

LIFT COMMANDS OVERVIEW

Squat:

"Squat": Once the bar is securely positioned on the lifter's back, the head judge will give the command "Squat." The lifter must then perform the squat.

"Rack": After completing the squat (reaching full depth and returning to an upright position), the lifter must wait for the "Rack" command before returning the bar to the rack. The lift is only complete when the bar is safely racked.

Bench Press:

"Start": After un-racking the bar and holding it with elbows locked out, the lifter will receive the "Start" command. The lifter must lower the bar to the chest and pause.

"Press": Once the bar is motionless on the chest, the head judge will give the "Press" command. The lifter must then push the bar upward until the elbows are locked out.

"Rack": The lifter must wait for the "Rack" command before returning the bar to the rack. The lift is complete only when the bar is safely racked.

Deadlift:

"Lift": The lifter may begin the lift at their discretion without a specific command. The bar must be lifted smoothly until the lifter is standing fully upright, with shoulders back and knees locked out.

"Down": After the lifter has reached the correct upright position, the head judge will give the "Down" command. The lifter must lower the bar under control until it touches the floor. Dropping the bar will result in a no lift.

Judging Criteria

No lift = the lift attempt is lost and will not count.

Depth (Squat):

- The lifter must reach proper depth, with the hip crease below the top of the knee, before returning to the upright position.
- Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent is not allowed and will be considered no lift.
- Stepping backward or forward or moving the feet laterally, is not permitted. The lifter must maintain their foot position until the lift is completed and the referee signals to re-rack the bar. This rule ensures that the lifter's stance remains consistent and prevents any unfair advantage or imbalance during the lift.
- Rocking the feet between the ball and heel is not permitted due to safety concerns. This means the lifter cannot shift their weight excessively from their toes to their heels or vice versa. Such movements can be unsafe, leading to instability and potential injury. The lifter's feet must remain flat on the platform throughout the squat to ensure a stable and controlled lift.

Pause (Bench Press):

- The bar must be motionless on the chest before receiving the "Press" command.
- Any downward movement of the bar in the course of being pressed out is not allowed and considered a no lift.
- Heaving (bouncing off chest) of the bar after it has been motionless on the chest or abdominal area, is not allowed and considered a no lift. The bar can touch the chest but not heave off the chest.
- At all times of the lift, head, shoulders, and buttocks must remain in touch with the bench. If at any given point of the execution of the lift, the lifter's head, shoulders and buttocks are no longer in contact with the bench is a no lift.

Control (Deadlift):

- The lifter must maintain control of the bar throughout the lift and while lowering it back to the floor. Once the bar lifted it is not allowed to drop the bar and hands must remain on the bar during the decent.
- Any downward movement of the bar before it reaches the final position will be a no lift. If the bar settles as the shoulders come back this should not be reason to disqualify the lift. **Bar Settling as Shoulders Come Back:** When completing a deadlift, the lifter often finishes by pulling their shoulders back to fully lock out the lift. In some cases, as the lifter pulls their shoulders back, the bar may slightly settle or move downward momentarily. This is a natural movement and, as long as the lifter maintains control of the bar and completes the lift with the bar in a locked position, it should **not** result in disqualification. The key is that the lifter finishes the lift in a controlled manner, with the knees and hips fully extended, and the shoulders back.

- Supporting the bar on the thighs during the performance of the lift (Hitching), will not be allowed.

Failure to Comply

- Any lift attempted before receiving the correct command will be disqualified.
- Any lift completed without waiting for the "Rack" or "Down" command will be considered a failed attempt.

Lifters should familiarize themselves with the commands and the judging criteria to avoid unnecessary disqualifications. Judges' decisions are final. Appeals on judgment calls are not allowed unless there is a clear violation of the rules.