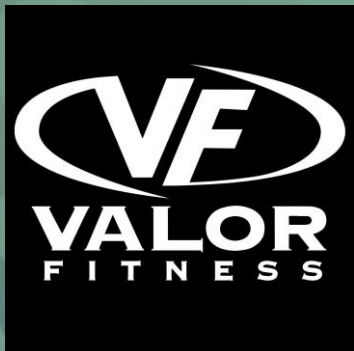




# USA MASTERS WEIGHTLIFTING

## DEADLIFT RULES



**DEADLIFT SESSIONS WILL TAKE PLACE EACH DAY  
FOLLOWING THE LAST OLYMPIC LIFTING SESSION**

**FOR MOST DAYS, MEN AND WOMEN WILL LIFT  
SEPARATELY ON THE RED, WHITE, AND BLUE PLATFORMS**

**PLEASE REVIEW THE FOLLOWING RULES**

# EQUIPMENT

- **BELT (LEVER BELT, VELCRO, BUCKLE)**
  - **KNEE WRAPS OR SLEEVES MAY BE WORN**
  - **SINGLET PER IMWA GUIDELINES**
  - **WRIST WRAPS MAY BE WORN**
  - **HAND/THUMB TAPE CAN BE USED**
  - **DEADLIFT SHOES (OR LIFTERS, OR SNEAKERS, HIGHTOPS)**
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- **SHOES ARE REQUIRED!**
  - **STRAPS ARE NOT ALLOWED**
  - **DEADLIFT SOCKS ARE NOT REQUIRED**

# EQUIPMENT – BARS AND PLATES

- A 20KG POWERLIFTING BAR WILL BE USED FOR ALL LIFTERS
- LIFTING WILL TAKE PLACE ON THE REGULAR OLYMPIC PLATFORM (NO CARPET)
- NO BABY POWDER
- SHOES ARE REQUIRED!
- STRAPS ARE NOT ALLOWED!
- DEADLIFT SOCKS ARE NOT REQUIRED



# BASIC RULES

- The bar cannot travel downward before reaching the final position.
- You must stand erect with the shoulders back.
- You must stand with your knees straight (locked) at the completion of the lift and wait on DOWN signal
- You cannot have the bar rest on the thighs during the lift, NO BOUNCING BAR OFF LEGS.
- You have one minute once your name is called to bring the bar past the knees
- You must follow the bar all the way to the floor with hands on the bar when the DOWN signal is given

# BASIC RULES - CONTINUED

- Your feet cannot move once the lift starts. A step in any direction during the lift will be called NO LIFT
- Wait on the down signal and follow the bar down
- No slamming the bar down
- Lifters may deadlift using conventional style or SUMO style
- Grip on the bar may be overhand, mixed or hook
- NO BABY POWDER
- NO STRAPS

# **BASIC RULES – Order of Lifting**

- **There will be a quick RULES briefing at the start of the session, followed by a 10 minute clock for warm ups.**
- **Lifting order is by the weight on the bar from lightest to heaviest**
- **Lifting is done in the ROUND system where all lifters take the 1<sup>st</sup> attempt, then all 2<sup>nd</sup> attempts, then 3<sup>rd</sup>s. Lifting order may change at 2<sup>nd</sup> and 3<sup>rd</sup> attempts based on weight of the bar.**
- **One change on the first attempt may occur up to 3 minutes prior to the starting time**
- **Lifters have 30 sec after each attempt to DECLARE the next weight. No declaration results in a 1 kg increment or repeat if the lifter missed. The athlete still has 2 changes, however once the athlete name is called and clock is running on the lifter, NO MORE Changes will be allowed!!**

# RULES for NO LIFT

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification.
5. Stepping backward or forward or moving the feet laterally. Rocking of the feet between ball and heel is permitted. Foot movement after the command "down" will not be cause for failure.
6. Lowering the bar before receiving the chief referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).



# **BASIC RULES – SCORING**

- **The Super Total score is calculated by adding the snatch, clean and jerk, and best deadlift.**
- **This total is converted to a percentage score using the powerlifting DOTS score plus our Olympic age coefficients**
- **Awards are given per age group, 1<sup>st</sup> through 5<sup>th</sup> place**
- **Awards are given immediately after the deadlift session each day**

