**Rules/Weight Classes**
Competitors will be weighed at check-in on the day of the event for weight class placement. Competitors will also submit starting lifting weights (first attempts, in lbs) at check-in for each event. Lift order and flights will be available for competitors.

Each competitor is allowed 3 attempts on each event. The best of each lift will be counted towards his/her competition total. Scratches count as an attempt. If two competitors lift the same, the lighter of the two competitors will be ranked higher.

When the the lifter hears “bar is loaded” they may step onto the platform. They must perform their lift in a timely manner. The chief judge will give the signal to start: a verbal command and a physical hand motion. After a lift is complete the chief judge will give the signal to rerack: a verbal command and physical hand motion.

Once the lift is completed the competitor will promptly leave the platform. Breaking any of the event rules (including missing a command) will result in a scratch. The chief judge decides what is a scratch. A good lift is determined by ⅔ or 3/3 of judges indicating a good lift.

The squat and bench press events will have 3 spotters provided. Deadlift will have a spotter behind the platform. The snatch and clean and jerk events will have spotters near the platforms for emergencies. A failure to lift the attempted weight will prompt the spotters to rack the weight, however, that turn then becomes a scratch/miss. If at any point the chief judge feels the safety of the competitor is at risk (due to improper form or visual cues of danger) the chief judge may ask the spotters to rack the weight with that turn becoming a scratch. The chief judge also will determine is the lift adhered to all rules and will decide if it was a complete lift.

Chalk will be provided.

**Dress Code**
Shirts must cover entire chest
Shorts must not cover knee (knee joint needs to be exposed)
All competitors must wear closed-toed, athletic style shoes

**Allowed**
Weight lifting belts
Supportive Wrist Wraps (does not wrap around bar)
Elbow Sleeves
Knee Sleeves
Heeled lifting shoes
Not Allowed
Slingshots
Wrist Straps (that wrap around bar)
Elbow Wraps
Knee Wraps
Hats

**Winners (by Wilks)**

**Powerlifting:**

Squat
- Female (1st, 2nd, 3rd)
- Male (1st, 2nd, 3rd)

Bench Press
- Female (1st, 2nd, 3rd)
- Male (1st, 2nd, 3rd)

Deadlift
- Female (1st, 2nd, 3rd)
- Male (1st, 2nd, 3rd)

Overall
- Female
- Male

**Olympic Lifting**

Snatch
- Female (1st, 2nd, 3rd)
- Male (1st, 2nd, 3rd)

Clean and Jerk
- Female (1st, 2nd, 3rd)
- Male (1st, 2nd, 3rd)

Overall
- Female
- Male
Powerlifting

**Squat Rules**
The competitor will remove the bar from the rack.
The bar should be horizontal across shoulders.
The competitor needs to be motionless to get the signal to start.
When given auditory signal of “Squat” and the downward hand signal, the competitor should lower until the top surface at the hip joint is lower than the top of the knees.
Stepping backwards or repositioning the feet after the signal to begin is not permitted.
When the competitor is fully standing, knees and hips locked, exhibiting control of the weight, the lift is complete.
Double bouncing or downward movement after the competitor is moving upwards is not permitted.
Hands must remain in contact with the barbell at all times.
The chief judge will give the verbal signal of “Rack” with the visual hand signal to rerack the bar (the spotters may assist with reracking the bar).

**Bench Press Rules**
The competitor will lie on their back, head, shoulders, and buttock in contact with the bench.
The competitor may ask for assistance with removing the bar from the rack.
No false, suicide, or thumbless grip.
Once the competitor is adjusted they need motionless to get the start signal.
When given verbal signal “start”, the competitor should lower the bar to the chest where it will pause motionless for a brief moment (no bouncing, no touch and go’s)
The chief judge will give the verbal signal “Press” with an upward motion of the arm. The competitor must then press the bar up until elbows are locked.
Downward movement after the bar is moving upwards is not permitted.
When the competitor and bar is motionless exhibiting control of the weight, the chief judge will give the verbal signal of “Rack” and the visual hand signal to rerack the bar.

**Deadlift Rules**
There will be no start command.
The competitor should grip the bar and stand until the knees and hips are locked, the shoulders are back.
Sumo squats deadlifts are allowed.
No stepping backwards or repositioning the feet between starting the pull and getting the down command.
Any rising of the bar or attempt to do so will count as an attempt (jerking bar okay)
Any downward motion of the bar before the competitor is standing is not permitted.
The competitor may not rest the bar on their legs or weight belt (no hitching or ramping).
After the competitor is standing motionless exhibiting control of the bar in the upright posture, the chief judge will give the verbal signal “down” and a downward hand motion.
The competitor must remain in control of the bar when returning it back to the platform (dropping the bar from the standing position is not permitted).
Olympic Lifting

The snatch
The barbell starts on floor
The athlete bends at the knees, grips the barbell with both hand, palms down.
In one movement the athlete must bring the barbell overhead, keeping barbell close to body the whole time while doing so.
The knees may stay bent or the athlete can split their feet.
To compete the lift, the athlete must bring both feet parallel and to the same horizontal line, with legs and arms straight, motionless.
When the athlete is motionless the judge gives the signal that the lift is complete and they may return the barbell back to the platform.

The clean and jerk
The barbell starts on floor
The athlete bends at the knees, grips the barbell with both hand, palms down.
In one movement the athlete pulls the barbell to their shoulders, keeping barbell close to body the whole time while doing so.
The knees may stay bent or the athlete can split their feet.
The barbell must come to rest on either the clavicle, chest, or fully bent arms.
To compete the first part of the lift, the athlete must bring both feet parallel and to the same horizontal line, with legs and arms straight, motionless, before starting the jerk part of the lift.
To complete the jerk, the athlete must straighten both arms above head while simultaneously splitting or bending the legs.
To compete the lift, the athlete must bring both feet parallel and to the same horizontal line, with legs and arms straight, motionless.
When the athlete is motionless the judge gives the signal that the lift is complete and they may return the barbell back to the platform.

Other Olympic lifting rules
Must always lower barbell in front of body.
May only drop barbell after it is below shoulders.
May not touch the platform with any part of the body besides the feet.
“Hooking” or hookgrip is permitted.
Competitors may squat before the jerk movement, but may not sway or oscillate.
Failing to full extends the arms or legs will result in an incomplete lift.
Judges make all calls about whether a lift is complete and adhere to all rules.