

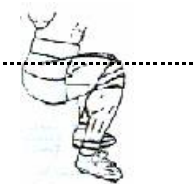


Powerlifting: technical stuff - novice

Clothing - novice	How event is run
<p>T-shirt Plain round neck t-shirt where the sleeves cover your deltoids, no pockets, buttons, zipper, or collar</p>  <p>Shorts Shorts are not to go over the knees</p> <p>Socks Socks may be worn but shin length socks MUST be worn while deadlifting. Socks can be any colour or colours</p> <p>Shoes Sports shoes</p> <p>Belt A competitor may wear a belt. The dimensions are:</p> <ol style="list-style-type: none"> 1. Width of belt maximum 10 cm 2. Thickness of belt maximum 13 mm along the main length 3. Inside width of buckle maximum 11 cm 4. Outside width of buckle maximum 13 cm 5. Tongue loop maximum width 5 cm 6. Distance between end of belt and far end of tongue loop maximum 25 cm <p>Correct Points of Measurement :</p>  <p>If only competing locally, T-shirt and shorts are acceptable.</p> <p>Knee wraps These are optional. The dimensions are:</p> <ol style="list-style-type: none"> 1. Approved supplier 2. No longer than 2 metres 3. Not exceeding 8 cm in width <p>Wrist wraps These are optional. The dimensions are:</p> <ol style="list-style-type: none"> 1. Approved supplier 2. No longer than 1 metre 3. Not exceeding 8 cm in width <p>To compete to qualify for higher level competitions the minimum requirement is:</p> <ul style="list-style-type: none"> • Soft suit • Plain t-shirt • Sports shoes • Fully paid membership • Minimum age 14 years 	<p>Weigh-in</p> <ul style="list-style-type: none"> • 2 hours in advance of lifting • To make weight, eat, do gear checks and warm-up <p>Attempt cards At weigh-in you will be given 9 attempt cards, 3 for each lift</p> <div data-bbox="914 472 1254 692"> <p>SQUAT</p> <p>NAME:</p> <div style="display: flex; justify-content: space-around;"> <div>1st</div> <div>2nd</div> <div>3rd</div> </div> <p>Signed:</p> <p style="text-align: right;">weight here.</p> </div> <div data-bbox="914 714 1228 934"> <p>BENCH PRESS</p> <p>NAME:</p> <div style="display: flex; justify-content: space-around;"> <div>1st</div> <div>2nd</div> <div>3rd</div> </div> <p>Signed: or Lifter</p> </div> <div data-bbox="914 947 1267 1216"> <p>DEAD LIFT</p> <p>NAME:</p> <div style="display: flex; justify-content: space-around;"> <div>1st</div> <div>2nd</div> <div>3rd</div> </div> <p>Signed:</p> <p style="text-align: right;">For changing 3rd attempt</p> </div> <ul style="list-style-type: none"> • Complete the first attempt card of each of squat, bench, deadlift • Hand to the person conducting the weigh-in • After you complete each of your lifts, you have 1 minute to hand in your next attempt card <p>The competition Your name called:</p> <ul style="list-style-type: none"> • You have 1 minute to commence your lift • LISTEN for the calls! • Each session has 3 rounds <p>Lifting order</p> <ul style="list-style-type: none"> • Low number of competitors all the classes will compete at the same time • Maximum number of competitors in one session is 14 • Lightest to heaviest lifting weights

Squat

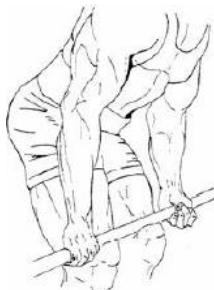


- **LISTEN** for the calls **Start** (at beginning of lift) **Rack** (at end of lift)
- Stand erect at the start and completion of the lift
- Squat to marginally below parallel

Bench

- **LISTEN** for the calls **Start** (at beginning of lift) **Press** (when bar is motionless on chest) **Rack** (at end of lift)
- Buttocks must remain on the bench throughout the lift
- No foot movement
- Arms locked at the start
- Lower to chest
- Pause on chest, no bouncing, motionless, do not press upward until the referee calls Press
- Raise to locked position, requires even extension
- Wait for the call to Rack

Deadlift



- **LISTEN** for the calls there is no start call **Down** (at end of lift)
- On the upward movement there can be no downward motion
- No foot movement
- No resting the bar over the knees
- At top of lift stand up straight
- Lower bar when you hear the referees call Down
- You **MUST** continue to hold the bar to lower it to the floor

