

SOUTHERN MUSCLE ASSOCIATION'S POWERLIFTING RULES

GENERAL RULES

Qualifying teams must have a minimum of 4 (four) lifters and a maximum allowance of 10 (ten). For teams of more than ten you may split up to form two or more teams but only the best ten lifters per team will receive credit for team points. Team points are awarded as such:

First place- 5 points, second place- 4 points, third place- 3 points, fourth place- 2 points and fifth place- 1 point.

All tie breakers will be based on bodyweight first, then age.

At weigh-ins, lifters will be weighed by gender (females with female attendants and males with male attendants). Weigh-ins will be conducted in undergarments or full clothing if you know you are under your weight class requirement. No shoes will be worn during weigh-ins.

After your weigh-in you will be instructed to go to have your rack measurements taken for the squat and bench press.

Drug testing will be conducted during the athlete sign-in period which is usually around 1 to 1 and ½ hours prior to the competitor meeting. Weigh-in and drug testing are often done together.

Your opening lifts will be checked for each lift at check in as well. You may change your opening lifts at this time only.

Immediately after each lift attempt, athletes must tell the Lift Coordinator their next attempt. If you were not successful on any attempt, you may keep the same attempt or increase it but you MAY NOT decrease the amount.

The Lift Coordinator will announce each lifter and the order they are in but pay close attention to the TV monitor in the warm-up area to keep track of when the athlete will lift next. The Lift Coordinator will always announce the next lifter and then the lifter on deck and finally the lifter in the hole to be sure lifters get to the platform on time. Lifters will have two minutes to get to the platform once they have been called for their lift. If a lifter is not on the platform (under the squat rack, on the bench, or next to the deadlift bar) within that 2-minute time period- the lift will be ruled a non-lift. The weight will be placed as the next attempt for the lifter automatically unless that was their third attempt.

All legal lifts will be added together to determine the Class winner in Full Powerlifting events (this includes the Squat, Bench Press, and Deadlift) for what is known as a Total. The highest Total is the winner within a class. All other categories will be based

on the next lift of the Class. To qualify for a National Full Powerlifting event, you must have a qualifying total (at least one successful lift in each of the three lifts- Squat, Bench Press and Deadlift).

All of the lifts below are open to both men and women. Please see on-line entry form for divisions and age groups.

- 1- Squat
- 2- Bench Press
- 3- Deadlift
- 4- Strict Curl
- 5- Power Curl

EQUIPMENT RULES FOR ALL LIFTS

RAW LIFTERS CAN WEAR THE FOLLOWING:

SINGLET

4' WIDE BELT

WRIST WRAPS UP TO 36" LONG

COTTON SHIRT, NO DRI FIT MATERIAL IS ALLOWED. ALL SHIRTS MUST HAVE SLEEVES (NO TANK TOPS)

COTTON UNDERWEAR, NO DRI FIT OR BIKER TYPE MATERIAL IS ALLOWED

KNEE HIGH SOCKS FOR DEADLIFT ONLY

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

CLASSIC LIFTERS CAN WEAR THE FOLLOWING:

SINGLET

4" WIDE BELT

WRIST WRAPS UP TO 36" LONG

KNEE WRAPS NOT EXCEED 98" LONG (2.5 Meters)

ELBOW SLEEVES UP TO 5MM IN THICKNESS FOR THE MASTERS DIVISION ONLY-(VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR SLEEVES)

COTTON OR DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON OR DRI FIT BIKER MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with only socks on for safety reasons.

KNEE HIGH SOCKS FOR DEADLIFT ONLY

SINGLE PLY LIFTERS- (CANVAS AND DENIM ARE PROHIBITED)

SINGLET

ONE PLY SQUAT SUIT MADE OF POLY ONLY WITHOUT ADJUSTABLE STRAPS

ONE PLY BENCH SHIRT MADE OF POLY ONLY THAT MUST CLOSE COMPLETELY IN THE BACK TOP TO BOTTOM. EXTRA SHIRTS CANNOT BE WORN

UNDER YOUR BENCH SHIRT. YOUR SINGLE PLY SHIRT MUST FIT OVER THE TOP OF THE DELTOIDS, NO EXCEPTIONS!!!!

ERECTOR SHIRTS ARE ALLOWED

SINGLE PLY DEADLIFT SUITS ARE ALLOWED

4" WIDE BELT

KNEE WRAPS UP TO 98" OR 2.5 METERS

NEOPRENE KNEE SLEEVES UP TO 7MM IN THICKNESS & 30CM- (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR KNEE SLEEVES)

WRIST WRAPS UP TO 36" LONG

ELBOW SLEEVES UP TO 5MM IN THICKNESS FOR THE SQUAT AND DEADLIFT ONLY- (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR ELBOW SLEEVES)

KNEE HIGH SOCKS FOR THE DEADLIFT ONLY

COTTON OR DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON OR DRI FIT BIKER MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

SQUAT RULES

You will un-rack the weight with knees locked. The lifter will then give a signal to the judge to let him know that he is ready. Once you relay your signal to the judge that you are ready you will then receive the SQUAT signal. You must squat below parallel where the top of the hip joint is below the top of the knee joint.

You will then come out of the deep squat position with your knees locked in the finished position. The judge will then tell you to RACK the weight. The spotters will assist you in getting the weight back into the rack.

DISQUALIFICATIONS:

- 1- Foot movement or any steps after you receive the signal to squat
- 2- Knees not being locked before and after the lift
- 3- The bar being placed any lower than the bottom of the trap muscle/rear deltoid attachment (2" below) or rolling the bar down your back while performing the lift
- 4- Not obeying the squat and rack commands
- 5- Coming out of the low squat position, going back downward and coming back up. Once your body goes back down the judges will tell the spotters to take the bar. Also no double bouncing!!
- 6- Elbows touching the thighs while squatting
- 7- Failure to squat below parallel. The top of your hip joint must be below the top of your knee joint.
- 9- Any intentional dumping of the bar
- 10- Failure to make a bona fide attempt to put the weight back in the rack
- 11- Having your hands on the sleeves of the bar or touching the plates

BENCH PRESS RULES

The lift will start once the lifter has his butt and shoulders on the bench and you must un-rack the weight. Once the weight is out of the rack you must lock your arms and then listen for the BEGIN command from the Head Referee. Bring the bar down and touch your chest or (no lower than the sternum/ top abdominal area). Once the bar stops and is motionless you will receive the PRESS signal. You must then press the weight back up with your arms in the locked position. Once you are locked out, the judge will tell you to RACK the weight.

DISQUALIFICATIONS:

- 1- Intentional contact between the uprights and the bar
- 2- Seesawing or uneven lockout
- 3- Excessive foot movement or any shifting of the feet
- 4- Lifting of the buttocks off the bench or having your butt off the bench throughout the entire motion of the lift. Your butt must remain in contact with the bench.
- 5- Not locking the arms after receiving a handoff or when you take the bar off the rack
- 6- The bar going downward after you make an attempt to press upward
- 7- Failure to lock out completely
- 8- Not waiting for the press and rack signal
- 9- Sinking the bar into your chest or heaving the bar after the press signal is given
- 10- Any contact with the bench supports with your feet
- 11- Bringing the bar down below the sternum area
- 12- Not touching the bar to your chest during the downward movement

Note- lifters are allowed to lift with their feet flat or on their toes but your feet must remain in the same position throughout the entire lift. Lifters are not allowed to lift on their heels once the lift has started.

Your head is allowed to be on or off the bench during your attempt.

Wrist wrap thumb loops can be on the thumbs or off the thumbs whichever you prefer.

DEADLIFT RULES

The lifter will begin the lift once he starts the initial pull from the floor. The lift will be considered complete once the lifter is standing straight with (shoulders, hips and knees) straight and erect. The head referee will then give the DOWN signal. The lifter will then set the weight back down on the floor with both hands under control.

DISQUALIFICATIONS

- 1- Any shifting or movement of the feet
- 2- Hitching
- 3- Any excessive knee bending or supporting of the bar on the thighs while pulling the bar up
- 4- Not being completely locked out with shoulders straight and knees locked. Your shoulders cannot be forward, they must be in a straight line with your body or pulled back
- 5- Any downward movement once you start upward with the bar
- 6- Double knee locking (Once your knees lock you cannot unlock them while the bar is moving upward)
- 7- Not waiting for the down signal
- 8- Dropping the weight, driving the weight down or not controlling the weight after the down signal
- 9- Not wearing knee high socks

STRICT CURL

An E-Z curl bar will be used for all competitions.

- 1- All lifters will be placed on a wall or portable platform at the venue.
- 2- You will remove the bar from the rack or the spotters will place the bar in your hands in an underhand grip fashion. Your feet must be straight, not staggered in anyway.

- 3- Your arms must be locked at the start of the lift and your knees must stay locked throughout the lift.
- 4- Once you are set (motionless) you will receive the CURL command. You will then curl the weight upward without moving your body (butt and back) off the wall.
- 5- Bouncing the bar off your thighs or swinging and heaving the bar upwards is cause for disqualification.
- 6- The bar must not go down once you start the lift and the bar must come up evenly on both sides.

DISQUALIFICATIONS:

- 1- Failure to wait for the CURL or DOWN signal.
- 2- Any downward motion of the bar and any unevenness of the bar.
- 3- Any swinging or heaving of the bar.
- 4- Any shifting of the feet from its original position or lifting your heels off the floor.
- 5- Failure to maintain control at the finish position.
- 6- Bouncing the bar off the thighs to start the lift.
- 7- Your buttocks or back coming off the wall
- 8- Unlocking your knees

POWERCURL

An E-Z curl bar will be used for all competitions.

- 1- You will remove the bar from the rack or the spotters will place the bar in your hands in an underhand grip fashion.
- 2- Your feet must be straight, not staggered in anyway.
- 3- Your arms must be locked at the start of the lift and your knees must be locked at the beginning of the lift only.
- 4- Once you are set (motionless) you will receive the CURL command. You will then curl the weight upward without moving your body FORWARD excessively! (Your head cannot go past your toes)
- 5- Bouncing the bar off your thighs or swinging and heaving the bar upwards is cause for disqualification.
- 6- Both arms must come up together, no seesawing of the bar or excessive unevenness is allowed.
- 7- The bar must not go down once you start the lift.

8- Lifters can lean back as far they want.

DISQUALIFICATIONS

1- Failure to wait for the CURL or DOWN signal.

2- Any downward motion of the bar and any unevenness of the bar.

3- Any swinging or heaving of the bar.

4- Any shifting of the feet from its original position or lifting your heels off the floor.

5- Failure to maintain control at the finish position.

6- Bouncing the bar off the thighs to start the lift.

7- Your body coming forward pass your toes to gain momentum to lift the weight