

DISABILITY LIFTS – and Rules of Performance (updated 4.3.2021)

SEATED DISABLED CLASS

10 Lifts

A Seated Deadlift

B Seated Deadlift 2" Bar

C Seated Trap Bar Deadlift

D Seated One Hand Dumbbell Press

E Seated Barbell Clean and Press

F Seated Clean and Press 2" Bar

G Seated Crucifix

H Bench Press (Para)

I Pullover and Press

J Stiff Arm Pullover

STANDING DISABLED CLASS

10 Lifts

A Deadlift

B Deadlift 2" Bar

C Trap Bar Deadlift

D One Hand Dumbbell Press

E Barbell Clean and Press

F Clean and Press 2" Bar

G Crucifix

H Bench Press (Para)

I Pullover and Floor Press

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The Rules of Performance and Causes for Failure for the 10 Disability Lifts

SEATED DISABLED CLASS

A - SEATED DEADLIFT

(minor adjustment to the IAWA Mainstream rules)

The loaded bar will be placed directly underneath the seated 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 do desired. The bar may be uneven during ascent, but it must finish evenly, and must not be lowered at any point during the ascent. The lift is completed arms are straight, with the bar motionless and the shoulders braced. On completion of the lift, after the officials signal, the bar should be controlled back to its position on the lifting surface'. There is no ruling on the position of the lifters feet.

Causes for failure:

- 1 Any downward movement of the bar during the lift. The bar may stop but not lower.
- 2 Failure to finish erect with the shoulders braced.
- 3 Lowering the bar before the chief referee's signal
- 4 Allowing the bar to return to the platform without maintaining control

B - SEATED DEADLIFT – 2 INCH BAR

(minor adjustment to the IAWA Mainstream rules)

The rules of performance for the seated 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. There is no ruling on the position of the lifters feet.

Causes for Failure:

- 1 The causes for failure are the same as for the seated deadlift, except that a 2 inch bar is used.

C – SEATED TRAP BAR DEADLIFT

(minor adjustment to the IAWA Mainstream rules)

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, it is usually squared or circular. The bar has integral hand hold bars that run forward and backward, as a result the hands and arms are in a different position to that of a regular deadlift. The weight loading sleeves are to the lifters sides as for a normal weightlifting bar. There is no ruling on the position of the lifters feet.

Causes for Failure:

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

D – SEATED ONE HAND DUMBBELL PRESS

(The same rules for Standing or Seated Classifications – also the same as for IAWA mainstream)

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. An incline bench may be used for stability, also a waist strap if needed. There is no ruling on the position of the lifters feet. The Dumbbell may be handed to the lifter at chest height.

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.

E - SEATED BARBELL CLEAN AND PRESS

(Minor adjustment from Mainstream IAWA rules)

The weight should be cleaned to the shoulders. The lifter can take the weight from stands either pulling the bar up or rolling it across to find the clean position at the chest. 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 at all. 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. An incline bench may be used for stability, also a waist strap if needed. There is no ruling on the position of the lifters feet. The bar may be handed to the lifter at chest height.

Causes for Failure:

- 1 Failure to comply with rules for the Clean
- 2 Failure to assume the upright position prior to the press signal, (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.
- 7 Any twisting of the trunk or rotating during the press.
- 8 Failure to attain the finish position, body upright, arms extended.
- 9 Replacing the bar before the referees signal, or dropping the bar after the signal.

F - SEATED CLEAN AND PRESS 2 INCH BAR

(Minor adjustment from Mainstream IAWA rules)

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

G – SEATED CRUCIFIX

(Minor adjustment from Mainstream IAWA rules)

The lifter will take two evenly loaded dumbbells to arms-length overhead, with the body erect. These may be taken from stands, or handed to the lifter at chest height. 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. On completion the referee will signal to replace the bells. An incline bench may be used for stability, also a waist strap if needed. There is no ruling on the position of the lifters feet.

Causes for Failure:

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

H - BENCH PRESS (Para)

(Minor adjustment to IAWA Mainstream rules, and the same rules for both Standing and Seated Classifications)

The lifter will take position, with the head, shoulders, buttocks and heels in contact with the bench, the lifter will grasp the bar with a maximum width of 32 inches or 81cms, 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. The lifter may use a waist strap for stability.

Causes for failure:

- 1 Failure to wait for the referees signal before commencing the press.
- 2 Any raising of the head, shoulders, buttocks or heels, from their original points of contact with the bench, 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 Deliberate contact between the bar or discs and the bench uprights during the lift which make the press easier.

I - PULLOVER AND FLOOR PRESS

(No adjustment to Mainstream IAWA rules = the same)

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 but once elected they must remain in that position, the legs must stay flat and must not be moved during the pullover so as to gain assistance. 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. 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 Failure to complete the pullover in one distinct movement.
- 3 Allowing bar or discs to make contact with the lifting surface, after the initial lift off.
- 4 Failure to complete the push in one distinct movement.
- 5 Any stopping of the bar or uneven extension during the push.
- 5 Failure to hold the finished position until the referees signal.

J – STIFF ARM PULLOVER

(There is no adjustment to Mainstream IAWA Rules = the same)

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.

STANDING DISABLED CLASS

A - DEADLIFT

(There is no adjustment to the Mainstream IAWA rules = the same)

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 do 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 lifters thighs, and the shoulders braced. On completion of the lift, after the officials 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)
- 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

B - DEADLIFT – 2 INCH BAR

(There is no adjustment to the Mainstream IAWA rules = the same)

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.

C - TRAP BAR DEADLIFT

(There is no adjustment to the Mainstream IAWA rules = the same)

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.

D - ONE HAND DUMBBELL PRESS

(The same rules for Standing or Seated Classifications – also the same as for IAWA mainstream)

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.

E - BARBELL CLEAN AND PRESS

(no adjustment from Mainstream IAWA rules = the same)

The weight should be cleaned to the shoulders. The lifter will stand erect with legs straight and knees braced. The lifter's 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
- 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 referee's signal, or dropping the bar after the signal.

F – BARBELL CLEAN AND PRESS – 2 INCH BAR

(no adjustment from Mainstream IAWA rules = the same)

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

G - CRUCIFIX

(No adjustment to Mainstream IAWA rules = the same)

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 arms and dumbbells level with the shoulders and parallel to the floor.
- 5 Lowering / replacing the bells before the referees signal.

H - BENCH PRESS (Para)

(Minor adjustment to IAWA Mainstream rules, and the same rules for both Standing and Seated Classifications)

The lifter will take position, with the head, shoulders, buttocks and heels in contact with the bench, the lifter will grasp the bar with a maximum width of 32 inches or 81cms, 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 heels, from their original points of contact with the bench, 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 Deliberate contact between the bar or discs and the bench uprights during the lift which make the press easier.

I - PULLOVER AND FLOOR PRESS

(No adjustment to Mainstream IAWA rules = the same, and the same for the Seated class)

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 but once elected they must remain in that position, the legs must stay flat and must not be moved during the pullover so as to gain assistance. 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. 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 Failure to complete the pullover in one distinct movement.
- 3 Allowing bar or discs to make contact with the lifting surface, after the initial lift off.
- 4 Failure to complete the push in one distinct movement.
- 5 Any stopping of the bar or uneven extension during the push.

- 5 Failure to hold the finished position until the referees signal.

J - STIFF ARM PULLOVER

(No adjustment to Mainstream IAWA Rules = the same, and the same for the seated class)

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.