

BARBELL STRENGTH COMPETITION RULES

Dress Code:

- Participants must wear athletic attire and will be unable to participate in sweatpants or baggy clothing in order for our judges to properly assess each lift and provide accurate results.
- Shoes are required

Squat Competition Rules:

- Three attempts at a 1 rep. maximum. *Winner is calculated by body weight to lift weight ratio.*
- Your second and third attempts must be equal or greater to your previous attempt.
- Squat Depth: Must be below parallel.
- Knees will need to be locked at both the beginning and end of the movement.
- You cannot step forward or backward, or move your feet laterally while squatting.
- You cannot touch your elbows and arms with your legs to support the movement.
- You cannot double bounce at the bottom or have any downward movement of the bar.
- Bodyweight submitted as an estimate. Everyone will be weighed in on Competition Day.
- Swearing or arguing with the ref or other competitors will not be tolerated and will result in disqualification.

Bench Press Competition Rules:

- Three attempts at a 1 rep. maximum. *Winner is calculated by body weight to lift weight ratio.*
- Your second and third attempts must be equal or greater to your previous attempt.
- Feet must be flat on the ground throughout entire lift.
- Arms must be locked out at the beginning and ending of the lift.
- Head, shoulders and posterior must be touching the bench at all times.
- Barbell must touch the chest in a controlled manner (Bouncing off chest is not permitted).
- On the upwards motion, barbell is not allowed to be lowered.
- Bodyweight submitted as an estimate. Everyone will be weighed in on Competition Day.
- Swearing or arguing with the ref or other competitors will not be tolerated and will result in disqualification.

Deadlift Competition Rules:

- Three attempts at a 1 rep. maximum. Winner is calculated by body weight to lift weight ratio.
- Your second and third attempts must be equal or greater to your previous attempt.
- Bar cannot travel downward on the up phase of the lift.
- You must stand erect with the shoulders, back and knees locked at completion of the lift.
- You must return the bar to the floor while maintaining control with both hands.
- Bodyweight submitted as an estimate. Everyone will be weighed in on competition day.

- Swearing or arguing with the ref or other competitors will not be tolerated and will result in disqualification.

Approved Equipment:

- Wrist Wraps
- Liquid Chalk
- Knee Sleeves
- Lifting Straps
- Weightlifting Belt
- Shoes Required