

## Rules Meeting - Referee Briefing

### Squat

- grip: all fingers gripping the bar (thumbless grip is allowed)
- position the bar on the shoulders, lift the bar, and step out of racks (spotters may assist)
- stand upright with knees locked, in control/motionless, and ready
- will be told to “REPLACE” the bar if not in position after 5 seconds of lifter thinking they’re ready
- lift begins with “SQUAT” command along with downward movement of head referee’s arm
- descend until hip joint is lower than top of knee (see picture in USAPL rulebook)
- ascend until in the finished position - upright, knees locked, in control
- lift ends with “RACK” command along with backward movement of head referee’s arm
- stay with/under the bar if you miss the lift - do not walk away from or dump the bar
- causes for failure:
  - not going deep enough
  - double bouncing at bottom of lift
  - downward movement of bar during ascent (bar may stop)
  - foot movement (rocking between ball and heel okay)
  - dumping the bar (may be cause for disqualification from meet)
  - not upright and/or knees not locked at completion
  - beating the start or rack command

### Bench Press

- can receive handoff from coach or from designated handoff person (or take it out on own)
  - handoff person must back away as quickly as possible so head referee can see lifter
- foot blocks may be used (tell meet personnel before lifting starts)
- hands must grip the bar (thumbs around) no wider than 81cm between index fingers
- hold bar over chest with arms fully extended (elbows locked), in control/motionless, and ready
- feet must be flat on floor, head on bench, butt on bench for the entire lift
- will be told to “REPLACE” the bar if not in position after 5 seconds of lifter thinking they’re ready
- lift begins with “START” command along with downward movement of head referee’s arm
- bring bar down to chest or stomach region (bar may not touch the belt)
- when bar is motionless, “PRESS” command will be given
- press bar back up to full extension of the arms, elbows locked, in control
- lift ends with “RACK” command along with backward movement of the arm
- causes for failure:
  - heaving/sinking the bar into the chest after getting press command
  - downward movement of bar during ascent (bar may stop)
  - lifting of the feet (feet may slide/move but sole of foot must be flat on floor)
  - lifting the butt or head off bench
  - elbows not locked at completion (bar may be pressed and locked unevenly)
  - beating the start, press, or rack command

### Deadlift

- grip bar with any grip (alternating, hook, overhand)
- lifter begins whenever he/she is ready after bar has been loaded (no start command is given)
- stand up with the bar until the body is upright, knees locked, shoulders back, in control
- lift ends with “DOWN” command along with downward movement of the head referee’s arm
- bar must be returned to platform under control, hands gripping bar
- causes for failure:
  - knees not locked and/or shoulders not back at the completion of the lift
  - downward movement of the bar during the ascent (bar may stop)
  - hitching, ramping, or supporting the bar on the thighs (edging up thighs is okay)
  - dropping the bar (before or after getting the “down” command)
  - foot movement (rocking between ball and heel is allowed); after down command is okay
  - lowering the bar before receiving down command

### Miscellaneous

- once the lift has begun (command given), the lift must commence (no resetting, re-racking, etc.)
- lifter has until 3 minutes before lifting starts (or 3 lifters before flight starts) to change openers
- all attempts in kilograms; must be 2.5kg increments
- lifter has 60 seconds from announcement “bar ready/loaded” to begin lift
  - lift begins: “squat” command (SQ), “start” command (BP), beginning of pull (DL)
  - clock only stops in specific instances (e.g., misload, wrong rack height, etc.)
- lifter may not mount platform until bar called ready/loaded
- lifter must submit next attempt (in kg) within 60 seconds of completion of lift
  - if not, next attempt is automatically same weight (if missed) or 2.5kg more (if made)
- 3rd attempt DL may be changed twice; for BP-only lifters, 3rd attempt BP may be changed twice
- tell scorer’s table if rack heights need to be changed
- lifter must leave platform within 30 seconds of completion of lift
- lifter may only adjust belt on platform (other adjustments off platform, including ammonia use)
- thumb loops must be off when wearing wrist wraps
- shin length socks must be worn during deadlift; socks cannot touch knee sleeves
- undergarments must not have legs (e.g., boxer shorts/briefs, bike shorts are not allowed)
- no profanity
- rounds system is used; pay attention to progress of meet and plan accordingly
- tell scorer’s table if attempting American record so appropriate referees are present for attempt
  - must see Meet Director to fill out American record application
- minimal breaks (5-10 minutes) between end of SQ and start of BP and end of BP and start of DL
- baby powder and chalk may be used; please keep the lifting area as clean as possible
- tape may only be used on the thumbs (any other tape/medical bandages must be approved)
- lifters should not leave meet venue until they know they have not been selected for drug testing
- all apparel/equipment that could potentially be worn must be approved at equipment check