



IRON WOLF

Powerlifting Competition Rules

Lifting Attire:

A. Shorts

1. Pants or any garment past the knees, other than knee sleeves, are not allowed.
2. Length of shorts must be clearly above knees. Loose fitting/baggy shorts are not allowed. Spandex bike shorts are suitable.
3. Undergarments shall be worn.
4. Single-ply supportive undergarments such as Under Armour™, compression shorts, sliding shorts and football girdles are allowed.
5. Shorts made of canvas, cut-off/altered power suits or jeans, etc. are not allowed.
6. The only belt allowed with shorts is a lifting belt as defined in the rules.

B. Shirts: T-Shirt

1. The shirt's sleeves must not touch the elbow and sleeveless shirts may not be cut below the elbow. The t-shirt must be made of cotton, Lycra or Under Armour™ type fabric.
2. The t-shirt shall also conform to the following Requirements:
 - a. It shall not be ribbed or consist of any rubberized or similar stretch material.
 - b. It may have a "V" or crew shaped neck opening.
 - c. It shall not have any buttons, zippers, or collars.
 - d. Shirt may not be turned inside out to hide inscriptions.
 - e. Torn or soiled shirts are not permitted.
 - f. T-shirts emblems/logos that are obscene or degrading are not permitted.
 - g. The shirt must be long enough to cover front and back of torso completely, yet not hang past the lifter's knees.

C. Socks

1. Any type of socks are permitted: any color, any logo, provided they are not obscene/profane.
2. They cannot touch the knee or knee wrap/sleeve.
3. They cannot be full length, tights or hose.
4. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.

D. Shoes

1. Must be closed-toed athletic shoes. Head Referee has final call on footwear.
2. A 5 cm sole or powerlifting shoe is recommended.
3. Hiking boots are not allowed.

E. Headbands/Hats

1. A professionally made elastic headband, beanie or toboggan may be worn. Head Referee has final call on headwear.
2. No handkerchiefs, bandannas, hats, or other headgear will be allowed during the competition.



F. Lifting Belts

1. A competitor may wear a belt, but only on the outside of the lifting suit.
2. Belts can be checked-out for free from the Fitness Desk.
3. Material and construction:
 - a. The belt shall be made of leather or nylon in one or more laminations, which may be glued and/or stitched together.
 - b. It shall not have any additional backing, padding, inserts, bracing or supports of any material on the surface or inside the belt.
 - c. Any type of buckle or fastener (including quick release) is permitted.
 - d. No more than 5" in width is allowed.

G. Sleeves/wraps

1. A wrist covering shall not extend beyond 10 cm above and 2 cm below the centre of the wrist joint, and shall not exceed a width of 12 cm.
2. Knee wraps shall not be allowed at any time during the competition.
3. Sleeves, being cylinders of neoprene, may be worn only on the knees by the lifter in the performance of any lift in competition; sleeves cannot be worn or used on any part of the body other than the knees.

Additional Rules:

1. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
2. Chalk will be provided by UREC.
3. Gloves, lifting straps, and any form of squat pad are not allowed.
4. No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.
5. Disinfectant spray, non-latex gloves, and towels will be on hand to sanitize bars, benches, or platforms if needed.
6. No jewelry is allowed on the participant at any time.
7. No ammonia capsules, ipods, mp3 players, or ergogenic aids are allowed in the competition.

Weight Classes:

Below are the official weight classes of Iron Wolf.

Male

1. <160
2. 160 - 181.99
3. 182 - 197.99
4. 198 - 219.99
5. 220 - 264.99
6. 265+

Female

1. <120
2. 120-149.99



3. 150-179.99
4. 180+

Weigh-ins

1. Weigh-ins will take place on the day of the competition in the Men's Faculty Locker Room.
2. Lifters should be weighed in their undergarments by an official of their own gender.
3. Handicapped lifters using an artificial limb in the competition must weigh in with that limb.
4. Lifters are not allowed to be weighed in at a later time.
5. If two lifters lift the same total weight at the same bodyweight, they shall both share the placing and no award shall be given to the next in line.
6. The lifter must lift in a weight class that he/she made weight in.
7. The same scale will be used throughout weigh-ins.

Testing Procedure

1. Following a 15 minute warm-up, testing will begin utilizing a lightest to heaviest 1 RM prediction format. There will be 3 total rounds for each participant to test. Participant #1 will have his/her weight secured on one of the two test platforms. Once it is set and judges/spotters are ready, the participant will have 1 minute to begin the lift. After the bar is unracked (squat & bench press) and the competitor is set, the judge will give an auditory and visual signal to begin lift. The competitor will perform the lift properly, once completed and appropriate joints are locked out, the judge will give a visual and auditory signal to rack the weight.
2. While the participant #1 is testing, the "on deck" participant will let the Weight Setup Coordinator know their attempted weight and they will situate the necessary weight on the bar. Competitors will not have a choice on which practice racks will be utilized.
3. "In the hole" participant will be waiting for participant #1 to finish.

Squats

A. Rules of Performance

1. The lifter shall assume an upright position with the bar across the upper back/trapezius. The bar shall be horizontal across the shoulders with the hands in contact with the bar. The hands may touch but not grasp the inside collars, the lifter's feet shall be placed flat on the platform with knees locked.
2. After removing the bar from rack, the lifter shall move backwards to establish the starting position. The lifter may request aid to unrack the bar. The lifter shall await the Head Referee's signal to start. The signal shall begin as soon as the lifter is motionless with knees locked, and the bar properly positioned. The signal shall consist of an obvious downward movement of the hand/arm and the audible command "SQUAT." ***Prior to the signal, the lifter may make adjustments within the rules without penalty.***
3. Upon receiving the signal the lifter must bend the knees and lower the body until the mid-point of the thigh at the hip joint is lower than the mid-point of the knees. Only one descent attempt is allowed.
4. The lifter shall recover at will from the deepest point of the squat to an upright position with KNEES LOCKED. ***The lifter can request an "UP" signal given by the Head Referee when proper depth is***



achieved. The request must be verified with the Head Referee prior to each squat attempt.

Although stopping is permitted, double bouncing or another downward movement is not permitted once upward motion has started. When the bar is motionless, and the lifter has shown control of the weight, the Head Referee will give the signal to replace the bar. The signal to replace the bar shall consist of an obvious backward motion of the hand/arm and the audible command “RACK.”

5. Upon receiving the “RACK” signal the lifter shall make a bona fide attempt to return the bar to the racks; this is defined as one step forward towards the racks. The lifter may request aid to rack the bar.

B. Causes for disqualifications

1. Failure to wait for the Head Referee’s signal at the commencement or completion to lift.
2. Laterally changing positions of the hands on the bar after receiving the signal to commence the lift. Opening and closing fingers is allowed.
3. Double bouncing is more than one recovery attempt at the bottom of the squat.
4. Failure to assume an upright position with knees locked at the start and completion of the squat.
5. Any shifting of the feet laterally or stepping forwards or backwards during the performance of the lift. The toes may come up and/or the heels may come up off the platform but must return to the same position.
6. Failure to achieve proper depth.
7. Changing the position of the bar across the shoulders after the start of the lift. This implies the intentional or unintentional rolling of the bar to aid performance of the lift. It does not apply to a minute amount of position change, which will not aid the lifter.
8. Contact with the bar, lifter, or plates by the spotters between referee’s signals.
9. Touching the elbows or upper arms to the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the rack.

Bench Press

A. Rules of Performance

1. The lifter must lie on his/her back so that the head, shoulders (upper back area), and buttocks are in contact with the bench surface at all times during the lift. A lifter’s feet may be placed in only one of two positions. Flat footed or up on the balls of their feet. Once the bar begins its descent, a lifter may move their feet from the original starting position, until the Head Referee gives the command of “RACK.”
2. If the lifter’s costume and bench surface are not of sufficient color contrast to enable the referees to detect possible raising movement (hip/butt) from the bench, the bench may be covered with a contrasting colored UREC towel.
3. To achieve firm footing the lifter may use plates or blocks.
4. The lifter may enlist the help of the spotter or a personal coach in removing the bar from the racks. this lift-off or self take-off must be at arms-length, not down to the chest.
5. The lifter must grasp the bar with a closed grip.
6. After receiving the bar at arms-length, the lifter shall wait for the Head Referee’s command of “START.” Prior to the signal, the lifter may make adjustments within the rules without penalty.



7. Upon receiving the signal the lifter must lower the bar to the chest and await the Head Referee's signal to press it.
8. When the bar is motionless on the chest (not abdominal area), an audible "PRESS" command will be given by the Head Referee. If the lifter has a hearing defect, the referee may use an agreed upon signal such as a touch of the hand to the lifter for both press and rack signals.
9. After the signal to press has been given, the bar is pressed upward to straight arms length, elbows locked out, and held motionless until the audible "RACK" command is given. Elevation of the bar need not be equal throughout the entire lift.
10. The bar is allowed to stop during the upward motion but is not allowed downward after the press command has been given.

B. Causes for Disqualifications

1. Failure to observe the signals during the lift.
2. Any change in the elected lifting position once the bar starts its descending motion. Lateral movement of the hands is not allowed.
3. Bouncing or any downward movement of the bar back towards the chest after the press signal has been given is not allowed.
4. The bar may stop during the lift, the Head Referee will give the "RACK" signal if after 2 seconds the bar does not resume the upwards progress or if in the referee's opinion, the lifter's safety is in question.
5. The contact of the bar by the spotters between signals.
6. Movement of the lifter's feet during the lift.
7. Deliberate contact between the bar and the upright during the lift, which could make the lift easier.

Deadlift

A. Rules of Performance

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet. The lifter must grip the bar with both hands, using the grip style of their choice. Foot placement must be shoulder-width, in a ***traditional stance only***.
2. Start of the lift is at the lifter's option; there is no signal from the Head Referee to begin the lift. ***ANY rising of the bar from the platform of any deliberate attempt to do so counts as an attempt.***
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders do not have to thrust back past an erect position. If they are thrust back in that manner and all other criteria are acceptable, the lift is good.
4. The Head Referee's signal at the end of the lift shall consist of an obvious downward movement of hand/arm and the audible command "DOWN." The signal will be given when the bar is held motionless and the lifter is in the apparent finished position.
5. The lifter must control the bar back to the platform after the signal from the the Head Referee.

B. Causes for Disqualification

1. Any downward movement of the bar during the lift. The bar may stop but may not descend before continuing upward.
2. Failure to stand erect with the shoulders in an erect position.



3. Failure to lock the knees straight at the top completion of the lift.
4. Supporting the bar on the thigh during the lift. As the bar is lifted, the knees must continually extend without additional flexion of the knees at any time during the lift.
5. Any lateral movement of the feet, stepping backward or forward during the lift. The heels and toes may come up but must return to original position.
6. Lowering the bar before the signal is given to do so.
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 hands.
8. Hitching is not allowed at any time during the lift.
 - a. The act of hitching means that once your knees are locked, you unlock and relock your knees in order to scoot the bar up your thighs to lockout.