

Technical Rules for Competition

I. General Rules

1. The following three lifts are recognized for competition, to be contested in this order:
 - A. Squat
 - B. Press
 - C. Deadlift
2. The sum of the heaviest lifts of the three shall constitute the total.
3. Age Groups: [Note no separate age-class divisions offered]
4. Weight classes:
 - A. Men: lightweight class, up to 200#; heavyweight class, over 200#
 - B. Women: lightweight class, up to 150#; heavyweight class, over 150#
5. Competition is raw. No singlets required.
6. Three attempts per lift will be given.

II. The Lifts and the Rules of Performance

1. All three lifts shall be performed on a platform with a level, flat surface of either wood or rubber, or if no platform available, it must be performed on flat rubber surface. Platform dimensions must be a minimum of 8' x 8'. Either squat stands or a power rack can be used. If a power rack is used, its inner floor must be flush with the platform surface.
2. Exactly and only 2 spotters are to be present during each squat attempt. No other use of spotters is permitted.
3. At the conclusion of each attempt the lifter must leave the platform immediately unless unable to do so because of injury.
4. The Squat
 - A. The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter and the spotters in the event of a miss.
 - B. No contact with the rack is permitted until the bar is replaced in the rack. The bar must not be more than 1 inch below the top of the anterior deltoids. The bar must be held horizontally across the back with both hands gripping the bar shaft. This position, once fixed, cannot change during the attempt.
 - C. The starting position must be upright, with the knees and the hips fully extended and with the chest up. This position must be obvious and under control before the attempt starts.

D. The attempt when given the command of “Squat” by the head judge.

E. The hips are lowered until the top surfaces of both of the legs at the hip joint are lower than the knees, and then the bar is lifted back up. The bottom position is identified by (1) the apex of the crease in the shorts formed as the hips are lowered, (2) the surface of the top of the patella, (3) the plane formed by a straight line between the two, and (4) the dipping of the hip end of that plane below horizontal. Once the bar is lowered, the stance cannot change until the bar is to be racked. Once the upward motion of the bar is initiated, any stopping of its upward motion is a missed attempt. At no time during the squat can the elbows or arms come into contact with the legs.

F. The finish position is the same as the starting position, and the athlete must wait for the command of “rack” before the bar is racked. Then the bar must be walked back into the rack and successfully replaced without the help of the spotters. The spotters are permitted to steady the racks, and to take the bar if the lifter loses control of it.

G. Any halt in the upward motion of the whole bar, identified at its position on the back rather than at its ends, constitutes a missed attempt, as does any change in position of the feet against the floor during the squat.

5. The Press

A. The press is done from the squat racks or power rack. Bumper plates shall be used in the press, to assure safety and to prevent equipment damage in the event of a missed attempt.

B. The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter in the event of a miss. The bar is held in both hands in front of the neck, taken out of the rack, with a prone grip and the thumbs around the bar, and walked back away from the rack in a position facing the head judge, with the vertical plane of the legs parallel to the bar. No contact with the rack is permitted until the bar is replaced in the racks.

C. Once the stance is assumed and the lifter is set the judge will give the command of “press” once the command of “press” is given the lifters stance cannot change until the lift is completed. The starting position must be upright, with the knees and hips fully extended and the chest up. The bar must be below the level of the undersurface of the chin. The lifter may lean back at the hips once the command of “press” is given but and unlocking of the knees after the press command will be a missed attempt.

D. After the starting position is correctly and obviously assumed, the lifter is given the command of “press” and the bar is pressed overhead to lockout. Any deliberate attempt to press the bar counts as an attempt. The attempt starts when the lifter receives the “press” command.

E. The bar is pressed overhead until the elbows are completely extended, with the bar in a position behind a vertical line from the most anterior aspect of the armpit to the floor. Failure to attain this position constitutes a missed attempt. Any uneven extension of the elbows must be corrected by the time lockout occurs, such that both elbows lock out simultaneously.

F. Once this position has been obviously secured, the lifter will be given the command of “down”, the bar is lowered to the front of the shoulders and walked back into the rack and replaced securely.

G. Any halt in the upward motion of the bar, identified as the part of the bar between the hands, constitutes a missed attempt, as does any change in the position of the feet against the floor during the attempt, any bending of the knees, any active plantar flexion of the ankles.

H. Any athlete who is anatomically unable to fully extend one or both elbows must report this condition to the referees before the start of the press competition.

6. The Deadlift

A. The bar shall be loaded on the platform in a position parallel to the front of the platform, with the lifter facing the head judge. The lifter assumes a position facing the bar, with the bar parallel to the lifter’s frontal plane. The bar is gripped with both hands outside the legs, and pulled with one continuous uninterrupted movement until the lifter is standing erect with knees and hips fully extended, the chest up and shoulders back. Any failure to attain a fully erect position is a missed attempt. The attempt starts when the bar leaves the floor.

B. Once this position is attained and the bar is motionless the lifter will be given the command “down”, the bar is lowered under control with both hands back to the ground. Any release of the bar from the hands before it is lowered completely constitutes a missed attempt.

C. Any halt in the upward motion of the bar constitutes a missed attempt, as does failure to assume a fully erect position with both knees and hips extended. Any attempt to raise the bar counts as an attempt. The stance must be maintained during the attempt, and any movement of the feet while the bar is off the ground constitutes a missed attempt.

D. The use of lubricants on the thighs or legs is forbidden. Chalk is not to be considered a lubricant. Any sweatpants or tights worn during the deadlift must be worn underneath any wraps or sleeves worn on the knees.

III. Order of Competition

1. Weigh-in

A. Weigh-in will be conducted at 7am – 8am the morning of from 6am-8am. The competition will begin at 9am.

B. Athletes shall present themselves for weigh-in promptly at that time, but shall have as many opportunities as needed during the time allotted to make weight within their weight class, after which they shall not be permitted to weigh in again. Athletes may change their weight class from the one submitted with the entry with no penalty until the entry deadline (August 10). Weight class changes must be submitted in writing (mail or email) to the meet director and confirmed in order to be valid. Entrants who do not weigh within the limits of the class in which they entered the competition are permitted to compete in the weight class appropriate to their weight as extra lifters.

C. Athletes must present identification at weigh-in, and must be weighed naked or in underwear by a sex-appropriate official on an accurate and precise scale.

D. Upon completing weigh-in, each athlete must give the official an opening attempt for the three lifts. This attempt may be changed later in accordance with the limitations on the number of attempt changes as prescribed in the Rules of Competition.

E. The athlete's name, weight class, team affiliation, sex, age, actual weight, and opening attempts for each lift are recorded on an expeditor card, which will be used by the meet announcer to conduct the meet.

2. Conduct of the Competition

A. The competition shall be conducted starting with the lightest weight used in the flight for first attempts up to the lifter with the heaviest first attempt. 2nd attempts will proceed immediately after in the same order of lifters, regardless of whether the lifter missed the first attempt. Same with 3rd attempts. This is the same method for how a traditional powerlifting meet is run.

B. The meet announcer controls the conduct of the competition. The announcer is responsible for announcing:

- i. the name of each competitor
- ii. the weight that the competitor will lift
- iii. the completion of the loading of the bar and the commencement of the time allotted for the attempt
- iv. whether the attempt was good or bad.

C. If the warm-up facility is not immediately adjacent to the platform area, i.e. if the athletes and coaches in the warm-up facility cannot clearly hear the announcer, the public address system must provide clear information in the warm-up facility.

D. The meet expeditor takes next attempts from lifters and coaches, manages the expeditor cards, prepares the score sheet at the end of each lift, and aids the announcer in keeping the order of the competition. E. The only persons allowed in the immediate area of the platform and the area of the announcer's table are the announcer and expeditor staff, judges, loaders, spotters, the athlete taking the attempt and the athlete's coach. All other persons must stay clear of this area, upon penalty of disqualification.

F. Once the bar is loaded and announced as such, the official charged with timekeeping starts the meet clock, and the lifter has one minute to initiate the lift. In the event that the lifter's next attempt is in succession, the time allotted after the weight is announced shall be two minutes. An announcement at the point where thirty seconds remain in the allotted time may be made by the announcer.

G. The meet shall be conducted in pounds. Increases in weight shall be in multiples of five pounds. If no next attempt is received from the lifter or the lifter's coach, it shall be assumed that the next attempt is a 5# increase.

H. Bumper plates shall be used for the press, and may be used for the squat and deadlift if it is determined that sufficient weight can be loaded on the bar for all squat and deadlift attempts to be lifted at the competition.

I. In the event of a misload, two things may occur:

i. If the misload is discovered before the attempt begins, the clock is stopped, the loading is corrected, and the original allotted time is restored to the clock.

ii. If the misload is discovered after the attempt, the lifter may elect to take another attempt, or to accept the results of the attempt. If another attempt is granted, it shall be taken between 5 and 10 minutes after it is granted, at the discretion of the announcer, irrespective of the weight on the bar at that time. Normal lifting order will be restored after the make-good attempt.

J. After the opening attempts have been submitted at weigh-in, and for subsequent attempts, 2 changes in attempt can be submitted. Any change in attempt must be submitted before the final 30 seconds of the attempt.

K. The order in which the lifters are called to the attempt is determined by these factors, in this order:

i. The weight on the barbell

ii. The number of the attempt (1st, 2nd, or 3rd)

iii. The athlete's position in the first attempt of the flight will remain the same for the 2nd and 3rd attempts.

iv. 1st attempts go before 2nd attempts, and 2nd attempts go before 3rd attempts; in the event that two athletes taking the same attempt call for the same weight, the athlete with the lower bodyweight number goes before the athlete with the higher lot number.

L. A failure to complete a successful attempt in any of the three lifts eliminates the athlete from the competition. At the meet director's discretion the athlete may be permitted to participate in the next lift.

M. Awards are based on the total of the heaviest completed attempts of the three lifts. In the event of a tie, the lighter lifter wins. If both lifters weigh the same upon re-weigh, they share the award and both receive the same team points.

N. The actual awards are at the meet director's discretion. A Best Lifter award for the men's and women's division may be awarded, to be calculated from the Schwarz and Malone formulas respectively.

3. Judges

A. Three judges shall serve the competition platform. The head judge is seated directly in front of the lifter, and the two side judges sit on either side of the lifter at the point of best

vantage. They shall be competent and qualified to serve in this capacity as determined by the meet director.

B. Their duties include, but may not necessarily be limited to, ensuring that all the technical rules of competition are followed, that the bar is loaded correctly, and that each attempt is judged with full attention.

C. The judges indicate their decisions through the use of paddles or flags, white indicating a good attempt, red indicating a bad attempt. Any two judges in agreement constitute the decision. The athlete or coach may inquire regarding the reason for a judge's decision at the discretion of that particular judge only after leaving the platform area, and only at a time when it does not interfere with the execution of the judge's duties.

D. At any point during the time the lifter is on the platform any judge sees any infraction of rules with respect to equipment, conduct, or safety, that judge can stop the clock and the competition with a raised hand until the situation is rectified to the satisfaction of all the judges, at which time the clock is restarted.

E. At any time during the execution of a lift, if a side judge observes a serious infraction of the rules that constitutes a missed attempt, the judge can raise a hand indicating the observation. If either of the other two judges agrees, the head judge signals the end of the attempt with a "Rack" or "Down" command.

F. The judges must make every effort to render their decisions simultaneously, and to avoid at all costs influencing the decisions of the other judges through eye contact or discussion with each other between the time the attempt is concluded and the decision is rendered.

G. Judges may be replaced at the discretion of the meet director if it is determined to be in the best interests of the competition.

H. One of the judges may act as the timekeeper, or a timekeeper may be appointed to sit with the expeditor and announcer, the latter option being preferable.

IV. Equipment

1. The bar shall be a high-quality powerlifting standard bar, or a bar produced specifically for CrossFit Total competition.

2. A deadlift bar will be used for deadlifts.

3. The plates shall be bumper plates of the type approved for weightlifting competition or steel plates.

4. Collars may be either 5# competition collars or spring clamps (which are used only if their small mass is to be ignored), at the meet director's discretion. Whichever style is used, they must be secure and tight when applied.

5. Loaders must be provided by the meet director to load the bar. They operate under the direction of either the head judge or the platform manager if one is provided (recommended for larger meets). The platform manager ensures the correct and timely loading of the bar, directing the loaders in

their duties. Loaders are responsible for handling the plates only; it is the responsibility of the officials to ensure that the loaders have correctly loaded the bar. The meet director should

6. The timing clock must be a desktop unit, not a stopwatch, visible from a reasonable distance and easily viewed from the platform area. It shall be placed in a conspicuous location adjacent to the judge acting as timekeeper or on the announcer's table.

7. A chalk box must be provided in close proximity to the platform. It is supplied with commercially prepared athletic chalk, as is the warm-up facility.8. The warm-up facilities must be adequate for the size of the session. It must be equipped comparably to the competition platform, although it need not be identically equipped. The ratio of warm-up platforms to lifters in the session should ideally be 1:5, or better.

V. Official Documents. The following documents must be established, maintained through the competition, and kept as an official record of the competition:

1. The start list is prepared and published as soon as possible after the entry deadline. It includes the name, lot number, projected weight class, age, sex, and session of each entrant in the competition.

2. Expeditor cards are assigned to each lifter before weigh-in. They must include the athlete's name, weight class, team affiliation, sex, age, actual weight, and opening attempts for each lift. These are the documents used to actually run the competition. They should be accessible to coaches and lifters to the extent possible under the constraints of efficient management of the expeditor/announcer table.

3. The score sheet records the final results of each lift within the session, and is prepared at the end of each lift so that the squat and the subtotal of the squat and press is available to the lifters and coaches.

4. Trophies only awarded for both lightweight and heavyweight men's and women's classes. An additional trophy will be awarded to the overall men's and women's winner which will be decided by Schwarz and Malone formulas.

VI. Personal Equipment

Athletes must comply with these rules regarding costume and equipment; no inspection of equipment will be conducted, but if illegal equipment is found to be used, either on the platform or in the warm-up area, it shall constitute cause for immediate disqualification from the competition. This applies retroactively to any completed competition in which a competitor was subsequently found to have used illegal equipment.

1. Costume

a. The lifter's costume shall consist of a collarless t-shirt and shorts of a stretch-type material. The shirt sleeves cannot cover the elbows and the shorts cannot extend below the top of the knees.

b. Both garments must fit snugly to facilitate the judging of depth and lockout positions. Both must be constructed of normal commercially available materials, and absolutely cannot be supportive in any way. T-shirts constructed of 7 oz. or lighter material and tightly-fitted shorts are the recommended costume, but all garments are subject to the review and approval of the

judges. Only one shirt and one pair of shorts may be worn at any time. Women may wear one bra of any type desired.

c. Sweat pants or tights may be worn in the deadlift only, for the sole purpose of facilitating the slide of the bar against the legs. They must be of light construction, designed only as warm-up garments. They must be worn either over the shorts or in place of the shorts.

d. Any type of shoe may be worn, provided that it is in good repair and clean. Shoes must be worn on the platform at all times. Shoes with cleats or metal spikes are not permitted.

e. No billed caps or brimmed hats are permitted to be worn on the platform.

2. Equipment

a. A belt may be worn during all three lifts. It may be of any type, provided that when worn it only overlaps itself one time at any point along its circumference, and that it does not exceed four inches in width at any point along its length

b. Rubberized knee sleeves may be worn. Only one knee sleeve per knee may be worn. Any knee sleeves must be worn over the sweats or tights in the deadlift.

c. Wrist wraps may be worn. Any bandages worn on the hands must be shown to the judges prior to the start of the lift. Any ankle or knee bandages must be approved by the judges prior to the start of the lift in which they are worn.

d. No wraps of any kind may be worn on the elbows, or on any part of the body other than the wrists and knees. No supportive undergarments of any type may be worn.

e. No lubricants of any type, whether fluids, powders, or solids, may be used anywhere on the competition venue or any areas adjacent to the competition venue. Chalk is not considered a lubricant. Use of any lubricants at all constitutes cause for immediate disqualification.

f. The use of counter-irritants is permitted on areas of the skin that do not come in contact with the bar. If there is any uncertainty about whether this use may constitute a use-of lubricants infraction, the judges should be consulted prior to their application.

g. No foreign substances of any type except the chalk provided by the competition may be used on either the platform equipment or the lifter's personal equipment. No rosin, spray sticky, or any other substance designed to enhance the friction of hands against bar or shoes against floor may be used.

h. A warm-up room marshal may be appointed for the purpose of ensuring compliance with the equipment rules.