

Wellness and Recreation

Powerlifting Competition Rules

April 4th, 2020

Wellness and Recreation is proud to present the North Carolina State University annual 2020 Powerlifting Competition. This event will be held on Saturday, April 4th, 2020, starting at 9:00 AM. Weigh-ins will take place on Friday, April 3rd from 9 AM - 12 PM. This is a great event with a 30 lifter cap - we expect to reach capacity very quickly. Individual Entry Fee: \$35/NC State Students & \$45/Member - NC State Affiliation. Wellness and Recreation t-shirts are included with the entry fee. Please see below for competition rules.

General

- All Participants must present their North Carolina State University ID Card at weigh-in and competition to participate. No Exceptions.
- Each lift will be explained before each lift on the day of the meet during the powerlifting briefing
- All contestants will be allowed to perform 3 single attempts of each lift
- Competition Judges will prompt before each lift
- Competition Judges decision on lifts are final
- Each lifter has one-minute to complete the lift after being called for their attempt/on the platform
- Successful lifts must increase in weight; unsuccessful lifts may be re-attempted or increase in weight (you cannot go down in weight from your opening weight attempt).
- If you do not provide a next attempt weight within 1 minute after completing a lift, you will automatically default to a 5-pound increase in weight if successful; if unsuccessful, you will automatically default to the same weight for your next attempt
- If a participant fails during the Squat event, the participant must stay with the bar (participants may not throw it backward or forward)
- Competition Scores will be determined using the Wilk's formula
- Lifters may not approach the platform until given command by head judge
 - The squat will have a squat, rack cadence.
 - The bench will have a start, press, rack cadence.
 - The deadlift will have a "down" command
 - Judges decision on lifts are final

Clothing and Equipment

Lifters should feel free to wear the lifting attire of their choice, so long as it conforms to the [dress code](#) of the WellRec Center and what is stated below.

- Tops: Must wear a short-sleeve T-shirt (synthetic or cotton), no zippers, no long sleeves, no cutoffs, no v-necks
- Bottoms: Shorts, Leggings
- Singlet optional
 - Non-supportive lifting singlet. Single thickness.
- Long socks
 - Mandatory for deadlifts
 - Go to the knee but not past the knee
- Belt
 - Competitors may wear a belt. If worn it shall be on the outside of the lifting suit.
 - No velcro belts
 - WellRec can provide belts for use in competition upon request
- Shoes
 - Must wear closed-toed, closed-heel gym shoes/boots
 - Non-marking sole
- Headgear
 - Billed hats or visors, **headphones**, any headgear with knots of any kind, sunglasses are not allowed
 - Headbands are allowed
- Other equipment
 - **Allowed:** wrist wraps, knee sleeves, chalk, baby powder
 - Not allowed: wrist straps, tape, knee wraps, jewelry (earrings, necklaces, watches, bracelets)
 - Ammonia is allowed but cannot be used on the platform and thrown on the floor

Weigh-Ins

FRIDAY, APRIL 3

8 a.m. – 3 p.m.: weigh-ins. An email will be sent to schedule your time.

- Weigh-Ins are mandatory. All Participants must present their North Carolina State University ID Card at weigh-in to participate. No Exceptions.
- During weigh-ins please come prepared with opening lift attempt for Squat, Bench, and Deadlift
- Rack heights for squat will also be taken during the weigh-in time
- **Equipment will be checked during Weigh-ins. Please bring all equipment (singlet, shoes, wrist-wraps, sleeves)** Anything that is not brought to the weigh-in cannot be used during the event.
- Each participant has only one opportunity to weigh-in. Once you are in the weigh-in room, the participant cannot leave room to attempt to make weight

Meet Timing

1. Upon arrival, lifters will check-in for lifting would have been already weighed in the day before, are wearing their lifting attire, and have submitted their opening attempts for all three lifts.
2. The rules meeting will be held 15 minutes prior to the start time of the competition. Lifters are required to arrive early to observe this meeting.
3. Lifters should be warmed up for all the lifts at the start of their flights. Lifters may warm-up additionally (time permitting) during their lifting flights. Lifters may warm-up in the designated space (1308 & Mini Gym) in the WellRec facility. We will have staff in the warm-up area who will tell lifters when they are on deck or in the hole for their lift. Upon being called, a lifter has 60 seconds to begin his/her lift. If the lifter is not present for the attempt or is unable to begin the lift within the allotted time, that attempt will be missed.
4. **Upon completing his/her first lifts, the lifter has 60 seconds to announce his/her second attempt weight to the head table. The lifter order will be reassigned based on the weight requested.**
5. Upon the completion of a second attempt, lifters should begin to warm-up for the next lift.



Please review the following lifts:

Squat



Bench



Deadlift



Lift Requirements:

Squat

- First, the lifter shall un-rack the weight and assume an upright position. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.
- After removing the bar from the racks, the lifter shall wait in this position for the Head Referee's signal. The signal shall be given as soon as the lifter is motionless. The Head Referee's signal shall consist of a downward movement of the arm and the audible command "squat."
- Upon receiving the Head 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.
- The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked.
- When the lifter is motionless, the Chief Referee will give the signal to replace the bar with a backward motion of the hand and the audible command "rack."
- The lifter shall face the front of the platform.

Causes for Disqualification of a Squat

- Failure to observe the Head Referee's signals at the commencement or completion of a lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with the knees locked at the commencement and completion of the lift.

- Any shifting of the feet laterally, backward or forwards, during the performance of the lift. The rocking of the feet between the ball and the heel is permitted.
- 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.

Bench Press

- The lifter must lie on his/her back with shoulders and buttocks in contact with the flat bench surface.
- The lifter's hands may grip the bar with a "thumbs around" grip. Note: The use of the "reverse grip" or a thumb-less grip on the bench is strictly prohibited.
- The lifter's shoes must be in contact with the floor. This position shall be maintained throughout the attempt.
- The head may rise off the bench or move during the performance of the lift.
- To achieve firm footing, the lifter may use flat surfaced bumper plates to build up the surface of the platform.
- The spacing of the hands shall not exceed 81 centimeters between the forefingers. In other words, the index finger must completely cover the 81 cm. ring.
- After receiving the bar at arm's length, the lifter shall lower the bar to his/her chest and await the Chief Referee's signal.
- The signal shall be the command: "PRESS" to press when the bar is motionless on the chest.
- After the signal to commence the lift has been given, the bar is pressed upwards to straight arm's length and held motionless until the audible command "RACK" is given.

Causes for Disqualification of a Bench Press

- Failure to observe the Head Referee's signals at the commencement or completion of the lift.
- Any change in the elected lifting position during the performance of the lift (i.e., any raising of the shoulders, buttocks or movement of the feet from their original points of contact with the bench or the floor, or lateral movement of the hands-on the bar).
- Failure to press the bar to full extension of the arms at the completion of the lift.
- Heaving or bouncing the bar off the chest.

- Allowing the bar to sink into the chest after receiving the Head Referee's signal.
- Any exaggerated uneven extension of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.

Deadlift

- The lifter shall face the front of the platform.
- The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without any downward movement until the lifter is standing erect.
- On completion of the lift, the knees shall be locked in a straight position and the shoulders square or back as seen in the figure below.
- The Head Referee's signal shall consist of a downward movement of the hand 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.
- Any raising of the bar or any deliberate attempt to do so will count as an attempt.

Causes for Disqualification of a Deadlift

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders square or 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.
5. Stepping backward or forward, although lateral movement of the sole or rocking feet between ball and heel is permitted.
6. Lowering the bar before receiving the Head Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.
8. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

