

Nebraska RAW Powerlifting Meet Rules

Equipment:

- Lifting Suits are NOT allowed.
- T-Shirts and Gym Shorts are legal.
- T-Shirts must be tucked-in and have sleeves.
- Gym Shorts cannot touch knee Sleeves.
- 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 squat and bench.
- Lifters may (but are not required to) wear a t-shirt under their singlet during the deadlift.
- Shoes are mandatory.
- No headgear of any kind (hats, headbands, etc.) will be allowed on the platform.
- All belts, knee sleeves and wrist wraps are acceptable. No use of athletic tape to support joints.
- **See Meet Director(s) regarding any questions applying to Equipment and/or rules.**

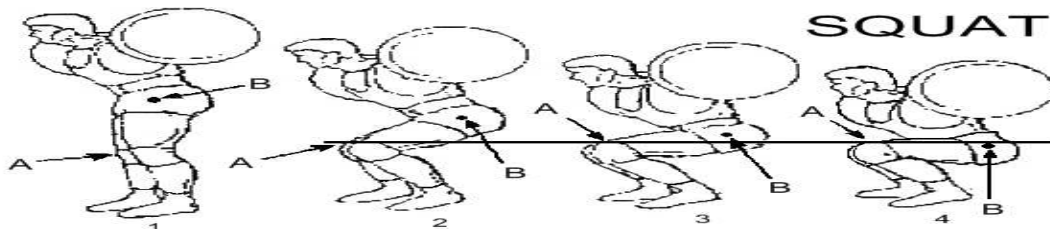
Meet Procedures:

- Lifters and/or the Coach can change opening lifts 5 minutes prior to the start of each lift (flight). Only exception is the last attempt on the deadlift, which may be changed only once and can only be increased.
- Proper conduct is required and will be enforced by Meet Director for all lifters, coaches, judges, spectators and meet workers.
- Schwartz / Malone formulas will be used to determine Best Lifters

Squat: (Key Points)

- Once the Bar is loaded, the lifters has 1 minute to start the lift.
- Two commands will be given: **(Audio / Visual) Squat and Rack signal.**
- Knees must be locked during the start position.
- Depth (see diagram A) on continual decent, the top surface of the leg at the hip joint must break parallel to the top of the knees.

(Diagram A)



A: Top of the Knees B: Top surface of the leg at the hip joint

- Double bouncing (recovery) is not permitted.
- Lifters must finish their attempt in an upright position with their knees locked.
- Lifters must wait for the Rack signal is given before racking the weight.

Reasons for Squat Disqualifications:

- Failure to follow Head Judge's commands
- Improper Depth (See Diagram A)
- Double Bouncing during the accent of the squat.
- Obvious foot displacement (stepping forward / backwards)
- Transferring of weight between the ball of the lifter's feet and heel is permitted as long as the foot stays engaged with the floor.
- Dumping the bar.

Bench Press: (Key Points)

- The Lifter will be given two commands: **(Press and Rack)**
- **No start command will be given.**
- After the Press command is given, the lifter's feet must in contact with the floor. Lifter's heel and toe must remain in contact with the floor. Slight foot movement is allowed.
- Lifter's buttocks must stay in contact with the bench.
- The **Press command** will be given when the weight is motionless on the Lifter's chest.
- The Bar must be locked out evenly.

Reasons for Bench Press Disqualifications:

- Failure to follow Head Judge's commands
- Lifting the buttocks or feet after the **Press command** is given.
- After the **Press command** is given, No downward movement is allowed.
- Uneven Lockout

Deadlift: (Key Points)

- The Lifter will be given one command: **(Audio / Visual) Down**
- The Lifter must stand erect with knees locked until receiving the **Down Command**.

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 supporting the bar on the thigh (shelving) 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.