration at that point in time by the other lifters and the lifter may not get the attempt weight he/she desired as it may violate the Order of Call.

30. The lifter must not make a declaration that violates the Order of Call.

31. Once a lifter is called to lift, two minutes will be allowed between the calling of his/her name and the beginning of the attempt. The announcer will call the lifter's name (called to lift) after the weight of the attempt is properly loaded. The clock begins when the announcer declares that the bar is loaded. The lifter will be warned by the timekeeper when one minute is left on the clock (Final Call). If the attempt has not begun at the end of the second minute, the attempt will be forfeited. An attempt begins when the lifter makes an obvious attempt to move the weight.

32. If a lifter has two attempts in succession, the lifter will be allowed three minutes between attempts. This includes extra record attempts. The lifter will be warned by the timekeeper when one minute is left on the clock (Final Call). If the attempt has not begun at the end of three minutes, the attempt will be forfeited.

33. Once a lifter is called to lift by the announcer/speaker/emcee, the lifter is allowed a maximum of two changes in his/her declaration. Any changes of declarations must be made before the warning of the last minute, which is known as the Final Call. These changes must include an increase in the amount of weight on the bar. Once the Final Call has been made, no changes in declarations may be made and the lifter must proceed with the attempt, or the attempt will be forfeited.

34. Once a lifter is called to lift and makes a declaration change that still allows the lifter to follow himself/herself, the clock will be stopped to allow for the weight to be changed and then restarted to continue the allotted time.

35. If a lifter makes a declaration change after being called to lift that changes the order of lifting, another lifter will be called to lift.

36. In a match between two lifters, the lifters may lift alternately with each other, with the lifter taking the lighter weight lifting first.

37. The Order of Call in a Progressive Loading System must follow these guidelines.

- Lightest weight of the lift going first
- Least number of attempts going first if the weight is the same
- Lowest lot going first if the weight is the same and the number of attempts is the same

38. The Meet Director is responsible for giving awards that are appropriate for the type and the level of the competition.

39. The Meet Director is responsible for turning in meet results to the USAWA Secretary within 1 week following the event/competition. Failure to comply with this may result in loss of sanction retroactively following an event/competition.

## **IX. Official Scoring**

1. Official scoring in the USAWA is done using the Lynch Formula that provides an adjustment for a lifter's bodyweight, an Age Adjustment which provides an adjustment for a lifter's age, and a gender allowance for female lifters. After applying all three of these adjustments, the lifter's Amended Total is calculated and used to determine the ranking of the competition.

2. The Lynch Factor Chart is provided on the USAWA website and is included in the appendix of this Rulebook. Each lifter is assigned a Lynch Factor that corresponds to the lifter's bodyweight.

Lynch Points are calculated using this formula:

$$\text{Lynch Points} = \text{Total Weight Lifted} \times \text{Lynch Factor}$$

3. Lifters 19 years of age and younger, and lifters over age 40, receive an age adjustment. This point adjustment is called the Age Adjusted Lynch Points. If a lifter does not receive any Age Adjustment, their Age Adjusted Lynch Points would be the same as their Lynch Points.

Age Adjusted Lynch Points are calculated using this formula:

$$\text{Age Adjusted Lynch Points} = \text{Lynch Points} + (\text{Age Percent} \times \text{Lynch Points})$$

Another formula for calculating Age Adjusted Lynch Points is:

$$\text{Age Adjusted Lynch Points} = \text{Lynch Points} \times \text{Age Percent Factor}$$

The following chart gives the Age Percent adjustment and the Age Percent Factors:

Lifters Age	Age Percent	Age Percent Factor
12 and under	33 %	1.33
13	25 %	1.25
14	20 %	1.2
15	15 %	1.15
16	10 %	1.1
17	5 %	1.05
18	3 %	1.03
19	2 %	1.02
40 to 65	1 % for each year	1.01, etc.
66 and above	2% for each year above 65	1.28, etc.

\*\*\* Master Lifters clarification: The Age Percent adjustment for a Master lifter is 1% for each year starting at 40 till the age of 65. At age 66 a 2% adjustment is made for all years beyond and including this age. So for example, a lifter of 40 years of age receives 1%, 41 years of age receives 2%, 42 years of age receives 3%, etc. A lifter age 66 would receive an age adjustment of 28%, age 67 would receive 30%, etc. \*\*\*

4. A Gender allowance is given to female lifters, which is 33%, that they can more equally compete against male competitors. A lifter's total is multiplied by the Lynch Formula Factor, then multiplied by any Age Allowance% (plus 33% extra for female lifters). This will find a lifter's Amended Total and will be used to determine the overall rankings of all of the lifters in a competition.

5. In scoring meets, it is important to have the proper score sheets available for the officials and scorekeepers. These score sheets are provided on the USAWA website and are included in the appendix.

6. It is recommended that all USAWA competitions/events use the official scoring of the USAWA. A computerized Excel Scoring Program is available on the USAWA Website.

## **X. National Championships Guidelines**

1. Bids for hosting the National Championships are to be made at the Annual National Meeting one year prior. Any individual may place a bid to host the USAWA National Championships.

2. A bid may be made verbally at the meeting by the individual who will be the Meet Director, or made as a written bid. If the person who intends to be the Meet Director is absent, a written bid must be made beforehand and presented to the executive board to be presented to the membership. Included in the bid must be details of the proposed meet location, an approximate date of the meet, and any other details that may seem pertinent to the membership by the person making the bid.
3. A vote will be taken of all proposed bids at the Annual National Meeting amongst the membership in attendance. The bid receiving the most votes will be awarded the right to host the following year's National Championship. In the case the one receiving the bid is unable at a later date to host the National Championships, the USAWA will then offer the Championships to the next one that received the most votes.
4. In case of a tie vote, a re-vote will be taken of only the two bids that tied. If only two bids were made and there was a tie, the tiebreaker will be a vote by the executive board, with majority vote winning.
5. If no bids are made, it will be the responsibility of the executive board to decide upon a venue and meet director for the next year's National Championships in an agreed upon manner by majority vote. This may be done at a later date.
6. The meet director may select and propose the lifts for the meet. The lifts must be official lifts of the USAWA and should represent a broad selection and variety of All Round Lifts. These selected lifts must be approved by the executive board by majority vote. The executive board has the authority to reject any lift proposed.
7. The executive board will select the officials used in the National Championships and the Official System used.
8. All lifters will compete within the established age groups and weight classes, and should receive awards according to this. Individual age group/weight class winners will be recognized. Best lifter's within the various age groups will be recognized, along with overall best lifters in the Men's and Women's Divisions.
9. Official Scoring will be used in the National Championships, and used to determine best lifters in age groups and overall rankings.
10. Awards should be given out that are representative of the National Championships. The meet director is responsible for all awards presented.

## **XI. General Rules of the Lifts**

These are the general rules of the lifts. Certain lifts may be exempt from some of these general rules, and will be noted in the individual rules of the lifts.

1. Once a bar is raised, it must not be lowered. The bar may hesitate as long as it continues upward. Certain lifts may be exempt from this requirement, such as continental lifts.
2. Regulation bars are to be used for all lifts unless stated otherwise in the Individual Rules of the Lift.
2. The lift must not be completed in an uneven fashion.
4. Neither the body nor the equipment may support a weight in any manner during a lift. Certain lifts may be exempt from this requirement, such as continental lifts.
5. Hook gripping is permitted unless the individual rules of the lift require otherwise. Hook gripping is placing any finger over the thumb when on the bar.
6. Uneven loading of the bar or dumbbells is not permitted except for specified lifts in which back hang or front hang is allowed.
7. Using dumbbells of different weights is not allowed in two dumbbell lifts unless the rules of the individual rules allow it, i.e. the Two Hands Anyhow.
8. Heels and toes may rise in some movements, but generally foot placement must not change once designated.
9. In movements where the feet are allowed to move, they must come back into line with each other at the completion of the lift.
10. Hand placement and hand spacing on the bar must not change once designated.
11. The bar must not be returned to the rack or platform prior to an official's command.
12. Lifting the bar before an official's command in certain lifts is a disqualification.
13. Not straightening the arms or legs fully or unlocking either once straight is normally a disqualification.
14. Pressing out quick lifts is a disqualification.
15. Dropping the bar is a disqualification. The bar must be under control by the lifter in the return to the platform.
16. Touching the platform with parts of the body not defined in the individual rules of the lift is a disqualification.
17. A lifter must not leave the platform during a lift.
18. Beginning the second movement of a lift a second time is not allowed. An example would be doing a second jerk attempt after missing the first in the clean and jerk.

19. Disrespect for the officials or others will result in ejection from the competition.
20. Any lifts calling for the lift to be done in the hang position requires the bar to be lowered below the knee during the lift. However, the bar/plates must not touch the platform.
21. For repetition lifts, each repetition must follow the individual rules of the lift.
22. In one arm or one leg lifts, the declared limb must be used for all attempts.

## **XII. Rules of the Basic Movements**

These basic movements are not official lifts of the USAWA. Many individual rules of the lifts will utilize these rules of the basic movements with noted exceptions.

### **A. Deadlift**

The bar will be placed on the platform at the lifter's feet, directly in front of the lifter. The lifter will grip the bar with both hands with any grip and any hand spacing. The lifter may use an alternate grip in which the palms of the hands are opposed. The lift begins at the lifter's discretion. The bar may be uneven during the ascent, but it must finish evenly. The bar may touch the legs during the ascent, but must not be rested on the legs, bounced, hitched, or lowered. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Heels and toes may rise during the lift, but foot placing must not change. No substance of any kind may be applied to the legs. When the legs are straight, the shoulders erect, the bar motionless, the lifter will receive a command from an official to lower the bar. The bar must be returned to the platform under control for the lift to be complete.

### **B. Squat**

The bar may be taken from a rack or support stands. The bar is fixed across the shoulders at the base of the neck no more than 3 cm below the top of the anterior deltoids. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Both hands must grip the bar and must be within the inside collars of the bar. The hands may touch the collars, but not be on or beyond them. Once the lifter has

stepped back from the rack or support stands and has established control with feet and hands spacing, the lifter will be given a command from an official to squat. After such command, any movement of feet or hands is a disqualification. The heels and toes may rise during the lift. The position of the bar on the lifter's back must not change during the lift. The lifter must lower the body during the lift to a depth in which the articulation of the hip joint is below the top of the knees. The lifter will recover and stand erect without a command. The lift ends on command by an official when the lifter and bar are motionless, with legs straight and body erect. The lifter may be assisted back to the rack or support stands by spotters.

### **C. Bench Press**

The lifter will take a position on the bench with both upper back and buttocks in contact with the bench. The lifter will grip the bar with the palms of both hands facing away from the lifter's face. The width of the grip must not be more than 32 inches (81 centimeters) between the index fingers. No open grip or thumbless grip is allowed. The bar may be handed to the lifter by a spotter from the support stands, but it must be held motionless momentarily at arm's length prior to being lowered by the lifter to a motionless position on the chest. The feet must be flat on the floor and not braced against the bench during the lift. The use of plates, blocks, or any similar device under the lifter's feet is permitted in an effort to achieve firm footing. Any width of feet placement is allowed. No heel or toe rising is allowed during the lift. Once the bar is motionless and under control on the chest, the lifter will receive a command from an official to press. The bar must not be any lower than the base of the pectoral muscle when on the chest. The bar will then be pressed to a position in which the arms are fully extended. During the ascent, the bar may be pressed unevenly, but must not be lowered in any manner. However, the final straightening of the arms must be completely simultaneous. During the ascent, the position of the body on the bench must not change. This includes keeping the buttocks and the head in contact with the bench, and not having any change in hand position on the bar. Once the bar is fully pressed and motionless, the lifter will receive a command from an official to end the lift. The lifter may have assistance by spotters in returning the bar to the support stands.

### **D. Snatch**

The bar will be placed on the platform, in front of the lifter's feet. The lifter will grip the bar with the palms of the hands facing the lifter, and then in one single and continuous movement lift the bar overhead to arm's length. The lifter may choose any width of hand spacing. The lift begins at the lifter's discretion. The lifter may drop under the bar as it goes overhead, using a squat-style catch in which the legs are bent, or a split-style catch in which the legs are split. The lifter may also choose to drop only slightly, using a power-style catch. The bar may touch the lifter's thighs and body during the lift. The feet may move during the lift. No other part of the body other than the feet may touch the



platform during the lift. The turning over of the wrists must not take place until the bar has passed the top of the lifter's head. The bar must not touch the head, stop, or be pressed as it goes to an overhead position. The lifter will recover and stand when ready, from the squat or split position, to an upright standing position. The bar must be maintained in a final motionless position overhead, with arms and legs fully extended, and the feet parallel and in line with the torso. At this time, a command from an official is given to return the bar to the platform. The lift ends when the bar is brought back to the platform under control by the lifter.

### **E. Clean and Jerk**

The bar will be placed on the platform, in front of the lifter's feet. The lifter will grip the bar with the palms of the hands facing the lifter, and then in one single and continuous movement lift the bar to the chest. The lifter may choose any width of hand spacing. The lift begins at the lifter's discretion. The lifter may drop under the bar as it goes to the chest, using a squat-style catch in which the legs are bent, or a split-style catch in which the legs split. The lifter may also choose to drop only slightly, using a power-style catch. The bar may touch the lifter's thighs and body during the lift. The bar must come to rest on the clavicles or on the chest above the pectoral muscle in a smooth continuous movement with arms bent. The feet may move during the lift. The elbows and the upper arms must not touch the knees or legs during the lift or it will be a disqualification. No other part of the body other than the feet may touch the platform during the lift. The lifter will recover and stand when ready, from the squat or split position, to an upright standing position. The legs must be straight with the feet parallel and in line with the torso. Once in this position with the bar motionless and under control, the clean portion of the lift is finished and the jerk portion of the lift may begin. The hand spacing may be changed at this time before the jerk begins but the bar must be motionless for a short period of time prior to the jerk attempt. The lifter begins the jerk when ready. At this time, the lifter may bend the knees and quickly extend them as well as the arms to bring the bar overhead in a smooth continuous movement. Pressing out the bar is a disqualification. Again, the lifter may drop under the bar using a squat-style or split-style catch. The lifter will recover and stand when ready, to an upright standing position. The arms must remain straight when the bar is overhead. Once the legs are straight with the feet parallel and in line with the torso, the bar motionless overhead and under control, an official will give a command to lower the bar. The lift ends when the bar is brought back to the platform under control by the lifter.

## **XII. Individual Rules of the Lifts**

### **A. Bar Lifts – Presses, Snatches, Cleans, and Jerks**

#### **A1. Bench Press – Alternate Grip**

The rules of the Bench Press apply except that the grip used will be an alternate grip, in which the palms of the hands are opposed.

#### **A2. Bench Press – Feet in Air**

The rules of the Bench Press apply except that the feet and legs must be in the air, and not touching the bench, platform, or other objects during the duration of the lift. The legs may be held straight off the bench or may be bent. Bracing of the legs on the bench is a disqualification. A support bench or any structure to support the feet/legs is not allowed.



### **A3. Bench Press – Hands Together**

The rules of the Bench Press apply except that the hands must touch before the lift begins and remain in contact with each other throughout the lift. A thumbless grip may be used with only the ends of the thumbs touching.

### **A4. Bench Press – One Arm**



**Bench Press – One Arm by Bob Maxey**

The rules of the Bench Press apply except that only one arm may be used in performing the lift. The bar is gripped in the center so it will be balanced when held. The non-lifting arm and hand must remain free and not touch the lifting arm or hand, the bar, the platform, or the bench during the lift. The bar is allowed to tilt or rotate provided it is under control at all times.

### **A5. Bench Press – Reverse Grip**

The rules of the Bench Press apply except the grip used will be a reverse grip, in which the palms of both hands must face the lifter's face when gripping the bar.

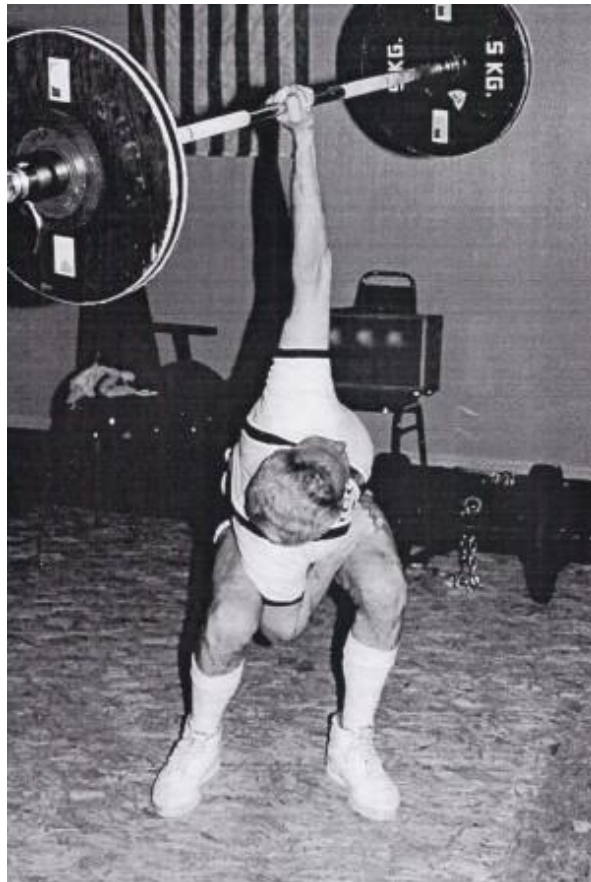
### **A6. Bench Press – Roman Chair**

The rules of the Bench Press apply with these exceptions. This lift is done on a Roman Chair. The seat must not extend beyond the top of the lifter's buttocks. The toes may be hooked in any manner in front of the lifter to give the lifter stability. Once the lifter has reached a position in which the lifter's back is parallel to the platform, spotters will hand the



lifter the bar. The lifter may begin the lift with the bar placed on the chest or at arm's length. The lifter must maintain a parallel position to the platform throughout the entire lift.

## A7. Bent Press



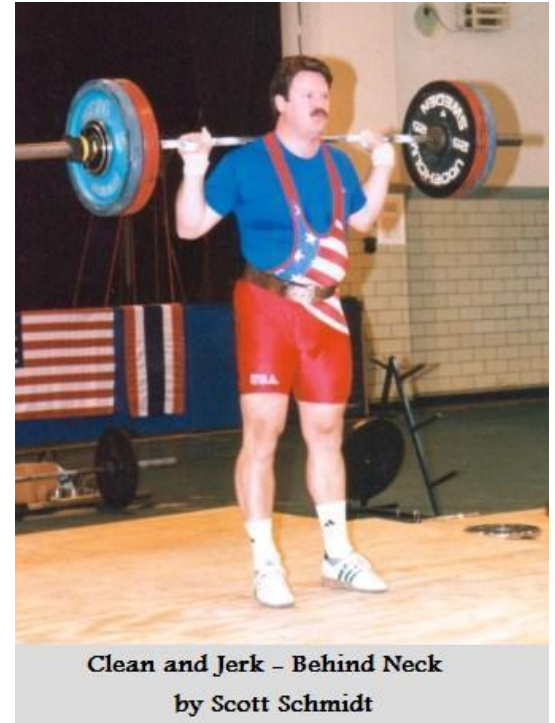
**Bent Press by Dennis Mitchell**

The lift begins at the lifter's discretion. The bar may be taken from the platform to the shoulder in any manner. This may be done with a one arm clean, or with two hands, or stood on end and taken onto the shoulder using one or two hands. The bar will then be gripped in the center by one hand with the bar parallel to the platform. Once the lifter is in a standing position, with the bar held at the shoulder, the body is bent forward and sideways while the bar remains in a stationary position. This bending away is continued until the lifting arm becomes straight. The body will be in a bent over position at this point of the lift. The bar is allowed to rotate in any direction during the lift. The non-lifting arm may rest on the body or legs during the lift. Width of feet placement is optional, but must not move once set. The lifting elbow may be brought into contact

with the hip during the lift. Once the bar is locked out and the lifting arm straight, the lifter may stand when ready. The lifter may use the non-lifting arm as support on the knee or thigh. The lifting arm must remain straight once locked out. The lift will end on command from an official when the lifter is upright, the feet parallel and in line with the torso, the non-lifting hand free from the body, and the bar overhead and motionless.

### **A8. Clean and Jerk – Behind Neck**

The rules of the Clean and Jerk apply except once the clean has been completed, the bar is moved to the base of the neck before the jerk is performed. This may be done by pressing the bar over the head, pushing the bar over the head, or jerking the bar over the head. It is also allowable to clean the bar to the base of the neck directly from the floor. It is permissible to touch the head with the bar during the movement to the base of the neck.



### **A9. Clean and Jerk – One Arm**

The rules of the Clean and Jerk apply with these exceptions. Only one arm is used to perform the lift. The bar is gripped in the center by one hand and may be cleaned in front or cleaned to the side. Any grip may be used by the lifter. The bar must be cleaned to the same shoulder as the lifting arm in a single movement. During the clean, the bar must not touch any part of the legs or torso. In receiving the bar at the shoulder, the bar must not make contact or rest on the shoulder or chest opposite to the lifting arm. The center of the sternum is the line of lineation. The non-lifting hand may be supported on the thigh or knee of either leg but must not



contact the bar, platform, or lifting arm during the lift or it will be a disqualification. With a single distinct effort the lifter will jerk the bar to arms' length above the head. The non-lifting hand must be clear of the body upon completion of the lift. The bar may be in any degree of rotation when overhead. Once the bar is overhead motionless, the lifter's body in an upright position, the feet parallel and in line with the torso, an official

will give a command to lower the bar. Both hands may be used to lower the bar. The lift ends when the bar is returned to the platform under control.

### **A10. Clean and Press**



**Clean and Press by Joe Garcia**

The rules of the Clean apply to the first part of this lift. Once the clean is properly performed, and the lifter is motionless, the lifter will receive a command from an official to press. Once given the command to press, the lifter must not change body position, hand spacing, or feet spacing. Width of feet placement and hand placement on the bar is optional. The press begins once the bar leaves the chest. The legs must remain straight during the press. The feet must not move and the toes or heels must not rise. The bar may change angle of ascent during the press. The bar may be pressed unevenly, but must not be lowered in any manner during the press. However, upon completion of the press the arms must be straightened out simultaneously. Excessive backbend, beyond 27 degrees, is a disqualification. Once the bar is motionless overhead, with the lifter's arms straight, the lifter in an upright position, an official will give a command to lower the bar. The lift ends when the bar is brought back to the platform under control by the lifter.

### **A11. Clean and Press – 12" Base**

The rules of the Clean and Press apply except once the clean has been properly performed, the feet must be brought together prior to the press where the distance between the inside of the lifter's heels does not exceed 12 inches. It is recommended that a 12 inch space be marked on the platform by a drawn line or tape.



### **A12. Clean and Press – Alternate Grip**

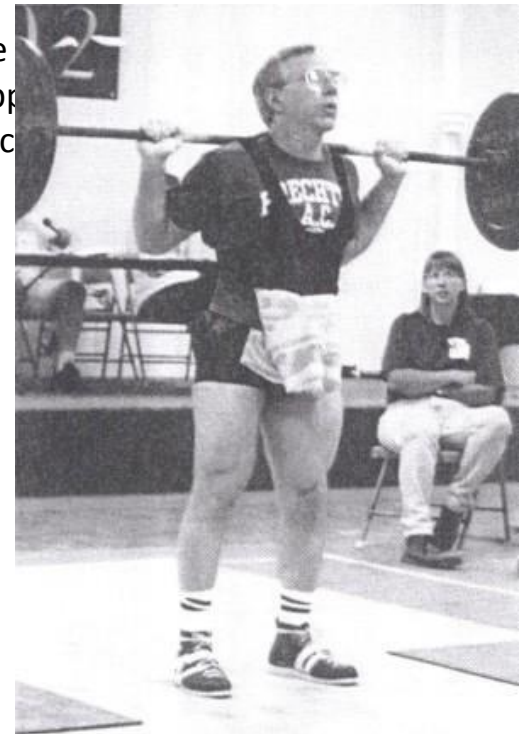
The rules of the Clean and Press apply except that the alternate grip, in which the palms of the hands are opposite, must be maintained throughout the entire lift, including the press.

### **A13. Clean and Press – Behind Neck**

The rules of the Clean and Press apply except once the clean has been properly performed, the bar is moved to the base of the neck before the press is performed. This may be done by pressing the bar over the head, pushing the bar over the head, or jerking the bar over the head. It is also allowable to clean the bar to the base of the neck directly from the floor. It is permissible to touch the head with the bar during the movement to the base of the neck.

### **A14. Clean and Press – Heels Together**

The rules of the Clean and Press apply except once the clean has been properly performed, the heels must come together and touch prior to the start of the press and remain together and touching throughout the press.



**Clean and Press – Behind Neck  
by Bob Hirsh**



**Clean and Press – Heels Together  
by Joe Caron**



**Clean and Press – Heels Together  
by Jim Malloy**

### **A15. Clean and Press – On Knees**

The rules of the Clean and Press apply with these exceptions. The lifter will assume a position on the knees prior to the start of the lift. Padding, not to exceed one inch in thickness, may be used under the knees. The lifter's feet or lower legs may be braced in any manner behind or to the side. The lift may begin only when the lifter's entire weight is on the knees. During the clean, the elbows must not touch the legs, the torso, or the platform or it will be a disqualification. The buttocks may make contact with the feet or lower legs during the clean. The knees may move/slide on the platform during the clean. The lifter may press with the buttocks touching the feet or lower legs or press in an upright position, but if the buttocks are touching the feet or lower legs at the beginning of the press the lifter is not allowed to become upright during the press. If pressing in an upright position, the lifter is not allowed to touch the buttocks during the press. The knees must not move during the press.

### **A16. Clean and Press – Middle Fingers**

The rules of the Clean and Press apply except that the bar will be gripped with only the middle fingers of each hand.

### **A17. Clean and Press – Reverse Grip**

The rules of the Clean and Press apply except that the bar must be gripped with a reverse grip, in which the palms of the hands are facing away from the lifter when the bar is on the platform. The reverse grip must be maintained throughout the entire lift, including the clean.



**Clean and Press – Reverse Grip**  
by Sean McKean



**Clean and Push Press**  
by Scott Schmidt

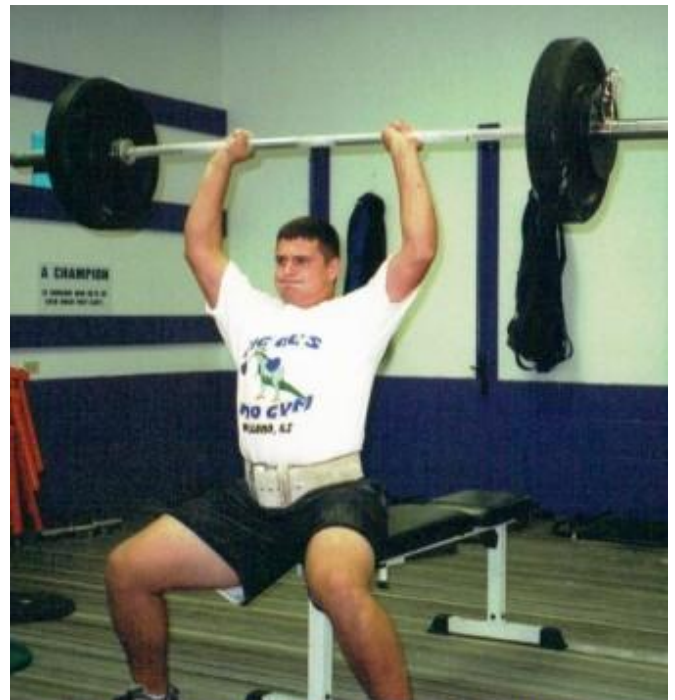
### **A18. Clean and Push Press**

The rules of the Clean and Press apply with these exceptions. The heels and toes may rise during the press. However, the feet must not move. The legs may bend during the press to initiate upward movement, but the legs must straighten simultaneously with the completion of the press.



### **A19. Clean and Seated Press**

The rules of the Clean and Press apply with these exceptions. Once the clean has been properly performed, the lifter will sit on a bench, chair, or other similar support. The maximum seat height is 18" measured to the top of the bench. The lifter's back must be totally unsupported throughout the lift. The feet must not be positioned where there is contact with the seat or seat supports. The feet must remain flat throughout the press. There is no restriction on backbend during the press. Once the command to press is given, the lifter must not change position on the seat. Once the press is complete, the lifter must be in an upright position on the seat.



**Clean and Seated Press by Ian Reel**

### **A20. Clean and Seated Press – Behind Neck**

The rules of the Clean and Seated Press apply except once the clean has been properly performed, the bar is moved to the base of the neck either before sitting on the seat or once seated before the command to press is given. This may be done by pressing the bar over the head, pushing the bar over the head, or jerking the bar over the head. It is also allowable to clean the bar to the base of the neck directly from the floor. It is permissible to touch the head with the bar during the movement to the base of the neck.



**Continental Snatch by Barry Pensyl**

### **A21. Continental Snatch**

The rules of the Snatch apply with these exceptions. The lifter starts with the bar on the platform in front of the lifter and raises it by any method of the lifter's choosing. The bar may be raised in one or a series of movements and may come to rest, be lowered, or make contact with any part of the

legs and body during the lift. However, the bar must not be upended into any position on the body. Hand spacing and grip are of the lifter's choosing and may be altered on the bar during the lift. The hands may be removed from the bar during the lift. Touching the platform with a knee or the buttocks is permissible. The bar may come to rest on the belt. A towel may be placed in the belt for the bar to rest on. It is a disqualification for the bar or plates to touch the platform before the finish of the lift. However, the final movement overhead must be done according to the rules of the Snatch.

#### **A22. Continental to Belt**



**Continental to Belt by Thom Van Vleck**

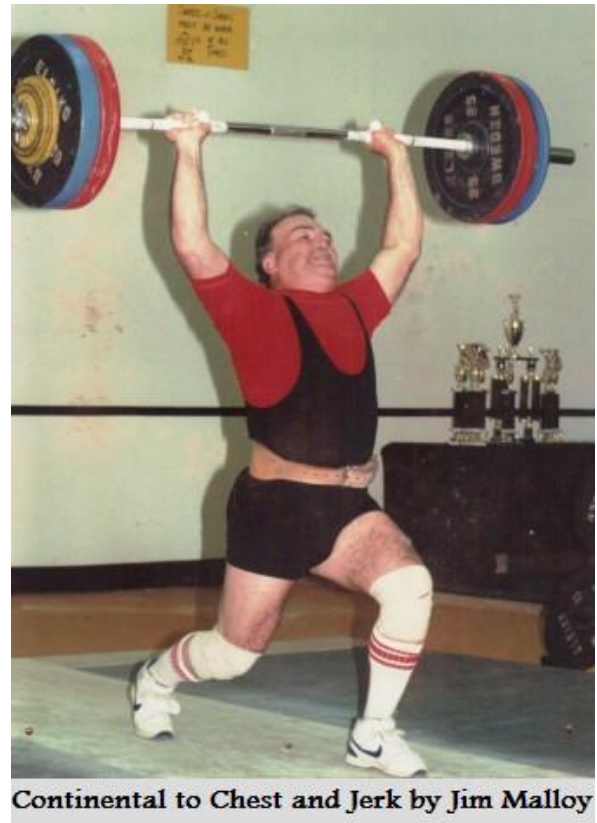
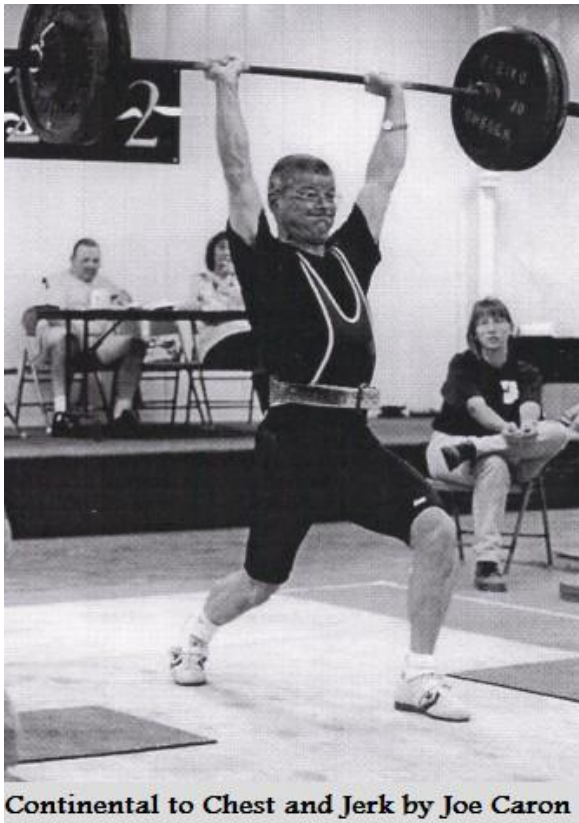
The lifter starts with the bar on the platform in front of the lifter and raises it by any method of the lifter's choosing onto the lifter's belt. If the lifter has no belt, the bar must come to rest on the abdomen no lower than the lifter's navel. If a lifter is wearing a belt, the belt must be placed no lower than the lifter's navel. A towel may be placed in the belt for the bar to rest on. The bar may be raised in one or a series of movements and may come to rest, be lowered, or make contact with any part of the legs and body during the lift. However, the bar must not be upended into any position on the body. Hand spacing and grip are of the lifter's choosing and may be altered on the bar during the lift. The hands may be removed from the bar during the lift. Touching the platform with a knee or the buttocks is permissible. It is a disqualification for the bar or plates to touch the platform before the finish of the lift. Once the lifter's legs are straightened, the body upright, the feet parallel and in line with the torso, the bar motionless and fixed on the belt or body, an official will give a command to lower the bar. The hands must be in line with an overhand grip at the finish of the lift. The lift ends when the bar is placed on the platform under control by the lifter.

#### **A23. Continental to Chest**

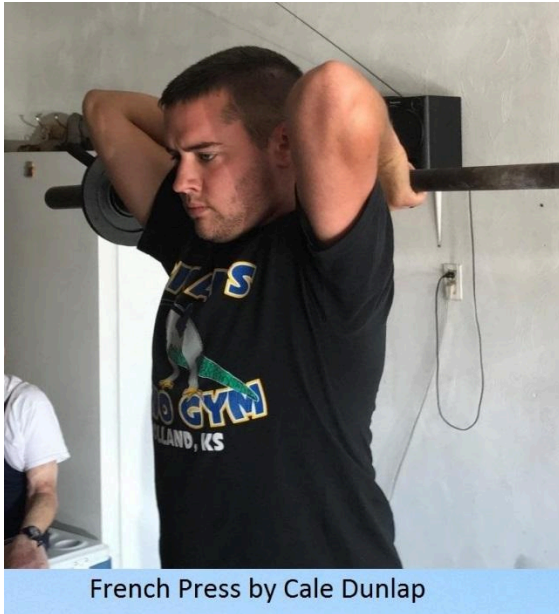
The lifter starts with the bar on the platform in front of the lifter and raises it by any method of the lifter's choosing onto the lifter's chest above the pectoral muscle. The bar may be raised in one or a series of movements and may come to rest, be lowered, or make contact with any part of the legs and body during the lift. However, the bar must not be upended into any position on the body. Hand spacing and grip are of the lifter's choosing and may be altered on the bar during the lift. The hands may be removed from the bar during the lift. The bar may come to rest on the lifter's belt. A towel may be placed in the belt for the bar to rest on. Touching the platform with a knee or the buttocks is permissible. It is a disqualification for the bar or plates to touch the platform before the finish of the lift. Once the lifter's legs are straightened, the lifter's body erect, the feet parallel and in line with the torso, the bar motionless, an official will give a command to lower the bar. The hands must be in line and with a grip that is defined within the rules of the clean. The lift ends when the bar is placed on the platform under control by the lifter.

#### **A24. Continental to Chest and Jerk**

The rules of the Continental to Chest apply for the first part of this lift. Once the bar is in the proper position on the chest, a jerk or behind the neck jerk is performed. The rules of the Jerk or Jerk-Behind Neck apply.



#### **A25. French Press**



French Press by Cale Dunlap

The bar is brought from the platform to an overhead position by any method to assume the starting position of this lift. The lifter's arms must be straight, the lifter standing, and the body upright before the start of the lift. Width of feet placement is optional. Once the bar is overhead and motionless, with the lifter's arms straight, the lift begins at the lifter's discretion. The hand spacing on the bar must not exceed 6 inches. The palms of the hands must be facing away from the lifter. The lifter will bend the arms and lower the bar until the bar touches the base of the neck at the junction of the shoulders without lowering the upper arms. The elbows must remain above

the top of the head. Once the bar is on the base of the neck, an official will give the command to press. The elbows must not be lowered during any part of the press or it will be a disqualification. The legs must remain straight during the lift. There must not be any backbend, any bending of the knees, or movement of the feet during the lift. The heels and toes must not rise. Once the bar has been pressed, the arms straight and the bar motionless, an official will give a command to end the lift. The bar may be lowered by any method.

### **A26. Jackson Press**

This lift is a press from the racks, using a reverse grip. The rules of the Press – From Rack apply except that the bar must be gripped with a reverse grip, in which the palms of the hands are facing the lifter when the bar is held at the chest prior to the press.

### **A27. James Lift**

This lift combines a clean, press, and front squat. First a clean is done according to the rules of the Clean. Once in the finishing position of the clean, an official will give a command to squat. Once in the bottom front squat position, as defined by the rules of the Squat, an official will give a command to press. The press is performed while maintaining a squat position of legal depth. The rules of the Press apply as defined in the rules of the Clean and Press. Once the bar is overhead, an official will give the lifter a command to lower the bar back to the chest. Once the bar is back to the chest, and at the lifter's own discretion, the lifter will finish the squat according to the rules of the Front Squat. Once standing, the lifter will receive a command from an official to lower the bar to the platform. The lift ends when the bar is returned to the platform under control by the lifter.

### **A28. Jerk – From Rack**



The lifter may take the bar from a rack, stands, or supports. The bar must be positioned on the chest as defined by the rules of the Clean prior to the start of the lift. The lifter must step back from the rack at least 2 steps. Once the bar and lifter are motionless, and at the lifter's discretion, a jerk is performed according to the rules of the Jerk. An official will give a command to lower the bar. Upon completion, spotters may assist the lifter in returning the bar to the rack.

### **A29. Jerk – From Rack, Behind Neck**

The rules of the Jerk – From Rack apply except the bar is placed behind the neck. The bar may be placed behind the neck when removed from the rack, or moved behind the neck after removal of the bar from the rack.

### **A30. Judd Clean and Jerk**

The rules of the Clean and Jerk apply except that the entire lift must be done on a single leg only. The non-lifting leg must not touch the platform or the body at any time during the lift. There is no limit to the number of times a lifter may adjust the lifting foot to maintain balance during the lift, whether at the clean position or the overhead position.

### **A31. Miller Clean and Jerk**

The rules of the Clean and Jerk apply except that the bar will be gripped with only the middle fingers of each hand.

### **A32. Press – From Rack**

The lifter may take the bar from a rack, stands, or supports. The bar must be positioned on the chest as defined by the rules of the Clean prior to the start of the lift. The lifter must step back from the rack at least 2 steps. Once the bar and lifter are motionless, an official will give a command to press. The press is done according to the rules of the Press as defined in the rules of the Clean and Press. An official will give a command to lower the bar. Upon completion, spotters may assist the lifter in returning the bar to the rack.

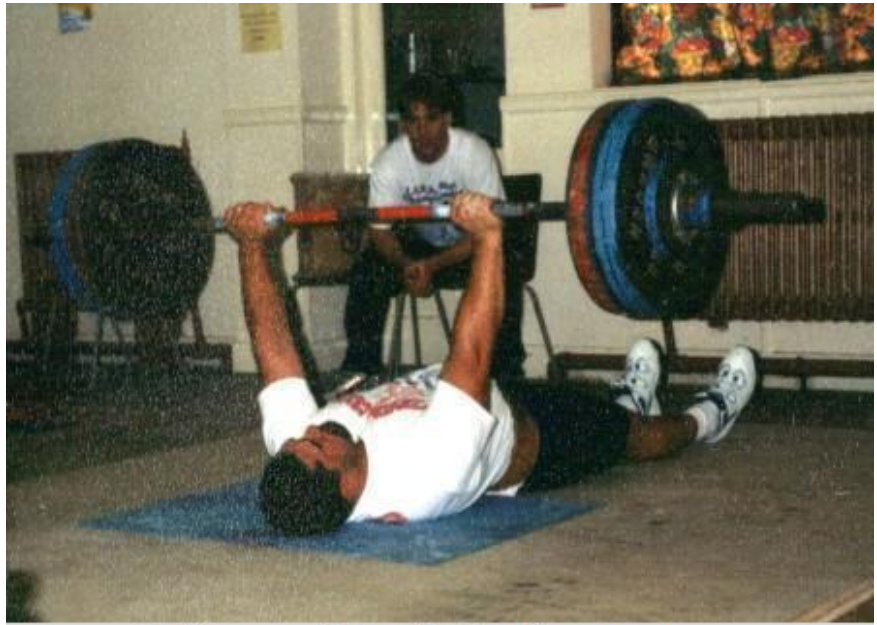
### **A33. Press – From Rack, Behind Neck**

The rules of the Press – From Rack apply except the bar is placed behind the neck. The bar may be placed behind the neck when removed from the rack, or moved behind the neck after removal of the bar from the rack.



### **A34. Pullover and Press**

The lifter will lie on his/her back on the platform with the bar placed on the platform above the lifter's head. Padding, such as a towel or mat, may be placed under the lifter's body and elbows. The bar is gripped with the palms of the hands facing up and with the bar at arm's length prior to the start of the lift. Width of hand spacing is optional. The



**Pullover and Press by Joe Ciavattone**

legs must be straight and flat on the platform for the entire lift. The buttocks must remain in contact with the platform throughout the lift. Leg position is of the lifter's choosing, but must remain in the same position throughout the lift. The lift begins at the lifter's discretion. The lifter will then pull the bar over and onto the chest resulting in the upper arms resting on the platform. The lifter is allowed multiple rolls with the bar on the platform to gain momentum to the bar. The bar must not be rolled once on the chest. Hands must remain on the bar throughout the lift. The bar or plates must not make contact with the platform once the plates leave the platform or it will result in disqualification. Once the bar is on the chest, the lifter may make adjustments to the bar, the arms, and the upper body to gain a more comfortable and stronger position prior to the official's command to press. Once the bar and lifter are motionless, an official will give a command to press. The rules of the Bench Press apply to the press. Once the bar is at arms' length, the lifter and bar motionless, an official will give a command to lower the weight. The lift ends when the bar is returned to the platform under control. It is acceptable to drop the bar behind the head in the return to the platform as long as the lifter maintains hand contact with the bar.

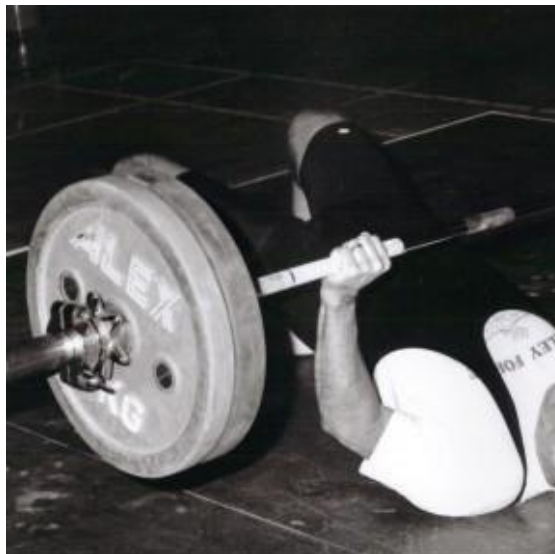
### **A35. Pullover and Press – With Wrestler's Bridge**

The rules of the Pullover and Press apply with these exceptions. The lifter must assume a bridged position on the platform with only three contact points, the head and both feet. A pad not to exceed two inches in thickness may be allowed under the head for protection. At no time during the lift may any part of the body other than these three contact points touch the platform. None of these contact points may move on the platform during the lift. However, the heels and toes may rise during the lift.

### **A36. Pullover and Push**



The lifter will lie on his/her back on the platform with the bar placed on the platform above the lifter's head. Padding, such as a towel or mat, may be placed under the lifter's body and elbows. The bar is gripped with the palms of the hands facing up and with the bar at arms' length prior to the start of the lift. Width of hand spacing and feet placement is optional. The lift begins at the lifter's discretion. The lifter is allowed multiple rolls with the bar on the platform to gain momentum to the bar. Hands must remain on the bar throughout the lift. The lifter will then pull the bar over and onto the chest or upper abdomen resulting in the upper arms resting on the platform. The bar must not be rolled once on the chest. The bar or plates must not make contact with the platform once the bar leaves the platform or it will result in disqualification. The lifter is allowed to move or lift the feet and hips during the pullover. Once the bar is on the chest or abdomen, the lifter may move the feet close to the hips, and raise the hips to create a bridging or belly toss to propel the bar to arms' length. This is done at the lifter's discretion. The lifter is allowed feet and hip movement during the push. The lifter may press the bar instead of pushing the bar if desired. Once the push has begun, the bar must not be lowered in any manner. Only one attempt at the push is allowed. The bar must lock out with even extension. Once the arms are straight, the lifter must lower the hips to the platform and straighten the legs to a flat position on the platform. The arms must remain straight during this time. When the lifter and bar are motionless, an official will give a command to lower the bar. The lift ends when the bar is returned to the platform under control. It is acceptable to drop the bar behind the head in the return to the platform as long as the lifter maintains hand contact with the bar.



**Pullover and Push by Denny**



**Push Press – From Rack by Eric Todd**

### **A37. Push Press – From Rack**

The rules of the Press – From Rack apply with these exceptions. The heels and toes may rise during the press. However, the feet must not move. The legs may bend during the press to initiate upward movement, but the legs must straighten simultaneously with the completion of the press.

### **A38. Reflex Clean and Jerk**

This lift is also known as the Schubert Clean and Jerk. The rules of the Clean and Jerk apply with these exceptions. Once the clean has been made, the lifter must perform a jerk immediately from this position, whether the legs are bent or erect. There is no pause between the clean and the jerk.

### **A39. Reflex Clean and Push Press**

This lift is also known as the Schubert Clean and Push Press. The rules of the Clean and Push Press apply with these exceptions. Once the clean has been made, the lifter must perform a push press immediately from this position, whether the legs are bent or erect. There is no pause between the clean and the push press.

### **A40. Reg Park Bench Press (Bench Press – 2 Bars)**

The rules of the Bench Press apply except two regulation bars are used. The lifter assumes the normal Bench Press position with both feet flat on the floor. Spotters may hand the lifter the two regulation bars or the lifter may take the bars from supporting racks. The bars must be parallel to the lifter's body and held at arms' length motionless to start the lift. The bars are lowered to a position in which the hands are at the level of the top of the lifter's rib cage. When the bars are motionless and upon receiving a press command from an official the bars are pressed to lockout. The bars may be pressed unevenly, but must finish the lockout simultaneously. The bars are allowed to tilt or rotate provided it is under control at all times. The plates or bars are allowed to touch during the press. The size of the loaded plates on the bars may be of any size, but both bars must be loaded with the same weight. An official will give a down command when the lift is complete. Upon completion of the lift spotters may remove the bars.

### **A41. Seated Press – From Rack**

The rules of the Clean and Seated Press apply with this exception. Instead of performing a clean with the bar, the lifter is allowed to remove the bar from a rack, stands, or supports.

### **A42. Seated Press – From Rack, Behind Neck**

The rules of the Clean and Seated Press –Behind Neck apply with this exception. Instead of performing a clean with the bar, the lifter is allowed to remove the bar from a rack, stands, or supports.

### **A43. Side Press**

This lift is performed using only one arm. The bar may be taken to the shoulder in any manner. This may be done with a one arm clean, or with two hands, or stood on end and taken onto the shoulder using one or two hands. The bar will then be gripped in the



center by one hand only. Once the lifter is in a standing position, with the bar motionless across the shoulder perpendicular to the body, an official will give a command to press the bar. The lifter is allowed to bend at the waist, away from the bar. However, the legs must remain straight during the entire lift. The non-lifting arm and hand must not touch the body or the bar during the lift. The heels of the feet must be within a 12 inch base. The toes and heels must not rise during the lift. The bar is allowed to have a slight tilt as long as it is under control by the lifter. The bar must be maintained at a 90 degree angle to the body. Once the bar is overhead motionless, the arm straight and elbow locked, and the lifter has returned to an upright standing position, an official will give a command to lower the bar. The lift ends when the lifter returns the bar to the platform under control. It is acceptable to use two hands to lower the bar.

#### **A44. Snatch – From Hang**

The rules of the Snatch apply with this exception. The bar must be lifted to a hang position in which the lifter is standing with the bar on the thighs, with the bar hanging at arms' length motionless, before the final overhead pull. During the final overhead pull, the bar must drop below the level of the knees, but the bar or plates must not touch the platform.

#### **A45. Snatch – Kelly**

This lift is also known as the Reverse Swing. The bar is placed behind the lifter on the platform. The grip on the bar and width of feet placement is optional, but the feet must be parallel and in line with the torso. The lift begins at the lifter's discretion. The bar is then brought to arms' length in one motion behind the lifter's back. The lifter may bend at the knees and waist. Once the bar is overhead with arms straight, the lifter must straighten the legs. The lifter may finish in a bent over position. However, the bar must not be lowered at any time throughout the lift. Once the bar is motionless, with the legs straight, an official will give a command to lower the bar. The lift ends when the bar is returned to the platform under control.

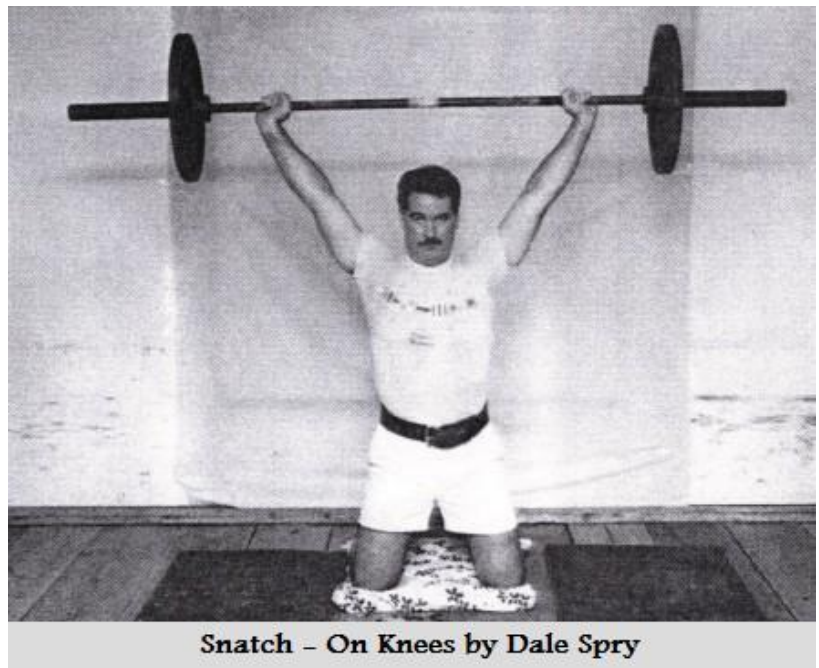




Kelly Snatch by Tim Piper

#### A46. Snatch – On Knees

The rules of the Snatch apply with these exceptions. The lifter will assume a position on the knees prior to the start of the lift. Padding not to exceed one inch in thickness may be used under the knees. The lifter's feet or lower legs may be braced in any manner behind or to the side. The lift may begin only when the lifter's entire weight is on the knees. During the snatch, the lifter is allowed to touch or brace the buttocks against the back of the legs, but must finish the lift upright on the knees. The knees are allowed to move/slide on the platform during the lift.



Snatch - On Knees by Dale Spry

#### A47. Snatch – One Arm

The rules of the Snatch apply with these exceptions. Only one arm is used to perform the lift. The bar is gripped in the center with one



hand using any grip, but the palm of the hand must be facing the lifter at the beginning of the lift. The non-lifting hand may be braced or supported on the thigh or knee of either leg but must not contact the bar, platform, or lifting arm during the lift or it will be a disqualification. The non-lifting hand must be clear of the body upon completion of the lift. The bar may be in any degree of rotation during the lift and upon the finish of the lift. Once the bar is overhead motionless, the lifter's body in an upright position, the lifting arm straight with a locked elbow, the feet parallel and in line with the torso, an official will give a command to lower the bar. The lift ends when the bar is returned to the platform under control. It is acceptable to use two hands in lowering the bar.

#### **A48. Ziegler Clean**

The rules of the Clean apply with this exception. A weight plate, not smaller than a 1 1/4 kilogram plate or a 2 1/2 pound plate, is placed on the head of the lifter prior to the clean. The plate must remain on the lifter's head during the entire lift. If the plate falls off the head at any time during the lift, it is a disqualification. The plate must not be attached to the lifter's head in any manner.



## B. Bar Lifts – Deadlifts

### B1. Deadlift – 12 inch Base

The rules of the Deadlift apply except that the maximum width of foot placing must not exceed 12 inches between the inside of the lifter's heels. It is recommended that a 12 inch space be marked on the platform by a drawn line or tape.



### B2. Deadlift – 2 Bars

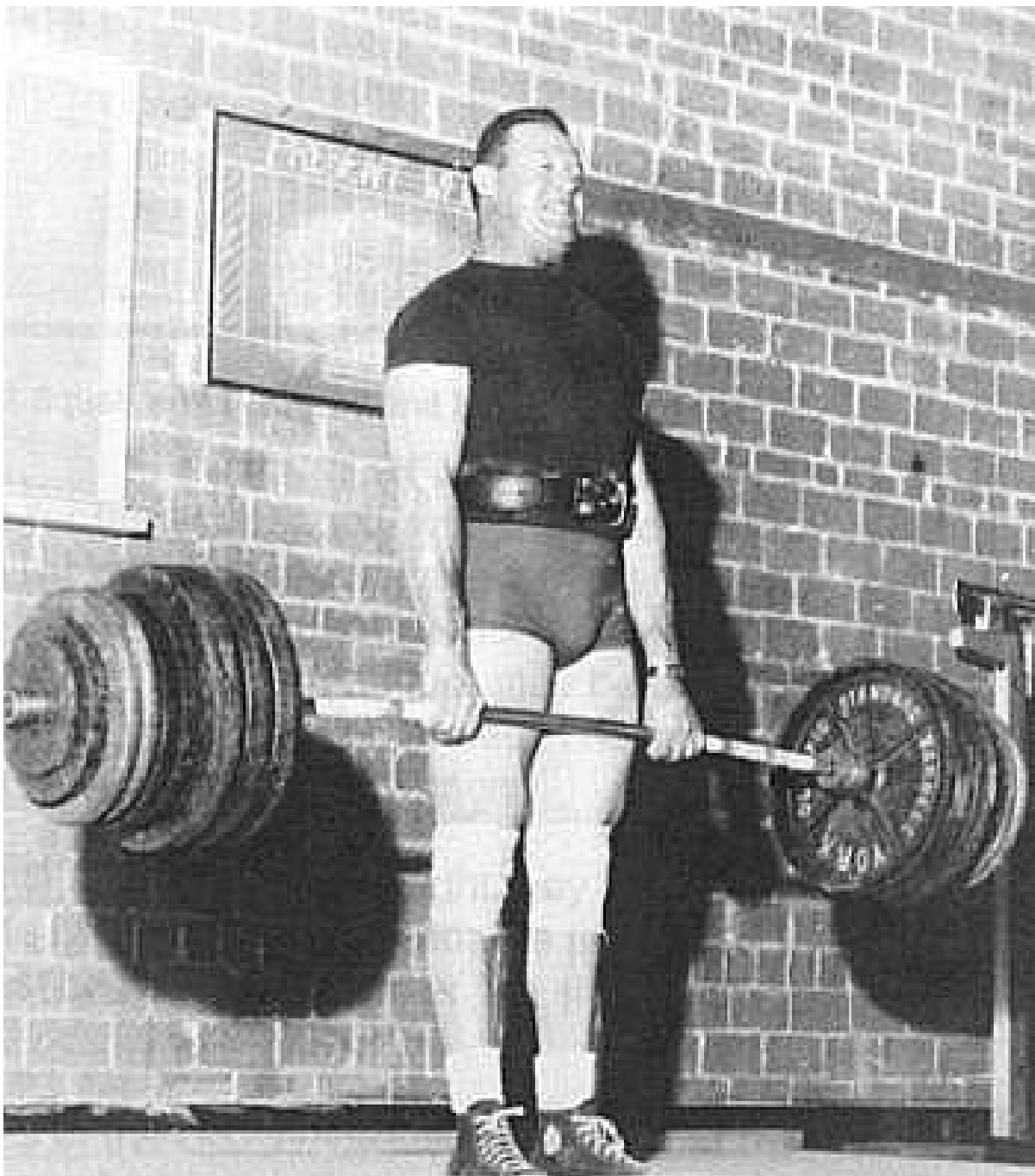
The rules of the Deadlift apply with these exceptions. Two bars are used and are positioned on each side of the lifter prior to the start of the lift. Both bars must be



equally loaded. Both bars must be lifted simultaneously. The bars are gripped in the centers by any grip. The bars are allowed to have a slight tilt when lifted, but each end of both bars must be above the level of the lifter's knees upon the finish of the lift. The plates of both bars are allowed to touch one another. Both bars must be motionless at the same time upon completion of the lift.

### **B3. Deadlift – Ciavattone Grip**

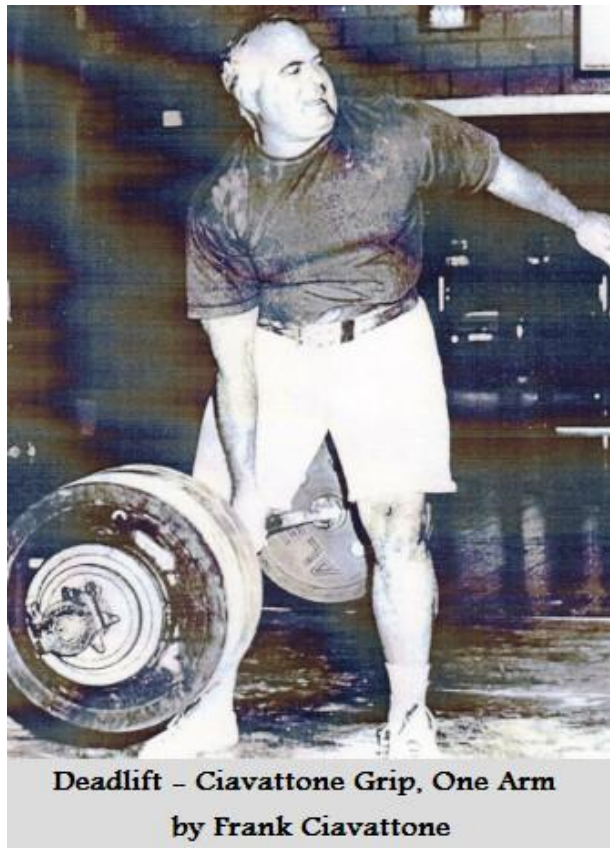
The rules of the Deadlift apply except a Ciavattone Grip must be used. A Ciavattone Grip is an overhand grip in which the palms of both hands are facing the lifter. No hooking of the thumb and fingers is allowed.



**Deadlift – Ciavattone Grip by Wilbur Miller**

#### **B4. Deadlift – Ciavattone Grip, One Arm**

The rules of the Deadlift – One Arm apply except a Ciavattone Grip must be used as defined in the rules of the Deadlift-Ciavattone Grip.



#### **B5. Deadlift – Fingers, Index**

The rules of the Deadlift apply except only the index fingers of both hands may be used. The index fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

#### **B6. Deadlift – Fingers, Little**

The rules of the Deadlift apply except only the little fingers of both hands may be used. The little fingers of both hands may grip the bar in an alternate



manner. The thumb must not be in contact with the lifting fingers.

### **B7. Deadlift – Fingers, Middle**

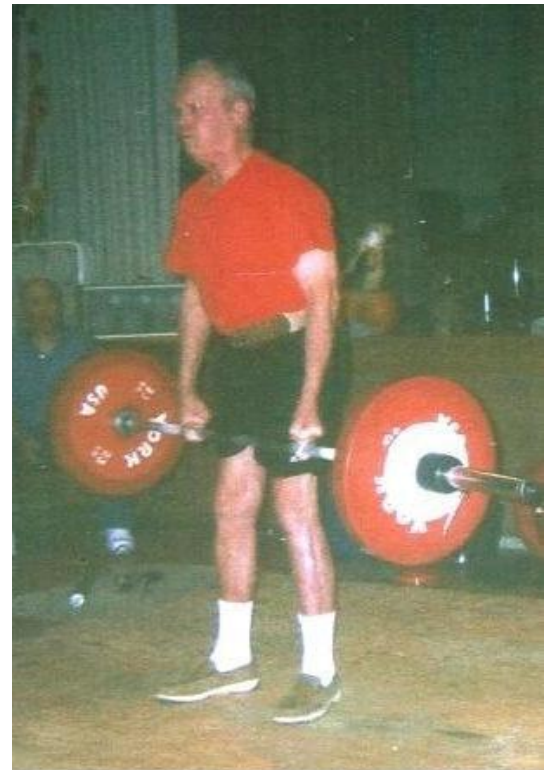
The rules of the Deadlift apply except only the middle fingers of both hands may be used. The middle fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

### **B8. Deadlift – Fingers, Ring**

The rules of the Deadlift apply except only the ring fingers of both hands may be used. The ring fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

### **B9. Deadlift – Heels Together**

The rules of the Deadlift apply except that the heels of the feet must be together and touching prior to the lift and must remain together and touching until the lift is completed.



**Deadlift - Fingers, Ring  
by Dale Friesz**



**Deadlift – Heels Together by Mike McBride**

### **B10. Deadlift – No Thumbs**

The rules of the Deadlift apply except the thumbs of each lifting hand must not be covering the bar. The thumbs may lie alongside and touch the index fingers and bar under the bar or be held in the air not touching the bar. The thumbs must not be touching the top of the bar. An alternate grip may be used.

### **B11. Deadlift – No Thumbs, Overhand Grip**

The rules of the Deadlift – No Thumbs apply, except the grip taken must be an overhand grip, with the palms facing the body.

### **B12. Deadlift – No Thumb, One Arm**

The rules of the Deadlift – One Arm apply except that the thumb of the lifting hand must not be covering the bar. The thumb may lie alongside and touch the index finger and bar

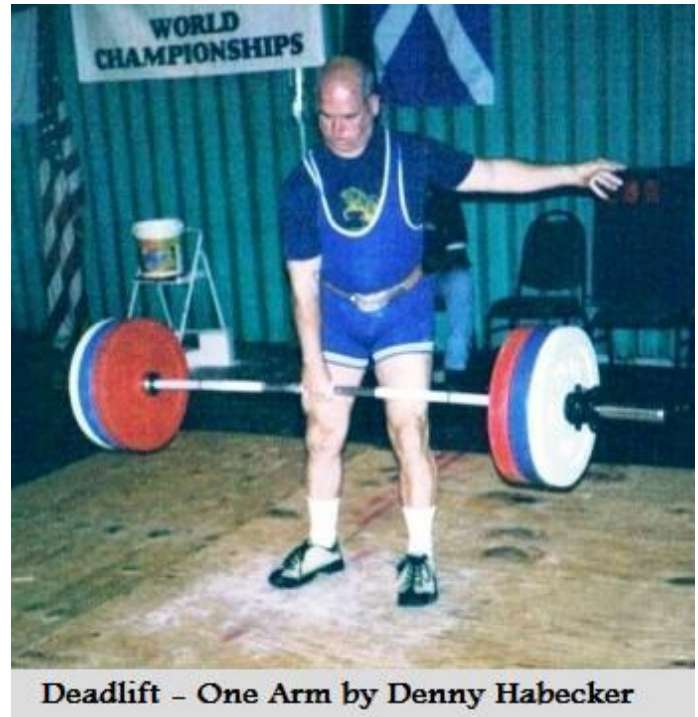
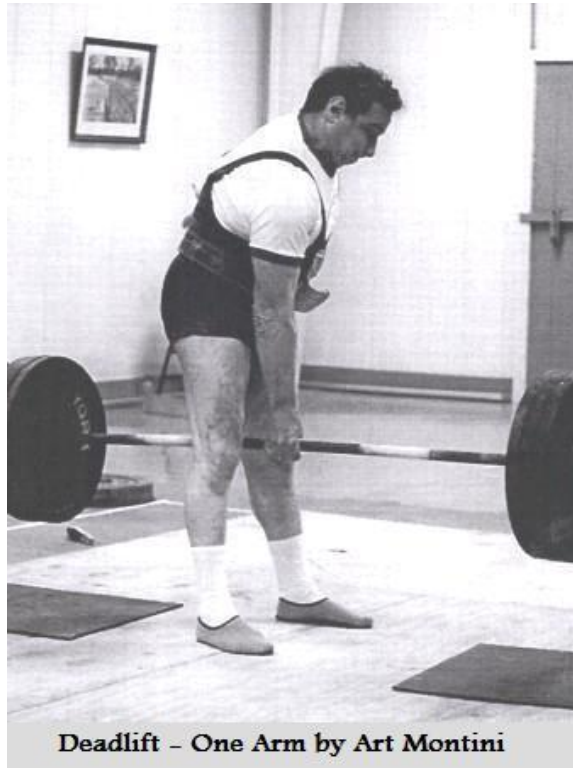


**Deadlift–No Thumb, One Arm by Ben Edwards**



under the bar or be held in the air not touching the bar. The thumb must not be touching the top of the bar.

### **B13. Deadlift – One Arm**



Only one arm is used to perform this lift. The lift begins at the lifter's discretion. The bar may be lifted in the front, as in a regular deadlift, or the lifter may straddle the bar. The feet must be parallel and in line with the torso. The bar is gripped in the center by any grip. Hook gripping is allowed. Testing the balance of the bar prior to the start of the lift is acceptable. The lifting hand must not change position on the bar once the lift has begun. The non-lifting hand may be braced against the legs or body during the lift, but must be removed upon completion of the lift. Feet placement is optional, but must not change once the lift begins. Heels and toes may rise during the lift. The bar must be raised to a point where both ends of the bar are above the level of the knees. The bar is allowed to have a slight tilt to it when lifted. The bar must not be lowered during the lift. The legs must be straight at the completion of the lift. The shoulders do not have to be pulled erect or the body straight as long as the legs are straight. Once the bar is motionless and both ends of the bar above knee height, an official will give a command to lower the bar. The lift ends when the bar is returned under control by the lifter to the platform.

### **B14. Deadlift – One Leg**

The rules of the Deadlift apply except the lift must be performed on one leg only. The lifting foot must remain in the same position during the lift, but heel and toes may rise. The non-lifting leg must not be braced against the lifting leg during the lift, but may be moved in any direction to help with balance. If the non-lifting leg touches the platform or the lifter, it is a disqualification.

### **B15. Deadlift – Reeves**

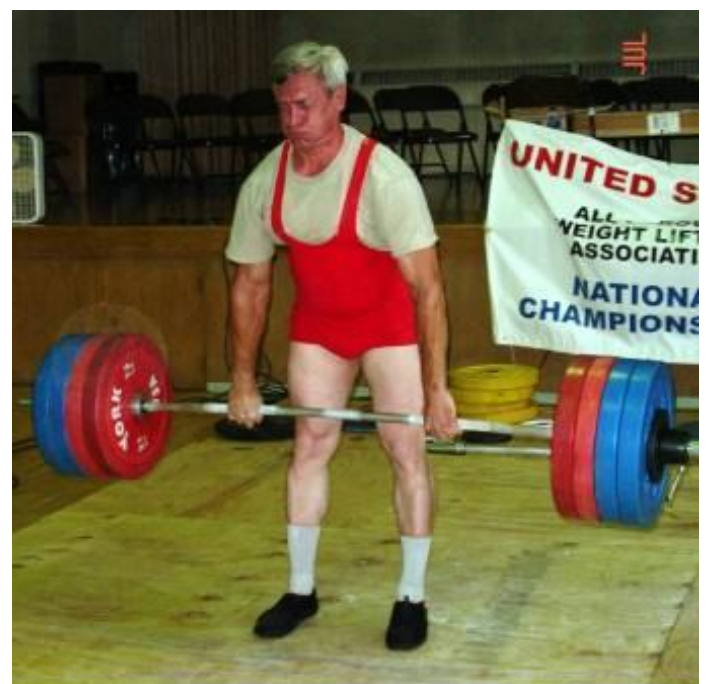
The rules of the Deadlift apply with these exceptions. The lift starts by the lifter gripping one plate on each side of the bar. The flanges of the plates may be turned outwards to provide a better gripping surface. A regulation bar of legal length must be used. There are no width specifications of the flanges of the lifting plates. Weight is added to the bar with smaller diameter plates so the lifter always has just one plate per side to grip.



**Reeves Deadlift by Mark Mitchell**

### **B16. Deadlift – Stiff Legged**

The rules of the Deadlift apply except that the legs must be straight and locked before the beginning of the lift and must remain so throughout the lift. Any width of stance is allowed. The arms are allowed to be inside the legs.

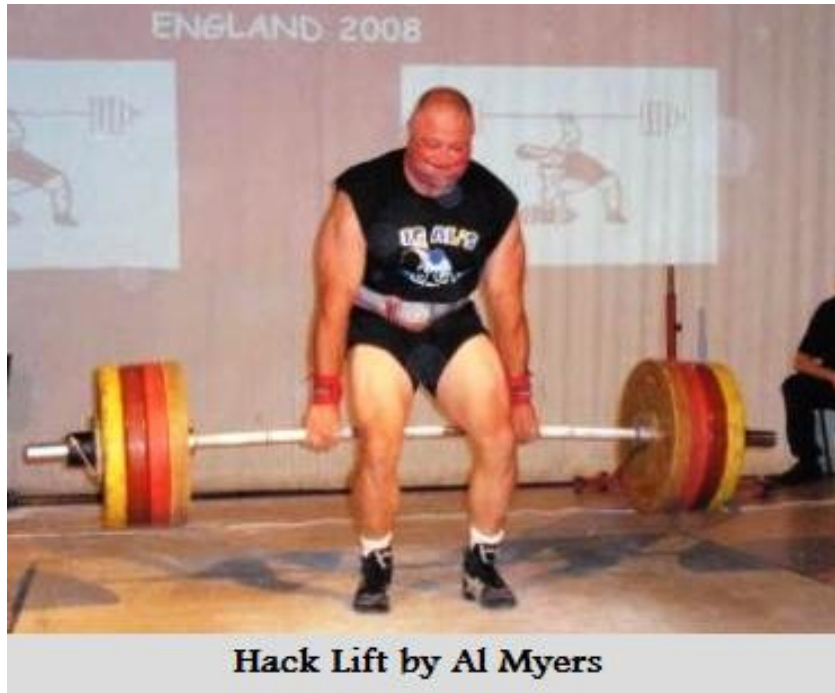


**Deadlift – Stiff Legged by Ed Schock**

### **B17. Hack Lift**

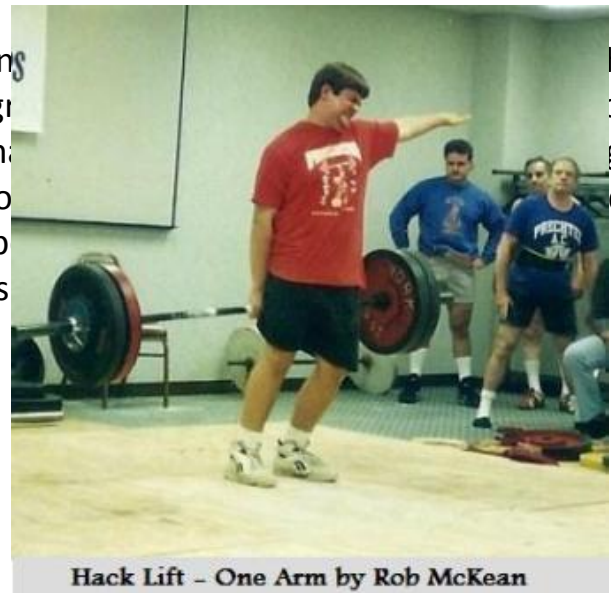
The rules of the Deadlift apply except that the bar will be placed on the platform behind the lifter, and will be lifted behind the lifter. Any grip may be used. The bar may touch

the calves and the rear of the upper legs as it rises. Should it bind against the upper legs, the bar may be stopped momentarily while a hip adjustment is made. The bar must not be lowered during the adjustment.



### **B18. Hack Lift – One Arm**

The rules of the Hack Lift apply except that only one lifter will grip the bar in the center with any grip change during the lift. The non-lifting hand may assist the lift, but must be removed upon completion of the lift. The lifter must be upright throughout the lift. The bar must be upright at completion of the lift. A slight tilt of the bar is



### **B19. Jefferson Lift**

This lift is also known as the Straddle Deadlift. The rules of the Deadlift apply except that the bar will be lifted between the legs, with a leg on each side of the bar. The lifter may face any direction and feet placement is optional. One hand will grip the bar in front of the lifter while the other

hand will grip the bar behind the lifter. The bar may touch the insides of either leg during



the lift. The heels are allowed to rise as the bar is lifted, but the feet must not change position. The bar is allowed to change directions or rotate during the lift.

### **B20. Jefferson Lift – Fingers, Index**

The rules of the Jefferson Lift apply except only the index fingers of both hands may be used. The index fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

### **B21. Jefferson Lift – Fingers, Little**

The rules of the Jefferson Lift apply except only the little fingers of both hands may be used. The little fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

### **B22. Jefferson Lift – Fingers, Middle**

The rules of the Jefferson Lift apply except only the middle fingers of both hands may be used. The middle fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

### **B23. Jefferson Lift – Fingers, Ring**

The rules of the Jefferson Lift apply except only the ring fingers of both hands may be used. The ring fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

## **C. Bar Lifts – Squats**

### **C1. Squat – 12” Base**

The rules of the Squat apply except that the maximum width of foot spacing must not exceed 12 inches between the inside of the lifter’s heels. It is recommended that this spacing be marked on the platform by tape or



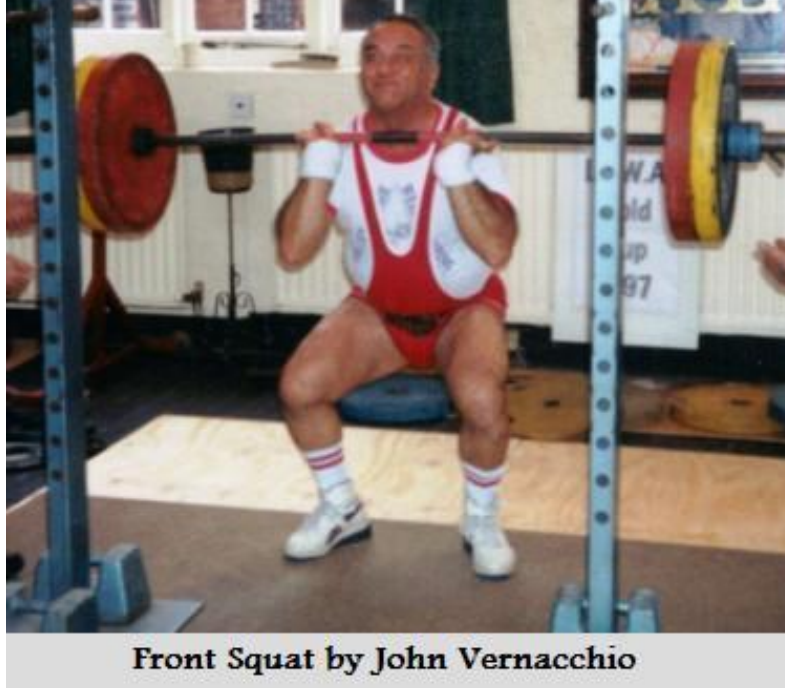
drawn lines. Knee wraps or sleeves are allowed to be worn.

## **C2. Squat – Front**

The rules of the Squat apply except that the bar must be placed in front of the lifter on the upper chest and shoulders. The bar may be gripped by the hands, rest on the chest and shoulders with arms crossed, or may be stabilized against the top of the pectoral muscles by raised upper arms. The width of feet placement is optional. The arms or elbows must not touch the legs during the lift or it will be a disqualification. Knee wraps or sleeves are allowed to be worn.



**Front Squat by Kevin Fulton**



**Front Squat by John Vernacchio**

### **C3. Squat – Lunge**

The rules of the Squat apply with these exceptions. Once the lifter is given the command to squat, the lifter will step forward with one leg and bend the knee of the lead leg to a depth that allows the rear knee to touch the floor. The rear foot must not change position, but heel rise is allowed. When the lifter returns to an upright position, the lead leg is brought back so the feet are parallel and in line with the torso. The lead leg may be brought back in line with more than one movement. Once the lifter and bar are motionless, and the legs straightened, an official will give a command to end the lift.

### **C4. Squat – One Leg**

The rules of the Squat apply except the lift must be performed on one leg only. The lifting foot must remain in the same position during the lift. The non-lifting leg must not be braced against the lifting leg or touch the platform during the lift, but may be moved in any direction to help with balance.

### **C5. Squat – Overhead**

The rules of the Squat apply with these exceptions. The bar may be taken overhead in any manner, either from a rack or from the platform. Spotter assistance may be given in getting the bar into the starting overhead position. During the lift, the arms must remain straight and the bar overhead or it will be a disqualification.

### **C6. Squat – Piper**

The rules of the Squat apply with these exceptions. The bar



must be placed behind the lifters back above the buttocks, and held in position by the crooks of the arms. A belt must not be worn. The arms and hands must not touch the thighs at any time during the lift so the arms should be spaced on the bar accordingly. After completion of the lift, the lifter must make an attempt to return the bar to a rack or supports by taking at least one step. Help from spotters is then allowed. However, the lifter must maintain contact with the bar during the return to the rack or supports.

### **C7. Steinborn Lift**

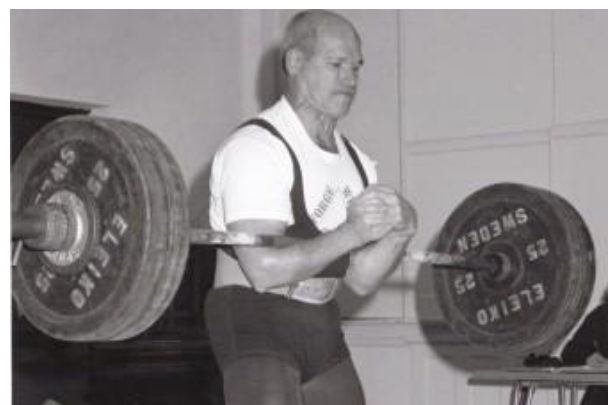
The bar starts on the platform and must first be lifted onto the lifter's back. The lift begins at the lifter's discretion. The collars on the bar must be of adequate strength to keep the plates in place when the bar is stood on end. The lifter must first stand the bar on end, bend under the bar so the bar is placed on the upper back, and then allow the top end of the bar to rotate downwards until the bar is off the platform and onto the lifter's back. It is also allowable to bring the bar to one shoulder after the bar is stood on end, and pivot the bar across the shoulders until it reaches the proper position across the upper back. Feet movement and hand movement is allowed during this part of the lift. Once the lifter is upright with the bar on the back and legs straightened, an official will give a command to squat. The rules of the Squat apply to the squat portion of this lift.



After the squat is finished and an official has given a command to lower the bar, the lifter must return the bar to the platform in the same manner in which it was lifted or it will be a disqualification. An assistant may be used to place a foot against the end of the bar when it is lifted and lowered to keep the bar from sliding on the platform. However, the assistant must not aid in the lifting or lowering of the bar in any other manner. The lift ends when the bar is placed under control by the lifter onto the platform.

### **C8. Zercher Lift**

The bar starts on the platform and at the lifter's discretion the bar is deadlifted to a position where it may be supported on the knees or thighs. Feet placement is optional, but the feet must be in line with the torso. The lifter will then bend down, with the bar



resting on the legs, to a position in which the lifter is able to secure the bar in the crooks of the elbows. The lifter will then stand erect with the arms bent and the bar fixed at the articulation of the upper and lower arms. The feet must not move during the lift and the bar must not be supported by the lifting belt during the lift. The lifter's arms may be inside or outside of the legs. The hands may be locked together. Once the bar is motionless, the legs straight, the body erect with shoulders upright, an official will give a command to lower the bar. The bar must be returned to the platform under control for the lift to be complete. It is acceptable to drop the bar once it is below the level of the knees provided that the hands follow the bar to the platform.

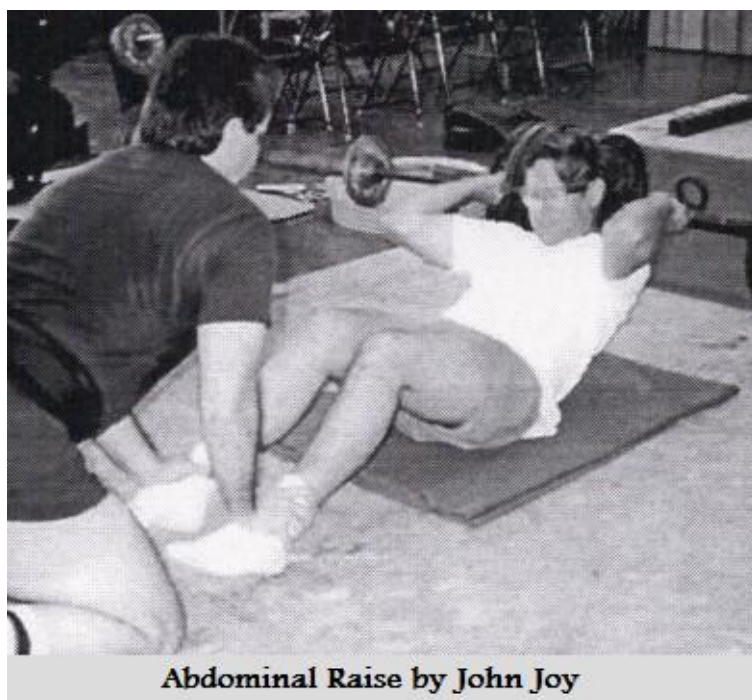
### **C9. Zercher Lift – One Arm**

The rules of the Zercher Lift apply with these exceptions. The bar may be brought to the knees or thighs with two hands. The bar is then secured in the crook of only one arm, in the center of the bar. Once in this position, the lifter is given one opportunity to check the balance of the bar before resuming the lift. The non-lifting hand may brace against the knee or body during the lift, but must be removed upon completion of the lift. The lifter must be upright, and the bar motionless upon completion of the lift. A slight tilt of the bar is allowed.



### **D. Bar Lifts – Miscellaneous**

#### **D1. Abdominal Raise**



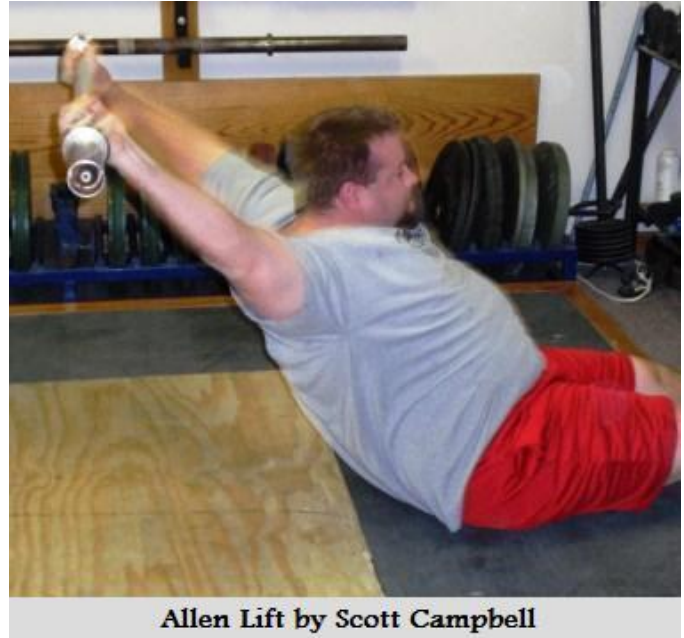
The lifter lies face up on the platform with the bar at the base of the neck. The hand placement and grip on the bar is of the lifter's choosing. Maximum diameter of the plates on the bar is 11 inches. The feet may be held down on the floor by an assistant with the ankles together. The knees may be bent or legs may be straight, but once in that position must remain that way throughout the lift. The lift begins on command by an official. The lifter must rise with a trunk curl motion until the



lifter is sitting upright in relation to the platform, allowing for any natural curve in the spine. The bar must remain in position at the base of the neck throughout the lift. Once upright, an official will give a command to end the lift.

## **D2. Abdominal Raise – On Roman Chair**

The lifter must be in a position seated upright on a Roman Chair with feet or toes hooked before the start of the lift. The bar must be positioned at the base of the neck with hand placement and grip on the bar of the lifter's choosing. An official will give a command to start the lift. The lifter must lower the upper body while maintaining the bar at the base of the neck, until reaching a position parallel to the platform. Once this is reached, the lifter will rise with a trunk curl motion until the lifter is sitting upright on the seat. The lift ends on command.



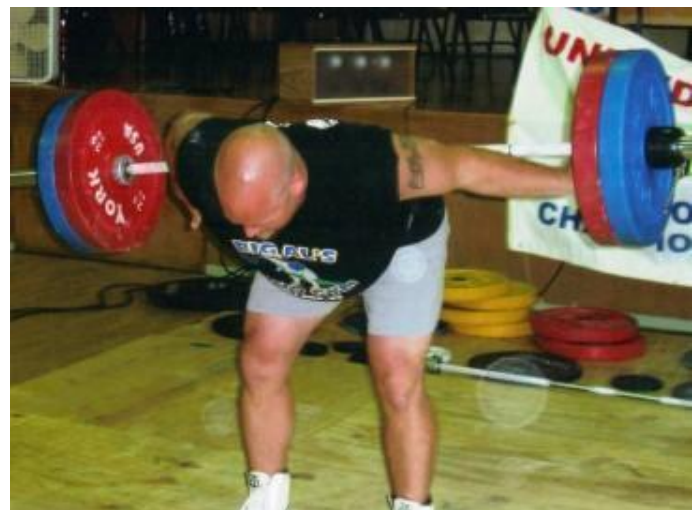
**Allen Lift by Scott Campbell**

## **D3. Allen Lift**

The lifter lies face up on the platform with the bar held beyond the head at full arm extension. The grip on the bar must be with the palms of the hands facing upward, away from the platform. The feet may be held down at the ankles by an assistant. The legs must remain straight and flat to the platform throughout the lift. Maximum hand spacing is shoulders width. Maximum diameter of the plates on the bar is 11 inches. An official will give a command to start the lift, at which time the lifter will bend at the waist and sit up to an upright position with the bar overhead. If the elbows bend or the bar moves to a position in front of a straight line from the waist thru the head during the lift, it is a disqualification. The lift ends on command.

## **D4. Arthur Lift**

The bar will be brought from the platform to an overhead position in this manner. The lift starts at the lifter's discretion. The bar is positioned behind the lifter, and is first hack lifted. The lifter will then pull the bar up to a resting position at the base of the back. The bar may come to rest on the lifting belt. Multiple attempts to do this are allowed.



Change of hand placement throughout the lift is allowed. The lifter will then bend at the waist and in a series of motions, either roll or bounce the bar up the back until it is fixed across the shoulders at the base of the neck. The lifter will then stand upright. The lifter will then do a jerk behind the neck as defined in the rules of the Clean and Jerk-Behind Neck. The only command from an official in this lift will be to lower the bar, upon completion of the jerk.

### **D5. Bench Dip**

The lifter assumes a position in which the feet rest on a bench or chair and the hands rest on another bench or chair. The hands must support the lifter's body either behind or at the side, but not in front of the shoulders. The arms and legs must be straight at this point. A bar will then be placed on the lifter's body by assistants at the junction of the body and legs. Once in this position, an official will give a command to begin the lift. The lifter must bend the arms and lower the body to a position where the top of the shoulders is below the elbows, and then return to the original position with arms straightened. The lifter's body or the plates must not make contact with the platform during the lift. The lift ends on command.

### **D6. Bent Over Row**

The lift will start at the lifter's discretion with the bar placed on the platform in front of the lifter. The lifter will grip the bar with an overhand grip with the palms of the hands facing the lifter. The width of grip spacing and feet placement is of the lifter's choosing, but the feet must be in line with the bar. The body must be in a bent over position at the waist. The upper body must not straighten past 45 degrees parallel to the platform at any time during the lift or it is a disqualification. The legs may be bent during the lift and upon the completion of the lift. The bar is lifted to touch the abdomen or torso by bending the arms. The bar must touch the abdomen higher than the belt, or the navel if a belt is not worn. It is a disqualification if the belt supports the bar at the abdomen upon the finish of the



**Bent Over Row by Mike Murdock**

lift. The lift ends by an official's command when the bar is held motionless at the abdomen or chest.

### **D7. Curl – Cheat**

The bar begins on the platform, and at the lifter's discretion, is picked up with a grip that has the palms of the hands facing up or away from the lifter. Feet placement and hand spacing is optional, but must remain the same throughout the lift. The feet must be in line with the bar. The heels may rise during the lift. Once the lifter is upright in a standing position with the arms and legs straight, the bar on the thighs hanging at arms' length, an official will give a command to curl. The knees must remain locked and the legs straight during the lift. The lifter is permitted to bend at the waist, sway the body, or drop the shoulders to gain momentum of the bar. The bar may be lowered prior to the beginning of the curl, including lowering the bar below the knees. The bar must be curled from arms' length to touching the upper chest or neck in one motion. Any downward movement of the bar during the curl is a disqualification. Once the bar is motionless, and the lifter is upright, an official will give a command to lower the bar. The lift ends when the bar returns to the platform under control by the lifter.



### **D8. Curl – Cheat, Reverse Grip**

The rules of the Curl – Cheat apply with this exception. The grip on the bar must be a reverse grip, with the palms of the hands facing down or towards the lifter.

### **D9. Curl – Strict, Reverse Grip**

The rules of the Rectangular Fix apply, except that once the bar reaches the midway point it does not stop fixed, but continues to the finish position, touching the upper chest or neck in one motion.

### **D10. Curl – Strict**

This lift begins with the lifter in an upright standing position with the bar resting on the thighs at arm's length in front of the lifter. The lifter's legs must be



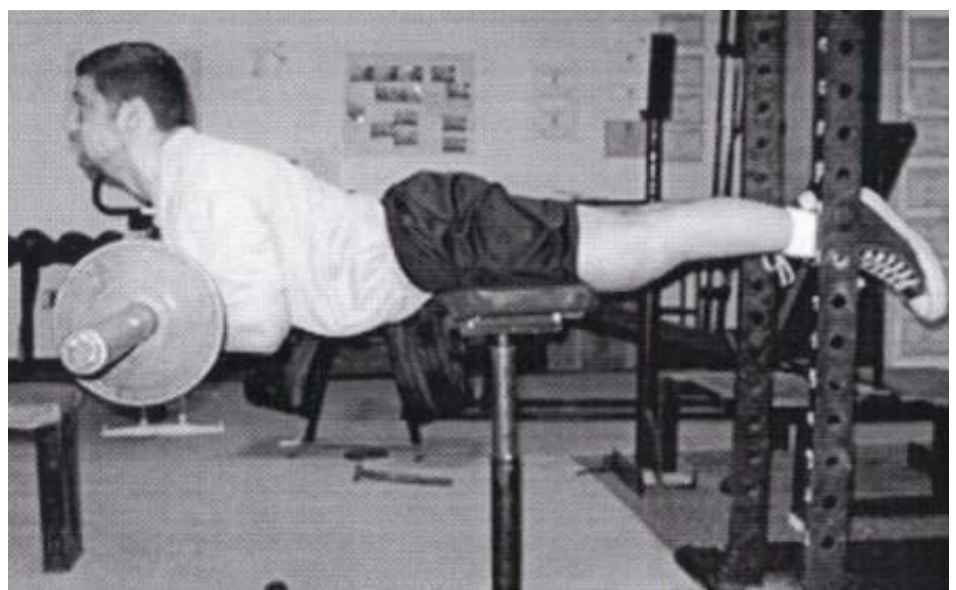
straight during the entire lift. Feet placement and hand spacing is optional. The grip on the bar must be with the palms of the hands facing away from the lifter. The lifter's back must be against a wall, with heels being no more than three inches from the base of the wall. The lifter's head and buttocks must remain in contact with the wall throughout the lift. Once in this position, an official will give a command to curl. The bar must be curled from arm's length to touching the upper chest or neck in one motion. Any downward movement of the bar during the curl is a disqualification. The legs must remain straight or it will be a disqualification. If the head or buttocks don't remain in contact with the wall or feet movement occurs, it is a disqualification. The lift ends on command by an official.

### **D11. Curl – Wrist**

This lift starts with the lifter placing the forearms and the back of the hands flat on a hard table with the palms of the hands facing upwards, holding a bar. The lifter must be standing. The feet must not be braced against the table. Once in this position, an official will give a command to curl. The lifter will curl the hands off the table using wrist flexion only, while keeping the forearms on the table at all times. Both hands must be held entirely off the table for two seconds. The knuckles and back of hands must be completely off the table before the official will begin the count. The lifter may use any grip, including a hook grip or a grip with no thumbs. If the bar rolls out of the hands with the fingers no longer touching the bar, it is a disqualification. The bar must rise evenly, with both hands leaving the table at the same time, or it will be a disqualification. If the forearms move or are lifted, it is a disqualification. The lift ends on command.

### **D12. Extension – Back**

A Roman Chair or similar apparatus is used for this lift. A bar is placed in front of the Roman Chair on the platform. The lifter will take a position on the Roman Chair facing the platform that allows the lifter's body to bend fully downward at the waist. The seat must not touch the lifter's torso. The



**Back Extension by Abe Smith**

legs must be straight and may be secured. The seat must be parallel to the floor and must not be raised at any angle. At the lifter's discretion, the lifter will bend at the waist to a 90 degree angle, and fix the bar into the crooks of the elbows, with the arms bent. Once in this position, an official will give a command to rise. The lifter will raise the body to a position where the line of the back is parallel to the platform. The bar must remain fixed in the crooks of the elbows or it will be a disqualification. There must not be any downward movement of the body once the body has started to rise. Once the lifter is motionless, an official will give a command to end the lift.

### **D13. Gardner – Full**

The first part of this lift is to perform a Half Gardner according to the rules of the Gardner – Half. Once in the finished position on the platform of the Half Gardner, an official will give the command to rise. The lifter must not rise before the command or it will be a disqualification. The rules of the Gardner –Half apply to the rise as well. Once the lifter is standing upright, with the bar motionless at arm's length overhead, the feet parallel and in line with the torso, an official will give a command to lower the bar. The bar may be in any degree of rotation when overhead. The bar must be returned to the platform under control by the lifter to complete the lift. It is acceptable to use both hands to lower the bar.

### **D14. Gardner – Half**

The lifter may put the bar overhead into the starting position by any method, except upending the bar. This may be done using a One-Arm Clean and Jerk, One-Arm Snatch, pushing the bar overhead in one hand using both hands, putting the bar overhead with two hands and then moving it to one hand, etc. The bar is gripped in the center. The start position is when the bar is held motionless overhead with a straight arm, the lifter's body upright with legs straight, and the feet parallel and in line with the torso. The non-lifting hand must be free from the body. Once in this position, an official will give a command to start the lift. The lifter will then lower the body to a lying position on the lifters back on the platform by any method, ending with the bar held at arm's length overhead. The lifting arm must remain straight throughout the entire lift. When the lifter is in the lying position on the platform, the shoulders, legs, hips, head and non-lifting arm must all be in contact with the platform. The bar or plates must not make contact with the platform during the lift. The bar must be under control at all times. The non-lifting hand may be placed on the platform for support during the lift. The bar is allowed to have a slight tilt to it during the lift, as long as the lifter has the bar under control. The bar is allowed to rotate during the lift and may be in any degree of rotation when the lift is complete. Once the lifter is in the proper position lying on the platform, with the lifting arm straight and the bar motionless, an official will give a command to end the lift. The lifter may use both hands to lower the bar or spotters may assist in removing the bar.

### **D15. Good Morning**

The bar is fixed at the base of the neck by taking the bar from a rack, or cleaning it and placing it behind the neck. Feet placement and hand spacing are optional, but must not change once the lift has begun. The heels and toes may rise during the lift. Once the lifter is standing upright, with legs straight, the feet parallel and in line with the torso, and the bar at the base of the neck, an official will give a command to start the lift. The lifter will bend at the waist forward until the back is parallel to the platform. Once the body has reached this position, the lifter may return to an upright position when ready. The legs must remain straight during the lift. The bar must remain in position at the base of the neck throughout the lift. Once the lifter is standing, with the bar motionless, an official will give a command to end the lift. The lifter may place the bar in a rack, or place it back to the platform. Spotters may assist.

### **D16. Holdout – Lowered**

The rules of the Curl –Strict apply regarding the lifter's body position against a wall, hand spacing, and body contact to the wall. The lift may start when the lifter is holding the bar at arms' length overhead with a grip on the bar in which the palms of the hands are facing away from the lifter. Upon a command from an official, the lifter must lower the bar with arms straight and elbows locked to a position where the arms are parallel to the platform. If body contact is not maintained to the wall or feet movement occurs, it is a disqualification. The legs must remain straight during the lift. Once the bar is motionless, an official will give a command to end the lift.

### **D17. Holdout – Raised**

The rules of the Curl – Strict apply regarding the lifter's body position against a wall, hand spacing, and body contact to the wall. The lift may start when the lifter is holding the bar at arms' length on the thighs with a grip on the bar in which the palms of the hands are facing towards the lifter. Upon a command by an official, the lifter must raise the bar with arms straight and elbows locked to a position where the arms are parallel to the platform. If body contact is not maintained to the wall or feet movement occurs, it is a disqualification. The legs must remain straight during the lift. Once the bar is motionless, an official will give a command to end the lift.

### **D18. Inman Mile**

The lifter will take a bar onto the shoulders with a weight equal to 150 per cent of the lifter's bodyweight. The lifter will then carry this weight a distance of one mile. Gait is optional. Stopping to rest is allowed, but neither the lifter nor the



weight may be supported in any manner. The bar must not be touched by any assistants once the mile has begun or it will be a disqualification. The bar must stay on the back the entire mile. The lifter may be handed refreshments during the mile. Records will be kept for time.

### **D19. Lano Lift**

The bar is first cleaned from the platform. On a command from an official, the bar is pressed or jerked overhead. Once the bar is motionless and at the lifter's discretion, the bar is lowered to the base of the neck. The lifter will then bend at the waist forward to a position of about 45 degrees and release the hands' grip on the bar, thus balancing the bar on the shoulders. The bar is then allowed to roll down the lifters back until the bar rolls off the hips. The lifter must then catch the bar in the hands at arms' length behind the back. The lifter will stand upright and shrug the bar into a resting position higher than the top of the buttocks. The lifter will bend the knees and lean forward until the head and shoulders are lower than the hips. The grip on bar is released and the bar is allowed to roll to the base of the neck. The hands may assist in this roll. The lifter will re-grip the bar and stand erect. The bar is then pressed or jerked overhead to arm's length. Once the bar is motionless, and the lifter's feet are in line with the torso, an official will give a command to lower the bar. The lift ends when the bar is returned to the platform under control by the lifter.

### **D20. Leg Press – Self Loaded**

The rules of the Leg Press – Unsupported apply except the bar must be loaded onto the feet from the platform by the lifter only. The lifter may do so in any manner, but must not be assisted.

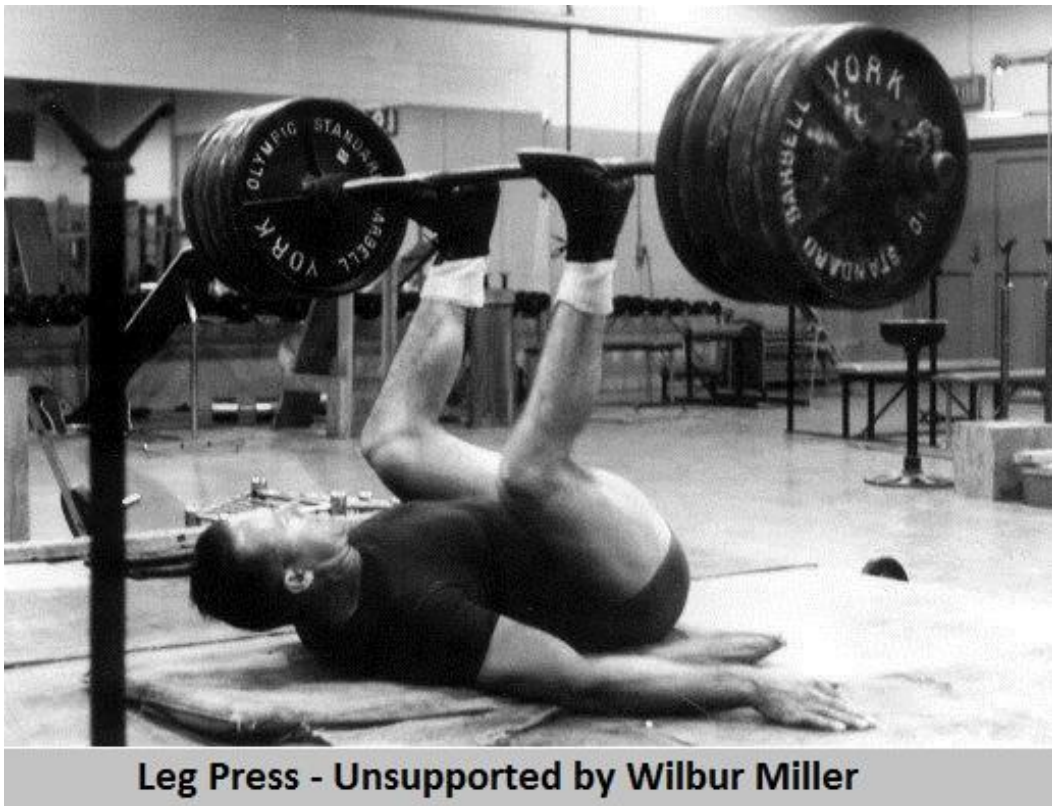
### **D21. Leg Press – Unsupported**

The lifter will lay on the platform, with the back, shoulders, and buttocks flat on the lifting surface. Padding, such as a towel or mat, may be placed under the lifter's body, but must not exceed one-half inch in thickness. The bar will then be placed on the lifter's feet by spotters, with the legs straight and the legs positioned at a 90 degree angle to the platform. Boots with heels are allowed to be worn. The spotters must not touch the lifter's legs, the bar, or plates during the lift. Once the bar is motionless and under control, an official will give a command to start the lift.

The lifter will bend the knees to lower the bar until the top of the thighs touch the torso, and will then recover and straighten the legs. The hands must not be braced or



touching the legs during the lift. The lift ends on command. The bar may be removed from the lifter's feet by spotters.



## **D22. Mansfield Lift**

The bar is placed on the platform in front of the lifter and the lift begins at the lifter's discretion. The feet must not be placed wider than 12 inches inside the heels. The feet must not move during the lift. However, the heels and toes may rise. With legs straight and knees locked, the lifter bends forward at the waist to a position where the bar may be placed into the crooks of the elbows with arms bent. The bar must be placed fully into the crooks of the elbows, and rolling the bar up the forearms into position is not allowed. Any bending of the legs is a disqualification. Once the bar is fixed in the crooks of the elbows, the lifter then rises to a position in which the torso is erect and the shoulders upright. Once the bar is motionless, an official will give a command to lower the bar, and the lift ends when the bar is returned to the platform under control by the lifter.

## **D23. Pullover – Bent Arm**

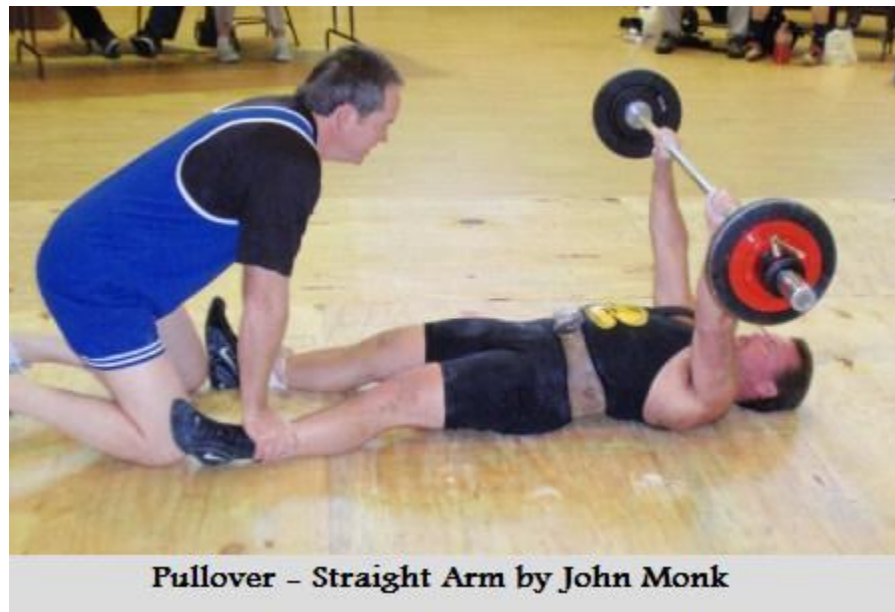
The lift begins with the lifter lying face up on the platform, with legs straight, and arms bent above the head gripping the bar with the palms of the hands up. The hand spacing on the bar must not exceed shoulder width. Maximum diameter of the plates on the bar is 11 inches. The legs must remain straight and flat to the platform during the lift. An



assistant may hold the feet down. The bar may be held above the body and lowered to the platform prior to the start of the lift. However, the bar must be paused on the platform prior to receiving a command from the official to begin the lift. Once the lifter is in this position with the plates resting on the platform, an official will give a command to start the lift. The lifter must raise the bar while straightening the arms until the arms are at a 90 degree angle to the platform. The bar must not be lowered during the lift and the elbows must remain above the chest during the lift. Once the bar is motionless, an official will give a command to end the lift. Spotters may assist in lowering the bar.

#### **D24. Pullover – Straight Arm**

The lift begins with the lifter lying face up on the platform, with legs straight, and arms straight above the head. The bar is gripped with the palms of the hands up with hand spacing a maximum of shoulder width. Maximum diameter of the plates on the bar is 11 inches. The legs must remain straight and flat to the platform during the lift. An assistant may hold the feet down. The bar may be held above the body and lowered to the platform prior to the start of the lift. However, the bar must be paused on the platform prior to receiving a command from the official to begin the lift. Once the lifter is in this position with the plates resting on the platform, an official will give a command to start the lift. The lifter must raise the bar until the arms are at a 90 degree angle to the platform. The arms must remain straight during the lift or it will be a disqualification. The bar must not be lowered during the lift. Once the bar is motionless, an official will give a command to end the lift. Spotters may assist in lowering the bar.



#### **D25. Rectangular Fix**

This lift starts with the lifter standing holding the bar on the thighs at arms' length, with the palms of the hands facing the lifter. Maximum hand spacing is shoulder width. Feet placement is optional. On a command by an official to start the lift, the lifter raises the bar by bending the elbows. The bar is raised to a position in which the lower arms are at a 90 degree angle to the body and parallel to the platform. The upper arms and elbows must maintain contact with the torso throughout the lift. The wrists must stay straight. Movement of the feet, raising the heels or toes, or swaying the body is not allowed. Once the bar is motionless, an official will give a command to end the lift.

### **D26. Scott Lift**

The rules of the Zercher Lift apply with these exceptions. The lifter starts the lift on the knees with the bar placed in the crooks of the elbows. The lifter may roll the bar on the platform in order to gain momentum to start the lift. With the bar fixed at the elbows, the lifter will then stand fully erect while keeping the bar in place. During the rise from the knees, the feet are allowed to move and the bar may be lowered, but the bar or plates must not touch the knees or the platform. Once on the feet, feet placement is optional, but the feet must not move. However, the heels and toes may rise.

### **D27. Shoulder Drop**

The bar is first cleaned and placed at the base of the neck to start this lift. Feet placement is optional. Once the lifter is upright, and the bar motionless, an official will give a command to start the lift. The lifter will then release the grip on the bar, allowing the bar to drop from the shoulders behind the back. The bar must not be rolled down the back or arms. The lifter must catch the bar in the hands at arms' length behind the back. The legs may bend and the heels and/or toes may rise but the feet must not move position. The lift ends on command by an official when the bar is controlled in the hands by the lifter and the lifter is upright with legs straight.

### **D28. Two Hands Anyhow**

Any combination of bars, dumbbells, or kettlebells may be used for this lift. The implements used may be of different weights. However, two implements must be used. The lift begins at the lifter's discretion. Both implements must be lifted from the platform to an overhead position in which both arms are straight and the elbows locked. Any method may be used to lift the implements overhead, such as a press, push or jerk. The first implement may be lifted using both hands and then placed in one hand. The bar may be upended on the platform during the lift. The lifter may take more than one attempt at lifting the implements overhead. One implement may be taken to the shoulder or be overhead while the second implement is picked up. The implements may be lifted at the same time. The implements may go overhead separately or together. The implements may be lowered during the lift. There is no time limit on the lift. When both implements are motionless at arms' length overhead, the body upright, the feet

parallel and in line with the torso, and both arms are straight, an official will give a command to lower the implements. The lift ends when both implements are returned to the platform under control by the lifter.

## **E. Dumbbell Lifts**

### **E1. Bench Press - 2 Dumbbells**

The rules of the Bench Press apply except two loadable dumbbell bars or standard dumbbells are used. The lifter assumes the normal Bench Press position with both feet flat on the floor. Spotters may hand the lifter the two dumbbells or the lifter may take the bars from supporting racks. The dumbbells must be parallel to the lifter's body and held at arms' length motionless to start the lift. The dumbbells are lowered to a position in which the hands are at the level of the top of the lifter's rib cage. When the dumbbells are motionless and upon receiving a press command from an official the bars are pressed to lockout. The dumbbells may be pressed unevenly, but must finish the lockout simultaneously. The dumbbells are allowed to tilt or rotate provided they are under control at all times. The plates or bars are allowed to touch during the press. The size of the loaded plates on the dumbbell bars may be of any size, but both bars must be loaded with the same weight. An official will give a down command when the lift is complete. Upon completion of the lift spotters may remove the bars.

### **E2. Bent Press - Dumbbell**

The rules of the Bar Bent Press apply except a dumbbell is used.

### **E3. Clean and Jerk – 2 Dumbbells**

The rules of the Bar Clean and Jerk apply except two evenly loaded dumbbells are used. The dumbbells may be placed on the platform front or to the sides of the lifter prior to the clean. The dumbbells must not come to rest on the legs, or be supported by any part of the body during the clean. They are allowed to touch the body during the clean as long as that does not aid in the clean. Both dumbbells must be cleaned at the same time and in one motion from the platform to the shoulders. It



**Bent Press – Dumbbell by Gordon Strain**

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an infraction to clean the dumbbells from the hang position. The rods of the dumbbells must not be higher than the chin after the clean. Before the jerk, the lifter may hold the dumbbells across the front of the chest or at the sides of the shoulders. It is also acceptable to upend the dumbbells on the shoulders so the bottom plate of each dumbbell is resting on the shoulders prior to the jerk. The dumbbells are allowed to rotate during the jerk and may finish in any degree of rotation provided it is the same for both dumbbells. The dumbbells must be jerked simultaneously and locked out together.

#### **E4. Clean and Jerk – Dumbbell, One Arm**

The rules of the Bar Clean and Jerk – One Arm apply except that one dumbbell is used. The dumbbell must not come to rest on the legs, be touched by the non-lifting hand, or be supported by any part of the body during the clean. It is allowed to touch the body during the clean as long as that does not aid in the clean. The dumbbell must be cleaned in one motion from the platform to the shoulders. It is an infraction to clean the dumbbell from the hang position. The rod of the dumbbell must not be higher than the chin after the clean. The dumbbell is allowed to come to rest on the shoulder prior to the jerk. The dumbbell is allowed to rotate during the jerk and may finish in any degree of rotation.

#### **E5. Clean and Press – 2 Dumbbells**

The rules of the Bar Clean and Press apply except two evenly loaded dumbbells are used. The dumbbells may be placed on the platform in front or to the sides of the lifter prior to the clean. The dumbbells must not come to rest on the legs, or be supported by any part of the body during the clean. They are allowed to touch the body during the clean as long as that does not aid in the clean. Both dumbbells must be cleaned at the same time and in one motion from the platform to the shoulders. It is an infraction to clean the dumbbells from the hang position. The rods of the dumbbells must not be higher than the chin after the clean. The dumbbells are allowed to come to rest on the shoulders prior to the press. The dumbbells are allowed to rotate during the press and may finish in any degree of rotation provided it is the same for both dumbbells. The dumbbells must be pressed simultaneously and locked out together.



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## **E6. Clean and Press – 2 Dumbbells, Heels Together**

The rules of the Dumbbell Clean and Press apply except that the heels must be brought together and touch prior to the press and remain together and touching throughout the press.

## **E7. Clean and Push Press – 2 Dumbbells**

The rules of the Bar Clean and Push Press apply except that two evenly loaded dumbbells are used. The dumbbells may be placed on the platform in front or to the sides of the lifter prior to the clean. The dumbbells must not come to rest on the legs, or be supported by any part of the body during the clean. They are allowed to touch the body during the clean as long as that does not aid in the clean. Both dumbbells must be cleaned at the same time and in one motion from the platform to the shoulders. It is an infraction to clean the dumbbells from the hang position. The rods of the dumbbells must not be higher than the chin after the clean. The dumbbells are allowed to come to rest on the shoulders prior to the press. The dumbbells are allowed to rotate during the press and may finish in any degree of rotation provided it is the same for both dumbbells. The dumbbells must be pressed simultaneously and locked out together.

## **E8. Clean and Seated Press – 2 Dumbbells**

The rules of the Bar Clean and Seated Press apply except two evenly loaded dumbbells are used. The dumbbells may be placed on the platform in front or to the sides of the lifter prior to the clean. The dumbbells must not come to rest on the legs, or be supported by any part of the body during the clean. They are allowed to touch the body during the clean as long as that does not aid in the clean. Both dumbbells must be cleaned at the same time and in one motion from the platform to the shoulders. It is an infraction to clean the dumbbells from the hang position. The rods of the dumbbells must not be higher than the chin after the clean. The dumbbells are allowed to come to rest on the shoulders prior to the press. The dumbbells are allowed to rotate during the press and may finish in any degree of rotation provided it is the same for both dumbbells. The dumbbells must be pressed simultaneously and locked out together.

## **E9. Crucifix**

Two evenly loaded dumbbells or kettlebells are used for this lift. The lift begins at the lifter's discretion. The dumbbells are taken to arms' length overhead with the palms of the hands facing each other and dumbbells touching. The lifter must



bring the feet together so the heels are together and touching. The body must be upright at the start of the lift. Once in this position, an official will give the command to start the lift. The lifter will then lower the dumbbells to the side with arms' straight and palms up. Elbows must be fully locked. The lifter may lean back to any extent when lowering the dumbbells. The wrists do not need to be held straight. The legs must remain straight and knees locked throughout the lift. The heels must remain together and the heels and toes must not rise during the lift. Once the arms are parallel to the platform, and the dumbbells motionless, an official will give a command to end the lift.

### **E10. Curl – 2 Dumbbells, Cheat**

The rules of the Bar Curl – Cheat apply except two dumbbells are used. The dumbbells may be in any degree of rotation during the curl, but must finish with the rods of the dumbbells in line and parallel to the shoulders. The lifter must not swing the dumbbells prior to the curl. The dumbbells must always be in a position in front of the hips during the curl. The finishing position is when the plates of the dumbbells are touching the upper chest.

### **E11. Curl – Dumbbell, Cheat, One Arm**

The rules of the Dumbbell Curl – Cheat apply except only one dumbbell is used.

### **E12. Deadlift – 2 Dumbbells**

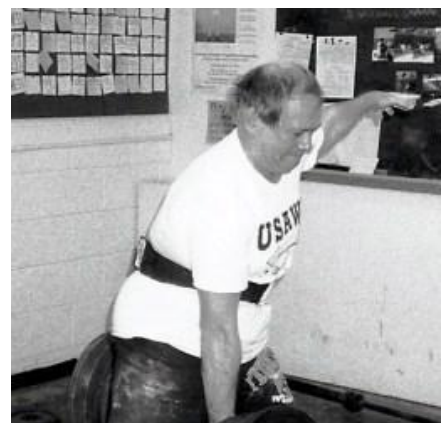
The rules of the Deadlift apply except that two dumbbells are used. The dumbbells may be placed on the platform to the sides of the lifter or in front of the lifter. The dumbbells may touch each other during the lift. If the dumbbells are loadable, the plates used may have a maximum diameter of 18 inches.

### **E13. Deadlift – Dumbbell, One Arm**

The rules of the Bar Deadlift – One arm apply except one dumbbell is used. The dumbbell may be placed to the side of the lifter or the lifter may straddle the dumbbell. The dumbbell may touch the lifter's legs during and at the completion of the lift as long as the dumbbell is not supported by the body. If the dumbbell is loadable, the plates used may have a maximum diameter of 18 inches.

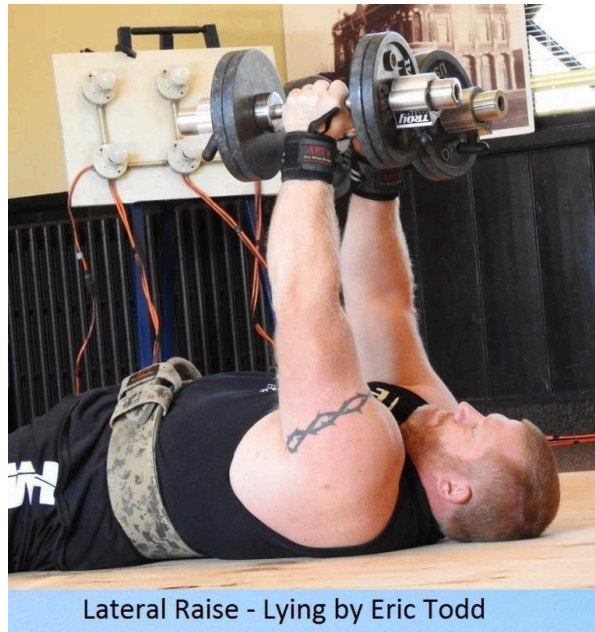


**Deadlift – 2 Dumbbells by Joe McCoy**



#### **E14. Lateral Raise – Lying**

Two evenly loaded dumbbells are used for this lift. The lifter lies on the platform, face up. The dumbbells are placed on the platform on both sides of the lifter, who grips the dumbbells with the palms of the hands facing up at arms' length, with the arms at a 90 degree angle to the body. Legs are to be straight and flat to the platform, and must remain that way throughout the lift. Width of legs spacing is optional, but must remain in that position throughout the lift. Maximum diameter of the dumbbell plates is 11 inches. The arms must remain straight and elbows locked during the lift. The arms must maintain a 90 degree angle to the body during the lift. Once the lifter is in the correct starting position on the platform, an official will give a command to start the lift. The lifter then raises the dumbbells to a position over the lifter's body until the dumbbells touch. The dumbbells must be lifted simultaneously. Once the dumbbells are motionless, an official will give a command to end the lift.



Lateral Raise - Lying by Eric Todd

#### **E15. Lateral Raise – Standing**

Two evenly loaded dumbbells are used for this lift. The lifter begins the lift standing with the dumbbells at arms' length on both sides of the thighs, with the palms of the hands facing the lifter. Width of feet placement is optional, but the feet must be parallel and in line with the torso and must not move once the lift begins. The arms must remain straight and elbows locked during the lift. Once the lifter is in the correct starting position, an official will give a command to start the lift. The lifter then raises the dumbbells to the side until both arms are parallel to the platform. The lifter may lean back to any extent during the lift. The heels and toes must not rise. The legs must remain straight during the lift. The dumbbells must be lifted to the sides and lifted simultaneously. Once the dumbbells are motionless, an official will give a command to end the lift.

### **E16. Press – Dumbbell, One Arm**

A dumbbell, which is loaded evenly, must be taken from the platform to the shoulder prior to the press. This may be done in any manner. The lifter may use one or two hands, and may use the body or legs to assist the dumbbell to the shoulder. The dumbbell must be held by one hand only and may be held in front of the lifter across the chest, or may be held at the side of the shoulder. The rod of the dumbbell must not be higher than the lifter's chin. Any degree of rotation of the dumbbell is allowed, and the dumbbell is allowed to rotate during the press. Width of feet placement is optional, but must remain the same throughout the press. The heels and toes must not rise during the press. Once the lifter is upright, the legs straight and in line with the torso, and the dumbbell motionless, an official will give a command to press. The legs must remain straight and knees locked during the press. The lifter is allowed to lean back during the press, but must not lean to the side. Excessive backbend beyond 27 degrees is not allowed. The non-lifting hand and arm must not come into contact with the dumbbell or lifting arm, and must be free from the body during the press. Once the dumbbell is motionless overhead with the lifter's arm straight, and the lifter is upright, an official will give a command to end the lift. The lifter may use two hands to lower the dumbbell to the platform.

### **E17. Side Press – Dumbbell**

The rules of the Bar Side Press apply except that a dumbbell is used.

### **E18. Snatch – 2 Dumbbells**

The rules of the Bar Snatch apply except that two evenly loaded dumbbells are used. The dumbbells may start at any position on the platform. The dumbbells are allowed to rotate during the lift and may finish in any degree of rotation provided it is the same for both dumbbells. The dumbbells must be lifted simultaneously and locked out together.

### **E19. Snatch – Dumbbell, One Arm**

The rules of the Bar Snatch – One Arm apply except one evenly loaded dumbbell is used. The dumbbell may start at any position on the platform. The dumbbell is allowed to rotate during the lift and may finish in any degree of rotation.





## **E20. Swing – 2 Dumbbells**

Two dumbbells are used in this lift. Each dumbbell may be loaded with back hang or front hang up to 10 kilograms or 22 pounds. The dumbbells may be placed anywhere on the platform to start the lift, but the rods of both dumbbells must maintain 90 degree angles to the front of torso during the entire lift. The lift begins at the lifter's discretion. The dumbbells may be lifted overhead in one movement, or in a series of movements. The dumbbells may be snatched overhead while maintaining the rods of the dumbbells turned at right angles to the body, or the dumbbells may be picked up and immediately put into a swinging motion at the sides in order to gain momentum to propel the dumbbells overhead. The lifter may take as many preliminary swings as wanted. At no time may the dumbbells be paused after leaving the platform. The dumbbells must not contact any part of the lifter's body during the lift. Once the dumbbells are picked up they must not touch the platform before the completion of the lift. The arms are allowed to bend during the lift, but must be straight when receiving the dumbbells overhead. Pressing out the dumbbells is a disqualification. The dumbbells must reach the overhead position simultaneously. The feet and legs are allowed to move during the lift. Once the dumbbells are motionless overhead, the lifter upright, the lifter's arms and legs straight, the feet parallel and in line with the torso, an official will give a command to end the lift.



### **E21. Swing – Dumbbell, One Arm**

The rules of the Swing – 2 Dumbbells apply except only one dumbbell is used. The lifter is allowed to swing the dumbbell between the legs or to one side. The dumbbell may be snatched using one arm provided the rod of the dumbbell maintains a 90 degree angle to the body. The non-lifting hand and arm must not touch the dumbbell, but may be braced against the body. The non-lifting hand must be removed from the body upon completion of the lift.

### **E22. Van Dam Lift**

Two benches, with a minimum height of 12 inches, are placed parallel to each other with a dumbbell on the platform between them. The lifter will assume a position in which one leg positioned under the knee, is on each bench, and then will lower the body to a position in which a line between the heels and the articulation of the femur and pelvis is parallel to the platform. This position is known as the full splits. The lifter then uses both hands to lift the dumbbell from the platform to a position where both hands are entirely above the line of the top of the thighs. The legs must remain straight and the full splits maintained throughout the lift. Once the lifter and dumbbell are motionless, an official will give a command to end the lift.



**Van Dam Lift by Rob Van Dam**

## F. Fulton Bar (2" Bar) Lifts

### F1. Bench Press – Fulton Bar

The rules of the Bench Press apply except a Fulton Bar is used.



**Bench Press - Fulton Bar by Dave Glasgow**

### F2. Clean and Jerk – Fulton Bar

The rules of the Clean and Jerk apply except a Fulton Bar is used.



**Clean and Jerk - Fulton Bar by Randy Smith**

### **F3. Clean and Press – Fulton Bar**

The rules of the Clean and Press apply except a Fulton Bar is used.

### **F4. Clean and Push Press – Fulton Bar**

The rules of the Clean and Push Press apply except a Fulton Bar is used.

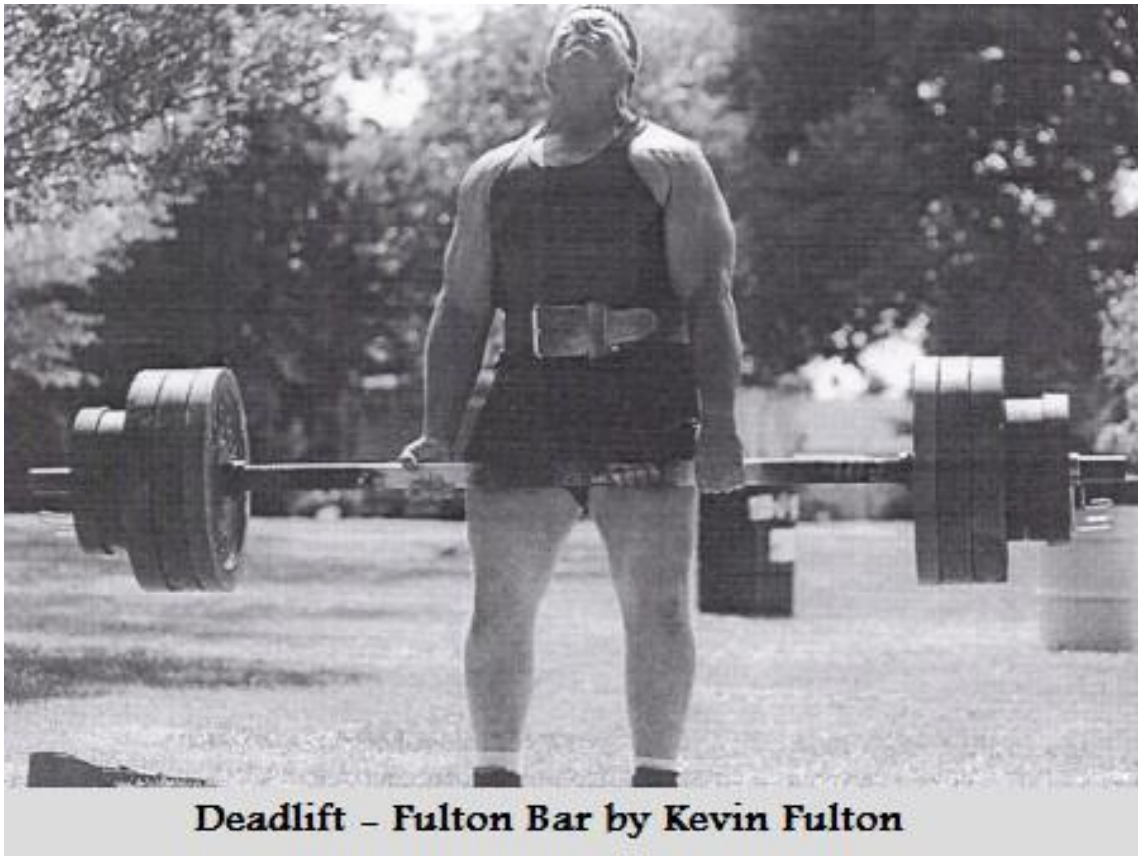
### **F5. Continental to Chest – Fulton Bar**

The rules of the Continental to Chest apply except a Fulton Bar is used.



## **F6. Deadlift – Fulton Bar**

The rules of the Deadlift apply except a Fulton Bar is used.



## **F7. Deadlift – Fulton Bar, Ciavattone Grip**

The rules of the Deadlift – Ciavattone Grip apply except a Fulton Bar is used.

## **F8. Deadlift – Fulton Bar, One Arm**

The rules of the Deadlift – One Arm apply except a Fulton Bar is used.

## **F9. Hack Lift – Fulton Bar**

The rules of the Hack Lift apply except a Fulton Bar is used.

## **F10. Jefferson Lift – Fulton Bar**

The rules of the Jefferson Lift apply except a Fulton Bar is used.





Jefferson Lift – Fulton Bar by John McKean

### F11. Maxey Press

The rules of the Press – From Racks apply except a Fulton Bar is used.

### F12. Rectangular Fix – Fulton Bar

The rules of the Rectangular Fix apply except a Fulton Bar is used.

### F13. Snatch – Fulton Bar

The rules of the Snatch apply except a Fulton Bar is used.



Maxey Press by Mark Mitchell



Snatch – Fulton Bar by Scott Campbell

## G. Heavy Lifts

### G1. Back Lift



**Back Lift by Steve Schmidt**

The Back Lift Apparatus must be approved by the head official prior to the lift to verify the Apparatus is safe. The platform in which the lifter places the back on must be level to the floor, and it may rest on supports of a Back Lift Apparatus or be part of a moveable rack. Typically, the Back Lift Apparatus will have two support legs, but four legs are allowed. The lifter assumes a position in the Back Lift Apparatus in which the hips and/or back are in contact with

the platform, and the hands and arms braced in front. Feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the platform height. The lifter will then lift the weight off the support legs. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless and off the support legs at the same time, an official will give a command to end the lift.

### G2. Hand and Thigh

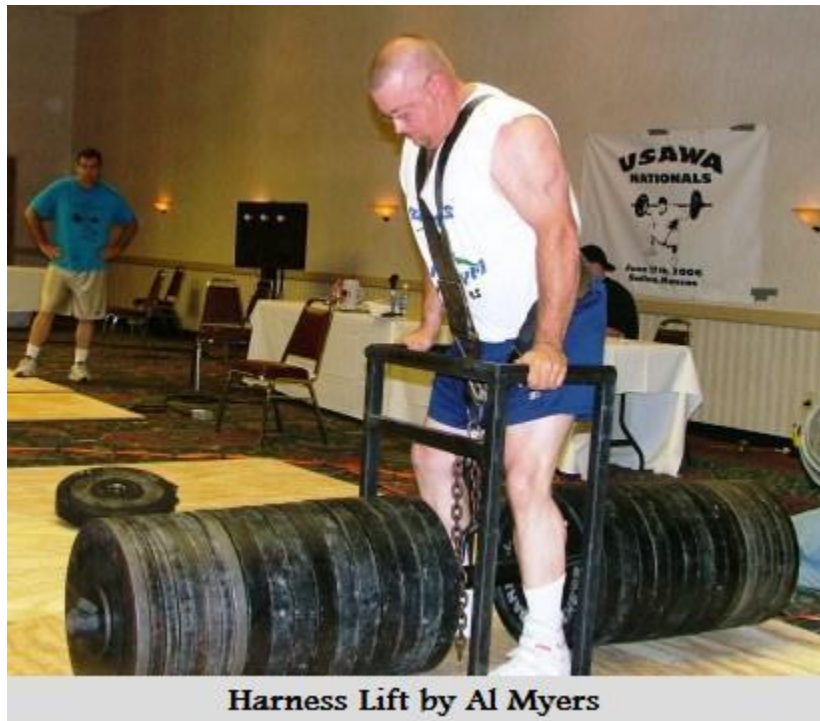
A Heavy Lift Bar is used in this lift. A hand bar is also used, which must not exceed 28 inches in length and 1 inch in diameter. The hand bar will have an adjustable chain and hook attached to it in the center so it may be attached to the Heavy Lift Bar. No knurling is allowed on the hand bar. The lifter assumes a position with the Heavy Lift Bar in front of the lifter, or the lifter may straddle it. The feet must be parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her



**Hand and Thigh Lift  
by Joe Garcia**

preference prior to the lift. The hand bar must be in the lifter's grasp and will lie across the thighs. The hands must remain on the hand bar and must not change position during the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand or lean back to lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.

### **G3. Harness Lift**



**Harness Lift by Al Myers**

A Heavy Lift Bar is used in this lift. A harness is also used, which fits over the shoulders and around the waist. An adjustable chain and hook is attached to the harness so it may be attached to the Heavy Lift Bar. The width of the harness must not exceed 4 inches around the waist and 3 inches over the shoulders. The lifter is also allowed to use hand rails to support the arms during the lift. The hand rails may be of any design. A hand rail does not need to be used, and the lifter may support the arms on the legs during the lift. The lifter assumes a position in which the lifter is straddling the Heavy Lift Bar. Width of feet placement is optional, but the feet must be parallel and in line with the torso. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift.



The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.

#### **G4. Hip Lift**

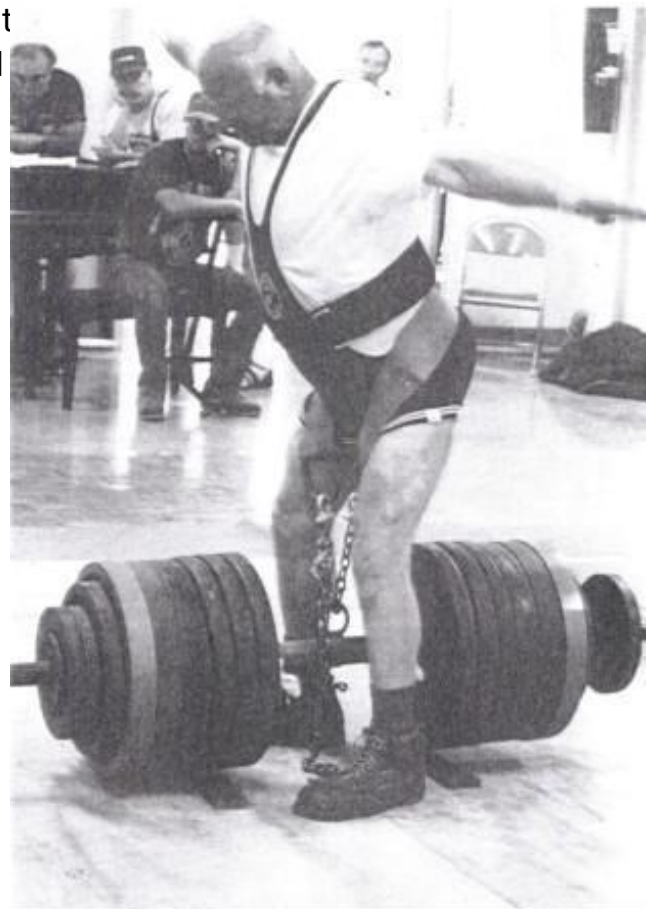
A Heavy Lift Bar is used in this lift. A hip belt is also used, which fits over the hips and around the waist. An adjustable chain and hook is attached to the hip belt so it may be attached to the Heavy Lift Bar. The width of the hip belt must not exceed 4 inches. Hands may be used as support on the legs during the lift, but must be free of contact at the completion of the lift.

The lifter assumes a position in which the lifter is straddling the Heavy Lift Bar.

Width of feet placement is optional, but the feet must be parallel and in line with the torso. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The lift begins at the lifter's discretion. The lifter

is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked.

Once the weight is motionless, the hands free from the body, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.



**Hip Lift by Howard Prechtel**



**Hip Lift by Steve Schmidt**

## G5. Neck Lift



Neck Lift by Kerry Clark

A Heavy Lift Bar is used in this lift. A neck harness is also used, which fits over the head. Any style of neck harness is acceptable, provided that it is held in place entirely by the head during the lift. The neck harness must not contact the neck or trapezius muscles. A pad, such as a towel, may be placed between the head and the neck harness. An adjustable chain and hook is attached to the neck harness so it may be attached to the Heavy Lift Bar. The lifter assumes a position with the Heavy Lift Bar in front of the lifter or the lifter may straddle it. The feet must parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The lifter must not touch the chain or straps of the neck harness with the hands during the lift, but the chain or straps may touch the lifter's body. Hands may touch the body during the lift, but must be free of contact upon completion of the lift. The lift begins at the lifter's

discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift.

The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, the hands free from the body, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.



Neck Lift by Frank Ciavattone

## H. Old-Time Strongman Lifts

### H1. Anderson Press

A Press (with a standard Olympic bar) will be done from a dead stop position in the power rack from a height no greater than the height of the lifter when standing erect measured to the bottom of the bar. The lifter may “bow” back to press the weight, but must keep knees locked. The lift ends when the lifter is upright, arms’ locked, and demonstrates control of the weight. The lifter may press in an uneven manner and lock out unevenly. It is not a disqualification if the bar is lowered during the press, and afterwards the press resumes. The feet are not allowed to move. However, the lifter may raise the heels or toes during the press. Time limit of 1 minute is given for each attempt, meaning the lifter may reset as many times as necessary to complete the lift. An official will give a command to end the lift.

### H2. Anderson Squat

A squat (with a standard Olympic bar) is done from a dead stop from a height not over two thirds the height of the lifter measured to the bottom of the bar. The rules of the squat apply to bar position on the back. The squat is completed when the knees are locked and the lifter is standing erect. A time limit of 1 minute is given for each attempt, meaning the lifter may reset as many times as necessary to complete the lift. Knee wraps or knee sleeves will be allowed on this lift. An official will give a command to end the lift.

### H3. Apollons Lift

A 2 inch diameter axle (or Fulton Bar) will be used as the bar for this lift. The maximum starting bar height is 12 inches measured from the platform to the bottom of the bar. Any method may be used to take the bar to the shoulders or overhead. The bar or plates are allowed to retouch the platform during the lift. If the bar is placed down or dropped, the lifter may try again as many times as he/she wants within the time limit. A time limit of 1 minute is allowed. Once the weight is overhead, with arms’ locked, legs straight, and the feet in line with the torso, an official will give the command to end the lift.



### H4. Bavarian Deadlift

The lift starts with a bar (same as that used in the Hand and Thigh lift) no greater than 12 inches above an elevated platform. The lift begins at the lifter’s discretion, in their

own time. The elevated platform design is at the meet director's discretion. Weights are to be loaded onto a loading pin directly below the lifter. The bar may be connected to the weights by a rigid connection or chain. The lifter must have the bar in front of the legs, as defined by the rules of the deadlift. The lifter's legs must be outside the hands



Bavarian Deadlift by Don Gaber

(SUMO STYLE). The outside of the hands should be no further than 12 inches apart. Lifting straps or any other gripping aid is not allowed. A one-minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is upright, legs straight and the weight motionless, an official will give a DOWN command to end the lift.

### **H5. Cyr Press**

Any dumbbell with a handle diameter between 1 inch and 1.5 inches is allowed. The dumbbell may be brought to the shoulder in any manner, but must come to the shoulder before going overhead. This includes using two hands. Once at the shoulder, the dumbbell is taken overhead with only one hand anyhow. The other arm/hand is not allowed to touch the lifting arm during the overhead portion. The feet are allowed to move. If the lifter misses with one arm, the dumbbell may be switched to the other arm during the attempt, but the arm used must be selected at

the shoulder. A time limit of 1 minute is allowed for the attempt. The dumbbell may be set down or dropped during the attempt. If the overhead portion of the lift is missed, it may be restarted at the shoulder. Once the dumbbell is overhead motionless with arm straight, the legs straight and feet in line with the torso, an official will give a command to end the lift.

### **H6. Dinnie Lift**

Two weight loadable Vertical Bars with ring handles attached are used in this lift. The maximum height from the floor to the top of the lifting rings is 21 inches. One Vertical Bar's weight MUST not exceed 75% of the other. Any style of lifting may be used. The lift ends when the lifter is upright and motionless. The lifter may have the Vertical Bars at the side, or may straddle them. A time limit of 1 minute is given to accomplish a legal lift. The weights may be dropped within this time limit, and the lifter may reset and try

again. An official will give a command to end the lift. Lifting straps of any kind are NOT allowed!

### **H7. Dumbbell to Shoulder**

A dumbbell will be taken from the floor to the shoulder using any method the lifter wants to employ. The dumbbell may be lifted with two hands, continental style, or may be rested on the belt during the lift by any part of the dumbbell. Hands may grip the plates, bar, collars, or any part of the dumbbell. Any size plate may be loaded onto the dumbbell. The lift is completed when the lifter is standing upright, with the dumbbell resting on the shoulder, and the lifter demonstrating control. Both hands may remain on the dumbbell to complete the lift, or with one hand or both hands off the dumbbell. A time limit of 1 minute is given to complete the lift. An official will give a command to end the lift.



**Dumbbell to Shoulder  
by Lance Foster**

### **H8. Goerner Stroll**

Two barbells will be used. The lifter must pick up both barbells at the same time, one in each hand, and walk (or run) a distance of 1 rod (or 16.5 feet). The starting and finish lines must be marked. The plates on the bars must be behind the starting line at the start, and finish entirely beyond the finish line at the end. The weight selected on the bars must not be changed during the attempt. Both bars must be loaded to the same weight. A one minute time limit is allowed for the attempt. If the bars are set down or dropped between the starting and finish lines during this 1 minute time limit, the lifter may start over, but MUST restart at the starting line. Strapping the bars to the hands is NOT ALLOWED.

### **H9. Hackenschmidt Floor Press**



A press (with standard Olympic bar) will be performed while lying flat on the floor/platform. The bar height, measured to the bottom of the bar, should be no greater than 15". The bar/plates may rest on blocks or supports to achieve this height. The lift starts when the lifter, while lying under the bar with the bar above the chest, starts to press. A time limit of 1 minute is given for each attempt, meaning the lifter may reset as many times as necessary within this time limit to complete a legal lift. The lift is complete when the bar is pressed completely with the lifter's elbows locked out. It is not an infraction to press unevenly, lock out at different times, raise the head, or allow the bar to lower during a part of the press. It is an infraction if the hips/legs rise off the floor/platform during any part of the lift. Once complete, an official will give a command to end the lift.

### **H10. Habecker Lift**

The bar will be placed at a height of one third the lifters height, measured to the bottom of the bar. The lift begins at the lifters discretion. The lifter will take the bar in the inside of the elbows between the upper arms and lower arms as in the Zercher Lift. The bar is lifted to a position where the lifter is standing fully upright with legs straight and shoulders erect. The feet must not move position during the lift, but the heels and toes may rise. It is an infraction if the bar is supported by the lifters belt. Once upright and motionless, an official will give the down command. A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. No padding of any kind is allowed on the bar or on the lifters arms. The bar must be returned to the supports under control.

### **H11. Kennedy Lift**

This is a partial lift using a straddle stance on the bar, where the bar height must not be over 18" from the platform (measured to the bottom of the bar). The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar between the legs, as defined by the rules of the Jefferson Lift. Lifting straps or any other gripping aid is not allowed. It is NOT an infraction to drag the bar up the legs, bounce the bar up the legs, or support the bar on the legs during the lift (hitching). A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.

### **H12. Lurich Lift**

This is a partial Hack Lift, where the bar height must not be over 18" from the platform measured to the bottom of the bar. The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar behind the legs, as defined by the rules of the Hack Lift. The hands must be on the outside of the legs (NO

SUMO STANCE) during the entire lift. Lifting straps or any other gripping aid is not allowed, but any grip may be used. It is NOT an infraction to drag the bar up the legs. The bar may touch the calves and the rear of the upper legs as it rises. Should it bind against the upper legs, the bar may be stopped momentarily or lowered while a hip adjustment is made. A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.

### **H13. Peoples Deadlift**

This is a partial deadlift, where the bar height must not be over 18" from the platform (measured to the bottom of the bar). The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar in front of the legs, as defined by the rules of the deadlift. The hands must be on the outside of the legs (NO SUMO STANCE) during the entire lift. Lifting straps or any other gripping aid is not allowed. It is NOT an infraction to drag the bar up the legs, bounce the bar up the legs, or support the bar on the legs during the lift (hitching). A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.



**Peoples Deadlift by Chuck Cookson**

## H14. Saxon Deadlift

The bar (3" rectangular) must meet the following specifications. The width of the bar must be a minimum of 2.9 inches. There must be no rotation to the sleeves of the bar. There must not be any knurling on the bar. The weight of the bar must be clearly marked. The bar must be straight. The rules of the Deadlift apply. A metal rectangular bar of 3" must be used. Time starts when the bar is loaded; the athletes have 60 seconds to complete the lift. No grip aids other than chalk are allowed. Ordinary chalk (magnesium carbonate) may be used on the lifter's hands, but nothing else is permitted (tacky, for example, is specifically disallowed). The bar must be gripped with the knuckles on both hands facing forward (away from the body) with a double overhand grip. The athlete must complete the lift with knees locked, awaiting the referee's down command before returning the bar to the platform while maintaining a grip on or in contact with the bar. Resting the bar on the thighs will disqualify the lift, as would failure to await the down command or dropping the bar.

## H15. Saxon Snatch

A wooden plank, of 3 inch thickness, will be used as the apparatus. The plank will be able to be loaded with plates to any weight desired. The rules of the Snatch apply. The plank must be gripped with an overhand (knuckles facing away) pinch grip. The lifter will have a time limit of 1 minute to accomplish a legal lift. If the plank is dropped or not deemed a legal snatch, the lifter may repeat as many times as desired within the time limit.

## H16. Thor's Hammer

A 2" Vertical Bar that conforms to the rules for the 2" Vertical Bar Deadlift must be used for this lift. The Vertical Bar must be 18" in length (with ¼" tolerance), shaft diameter 2" (.1" tolerance), no knurling, and have a solid plate attached to the bottom. The bar must be gripped by only one hand, using any type of grip, near the top of the VB to begin the lift. The lifting hand must not grip the VB lower than 6" from the top of the VB. It is recommended to mark this 6" spacing on the VB. The gripping hand must not be touching the weights or collars or it is a disqualification. Plates must be loaded using the largest plates and in the sequence of heavier discs innermost with the smaller discs in descending weight arranged, with a maximum of 10





pound plates being used. The lift begins at the lifter's discretion. Once the lifter chooses to use the left or right hand the other hand must not come into contact with the VB, attached weights, or lifting arm or it is a disqualification. The other hand may be braced on the body during the lift but must be removed at the completion of the lift. Once the weight leaves the platform it must remain in continuous motion till the lift is completed. The lifter may choose to swing or snatch the weight to an overhead position. A press out is a disqualification. If the forearm of the lifting arm comes into contact with the VB or attached plates it is a disqualification. If the VB or attached plates come into contact with any part of the lifter's body besides the lifting hand during the attempt it is a disqualification. The feet may move and the knees bend in executing the lift like a snatch or swing. The lift is complete when the lifter is in an upright position with the legs straight, lifting arm locked straight overhead, feet in line with the torso, and the vertical bar/weights pointing upright in a vertical position to the platform under control and motionless. At this time the official will give the command to end the lift. There will be a one minute time limit to complete a legal lift, with as many attempts taken as needed during this time limit. If a lift is missed during this time limit, the lifter may switch hands but only with the weight resting on the lifting area.

## I. Special Equipment Lifts

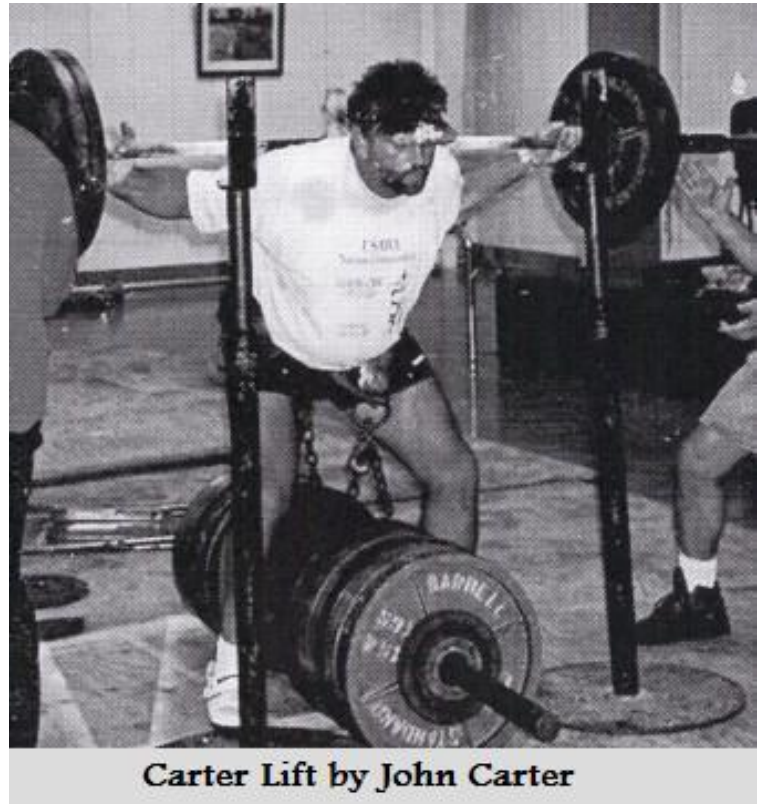
### I1. Bearhug



The setup for this lift involves using a bar containing 25 pound steel plates secured by collars on both ends. The bar may be a 1" or 2" shaft. Smaller weight plates may be added to each end, but the gripping surface must be on the 25 pound plates only. The lift begins with the weight on the platform. The lift begins at the lifter's discretion. The width of feet placement is optional. The lifter will straddle the weight, bend over and place the hands around the 25 pound plates. The bar must be positioned at a 90 degree angle to the lifter's body. The forearms may apply pressure to the sides of the plates during the lift. The weight must not be lifted in any way, before the lift starts, which would allow the fingers to go under the plates. The hands must not touch during the lift. The weight must be lifted to a height where the bar is above the level of the knees. The legs must be straight but the body does not need to be erect upon completion of the lift. Once the weight is motionless, an official will give a command to end the lift.

### I2. Carter Lift

This lift combines the Hip Lift and the Squat. The rules of the Hip Lift and the rules of the Squat apply with these exceptions. Once the bar is fixed across the shoulders, an official will give the command to squat. Spotters may assist in loading the bar to the shoulders. The lifter squats to a depth of either legal squat depth or when the buttocks contact the plates on the Heavy Lift Bar. When the lifter is rising, a Hip Lift is done in conjunction with the Squat. The lift ends on command by an official when both the Squat and Hip Lift is completed. Spotters may remove the bar from the shoulders of the lifter when the lift is finished.



**Carter Lift by John Carter**

### **13. Chin Up**

The rules of the Pull Up apply, with the exception that the palms of the hands must be facing toward the body of lifter.

### **14. Deadlift – 3” Bar**

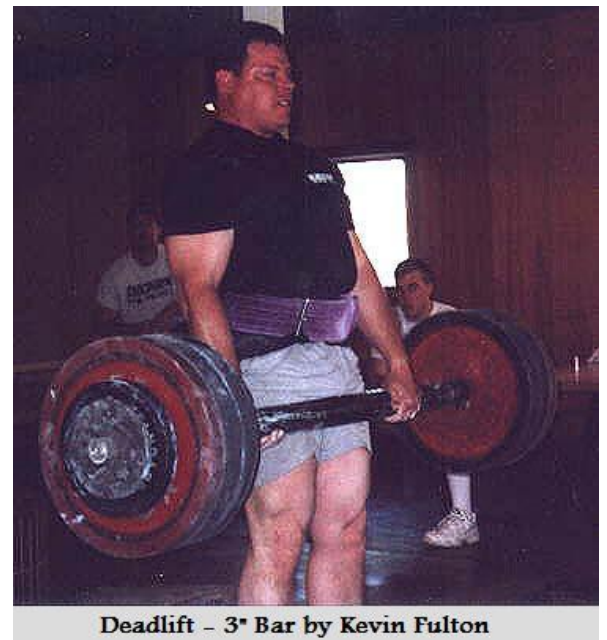
The rules of the Deadlift apply except a three inch diameter bar is used. The bar must not contain any knurling or revolving sleeves.

### **15. Deadlift – 2 Fulton Dumbbells**

The rules of the Deadlift – 2 Dumbbells apply except the dumbbells used must have handles of 2” in diameter. No knurling is allowed on the handles. The maximum diameter of the plates used is 18 inches.

### **16. Deadlift – 2 Inch Dumbbells**

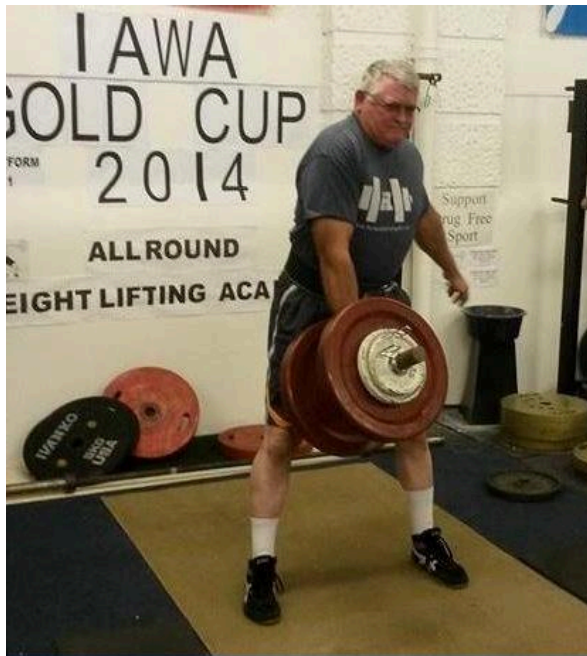
The rules of the Deadlift – 2 Dumbbells apply except the dumbbells used must have handles of 2 1/2” in diameter. No knurling is allowed on the handles. The plates must be firmly attached by collars so no rotation of the plates will occur during the lift. The maximum diameter of the plates used is 11 inches.



**Deadlift - 3" Bar by Kevin Fulton**



### 17. Deadlift – Fulton Dumbbell, One Arm



Deadlift - Fulton Dumbbell, One Arm by LaVerne Myers

The rules of the Deadlift – One Arm apply except the dumbbell used must have a handle of 2" in diameter. No knurling is allowed on the handle. The maximum diameter of the plates used is 18 inches.

### 18. Deadlift – Inch Dumbbell, One Arm

The rules of the Deadlift – One Arm apply except the dumbbell used must have a handle of 2 1/2" in diameter. No knurling is allowed on the handle. The plates must be firmly attached by collars so no rotation of the plates will occur during the lift. The maximum diameter of the plates used is 11 inches.

### 19. Deadlift – Trap Bar

The rules of the Deadlift apply except a Trap Bar must be used. The Trap Bar must not be of the type that contains elevated handles.

### 110. Deanna Lift

The rules of the Hand and Thigh Lift apply except the hand bar must be held in the crooks of the elbows, with arms bent during the entire lift.

### 111. Dumbbell Walk



Deanna Lift by Al Springs



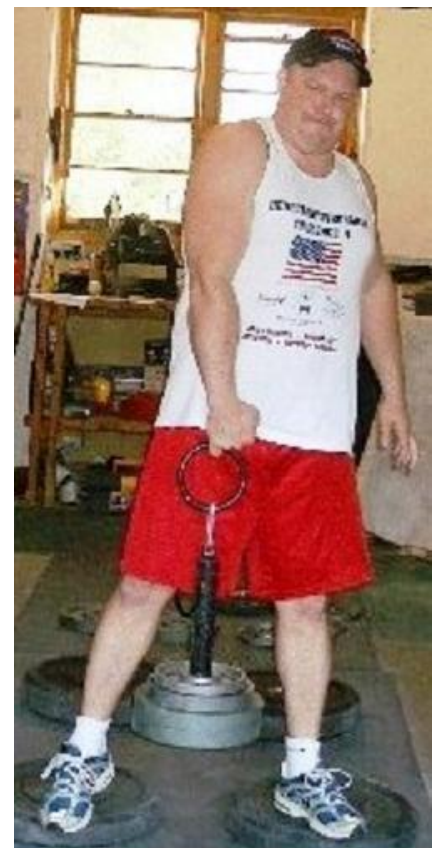
Dumbbell Walk  
by LaVerne Myers

A distance of 10 feet will be marked out on a surface before the walk. The dumbbell and lifter must be behind the line at the start. The handle of the dumbbell must be 3 ½ inches in diameter. The lifter must hold the dumbbell with one hand only. The lift begins at the lifter's discretion. It is recommended to straddle the dumbbell during the walk, however, the lifter may carry it to the side. Once the lifter lifts the dumbbell and begins the walk, the dumbbell must not touch the walking surface before the finish line or it will be a disqualification. The dumbbell may be lifted to any height during the walk, but it must always be hanging at arm's length downwards. The lifter must put the dumbbell down under control completely past the finish line for the walk to be complete. The non-lifting hand must not touch the dumbbell or lifting hand and arm during the walk. The non-lifting hand may be placed on

other parts of the body. It is acceptable for the dumbbell to accidentally touch the legs or body during the walk, provided it does not aid in the walk.

## I12. Finger Lifts

Any finger may be contested in the Finger Lifts, which include the index finger, middle finger, ring finger, little finger, and the thumb. A metal lifting connector is used in this lift to connect between the finger and the lifting bar/chain. It may be a ring, S-hook, or any type of chain connector. Any size diameter of the metal rod in the lifting connector is allowed. The connector may be attached directly to a vertical bar, or may be attached by a chain. No padding is allowed on the connector. The lifter must place an individual finger around the connector. The thumb must not be in contact with the lifting finger. If the thumb is the finger being contested, no other fingers may have contact with the thumb. The lifter may straddle the weight in front or have it placed to the side. Width of feet placement is optional, but the feet must be parallel and in line with the torso. The non-lifting hand may be braced against the legs or body during the lift, but must be free from the body upon completion of the lift. The lifting hand, lifting arm, or weight must not be braced against the body in any



Finger Lift by Joe Secord

manner. Feet must not move during the lift, but the heels and toes may rise. The lift begins at the lifter's discretion. The legs must be straight and knees locked at the completion of the lift, but the shoulders and body do not need to be erect. Once the weight is off the platform and motionless, an official will give a command to end the lift.

### **I13. Foot Press**

An apparatus is used in which weight is loaded onto the feet only while the lifter is laying on his/her back on the floor/platform with the legs vertical and perpendicular to the floor. The apparatus used must allow the weight to rise without providing any leverage to the lift, but may be guided in a tract. It is also acceptable to use a plank resting on support platforms. The lift starts at the lifter's discretion. Hands may be placed on the legs or any part of the apparatus, but must not be used to push directly against the weight being lifted. The hands may remain on the legs throughout the lift, and upon the finish of it. The weight lifted must clear the supports and be held motionless, at which time an official will give a command to end the lift.



### **I14. Phumchaona Lift**

This lift combines a Hip Lift and a Clean and Press with two dumbbells. The rules of the Hip Lift and Clean and Press – 2 Dumbbells apply with these exceptions. The lifter gets in position for a Hip Lift holding two dumbbells at arms' length by the sides. The dumbbells may be cleaned and pressed before, during, or after the Hip Lift. Any combination of movements is allowed. The only command from an official during this lift will be a command to end the lift when both the Hip Lift and the Clean and Press with two dumbbells are completed.

### **I15. Pinch Grip Deadlift**

The setup for this lift requires two metal plates joined together with smooth surfaces facing outward which will be referred to as the lifting plates. Any diameter of lifting plates may be used. A vertical bar is placed between the plates to hold them together,

and should be long enough to add plates to it. It is recommended that the lifting plates are secured together. Maximum length of the apparatus is 18 inches. The lifter's fingers must not touch any added plates or the vertical bar. The width of the two lifting plates joined together must be between 2 ¼ inches and 2 ½ inches. The lifter will straddle the weight, with the weight being placed in front of the lifter standing upright with the lifting plates horizontal to the platform. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The lifter will then grip the lifting plates with both hands. The fingers must be placed under the lifting plates with the thumb touching the lifting plates on the top. The lift begins at the lifter's discretion. The weight must be lifted to a point where the lifter's legs are straight and the body upright. The lifting plates may touch the lifter's body during the lift but must not be braced against the body during the lift to aid in the lift. Once the weight is motionless, an official will give a command to lower the weight.

### **I16. Pinch Grip Deadlift – One Hand**

The rules of the Pinch Grip Deadlift apply except only one hand is used. The non-lifting hand may be braced against the legs or body during the lift, but must be free from the body upon completion of the lift.

### **I17. Pinch Grip - Strict**

The setup for this lift requires two metal plates joined together with smooth surfaces facing outward. A bar may be placed between the plates to hold them together, and should be long enough to add plates to it. Front hang or back hang is NOT allowed. The added weight plates must be evenly loaded with no gaps between any plates, including the lifting plates. Collars should be used on this bar to keep added weight plates from moving. The lifter's fingers must not touch any added plates or the lifting bar. The width of the two plates joined together must be between 2 ¼ inches and 2 ½ inches. Any diameter plates may be used as the lifting plates. The lifter will straddle the weight, with the weight being placed in front of the lifter. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move



**Pinch Grip by Matt Graham**

during the lift, but the heels and toes may rise. The lifter will then grip the plates with both hands on the top of both plates. The palms of the hands must be facing the lifter. The lift begins at the lifter's discretion. The weight must be lifted to a point where the lifter's legs are straight and the body upright. During the lift the plates must be maintained perpendicular to the platform. Once the weight is motionless, an official will give a command to lower the weight.

### **I18. Pinch Grip – Strict, One Hand**

The rules of the Pinch Grip - Strict apply except only one hand is used. The non-lifting hand may be braced against the legs or body during the lift, but must be free from the body upon completion of the lift.

### **I19. Pull Up**

The crossbar used shall be a straight bar with a diameter between 1 inches and 2 inches. The width of hand placement on the crossbar shall be at the discretion of the lifter. The lifter may use any platform necessary to reach the crossbar. The bar is to be grasped with the palms facing away from the body. The weight shall be affixed to the lifter by way of hanging the weight on a belt attached to the waist of the lifter. The lift will begin on command from an official when the lifter is hanging at arms' length from the crossbar, motionless, and with feet completely off the floor or any support. The lifter must then pull the body to the crossbar to a position where the point of the chin is above the crossbar. Once motionless, the lifter will receive a command that ends the lift. No "kipping" (the motion of excessive kicking of the legs to obtain a mechanical advantage) is allowed. The weight of the lifter is NOT to be included in the total weight lifted.

### **I20. Rim Lift**

The lift may be performed under the official rules of the Deadlift, Hacklift, or Jefferson Lift while only holding onto the rims of the gripping plates with the thumbs on the inside and the fingers over the rims of the plates. The maximum plate diameter is 18 inches. If smaller plates are used for the gripping plates larger (18" max diameter) plates may be added to the outside. The gripping plates must be flat and smooth on the inside surface, and the rim cannot be deeper than 1 inch. It is an infraction to grab any handles, holes, or specially prepared areas on the plates to aid in gripping. Any length of bar may be used as the distance between collars is optional. The lifter must finish the lift in an upright position and under control. Once motionless, the head official will give a command to lower the bar.

### **I21. Roman Chair Situp**

This lift is done on a Roman Chair or similar apparatus. The toes must be secured at floor level. The seat of the Roman Chair must be level and parallel to the platform and must not extend above the top of the buttocks when the lifter is fully laid back on the Roman Chair. A second bench of lesser height than the seat of the Roman Chair may be used for safety purposes under the lifter's shoulders when laid back. It is not a disqualification if the lifter touches the safety bench, but must not use the safety bench as an aid in lifting. The weight may be given to the lifter by spotters while in an upright sitting position on the Roman Chair. A plate or plates must be held against the abdomen by the lifter. The use of a Vertical Bar holding the plates together is allowed. A safety chain may be attached to the weights, provided it does not aid in lifting. Any bar attached to the plate held on the abdomen to hold more weight must be done in such a way that the center of mass of the added weight is through the center of the plate held on the abdomen. Once in position, an official will give a command to start the lift. The lifter will then lean back to a position where the lifter's back is parallel to the platform, then return to an upright sitting position. Once the lifter and the weight are motionless, an official will give a command to end the lift. Spotters may assist in removing the weight from the lifter.

## 122. Teeth Lift

The setup for this lift requires a mouthpiece fitted to the lifter's bite, a connecting chain, and a Vertical Bar to load plates to. The hands may not touch the mouthpiece, chain, or Vertical Bar during the lift. The lift begins at the lifter's discretion. The weight may accidentally touch the legs and the connecting chain may touch any part of the body during the lift if it does not support the weight. The hands may brace on the legs and body during the lift, but must be free from the body upon completion of the lift. The width of feet placement is optional, but the feet must be parallel and in line with the torso. The feet must not move during the lift, but the heels and toes may rise. The lifter must lift the weight by the jaws clenched on the mouthpiece only, by extending upward. The legs must be straight upon completion of the lift, but the body does not need to be erect. Once the weight is clear of the



Teeth Lift by Steve Schmidt



platform and motionless, an official will give a command to end the lift.

### **123. Total Poundage**

The accepted time limit is three hours, nine minutes. The lifter may choose any lift and perform the lift for repetitions in any number of sets and poundages. The reps in the sets, and the poundage used in the sets may be changed or varied throughout the time period. Each repetition must be properly completed, with the exception of the down commands in which the repetition does not need to be held motionless at completion. The lifter is permitted to take rest periods. The repetitions are multiplied with the pounds lifted to determine the total poundage lifted in the allotted time period.

### **124. Travis Lift**



**Travis Lift by Joe Garcia**

Any bar may be used in this lift, which may include the Heavy Lift Bar. The bar is supported on stands or a rack at waist height. The lifter assumes a position with the bar in front of the lifter. The feet must be parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter is allowed to grip the bar with any grip, and may also have a specially adapted belt attached directly to the bar or connected by a chain. The lifter may perform the lift without the use of this belt. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length or height of the support stands. The lifter will stand and lift the weight or bar clear of the stands or rack. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, and the plates on both ends of the bar are off the supports at the same time, an official will give a command to end the lift.

## 125. Turkish Get Up

A dumbbell, kettlebell or barbell is used for this lift. The lift begins with the lifter lying on his/her back on the platform holding the implement in one hand above the body with a straight arm perpendicular to the platform. Once in this position, an official will give the command to start the lift. The lifter must rise to a standing position, holding the implement overhead with a straight arm throughout. The lifting arm must stay perpendicular to the lifting platform. The lifter may use the free hand to brace against the body or the platform during the execution of the lift, but must not touch the implement or the lifting arm. The implement may rotate in any direction. Once standing with the implement overhead, the implement motionless and the lifter's feet in line with the body, an official will give a command to end the lift.

## 126. Vertical Bar Deadlift – 1 Bar, 1", One Hand



Vertical Bar Deadlift - 1 Bar, 1", One Hand  
by Dan Wagman

The setup for this lift requires a Vertical Bar, which is a bar of one inch diameter with a maximum length of 18 inches. A collar or plate must be tightly fastened or welded to the bottom so plates may be added to the bar. No knurling is allowed on the bar. The lifter may straddle the weight or have it placed to the lifter's side. Width of feet placement is optional, but the feet must be in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The bar may be gripped by any grip with only one hand near the top of the vertical bar. The forearm is not allowed to touch the bar. The lifting hand must not touch the body during the lift,

but the weight may accidentally touch the legs provided it does not aid in the lift. The non-lifting hand may be braced on the leg or body during the lift, but must be free from the body at the completion of the lift. The lift begins at the lifter's discretion. The body must then straighten, lifting the Vertical Bar from the platform. The legs must be straight and knees locked at the completion of the lift, but the shoulders and body do not need to be erect. The lifting hand must be above the level of mid-thighs at the completion of the lift. Any



rotation of the bar must be completely stopped. Once the weight is motionless, an official will give a command to end the lift.

### **I27. Vertical Bar Deadlift -1 Bar, 2", One Hand**

The rules of the Vertical Bar Deadlift – 1Bar, 1", One Hand apply except a two inch diameter Vertical Bar is used.

### **I28. Vertical Bar Deadlift – 2 Bars, 1"**

The setup for this lift requires two Vertical Bars, which is a bar of one inch diameter with a maximum length of 18 inches. A collar or plate must be tightly fastened or welded to the bottom so plates may be added to the bars. Both vertical bars must be loaded to the same weight. No knurling is allowed on the bars. The lifter must start with the bars on each side of the lifter. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move during the lift, but the heels and toes may rise. Each bar may be gripped by any grip near the top of the Vertical Bars. The forearms are not allowed to touch the bars. The lifting hands or weight may accidentally touch the lifter's body or legs during the lift, provided that it does not aid in the lift. The lift begins at the lifter's discretion. The body must then straighten, lifting the Vertical Bars from the platform. The legs must be straight and knees locked and the body upright at the completion of the lift. Any rotation of the bars must be completely stopped. Once the weight is motionless, an official will give a command to end the lift.

### **I29. Vertical Bar Deadlift – 2 Bars, 2"**

The rules of the Vertical Bar Deadlift – 2 Bars, 1" apply except two 2" inch diameter Vertical Bars are used.

### **I30. Weaver Stick**

A Weaver Stick is used for this lift. The Weaver Stick utilizes a wooden broomstick with these dimensions. The handle is 5 ½ inches in length. The junction of the handle and the rest of the Weaver Stick may be marked with tape, or with any material that is raised to provide a distinct separation between the handle and the rest of the stick. This marking is ½ inch in length. At a point exactly 36 inches from the end of the marking, or 42 inches from the end of the handle, a notch is made in



the stick to allow a cord to be attached to it. This cord may be of any length. Weight is tied onto the end of the cord. The Weaver Stick must rest on a flat lifting surface with the weight hanging free. The lift will begin at the lifter's discretion. The lifter will take a position alongside the Weaver Stick, and grip the handle of the Weaver Stick by one hand, facing the length of the stick. The lifting hand and arm must remain straight with elbow fully locked, and must not be in contact with the body during the lift. The lifting arm must remain at the lifter's side throughout the lift. The heel of the hand must remain on top of the Weaver Stick. If the hand twists under the stick during the lift, it is a disqualification. The non-lifting hand must not touch the lifting arm, lifting hand, or Weaver Stick during the lift. The lifter's body must be upright with legs straight at the completion of the lift, but the legs may bend when picking up the stick. The Weaver Stick must be lifted entirely clear from the lifting surface while maintaining the stick parallel to the floor. If the end of the stick containing the weight dips to any degree, it is a disqualification. If the lifting hand moves to a position in front of the handle marking during the lift, it is a disqualification. Once the Weaver Stick is motionless, an official will give a command to end the lift. Records are also kept for the Weaver Stick with the lifter facing backwards, away from the length of the stick.



**Weaver Stick by Ben Edwards**

## J. Team Lifts



**Team Deadlift - Trap Bar by Al Myers & Chad Ullom**

Any approved lift may be done as a Team Lift, provided it is done according to the rules of the individual lift. Team Lifts consist of two lifters performing a lift together. This may consist of 2-Man (male-male), 2-Female (female-female), or Mixed Pair (female-male) teams. The combination of lifters may be of any age or weight. The weight class the Team will be in will be that of the heaviest lifter and the age class that of the youngest lifter. An exception is if a Junior lifter is teamed with a Senior or Master lifter, in which the age class will be designated as Open.

## K. Repetition Lifts

Any approved lift may be done for repetitions, provided it is done according to the rules of the individual lift, which include all official commands. Repetition lifts are allowed to be a part of any USAWA competition.

#### **XIV. Glossary**

Back hang – This refers to unequal loading of a dumbbell in which more weight is loaded on the back of the dumbbell.

Ciavattone Grip – This is a grip where the knuckles are facing away from the lifter, and the palms are facing the lifter. The thumbs and fingers must not be hooked in any manner.

Continental – This means that the lift may be done in any manner, with minimal restrictions. The bar may stop, be lowered, be supported by the body, or be lifted unevenly. The hands do not need to stay on the bar and any grip may be used.

Front hang – This refers to unequal loading of a dumbbell in which more weight is loaded on the front of the dumbbell.

Hang – This occurs when the bar is held motionless at arms' length during a lift.

Hook Grip – This is a grip where any finger overlaps the end of the thumb when on the bar. It provides a locking grip that is stronger than a regular grip.

Index Finger – This is the finger closest to the thumb.

Little Finger – This is the finger farthest from the thumb, and the shortest finger.

Middle Finger – This is the longest finger. It is the second finger from the thumb.

Press Outs – This occurs when the arm is straightened out after movement of the body has ceased. It is an infraction in quick lifts, like in the jerk and snatch.

Ring Finger – This is the third finger from the thumb.

Thumbless Grip – This grip is also referred to as a no thumb grip. The thumb of the lifting hand must not be covering the bar. It may lie alongside the index finger under the bar or be held in the air not touching the bar. It may not be placed on top of the bar. However, it may have contact with the bar when held under the bar.

Trap Bar – This is a bar that contains a frame around the lifter, and has parallel handles located at the lifter's sides for gripping.

## **XV. Appendix**

A. Lynch Factor Chart

B. Meet Weigh-in Form

C. Scoresheet

D. Dinnie Stone Load Calculator

## Lynch Factor Chart

Bodyweight	Plus 0.0	Plus 0.1	Plus 0.2	Plus 0.3	Plus 0.4	Plus 0.5	Plus 0.6	Plus 0.7	Plus 0.8	Plus 0.9
25 Kilogram	2.8450	2.8376	2.8299	2.8220	2.8138	2.8054	2.7968	2.7879	2.7789	2.7696
26 Kilogram	2.7602	2.7507	2.7410	2.7311	2.7211	2.7110	2.7008	2.6905	2.6801	2.6696
27 Kilogram	2.6591	2.6485	2.6378	2.6271	2.6164	2.6056	2.5948	2.5840	2.5732	2.5623
28 Kilogram	2.5515	2.5407	2.5298	2.5190	2.5082	2.4975	2.4868	2.4761	2.4654	2.4548
29 Kilogram	2.4442	2.4336	2.4231	2.4127	2.4023	2.3920	2.3817	2.3715	3.3613	2.3512
30 Kilogram	2.3411	2.3312	2.3213	2.3114	2.3016	2.2919	2.2823	2.2727	2.2632	2.2538
31 Kilogram	2.2444	2.2352	2.2259	2.2168	2.2077	2.1987	2.1898	2.1810	2.1722	2.1635
32 Kilogram	2.1549	2.1463	2.1378	2.1294	2.1210	2.1128	2.1046	2.0964	2.0884	2.0804
33 Kilogram	2.0724	2.0646	2.0568	2.0491	2.0414	2.0338	2.0263	2.0188	2.0115	2.0041
34 Kilogram	1.9969	1.9897	1.9825	1.9755	1.9685	1.9615	1.9546	1.9478	1.9410	1.9343
35 Kilogram	1.9277	1.9211	1.9145	1.9081	1.9016	1.8953	1.8889	1.8827	1.8765	1.8703
36 Kilogram	1.8642	1.8582	1.8522	1.8463	1.8404	1.8345	1.8287	1.8230	1.8173	1.8116
37 Kilogram	1.8060	1.8005	1.7950	1.7895	1.7841	1.7787	1.7734	1.7681	1.7629	1.7577
38 Kilogram	1.7525	1.7474	1.7424	1.7373	1.7323	1.7274	1.7225	1.7176	1.7128	1.7080
39 Kilogram	1.7032	1.6985	1.6938	1.6892	1.6846	1.6800	1.6755	1.6710	1.6665	1.6621
40 Kilogram	1.6577	1.6533	1.6490	1.6447	1.6404	1.6362	1.6320	1.6278	1.6237	1.6196
41 Kilogram	1.6165	1.6114	1.6074	1.6034	1.5995	1.5956	1.5917	1.5878	1.5839	1.5801
42 Kilogram	1.5763	1.5726	1.5688	1.5651	1.5614	1.5578	1.5541	1.5505	1.5470	1.5434
43 Kilogram	1.5399	1.5364	1.5329	1.5294	1.5260	1.5226	1.5192	1.5158	1.5125	1.5092
44 Kilogram	1.5059	1.5026	1.4993	1.4961	1.4929	1.4897	1.4865	1.4834	1.4803	1.4772
45 Kilogram	1.4741	1.4710	1.4679	1.4649	1.4619	1.4589	1.4560	1.4530	1.4501	1.4472
46 Kilogram	1.4443	1.4414	1.4385	1.4357	1.4329	1.4300	1.4273	1.4245	1.4217	1.4190
47 Kilogram	1.4163	1.4136	1.4109	1.4082	1.4055	1.4029	1.4003	1.3977	1.3951	1.3925
48 Kilogram	1.3899	1.3874	1.3848	1.3823	1.3798	1.3373	1.3748	1.3724	1.3699	1.3675
49 Kilogram	1.3651	1.3627	1.3603	1.3579	1.3555	1.3532	1.3508	1.3485	1.3462	1.3439
50 Kilogram	1.3416	1.3393	1.3371	1.3348	1.3326	1.3304	1.3281	1.3259	1.3238	1.3216
51 Kilogram	1.3194	1.3173	1.3151	1.3130	1.3109	1.3087	1.3066	1.3046	1.3025	1.3004
52 Kilogram	1.2984	1.2963	1.2943	1.2923	1.2902	1.2882	1.2863	1.2843	1.2823	1.2803
53 Kilogram	1.2784	1.2764	1.2745	1.2726	1.2707	1.2688	1.2669	1.2650	1.2631	1.2612
54 Kilogram	1.2594	1.2575	1.2557	1.2539	1.2520	1.2502	1.2484	1.2466	1.2448	1.2431
55 Kilogram	1.2413	1.2395	1.2378	1.2360	1.2343	1.2326	1.2308	1.2291	1.2274	1.2257
56 Kilogram	1.2240	1.2224	1.2207	1.2190	1.2174	1.2157	1.2141	1.2124	1.2108	1.2092
57 Kilogram	1.2076	1.2060	1.2044	1.2028	1.2012	1.1996	1.1980	1.1965	1.1949	1.1934
58 Kilogram	1.1918	1.1903	1.1888	1.1872	1.1857	1.1842	1.1827	1.1812	1.1797	1.1782
59 Kilogram	1.1768	1.1753	1.1738	1.1724	1.1709	1.1695	1.1680	1.1666	1.1652	1.1637
60 Kilogram	1.1623	1.1609	1.1595	1.1581	1.1567	1.1553	1.1539	1.1526	1.1512	1.1498
61 Kilogram	1.1485	1.1471	1.1458	1.1444	1.1431	1.1418	1.1404	1.1391	1.1378	1.1365
62 Kilogram	1.1352	1.1339	1.1326	1.1313	1.1300	1.1287	1.1274	1.1262	1.1249	1.1237
63 Kilogram	1.1224	1.1211	1.1199	1.1187	1.1174	1.1162	1.1150	1.1137	1.1125	1.1113
64 Kilogram	1.1101	1.1089	1.1077	1.1065	1.1053	1.1041	1.1029	1.1018	1.1006	1.0994
65 Kilogram	1.0983	1.0971	1.0960	1.0948	1.0937	1.0925	1.0914	1.0902	1.0891	1.0880
66 Kilogram	1.0869	1.0857	1.0846	1.0835	1.0824	1.0813	1.0802	1.0791	1.0780	1.0769
67 Kilogram	1.0759	1.0748	1.0737	1.0726	1.0716	1.0705	1.0694	1.0684	1.0673	1.0663
68 Kilogram	1.0652	1.0642	1.0632	1.0621	1.0611	1.0601	1.0590	1.0580	1.0570	1.0560
69 Kilogram	1.0550	1.0540	1.0530	1.0520	1.0510	1.0500	1.0490	1.0480	1.0470	1.0460
70 Kilogram	1.0451	1.0441	1.0431	1.0422	1.0412	1.0402	1.0393	1.0383	1.0374	1.0364



## Lynch Factor Chart

71 Kilogram	1.0355	1.0345	1.0336	1.0326	1.0317	1.0308	1.0299	1.0289	1.0280	1.0271
72 Kilogram	1.0262	1.0253	1.0244	1.0235	1.0225	1.0216	1.0207	1.0199	1.0190	1.0181
73 Kilogram	1.0172	1.0163	1.0154	1.0145	1.0137	1.0128	1.0119	1.0110	1.0102	1.0093
74 Kilogram	1.0085	1.0076	1.0067	1.0059	1.0050	1.0042	1.0034	1.0025	1.0017	1.0008
75 Kilogram	1.0000	0.9992	0.9983	0.9975	0.9967	0.9959	0.9950	0.9942	0.9934	0.9926
76 Kilogram	0.9918	0.9910	0.9902	0.9894	0.9886	0.9878	0.9870	0.9862	0.9854	0.9846
77 Kilogram	0.9838	0.9830	0.9823	0.9815	0.9807	0.9799	0.9791	0.9784	0.9776	0.9768
78 Kilogram	0.9761	0.9753	0.9745	0.9738	0.9730	0.9723	0.9715	0.9708	0.9700	0.9693
79 Kilogram	0.9685	0.9678	0.9671	0.9663	0.9656	0.9649	0.9641	0.9634	0.9627	0.9619
80 Kilogram	0.9612	0.9605	0.9598	0.9591	0.9583	0.9576	0.9569	0.9562	0.9555	0.9548
81 Kilogram	0.9541	0.9534	0.9527	0.9520	0.9513	0.9506	0.9499	0.9492	0.9485	0.9478
82 Kilogram	0.9472	0.9465	0.9458	0.9451	0.9444	0.9438	0.9431	0.9424	0.9417	0.9411
83 Kilogram	0.9404	0.9397	0.9391	0.9384	0.9377	0.9371	0.9364	0.9358	0.9351	0.9345
84 Kilogram	0.9338	0.9332	0.9325	0.9319	0.9312	0.9306	0.9299	0.9293	0.9287	0.9280
85 Kilogram	0.9274	0.9268	0.9261	0.9255	0.9249	0.9243	0.9236	0.9230	0.9224	0.9218
86 Kilogram	0.9211	0.9205	0.9199	0.9193	0.9187	0.9181	0.9175	0.9169	0.9162	0.9156
87 Kilogram	0.9150	0.9144	0.9138	0.9132	0.9126	0.9120	0.9114	0.9108	0.9103	0.9097
88 Kilogram	0.9091	0.9085	0.9079	0.9073	0.9067	0.9061	0.9056	0.9050	0.9044	0.9038
89 Kilogram	0.9033	0.9027	0.9021	0.9015	0.9010	0.9004	0.8998	0.8993	0.8987	0.8981
90 Kilogram	0.8976	0.8970	0.8964	0.8959	0.8953	0.8948	0.8942	0.8937	0.8931	0.8926
91 Kilogram	0.8920	0.8915	0.8909	0.8904	0.8898	0.8893	0.8887	0.8882	0.8877	0.8871
92 Kilogram	0.8866	0.8861	0.8855	0.8850	0.8844	0.8839	0.8834	0.8829	0.8823	0.8818
93 Kilogram	0.8813	0.8808	0.8802	0.8797	0.8792	0.8787	0.8781	0.8776	0.8771	0.8766
94 Kilogram	0.8761	0.8756	0.8751	0.8746	0.8740	0.8735	0.8730	0.8725	0.8720	0.8715
95 Kilogram	0.8710	0.8705	0.8700	0.8695	0.8690	0.8685	0.8680	0.8675	0.8670	0.8665
96 Kilogram	0.8660	0.8655	0.8651	0.8646	0.8641	0.8636	0.8631	0.8626	0.8621	0.8616
97 Kilogram	0.8612	0.8607	0.8602	0.8597	0.8592	0.8588	0.8583	0.8578	0.8573	0.8569
98 Kilogram	0.8564	0.8559	0.8555	0.8550	0.8545	0.8540	0.8536	0.8531	0.8527	0.8522
99 Kilogram	0.8517	0.8513	0.8508	0.8503	0.8499	0.8494	0.8490	0.8485	0.8481	0.8476
100 Kilogram	0.8471	0.8467	0.8462	0.8458	0.8453	0.8449	0.8444	0.8440	0.8436	0.8431
101 Kilogram	0.8427	0.8422	0.8418	0.8413	0.8409	0.8405	0.8400	0.8396	0.8391	0.8387
102 Kilogram	0.8383	0.8378	0.8374	0.8370	0.8365	0.8361	0.8357	0.8352	0.8348	0.8344
103 Kilogram	0.8340	0.8335	0.8331	0.8327	0.8322	0.8318	0.8314	0.8310	0.8306	0.8301
104 Kilogram	0.8297	0.8293	0.8289	0.8285	0.8281	0.8276	0.8272	0.8268	0.8264	0.8260
105 Kilogram	0.8256	0.8252	0.8247	0.8243	0.8239	0.8235	0.8231	0.8227	0.8223	0.8219
106 Kilogram	0.8215	0.8211	0.8207	0.8203	0.8199	0.8195	0.8191	0.8187	0.8183	0.8179
107 Kilogram	0.8175	0.8171	0.8167	0.8163	0.8159	0.8155	0.8151	0.8147	0.8143	0.8140
108 Kilogram	0.8136	0.8132	0.8128	0.8124	0.8120	0.8116	0.8112	0.8109	0.8105	0.8101
109 Kilogram	0.8097	0.8093	0.8089	0.8086	0.8082	0.8078	0.8074	0.8071	0.8067	0.8063
110 Kilogram	0.8059	0.8055	0.8052	0.8048	0.8044	0.8041	0.8037	0.8033	0.8029	0.8026
111 Kilogram	0.8021	0.8018	0.8015	0.8011	0.8007	0.8004	0.8000	0.7996	0.7993	0.7989
112 Kilogram	0.7985	0.7982	0.7978	0.7975	0.7971	0.7967	0.7964	0.7960	0.7957	0.7953
113 Kilogram	0.7949	0.7946	0.7942	0.7939	0.7935	0.7932	0.7928	0.7925	0.7921	0.7918
114 Kilogram	0.7914	0.7911	0.7907	0.7904	0.7900	0.7897	0.7893	0.7890	0.7886	0.7883
115 Kilogram	0.7880	0.7876	0.7872	0.7869	0.7866	0.7862	0.7859	0.7855	0.7852	0.7849
116 Kilogram	0.7845	0.7842	0.7838	0.7835	0.7832	0.7828	0.7825	0.7822	0.7818	0.7815
117 Kilogram	0.7812	0.7808	0.7805	0.7802	0.7798	0.7795	0.7792	0.7788	0.7785	0.7782

## Lynch Factor Chart

118 Kilogram	0.7778	0.7775	0.7772	0.7769	0.7765	0.7762	0.7759	0.7756	0.7752	0.7749
119 Kilogram	0.7746	0.7743	0.7739	0.7736	0.7733	0.7730	0.7727	0.7723	0.7720	0.7717
120 Kilogram	0.7714	0.7711	0.7707	0.7704	0.7701	0.7698	0.7695	0.7692	0.7689	0.7685
121 Kilogram	0.7682	0.7679	0.7676	0.7673	0.7670	0.7667	0.7664	0.7660	0.7657	0.7654
122 Kilogram	0.7651	0.7648	0.7645	0.7642	0.7639	0.7636	0.7633	0.7630	0.7627	0.7624
123 Kilogram	0.7621	0.7618	0.7615	0.7612	0.7608	0.7605	0.7602	0.7599	0.7596	0.7593
124 Kilogram	0.7590	0.7587	0.7585	0.7582	0.7579	0.7576	0.7573	0.7570	0.7567	0.7564
125 Kilogram	0.7561	0.7558	0.7555	0.7552	0.7549	0.7546	0.7543	0.7540	0.7537	0.7534
126 Kilogram	0.7532	0.7529	0.7526	0.7523	0.7520	0.7517	0.7514	0.7511	0.7508	0.7506
127 Kilogram	0.7503	0.7500	0.7497	0.7494	0.7491	0.7489	0.7486	0.7483	0.7480	0.7477
128 Kilogram	0.7474	0.7472	0.7469	0.7466	0.7463	0.7460	0.7458	0.7453	0.7452	0.7449
129 Kilogram	0.7446	0.7444	0.7441	0.7438	0.7435	0.7433	0.7430	0.7427	0.7424	0.7422
130 Kilogram	0.7419	0.7416	0.7413	0.7411	0.7408	0.7405	0.7402	0.7400	0.7397	0.7394
131 Kilogram	0.7392	0.7389	0.7386	0.7383	0.7380	0.7378	0.7375	0.7373	0.7370	0.7367
132 Kilogram	0.7365	0.7362	0.7359	0.7357	0.7354	0.7351	0.7349	0.7346	0.7344	0.7341
133 Kilogram	0.7338	0.7336	0.7333	0.7330	0.7328	0.7325	0.7323	0.7320	0.7317	0.7315
134 Kilogram	0.7312	0.7310	0.7307	0.7304	0.7302	0.7299	0.7297	0.7294	0.7292	0.7289
135 Kilogram	0.7286	0.7284	0.7281	0.7279	0.7276	0.7274	0.7271	0.7269	0.7266	0.7264
136 Kilogram	0.7261	0.7259	0.7256	0.7254	0.7251	0.7249	0.7246	0.7244	0.7241	0.7239
137 Kilogram	0.7236	0.7234	0.7231	0.7229	0.7226	0.7224	0.7221	0.7219	0.7216	0.7214
138 Kilogram	0.7211	0.7209	0.7206	0.7204	0.7202	0.7200	0.7197	0.7194	0.7192	0.7189
139 Kilogram	0.7187	0.7184	0.7182	0.7180	0.7177	0.7175	0.7172	0.7170	0.7168	0.7165
140 Kilogram	0.7163	0.7160	0.7158	0.7156	0.7153	0.7151	0.7149	0.7146	0.7144	0.7141
141 Kilogram	0.7139	0.7137	0.7134	0.7132	0.7130	0.7127	0.7125	0.7123	0.7120	0.7118
142 Kilogram	0.7116	0.7113	0.7111	0.7109	0.7106	0.7104	0.7102	0.7099	0.7097	0.7095
143 Kilogram	0.7092	0.7090	0.7088	0.7085	0.7083	0.7081	0.7079	0.7076	0.7074	0.7072
144 Kilogram	0.7069	0.7067	0.7065	0.7063	0.7060	0.7058	0.7056	0.7054	0.7051	0.7049
145 Kilogram	0.7047	0.7045	0.7042	0.7040	0.7038	0.7036	0.7033	0.7031	0.7029	0.7027
146 Kilogram	0.7025	0.7022	0.7020	0.7018	0.7016	0.7013	0.7011	0.7009	0.7007	0.7005
147 Kilogram	0.7002	0.7000	0.6998	0.6996	0.6994	0.6992	0.6989	0.6987	0.6985	0.6983
148 Kilogram	0.6981	0.6979	0.6976	0.6974	0.6972	0.6970	0.6968	0.6966	0.6963	0.6961
149 Kilogram	0.6959	0.6957	0.6955	0.6953	0.6951	0.6948	0.6946	0.6944	0.6942	0.6940
150 Kilogram	0.6938	0.6936	0.6934	0.6932	0.6929	0.6927	0.6925	0.6923	0.6921	0.6919
151 Kilogram	0.6917	0.6915	0.6913	0.6911	0.6908	0.6906	0.6904	0.6902	0.6900	0.6898
152 Kilogram	0.6896	0.6894	0.6892	0.6890	0.6888	0.6886	0.6884	0.6882	0.6880	0.6878
153 Kilogram	0.6875	0.6873	0.6871	0.6869	0.6867	0.6865	0.6863	0.6861	0.6859	0.6857
154 Kilogram	0.6855	0.6853	0.6851	0.6849	0.6847	0.6845	0.6843	0.6841	0.6839	0.6837
155 Kilogram	0.6835	0.6833	0.6831	0.6829	0.6827	0.6825	0.6823	0.6821	0.6819	0.6817
156 Kilogram	0.6815	0.6813	0.6811	0.6809	0.6807	0.6805	0.6803	0.6801	0.6800	0.6798
157 Kilogram	0.6796	0.6794	0.6792	0.6790	0.6788	0.6786	0.6784	0.6782	0.6780	0.6778
158 Kilogram	0.6776	0.6774	0.6772	0.6770	0.6768	0.6767	0.6765	0.6763	0.6761	0.6759
159 Kilogram	0.6757	0.6755	0.6753	0.6751	0.6749	0.6747	0.6746	0.6744	0.6742	0.6740
160 Kilogram	0.6738	0.6736	0.6734	0.6732	0.6730	0.6729	0.6727	0.6725	0.6723	0.6721
161 Kilogram	0.6719	0.6717	0.6715	0.6714	0.6712	0.6710	0.6708	0.6706	0.6704	0.6702
162 Kilogram	0.6701	0.6699	0.6697	0.6695	0.6693	0.6691	0.6690	0.6688	0.6686	0.6684
163 Kilogram	0.6682	0.6680	0.6679	0.6677	0.6675	0.6673	0.6671	0.6669	0.6668	0.6666
164 Kilogram	0.6664	0.6662	0.6660	0.6659	0.6657	0.6655	0.6653	0.6651	0.6650	0.6648

## Lynch Factor Chart

165 Kilogram	0.6646	0.6644	0.6642	0.6641	0.6639	0.6637	0.6635	0.6634	0.6632	0.6630
166 Kilogram	0.6628	0.6626	0.6625	0.6623	0.6621	0.6619	0.6618	0.6616	0.6614	0.6612
167 Kilogram	0.6611	0.6609	0.6607	0.6605	0.6604	0.6602	0.6600	0.6598	0.6597	0.6595
168 Kilogram	0.6593	0.6591	0.6590	0.6588	0.6586	0.6584	0.6583	0.6581	0.6579	0.6578
169 Kilogram	0.6576	0.6574	0.6572	0.6571	0.6569	0.6567	0.6566	0.6564	0.6562	0.6560
170 Kilogram	0.6559	0.6557	0.6555	0.6554	0.6552	0.6550	0.6549	0.6547	0.6545	0.6544
171 Kilogram	0.6542	0.6540	0.6539	0.6537	0.6535	0.6533	0.6532	0.6530	0.6528	0.6527
172 Kilogram	0.6525	0.6523	0.6522	0.6520	0.6518	0.6517	0.6515	0.6513	0.6512	0.6510
173 Kilogram	0.6509	0.6507	0.6505	0.6504	0.6502	0.6500	0.6499	0.6497	0.6495	0.6494
174 Kilogram	0.6492	0.6490	0.6489	0.6487	0.6486	0.6484	0.6482	0.6481	0.6479	0.6477
175 Kilogram	0.6476	0.6474	0.6473	0.6471	0.6469	0.6468	0.6466	0.6465	0.6463	0.6461
176 Kilogram	0.6460	0.6458	0.6457	0.6455	0.6453	0.6452	0.6450	0.6449	0.6447	0.6445
177 Kilogram	0.6444	0.6442	0.6441	0.6439	0.6437	0.6436	0.6434	0.6433	0.6431	0.6430
178 Kilogram	0.6428	0.6426	0.6425	0.6423	0.6422	0.6420	0.6419	0.6417	0.6415	0.6414
179 Kilogram	0.6412	0.6411	0.6409	0.6408	0.6406	0.6405	0.6403	0.6401	0.6400	0.6398
180 Kilogram	0.6397	0.6395	0.6394	0.6392	0.6391	0.6389	0.6388	0.6386	0.6385	0.6383

**MEET WEIGH-IN FORM**

MEET: \_\_\_\_\_ DATE: \_\_\_\_\_

WEIGH-IN OFFICIAL: \_\_\_\_\_ CERTIFIED SCALE: YES/NO

LIFTER	AGE	BODYWEIGHT	NOTES

*INSTRUCTIONS: Age is recorded as actual age day of the meet. Bodyweight must be marked as weighed in pounds or kilograms.*

# SCORESHEET

MEET \_\_\_\_\_ DATE \_\_\_\_\_

LIFT/LIFTER \_\_\_\_\_

FLIGHT/AGE&BWT \_\_\_\_\_

OFFICIALS \_\_\_\_\_

LIFTER	1 <sup>st</sup> ATTEMPT	2 <sup>nd</sup> ATTEMPT	3 <sup>rd</sup> ATTEMPT	EXTRA ATTEMPT	BEST LIFT

*INSTRUCTIONS: Write the attempt in box when it is declared. Circle attempt if the lift is made. Cross through attempt if the lift is missed. BEST LIFT is the best lift made of the three meet attempts – this does not include extra attempts for records.*

# Dinnie Stone Load Calculator

<b>Total</b> = B + C	<b>Heavy</b> = A/1.75	<b>Light</b> =B*.75	<b>Total</b> = B + C	<b>Heavy</b> = A/1.75	<b>Light</b> =B*.75	<b>Total</b> = B + C	<b>Heavy</b> = A/1.75	<b>Light</b> =B*.75
300	171	129	535	306	229	770	440	330
305	174	131	540	309	231	775	443	332
310	177	133	545	311	234	780	446	334
315	180	135	550	314	236	785	449	336
320	183	137	555	317	238	790	451	339
325	186	139	560	320	240	795	454	341
330	189	141	565	323	242	800	457	343
335	191	144	570	326	244	805	460	345
340	194	146	575	329	246	810	463	347
345	197	148	580	331	249	815	466	349
350	200	150	585	334	251	820	469	351
355	203	152	590	337	253	825	471	354
360	206	154	595	340	255	830	474	356
365	209	156	600	343	257	835	477	358
370	211	159	605	346	259	840	480	360
375	214	161	610	349	261	845	483	362
380	217	163	615	351	264	850	486	364
385	220	165	620	354	266	855	489	366
390	223	167	625	357	268	860	491	369
395	226	169	630	360	270	865	494	371
400	229	171	635	363	272	870	497	373
405	231	174	640	366	274	875	500	375
410	234	176	645	369	276	880	503	377
415	237	178	650	371	279	885	506	379
420	240	180	655	374	281	890	509	381
425	243	182	660	377	283	895	511	384
430	246	184	665	380	285	900	514	386
435	249	186	670	383	287	905	517	388
440	251	189	675	386	289	910	520	390
445	254	191	680	389	291	915	523	392
450	257	193	685	391	294	920	526	394
455	260	195	690	394	296	925	529	396
460	263	197	695	397	298	930	531	399
465	266	199	700	400	300	935	534	401
470	269	201	705	403	302	940	537	403
475	271	204	710	406	304	945	540	405
480	274	206	715	409	306	950	543	407
485	277	208	720	411	309	955	546	409
490	280	210	725	414	311	960	549	411
495	283	212	730	417	313	965	551	414
500	286	214	735	420	315	970	554	416
505	289	216	740	423	317	975	557	418
510	291	219	745	426	319	980	560	420
515	294	221	750	429	321	985	563	422
520	297	223	755	431	324	990	566	424
525	300	225	760	434	326	995	569	426
530	303	227	765	437	328	1000	571	429



# BYLAWS

## Of the United States All-Round Weightlifting Association

### ARTICLE 1 - ORGANIZATION

- A. The name of the organization shall be the United States All-Round Weightlifting Association (also referred to as the USAWA).
- B. The USAWA shall use the emblem with the following description: A lifter performing the Crucifix Lift wrapped in an American Flag with the words "United States All-Round Weightlifting Association" above it and the initials "USAWA" below it.
- C. The official language of the USAWA will be English.

### ARTICLE 2 – PURPOSE AND OBJECTIVES

- A. To organize competitions and/or events and provide sanctions for those that meet the standards put forth by the USAWA.
- B. To accept individual memberships and to maintain a membership roster.
- C. To maintain a current Rule Book.
- D. To maintain a system to certify Officials.
- E. To maintain a current Record List of the USAWA official lifts.
- F. Oversee approval of new lifts.
- G. To develop a drug testing program that will support drug-free competitions.

H. To oversee and supervise the National Championships.

I. To organize an Annual National Meeting.

## **ARTICLE 3 – AFFILIATIONS OF THE USAWA**

A. The USAWA is affiliated internationally with the International All-Round Weightlifting Association (IAWA). Membership in the USAWA provides automatic membership in the IAWA.

B. The USAWA may affiliate with any other organization if deemed desirable by the executive board or general membership by majority vote.

C. Individuals or member clubs may affiliate or compete in other organizations without any penalties being imposed by the USAWA.

## **ARTICLE 4 – MEMBERSHIPS**

A. Current membership is required to participate in any USAWA sanctioned event and/or competition. If a Meet Director allows lifters to lift in a sanctioned USAWA event and/or competition without being a USAWA member, the lifter's results will not be included in the meet placement and the lifter will not be eligible for any records. If this occurs, it may result in loss of meet sanction if the Executive Board agrees by majority vote.

B. The cost of USAWA individual membership is \$25 per year.

C. The cost of USAWA club memberships is \$30 per year.

D. All memberships are for the calendar year.

E. Individual membership applications must include individuals' contact information and a pledge to uphold the Bylaws and Rules of the USAWA. It must be signed by the applying individual which indicates the individual agrees to abide by the rules and bylaws of the USAWA.

F. Individual membership applicants must be citizens of the United States to be eligible for USAWA membership. Provisional USAWA memberships are allowed for those that are not United States citizens. Provisional memberships are not eligible for USAWA records, but are eligible for IAWA records. All other benefits of USAWA memberships as outlined in the rule book and bylaws are allowed.

G. Individual membership applications must include a drug testing consent and waiver form, which must be agreed upon and signed by the applying individual.

H. Club membership applications must contain contact information for the individual who is in charge of the club.

I. No distinction is made between amateur and professional status.

J. Memberships may be revoked by majority vote of the executive board if the individual or club is in violation of the bylaws or current Rules of the USAWA.



## **ARTICLE 5 – EXECUTIVE BOARD**

- A. The organization will elect a 5-person executive board that will govern the USAWA throughout the year.
- B. The executive board must include a President, Vice President, Secretary, Treasurer, and at least one At-Large member. Two positions may be held by a single person, as in for example a combined Secretary/Treasurer. .
- C. The executive board may meet as needed as a group, and contact between individuals of the executive board is not restricted outside of meetings.
- D. Executive board meetings may occur in any manner - such as over the telephone, over the computer, sitting down as a group, or any other way.
- E. The date and time of executive board meetings are set by the President, and only at a date and time that three of the five executive board members can participate.
- F. Issues presented to the executive board are resolved by majority vote of the executive board members.
- G. The executive board may appoint special committees and select individuals for those committees.
- H. The executive board oversees and regulates the Special Assignment Directors, which include the Records Director, the Website Director, the Officials Director, the Awards Director, the Drug Enforcement Director, and the Postal Meet Director. Special Assignment Directors may be part of the executive board. An individual may hold the position of more than one Special Assignment Director. If a Special Assignment Director resigns the position at any time other than the Annual Meeting, the executive will appoint a new temporary director to fulfill the position until the Annual Meeting, whereas a new director will be selected by the membership by nomination and majority vote.
- I. In the event an executive board member resigns his/her position during an elected term, the remaining executive board will appoint another individual by majority vote to that position for the remainder of the term.
- J. If an executive board member abstains from voting, or is incapacitated and not able to vote, majority vote will apply to the votes that are cast.
- K. The executive board is responsible for auditing the annual financial report.
- L. The executive board is responsible for imposing penalties on members who violate the Bylaws or Rules of the USAWA.
- M. The executive board oversees any written publications representing the USAWA.
- N. No executive board member or Special Assignment Director shall receive any salary or compensation from the USAWA.

## **ARTICLE 6 – ANNUAL MEETING**

- A. The Annual Meeting of the USAWA will be held in conjunction with the National Championships, unless the executive board, by majority vote, decides otherwise. Attendance may be done virtually (at the promoters discretion) where technology allows.
- B. Membership may nominate individuals at the Annual National Meeting, and approve by majority vote of the membership present, special committees to attend to specific tasks.
- C. Membership decisions, supported by majority vote, override decisions made by the executive board.

## **ARTICLE 7 - ELECTIONS**

- A. Members of the executive board are elected every two years, on odd-numbered years, at the Annual National Meeting by vote of the membership present at the meeting.
- B. The executive board is elected in this order: President, Secretary, Treasurer, Vice President, all at large positions. Each executive board member position must be elected and voted on individually.
- C. Any USAWA member is eligible for election. Nominations are made at the National Meeting by the membership in attendance.
- D. The method of casting votes is set forth by the President.
- E. In case of ties, re-balloting is done first. If this does not break the tie, the current executive board will vote with the decision being reached by majority vote.
- F. There are no term limits to any elected position.
- G. The Special Assignment Directors are elected by vote of the membership and will remain in these positions until membership decides otherwise.
- H. Membership votes at the Annual National Meeting are done by the membership present. No absentee or proxy votes are allowed.
- I. Elected positions take effect immediately.
- J. Majority vote is defined as more than half of the votes cast.
- K. In lieu of the elections a motion may be made to retain all current officers and executive board members in their current positions. This motion must pass by majority vote.

## **ARTICLE 8 – DUTIES OF THE PRESIDENT**

- A. Preside over the Annual National Meeting and meetings of the executive board, according to the accepted rules of parliamentary procedure (Roberts Rules of Order).
- B. Prepare the agenda for all meetings.
- C. Attend the National Meeting and meetings of the executive board.

D. Represent the USAWA at meetings of the IAWA.

E. Serve on the executive board.

## **ARTICLE 9 – DUTIES OF THE SECRETARY**

A. Take minutes at all meetings, and prepare written minutes that shall be made available to the membership.

B. Keep a membership roster that is available to the membership.

C. Issue competition/event sanctions.

D. Attend the National Meeting and meetings of the executive board.

E. Represent the USAWA at meetings of the IAWA.

F. Maintain a list of current member clubs.

G. Maintain a list of current certified Officials.

H. File any certificates/documents that are required by any federal or state statute.

I. Serve on the executive board.

## **ARTICLE 10 – DUTIES OF THE TREASURER**

A. Attend to all financial matters of the USAWA. This includes receiving all payments, paying all expenses, and keeping an accounting ledger.

B. Maintain a Bank Account for the USAWA.

C. Present a summary of the financial report to the membership at the Annual National Meeting.

D. Negotiate all contracts between the USAWA and other organizations and/or companies under the direction of the executive board.

E. Attend the National Meeting and meetings of the executive board.

F. Represent the USAWA at meetings of the IAWA.

G. Prepare an annual financial report that shall be made available to the executive board for audit.

H. Serve on the executive board.

## **ARTICLE 11 – DUTIES OF THE VICE PRESIDENT**

- A. Accept the duties of President if for any reason the President is unable to serve in that capacity.
- B. Attend the National Meeting and meetings of the executive board.
- C. Represent the USAWA at meetings of the IAWA.
- D. Serve on the executive board.

## **ARTICLE 12 – DUTIES OF THE AT LARGE EXECUTIVE BOARD MEMBERS**

- A. Attend the National Meeting and meetings of the executive board.
- B. Represent the USAWA at meetings of the IAWA.
- C. Serve on the executive board.

## **ARTICLE 13 – DUTIES OF THE RECORDS DIRECTOR**

- A. Keep the USAWA Records List updated and current.
- B. Verify accuracy of the Record List.
- C. Develop and maintain a system to provide the Record List to the membership.

## **ARTICLE 14 – DUTIES OF THE WEBSITE DIRECTOR**

- A. Keep the USAWA Website updated and current.
- B. Maintain a current competition/event schedule on the Website.
- C. Provide recent meet results on the Website.
- D. Provide contact information for the USAWA.
- E. Keep a current membership roster on the Website.
- F. Provide the current Rule Book on the Website.

## **ARTICLE 15 – DUTIES OF THE OFFICIALS DIRECTOR**

- A. Grade Rules Test of applying officials.
- B. Notify applying Officials whether they passed or failed the Rules Test.
- C. Submit names of new certified officials to the Secretary.

D. Issue Officials Cards.

## **ARTICLE 16 – DUTIES OF THE AWARDS DIRECTOR**

- A. Be the individual responsible for making the arrangements to issue special awards on behalf of the USAWA.
- B. Oversee the Hall of Fame Program and be in charge of the Hall of Fame Awards.
- C. Oversee the Yearly Award Program and be in charge of presenting these awards.
- D. Make arrangements to present all awards at the National Championships or other arranged event.

## **ARTICLE 17 – DUTIES OF THE DRUG ENFORCEMENT DIRECTOR**

- A. Be responsible for making the arrangements for drug testing to be carried out as directed by the executive board.
- B. Be the contact person for the lab where the drug testing is performed.
- C. Report test results to the executive board.
- D. Be the person who contacts individuals who are in violation of the USAWA Drug Policy and the penalties imposed upon them by the executive board.

## **ARTICLE 18 – DUTIES OF THE POSTAL MEET DIRECTOR**

- A. Organize the quarterly Postal Meet Series for the USAWA. This includes the selection of lifts for each competition and providing an entry form for each competition.
- B. Provide a tallied scoresheet of these meets to the USAWA Website Director for announcement of the results on the website.

## **ARTICLE 19 – NATIONAL CHAMPIONSHIP**

- A. The USAWA will hold a National Championship every year.
- B. The executive board is responsible for overseeing the National Championships as outlined in the USAWA Rulebook.

## **ARTICLE 20 - SANCTIONS**

- A. All USAWA Competitions and/or events must be sanctioned.
- B. The sanction application must be sent to the Secretary for approval. If approved, the sanction fee of \$30 shall be sent to the Treasurer.
- C. The sanction request form must be completely filled out and signed by the contact individual for the competition/event.
- D. Sanctioned USAWA competitions and/or events must not be sanctioned with any other organization (with the exception of the IAWA). Violation of this will result in loss of USAWA sanction.
- E. The Executive Board, by majority vote decision, may revoke any prior approved sanction.

## **ARTICLE 21 – OTHER GENERAL PROVISIONS**

- A. The rules as written in the USAWA Rule Book must be enforced and abided by.
- B. The USAWA will not knowingly discriminate against any individual.
- C. Any appeal, grievance or complaint by a member must be directed in writing to the USAWA Secretary, who will then present the issue to the Executive Board to be decided by majority vote. Failure to follow this protocol will result in appeals, grievances and complaints from being officially recognized.
- D. The USAWA headquarters will be located in the town where the Secretary or Treasurer resides or elsewhere only at the direction of the executive board.
- E. Any change, amendment, or addition to the USAWA bylaws requires a 2/3 vote by the membership present at the Annual National Meeting.
- F. Official correspondence between the USAWA and the IAWA will be done by the USAWA representatives of the IAWA Technical Committee and the IAWA Vice President that represents the USAWA.

