

**INTERNATIONALL ALL - ROUND  
WEIGHTLIFTING ASSOCIATION  
I.A.W.A. (UK)**



**OFFICIAL RULEBOOK**  
*(Updated October 2022)*

## **Preface**

This rulebook was compiled from a variety of sources, The IAWA (UK) Strength Journal, The USAWA Journals, the USA edition of the IAWA rulebook, current IAWA written information, together with previously compiled rules and guidelines for all round lifting and IAWA (UK) in Particular.

Produced and published in the year 2000, this rulebook is printed in such a fashion that it may be easily expanded. The lifts and not the pages are numbered, so that when new lifts are approved they can be added to the end of the corresponding section.

## **Acknowledgements**

Special thanks are extended to:

Kerry Clarke and Melinda J. Bridges for compiling and editing the USA edition.  
Steve Gardner, Mike Archer, Frank Allen, Peter Ready and June Fulford for the dedicated research and diligent work on producing the IAWA (UK) edition.

## **Editing and Design**

Steve Gardner

*Latest Update – 14/10/2022*

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C4    One Hand Thumb less Deadlift  
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C18   Little Fingers Deadlift  
C19   Ring Fingers Deadlift

C20   Index Fingers Straddle Deadlift  
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C22   Middle Fingers Straddle Deadlift  
C23   Ring Fingers Straddle Deadlift  
C24   Index Fingers Hacklift  
C25   Little Fingers Hacklift  
C26   Ring Fingers Hacklift  
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F24	Straddle Deadlift - 2 inch Bar
F25	Two Hands Hacklift - 2 inch Bar
F26	Two Vertical Bars (1 in each hand) – 2 inch rods
F27	Two Hands Clean and Press – 2 inch Bar
F28	Back Lift Repetitions
F29	Hip Lift Repetitions
F30	Harness Lift Repetitions
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G4	One Hand Dumbbell Snatch
G5	Two Hands Dumbbells Deadlift
G6	One Hand Dumbbell Clean and Jerk
G7	Two Hands Dumbbells Snatch
G8	Two Hands Dumbbells Clean and Jerk
G9	One Hand Dumbbell Deadlift
G10	One Hand Fulton (2 inch rod) D/bell D/lift
G11	One Hand Dumbbell Bent Press
G12	Two Hands Anyhow with Dumbbells
G13	Dumbbell Walk
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G15	Lateral Raise Lying
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G18	Crucifix
G19	One Hand Dumbbell Cheat Curl
G20	Two H's Fulton (2 inch rod) DBells DLift
G21	One Hand Dumbbell Strict Curl

# THE TECHNICAL RULES OF THE INTERNATIONAL ALL ROUND WEIGHTLIFTING ASSOCIATION

## **1 THE LIFTS (RULES OF GOVERNMENT)**

- 1 The IAWA recognises various lifts not currently governed by an International body (such as the International Weightlifting Federation or the International Powerlifting Federation).
- 2 New lifts may be added to the lists of certified lifts by submitting the lift together with the rules of performance, to the Technical Committee, for approval.

## **11 PARTICIPANTS**

- 1 Competitions are organised for both men and women
- 2 The IAWA will recognise three main age groups:
  - A JUNIOR – Registered athletes who have not reached their 20<sup>th</sup> birthday.
  - B SENIOR – Registered athletes who have reached their 20<sup>th</sup> birthday
  - C MASTER – Registered athletes who have reached their 40<sup>th</sup> birthday
- 3 Age Grouping:
  - A A lifters age is the actual age on the date of the competition (in the case of multi – day competitions, the lifters age is as on the first day of the competition)
  - B For Juniors the age groupings are: (13 and Under) (14-15) (16-17) and (18-19).
  - C For Masters the age groupings are: In five year age groups, starting with (40-44) then (45-49) and so on ...

## **111 WEIGHT CLASSES**

- 1 Weight Classes shall be the same for men and women
- 2 For Seniors and Masters there shall be 19 weight classes, starting with 40 kilos, and then each 5 kilo increase shall constitute a weight class up to 125 kilos. Lifters above that weight class shall compete in the Unlimited Class (125k+)
- 3 Junior weight classes extend downward, to include a 30 kilos and a 35 kilos class for Juniors.
- 4 During a competition, an athlete may only compete in one weight class.
- 5 During a multi – day competition, an athlete will compete throughout in his / her original weight class, however: any records set after the first day will be established in the weight class that the athlete actually weighs on the day of the lift.

## **1V RECORDS**

- 1 Records for one limb lifts shall be kept for both right and left limbs
- 2 Records for finger lifts shall be kept by finger
- 3 Records may be established in any sanctioned competition, exhibition or record attempt session provided the correct number of officials is present. In competition, three officials will adjudicate, and at least two must judge a lift to be correct. A record attempt or exhibition can be staged with just two officials, but again, both must judge the lift to be correct.
- 4 Records must be approved by the NGB in the nation where they are established, or by the IAWA registrar if there is no NGB.
- 5 Records in two person team lifts will be in the weight class of the heavier lifter, whilst Masters records will be recorded in the age group of the younger lifter, and Junior records in the age group of the older lifter.
- 6 Records will be kept for men and women in all three categories and by appropriate age groups.
- 7 Records may be established using metric or avoirdupois weights.
- 8 Records may be established on fourth attempts, designated for records only, in competition, fourth attempts will not count towards a lifters total.
- 9 Records must be established by a minimum of 0.5 kilograms or 1 pound, beyond existing records.

## **V EQUIPMENT**

- 1 Wrist wraps are allowed for all lifts, to measure a maximum of one meter in length, and 8cms wide. Knee wraps are allowed ONLY for the back squat, and the front squat, and are to measure a maximum of two meters in length, and 8cms wide. The maximum width of the area of limb coverage is: 20cms.
- 2 The lifters uniform may be one-piece or two-piece, but may not be an aid to lifting.
- 3 The upper body must be covered by a one-piece suit, shirt or both.
- 4 Socks must extend no higher than the knee, and must not be an aid to lifting.
- 5 Suitable footwear must be worn, not to be an unfair aid in lifting.
- 6 A belt may be worn but may not exceed 12 cms or 4 ¾ inches in width.
- 7 Chalk or resin may be used on the hands only.
- 8 No other substances may be used on either the hands or the body.
- 9 No taping is allowed on hands or any part of the body, except to cover an open wound, and then only after inspection by the officials.

## **(EQUIPMENT CONTINUED)**

- 10 The Barbell must meet the following specifications:
- A 20.0 Kilograms in weight (44 lbs)
  - B The length of the bar shall be 2,200 millimetres (86.6 inches)
  - C The diameter of the bar shall be 28 millimetres (1.1 inches)
  - D The diameter of the sleeve shall be 50 millimetres (1.96 inches)
  - E The distance between the inside collars should be 1,310 millimetres (51.6 inches)
  - F The width of the inside collars including the collar of the sleeve should be 30 Millimetres (1.2 inches)
  - G There should be two areas of knurling on the bar , set 245 millimetres (9.6 inches) from both inside collars towards the centre.
  - H There should be a centre knurling of 120 millimetres (4.7 inches) located at the exact centre of the bar.
  - I A lighter bar may be used for attempts less than 20 kilos.
- 11 The discs for the barbell shall be of the following weights:
- A In Kilograms: 0.25, 0.5, 1.25, 2.5, 5.0, 10.0, 15.0, 20.0, 25.0, 45.0, 50.0,.  
In Pounds: 0.5, 1.0, 1.25, 2.50, 5.0, 10.0, 15.0, 20.0, 25.0, 35.0, 45.0, 100.0.
  - B The diameter of the largest discs shall be 450 millimetres (18 inches)
  - C All discs should be marked with a clear indication of their weight.
  - D The centre bore hole should be 50 millimetres (1.96 inches)
  - E The discs composition should be of metal, rubber, metal and rubber, wood, or wood composition.
- 12 The collars to fasten the discs to the bar shall generally weigh 2.5 kilos or 1.25 kilos and may be of a style appropriate to the bar.
- 13 Dumbbells:
- A The total length of rods may not exceed 61 centimetres or 24 inches.
  - B The diameter of the rod should be 28 millimetres (1.1 inches) unless the lift requires a different diameter.
  - C The weights may be fixed or changeable.
  - D The minimum distance between the inside of the discs is 17 cms and the maximum is 18 cms.
  - E The dumbbell discs should not exceed 381 millimetres (15 inches) in diameter, (Except for the Dumbbells Deadlift)
  - F All dumbbell discs shall have their weight clearly marked
- 14 The Platform shall measure four by four metres (13 feet by 13 feet) and should be composed of a non-slip material.
- A The platform height should be between 50 and 150 millimetres (2 – 6 inches)
  - B The platform may also consist of a taped area of the correct size on the lifting surface.



## **(EQUIPMENT CONTINUED)**

- 15 An appropriate lighting system to signal the decisions of the officials is recommended. If no such system is available, a visible hand system will be used.
- 16 A visible time clock with an audible warning device sounding each minute is recommended. If such a device is not available, the timer will keep the time in an acceptable manner and verbally announce each minute.
- 17 The scale may weigh in either metric or avoirdupois, though metric is recommended. A A scale certificate of accuracy, not older than thirty days, should accompany the scale at a World Championship. B A scale certificate accompanying scales at Regional, National, or any other competition or exhibition, where World Records are established, should not be more than one year old.
- 18 A warm up area for competitors should be provided, close to the competition platform. The appropriate equipment required should be provided, and constant communication with the competition area should be maintained.
- 19 It is recommended that a scorecard or recording system is used together with a scoreboard or attempts board where possible, for all competitions.

## **V1 OFFICIALS**

- 1 All officials must be approved by their National Governing Body, or IAWA where there is no NGB
- 2 Three officials should be used for all competitions, and for exhibitions also where possible (though World Records can be established with only two officials present, so long as both pass the lift).
  - A The decision of the officials is final, there shall be no appeal.
  - B At National, Continental or World Championships, a protest board of three non adjudicating officials may be established (prior to the competition) BUT they will decide only on matters regarding interpretation of the rules!
- 3 Each of the three officials has equal jurisdiction, however one will be designated the chief referee for the duration of a movement (lift) and will issue the verbal and visual commands. He / she will assume the centre position.
- 4 The officials should station themselves as necessary to make judgements, but no two should occupy the same area.

(OFFICIALS CONTINUED)

- 5 Where possible, at World or Continental Championships, only one official per nation should adjudicate in any category, and where possible at NGB championships, only one official per club should adjudicate in any category.
- 6 Officials should be properly dressed, though uniforms are not required it is recommended they be dressed in such a fashion as to distinguish them as officials wherever possible.
  - A There shall be two categories of official for IAWA (UK):  
**Probationary** – those recommended by a senior official to act as a club referee in domestic competitions for a twelve months period, during which time they should gain as much practical experience as possible and should also sit and pass the referees examination during that time. At the end of the period and subject to a recommendation from a senior official, the candidate can be upgraded to the fully qualified level.  
**National / International** – those officials deemed capable of approving World Records and officiating at Continental and World Championships, or International competitions.
  - B The IAWA General Secretary shall maintain a list of the International Officials
  - C The IAWA should develop and revise a general system of approval for International Officials from all member nations

## V11 THE COMPETITION

- 1 A competition may be for a single lift or a combination of two or more.
- 2 For competitions below National level, the competitions secretary will direct the competition within the spirit and framework of the rules.
- 3 For National competitions, the NGB will approve the competition secretary.
- 4 For International events, IAWA will approve the competition secretary.
- 5 The competition Secretary for World Championships shall be the IAWA General Secretary.
- 6 The competition Secretary may appoint any necessary committees, including a technical committee.
- 7 The NGB will appoint and approve the protest committee for National Championships, and IAWA will appoint and approve for the World Championships and International competitions.
- 8 Where necessary, lots will be drawn 2 hours and 15 minutes before the start of a lifters competition. Lots would be used to determine the order of weigh in and the order of lifting for the entire competition.
- 9 Weigh-Ins shall begin 2 hours before the start of a competition and will last for 1 1/2 hours.

## **(THE COMPETITION CONTINUED)**

- 10 The competition secretary or his designate will operate the scale and record the bodyweights.
  - A Each lifter shall weigh nude or in briefs. Females may only weigh nude in the presence of female officials, otherwise they may weigh in undergarments and lifting suit and an adjustment of 0.5 kilos (one pound) will be made for the clothing.
  - B The lifter may be accompanied by a coach at the weigh in.
  - C The lifter may weigh as often as he / she desires to make a category once the entire entry list for his / her category has been weighed, and within the time allotted.
  - D In exhibitions, weigh-ins must be completed prior to the exhibition if records are to be submitted.
- 11 At National, World and International competitions, the competitors shall be presented, (in lot order where necessary), followed by the referees.
- 12 There will be a ten minute warm up continuation period between the presentation and the commencement of the competition.
- 13 The order and number of lifts having been established and announced prior to the competition, the competition will then begin.
  - A The competitor will supply the announcer with opening attempts for each lift upon completion of their weigh in, and will then supply each, next attempt weight upon completion of the prior attempt.
  - B A competitor is allowed three attempts in each lift. A fourth attempt will be allowed for record purposes only.
  - C The bar shall be loaded progressively. The weight on the bar must increase by at least one and a quarter kilos, except for record purposes where the minimum increase is 0.5 kilo (one pound).
  - D The progression between first and second attempts must be at least 1.25 kilos.
    - 1 The required increase should generally be spread equally to each dumbbell for lifts where two dumbbells are used. (The Anyhow lift is an obvious exception).
    - 2 In the case of a bar improperly loaded, and the competitor having been allowed to lift, the competitor can elect to keep the result if successful, alternatively, the lifter can refuse it and be granted another attempt.
    - 3 If the improper lift was failed the lifter shall receive an automatic replacement lift.

## **(THE COMPETITION CONTINUED)**

- E Two minutes will be allowed for each competitor, between announcing the name and the fact that the bar is ready and loaded, and the commencement of the lift. The lifter should be warned after one minute has elapsed. If the attempt has not begun when the two minutes is up it shall be ruled “No Lift”. The time begins when the bar is loaded and ready for the lifters attempt.
- 1 A lift begins when a lifter makes an obvious attempt to lift the weight.
- F When a competitor attempts two lifts in succession, he / she will be allowed three minutes for the succeeding attempt, a warning will be given at the end of each minute, and again, the lifter is timed out if the lift has not begun at the end of three minutes.
- G The time for a fourth attempt will be three minutes.
- H To increase or decrease a weight originally selected, the lifter or coach must notify the officials prior to the final call (one minute).
- 1 A maximum of two changes is allowed between attempts.
- 2 If a lifter succeeds himself after the change, the clock will be stopped for the change to take place, and the clock then started again to continue the allotted time.
- I In a match between two individuals, the competitors may lift alternately, the competitor taking the lighter weight lifting first.
- J The order of the call / announcement, takes into consideration:
- 1 The weight of the barbell – lightest goes first.
- 2 The number of the attempt – least goes first.
- 3 The lot number (where applicable) – lowest number goes first.
- 4 Progression – Lot numbers are not used after first attempts.
- K Awards should be commensurate with the level of competition.

## **V111 POOL OF LIFTS USED FOR INTERNATIONAL COMPETITION**

(e.g. The World All Round Championships)

The following pool of lifts is selected and amended by the IAWA Executive Board, as a list from which the lifts for the World Championships can be taken each year. These lifts are selected for the International pool because they can be done by competitors from any Country, using basic weight lifting equipment (i.e. a bar, discs and collars). This pool applies to International competitions only.

### **TWO HANDS BARBELL LIFTS**

Two Hands Press  
Clean and Push Press  
Clean and Press Behind Neck  
Continental onto Belt  
Continental Clean  
Continental Clean and Jerk  
Continental Snatch  
Clean and Jerk  
Clean and Jerk Behind Neck  
Snatch  
Cheat Curl  
Zercher  
Pullover and Floor Press  
Pullover and Push with Bridge  
Steinborn lift  
Deadlift  
Hacklift  
Straddle Deadlift (Jefferson)

### **ONE HAND BARBELL LIFTS**

One Hand Snatch  
One Hand Clean and Jerk  
One Hand Deadlift or One Hand Ciavattone lift  
One Hand Hacklift  
One Hand Zercher  
Half Gardner lift

### **ONE HAND DUMBBELL LIFTS**

One Hand dumbbell Press  
One Hand Dumbbell Snatch  
One Hand Dumbbell Clean and Jerk

The World Championship Promoters have the option to include a chain lift, NOT for inclusion in the Championships, but to follow as a separate event, when used it will be known as:

**“The Chain lift Challenge”**

## **V1111 THE LIFTS (MOVEMENTS)**

Certain general rules may be applied in adjudicating the lifts:

- A Once the bar is moved, it may not be lowered, it must continue upwards.
- B The lift must not be completed in uneven fashion.
- C Neither the body or the equipment may support a weight in a manner to gain advantage.
- D Hooking is permitted, unless stated. Hooking is over gripping of the thumbs with the fingers.
- E Uneven loading of the bar is not permitted, except for specified lifts where back hang is allowed.
- F Heels and toes may rise in some movements, but foot placement should not change once designated.
- G Once designated, hand placings on the bar should not change during any individual phase of a lift.
- H Weight should not be returned to the floor or rack, prior to the officials signal.
- I Many lifts do not begin until the referee signals to do so (but not all).
- J Not straightening the arms and / or legs, or unlocking either once straightened is normally a cause for disqualification.
- K Finishing lifts by pressing out is not acceptable, unless during a press lift or otherwise stated.
- L Dropping the bar at the completion of a lift is not permitted. The bar must be controlled to its original position.
- M Touching the lifting surface with any part of the body not defined in the rules is cause for disqualification.
- N The lifter must not leave the platform during a lift.
- O Taking a second attempt, on the second part of a lift ( a second attempt at a jerk for instance) is not allowed, unless stated otherwise.
- P Showing disrespect to the officials can be a cause for disqualification.

# **THE RULES AND CAUSES FOR FAILURE OF THE INDIVIDUAL LIFTS**

## **A IAWA BASIC LIFTS**

### **A1 DEADLIFT**

The bar will be placed at the feet and directly in front of the lifter. The lifter will grasp the bar with both hands and raise the weight, the only command will be given at the completion of the lift. The lifter may use a grip in which palms are opposed if so desired. The bar may be uneven during ascent, but it must finish evenly. The bar may touch the legs during ascent, but should not be rested, bounced or hitched on the legs, or lowered at any point. No substance of any kind may be applied to the legs. Heels and toes may be raised during the lift, but the placing should not be changed. The lift is completed when the legs and arms are straight, with the bar motionless across the lifter's thighs, and the shoulders braced. On completion of the lift, after the official's signal, the bar should be controlled back to its position on the lifting surface.

#### **Causes for failure:**

- 1 Any downward movement of the bar during the lift. The bar may stop but not lower.
- 2 Failure to stand erect with shoulders braced in the erect position
- 3 Failure to lock the knees at the completion of the lift
- 4 Supporting the bar on the thighs during the lift i.e. any secondary knee flexion (as the bar is lifted from the platform the knees must extend without any additional flexion of the knees)
- 5 Any lateral movement of the feet, or stepping backwards or forward
- 6 Lowering the bar before the chief referee's signal
- 7 Allowing the bar to return to the platform without maintaining control

### **A2 SQUAT**

The bar will be taken from support stands and fixed across the shoulders at the base of the neck, no more than 3cms below the top of the anterior deltoids. The feet should be positioned on an even plane, at a width of the lifter's choice. Both hands should grip the bar within the inside collars, hands may touch the inside collars but not extend beyond them. Once the lifter has settled with foot and hand spacing the official will give the command to squat. The lifter then squats down, lowering the body to a depth where the articulation of the hip joint is below the articulation of the knee. The lifter will then recover to the standing position. When fully recovered with the legs straight and body erect, the final command will be given, at which point the lifter may be assisted to put the bar back to the supports.

#### **Causes for failure:**

- 1 Failure to wait for referee's signals to commence the lift.
- 2 Moving the hands on the bar after the signal to squat (Opening and closing fingers is allowed)
- 3 Any lowering of the bar after the recovery starts (bar may stop but not lower)
- 4 Failure to assume an upright position with knees locked at the commencement and / or completion of the lift.
- 5 Any lateral movement of the feet, or stepping forwards or back during the lift (heels and / or toes may raise)
- 6 Failure to achieve the position where the top of the leg at the hip joint is lower than the top of the knee.

(Squat continued)

- 7 Changing the position of the bar across the shoulders, after the signal to squat. This applies to the Intentional or unintentional rolling of the bar position to aid performance of the lift.
- 8 Any contact with the lifter, bar or discs by the spotters / loaders between the officials commands.
- 9 Any contact between elbows or upper arms, with the legs during the lift.
- 10 Failure to make a bona fide attempt to return the bar to the racks.
- 11 Any intentional dropping or dumping of the bar.

### **A3 BENCH PRESS**

The lifter will take position, with the head shoulders and buttocks in contact with the bench, and feet firmly on the floor (blocks may be placed under the feet of the lifter if feet do not reach the floor). The lifter will grasp the bar with a maximum width of 32 inches or 81 cms, between the outside of the forefingers. The bar may be handed out to the lifter, but it must be held motionless momentarily at arms length prior to being lowered by the lifter to a position on the chest. When the bar is held motionless, in control and in contact with the chest the referee will give the signal to press, the lifter should then press the bar out to arms length finishing fully extended and motionless, without moving the position of the body. Upon completion the referee will signal to replace the bar in the rack. During the ascent, the bar may be uneven but must finish level, it may stop but must not be lowered at any point after the command is given.

#### **Causes for failure:**

- 1 Failure to wait for the referees signal before commencing the press.
- 2 Any raising of the head, shoulders, buttocks or feet from their original points of contact with the bench, lifting surface or blocks, or lateral movement of the hands, after the signal to press is given.
- 3 Heaving or bouncing the bar off the chest, any downward movement after the referees signal to press.
- 4 Allowing the bar to sink into the chest after the signal.
- 5 Uneven extension of the arms / bar at completion of the lift.
- 6 Any lowering of the bar or hands during the press, it may stop but may not be lowered.
- 7 Any contact with the bar by the spotters / loaders, between the referee's signals.
- 8 Any contact of the lifters feet with the bench or its supports.
- 9 Deliberate contact between the bar or discs and the bench uprights during the lift which make the press easier.

### **A4 SNATCH**

The bar is placed horizontally at the lifters feet. It is gripped palm downwards and pulled overhead to arms full extent, in one movement, by either splitting or squatting with the legs. During the continuous movement the bar may slide along the thighs and lap, but must not touch the head, must not stop, or be pressed out. No part of the body other than the feet may touch the platform during the lift. At completion, the weight should be held motionless, arms and legs extended, feet on the same line parallel to the plane of the trunk and the barbell. The turning over of the wrists must not take place before the bar has passed the top of the lifters head. Upon completion, the referee will give the signal to return the bar to the lifting surface.



(Snatch continued)

**Causes for failure:**

- 1 Pulling from the hang.
- 2 Any pause during the lift
- 3 Uneven or incomplete extension of the arms.
- 4 Finishing with a press out.
- 5 Bending and extending the arms during the recovery lift (after the bar is taken to arms extended position).
- 6 Any part of the body other than the feet making contact with the lifting surface.
- 7 Stepping out of or off the marked lifting area during the lift, with any part of the foot.
- 8 Replacing the bar before the referee's signal.
- 9 Failure to finish with feet and bar in line, and parallel to the lifters trunk.
- 10 Failure to replace the bar to the lifting surface in a controlled manner.

**A5 CLEAN AND JERK**

From the same start position as for the snatch, the bar should be cleaned to the chest in a single movement, taking the bar from the platform to the shoulders using either: a squat clean or a power clean. During the pull the bar may slide along the legs and lap but should not touch the chest before the final position. During the clean, the elbows and upper arms should not come into contact with the knees or thighs. The bar should come to rest on the clavicles or chest, above the nipples with the arms full bent. The bar may be adjusted between the clean and the jerk, allowing the thumbs to be withdrawn, the bar to be lowered if impeding the breathing and to change the width of the grip. The feet should return to the straight line, with the legs straight and the lifter recovering in their own time, before performing the jerk. To jerk, the lifter bends the legs and extends them as well as the arms, to bring the bar to full extension overhead, in one movement. The lift must not finish with a press out, and the lifters feet should once again come to finish in line with legs and arms fully extended. Only one attempt at the jerk will be allowed . When the lifter has finished the lift, fully extended, feet on an even plane, and motionless, the official will signal to return the bar to the platform.

**Causes for Failure:**

- 1 Pulling from the hang.
- 2 Using more than one movement in the clean.
- 3 Touching the lifting surface with any part of the body other than the feet.
- 4 The bar coming into contact with the trunk before the final Clean position.
- 5 Elbows or arms touching knees or thighs.
- 6 Stepping off or out of the marked lifting area, with any part of the foot during the lift.
- 7 More than one attempt at the jerk
- 8 Uneven extension of the arms.
- 9 A pause during the jerk, and / or finishing with a press out.
- 10 Unlocking of the arms after the jerk, prior to the referees signal.
- 11 Failure to assume the correct finish position, arms and legs extended, bar held motionless, and feet in line and parallel to the plane of the trunk
- 12 Lowering the bar before the referees signal to replace the bar, or dropping the bar afterwards.

## **B BARBELL LIFTS – PRESSES, SNATCHES, CLEAN AND JERKS**

### **B1 TWO HANDS PRESS**

The weight should be cleaned to the shoulders. The lifter will stand erect with legs straight and knees braced. The lifters foot spacing is optional. When the lifter is motionless with the arms bent and the bar resting on the chest in line with the clavicle, the referee will signal the lifter to press. The lifter will then extend the arms, pressing out the bar to full extension. The bar should not lower at any point during the press, the lifter must not alter body position and the feet should not move at all. Back bend is allowed so long as the knees remain braced. When the lifter has completed the lift, arms fully extended and the weight held fixed, the referee will give the command to replace the bar.

#### **Causes for Failure:**

- 1 Failure to comply with rules for the Clean (as detailed in the Clean and Jerk).
- 2 Failure to assume the upright position prior to the press signal, (feet in line, legs straight, bar on the chest level with the clavicles)
- 3 Starting to press before the signal.
- 4 Lowering the bar after the press signal to gain momentum.
- 5 Failure to press in one continuous motion, and uneven extension of the arms.
- 6 Failure to keep the knees braced, legs straight and any movement of the feet.
- 7 Any twisting of the trunk or rotating during the press.
- 8 Failure to attain the finish position, body upright, arms and legs extended.
- 9 Replacing the bar before the referees signal, or dropping the bar after the signal.

### **B2 CLEAN AND PRESS BEHIND NECK**

The weight should be cleaned to the shoulders and then pushed overhead in a style of the lifters choosing, to a position where the bar rests on the lifters shoulders at the base of the neck. The lifter should stand erect with the knees braced and a foot spacing of the lifters choice. Upon the signal from the referee, the lifter will extend the arms and press the bar out evenly to full extension, without any movement of the body, legs or feet. The bar may touch the head or neck during the press, but it may not be supported in any fashion. The bar may change angle during ascent, and there is no limit to the amount of backbend so long as the knees remain braced throughout. Normal commands for the press apply.

#### **Causes for Failure:**

- 1 Failure to comply with the rules for the clean.
- 2 Failure to press in one movement.
- 3 Uneven extension and failing to lock the arms on completion of the press.
- 4 Failure to keep the knees braced, and any movement of the feet.
- 5 Anticipating the referee's signals to start the lift, and to replace the bar.
- 6 Failure to adopt an erect position for the start and finish of the press.
- 7 Dropping the bar after the referee's signal to replace the bar.

### **B3 TWO HANDS SNATCH FROM THE HANG**

Using optional hand spacing the lifter will take the loaded bar from the floor and stand erect, with the bar resting at arms length across the thighs. In this position the lifter will be given the signal to Snatch. The lifter is then permitted to bend forward and lower the bar towards the lifting surface, so far as he or she wishes (however, once initially lifted clear of the floor, the bar or discs are not allowed to make contact with the floor again), the lifter will then proceed to complete the snatch. The bar having been lowered and the ascent into the snatch having begun, the rules of performance for the Two Hands Snatch will now apply.

#### **Causes for Failure:**

- 1 Having adopted the start position, failing to wait for the referees signal to complete the snatch.
- 2 Allowing any part of the bar or discs to make contact with the floor after the referees signal.
- 3 Having begun the snatch phase of the lift, causes for failure for the two hands snatch now apply.

### **B4 CLEAN AND PRESS ON KNEES**

The lifter shall assume a kneeling position in front of the bar. Padding not to exceed 1 inch thick, may be used under the knees. The feet may be braced in any fashion, behind or to the side. The bar should be cleaned to the shoulders, elbows must not touch the legs, torso or lifting surface. Once cleaned, the weight will be pressed upon command. The knees cannot move during the press, all other rules of the press apply.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Two Hands Press.

### **B5 SEATED PRESS**

The bar may be cleaned in the standing position, the lifter then sits on a bench or chair, with a maximum height of 18 inches. The lifters back should be unsupported throughout the lift. Foot spacing is optional but they must not move at all during the lift and must not come into contact with the seat supports. There is no limit on backbend, but once the press begins the lifter cannot move position on the bench / seat. The lifter will lift as for the regular press, on command. At the completion of the lift the referee will signal to replace the bar.

#### **Causes for Failure:**

- 1 Any contact of the feet with the seat uprights, or gripping the seating support with the thighs.
- 2 Twisting the trunk and or the bar during the press.
- 3 Permitting the back to make contact with any support.
- 4 Any movement of the seated position during the press.
- 5 Other causes for failure are the same as for the Two Hands Press.

## **B6 SEATED PRESS BEHIND NECK**

The rules of the seated press apply, except that the lifter will place the bar behind the neck and the signal to press will be given when the bar is motionless at the base of the neck. The general rules for the press apply.

### **Causes for Failure:**

- 1 Failure to adopt the correct start position with the bar resting on the shoulders at the base of the neck.
- 2 All other causes for failure are the same as for the seated press.

## **B7 MIDDLE FINGERS CLEAN AND PRESS**

The rules for the two hands press apply, except that the entire lift is done using only the middle fingers of each hand, to lift the bar.

### **Causes for Failure:**

- 1 Using any part of the body other than the middle fingers to lift the bar.
- 2 All other causes for failure are the same as for the two hands press.

## **B8 TWO HANDS REVERSE CLEAN AND PRESS**

The rules of the two hands press apply, except that the entire lift is done with the hands gripping the bar with the palms forward and upwards (as if in a curling hold).

### **Causes for Failure:**

- 1 Failure to grip the bar with the palms facing upwards and forwards.
- 2 All other causes for failure are the same as for the two hands press.

## **B9 KELLY SNATCH (Reverse Swing)**

The barbell is placed behind the lifters feet. The lifter uses an optional grip, then snatches the weight to arms length behind his / her back. To achieve the arms extended at full length position the lifter will bend forward at the knees and waist, as much as is required. At the completion of the lift, the lifter remains bent forward at the waist, but must straighten the legs and lock the knees.

### **Causes for Failure:**

- 1 Failure to finish with the legs straight and knees locked.
- 2 Lowering the bar or replacing before the referees signal.

### **B10 ALTERNATE GRIP CLEAN AND PRESS**

The rules of the two hands press apply, except that the bar must be gripped with the palms opposed. The opposed palms (alternate grip) must remain throughout the lift.

#### **Causes for Failure:**

- 1 Failure to grip the bar with the palms opposed throughout the lift.
- 2 All other causes for failure are the same as for the two hands press.

### **B11 SNATCH ON KNEES**

The preliminary rules for the clean and press on knees apply. Once situated, the bar must be snatched to arms length. The lifter may brace the buttocks against the back of the legs during the lift, but must finish erect, up on the knees at completion. As with normal snatch rules, pressing out is not allowed.

#### **Causes for Failure:**

- 1 Failure to snatch in one continuous movement.
- 2 Finishing the lift with a press out.
- 3 Lowering or replacing the bar before the referees signal.

### **B12 TWO PERSON CLEAN AND SNATCH**

Two people lift within the inside collars of the barbell. One lifter will clean the weight and the other will snatch it. They may have their arms crossed and hand spacing for each is optional. The lifter doing the snatch will not come to the erect finish position, but will remain in the split or squat position until the referee is satisfied with the conduct of the lift, and gives the signal to replace the bar.

#### **Causes for Failure:**

- 1 For one lifter the general rules for the snatch apply, except that the lifter must remain in the split or squat position to receive the signal.
- 2 For one lifter the general rules of the clean apply.
- 3 Lowering the bar before the referees signal, or dropping the bar after the signal.

### **B13 ZEIGLER CLEAN**

A weight lifting disc not smaller than a one and a quarter kilo plate (two and a half pounds) will be placed on the head of the lifter. The lifter will then attempt to clean the barbell (complying with the normal rules for the clean), whilst the disc remains on the lifters head, throughout. It is a test of balance, the disc may not be attached in any manner.

#### **Causes for Failure:**

- 1 Failure to keep a correct sized disc in position throughout the lift.
- 2 All other causes for failure are the same as for the clean.

#### **B14 MILLER (MIDDLE FINGERS) CLEAN AND JERK**

The rules for the clean and jerk apply, except that the entire lift is performed using only the middle finger of each hand to lift the bar.

##### **Causes for Failure:**

- 1 Using any part of the body other than the middle fingers to lift the bar.
- 2 All other causes for failure are the same as for the clean and jerk.

#### **B15 JUDD (ONE LEG) CLEAN AND JERK**

The rules for the clean and jerk apply, except that the entire lift is done using only one leg. The free leg must not touch the lifting surface or the lifter's body at any time during the lift. There is no limit to the number of times a lifter adjusts the foot position at the completion of the lift to maintain balance, provided that the bar remains at arms length.

##### **Causes for Failure:**

- 1 Touching the lifting surface or the rest of the body with the free leg, during the lift.
- 2 All other causes for failure are the same as for the clean and jerk.

#### **B16 REPETITION CLEANS WITH BODYWEIGHT**

The general rules for the clean shall apply. The repetitions will be done in such a fashion that following the initial clean, the bar should descend below the knees but not touch the floor, before being cleaned again.

##### **Causes for Failure:**

- 1 Failure to lower the bar below the knees between repetitions.
- 2 Touching the lifting surface with the bar or discs between repetitions
- 3 For all other causes for failure, the general rules for the clean apply.

#### **B17 TWO PERSON TEAM PRESS**

The rules for the two hands press apply, except that the lift will be done by two lifters, both lifting within the inside collars of the barbell. Foot and hand spacing is optional, and the lifters may cross arms.

##### **Causes for Failure:**

- 1 The causes for failure are the same as for the two hands press, except that the lift is performed by two lifters.

### **B18 TWO PERSON TEAM SNATCH**

The rules for the two hands snatch apply, except that the lift will be done by two lifters, both lifting within the inside collars of the barbell.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the snatch, except that the lift is performed by two lifters.

### **B19 TWO PERSON CLEAN AND JERK**

The rules for the two hands clean and jerk apply, except that the lift will be done by two lifters, both lifting within the inside collars of the barbell.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the clean and jerk, except that the lift is performed by two lifters.

### **B20 REPETITION SNATCHES WITH BODYWEIGHT**

The rules for the two hands snatch apply. The repetitions should be done in such a fashion, that following the initial snatch, the bar should be lowered below the knees but not touch the floor, between repetitions.

#### **Causes for Failure:**

- 1 Failing to lower the bar below the knees between repetitions.
- 2 Touching the lifting surface with the bar or discs between repetitions.
- 3 For all other causes for failure, the rules for the two hands snatch apply.

### **B21 REPETITION PRESSES WITH BODYWEIGHT**

The rules for the two hands press apply. The repetitions should be done in such a fashion that following the initial press the bar should be lowered below the knees, but not touch the floor, between repetitions.

#### **Causes for Failure:**

- 1 Failing to lower the bar below the knees between repetitions.
- 2 Touching the lifting surface with the bar or discs between repetitions.
- 3 For all other causes for failure, the rules of the two hands press apply.

## **B22 REPETITION CLEAN AND JERKS WITH BODYWEIGHT**

The general rules for the two hands clean and jerk apply. The repetitions will be done in such a fashion that following the initial clean and jerk, the bar should descend below the knees, but not touch the floor before being cleaned again.

### **Causes for Failure:**

- 1 Failing to lower the bar below the knees between repetitions.
- 2 Touching the lifting surface with the bar or discs between repetitions.
- 3 For all other causes for failure, the general rules for the clean and jerk apply

## **B23 REPETITION JERKS WITH BODYWEIGHT**

The rules for the two hands clean and jerk apply. The repetitions will be done in such a fashion that following the initial clean and jerk, the bar should be lowered to the chest, and a pause will precede the jerk repetitions each time.

### **Causes for Failure:**

- 1 Failure to pause with the bar on the chest between repetitions.
- 2 Any bouncing of the bar on the chest between repetitions.
- 3 All other causes for failure are the same as for the clean and jerk.

## **B24 ONE HAND SNATCH**

The rules for the two hands snatch apply, except that the lift will be done with either the left or right hand only. The bar is placed at the lifters feet and in front of him. Using a one hand, knuckles uppermost grip, the lifter raises the bar in a single continuous movement, to a locked arm overhead, position. The bar should remain horizontal to the lifters front aspect at the completion of the lift. The bar should not touch the thighs, torso or free arm during the lift. The free hand can be supported on the knees or thigh, but may not touch the lifting surface, bar or lifting arm, during the lift.

### **Causes for Failure:**

- 1 Touching the lifting surface, bar or lifting arm with the free arm.
- 2 Failure to maintain the bar horizontal to the lifters front aspect at the completion of the lift.
- 3 All other causes for failure are the same as for the two hands snatch.



## **B25 ONE HAND CLEAN AND JERK**

The rules for the two hands clean and jerk apply except that the lift is done with either the left or right hand only. An optional grip is used, and the bar is raised to the commensurate shoulder as the lifting arm, in a single movement. The bar must not touch any part of the legs or trunk below the line of the nipples. In receiving the bar at the shoulder it should not make contact with or rest, on the opposite shoulder or chest. The centre of the sternum is used as the line of indication. The free hand may be supported on the thigh or knee of either leg, but must not touch the lifting surface, lifting arm or bar during the lift. With a single distinct effort the lifter will jerk the bar to arms length above the head. The signal to replace the bar will be given on completion of the lift, when the lifter is erect and motionless with the feet on a parallel plane to the torso.

### **Causes for Failure:**

- 1 Touching the lifting surface, bar or lifting arm with the free arm.
- 2 Touching the bar with the legs or trunk below the line of the nipples.
- 3 Touching the chest or shoulder with the bar, on the opposite side to the lifting arm.
- 4 Allowing the bar to rise above the lower level of the ear, when adjusting the grip prior to the jerk.
- 5 Failure to control the bar and fix it motionless, at completion.
- 6 All other causes for failure are the same as for the two hands clean and jerk.

## **B26 ONE HAND BENT PRESS**

The bar should be cleaned to the shoulder in one movement. During the pull to the shoulder the trunk can bend sideways and the elbow can rest on the hip. Once the bar is in position at the shoulder, and gripped at the centre, it should be elevated to arms length overhead by means of lateral pressure. The bar must not touch the hip during the press. At the completion of the lift the lifter will stand erect.

### **Causes for Failure:**

- 1 Touching the floor with any part of the body other than the feet.
- 2 Touching the hip with the bar during the press.
- 3 Failure to complete the lift, standing erect and motionless, with the legs and arms straight, and feet in line with the lifters front aspect.
- 4 All other causes for failure are the same as for the one hand clean and one hand clean and jerk.

## **B27 ONE ARMED PUSH PRESS (SIDE PRESS)**

A barbell should be taken to the shoulder with one or two hands, and feet pointed in the direction the lifter will bend. Holding the bar a little high and away from the shoulder, and with the knees locked hard, the lifter bends away from the bar, pushing the hips towards the lifting arm. When the arm is locked the lifter will raise to the upright position, holding the weight above the head, and will bring the feet into line with the lifters front aspect. After the referees signal to replace the bar, two hands can be used. This lift is similar to the bent press but differs on four points. The heels may not be more than 12 inches apart, the upper arm is not allowed to rest on the body, though the trunk may be bent to any degree. The legs must remain straight and there can be no support from the non-lifting arm.

## **(B27 CONTINUED)**

### **Causes for Failure:**

- 1 Failure to maintain straight legs with knees locked throughout the lift.
- 2 Allowing the upper part of the lifting arm to rest on the body.
- 3 Allowing the free arm to give support to the lifting arm.
- 4 Failure to finish with the arm locked, the body erect and the feet in line with the lifters front aspect.
- 5 Failure to maintain control of the bar at the completion of the lift.

## **B28 CONTINENTAL CLEAN**

The bar will be lifted from the floor, coming to rest in the finish position for the clean. The difference between the continental and the regular clean is the fact that it can be raised by any method of the lifters choice, other than upending the bar into position. The bar may be raised in one or a series of movements, it may come to rest, be re-lowered, and make contact with any part of the legs or body during the lift. Touching the lifting surface with any part of the knees or buttocks is permissible. The grip is optional and may be altered during the lift. The signal to replace the bar will be given when the lifter is motionless in the finished clean position, the bar gripped with both hands, body erect, legs braced and feet parallel and in line with the torso. A supportive belt with a folded towel or similar material placed inside it and at the front, may be used to assist the lifter, who may choose to clean the bar from the belt.

### **Causes for Failure:**

- 1 Allowing the bar to make contact with the lifting surface during the lift.
- 2 Failure to maintain the finish position, bar on upper chest, legs braced and feet parallel and in line with the torso.
- 3 Lowering or replacing the bar before the referees signal.

## **B29 CLEAN AND JERK BEHIND NECK**

The rules of performance for the clean and jerk apply, except that once the weight is cleaned, it is to be put over the lifters head by any means of the lifters choice. The bar should be placed in position, behind and at the base of the neck, prior to the jerk.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the clean and jerk except that the bar is placed behind and at the base of the neck, prior to the jerk.

### **B30 CONTINENTAL CLEAN AND JERK**

The rules of performance for the continental clean apply to the clean part of the lift, and the rules of performance for the jerk apply to the jerk part of the lift, except that the jerk can be done from a position in front or behind the neck, it is the lifters choice. There is no limit to the number of attempts made to clean or jerk the bar, once it is lifted from the floor. The lift may also finish with a press out.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the continental clean, and the jerk, except that it is the lifters choice to jerk from a front or behind the neck position.

### **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.

### **B32 JERK FROM RACKS**

The rules of performance for the clean and jerk apply, except that the bar arrives in the cleaned position on the chest, in line with the clavicles, by being lifted off the racks. The lifter will take two paces backwards from the rack to perform the jerk. Upon the completion signal from the referee, the bar is placed back on the racks, and the lifter can be assisted to replace the bar by aides.

#### **Causes for Failure:**

- 1 Failure to return the bar to the racks.
- 2 All other causes for failure are the same as for the jerk part of the clean and jerk.

### **B33 JERK BEHIND NECK FROM RACK**

The rules of performance for the clean and jerk behind neck apply, except that the weight is placed in position behind the neck by being lifted out of the rack, prior to the jerk. Upon receiving the completion signal, the lifter will replace the bar to the rack.

#### **Causes for Failure:**

- 1 Failure to replace the bar in the rack.
- 2 All other causes for failure are the same as for the clean and jerk behind neck, except that the bar is taken from the rack prior to the jerk, and replaced upon completion.

### **B34 FRENCH PRESS**

The rules of performance for the two hands press apply except that the hand spacing on the bar shall not exceed six inches. From a position in which the arms are straight, and overhead, the bar will be lowered to touch the base of the neck at the junction with the shoulders, the arms bending only at the elbows, without lowering the upper part of the arms. When the bar is in contact with the neck, the signal to press will be given. The bar will be pressed back to arms length, without any back bend, movement of the knees or feet.

#### **Causes for Failure:**

- 1 Failure to maintain a six inch or less, hand spacing.
- 2 Failure to press the bar in one movement.
- 3 Any back bend or movement of the knees or feet during the press.
- 4 All other causes for failure are the same as for the two hands press.

### **B35 BENCH PRESS – FEET IN THE AIR**

The rules of performance for the bench press apply, except that the legs must be straight off the bench with the ankles and heels not supported, the feet in the air. It is permissible for the lifter to raise and bend the knees to form a legs crossed in mid-air position, so long as the position is maintained throughout. No extra support bench or similar equipment can be used for extra leg support.

#### **Causes for Failure:**

- 1 Any gripping or bracing of the legs or heels, or touching anything with the feet.
- 2 All other causes for failure are the same as for the bench press.

### **B36 HANDS TOGETHER BENCH PRESS**

The rules of performance for the bench press apply, except that any part of the hands, thumbs or fingers must be touching before the lift is signalled to begin, and must remain in contact throughout.

#### **Causes for Failure:**

- 1 Failure to maintain contact with the hands, thumbs or fingers throughout the lift.
- 2 All other cause for failure are the same as for the bench press.

### **B37 ONE HAND BENCH PRESS**

The rules of performance for the bench press apply, except that only one hand will be used to complete the lift. Hand placing on the bar is optional, no bracing of the lifters body whilst attempting to regain lost balance is allowed. Two hands may be used to lift the bar out and into position, before the lifter starts the one hand descent. Two hands may be used again to replace the bar after the referees completion signal.

#### **Causes for Failure:**

- 1 Any bracing of the lifters body to regain lost balance.
- 2 All other causes for failure are the same as for the bench press.

### **B38 ALTERNATE GRIP BENCH PRESS**

The rules of performance for the bench press apply, except that the grip will be alternate with palms opposed.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the bench press. Except that the grip must be alternate.

### **B39 REVERSE GRIP BENCH PRESS**

The rules of performance for the bench press apply, except that the grip of both hands is reversed, palms facing the lifters head, (as if in the curl hold).

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the bench press, except that the grip of both hands is reversed.

### **B40 ROMAN CHAIR BENCH PRESS**

The rules of performance for the bench press apply, except that the lift will be done on a roman chair, or a bench which does not extend beyond the top of the lifters buttocks. The feet / toes may be hooked in any manner in front of the lifter to give stability. Once the lifter has lays back to a position where the spinal column is parallel to the floor, aides will hand the barbell to the lifter, who will hold the bar firm at arms length. The lift will then be performed as per the bench press. During the lift, the competitor may not raise the body above the parallel line, or drop below it, in order to gain an advantage. The bar must not be pressed from the chest from a position lower than the base of the pectoral muscles.

#### **Causes for Failure:**

- 1 Failure to maintain the parallel position of the spine.
- 2 Pressing from a lower position than the base of the pectoral muscles.
- 3 All other causes for failure are the same as for the bench press.

#### **B41 PULLOVER AND FLOOR PRESS**

The rules for the pullover are the same as for the pullover and push (B43), except that the legs must stay flat, and must not be moved during the pullover so as to gain assistance. The lifter can choose the width of the legs position, but once elected they must remain in that position. With the bar at fore arms length and the elbows on the floor, the lifter must await the referees signal to press. The bar is pressed to arms length as per the bench press, and on completion the official will signal for the bar to be returned to the lifting surface. Note: when the lifter has pulled the bar over, movement of the upper arms is allowed whilst the lifter finds a better / stronger position, prior to the press.

##### **Causes for Failure:**

- 1 Failure to keep the legs flat and motionless during the lift.
- 2 All other causes for failure are the same as for the pullover and push.

#### **B42 WRESTLERS BRIDGE PULLOVER AND PUSH**

The lifter will lay back against the lifting surface and is allowed only three points of contact: The top / back of the head and the two feet. A pad of not more than 2 inches thick is allowed to rest the head on. The lifter will pull the weight over the head, onto the chest. On command the lifter will press the weight out to full arms length, on completion, the official will signal to replace the bar. The rules of performance for the bench press apply to the press part of the lift. During the lift no other part of the body may make contact with the floor, heels and toes may raise but feet and head must not move.

##### **Causes for Failure:**

- 1 Failure to maintain only the three points of contact, and allowing the head or feet to move position.
- 2 Other causes for failure are the same as for the bench press.

#### **B43 PULLOVER AND PUSH PRESS WITH BRIDGE**

The lifter assumes a laying down position on the lifting surface, face up, and with the bar at arms length behind the head. The bar is grasped with arms extended and the palms facing upwards. The width of the grip is optional and at this point the position of the feet and legs is also optional. The lifter pulls the bar over the head and to a position above the chest, in one movement. The weight is supported at fore arms length by the elbows, being placed firmly on the floor. The lifter will bring the feet close in to the buttocks, if not already done, and may incline the fore arms to allow the bar to rest on the abdomen. By using a belly toss or bridging movement the lifter will push the weight out to arms length, in one continuous movement, to the finished position over the shoulders / chest configuration. The lifter is allowed to move the feet around during the lift, but to finish, the back, buttocks and legs must be lowered to lay flat and motionless, the bar fixed as if at the finish of a bench press. The referees signal to replace the bar comes at the completion of the lift. The lifter may use a towel or mat under the elbows for protection. The bar must be pulled and lifted into the push position, not rolled, and once the bar leaves the floor it must not touch again at any point until the down signal. Only one effort at the push is allowed.

## **(B43 PULLOVER AND PUSH PRESS WITH BRIDGE CONTINUED)**

### **Causes for Failure:**

- 1 Failure to complete the pullover in one distinct movement.
- 2 Allowing the bar or discs to make contact with the lifting surface, after the initial lift off.
- 3 Failure to complete the push in one distinct movement.
- 4 Any stopping of the bar or uneven extension during the push.
- 5 Failure to hold the finished position until the referees signal.

## **B44 BENT PRESS (ANYHOW TO SHOULDERS)**

The lift is done with either arm, the barbell is taken to the shoulder by a method of the lifters choice, using one or two hands, or standing the barbell on end and taking to the shoulder. No part of the body other than the feet may come into contact with the lifting surface. Once in position at the shoulder, with the bar gripped at the centre, it will be elevated to arms length overhead by means of lateral pressure. The barbell must not make contact with the hip. The lifter will come up into a finished position, trunk erect, lifting arm and legs straight , and the feet on a parallel plane to the lifters front aspect.

### **Causes for Failure:**

- 1 Touching the floor with any part of the body other than the feet.
- 2 Touching the hip with the bar.
- 3 Failure to finish with the trunk, lifting arm and legs erect and straight, and the feet on an even plane.

## **B45 CONTINENTAL ONTO BELT**

The rules of performance for the continental clean apply, up to the height of the lifters belt, the weight resting on the belt is the finished position for this lift. A belt must be worn, and at the correct waist height, it shall not hang down in front of the lifters abdomen. The lift is completed when the bar (gripped with both hands in a finished position) is resting on the belt, with the lifter fully erect and knees braced. When the bar is still and motionless the referee will signal to replace the bar.

### **Causes for Failure:**

- 1 Failing to position and fix the bar on the belt.
- 2 Failure to wear the belt at the correct height.
- 3 Failure to finish the lift fully erect, and with the legs straight and knees braced.
- 4 Lowering / replacing the bar before the referees signal.
- 5 Failure to control the bar back to the lifting surface after the referees signal.

#### **B46 CONTINENTAL SNATCH**

The lifter may take the bar onto the lifting belt, following the rules of performance for the continental clean, (but only so far as the belt) with any hand space width, and using any grip. At the point where the bar comes to rest on the belt, hand spacing and grip may be altered, before the bar leaves the belt for the continuation of the snatch movement proper. Once the bar leaves the belt after the initial dip, the grip cannot be altered, and the rest of the lift will follow the same rules of performance as for the two hands snatch (except that knees and buttocks may touch the lifting surface).

##### **Causes for Failure:**

- 1 The causes for failure for the first part of the lift (onto the belt) are the same as for the continental clean.
- 2 The causes for failure for the second part of the lift (the snatch) are the same as for the two hands snatch.

#### **B47 PUSH PRESS FROM RACK**

The rules of performance for the push press apply, except that the bar is lifted off the rack, to await the referees signal to push / press, instead of cleaning it. On the referees signal to replace the bar at the completion of the lift, the lifter should make a bona-fide attempt to replace the weight in the rack, and can be assisted by the spotters / catchers.

##### **Causes for Failure:**

- 1 The causes for failure are the same as for the clean and push press, but only from the point after the clean, the weight having been lifted off the rack to await the signal to push / press.

#### **B48 THE REFLEX CLEAN AND PUSH PRESS**

The rules of performance for the clean and push press apply, except that the lift must be completed in one continuous movement from start to finish (i.e. the lifter is not permitted to rest after the clean and before starting the push press). The lifter will use a reflex movement to come straight out of the clean receiving position and push press the bar out to completion.

##### **Causes for Failure:**

- 1 The causes for failure are the same as for the clean and push press except that the lift must be completed in one continuous movement.

#### **B49 THE REFLEX CLEAN AND JERK**

The rules of performance for the two hands clean and jerk apply, except that the lift must be completed in one continuous movement from start to finish (i.e. the lifter is not permitted to rest after the clean and before starting the jerk), the lifter will use a reflex movement to come straight out of the clean receiving position and jerking the bar out to completion.

##### **Causes for Failure:**

- 1 The causes for failure are the same as for the two hands clean and jerk except that the lift must be completed in one continuous movement.



## **B50 PRESS BEHIND NECK FROM RACK**

The rules of performance for the clean and press behind neck apply, except that the weight is placed in position behind the neck by being lifted out of the rack prior to the signal to press. Upon receiving the completion signal, the lifter will replace the bar to the rack.

### **Causes for Failure:**

- 1 Causes for failure are the same as for the clean and press behind neck.

## **B51 SEATED PRESS BEHIND NECK FROM RACK**

The rules of performance for the Seated Press Behind Neck apply, except that before adopting the seated position to perform the lift, the weight is lifted off the rack.

### **Causes for Failure:**

- 1 Causes for failure are the same as for the Seated Press Behind Neck.

## **C BARBELL LIFTS – DEADLIFTS**

### **C1 TWO PERSON HACKLIFT**

The rules of performance for the hacklift apply, except that the lift is performed by two lifters, both within the inside collars of a regulation barbell. The lifters can place their hands side by side or may cross them if they wish. A violation by either lifter will cause the lift to be failed.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the hacklift.
- 2 Any cause for failure incurred by either member will cause the lift to be failed.

### **C2 TWO PERSON STRADDLE (JEFFERSON) DEADLIFT**

The rules of performance for the straddle deadlift apply, except that the lift is performed by two lifters, both within the inside collars of a regulation barbell. The lifters can place their hands side by side or cross them if they wish. A violation by either lifter will cause the lift to be failed.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the straddle deadlift.
- 2 Any cause for failure incurred by either lifter will cause the lift to be failed.

### **C3 STIFF LEG DEADLIFT**

The rules of performance for the deadlift apply, except that the legs must be straight, with the knees locked at the start of the lift, and must remain so throughout.

### **Causes for Failure:**

- 1 Failure to keep the legs and knees straight and locked, throughout the lift.
- 2 All other causes for failure are the same as for the deadlift.

#### **C4 ONE HAND THUMBLESS DEADLIFT**

The rules of performance for the one hand deadlift apply, except that the thumb must not come into contact with the bar at any point.

##### **Causes for Failure:**

- 1 Any contact of the bar with the thumb.
- 2 All other causes for failure are the same as for the one hand deadlift.

#### **C5 MIDDLE FINGERS DEADLIFT**

The rules of performance for the deadlift apply, except that the lift will be done using only the middle finger of each hand to grip the bar. Lifts for other finger combinations will follow this rule also.

##### **Causes for Failure:**

- 1 Failure to complete the lift using only the middle finger of each hand to grip the bar.
- 2 All other causes for failure are the same as for the deadlift.

#### **C6 ONE LEG DEADLIFT (REEVES DEADLIFT)**

The rules of performance for the deadlift apply, except that the lift is completed whilst standing on one leg. The leg choice is optional, but must not change during the lift. The free leg must not be braced against the lifting leg during the lift, or come into contact with the lifting surface. The leg can be pointed in any direction to assist the balance.

##### **Causes for Failure:**

- 1 Any contact of the free leg with the lifting surface or lifting leg.
- 2 All other causes for failure are the same as for the deadlift.

#### **C7 ONE HAND DEADLIFT**

Either hand can be used for this lift, but it must not change during the lift. The bar will be raised in front of the lifter (as in the deadlift), or raised with the lifter standing astride or at the side of the bar. The use of a hook grip is allowed. The free hand can be used as a brace on the legs or body, but may not continue to be a brace on completion of the lift. Foot spacing is optional but must not change or move during the lift, though the heels and toes may rise. The bar should be raised and held motionless, with both ends above the knee joints. The shoulders and upper body do not have to be pulled up to a straight and erect position, so long as the legs are straight with the knees braced. On completion of the lift the referee will give the signal to replace the bar.

##### **Causes for Failure:**

- 1 Failure to achieve the finished position with the bar (above the knee joints at both ends and held motionless).
- 2 Any movement of the feet, other than the raising of heels and toes.
- 3 Failure to achieve the finished position with the body (legs straight, knees braced, and free arm not in a brace position upon completion).

## **C8 TWO BARBELL DEADLIFT**

The rules of performance for the one hand deadlift apply, except that the lifter will lift two barbells simultaneously, one in each hand.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the one hand deadlift, except that two bars are lifted, one in each hand.

## **C9 TWO PERSON TEAM DEADLIFT**

The rules of performance for the deadlift apply, except that the lift is performed by two lifters, both within the inside collars of a regulation barbell. The lifters can place hands side by side or may cross hands if they wish. A violation by either lifter will cause the lift to be failed. The bodyweight of the heavier lifter will determine the weight class of the team, and the age of the older lifter will determine the age group of the team in the junior division, and the age of the younger lifter will determine the age group of the team in the masters division. Teams will be recorded as: male, female or mixed (male and female).

### **Causes for Failure:**

- 1 The causes for failure are the same as for the deadlift.
- 2 Any cause for failure by either member of the team, will cause the lift to be failed.

## **C10 Hacklift**

The rules of performance for the deadlift apply, except that the bar will be placed behind the lifter, and will remain behind throughout the lift. The bar may touch the calves and upper legs as it rises. The bar should be raised in one movement, but should the bar bind against the upper legs it is permissible for the bar to stop while a hip adjustment is made, so long as the bar does not lower during that adjustment.

### **Causes for Failure:**

- 1 Any lowering of the bar during the lift, as the lifter adjusts, to free from binding on the back of the legs.
- 2 Raising the bar in a series of jerky, pull movements.
- 3 All other causes for failure are the same as for the deadlift.

## **C11 ONE HAND HACKLIFT**

The rules of performance for the hacklift apply, except that the entire lift will be performed with one hand, the choice of hand is down to the lifter, but it can not be changed during the lift.

### **Causes for Failure:**

- 1 Failure to use one hand to complete the lift (the same hand throughout).
- 2 All other causes for failure are the same as for the hacklift.

## **C12 STRADDLE DEADLIFT (JEFFERSON)**

The rules of performance for the deadlift apply, except that the lifter will straddle the bar. The lifter can face any direction, and the foot spacing is optional, but the feet must be placed on either side of the bar. The bar may ride against either leg during the lift, but must not be supported, or make any descent.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the deadlift, except that the lifter stands astride the bar, in the straddle position.

## **C13 TWO HANDS CIAVATTONE DEADLIFT**

The rules of performance for the deadlift apply, except that the palms of both hands must be on top and in front of the bar (not opposed). Hooking of the thumbs and fingers is not allowed.

### **Causes for Failure:**

- 1 Failure to lift with the palms of both hands on top and in front of the bar.
- 2 Any hooking of the thumbs and fingers.
- 3 All other causes for failure are the same as for the deadlift.

## **C14 ONE HAND CIAVATTONE DEADLIFT**

The rules of performance for the one hand deadlift apply, except that the use of a hook grip is not allowed.

### **Causes for Failure:**

- 1 Using a hook grip during the lift.
- 2 All other causes for failure are the same as for the one hand deadlift.

## **C15 MIDDLE FINGERS HACKLIFT**

The rules of performance for the hacklift apply, except that the bar will be lifted using only the middle finger of each hand. The fingers may grip the bar in an alternate manner.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the hacklift, except that the lift is performed using only the middle finger of each hand.

## **C16 TWO HANDS THUMBLESS DEADLIFT**

The rules of performance for the deadlift apply, except that the thumbs must not go around the bar at all. The thumbs must stay on the same side of the bar as the rest of the fingers, and not to encircle the bar. The knuckles of both hands must face the front (alternate grip is not allowed).

### **Causes for Failure:**

- 1 Allowing the thumbs to encircle the bar at any point during the lift, and / or using an alternate grip.
- 2 All other causes for failure are the same as for the deadlift.

### **C17 INDEX FINGERS DEADLIFT**

The rules of Performance for the Deadlift apply, except that the lift will be done using only the index fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Deadlift

### **C18 `LITTLE FINGERS DEADLIFT**

The rules of Performance for the Deadlift apply, except that the lift will be done using only the little fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Deadlift

### **C19 RING FINGERS DEADLIFT**

The rules of Performance for the Deadlift apply, except that the lift will be done using only the ring fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Deadlift

### **C20 INDEX FINGERS STRADDLE DEADLIFT**

The rules of Performance for the Straddle Deadlift apply, except that the lift will be done using only the index fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Straddle Deadlift

### **C21 LITTLE FINGERS STRADDLE DEADLIFT**

The rules of Performance for the Straddle Deadlift apply, except that the lift will be done using only the little fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Straddle Deadlift

### **C22 MIDDLE FINGERS STRADDLE DEADLIFT**

The rules of Performance for the Straddle Deadlift apply, except that the lift will be done using only the middle fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Straddle Deadlift

### **C23 RING FINGERS STRADDLE DEADLIFT**

The rules of Performance for the Straddle Deadlift apply, except that the lift will be done using only the ring fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Straddle Deadlift

### **C24 INDEX FINGERS HACKLIFT**

The rules of Performance for the Hacklift apply, except that the lift will be done using only the index fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Hacklift.

### **C25 LITTLE FINGERS HACKLIFT**

The rules of Performance for the Hacklift apply, except that the lift will be done using only the little fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Hacklift.

### **C26 RING FINGERS HACKLIFT**

The rules of Performance for the Hacklift apply, except that the lift will be done using only the ring fingers of each hand to grip the bar.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the Hacklift.

### **C27 REPETITION BODYWEIGHT DEADLIFTS**

The rules of performance for the Deadlift apply, except that the lift will be continued for counted repetitions, using the lifters bodyweight. There will be no time limit on the attempt, but once lifted for the first repetition the bar must make contact with the lifting surface between each repetition. The lifter may only rest with the bar in the finished position (across the thighs).

#### **Causes for Failure:**

- 1 Resting between repetitions with the bar on the lifting surface
- 2 All other causes for failure are the same as for the Deadlift

### **C28 TWO PERSON ONE HAND DEADLIFT**

The rules of performance for the One Hand Deadlift apply, except that the lift is performed by two lifters, both within the inside collars of a regulation barbell. The lifters can each place their single lifting hand on the bar and lift together, the same hand must be used by both lifters. A violation by either lifter will cause the lift to be failed.

#### **Causes for Failure:**

- 1 The causes for failure are the same as for the One Hand Deadlift.
- 2 Any cause for failure incurred by either member will cause the lift to be failed.

## **D BARBELL LIFTS – SQUATS**

### **D1 FRONT SQUAT**

The rules of performance for the squat apply, except that the weight will be affixed to the chest. The bar will rest on the configuration of the clavicles, upper chest and shoulders (as for the clean position) with an optional grip. The bar cannot be lowered on the chest once the ascent has begun, and the arms and elbows must not touch the legs at any point during the lift.

#### **Causes for Failure:**

- 1 Failure to keep the bar fixed on the upper chest and shoulders throughout the lift, without lowering the bar position.
- 2 Any contact between the knees and arms / elbows, during the lift.
- 3 All other causes for failure are the same as for the squat.

### **D2 ONE LEG SQUAT**

The rules of performance for the squat will apply, except that the entire lift is performed using only one leg. Either leg can be used, but once elected must not change during the lift. The position of the free leg is optional, but it must not come into contact with the lifting surface or the lifting leg at any point during the lift.

#### **Causes for Failure:**

- 1 Failure to complete the entire lift on one, elected leg.
- 2 Allowing the free leg to make contact with the lifting surface, or the lifting leg during the lift.
- 3 All other causes for failure are the same as for the squat.

### **D3 LUNGE SQUAT**

The rules of performance for the squat apply, except that once the bar is on the shoulders and the command to lift is given, the lifter will step forward with one leg, and then bend the knee of the lead leg to a depth which allows the rear knee to touch the floor. The rear foot must not move, but the lead foot may be adjusted prior to the bar's descent. When the lifter recovers and stands upright, the lift is completed. More than one movement is allowed for the lead leg to return to a straightened position.

#### **Causes for Failure:**

- 1 Failure to touch the lifting surface with the rear knee during the lunge.
- 2 Any movement of the rear foot during the lift.
- 3 All other causes for failure are the same as for the squat.

### **D4 SQUAT WITH WEIGHT AT ARMS LENGTH**

The rules of performance for the squat apply, except that the entire lift is done with the bar at arms length, overhead. The bar may be taken to the overhead position anyhow, either from the floor or from the racks.

#### **Causes for Failure:**

- 1 Failure to complete the lift with the bar at arms length throughout.
- 2 All other causes for failure are the same as for the squat.

## **E      BARBELL LIFTS – MISCELLANEOUS**

### **E1      ZERCHER**

A barbell will be deadlifted to the knees and the lifter will then squat down in order to balance the bar on the top of the knees, foot spacing is optional on both preliminary and primary movements. The lifter will then secure the barbell in the crook of the elbows, either by reaching under the bar inside the legs, or outside, and will then stand erect, in his /her own time, with the weight fixed at the articulation of the upper and lower arm (the elbow). The feet must not move from the elected position, and on completion the legs must be straight and the body erect with shoulders braced. Following the officials signal to replace the bar, the lifter will follow the bar back to the lifting surface, making a bona – fide attempt to replace it using a measure of control.

#### **Causes for Failure:**

- 1      Failure to complete the lift with the legs straight, the body erect, the shoulders braced, and the weight fixed in the crook of the elbows.
- 2      Any movement of the feet during the recovery.
- 3      Replacing / lowering the bar prior to the referees signal.
- 4      Failing to follow the bar on its return to the lifting surface, or dropping the bar after the referees signal.

### **E2      ONE ARM ZERCHER**

The rules of performance for the zercher apply, except that when the bar is lifted off the knees, obly one arm is used to complete the lift. The lifter is allowed a trial balance check before completing the lift. Either arm can be used for the lift, but the free arm must not make contact with the bar once the recovery to the upright position begins.

#### **Causes for Failure:**

- 1      Any contact with the bar by the free arm once recovery to the upright position begins.
- 2      All other causes for failure are the same as for the zercher.

### **E3      RECTANGULAR FIX**

The barbell should be held at arms length, resting across the lifters thighs with the legs and body upright and erect. With a hand grip spacing of no more than shoulder width, and with the knuckles facing the front, the referee will signal to start the lift. With the upper arms remaining held in contact with the torso, the lower forearms will raise, holding the bar firm (not sagging at the wrist) until they are at right angles to the body and parallel to the floor. No raising of the heels and toes, or swaying of the body is allowed. When the bar is held fixed and motionless in the finished position, the referee will signal to replace the bar.

#### **Causes for Failure:**

- 1      Starting the lift prior to the referees signal.
- 2      Failure to hold the bar in the fixed, finished position, forearms at right angles to the body and parallel to the floor, until the referees completion signal.
- 3      Any movement of the feet or swaying of the body during the lift.
- 4      Failing to keep the legs and torso braced, upright and erect during the lift.
- 5      Failure to keep the upper arms in contact with the torso throughout, or allowing wrists to sag.



#### **E4 STRICT CURL**

The lifter will stand against a wall with optional foot spacing, but the heels must not be more than 3 inches away from the wall. The bar will be held at arms length resting across the lifters thighs, with the palms facing the front. The legs will be straight and the body erect, and the back of the head and the buttocks must remain in contact with the wall throughout the lift (the head will be holding a sheet of paper in place (minimum size is 8 x 11 inches). The lift will begin by the referees command, the lifter will curl the weight to touch the neck – upper chest configuration, without stopping. No movement of the feet is allowed. When the bar is held and motionless in the finished position the referee will signal to replace the bar.

##### **Causes for Failure:**

- 1 Starting the lift before the referees signal.
- 2 Failure to curl the bar in one continuous movement.
- 3 Any movement of the feet during the lift.
- 4 Failure to hold the paper in place against the wall, using the back of the head.
- 5 Lowering / replacing the bar before the referees signal.

#### **E5 TWO PERSON TEAM CURL**

The rules of performance for the strict curl apply, except that the lift will be performed by two people, both within the inside collars of the regulation barbell.

##### **Causes for Failure:**

- 1 The causes for failure are the same as for the strict curl, except that the lift is performed by two people.
- 2 A cause for failure by either lifter will cause the lift to be failed.

#### **E6 CHEAT CURL**

The lifter will stand upright, holding a bar at arms length and resting across the thighs with the palms facing forward. The foot spacing is of the lifters choice, but the legs will be straight with the knees braced. In this position the lifter will receive the signal to start the lift. The barbell will be curled from arms length to touch the neck – upper chest configuration, in one movement. Swaying of the body, dropping of the shoulders and bending at the waist to gain momentum is allowed, but the knees must remain braced throughout the lift, and there must be no movement of the feet. On completion, the referee will signal to replace the bar.

##### **Causes for Failure:**

- 1 Starting to lift before the referees signal.
- 2 Failure to curl the bar in one continuous movement.
- 3 Failure to keep the knees braced throughout the lift, and any movement of the feet.
- 4 Lowering / replacing the bar before the referees signal.

## **E7 TWO PERSON CHEAT CURL**

The rules of performance for the cheat curl apply, except that the lift will be performed by two people, both within the inside collars of a regulation barbell.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the cheat curl, except that the lift is performed by two people.
- 2 A cause for failure by either lifter will cause the lift to be failed.

## **E8 WRIST CURL (TWO HANDS – ONE HAND)**

An Olympic bar or a standard 1 inch bar can be used for this lift. The lifter will stand beside a table with forearms and hands flat on the surface and palms up, holding the barbell. When the lifter is stationary the referee will signal the lifter to curl. Using only flexion of the wrists the lifter will curl the bar so that the hands come up and are completely off the surface, with the bar held evenly. Uneven extension is not allowed and the forearms must remain on the table throughout the lift. The lifter may use any type of grip, but the bar must not roll out of the hands to leave the fingers no longer touching. When the hand and knuckles have been held clear for two seconds, the referee will signal to replace the bar. This lift can also be done using one hand only, the rules are exactly the same as for the two hand lift, except that a check for the balance is allowed.

### **Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Any uneven extension.
- 3 Failing to hold the finish position, hands and knuckles off the table with the bar held even and the fingers in contact with the bar for a two second count.
- 4 The causes for failure for the one hand wrist curl are exactly the same as for the two hands, except that a balance check is allowed.

## **E9 STEINBORN LIFT**

The rules of performance for the squat apply, except that the lifter has to take the bar from the floor to the shoulders, using a series of movements to get the bar in position, and be ready to receive the signal to squat. Following the completion of the squat and receiving the referees signal to replace the bar, the lifter must again use a series of movements to take the bar back to the lifting surface, under control. To get the bar to the shoulders the lifter will stand the bar on end and move into a position against the bar so that the bar can fall or be rocked onto the shoulders. The bar can be brought onto one shoulder if desired, but must then be pivoted around and into position across the shoulders at the back of the neck. An aide can assist the lifter by placing a foot against the bottom of the up – ended bar to stop it sliding, both before and after the squat lift.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the squat once the bar has been received at the shoulders.
- 2 Failure to replace the bar to the platform in the same manner it was lifted, and under control.

## **E10 MANSFIELD LIFT**

The barbell is placed at the lifters feet. Using a maximum foot spacing of 12 inches (between the heels) and with the legs straight and knees locked, the lifter bends forward at the waist, until the forearms can be placed fully under the bar, the bar resting in the crook of the elbows. The lifter will then rise to a position where the torso is erect and the shoulders braced, with the bar fixed and held motionless in the crook of the elbow. The feet must not move position though heels and toes may rise. Upon completion of the lift the signal to replace the bar will be given, and the lifter should then follow the bar back to the lifting surface under control, without dropping.

### **Causes for failure:**

- 1 Failure to keep the legs straight and knees locked throughout the lift.
- 2 Any movement of foot position during the lift.
- 3 Failure to assume the finished position, with the torso erect and the shoulders braced.

## **E11 STIFF ARM PULLOVER**

The lifter will lay face up on the floor with the barbell held at arms length, resting on the lifting surface. The maximum sized discs for this lift are 11 inches. On the referees command the lifter will raise the bar in one continuous movement, keeping the arms straight, to a point over the chest at right angles with the body. The knees should be kept straight, and the head, shoulders, buttocks and feet should not leave the floor at any point during the lift. The lifter can have the feet held down by an aide. On completion the referee will signal to replace the bar.

### **Causes for Failure:**

- 1 Starting the lift before the signal.
- 2 Failure to lift in one continuous movement and keeping the arms straight throughout.
- 3 Failure to keep the bar in a horizontal position relative to the lifters front aspect, and any twisting of the bar.
- 4 Any lifting of the head, shoulders, buttocks or feet off the platform during the lift.
- 5 Lowering / replacing the bar prior to the referees signal.

## **E12 BENT ARM PULLOVER (Bench)**

The rules of performance for the stiff arm pullover apply, except that the lifter lay's on a bench, and the elbows are bent during the lift. The weight can be handed to the lifter by catchers. When the bar is motionless on the chest the referee will give the signal to start the lift. When the referee is satisfied that the lifters upper arms are in line with the upper body he will give another signal to 'lift'. With bent arms the lifter will bring the bar over the head so it can come to rest on the chest or upper abdomen, on completion the referee will signal the catchers to take the bar. The feet should not move on the floor or lift off the floor during the lift, a lifter may elect to have their legs (thighs) to be held down during the lift.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the stiff arm pullover, except that the lift is performed with the lifter laying on a bench, and the elbows are bent.

## **E13 HOLDOUT RAISED (against wall)**

The rules of performance for the strict curl apply, except that the lift starts with the barbell held at arms length resting across the thighs, with the knuckles to the front. On the referees signal the lifter will raise the bar keeping the arms straight, (not drooping or sagging at the wrist) until the arms are parallel to the floor, When the bar is held in a fixed and motionless position, the referee will signal to replace the bar.

**Causes for Failure:**

- 1 Failure to hold the bar fixed, with arms straight and parallel to the floor.
- 2 All other causes for failure are the same as for the strict curl.

**E14 HOLDOUT LOWERED (against wall)**

The rules of performance for the hold out raised apply, except that the lift starts with the bar held at arms length overhead. On the referees signal the lifter will lower the bar keeping the arms straight, to a point where the arms are parallel to the floor.

**Causes for failure:**

- 1 The causes for failure are the same as for the hold out raised.

**E15 TWO HANDS ANY HOW**

Any combination of barbells, dumbbells or kettle bells can be used for this lift. The method chosen for lifting is optional, but two implements must be used, and both must be lifted individually from the floor, where they can then be pressed, pushed or jerked overhead. The lifter can take more than one attempt to lock out the weight, there is no time limit on the lift. The lift is complete when both implements are held, fixed overhead, and motionless at locked arms length. The body should be erect, with the feet in line and parallel to the lifters front aspect. The referee will signal to replace the equipment to the lifting surface, under control. On completion, aides can take the bars / bells or assist the lifter to replace safely.

**Causes for failure:**

- 1 Failure to assume the finished position, body erect, arms locked out, legs braced, feet in line and parallel to the lifters front aspect.
- 2 Lowering / replacing equipment before the signal.

**E16 ABDOMINAL RAISE**

The lifter will lay face up on the lifting surface with a barbell held behind the neck. The lifter will grip the bar either side of the head, with an optional width. The maximum sized discs allowed are 11 inches. The lifter will put the ankles together and can choose to hold the legs straight or bent. On the referees command the lifter will raise up in one continuous movement, (as in a trunk curl notion) until sitting upright in relation to the floor, allowing for any natural curve of the spine. Once the position of the legs is elected, it can not be changed. The lifter can have the feet held down by aides. The bar must remain in contact with the neck throughout the lift, and on completion the referee will signal for the bar to be replaced to the lifting surface.

**Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Failure to keep the bar in contact with the neck, and any stopping during the lift.
- 3 Lowering / replacing the bar before the signal.

**E17 ABDOMINAL RAISE FOR REPETITIONS**

The rules of performance for the abdominal raise apply for each repetition. For counting purposes: the repetition begins when the weight is returned to the lifting surface following the previous repetition.

**Causes for Failure:**

- 1 The causes for failure are the same as for the abdominal raise.

**E18 ABDOMINAL RAISE – ROMAN CHAIR**

Using a roman chair or similar apparatus, the lifter may hook the toes on the chair in a comfortable position. The bar will be handed to the lifter, to be held on the back of the shoulders at the base of the neck. Following the referees signal the lifter will lay back and lower the upper body while holding the barbell firmly at the base of the neck, maintaining contact throughout. Upon reaching a position parallel to the floor, the lifter will return to the upright seated position.

**Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Failure to keep the bar in contact with the neck throughout.
- 3 Failure to reach a position parallel to the floor, or to recover to the upright seated position
- 4 Lowering / replacing the bar before the signal.

**E19 ROMAN CHAIR SIT UP**

Using a roman chair or similar apparatus, the lifter may hook the toes on the chair in a comfortable floor level position. The seat of the bench must not reach or support, above the top of the buttocks when the lifter is fully laid out. The weight (a disc) will be handed to the lifter in an upright position of choice, and the weight may be secured (for security purposes) on a chain. The lifter will lean back to a point where the spine is parallel with the floor, and then will return to an erect sitting position. A second bench of a lesser height may be used for safety purposes, placed under the lifters lowered back position, it is not a cause for failure if the lifter touches the safety bench so long as it was not used as an aide to lifting. The only command will be to begin the lift.

**Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Failure to reach a position parallel to the floor, or to recover to the upright seated position.

**E20 ROMAN CHAIR EXTENSIONS**

The lifter will use a roman chair or similar apparatus, and will lay on the chair, fixed, facing the floor so that the lifters body is free to bend downwards from the waist. The seat of the roman chair must touch the lifters torso. The lifter will then bend at the waist to a 90 degree angle with the bench, and fix a barbell into the crook of the elbows. On the referees signal the lifter will raise the barbell in a levered motion until the line of the spinal column is above the line parallel to the floor. The seat of the roman chair must be parallel to the floor and must not be raised up at any angle. The bar must be held until the officials signal to replace the bar.

**Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Failure to hold the finished position until the referees signal is given to replace the bar.

## **E21 ALLEN LIFT**

The lifter will lay on the lifting surface, face up and fully extended, as in the start position for the stiff arm pullover. The lifter will hold the barbell firmly with both hands at full arms length, and proceed to do a sit up, as in the abdominal raise. The lift can be best described as an abdominal raise with the barbell remaining at arms length throughout. The elbows must not bend, and the bar must not move forward beyond a straight line from the lifters waist, through the shoulders and to the barbell. The lifter may elect to have an aide hold the feet and legs whilst performing the lift.

### **Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Any bending of the elbows, and failing to maintain the bar in a straight line position from the lifters waist through to the bar.
- 3 Replacing / lowering the bar before the referees signal.

## **E22 GOOD MORNING**

The bar may be taken from stands or cleaned and placed in position behind the neck at the base of the shoulders. On command the lifter will bend forward until the body is at a right angle to the floor (the spine parallel to the lifting surface). The legs will be straight and knees braced, with foot and hand spacing optional, though once the lift is started the hands and feet must not move (though the heels and toes may rise). Once the lifter has reached the position and held it motionless, the body will return to the erect stance. On completion the referee will signal to replace the bar.

### **Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Failure to keep the knees straight throughout the lift.
- 3 Any movement of the hands on the bar , or the feet on the lifting surface (heels and toes may rise).
- 4 Replacing / lowering the bar before the referees signal.

## **E23 BENCH DIP**

The lifter assumes a position in which the feet and hands rest on benches or chairs, the hands supporting the lifters body either behind or at the side, and NOT forward of the shoulders. The barbell will then be placed on the lifters thighs at their junction with the body. On command the lifter will lower the body, legs and barbell, until the top of the deltoid muscle is below the height of the elbow, and then returning to the original position with the arms straight. On completion the referee will signal to replace / take the bar.

### **Causes for Failure:**

- 1 Starting to lift before the signal.
- 2 Failure to finish with the arms straight.
- 3 Replacing / lowering the bar before the referees signal.

## **E24 INMAN MILE**

The lifter will have a barbell (equal to one and a half times bodyweight) loaded onto the shoulders. The lifter will then carry the weight in this position, for one mile. Gait is optional, and resting is allowed, but neither the lifter or the weight can be supported. Records for this lift will be kept in weight and time. The bar must not be touched by anyone once the mile attempt has begun, though the lifter may be handed refreshment.

### **Causes for Failure:**

- 1 Any supporting of the weight or the lifter during the attempt.
- 2 Any touching of the bar by any person once the attempt has begun.

## **E25 LEG PRESS - UNSUPPORTED**

The lifter will lay face up on the lifting surface, with the legs and feet straight up in the air, positioned at a 90 degree angle to the floor. The shoulders, back and buttocks will stay in contact with the floor which may be covered with a non abrasive covering (not more than half an inch thick) . A barbell will be placed on the lifters feet, held in the instep / heel of the lifters footwear. On command the lifter will lower the barbell until the top of the thighs touch the torso, the lifter will then recover in his / her own time, fully extending the legs. When the legs are fully extended, and the bar held steady and motionless, the referee will signal to replace / take the bar, which will then be removed from the lifters feet by aides.

### **Causes for Failure:**

- 1 Starting to lift before the referees signal.
- 2 Failure to touch the torso with the thighs.
- 3 Failure to press the bar out to legs length, to complete the lift.
- 4 Failure to hold the finished position until the referees signal.

## **E26 LEG PRESS – UNSUPPORTED FOR REPS**

The rules of performance for the leg press unsupported apply, except that the number of repetitions completed will be recorded.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the leg press unsupported.

## **E27 LEG PRESS – SELF LOADED**

The rules of performance for the leg press unsupported apply, except that the lifter must load the bar onto the feet. The lifter can load the bar in any acceptable manner but must not be assisted in any way.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the leg press unsupported, except that the lifter must load the bar onto the feet without assistance.

## **E28    SHOULDER DROP**

The weight will be cleaned and placed across the shoulders at the base of the neck. On command the weight will be dropped from the shoulders, behind the back, and then caught in the hands at full arms length. The legs may bend during the drop but on completion must be straight. When the weight is held, fixed and motionless, the referee will signal to replace the bar.

### **Causes for Failure:**

- 1        Starting to lift before the signal.
- 2        Failure to hold the legs straight on completion of the lift.
- 3        Lowering / replacing the bar before the signal.

## **E29    ARTHUR LIFT**

The bar will at first be hack lifted then brought up to rest at the base of the back. The lifter will then bend further forward , and roll the bar up the back until it is fixed across the shoulders at the base of the neck. The lifter will then stand upright with the weight fixed in position, and perform the jerk from behind the neck, in the normal fashion On completion the referee will signal to replace the bar.

### **Causes for Failure:**

- 1        The causes for failure are the same as for the jerk behind neck (once the bar has been fixed across the shoulders at the base of the neck.

## **E30    HALF GARDNER LIFT**

The lift will start with the lifter holding the barbell overhead with one hand (as in the finished position for the one hand clean and jerk). The lifter can put the bar in this start position by any means desired. The lift will start on the referees command, when the lifter will proceed to achieve a horizontal position, laying flat on the floor, by using a well defined series of movements, and with the arm locked out overhead, and under control throughout. The bar and discs must not come into contact with the lifting surface during the lift. When in the finished position, the bar will be at arms length, balanced, horizontal and parallel to the floor. The lifter will have the head, shoulders, back, buttocks, legs, feet and free arm, all flat to the floor. On completion the referee will signal to replace / take the bar, aides are allowed to take the bar or assist the lifter to return it to the lifting surface.

### **Causes for Failure:**

- 1        Starting to lift before the referees signal.
- 2        Failure to maintain the arm straight and locked throughout, and failing to keep the bar under control during the lift.
- 3        Any contact of the bar or discs with the lifting surface during the lift.
- 4        Failure to keep the bar parallel to the floor during the lift and at completion.
- 5        Lowering / replacing the bar before the referees signal.

## **E31    FULL GARDNER LIFT**

The full gardner is a continuation of the half gardner lift. When at the point of completion for the half gardner lift, the referee will give the signal to get back up. It should be borne in mind that this is a very difficult procedure, but by using the well defined series of movements, (this time in reverse), the lifter will rise again to the same point as to where the lift started.



**Causes for Failure:**

- 1 The causes for failure are the same as for the half gardner, except that the lift continues with the lifter rising again to the original standing position.
- 2 Starting to rise before the referees signal.
- 3 Failure to achieve the finished position, body upright and with the bar at locked out arms length overhead, fixed motionless and parallel to the floor.
- 4 Lowering / replacing the bar before the signal.

**E32 REVERSE CURL**

The rules of performance for the rectangular fix apply, except that once the curled bar reaches the midway point, it does not stop fixed, but continues in one movement, until the bar is at the top of the sternum / neck configuration.

**Causes for Failure:**

- 1 Starting to lift before the referees signal.
- 2 The causes for failure are the same as for the rectangular fix, except that once curled the bar continues upwards to a finished position at the sternum / neck configuration.
- 3 Any stopping or lowering of the bar on its upward journey.
- 4 Lowering / replacing the bar before the referees signal.

**E33 RIM LIFT**

The lifter will deadlift, hacklift or straddle a loaded barbell whilst holding only the rims of the discs. The maximum sized discs for the is lift are 18 inches. On the inside the discs must be flat and smooth, and on the outside the rim cannot be deeper than 1 inch. The lifter must not grasp any handles, holes or specially prepared areas, only the thumbs on the smooth inside and the fingers on the outside rim. Any bar can be used as the distance between the collars is optional. Whatever style of lift the lifter chooses the lift will always be finished in the correct fashion, with an erect posture. On completion the referee will signal to replace the bar.

**Causes for Failure:**

- 1 The causes for failure for the deadlift, hacklift or straddle will apply, depending on the style elected.
- 2 Failure to achieve the correct fully erect finishing posture.
- 3 Lowering / replacing the bar before the referees signal.

**E34 REVERSE RIM LIFT**

The rules of performance for the rim lift apply, except that the discs are turned around so that the rims are on the inside, and gripped by the thumbs, with the fingers on the smooth side.

**Causes for Failure:**

- 1 The causes for failure are the same as for the rim lift.

**E35 ROMAN CHAIR SIT UP REPETITIONS**

The rules of performance for the Roman Chair Sit Up apply, except that the lift will be continued for counted repetitions. There will be no time limit on the attempts.

**Causes for Failure:**

- 1 The causes for failure are the same as for the Roman Chair Sit Up

### **E36 TURKISH GET UP**

A Barbell, Dumbbell or Kettle bell may be used for this lift BUT only one record list is kept (not three). The lift begins with the lifter laying on his/her back on the platform holding the implement (which can be handed to the lifter) in one hand above the body with straight arm perpendicular to the platform. Once in position, the official will give the command to start the lift. The lifter must rise to a standing position, holding the implement overhead with a straight arm throughout. The lifting arm must stay perpendicular to the lifting platform. The lifter may use the free hand to brace against the body or the platform during the lift, but must not touch the implement or lifting arm. The implement may rotate in any direction. Once standing with the implement held motionless overhead, and the feet in line with the body, the official will give the command to end the lift.

#### **Causes for Failure:**

- 1 Starting to lift before the referees signal.
- 2 Failure to maintain the arm straight and locked throughout the lift.
- 3 Any contact of the equipment with the lifting surface during the lift.
- 4 Failure to achieve the finished position, the implement locked out at arms length, overhead.
- 5 Lowering /replacing the bar before the referees signal.

### **E37 POWER ROW**

The bar is placed on the platform in front of the lifter, who will grip the bar overhand with the palms facing the lifter, the width of the grip and feet placing is of the lifters choosing, but the feet must be in line with the bar. The lifters body should be bent forward at the waist, and the upper body must not straighten past 45 degrees parallel to the platform at any time during the lift. The legs may be bent during and upon completion of the lift. The bar will be lifted up to touch the abdomen or torso by bending the arms, the bar must touch the abdomen higher than the belt, or the navel, if a belt is not worn. The belt must never support the bar. When the bar is held motionless and in contact with the abdomen or chest, the official will give the command to replace the bar.

#### **Causes for Failure**

- 1 The lifters upper body straightening past 45 degrees parallel to the platform.
- 2 The Bar touching the belt, or anywhere on the body lower than the navel
- 3 Failing to hold the bar motionless, and in the finished position, to await the official's command

### **E38 THE DOMAAL SQUAT**

The lifter will take the barbell, dumbbell or Kettlebell to the shoulder using any style. The lifter will then lock out the barbell, dumbbell or Kettlebell overhead and at arms length, again using any style preferred, two hands may be used. When the lifting arm is locked out and straight the lifter gets the referees command "squat"(from this point rules for the squat now apply). The lifter performs an overhead squat, with the dumbbell or barbell remaining locked out and above the head. The non-lifting arm must not come into contact with the lifting arm or any other part of the body during the squat. Having risen again to the upright start position, the lifter will wait for the referees command to replace the bar. The lifter will then replace the barbell, dumbbell or Kettlebell, under control back to the lifting surface, two hands may be used.

#### **Causes for Failure**

1. Using or allowing the non-lifting arm to come into contact with the barbell, dumbbell, Kettlebell, the lifting arm, or any other part of the body, after the referees command to start the lift, and before the 'Down' signal is given
2. The same rules apply as for the Squat

## **F SPECIAL EQUIPMENT LIFTS**

### **F1 PINCH LIFT**

The lifter will use two hands to lift the weight, by gripping (pinching) the top of the disc between the thumbs and fingers. The lifter will stand erect with knees straight, holding the weight firmly at arms length. At the completion of the lift the referee will signal to replace the bar. A lifting disc that is solid, smooth surface on both sides is required (this can be made up of two discs which are smooth on one side, loaded together facing each other). The width of the disc / discs being lifted will be between 2 ¼ inches and 2 ½ inches (6 – 6½ cms.) A special, short bar to hold the plates tightly together can be used, so long as it meets with the approval of the chief referee.

#### **Causes for Failure:**

- 1 Failure to achieve the finished position, standing with the weight held in the pinch grip, body erect and knees straight.
- 2 Replacing / lowering the bar before the referees signal.

### **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.

### **F3 TRAVIS LIFT**

Lifting the weight off supports which are set at waist height, the lifter has simply to lift the weight clear of the supports or uprights. The weight does not have to be held. A specially adapted belt can be used to assist in lifting the bar. Records in this lift can be set as heavy single lifts or as numbers of repetitions with a certain nominated weight.

#### **Causes for Failure:**

- 1 Failure to lift the bar clear of the uprights.

#### **F4 TOTAL POUNDAGE**

The lifter has a time limit of three hours and nine minutes to lift as much weight as possible to create a time limit total. The lifter can choose any manner of lifts to perform, with any combination of sets or reps, but each repetition must be completed properly for the weight to count towards the time limit total. The total poundage creates the record.

##### **Causes for Failure:**

- 1 Failure to complete any lift or repetition in the correct fashion will exclude that particular lift / repetition from the overall total set in the time limit of three hours and nine minutes.

#### **F5 HIP LIFT**

The lifter will stand astride a loaded bar, and using a specially made and adapted belt (positioned around the waist and above the hips) will lift the bar clear of the floor, standing with legs erect and straight. When the bar is held for two seconds the referee will signal to replace the bar. The belt will have chain attachments at each end which hang down in front of the lifter and between the legs, the chains hook into a ring that is attached to the top of the bar. The lifters feet must be parallel and in a straight line, and must not move during the lift, though the heels and toes may rise. The hands may be placed against the legs during the lift but must be free of contact at the point of completion. The lifter can adjust the belt / chain to an optional length, and is allowed one balance check, allowing for a chain adjustment if needed.

##### **Causes for failure:**

- 1 Any movement of the feet during the lift (other than heels and toes rising).
- 2 Failure to achieve the finished position with legs erect and straight, and hands free of the body.
- 3 Failure to hold the finished position for two seconds, lowering / replacing the bar before the referees signal.

#### **F6 HARNESS LIFT**

Using a shoulder harness, the lifter will follow the rules of performance for the hip lift, except that the lifter is allowed to use hand rails as side supports during the lift. The lifter will wear a harness that fits the shoulders, hip and waist, and is joined at the ends by chains and a hook. The waist and hip part of the harness must not be more than 4 inches (10cms) wide, and the shoulder part of the harness must not exceed 3 inches (7.5cms) in width.

##### **Causes for Failure:**

- 1 The causes for failure are the same as for the hip lift, except that the lifter is allowed to use hand rails as side supports during the lift.

## **F7 BACK LIFT**

The lifter will take a position under a platform, that will be resting on trestles, supports or as part of a moveable rack. With hands pushing down on a support which is placed in front of the lifter, and at the correct height, and feet pushing firmly against the floor, the lifter will use his / her back to lift the platform clear of the uprights. The loaded bar will be on the platform, and the equipment must meet the approval of the chief referee. The platform will be held clear of the platform for two seconds, with the lifters legs erect and straight. On completion the referee will signal to replace the bar.

### **Causes for Failure:**

- 1 Failure to achieve the finished position, the platform clear of the uprights with the legs erect and straight.
- 2 Failure to hold the finished position for two seconds.
- 3 Replacing / lowering the bar before the referees signal.

## **F8 HAND AND THIGH LIFT**

Using a small hand bar, not exceeding 28 inches (70cms) in length, held across the thighs and connected to the main bar (which is resting on the lifting surface) by a length of chain and hook, the lifter will lift the bar and discs clear of the floor and hold for two seconds with the legs erect and straight. The chain length will be selected by the lifter, who is allowed to test for balance, and make one chain adjustment if needed. The shoulders and torso do not have to be erect. The feet must not move during the lift (other than heels and toes rising). The hands must remain on the bar and are not allowed to move. The lifter can elect to have the bar positioned across the front or can elect to straddle the bar. The lifter will start the lift with bent knees, and the feet parallel, and on a straight and even line. On completion the referee will signal to replace the bar.

### **Causes for Failure:**

- 1 Any movement of the feet, or movement of hands on the hand bar.
- 2 Failure to achieve the finished position, held clear of the floor for two seconds with legs erect and straight.
- 3 Lowering / replacing the bar before the referees signal.

## **F9 WEAVER STICK LIFT**

This lift can be performed with either hand, and to the front or the rear. The lifter will use a 36 inch long stick, it will have a notch half an inch from one end where the weight will be suspended or attached. The stick will be gripped a full 36 inches away from the weight, with one hand. The stick will be set down on a chair or table, the lifter must lift the stick off the surface parallel to the floor and not with the weighted end tilting down. There is no minimum height that it has to be lifted, just clear of the table. It must be lifted straight up, no rocking motions are allowed. The lifting hand and arm must remain free of the body, and the heel of the hand must remain on top of the stick, the hand is not allowed to twist around the stick. When the stick is held clear of the table and motionless the referee will signal to replace the bar. A hand grip guard can be made using two metal right angles, screwed to the stick in such a manner as to prevent the hand from being closer than 36 inches. The handle can be taped around to suit the lifters hand and afford a good grip.

## **(F 9 Continued)**

### **Causes for Failure:**

- 1 Failure to keep the stick held parallel (approx.) to the floor at all times during the lift.
- 2 Touching the body with the lifting hand or arm and failing to keep the heel of the hand on top. .
- 3 Failure to lift the stick clear of the chair or surface, under control.
- 4 Lowering / replacing the bar before the referees signal.

## **F10 NECK LIFT**

The lifter will wear a neck harness, which is optional in style, but which meets with the chief referees approval. The lifter will stand with the weight in front of the legs, or astride the bar. Foot placing is optional but the feet must be parallel and in a straight line, and they must not move throughout the lift, other than heels and toes rising. The weight will be lifted clear of the floor, the legs must be straight as the weight is held clear for two seconds. On completion of the lift the referee will signal to replace the bar. The back strap of the harness must not touch the trapeze muscles during the lift. The harness will be joined at the ends by a chain and a hook, for connecting to the main bar. The lifter must not touch the chain or straps during the lift, but the chain may touch the lifters body.

### **Causes for Failure:**

- 1 Any movement of the feet, other than heels or toes rising.
- 2 Touching the chain or straps during the lift (the chain may touch the body) .
- 3 Failure to achieve the finished position with the legs straight and the weight clear of the floor.
- 4 Lowering / replacing the bar before the referees signal.

## **F 11 TEETH LIFT**

A mouth piece fitted to the lifters bite will be used, and when attached to the appropriate bar or chain it will carry the weight. The lifter will lift the weight clear of the lifting surface, holding it motionless and under control for two seconds. The lifters legs must be erect and straight, the hands can be used to brace against the legs during the lift but must be free of contact at completion, and the referee will signal to replace the bar. During the lift the lifters hands must not touch the bar or chain, the weight may brush the legs during the lift, but neither the bar nor chain may touch the body. The weight must not be braced in any way.

### **Causes for Failure:**

- 1 Touching the bar or chain with the hands, or the body with the weight or chain during the lift
- 2 Any bracing of the body against the weight in any fashion during the lift.
- 3 Failure to hold the hands clear of contact at the completion of the lift.
- 4 Failure to achieve the finished position, legs erect and straight, and the weight held clear.
- 5 Lowering / replacing the bar before the signal.

## **F12 TRAP BAR DEADLIFT**

The rules of performance for the deadlift apply, except that the lift is performed on a trap bar. A trap bar is a recognised piece of weightlifting equipment for training the traps, where the lifter stands inside the bar (which will usually be squared or circular). The bar has integral hand hold bars that run forward and backward. The weight loading sleeves are to the lifters sides as for a normal weightlifting bar. The result is similar to lifting dumbbells held at the side of the body, so the hands and arms are in a different position to that of a regular deadlift.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the deadlift except that a trap bar is used.

## **F13 ONE HAND DEADLIFT – CAMBERED BAR**

The rules of performance for the one hand deadlift apply, except that a cambered (bent) bar is used. The maximum sized discs allowed for this lift are 15 inches, and the maximum height at the centre of the bar shall be no more than the centre height of a regular straight bar when loaded with 18 inch discs.

### **Causes for Failure:**

- 1 Causes for failure are the same as for the one hand deadlift, except that a cambered bar is used.

## **F14 FINGER LIFTS**

The lifter can use a lifting ring which may or may not be permanently attached to the bar. A ring chain and hook system may also be employed. The lifter can have the weight placed in front or can straddle it. Using the pre-determined finger, the weight must be lifted clear of the lifting surface, and held motionless and under control for two seconds. The lifters legs must be erect and straight at completion, though the body and shoulders need not be erect. At completion of the lift the referee will signal to replace the bar. During the lift the feet must be parallel and in a straight line. No padding will be allowed on the lifting ring. The free hand may be used to brace against the legs or body, but must not remain in contact upon completion. The lifting hand, arm or weight may not be braced in any fashion during the lift, but may brush the lifters legs.

### **Causes for Failure:**

- 1 Any bracing of the lifting hand, arm or weight during the lift.
- 2 Failure to achieve the finished position, legs erect and straight, free hand clear of contact.
- 3 Lowering / replacing the bar before the referees signal.

## **F15 ONE HAND FULTON BARBELL DEADLIFT**

The rules of performance for the one hand deadlift apply, except that the lift is performed using a two inch diameter bar. The bar does not have to be the same length as a standard barbell, either between the collars or in overall length.

### **Causes for Failure:**

- 1 Causes for failure are the same as for the one hand deadlift, except that a 2 inch bar is used.

### **F16 TWO HANDS FULTON DEADLIFT**

The rules of performance for the 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 an overhand grip.

#### **Causes for Failure:**

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

### **F17 ONE HAND PINCH GRIP**

The rules of performance for the pinch grip apply, except that only one hand is used to grip the weight.

#### **Causes for Failure:**

- 1 Causes for failure are the same as for the pinch lift, except that only one hand is used.

### **F18 ONE HAND PINCH GRIP CLEAN AND PRESS**

The lifter will grip the weight, either in front or to the side, as in the one hand pinch lift. The lifter will clean the weight to the shoulder and stand ready for the signal to press. The lifter will be standing erect with the weight held at the side of or just above the deltoid muscle, or even resting on the shoulder muscle (if desired). The stance is as for the start of any pressing movement, foot spacing is optional but the feet will be parallel to the lifters front. On the referees signal the weight will be pressed out to arms length, as in the one hand dumbbell press. On completion the referee signals to replace the bar.

#### **Causes for Failure:**

- 1 Holding the weight too high for the start of the press.
- 2 Pressing before the referees signal.
- 3 The non – lifting hand or arm making contact with the lifting arm or weight.
- 4 Any stopping or lowering of the weight during the press.
- 5 Replacing / lowering the bar before the referees signal.
- 6 Failure to replace the bar under control following the signal.

### **F19 VERTICAL BAR LIFT – TWO INCH ROD**

The rules of performance are the same as for the vertical bar lift, except that the lift is performed with a two inch diameter bar / rod.

#### **Causes for Failure:**

- 1 Causes for failure are the same as for the one hand vertical lift, except that a 2 inch rod is used.

### **F20 TWO HANDS DEADLIFT – 2 INCH BAR**

The rules of performance for the deadlift 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 The causes for failure are the same as for the deadlift, except that a 2 inch bar is used.



## **F21 TWO HANDS SNATCH – 2 INCH BAR**

The rules of performance for the two hands snatch 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 The causes for failure are the same as for the snatch, except that a 2 inch bar is used.

## **F22 TWO HANDS CLEAN AND JERK – 2 INCH BAR**

The rules of performance for the two hands clean and jerk apply, except that the lift is performed using a two 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 The causes for failure are the same as for the clean and jerk, except that a 2 inch bar is used.

## **F23 CLEAN AND PUSH PRESS – 2 INCH BAR**

The rules of performance for the clean and push press 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, except that a 2 inch bar is used.

## **F24 STRADDLE DEADLIFT – 2 INCH BAR**

The rules of performance for the straddle deadlift 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 The causes for failure are the same as for the straddle deadlift, except that a 2 inch bar is used.

## **F25 TWO HANDS HACKLIFT – 2 INCH BAR**

The rules of performance for the two hands hacklift 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 two hands hacklift, except that a 2 inch bar is used.

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

The rules of performance are the same as for the vertical bar lift, 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, except that 2 x 2 inch rods are used.

## **F27 TWO HANDS CLEAN AND PRESS – 2 INCH BAR**

The rules of performance for the two hands clean and press apply, except that a 2 inch bar is used to perform this lift.

### **Causes for Failure:**

- 1 Causes for failure are as for the two hands clean and press, except that a 2 inch bar is used.

## **F28 BACKLIFT FOR REPETITIONS**

The rules of performance for the Back Lift apply, except that the lift will be continued for counted repetitions. There will be no time limit on the attempts.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the Back Lift

## **F29 HIP LIFT FOR REPETITIONS**

The rules of performance for the Hip Lift apply, except that the lift will be continued for counted repetitions. There will be no time limit on the attempts.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the Hip Lift

## **F30 HARNESS LIFT FOR REPETITIONS**

The rules of performance for the Harness Lift apply, except that the lift will be continued for counted repetitions. There will be no time limit on the attempts.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the Harness Lift.

## **F31 SHANKS LIFT**

The Shanks lift must be attempted on loading pins with rings attached. The pins must be made to the correct dimensions and loaded as follows:

The large pin must be a maximum of 20.5 inches from the bottom of the pin to the top of the ring (with a tolerance of 1”) and may be loaded to any weight that the lifter desires. The ring should be made of metal and approximately ¾ inches in diameter. The internal diameter of the ring should be a maximum of approximately 5.5 inches.

The smaller pin must be a maximum of 18 inches from the bottom of the pin to the top of the ring (with a tolerance of 1 inch) and must always be loaded to 75% of the weight on the large pin. The ring should be made of metal and approximately ¾ inches in diameter. The internal diameter of the ring should be a maximum of approximately 5.5 inches.

*(For those training to attempt the actual Dinnie Stones Lift, you might like to know that the official dimensions for the smaller ring are ‘9/16 inches in diameter and the internal diameter of the ring should be approximately 4.5 inches’ but for the purposes of this IAWA ‘all round lift version’ and for ease of creating the lift equipment, we have allowed the rings to be the same dimensions – anyone wishing to lift on actual correct replica rings, if they have them, will of course be permitted to do so also)*

The lifter may adopt any stance; and place the loaded pins in any position, then taking one ring in each hand will lift the weights simultaneously to a shoulders upright and legs fully locked out position. Once this position is achieved the head referee will give the down signal. The lift may pause on the way up, but there must not be any downward movement of the weights during the lift. As per IAWA rules: the only lifting aids allowed are a belt and wrist wraps, and only chalk may be applied to the hands.

Causes for failure:

- 1 Any downward movement of the weights during ascent.
- 2 Not achieving a fully upright and legs locked out position.
- 3 Setting the weights back to the lifting surface before receiving the down signal.

### **F32 TWO VERTICAL BARS (ONE IN EACH HAND) – 1 INCH RODS**

The rules of performance are the same as for the vertical bar lift, except that the lift is performed with two x 1 inch diameter bars / rods, one in each hand.

Causes for Failure:

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

## **G DUMBBELL LIFTS**

### **G1 ONE HAND DUMBBELL PRESS**

The lifter will take an evenly loaded dumbbell to the appropriate shoulder with one or both hands. The bell can be held in front, across the lifters chest or at the side of the lifters shoulder, prior to the press, but the centre of the rod can be no higher than the clavicle (collar bone). The referee will signal for the lifter to press the dumbbell. The rules of performance from this point are the same as for the press. The non – lifting hand and arm must not come into contact with the bell or lifting arm. The bell may rotate during the press, but no twisting of the trunk is allowed. On completion the official will signal to replace the dumbbell.

#### **Causes for Failure:**

- 1 Holding the dumbbell rod above the height of the clavicle prior to the press signal.
- 2 Starting to lift prior to the referees signal.
- 3 Any twisting of the trunk during the press.
- 4 Any contact of the non lifting hand or arm with the dumbbell or lifting arm.
- 5 All other causes or failure are the same as for the two hands press.

### **G2 DUMBBELLS CLEAN AND PRESS**

The lifter will use two evenly loaded dumbbells for this lift, though back hang or front hang is allowed. The dumbbells will be cleaned to the upper chest / shoulder configuration, resting on the body or held free, but not held higher than the junction of the sternum and the clavicles. With the lifter in position, ready to receive the press signal, the rules of performance for the two hands press now apply. The dumbbells must be pressed out evenly together, without twisting the trunk. At completion, the lifter must retain control of the dumbbells during the return to the lifting surface following the referees signal.

#### **Causes for Failure:**

- 1 Holding the dumbbell rods above the height of the Clavicles prior to the press.
- 2 Failing to press the dumbbells evenly together, and allowing the trunk to twist.
- 3 All other causes for failure are the same as for the 2 hands press.

### **G3 SEATED DUMBBELLS PRESS**

The rules of performance for the seated barbell press apply, except that two evenly loaded dumbbells are used to perform the lift. The dumbbells can be held across the front of the chest, or at the side of the shoulders prior to the press signal, but not higher than the clavicles. The bells must be pressed out evenly together, but they may rotate.

#### **Causes for Failure:**

- 1 Holding the dumbbell rods higher than the clavicles prior to the signal.
- 2 Failing to press out the dumbbells evenly and together.
- 3 All other causes for failure are the same as for the seated barbell press.

#### **G4 ONE HAND DUMBBELL SNATCH**

The rules of performance for the one hand barbell snatch apply, except that the lift is performed with a dumbbell. The dumbbell must be parallel to the lifters front at the start, during and at the completion of the lift.

##### **Causes for Failure:**

- 1 Failing to keep the dumbbell rod parallel to the lifters front, throughout the lift.
- 2 All other causes for failure are the same as for the one hand barbell snatch.

#### **G5 TWO HANDS DUMBBELLS DEADLIFT**

The rules of performance for the deadlift apply, except that the lift is performed using two evenly loaded dumbbells. 18 inch discs are allowed for this dumbbell lift (instead of the usual dumbbell maximum sized 15 inch discs). The lifter can start with the dumbbells across the front or at the side, but the dumbbells must be lifted evenly, though they can touch during the lift.

##### **Causes for Failure:**

- 1 Failing to lift the dumbbells in an even progression throughout the lift.
- 2 All other causes for failure are the same as for the deadlift.

#### **G6 ONE HAND DUMBBELL CLEAN AND JERK**

The rules of performance for the one hand barbell clean and jerk apply, except that this lift is performed using an even loaded dumbbell. The bell may come to rest with the plates and rod / collar of one end resting on the shoulder prior to the jerk.

##### **Causes for Failure:**

- 1 Causes for failure are the same as the one hand clean and jerk, except that a dumbbell is used.

#### **G7 TWO HANDS DUMBBELL SNATCH**

The rules of performance for the snatch apply, except that for this lift two evenly loaded dumbbells are used. The bells must be snatched simultaneously, and on completion the bells should be parallel to the lifters front aspect.

##### **Causes for Failure:**

- 1 Failing to snatch the bells simultaneously.
- 2 Failing to finish with the bells parallel to the lifters front aspect.
- 3 All other causes for failure are the same as for the snatch.

## **G8 TWO HANDS DUMBBELLS CLEAN AND JERK**

The rules of performance for the two hands barbell clean and jerk apply, except that for this lift two evenly loaded dumbbells are used. The lifter can start with the bells across the front or at the sides, and after the clean, prior to the jerk, can again have them across the front of the chest, or at the sides of the shoulders. If desired the lifter can also have the bells up ended, with the bottom plates of each, resting on the shoulders. The dumbbells must be jerked simultaneously.

### **Causes for Failure:**

- 1 Failing to jerk the dumbbells simultaneously.
- 2 All other causes for failure are the same as for the 2 hands barbell clean and jerk.

## **G9 ONE HAND DUMBBELL DEADLIFT**

The rules of performance for the one hand barbell deadlift apply, except that this lift is performed using a dumbbell. The usual maximum disc size for dumbbells of 15 inches, will apply. The lifter can stand astride, or behind the bell to start the lift. The dumbbell may touch the lifter's legs during and on completion of the lift.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the one hand deadlift.

## **G10 ONE HAND FULTON DUMBBELL DEADLIFT**

The rules of performance for the one hand dumbbell deadlift apply, except that the lift is performed with a 2 inch diameter rod.

### **Causes for Failure:**

- 1 The causes for failure for this lift are the same as for the one hand dumbbell deadlift.

## **G11 ONE HAND DUMBBELL BENT PRESS**

The rules of performance for the barbell bent press apply, except that a dumbbell is used for this lift.

### **Causes for Failure:**

- 1 The causes for failure for this lift are the same as for the barbell bent press.

## **G12 TWO HANDS ANYHOW WITH DUMBBELLS**

The rules of performance for the two hands anyhow will apply, except that this lift is performed with two dumbbells. The bells can be loaded to weigh whatever the lifter requires, they do not need to be loaded the same and the total weight of the two bells is the weight for the attempt. The maximum sized discs allowed measure 15 inches, as for most dumbbell lifts. The usual approach is to put a heavy dumbbell overhead (using 2 hands), then to hold the weight locked out at arms length with one hand, and to go down for a lighter dumbbell with the other hand, which can then be push pressed to arms length. The lifter can get the two bells to arms length by any means, even cleaning and jerking two even loaded dumbbells, if so desired.

### **Causes for Failure:**

- 1 The causes for failure are the same as for the 2 hands anyhow.

### **G13 DUMBBELL WALK**

The lifter will straddle a loaded dumbbell, lift it with one hand and then walk 10 feet. The distance of 10 feet will be marked out. The lifter and the dumbbell must start from behind the start line. The handle of the dumbbell must measure 3 ½ inches in diameter. As soon as the lifter lifts the bell off the surface the lift is commenced, and is only good if the lifter and the bell make it over the finish line, and the bell is placed back down and not thrown. The dumbbell or hand may brush the legs whilst walking, but must not be forced against or held by any part of the body.

#### **Causes for Failure:**

- 1 Any bracing of the dumbbell against the body.
- 2 Any dropping or throwing of the bell, over the finish line.

### **G14 LATERAL RAISES STANDING**

The lifter will stand whilst holding two evenly loaded dumbbells at arms length and either side of the thighs, with the palms facing down. Foot spacing is optional, but the feet must be parallel to the lifters front. On the referees signal the lifter will lift the bells out sideways at arms length, keeping the feet in contact with the surface and the arms straight. The lifter can lean back as much as desired but the knees must not bend. The lifter will take the bells to shoulder height, and hold them evenly, waiting for the referees signal to replace the bells.

#### **Causes for Failure:**

- 1 Starting the lift before the referees signal.
- 2 Failing to keep the arms straight, and held at shoulder height (not above, or below)
- 3 Any bending of the knees or moving of the feet during the lift.
- 4 Lowering / replacing the bells before the referees signal.

### **G15 LATERAL RAISE LYING**

The lifter will lay face up on the lifting surface, with two evenly loaded dumbbells, gripped with palms upwards (one in each hand) and at arms length. The bells will be level with the shoulders and the body forming a cross, as in the crucifix lift. The legs must be straight though foot width is optional, but once the lift starts it must not alter. On the referees signal the lifter will lift the bells to a position over the chest, at arms length and at right angles to the floor. The lifter must keep the arms straight throughout the lift. On completion the referee will signal to replace the bells. The maximum sized discs for this dumbbell lift are 11 inches (not the usual 15 inches).

#### **Causes for Failure:**

- 1 Starting the lift before the referees signal.
- 2 Any movement of the legs and feet during the lift.
- 3 Failing to keep the arms straight throughout the lift.
- 4 Lowering / replacing the dumbbells before the signal.

## **G16 ONE HAND SWING**

The lifter will place a loaded dumbbell either across the front, between the feet, or further back between the feet and to the rear of the heels. Using one arm the lifter will swing a dumbbell to a locked out position overhead, keeping the dumbbell at right angles to the lifters body at the start, during and on completion of the lift. A split or a squat with the legs can be used to help facilitate the effort. The bell must not be pressed out. The lifter will finish erect with the feet in line with the lifters front aspect. The lifter can take one swing, or as many as is desired to take the bell to arms length, so long as the motion of the bell does not stop once it is started. Once the bell leaves the floor it must not make contact with the floor again, and no part of the lifters body can make contact with the lifting surface other than the feet. The lifters arm can bend (as for a snatch) or remain straight throughout the lift. 15 inch discs are allowed for this lift, but if too cumbersome lifters can elect to use 11 inch discs. The dumbbell can be unevenly loaded if desired, this is known as 'back hang'.

### **Causes for Failure:**

- 1 Failing to swing in one continuous movement.
- 2 Touching the floor with the dumbbell or any part of the body other than the feet during the lift.
- 3 Failing to maintain the dumbbell at right angles to the lifters front aspect throughout.
- 4 Finishing with a press out.
- 5 Failing to achieve the finished position, upright, erect and arm locked out overhead.
- 6 Lowering / replacing the dumbbell before the referees signal.

## **G17 TWO HANDS SWING**

The rules of performance for the one hand swing will apply, except that two evenly loaded dumbbells will be used for this lift, and must be lifted simultaneously.

### **Causes for Failure:**

- 1 Failing to lift the dumbbells simultaneously.
- 2 All other causes for failure are the same as for the one hand swing.

## **G18 CRUCIFIX**

The lifter will take two evenly loaded dumbbells to arms length overhead. A foot stance of optional width will be adopted, feet in line with the lifters front, and the body erect. On the referees signal the lifter will lower the dumbbells until they are held at arms length, with arms parallel to the floor, at the lifters side. The palms will face upwards throughout the movement. Although the lifter starts erect, it is permissible to lean back to any extent during and on completion of the lift, so long as the knees remain braced. No part of the feet may rise from the lifting surface during the lift. On completion the referee will signal to replace the bells.

### **Causes for Failure:**

- 1 Starting to lift before the referees signal.
- 2 Failing to keep the knees braced throughout, and any movement of the feet.
- 3 Failure to keep the arms straight, elbows locked and palms uppermost during the lift.
- 4 Failing to hold the arms and dumbbells level with the shoulders and parallel to the floor.
- 5 Lowering / replacing the bells before the referees signal.



### **G19 ONE HAND DUMBBELL CHEAT CURL**

The lifter will stand upright and erect with an even loaded dumbbell in one hand. The lifter can rest across the lifters thigh, with the palm facing forward, or at the lifter side with the palm facing the leg, the lifter can also choose to have the bell at the side but with the rod held at 90 degrees to the lifters body. Foot spacing is optional, but both feet must be parallel to the lifters front, and in line. On the referees signal the lifter will cheat curl the dumbbell. The lifter may bend forward to any degree to initiate the curl, but the knees must remain braced throughout the lift, and the trunk must be kept upright and not bend to left or right. On commencement of the lift the hand and bell may be turned so that the bell finishes parallel to the lifters clavicle / chest configuration, having turned 90 degrees during the attempt. The heels and toes may not rise from the lifting surface during the lift, and the non lifting arm must not make contact with the lifting arm or the dumbbell during the lift. Only one attempt at the cheat curl is allowed.

#### **Causes for Failure:**

- 1 Starting to lift before the referees signal.
- 2 Any bending of the knees, or the trunk to the left or right.
- 3 Any raising of the heels or toes.
- 4 Any stopping of the upward movement or lowering of the bell during the lift.
- 5 Any contact of the bell or lifting arm by the non lifting arm.
- 6 Failing to achieve the finished position, with bell held as required.
- 7 Replacing / lowering the dumbbell before the referees signal.

### **G20 TWO HANDS FULTON (2 inch rods) DUMBBELLS DEADLIFT**

The rules of performance for the Two Hands Dumbbells Deadlift apply, except that the rods of the dumbbells shall be 2 inches in diameter .

#### **Causes for Failure:**

1

Causes for failure are the same as for the two hands dumbbells deadlift

### **G21 ONE HAND DUMBBELL STRICT CURL**

The rules of performance for the Strict Curl apply, except that the lifter will use one dumbbell, held in the elected hand.

#### **Causes for Failure:**

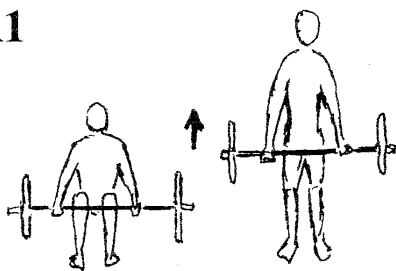
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Causes for failure are the same as for the strict curl.

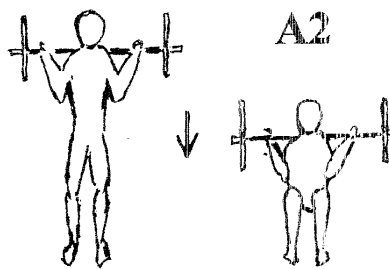
**PLEASE SEE THE DIAGRAMS  
THAT FOLLOW FOR ALL LIFTS**

**These are designed to help demonstrate  
how the lifts are performed**

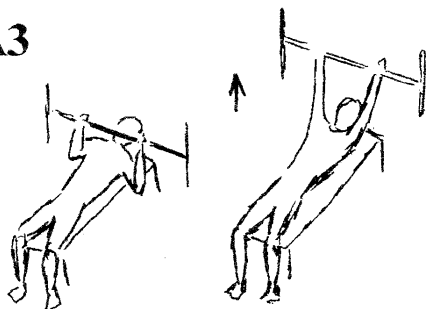
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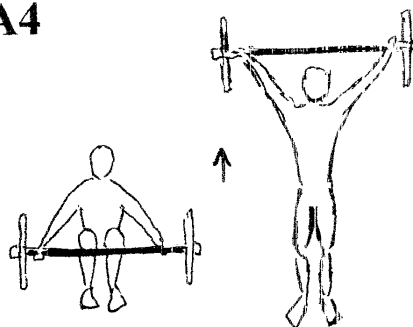
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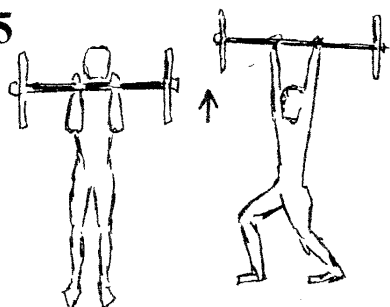
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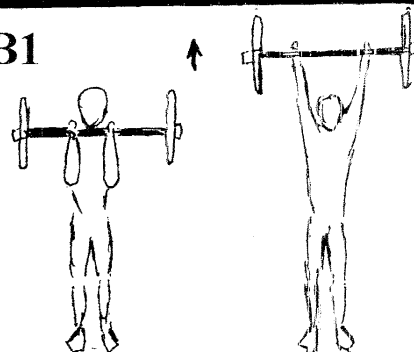
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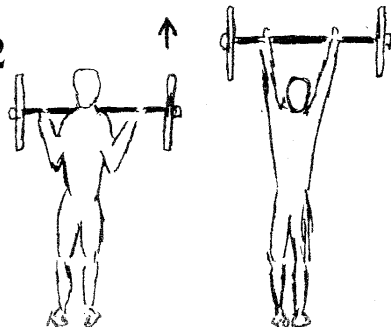
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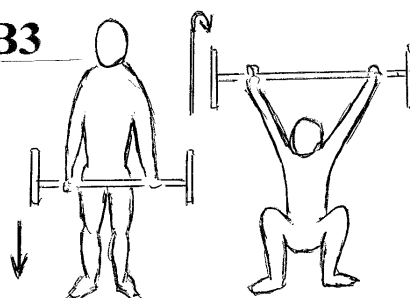
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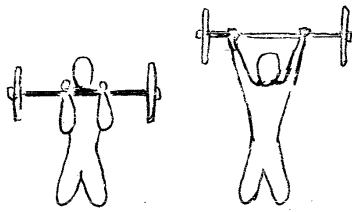
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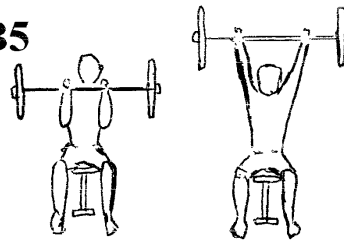
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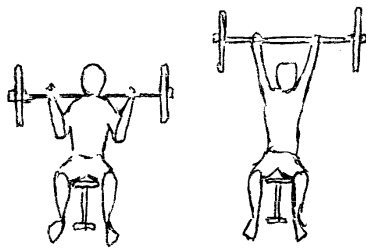
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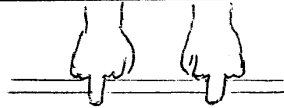
**B5**



**B6**



**B7**



**HOLD WITH MIDDLE FINGERS ONLY**

**LIFT AS AT B3**

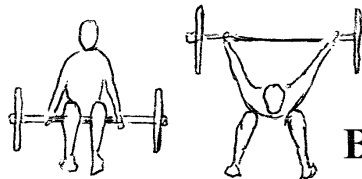
**B8**

**HOLD WITH REVERSE GRIP**

**LIFT AS AT B3**



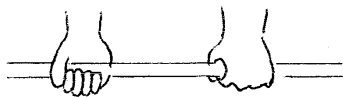
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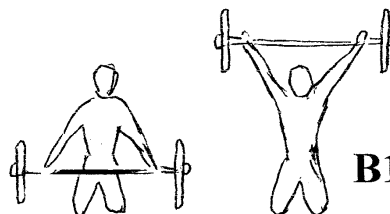
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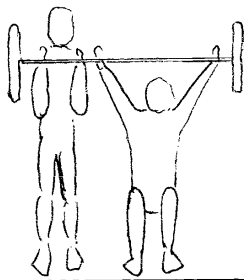
**HOLD WITH ALTERNATE GRIP**

**LIFT AS AT B3**



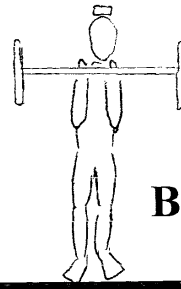
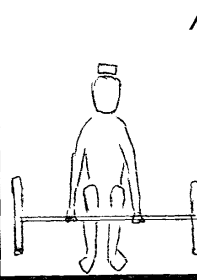
**B11**



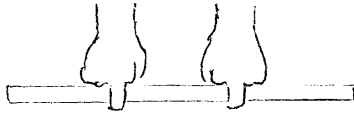


**B12**

Disc on head



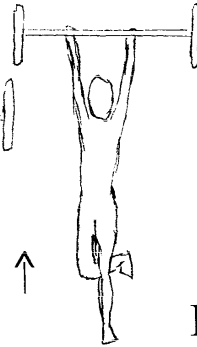
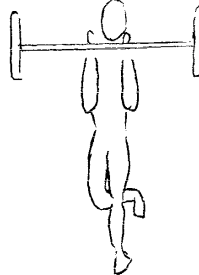
**B13**



Grip bar with middle fingers only  
Lift as at A5

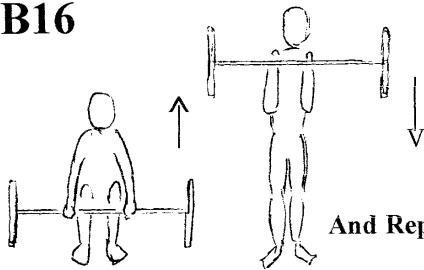
**B14**

Stand on one leg  
Lift as at A5

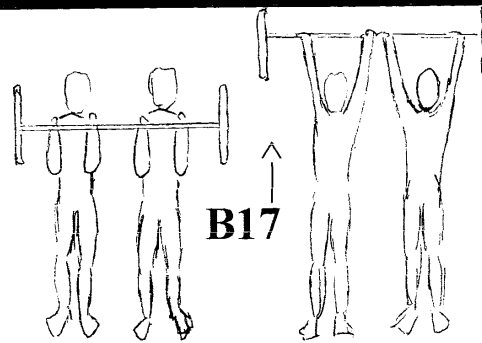


**B15**

**B16**

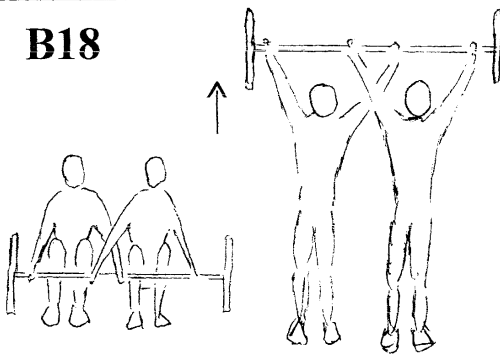


And Repeat

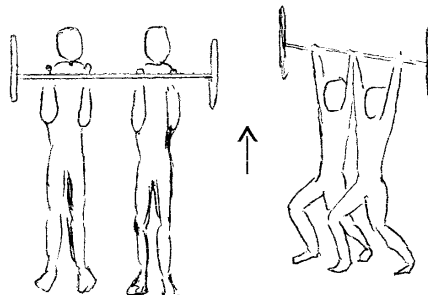


**B17**

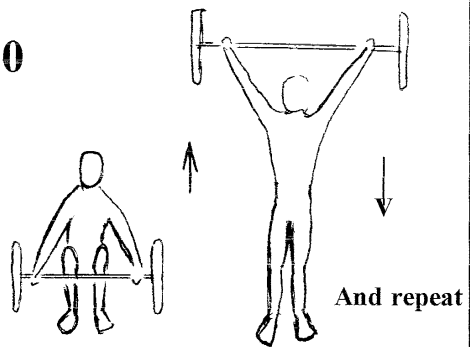
**B18**



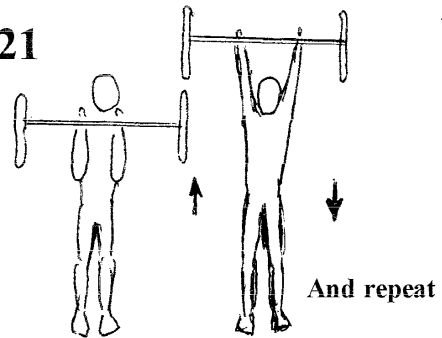
**B19**



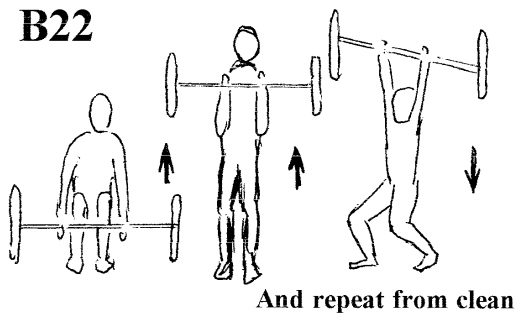
**B20**



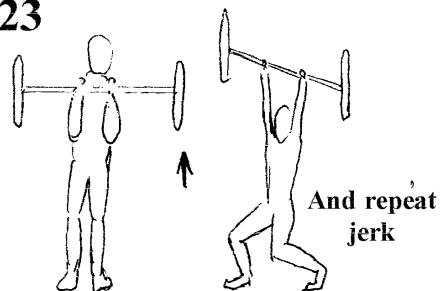
**B21**



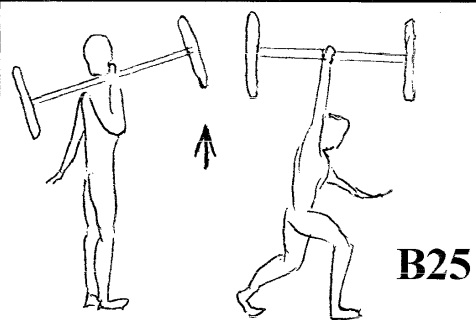
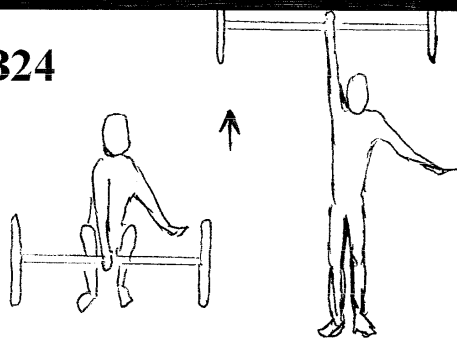
**B22**



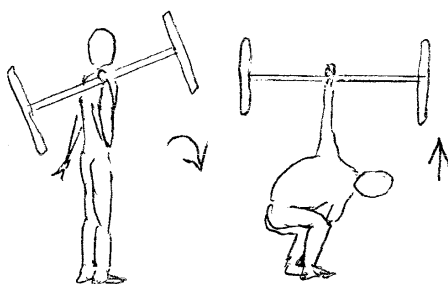
**B23**



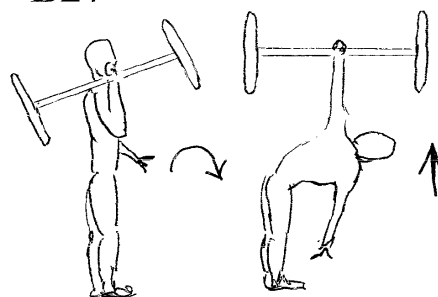
**B24**



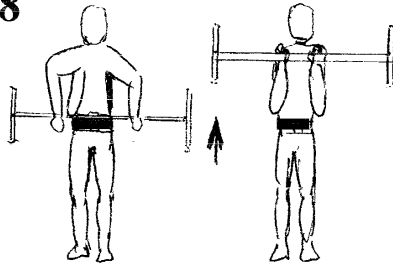
**B26**



**B27**

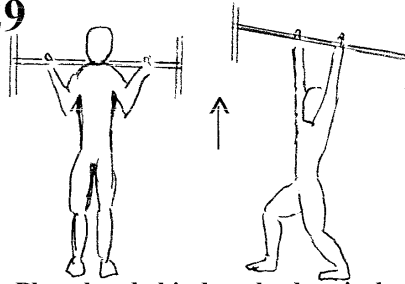


**B28**



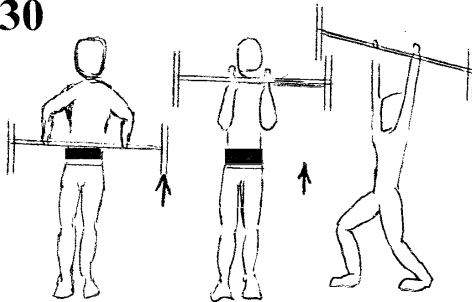
From belt to clean position

**B29**



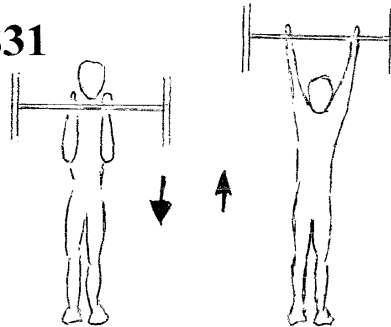
Place bar behind neck, then jerk

**B30**



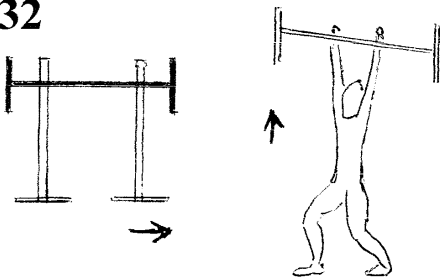
Lift as at B28, then jerk

**B31**



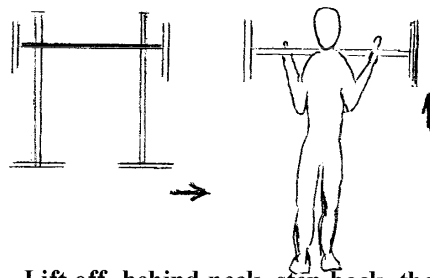
In clean pos. bend knees and push / press out

**B32**



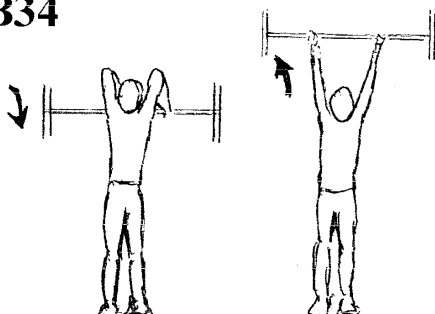
Lift off rack, step back, then jerk

**B33**

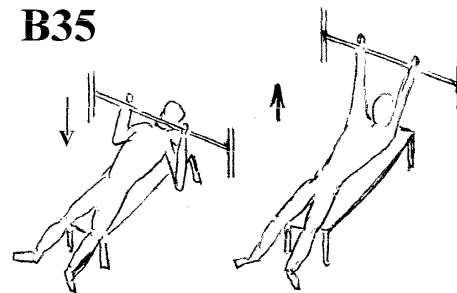


Lift off behind neck, step back, then jerk

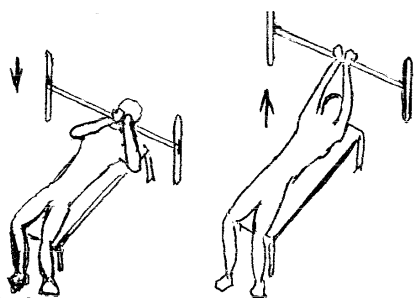
**B34**



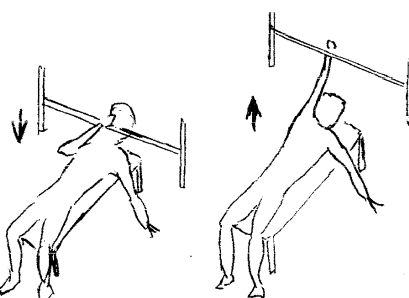
**B35**



Feet in the air, ankles unsupported



**B36** Hands together, lift as at A3

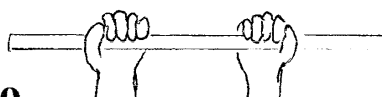


**B37** One hand only, lift as at A3



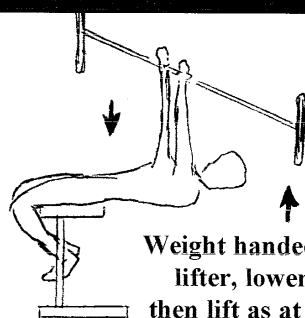
**B38**

Alternate Grip, lift as at A3



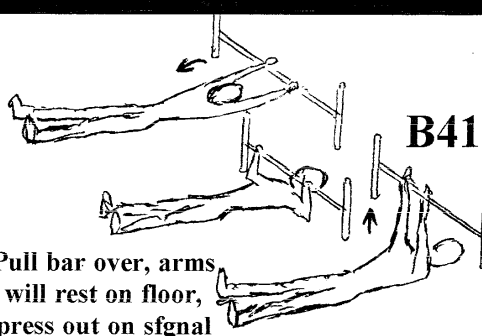
**B39**

Reverse Grip, lift as at A3



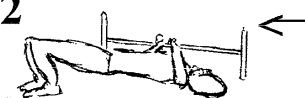
**B40**

Weight handed to lifter, lower, then lift as at A3



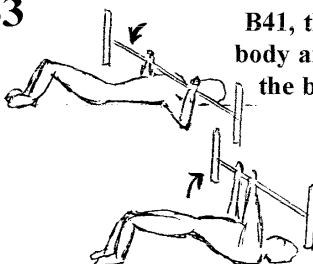
**B41**

Pull bar over, arms will rest on floor, press out on signal



**B42**

Only head and feet in contact with ground, Pull bar over onto chest. Press out on signal

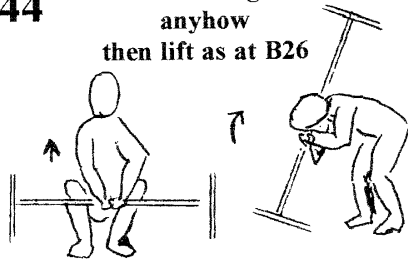


**B43**

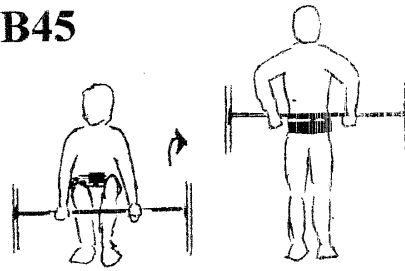
Pull bar over, as at B41, then lift body and push the bar up



**B44** To shoulder using 2 hands  
anyhow  
then lift as at B26

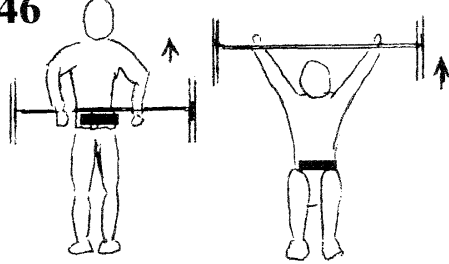


**B45**

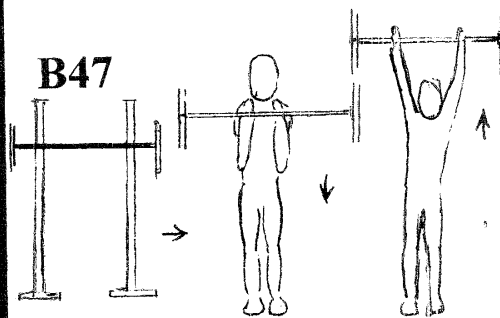


**B46**

Snatch off the belt

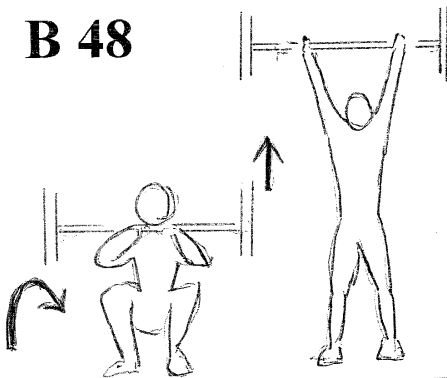


**B47**

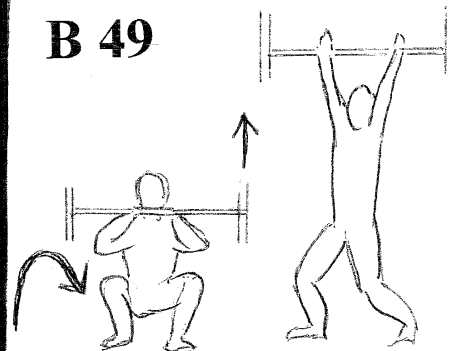


Back from rack, bend knees and push / pres

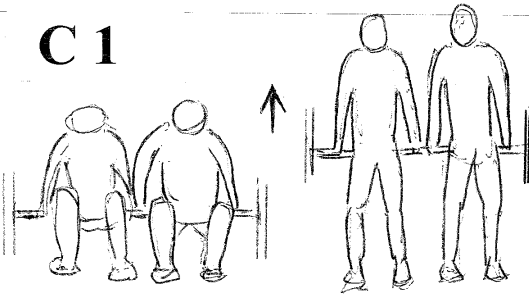
**B 48**



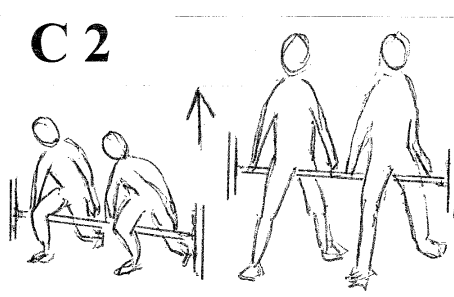
**B 49**



**C 1**

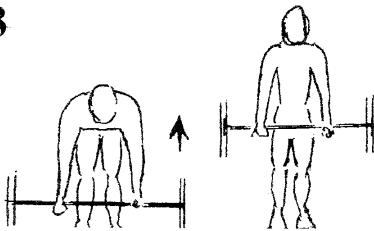


**C 2**



Legs kept stiff

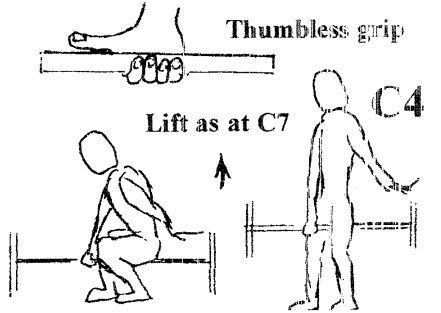
**C3**



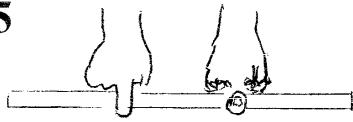
Thumbless grip

Lift as at C7

**C4**

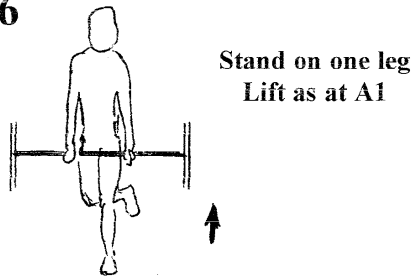


**C5**



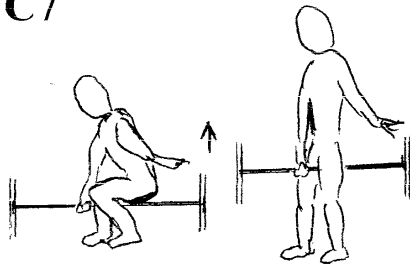
**Grip with middle fingers**  
**Lift as at A1**

**C6**



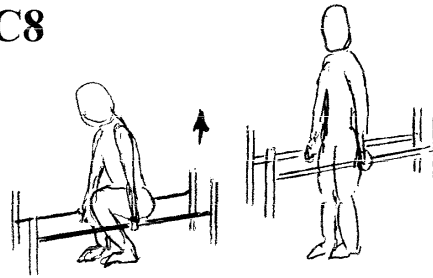
**Stand on one leg**  
**Lift as at A1**

**C7**

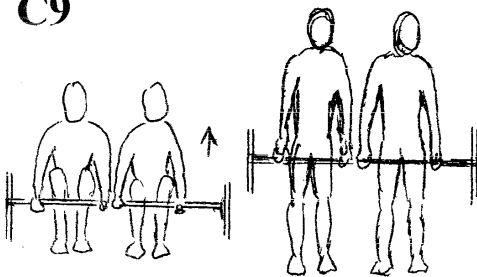


**Standing astride the bar**

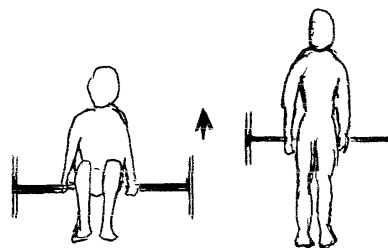
**C8**



**C9**



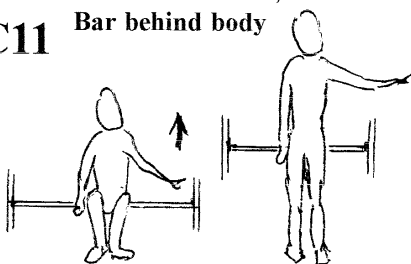
**C10**



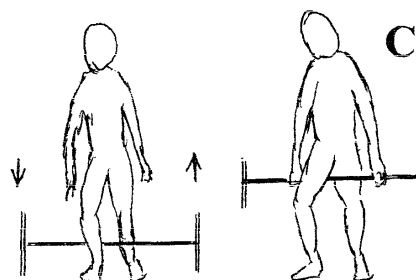
**The bar is behind the lifters body**

**C11**

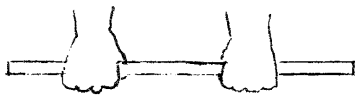
**Lift with one hand,**  
**Bar behind body**



**C12**



**C13** Both hands face forward,  
thumbs not hooked



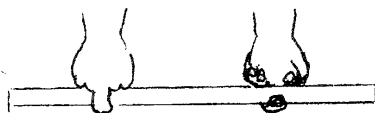
Lift as at A1

**C14** Thumb not hooked



Lift as at C7

**C15** Grip with middle fingers



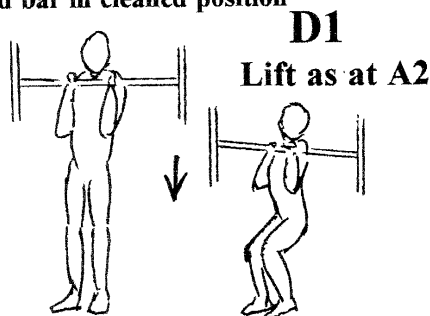
Lift as at C10

**C16** Both hands face forward,  
thumbs not around the bar

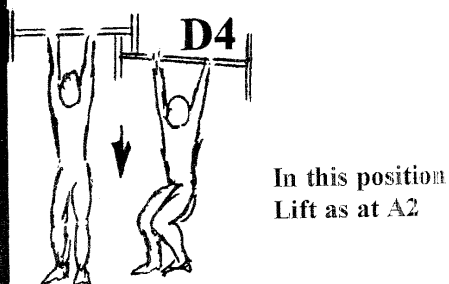
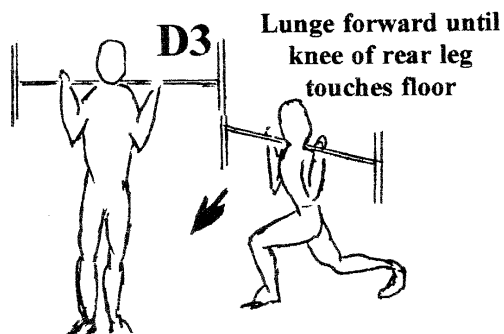
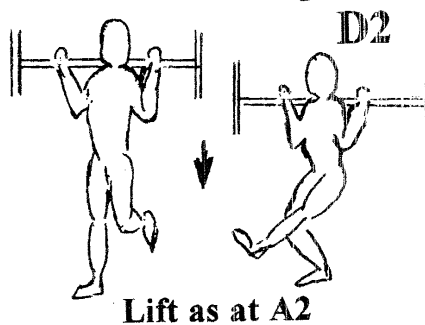


Lift as at A1

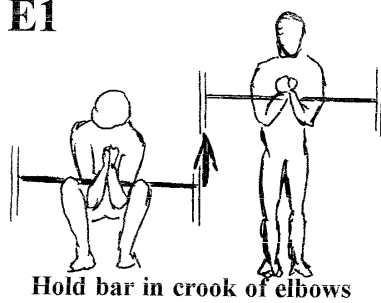
Hold bar in cleaned position



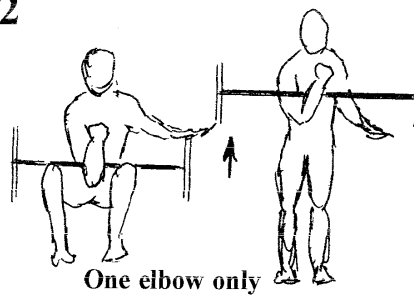
Stand on one leg



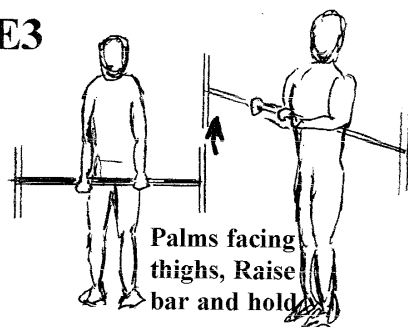
**E1**



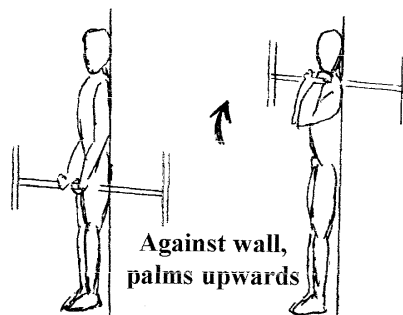
**E2**



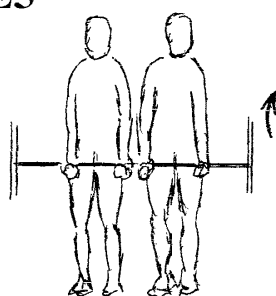
**E3**



**E4**

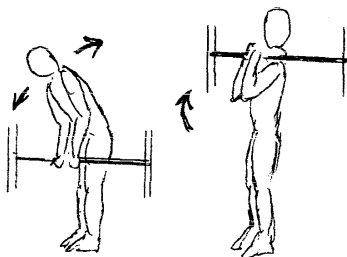


**E5**

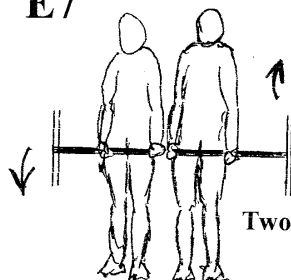


**E6**

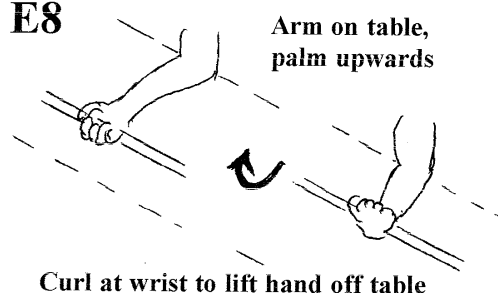
Lean forward from the waist, then swing upwards, curling the bar

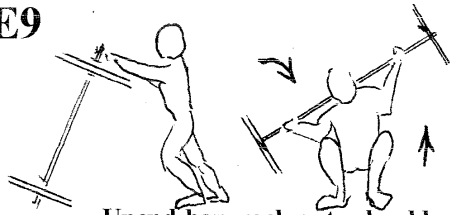


**E7**

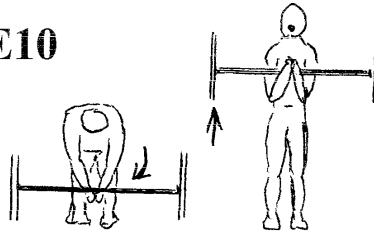


**E8**



**E9**

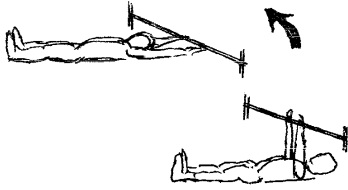
Upright bar, rock onto shoulders.  
Lift as at A2

**E10**

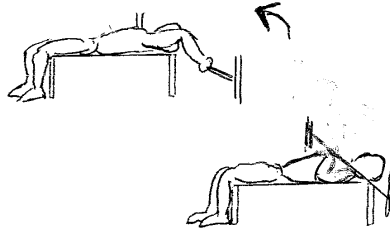
Bend forward, lift bar in crook of elbows

**E11**

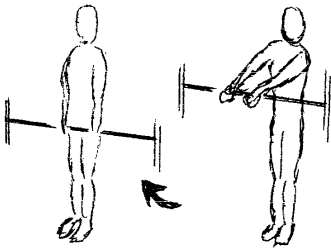
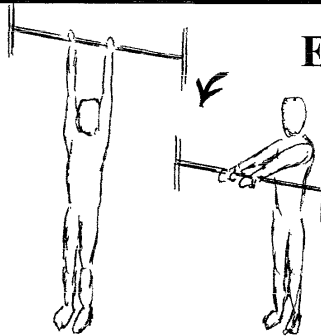
Keep arms straight

**E12**

Arm bent to start the pullover

**E13**

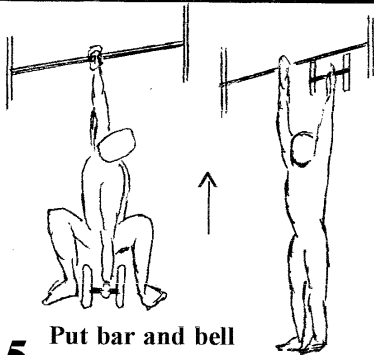
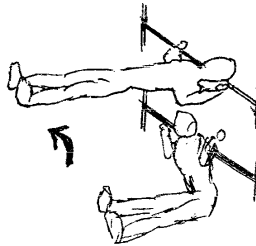
Lift arms straight

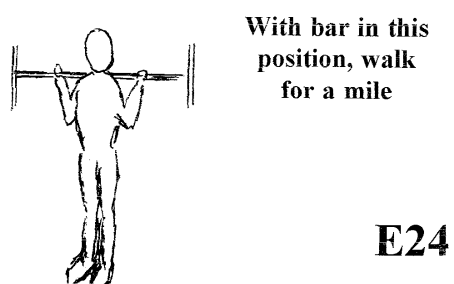
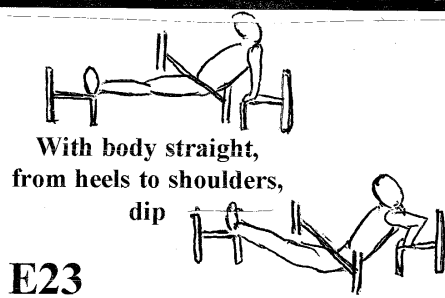
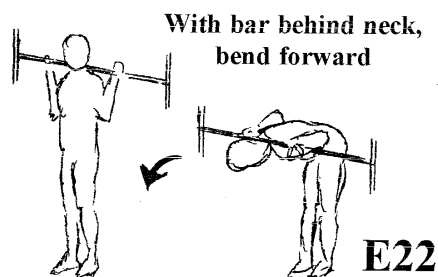
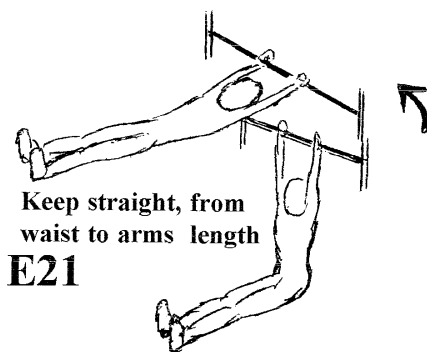
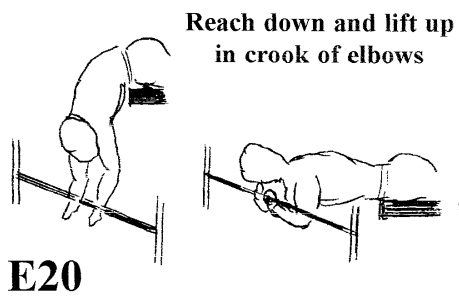
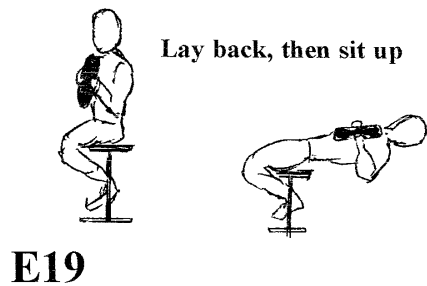
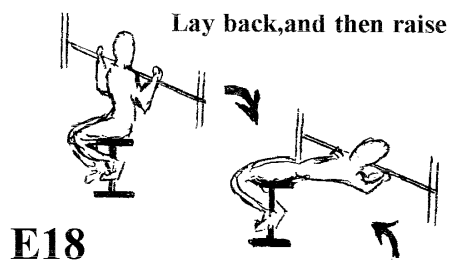
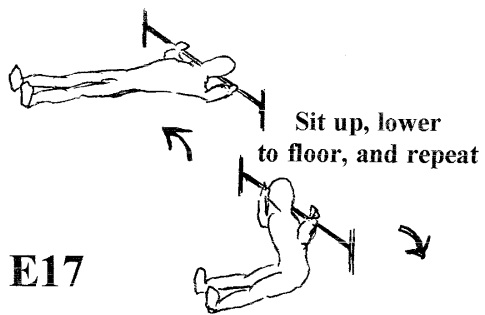
**E14**

Lower arms straight

**E15**

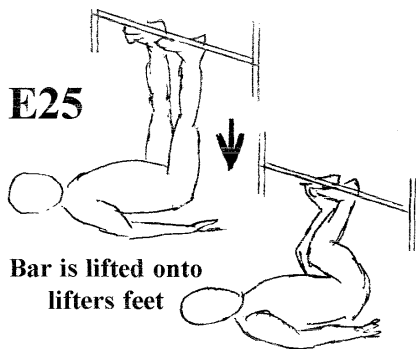
Put bar and bell  
above head anyhow

**E16**



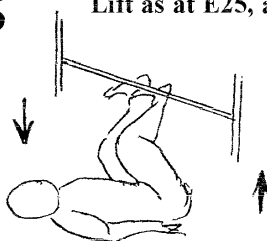
**E25**

Bar is lifted onto  
lifter's feet



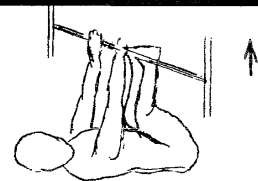
**E26**

Lift as at E25, and repeat

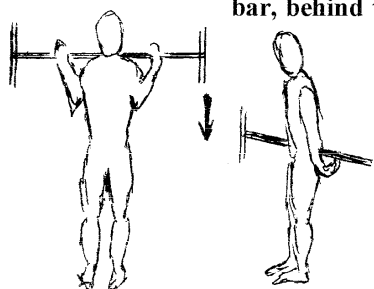


**E27**

Lifter loads the bar onto feet



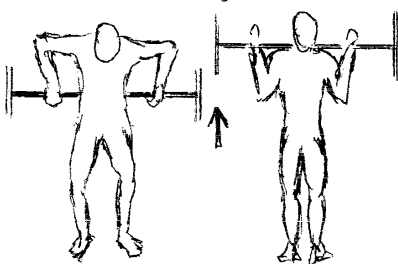
Drop and then catch the  
bar, behind the body



**E28**

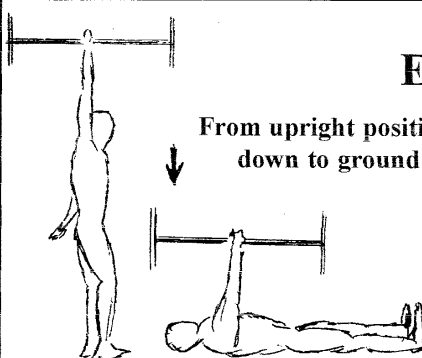
**E29**

When behind the neck,  
jerk as at B29



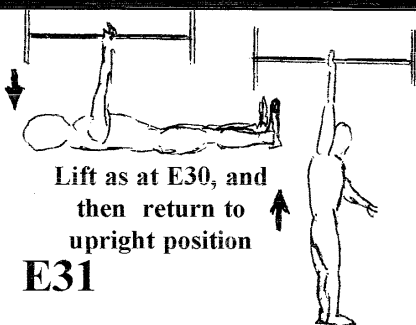
**E30**

From upright position,  
down to ground

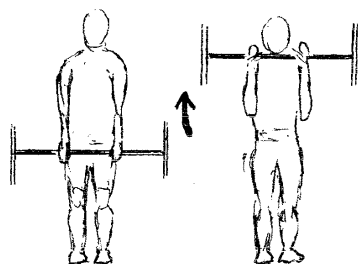


**E31**

Lift as at E30, and  
then return to  
upright position



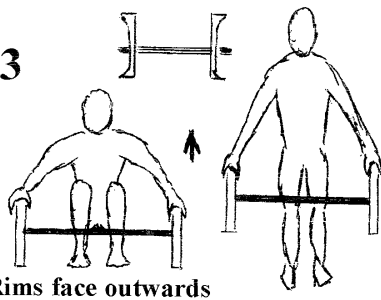
Knuckles face forward at start



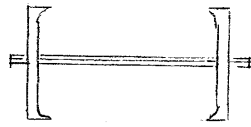
**E32**



**E33**



Rims face outwards

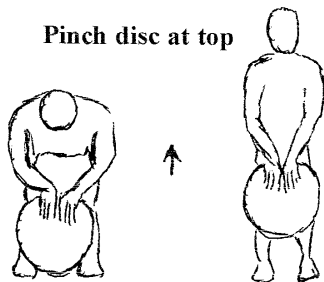


**E34**

Rims face inwards,  
Lift as at E33

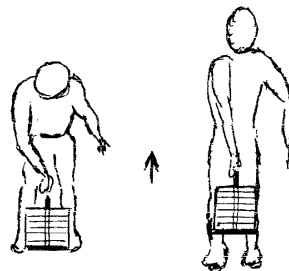
**F1**

Pinch disc at top

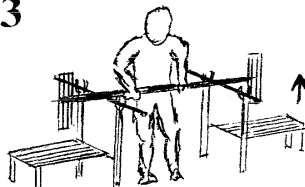


Hold vertical bar at top

**F2**



**F3**



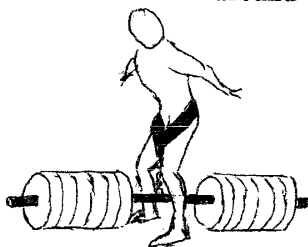
Lift the bar off upright supports

**F4**

Lift as at F3, and repeat.  
The lift is the total poundage  
lifted in 3 hours and 9 minutes.

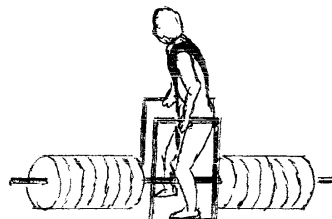
**F5**

Belt and chain worn  
around the hips

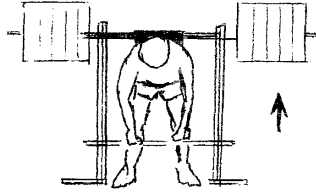


Harness and chain worn  
over shoulders

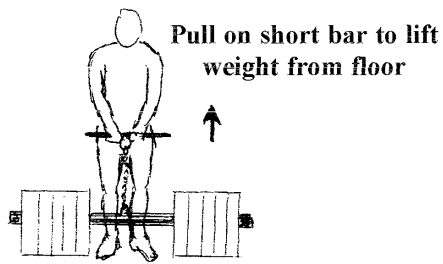
**F6**



**F7** Push on hands and feet, lift weight from supports using back

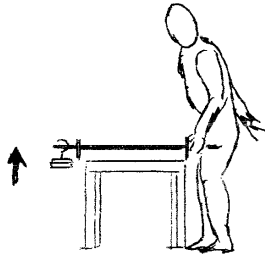


**F8**



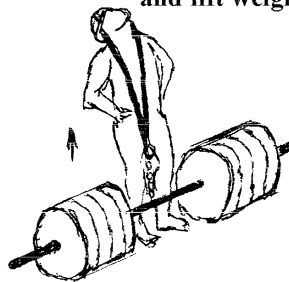
**F9**

Lift is done either from the front or the rear



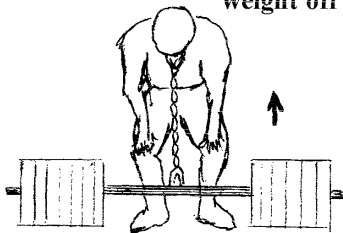
**F10**

Lean back with head / neck, and lift weight off floor



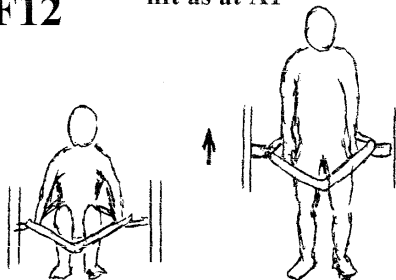
**F11**

With mouth piece firmly gripped in the teeth, lift weight off floor



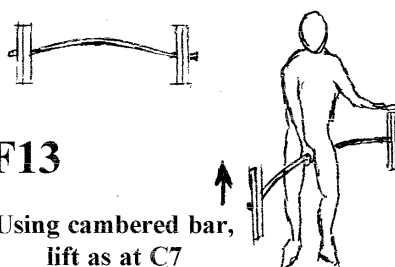
**F12**

Standing inside trap bar, lift as at A1



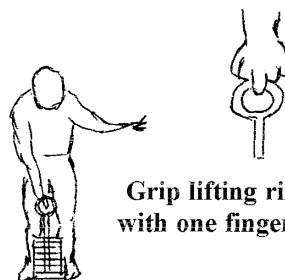
**F13**

Using cambered bar, lift as at C7



**F14**

Grip lifting ring / bar with one finger and lift



**F15**



Using 2 inch bar,  
lift as at C7

**F16**



Using 2 inch bar,  
with knuckles forwards,  
lift as at A1

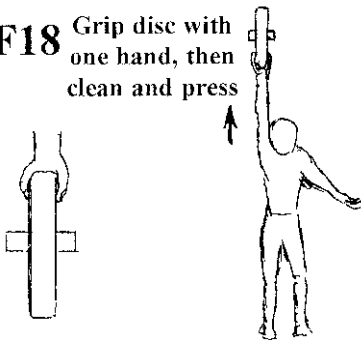
**F17**



Pinch disc with  
one hand and lift

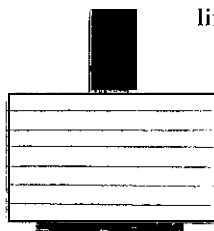
**F18**

Grip disc with  
one hand, then  
clean and press



**F19**

Using 2 inch bar,  
lift as at F2



**F20**

Using 2 inch bar, lift as at A1

**F21**

Using 2 inch bar, lift as at A4

**F22**

Using 2 inch bar, lift as at A5

**F23**

Using 2 inch bar, lift as at B31

**F24**

Using 2 inch bar, lift as at C12

**F25**

Using 2 inch bar, lift as at C10

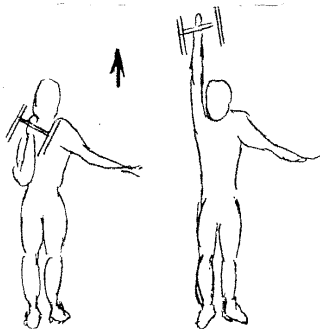
**F26**

Using 2 inch bar in each hand,  
lift as at F2

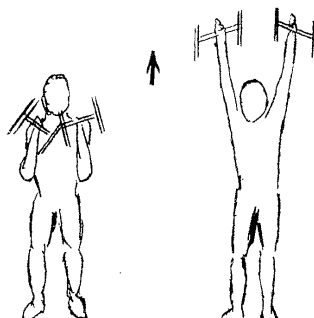
**F27**

Using 2 inch bar, lift as at B1

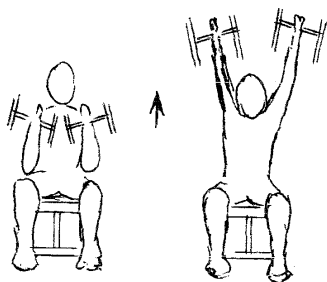
**G1**



**G2**

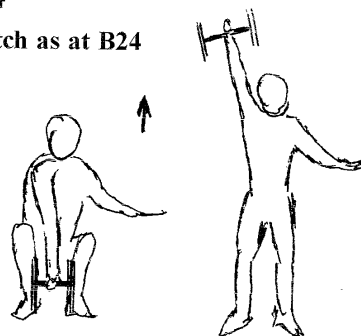


**G3**

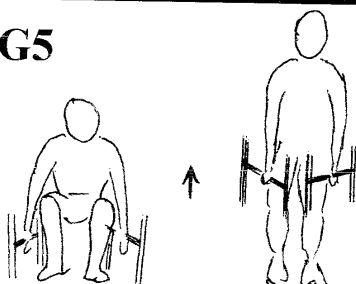


**G4**

Snatch as at B24

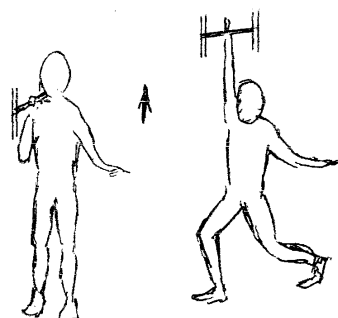


**G5**

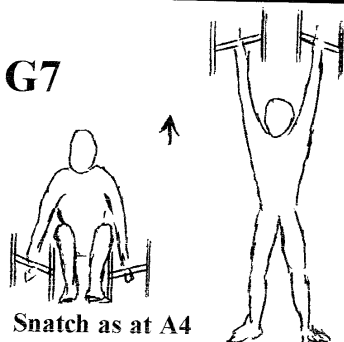


Deadlift as at A1

**G6**

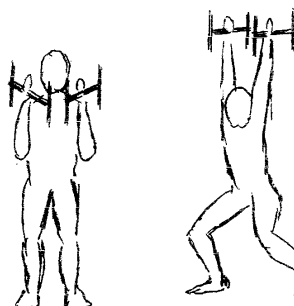


**G7**

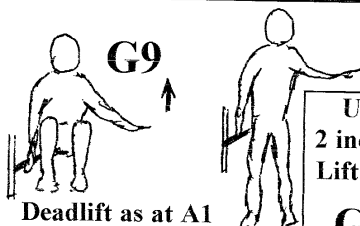


Snatch as at A4

**G8**



**G9**

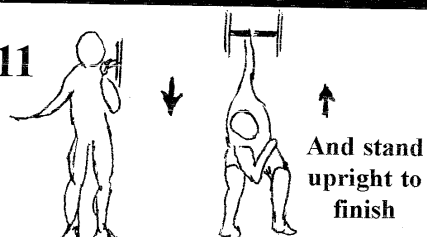


Deadlift as at A1

Using  
2 inch bell  
Lift as G9

**G10**

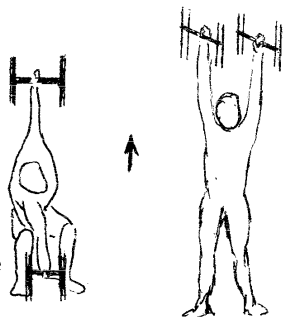
**G11**



And stand  
upright to  
finish

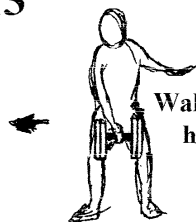
**G12**

Put bells  
above head  
in any style



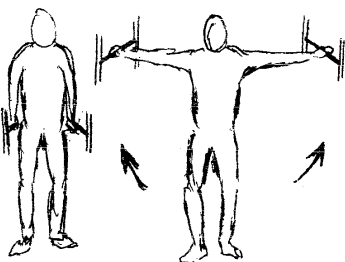
**G13**

Walk 10 feet forward  
holding dumbbell



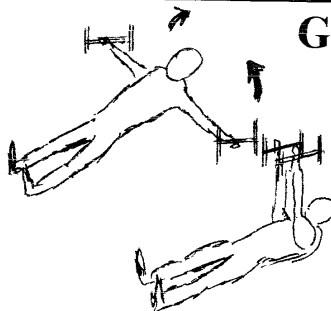
**G14**

Raise bells and hold at shoulder height



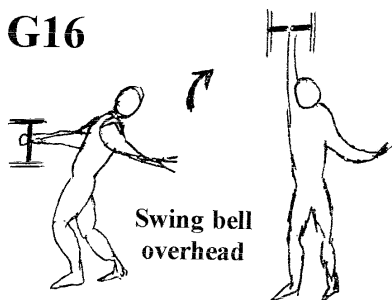
**G15**

Raise bells above body with straight arms



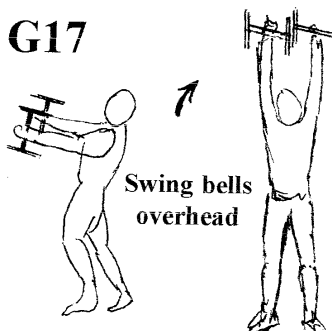
**G16**

Swing bell  
overhead



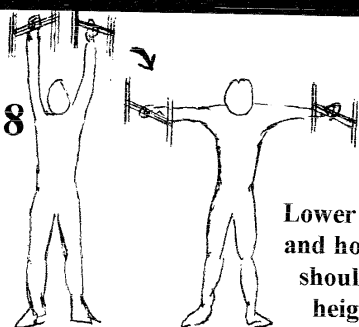
**G17**

Swing bells  
overhead



**G18**

Lower bells  
and hold at  
shoulder  
height



With straight legs, bend forward  
and swing / curl the bell

**G19**

