

A Virtual Lift off / Competition – Results to be posted 1st Weekend in May: (Sat 8th or Sun 9th)

Since we lost the Grip Competition this time, we now offer an opportunity to take part in the virtual lift off on the very same lifts...you can perform just one of the three lifts, two of them, or all three..... it's up to you:

The Lifts: (All performed on a 2 inch thick bar) Lift 1 Clean and Push Press – Lift 2 Fulton Deadlift – Lift 3 Vertical Bars Lift on 2 x 2inch Rods

Same as for previous events of this type: Wear the correct platform dress for the lift off. Perform it in front of the camera using the Camera as the Centre Ref. Give yourself the down signal or pause correctly in the finished position before replacing the bar. State your name, Age and Bodyweight when you post the lift or lifts. See rules printed below, any questions please don't hesitate to ask me. Although this is a 'for fun' event, please understand that if anything posted is not legal per IAWA rules then we will not be able to consider it for the overall results. We must be seen to maintain the correct standards of performance whilst having fun too!

(For anyone who has not got access to a 2 inch bar but wants to take part, we will also have a section where a lifter can perform any or all of the 3 lifts on regular 1 inch thick bars)

LIFT ONE:

F23 CLEAN AND PUSH PRESS – 2 INCH BAR

The rules of performance for the clean and push press (B31) apply, except that the lift is performed using a 2 inch diameter bar. The bar does not have to be the same length as a standard barbell, either between the inside collars or the overall length.

Causes for Failure:

1 Causes for failure are the same as for the clean and push press (B31) except that a 2 inch bar is used.

So here is B31:

B31 CLEAN AND PUSH PRESS

The rules of performance for the clean apply to the clean part of the lift. Having cleaned the bar, on the referees signal the lifter will start the push. Bending the knees as for the start of the jerk, the lifter will thrust the weight upwards from the chest using leg power only. On straightening the legs, the must not bend again. After the initial push, the bar will be pressed out to arms length, where the lifter will wait in the finished position for the referees signal to replace the bar. During the push part of the lift, the lifter may raise up onto the toes, but not break contact with the lifting surface. When the heels / soles of the feet return fully to the floor, the knees must not bend again.

Causes for Failure:

- 1 The causes for failure for the clean apply to the clean part of the lift.
- 2 Any secondary knee bend during the push / press.
- 3 Any lateral movement or complete break in contact, between the feet and the lifting surface, after the push signal.
- 4 Starting the push before the referees signal.
- 5 Uneven or incomplete extension of the arms.
- 6 Failure to assume the correct, upright, erect and motionless posture to finish the lift.
- 7 Lowering / replacing the bar prior to the referees signal.

LIFT TWO:

F16 TWO HANDS FULTON DEADLIFT

The rules of performance for the regular deadlift apply, except that a two inch diameter bar is used, the bar does not need to be the same length as a standard barbell, either between the inside collars or in overall length. The bar must be held with both hands, using a double overhand grip.

Causes for Failure:

- 1 Causes for failure are the same as for the normal deadlift, except that a 2 inch bar is used.
- 2 Failure to lift with the knuckles of both hands facing the front.

LIFT THREE:

F26 TWO VERTICAL BARS (ONE IN EACH HAND) – 2 INCH RODS

The rules of performance are the same as for the vertical bar lift (F2), except that the lift is performed with two x 2 inch diameter bars / rods, one in each hand.

Causes for Failure:

- 1 Causes for failure are the same as for the vertical bar lift (F2), except that 2 x 2 inch rods are used

So here is F2:

F2 ONE HAND VERTICAL BAR LIFT

The lifter will grip a vertical bar with one hand, and lift the bar and weight stack clear of the lifting surface, holding it motionless and under control for two seconds. On completion the legs should be erect and straight with the free hand clear of any contact with the body. The bar will be of 1 inch diameter, and can be up to 30 inches long. A collar or base plate should be tightened or welded on the bottom to hold the vertical weight stack. The bar should not be knurled. The lifter can use an optional grip, and the lifting hand should not be in contact with or in close proximity to the weight stack, so as to avoid any tipping or gripping of the bar with the weight stack at an angle. The lifter should also be careful to ensure that the bar does not touch the forearm or leg, and the lifting hand is not locked against the thigh.

Causes for Failure:

- 1 Any contact of the bar with the forearm or legs, or locking of the lifting hand or bar against the thigh.
- 2 Any contact between the lifting hand and the weight stack, or any attempt to tip or grip the bar at an angle.
- 3 Failure to achieve and maintain the finished position (weight held clear of the lifting surface, motionless and under control for two seconds, with the legs erect and straight and the free hand clear of any contact with the body.
- 4 Replacing / lowering the bar before the referees signal.