



## Equipment:

- Meet will be run in Kilos
- Single Ply Lifting Suits are allowed for the equipped division and must follow USAPL guidelines. (Single Ply Only, 2 meter knee wraps and 1 meter wrist wraps brand of your choosing. You are not allowed to layer equipment, nor wear squat briefs under suits, or singlets.)
- T-Shirts and Gym Shorts are legal.
- T-Shirts must be tucked-in and have sleeves that cover the deltoid, but cannot extend past the elbow.
- Lifters are allowed to wear singlet, but they are not required. When wearing a singlet, lifters must have t-shirt on under their singlet during all three lifts.
- Shoes are mandatory, no work boots or cowboy/ cowgirl boots allowed on the platform. Indoor athletic shoes permitted. Knee high socks must be worn on deadlift to cover shins.
- Belts must not be greater than 10 cm/ 4 inches wide. Belts may not have any padding or velcro on them.
- Neoprene knee sleeves may be worn for equipped or raw division. Knee sleeves may not have velcro, holes or drawstrings of any kind.
- You may wear athletic tape on thumbs, 2 layers max. Athletic tape and KT tape is forbidden elsewhere.
- Chalk may be used for all three lifts, baby powder may be applied to thighs for deadlifts.
- See Meet Director(s) regarding any questions applying to equipment and/or rules.

## Meet Procedures:

- Boy's Early Weigh-ins will begin 6- 7pm Friday. Weigh-ins the day of will begin at 7am and end at 8:30. Lifting starts at 9am. Friday night is also a great time to get rack heights for squat/ bench and bench safety's to meet officials.
- Lifters and/or the Coach may change openers 3 minutes prior to the start of each lift, if not in the 1st flight, must be done 3 lifters before the start of your flight.
- Third attempts on the deadlift may be changed twice, higher or lower than the lifter submitted. However, these are only permitted provided that the lifter has not been called to the bar and must not be less than the previous lifter lifted, can only be the same if your lot number is higher.
- There will be no breaks between disciplines, just the time it takes to change the equipment needed for the next lift, squat rack to bench, then empty platform for deads.
- **Once the bar is called loaded the lifter has 60 seconds to receive the starting command for the lift or begin their deadlift.**
- At the completion of the lift the lifter or coach has 60 second to submit their next attempt. If no attempt is submitted then the next attempt will increase by 2.5kg if the previous attempt was good or remain the same if the previous attempt was not successful.

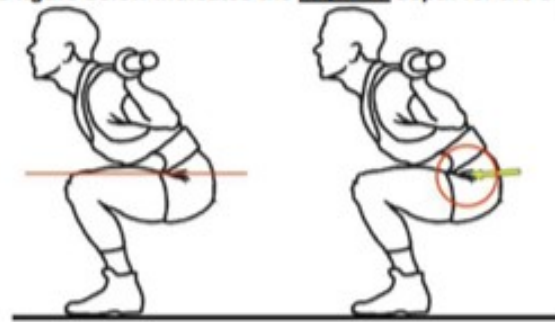
## Squat:

- Two commands/ signals will be given: “Squat” and “Rack”
- Knees must be locked during the start position.
- Depth- knees must bend and the body must lower until the top surface of the legs at the hip joint is lower than the top of the knee. (Depth shown below.)
- Lifters must finish their attempt in an upright position with their knees locked.
- Lifters must wait for the “Rack” command/signal to be given before racking the weight.
- Note: lifters may be assisted in walk outs and racking by spotters/ loaders.

### Reasons for Squat Disqualifications:

- Failure to follow Head Judge’s commands
- Improper depth
- Double bouncing during the accent of the squat.
- Stepping forward / backwards/ side to side after squat command but before rack command.
- Dumping the bar, lifters must stay with the bar until it is racked, even on a miss lift for the safety of the lifter, and the spotters/ loaders. Bailing may result in immediate disqualification from the meet in its entirety.

The figure below indicates the required depth for the squat.



## Bench Press:

- The lifter will be given three commands/ signals: “Start,” ” Press,” and “Rack”
- A start command will be given when the lifter's elbows are fully extended, butt, shoulders, and head must be in contact and remain in contact with the bench throughout the lift.
- Lifter’s heel and toe must remain in contact with the floor. Slight foot movement is allowed.
- The “Press” command will be given when the weight is motionless on the lifter’s chest.
- The bar does not need to be locked out evenly, as long as the bar as a whole does not lower.
- Lifters may not use a false grip, thumbs must be wrapped around the bar. Maximum grip for the bench is 81cm between forefingers.
- Hand offs will be given by designated spotters/ loaders, not coaches or other lifters.

### Reasons for Bench Press Disqualifications:

- Failure to follow Head Judge’s commands
- Lifting the buttocks or feet during the execution of the lift,
- After the “Press” command is given, no downward movement is allowed.

## **Deadlift:**

- The Lifter will be given one command/ signal: “Down”
- The Lifter must stand erect with knees locked until receiving the “Down” command.
- During the deadlift lifters must wear socks that cover the shin.

### **Reasons for Deadlift Disqualifications:**

- Any downward movement of the bar during the accent of the lift.
- Failure to stand erect (shoulders and hips aligned, knees locked).
- No assisting the bar on the thigh (ramping) or downward movement.
- No foot displacement (stepping forward or backward).
- Failure to wait for the Down command from the Head Judge.
- Failure to maintain control of the bar until it reaches the floor.
- Intentional dropping the bar.
- Unlocking and relocking knees at any point in the lift.

## **Awards:**

- Once all flights and platforms are completed there will be awards given to the top 5 of each weight class and division.
- In the event of a tie between two lifters, the lighter body weight at the time of weigh-ins will win. If weighed in the same whoever achieved the total first will win.
- IPF GL formula will be used to determine Best Lifters.
- Top three teams will also be awarded in each division. For team scoring:
  - First place receives: 12 points
  - Second place: 9 points
  - Third place: 8 points
  - Fourth place: 7 points
  - Fifth place: 6 points
  - Sixth place: 5
  - Seventh place: 4
  - Eighth place: 3
  - Ninth place: 2
  - Tenth place: 1
  - All others that receive a total: 1
- No more than two lifters may score in the same weight class for a single team.
- Only the points scored by the five best placed lifters will count for team points.
- In the event of a tie the team with the most first places will win, if still tied 2nd places, if still 3rd places, if still tied then best team IPF GL total.