**Meadville YMCA Powerlifting Competition Rules**

**Scoring and Awards**

Top 3 overall male/female based on Wilks Score will earn trophies.
Top 3 each weight class based on total lift will earn medals.
Top bench male/female each weight class will earn medals

**Weight Classes**

Male: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+
Female: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

**Personal Equipment**

NO

* Elbow sleeves / wraps
* Knee sleeves / wraps
* Benchpress “Shirts” or similar supportive gear
* Lifting Straps

100% RAW does not allow the use of elbow sleeves, knee wraps, knee sleeves, tape applied around a limb or finger, supportive lifting suit, supportive briefs, compression shorts, supportive shirts or compression shirts. Lifters are responsible for having proper equipment.

 **ALLOWED**

The use of wrist wraps and a lifting belt is permitted (see specifications below).

10. Wrist wraps:
The use of wrist wraps will be permitted under the following restrictions:

a. Only one wrist wrap is permitted on each hand.

12. Shoes must be worn during lifts.
a. Shoes shall be taken to include sport shoes//boots; weightlifting/powerlifting boots, deadlift slippers.

13. Belt- competitors may wear a belt.

**Lift Rules**

***Squat:***

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.

2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position on his/her own**.** When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety

the lifter will be requested to ―Replace the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal to “Squat” was not given.

3. Upon receiving the Chief Referee’s signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one descent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.

4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Head Referee will give the signal to rack the bar.

5. The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

**Causes for disqualification of a Squat:**

1. Failure to observe the Chief Referee’s signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift

4. Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.

5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.

6. Any movement of the bar on the back more than the diameter / thickness of the bar below its starting position.

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

8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.

9. Any dropping or dumping of the bar after completion of the lift.
10. Failure to comply with any of the items outlined under Rules of Performance for the squat.

***Bench Press:***

1. The bench shall be placed on the platform with the head facing the rear of the platform.

2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. (see paragraph 9 below) The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands. Full and false grip is allowed (if a lifter chooses to use a false grip, they must announce prior to the start of the lift). This position shall be maintained throughout the lift. A reverse grip is not allowed.

3. To achieve firm footing the lifter may use flat surfaced plates or blocks to build up the surface of the platform. If a lifter is in need of a plate under his feet he/she may not use any which will be used during the competition. Plates used in the warm-up room may be used. In the event that one plate does not provide enough height, it is the lifter’s responsibility to provide their own set of blocks. The blocks must be inspected by the event’s meet director prior to the competition

4. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders or their coach in removing the bar from the racks. The lift off, if assisted by the spotter / loaders must be at arms length.

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

6. The lifter may remove the bar from the racks, with or without the help of the spotter after which the lift must be started at arm's length. The lifter may begin the lift by lowering the bar to their chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone) where, once it becomes motionless, the Chief Referee will signal an audible “Press”. If the lifter has a hearing defect, a prearranged signal must be agreed upon between the Chief referee and lifter (example: the Chief referee physically touches the lifter for the press and rack command).

7. The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.

8. If anatomically, the arms cannot be fully extended, the lifter must inform the Head Referee prior to their first attempt.

**Causes for Disqualification of a Bench Press:**

1. Failure to observe the Chief Referee’s signals during or at the completion of the lift.
2. Any change in the elected lifting position during the lift (i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.)
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee’s signals, in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance.

***Deadlift:***

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.

3. The Chief Referee’s signal shall consist of a downward movement of the arm and the audible command ―”Down”. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.

4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

5. The head referee reserves the right to determine if a lifter has made a legitimate effort. Lifters are allowed to shake the weight, make jerks, or take their hands on and off the bar without penalty —providing the 60 second time limit has not elapsed.

**Causes for Disqualification of a Deadlift:**

9. If, due to a physical limitation, the lifter cannot rest his head on the bench during the attempt, the lifter must inform the Head Referee **prior to their first attempt**.

Incidental movement of the head in this case would be permitted. Any excessive downward head movement that assists the lift would not be permitted.

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.

5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee’s signal.
7. Allowing the bar to return to the platform without maintaining control with both hands (i.e.: releasing the bar from the palms of the hand).

8. Failure to comply with any of the items outlined under Rules of Performance.