

# 2019 Weightlifting Competition Rules

## Competition Guidelines

- All participants must present a UND ID or Government Issued ID to participate
- All participants must be registered by Dec 4, 2019 in order to compete
- All participants must have a valid & current Wellness Center membership (no day passes permitted)
- Participants must follow Wellness Center full attire policies and refrain from clothing with offensive or suggestive language or design. Lifters will be asked to change in order to compete.
- Participants must agree to abide by the Participant Conduct Guidelines
  - A development individual conduct is of fundamental importance. The following conduct guidelines are intended to emphasize the importance of good sportsmanship. Behavior before, during and after a contest will be included in the rating. Wellness & Health Promotion Staff shall determine final decision on conduct.
    - Individual behavior is completely uncooperative and shows no respect for judges, staff and/or other competitors.
    - Repeated use of vulgar language, including swearing is prohibited
    - A participant or spectator strikes, physically contacts or threatens another opponent or Wellness & Health Promotion staff member.
    - Individual behavior warrants as discontinuance of the competition for any reason.
    - Spectators clearly supporting an individual engage in disorderly conduct that violates university regulations or jeopardizes the staff control of the event.
    - The individual team shows willful disregard for the policies and/or property of UND.
    - Failure of ejected participant(s) and/or spectator(s) to leave the vicinity immediately, or returns to cause additional problems.
    - Individual fails to cooperate/comply with Wellness & Health Promotion staff/university officials while performing their duties; falsely represents or withholds any information requested.
    - Individuals are under the influence of drugs or alcohol.
  - Individuals will be issued 1 verbal warning for violation of any of the above guidelines. Any further violations will result in immediate disqualification from competition.
    - Spectators will be expected to comply with the Participant Conduct Guidelines.
- **Forfeit Policy:**
  - Participants who do not show up to the venue and check in prior to the conclusion of the weigh-in (10:15 AM) have forfeited their opportunity to compete. No refunds will be issued.

## Day of Event Guidelines & Rules

- Event check-in, weigh-in & beginning weight for each lift submission: 9:30am – 10:15am in Room 130.
  - Participants may use the remaining time to warm-up, 130 is reserved for this, but can use other areas within facility.
- Lifter's meeting: 10:20am, in Studio 130 (will cover rules, form guidelines and schedule for the day)
- Lifting begins at 10:30am
- Lifting order will be determined by participant's body weight (lowest to highest)
- Collars must be used for each lift.
- 2 spotters and a judge will be present for each lift.

- If you feel you need a spot during any lift, please use the word “Help.” Spotters will also read cues of the lift to determine if a spot is necessary without the verbal confirmation.
- Judge will have final say if the lift was performed successfully.
- Three attempts per lift and the highest completed weight per lift will be entered into the Schwartz/Malone formula for final calculation.
  - For a participants 1<sup>st</sup> lift, they will inform the official at the weigh-in what weight they will attempt.
  - 2<sup>nd</sup> lift – participants will have 1 minute following their 1<sup>st</sup> attempt to inform the staff and attempt a new weight (can be higher or lower than their 1<sup>st</sup> attempt)
  - For their 3<sup>rd</sup> lift, participants will have 2 minutes following their 2<sup>nd</sup> attempt to inform the staff and attempt their final weight (may be higher or lower than their 2<sup>nd</sup> attempt)
- To keep time, lifters must be ready to go when called. Announcements will be made to identify lifters following the previous lifter and should be nearby when previous lifts are complete. 2 lifters should be on Deck.
- Lifters can “reset” their lift 1 time per lift (total of 3 resets throughout event).
- Lifters are responsible for presenting their scorecard provided at check-in to the head judge at the time of the lift. Lifters should not mark on this card for any reason, otherwise lifter will be disqualified from the event.
- Prizes will be awarded for total weight lifted (Male & Female) and Relative weight lifted (Male & Female)
- Raw lifting only - knee wraps, weightlifting belts and wrist wraps will be allowed for stability.
  - (no lifting straps, chalk, bench shirts, squat suits or singlets)

## Guidelines for each Lift

### Squat

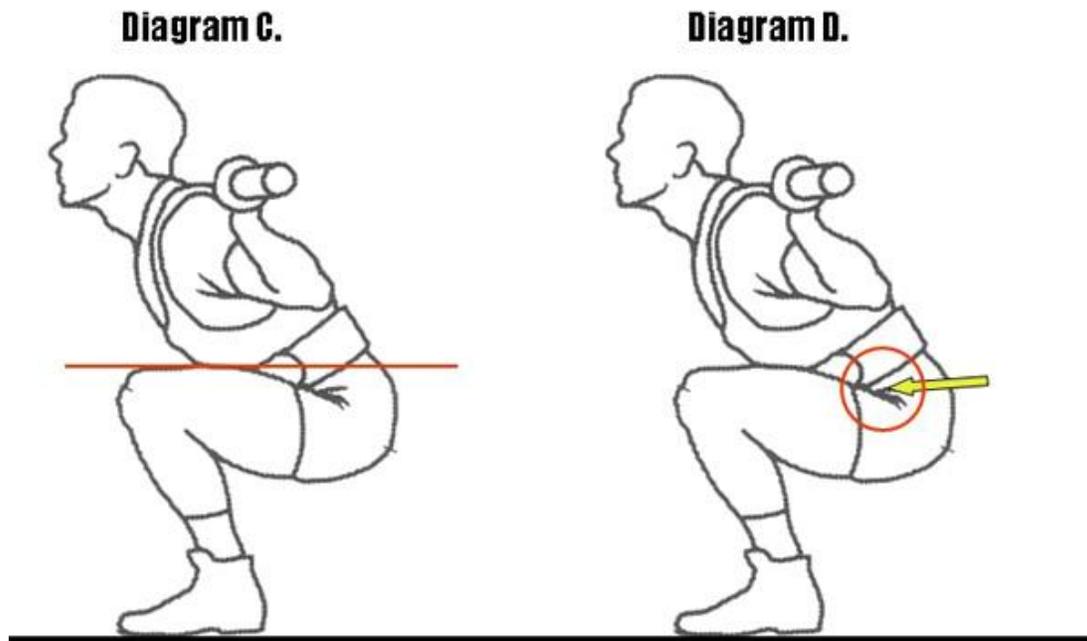
- The lifter shall face away from the mirror. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- Lifter will be instructed to “Begin.” After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders – but must be indicated prior to entering the rack) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Judge 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 “Rack” 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 Judge will then convey the reason why the signal was not given.
- Upon receiving the Judge’s signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifter’s knees have unlocked. Lifter must pause at the bottom of the squat (no bouncing out from the bottom). The judge will signal “Up” when adequate pause at the bottom of the squat is met.
- 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 Judge will give the signal to rack the bar.
- The signal to rack the bar will consist of a backward motion of the arm and the audible command, “Rack”. The lifter must then return the bar to the racks. Foot movement after the rack signal will not be cause for failure. 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:

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

- Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and 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, as in the diagram.
- Contact with the bar or the lifter by the spotter/loaders between the Judge's signals in order to make the lift easier.
- Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
- Any dropping or dumping of the bar after/during the completion of the lift, including bailing due to safety.
- Failure to comply with any of the items outlined under Competition Guidelines for the squat.

The diagrams below indicate the typical bar position but not obligatory and required depth in the squat:



### Bench Press

- With the command "Begin," The lifter must lie on their back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). Their hands and fingers must grip the bar positioned in the rack stands with thumbs around grip. This position shall be maintained throughout the lift. Foot movement is permissible, but must remain flat on the platform. The hair must not hide the back of the head when lying down on the bench. The Judge may require the lifter to affix their head accordingly. This must take less than 1 minutes to complete.
- Judge will give the command of "Unrack" when lifter is motionless. The lifter will have the help of 2 spotters/loaders in removing the bar from the racks. The lift-off when assisted by the spotter/loaders, must be at arms' length.
- The lifter shall wait with straight arms, elbows locked for the Judge's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety, the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if, after a period of five seconds they not in the correct position to begin the lift.
- The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command, "Down".

- After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless, after which the Judge will signal the audible command, “Press”. The lifter must then return the bar to straight arm’s length, elbows locked. When held motionless in this position, the audible command, “Rack” shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Judge’s command is “Rack”.

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

- Failure to observe the Judge’s signals at the commencement, during or completion of the lift.
- 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 lateral movement of hands on the bar.
- Heaving or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
- Any downward movement of the whole of the bar in the course of being pressed out.
- Bar is not lowered to chest or abdominal area, i.e., not reaching the chest or abdominal area, or the bar is touching the belt.
- Failure to press the bar to straight arms length, elbows locked at the completion of the lift.
- Contact with the bar or the lifter by the spotter/loaders between the Judge’s signals in order to make the lift easier.
- Any contact of the lifter’s feet with the bench or its supports.
- Deliberate contact between the bar and the bar rest supports.
- Failure to comply with any of the items outlined under the Competition Rules.

#### **Deadlift**

- With the command “Begin,” The lifter shall face away from the mirror 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. Conventional Stance only (no sumo)
- When the lifter is motionless, the Judge will give the signal to begin the lift. The signal shall consist of an upward movement of the arm and the audible command, “Lift”.
- On completion of the lift, the knees shall be locked in a straight position and the shoulders back.
- The Judge’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. The downward motion shall be controlled at all times. No bouncing or dropping weights is permitted.
- Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun, no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion), this should not be reason to disqualify the lift.

#### **Causes for Disqualification of a Deadlift:**

- Any downward movement of the bar before it reaches the final position.
- Failure to stand erect with the shoulders back.
- Failure to lock the knees straight at the completion of the lift.
- 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 judge.
- Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command, “Down,” will not be cause for failure.
- Lowering the bar before receiving the Judge’s signal.
- Allowing the bar to return to the platform without maintaining control with both hands, i.e., releasing the bar from the palms of the hand.
- Failure to comply with any of the items outlined under Competition Rules.

**Rules for the disabled competing**

- e.g. blind, sight impaired, mobility impaired. They may be assisted to, and from, the bench. Assisted to mean “with the help of the coach and/or with use of crutches, sticks/canes or wheelchair”. The rules of competition apply equally to that of the able-bodied. For lifters who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The lifter shall be weighed in without the device. For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.