

Power Meet - Rules

Rules:

- Weigh-ins morning of
- First Squat, then Bench, and last Deadlift (3 attempts each)
 - Can NOT decrease weight after an attempt
- 3 judges will judge every lift for completeness (successful=2/3 judges pass the lift)
 - Bench:
 - Spotter will help lift out of the rack
 - Lifter must then stay at a locked-out position until head judge signals “bench”
 - Lifter will then lower bar to chest and pause at the bottom
 - Head judge will signal “press” when the bar is steady in contact with the chest
 - Lifter will then press back up to the starting position and hold until head judge signals to “rack”
 - Feet must stay in contact with the ground and hips in contact with the back pad at all times
 - Spotters will then help place weight back into the rack
 - Judges will then score the lift as successful or failed
 - Any deviance from these procedures will result in a failed lift and the attempted weight will not count toward the competitors total
 - Squat:
 - Spotters will help guide off the rack
 - Lifter will then stay in the upright position until head judge signals by hand gesture (if in sight) and by saying “down”
 - Lifter will then lower to a position where his/her femur is parallel to the ground
 - Once the lifter believes that position is reached they may begin ascending to the start position on their own
 - Lifter must stay steady at upright position until head judge signals “rack”
 - Spotters will then help place weight back into the rack
 - Judges will then score the lift as successful or failed
 - Any deviance from these procedures will result in a failed lift and the attempted weight will not count toward the competitors total
 - Deadlift
 - Lifter will step up to the bar and able to pull when he/she is ready
 - Lifter must have a smooth constant upward motion of the bar
 - No “hitching”
 - Upon upright lock-out head judge will signal “down”

- Lifter must control the weight on the way down by keeping hands in contact with the bar until it reaches the ground
 - Judges will then score the lift as successful or failed
 - Any deviance from these procedures will result in a failed lift and the attempted weight will not count toward the competitors total
- Highest successful lift in each exercise will be added together
 - Totals will represent ranking
 - Top 3 in each weight class will receive a medal
- “Raw” competition
 - No knee/elbow wraps, bench/squat suits, etc. are permitted
 - Only braces used for support (e.g., knee brace, wrist/ankle brace, belts, etc.)