

2009 Amateur Athletic Union Powerlifting Handbook



Sports for all, forever!



AAU 2009 Handbook for Lifter/Coach

Statement to the Lifter

The following rules are instituted by the AAUPC to reaffirm its dedication to the ideal of fair and equitable competition at all sanctioned events. These rules are instituted so that no one participant might have any advantage, so that no one participant might be pressured to take any advantage in order to remain competitive, and to help safeguard the health and safety of participants.

1. Age Limits for Competitions

- There are minimum and maximum age limits for competitions at this time. Where age limits apply, the lifter must have attained the minimum age limit and be less than the maximum age limit on the day of the competition. The lifter must compete in the age group that he/she is in on the day of the competition.
- A special circumstance is permitted when a lifter must qualify for a competition and that competition has age groups. If the lifter qualifies in one age group and attains the age of the next older age group on the day of the competition, the lifter is then qualified for the next older age group.
- The following age groups are recognized for both male and female lifters. They are the:
 - 1) Men's and Women's – No age limits
 - 2) Youth 11 and younger:
 - 5 and under
 - 6 to 7 years old
 - 8 to 9 years old
 - 10 to 11 years old
 - 3) Men's and women's Teenage:
 - 12 to 13 years old
 - 14 to 15 years old
 - 16 to 17 years old
 - 18 to 19 years old
 - 4) Men's and Women's Juniors:
 - 20 to 23 years old
 - 5) Men's and Women's Sub-masters:
 - 35 to 39 years old
 - 6) Men's and Women's Masters:
 - 40 to 44 years old
 - 45 to 49 years old
 - 50 to 54 years old
 - 55 to 59 years old
 - 60 to 64 years old
 - 65 to 69 years old
 - 70 to 74 years old
 - 75 to 79 years old
 - 80 to 84 years old
 - 85 to 89 years old
 - 90+ years old
 - 7) Men's and Women's Lifetime Masters:
 - 40 to 44 years old
 - 45 to 49 years old
 - 50 to 54 years old
 - 55 to 59 years old

- 60 to 64 years old
- 65 to 69 years old
- 70 to 74 years old
- 75 to 79 years old
- 80 to 84 years old
- 85 to 89 years old
- 90+ years old

2. Lifter Registration

- All lifters, administrators, referees, and committee members participating in AAUPC sanctioned competitions, national meetings, and any other form of official Committee business must maintain a current AAU membership.
- The current registration fee for adult AAU membership is \$32.00 and the registration fee for youth 19 and under is \$12.00.

AAU membership cards must be available for sale at all AAUPC competitions. The meet director is responsible for AAU Membership sales at the competition. Membership cards are available from the national office or from the area district. All membership sales are returned to the AAU National Office. AAU membership is also available on -line by logging into the AAU web site www.aausports.org.

- AAU membership runs from September 1st each year to August 31st the following year.
- A lifter is considered a member of the state/district in which they maintain a residence. The district must be declared at the time of the registration. If the lifter's residence changes before the yearly membership expire, the lifter is responsible for notifying the AAU of the change of residence. A residence is defined as the state in which the lifter maintains a driver's license. If a lifter does not have a driver's license, the residency shall be defined as the lifter's voting address or address declared for their federal taxes in that order. Lifters aged 19 years or younger are considered residents of the state/district in which their parents or guardians reside.
- Military personnel may register in the state/district in which they are a resident or in which they are stationed. They may choose only one.
- Out-of-State students of educational institutions may register in the state/district in which they are a resident or in which they attend. They may choose only one.

3. Competition in Weight Classes

- A lifter must always compete in the same weight class he/she made weight in. Lifters are not allowed to switch or to gain weight to enter other or additional weight classes during the competition.
- A lifter may not compete in one weight class and in the same competition using the same lifts get credit or qualify for another weight class.
- Youth and teen lifters wishing to enter the men's or women's equipped competition that are in youth/teen weight classes below the minimum weight classes for men and women will be placed in the minimum weight class for men (52.0 Kilo) or women (44.0 Kilo) with respect to gender.

Weight Class Limits

The following body weight classes are recognized for youth and teen:

CLASS		WEIGHT IN KILOS	WEIGHT IN POUNDS,	WEIGHT IN POUNDS,
-------	--	--------------------	----------------------	----------------------

			ANALOG SCALE	DIGITAL SCALE
Women	Men	30.0	66.25	66.3
Women	Men	35.0	77.25	77.3
Women	Men	40.0	88.25	88.3
Women	Men	44.0	97.00	97.0
Women	Men	48.0	105.75	105.8
Women	Men	52.0	114.50	114.6
Women	Men	56.0	123.50	123.5
Women	Men	60.0	132.25	132.3
Women	Men	67.5	148.75	148.8
Women	Men	75.0	165.25	165.3
Women	Men	82.5	181.75	181.9
Women	Men	90.0	198.25	198.4
Women	Men	100.0	220.25	220.5
Women		100.0+	220.25+	220.5+
	Men	110.0	242.50	242.5
	Men	125.0	275.50	275.6
	Men	140.0	308.5	308.5
	Men	140.0+	308.5+	308.5+

The following body weight classes are recognized for juniors, men and women:

CLASS		WEIGHT IN KILOS	WEIGHT IN POUNDS, ANALOG SCALE	WEIGHT IN POUNDS, DIGITAL SCALE
Women		48.0	105.75	105.8
Women		52.0	114.50	114.6
Women	Men	56.0	123.50	123.5
Women	Men	60.0	132.25	132.3
Women	Men	67.5	148.75	148.8
Women	Men	75.0	165.25	165.3
Women	Men	82.5	181.75	181.9
Women	Men	90.0	198.25	198.4
Women	Men	100.0	220.25	220.5
Women		100.0+	220.5+	220.5+
	Men	110.0	242.50	242.5
	Men	125.0	275.50	275.6
	Men	140.0	308.5	308.5
	Men	140.0+	308.5+	308.5+

Competition using equipment

- Meet directors may offer either equipped, raw, or both type of lifting categories at a competition.
- A lifter may enter either category of competition. A lifter entering the raw competition may lift in the equipped competition if they choose but shall not switch into/or out of supportive equipment at any time.
- Lifters entering the equipped competition are not eligible to lift in the raw category.

4. General

- The use of oil, grease, water, or other lubricants on the body, costume or personal equipment is strictly forbidden.

- Baby powder, resin, talc, or magnesium carbonate is the only substances that may be added to the body and attire. Not the wraps.
- The use of any adhesive on the underside of footwear is strictly forbidden. This applies to any built in adhesive, e.g. glass paper, emery cloth, etc. including resin and magnesium carbonate. A spray of water is acceptable.
- The use of shin guards to prevent bleeding in the dead lift is allowed. Said shin guards shall not extend past the top of the knee, and shall be considered non supportive. Lifter assumes all and any risk from using said shin guards.
- No foreign substance 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, and equipment.
- The use of any smelling salts shall be by lifters 20 years and older only and shall be used away or out of public viewing

5. **Adult Out-of-Competition Substance Abuse Program**

The AAU Powerlifting Committee has revised and re-instituted its Substance Abuse Program. It was re-instituted because the AAUPC wishes to reaffirm its dedication to the ideal of fair and equitable competition at all sanctioned events and wishes to uphold Article 303.2.5 of the Amateur Athletic Union. So that no one participant might have an artificially induced advantage, so that no one participant might be pressured to use chemical substances in order to remain competitive, and to help safeguard the health and safety of participants, the AAUPC has instituted a Substance Abuse Program.

A copy of this program may be obtained by logging on to the AAU web site at www.aausports.org. If there are questions regarding this program, the lifter may call the AAUPC Substance Abuse Chairman, Harry Halverstadt at 530-676-9729 or e-mail at hcwzkds@jps.net. The lifter may also call the AAUPC Substance Abuse Chairman, Harry Halverstadt at 530-676-9729 or e-mail at hcwzkds@jps.net. The lifter may also contact the Dietary Resource Exchange Center by e-mail at www.drugfreesport.com/rec, or by toll free phone at 877-202-0769 or at 816-474-7321. All lifters, aged 19 and over are subject to this program.

Recognition of other Suspensions

The AAU Powerlifting Program recognizes the following organizations substance abuse suspension lists. They are:

- The International Powerlifting federation and its affiliate member nations
- NASA
- US Powerlifting Federation
- USA Powerlifting

If an athlete is under suspension from any of these groups or federations for substance abuse, the athlete is not eligible for competition in the AAU Powerlifting Program and must petition the AAU directly for membership.

6. **Costume and Personal Equipment**

GENERAL COSTUME: International, local, state and national championships.

- In RAW meets only a leather belt may be worn with a non-supportive suit. No other supportive gear may be worn.

- In EQUIPPED meets supportive gear may be worn along with a leather belt. This includes, but is not limited to, wrist wraps, knee wraps, supportive shirt, and supportive suit.
- **All men and women members age 20 and older shall wear a one-piece full length lifting suit.** A T-shirt is required by both sexes in the squat, bench press and deadlift. Leotards and such are not acceptable.
- The wearing of shorts and a T-shirt will be limited to youth members (age 19 and younger) at state or local level meets only. Youth lifters will have to wear a one-piece lifting suit at all national or higher level meets. At state or local meets, teenagers may wear non-supportive shorts in good repair, instead of a one-piece lifting suit. Cut-off jeans, walking shorts, etc., are not allowed. Legs must be clearly above knees and/or knee wraps. If legs touch knee wraps, lifts are not allowed. Loose fitting/baggy shorts are not allowed. Undergarments, same as for one-piece lifting, shall be worn. Spandex type shorts are suitable. It is preferred that shorts be mid-thigh in length. Shorts should be snug, not tight. Shorts made of canvas, cut-off/altered power suits or jeans, etc are not allowed. Referee shall determine if shorts are supportive. The only belt allowed with shorts is a lifting belt as defined in the rules.
- EMBLEMS/LOGOS may be worn in all AAU sanctioned meets if they meet the following requirements:
 - Names of sponsors shall be allowed, or
 - They are powerlifting-related or
 - They promote a drug-free attitude, AND,
 - They are not obscene or degrading.
- Common sense shall govern when examining and measuring the lifting costume.
- The lifting suit or shirt shall not have gussets, saddle patches, maintenance patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Jury, or in their absence the referees are incorporated into the costume or shirt purely as a form of reinforcement or bracing, shall invalidate the costume or shirt from being used. All suits and shirts shall be made of single ply material only. Fused material is not permitted.

COSTUME (SUIT): International, local, state and national championships.

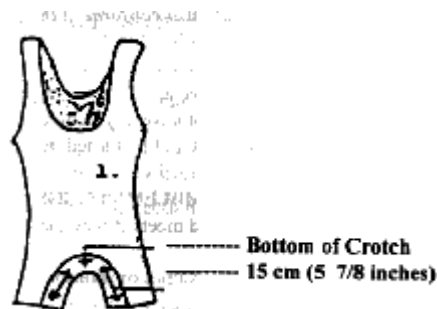
General: The non-supportive lifting suit shall consist of a one-piece full-length suit of one-ply cotton material or polyester material or a combination of the two without any additional patches or padding. The supportive lifting suit shall consist of a one-piece full-length suit of one-ply stretch cotton material or polyester material or a combination of the two without any additional patches or padding. **Denim** may not be used. The straps must be worn over the shoulders while on the platform. Only one suit may be worn at a time.

The lifting suit shall conform to the following requirements:

- It may be of any color.
- Emblems may be worn representing the lifter's AAU affiliation, registered club, region or state. Teenagers and Collegians may wear wrestling suits bearing the school's name/logo on it.
- Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness. A non-supportive suit may have seams and hems exceeding 3 cm in width. The non-supportive suit may also have a double thickness of the same material size 12 cm x 24 cm in the area of the crotch.
- Seams may be protected or strengthened by narrow gauge webbing or stretch material or denim material not exceeding 2 cm in width and 0.5 cm in thickness. The added material must be of the same material as the suit.

- The suit must have legs. The length of leg must be a minimum of 3 cm and a maximum of 15 cm. Measurement is to be taken on a line from the top of the crotch down in the inside of the leg. The leg of the suit need not be cut to form exactly a parallel around the leg. It may be cut higher on the outside of the leg. Non supportive suits may have legs length to a maximum of 25 cm.
- Any alterations to the suit which exceed the established widths, lengths or thicknesses stated shall make the suit illegal for competition.
- Although alterations/pleats to form a tightening/loosening of the suits do not make them illegal, these must be made on the original seams.
- Should a tightening/loosening have been made, the excess material must not be folded and sewn back on to the suit. It is recommended that when the suit shoulder straps are shortened it is sewn in such a way that the excess material is under the strap rather than the unsightly tufts that appear when material are above the straps.

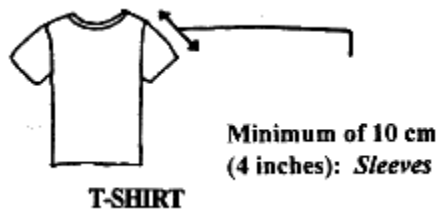
SUIT DIAGRAM



COSTUME (SHIRTS): T-shirts, bench, and erector shirts for international, local, state and national championships.

General: **All lifters male or female lifters in the raw or equipped competition must wear only one shirt (T-shirt or supportive) in the squat, the bench press, and deadlift. The shirt must be under the lifting suit.** The shirtsleeve shall not touch the elbow. Supportive bench/erector shirts with sleeves may be worn in all AAU-equipped sanctioned meets only and may be worn for all three competitive lifts, see diagram below. The shirt shall be tucked into the suit and therefore serve as extra support. Any supportive shirt may not be worn when lifting in a raw division.

SHIRT DIAGRAM



All shirts shall conform to the following construction and material requirements:

- Is made of cotton, polyester, or a combination of the two.
- Does not consist of any rubberized or similar stretch material.
- **It may have a "V" or "U" shaped neck opening.**
- Does not have any buttons, pockets, zippers, or collars.

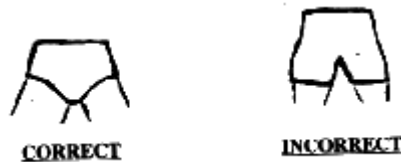
- Does not have reinforced seams.
- Shirts may not be turned inside out to hide inscriptions.
- Torn or soiled shirts are not permitted.
- Velcro straps/open backed shirts are not allowed.
- Emblems may be worn representing the lifter's AAU affiliation, registered club, region, school, or state.
- All shirts shall conform to the following dimensional requirements:
 - A minimum sleeve length of 10 cm (about 4 inches long).

COSTUME (ATHLETIC SUPPORTERS OR BRIEFS):

General: A standard commercial “athletic supporter” or standard commercial briefs (not boxer or boxer briefs) of any mixture of cotton, nylon, or polyester shall be worn under the lifting suit by both sexes for both raw and equipped competition. See the figure below.

Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waist band, shall not be worn under the lifting suit. It must be recognized that the supportive undergarment manufactured specifically for powerlifting (groove briefs) is not legal for use in competitions.

ATHLETIC SUPPORTER DIAGRAM



Women may wear a one-piece cotton or cotton blend running or sports bra in addition to a shirt.

The use of tampons, sanitary napkins or related articles for feminine hygiene protection is permitted without inspection.

COSTUME (SOCKS):

General: A lifter may wear socks in a raw or equipped competition. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.

The Socks shall conform to the following requirements:

- They may be of any color or colors and may have manufactures logos.
- They shall not be of such length on the leg that they come into contact with the knee wraps or knee cap, or knee cap supporter.
- Full length leg stockings, tights or hose are strictly forbidden.

COSTUME (BELT):

General: A lifter may wear a belt, only on the outside of the lifting suit in equipped or raw competition conforming to the following requirements. The lifter is not required to wear a belt.

The Belt shall conform to the following construction and material requirements:

- The belt shall be made of leather, vinyl, or similar non-stretch material in one or more laminations, which may be glued and/or stitched together. **Velcro is not permitted.**
- **It shall not have any additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.**
- The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- The belt may have a buckle with one or more prongs or “quick release” type. (“quick release” referring to a lever.)
- A tongue loop shall be attached close to the buckle by means of studs and/or stitching. Many belts still appear with a sliding loop and some with two loops. This is incorrect and makes the belt illegal. The tongue end of the belt is often wrapped two thirds of the way around the waist and studded into the belt. This is not correct and in point of fact can make the belt up to 26 mm thick, illegal. A customized belt tailored to fit the lifter is much more presentable.
- The name of the lifter, the lifter’s nation, state, or club may appear on the outside of the belt.

The Belt shall conform to the following dimensional requirements:

- Width of the belt maximum of 10 cm (about 4 inches)
- Thickness of belt maximum of 13 mm (about 1/2 inch) along the main length.
- Inside width of buckle 11 cm (about 4 3/8 inches)
- Outside width of belt buckles of 13 cm (about 5 1/8 inches).
- Tongue loop maximum width of 5 cm (about 2 inches).
- Distance between end of belt and the far end of the tongue loop 15 cm (about 5 7/8 inches). See diagram 4.

Belt Diagram

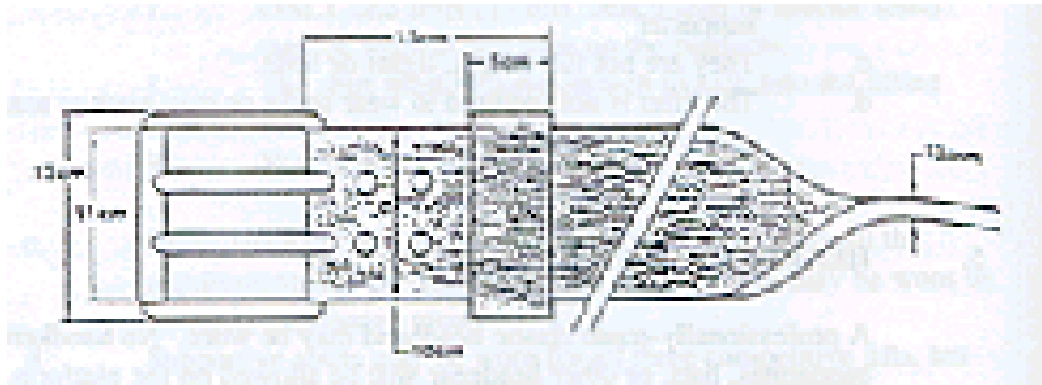


Diagram 4

COSTUME (SHOES OR BOOTS):

General: Lifting Shoes or boots shall be worn.

The shoes shall conform to the following requirements:

- Shoes with metal cleats or spikes are not permitted.
- No Part of the underside shall be higher than 5 cm.
- The underside must be uniform on both sides.
- Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness).

COSTUME (HEADBANDS/HATS):

A professionally made elastic headband not exceeding 12 cm in width may be worn in either raw or equipped competition. No handkerchiefs, bandannas, hats, or other headgear will be allowed on the platform.

COSTUME (WRAPS):

General: Only wraps of one ply commercially woven elastic that is covered with polyester, cotton, or a combination of both materials and medical crepe are permitted. Bandages of rubber or rubberized material are strictly forbidden.

The wrist wraps shall conform to the following requirements:

- Wrist wraps shall not exceed 1 m. in length and 8 cm in width. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. **The loop may be over the thumb or fingers during the actual lift.**
- A wrist covering shall not exceed 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.
- The knee wraps shall conform to the following requirements:
 - Men or women in weight classes below 90 k may wear knee wraps not exceeding 2 m (about 6 ft 6 3/4 inches) in length and 8 cm (about 3 5/16 inches) in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering of 30 cm.
 - Men or women in weight classes 90 k and above may wear knee wraps not exceeding 2.5 m () in length and 8 cm (about 3 5/16 inches) in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering of 30 cm. Alternately, an elasticized knee cap supporter not exceeding 30 cm in length may be worn. Knee sleeves 30 cm in length as worn by W/L are also legal. A combination of the two is strictly forbidden. Note: The IPF does not permit this wrap to be used.
- Wraps shall not be in contact with the socks or lifting suit.
- Wraps shall not be used elsewhere on the body.

Inspection of Costume and Equipment

- The inspection of costume and personal equipment for each and every lifter in the competition may take place at any time throughout the meet prior to and within twenty minutes of the start for their particular bodyweight category.
- If a lifter is found with an illegal item prior to lifting, the lifter shall be immediately warned and allowed to correct the infraction.
- If a lifter appears on the platform wearing any major illegal items (mainly supportive gear, wraps, briefs, belts), the lifter shall be immediately warned and allowed to correct the problem within the time remaining if possible. If the lift has been completed, that lift shall be declared void. If the items are minor, the lifter shall be warned. Continued equipment infractions are cause for the lifter to be removed from the competition.
- A minimum of two referees of any level shall be appointed to fulfill the duty of costume inspection. The suits and shirts shall be examined and approved for use. All other items shall be reviewed and any items to legal for use shall be brought to the lifters attention and the lifter shall be warned regarding their use.
- Any item considered unclean, torn, or not in repair shall be rejected for use.
- The referees shall mark/record each item on the official inspection sheet. The inspection sheet shall be handed to the head referee or president of the jury at the end of the inspection period. Items such as watches, costume jewelry, mouthpieces, eye wear, or feminine hygiene articles need not be inspected.
- Any lifter successful in a national or world record attempt may be immediately inspected by the head referee or jury. If the lifter is found to be wearing or using any illegal item, other than that which may have been inadvertently been passed by the referees, the lift shall be declared invalid and the lifter shall be disqualified from the competition.

6. Rules for Competition – The Lifts

Recognized Lifts – The AAUPC recognizes the following lifts that must be taken in the sequence listed in all competitions for powerlifting. They are the:

Squat
Bench Press
Dead Lift

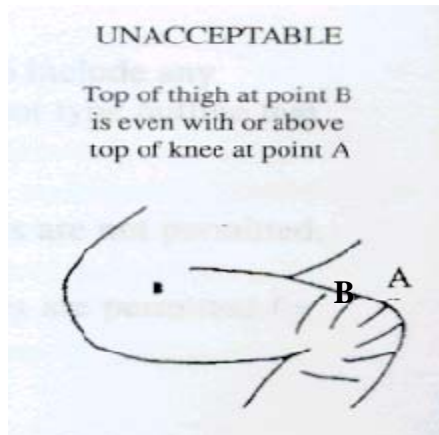
Squat - Rules of Performance:

- The lifter shall face the front of the platform. The bar shall be held horizontal across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. See squat diagrams below. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- After removing the bar from the racks, (the lifter may be aided in the removal of the bar from the racks by the spotter/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “squat”. Before receiving the signal to “squat”, the lifter may make any position adjustments within the rules, without penalty. For reasons of safety, the lifter may be requested to “rack” the bar if after a five (5) second period he is not in the correct position

to begin the lift. The signal to replace the bar shall consist of a backward movement of the arm and the audible command “rack”.

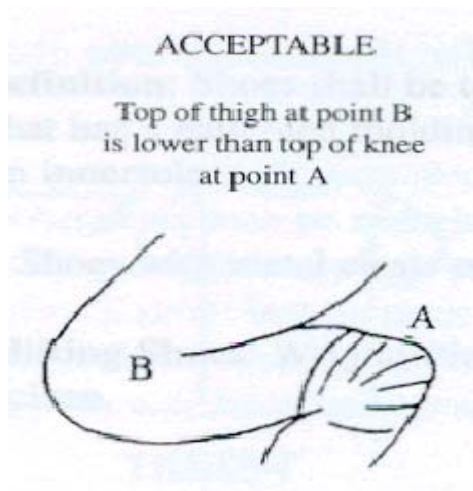
- Upon receiving the Chief Referee’s signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifter’s knees have unlocked. The bar may move from its starting position downwards on the lifter’s back the thickness of the bar during the performance of the lift.

UNACCEPTABLE SQUAT



Top of thigh at point B is even with or above top of knee at point A

ACCEPTABLE SQUAT



Top of thigh at point B is lower than top of knee at point A

- The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
- The signal to rack the bar will consist of a backward motion of the arm and the audible command “rack”. The lifter must then move forward and return the bar to the racks. For reasons of safety, the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks.

- The lifter must stay with the bar at all times during the lift and while returning the bar to the racks.
- No more than five and not less than two spotter/loaders shall be on the platform at any time. The Chief referee shall decide the number of spotter/loaders needed on the platform. Designated spotter/loaders may not be replaced unless approved by the Chief Referee. A lifter may use spotters other than those on the platform with the approval of the Chief Referee. If in the opinion of the meet director, additional spotters are needed and the spotting can be done safely, additional spotters may be used.

Causes for Disqualification:

- Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- Double bouncing at the bottom of the lift or any downward movement of the bar during the ascent.
- Failure to assume an upright position with knees locked at the commencement and completion of the lift.
- Stepping forwards or backwards during the performance of the lift. Lateral movement of the sole and rocking the feet between the ball and heel is permitted.
- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees as shown above.
- Any movement of the bar on the back more than the diameter of the bar below its starting position.
- Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier. Slight contact is permitted if there is no supporting that might aid the lifter.
- Contact of the elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
- Any intentional dumping or dropping of the bar as determined by a majority of the referees.

Bench Press - Rules of performance:

- The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
- **The lifter must lie on his back with the shoulders and buttocks in contact with the bench surface.** The sole and heel of his shoes must be in contact with the floor or blocks. His hands and fingers must grip the bar positioned in the rack stands with thumbs around grip of the bar. His head must be over and above the bench surface i.e. not to one side or hanging over the end of the bench. The head may or may not touch the bench. This body position shall be maintained throughout the lift. Motion of the head is not permitted. **A THUMBLESS GRIP IS NO LONGER ALLOWED IN ANY AAU MEET.**
- To achieve firm footing, the lifter may use flat surfaced plates or blocks not exceeding 45 cm x 45 cm x 30 cm (about 17 ¾ x 17 ¾ inches x 11 ¾ inches) in total to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, and 30 cm may be made available for foot placement if feasible. The sole and heel of the lifter's shoes must be in contact with the floor or blocks and with the surface provided. **Note: The IPF rules allow a maximum block height of 30cm and minimal foot movement i.e. the width of one foot laterally and half the length of the foot forward or backward.**
- Not more than 3 or fewer than 2 spotter/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/loader in removing the

bar from the racks. The lift-off must be at arm's length. The hand off may be from the center of the bar or from the ends of the bar.

- The spacing of the hands shall not exceed 81 cm (31 7/8 inches) measured between the forefingers (both forefingers must be within the 81 cm marks). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary, the bar must be marked accordingly.
- After receiving the bar at arm's length, the lifter shall lower the bar to the chest and await the Chief Referee's signal.
- When the bar is motionless on the chest, the Chief Referee shall give the signal which shall consist of an audible command "PRESS." 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 start and completion signals. For reasons of safety the lifter will be required to "rack" the bar if after a period of five seconds he is not in the correct position to begin the lift. The signal by the Chief Referee to return the bar to the rack shall be the audible "rack". **Note: The IPF rule requires the bench to begin at arm's length with the command "start". The lifter determines a suitable amount of time on the chest.**
- After the signal to start has been given, the bar is pressed upward to arm's length, elbows locked out, and held motionless until the audible command "RACK" is given. No excessive/immoderate uneven extension of the arms is permitted and lock out of both arms must be simultaneously together. The bar is allowed to stop during the upward movement but is not allowed any downward movement. Downward movement refers to that portion of the bar between the hands only, and not to that portion between the outside edge of the hand and the end of the bar. For reasons of safety the lifter will be required to "rack" the bar if after a period of five seconds the bar has not moved upward. The signal by the Chief Referee to return the bar to the rack shall be the audible "rack"
- If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.

Causes for Disqualification:

- Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
- **Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, buttocks, from the bench, or feet from the floor/blocks-plates or lateral movement of the hands on the bar. Slight or very minor foot movement is allowed. Both sole and heel must stay in contact with the floor/blocks.**
- Heaving, bouncing, or sinking the bar into the chest after the press signal has been given.
- Any pronounced/exaggerated uneven extension (more than a bar width) of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.
- Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
- Contact with the bar of the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.
- Any contact of the lifters feet with the bench or its supports.

Dead Lift - Rules of performance:

- The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect. There is no signal from the Chief Referee to start the lift.

- **On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position. If the shoulders are thrust back (i.e. per IPF rules), the lift is still good.**
- The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position. If the bar is shaking when at the knee area, although not exactly pure, this is not cause for failure.
- Any raising of the bar or any deliberate attempt to do so will count as an attempt. Only one attempt is permitted. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. Settles at the shoulders at the end of the lift is not cause for failure.

Causes for Disqualification:

- Any downward movement of the bar before it reaches the final position. Stopping of the bar is not cause for failure.
- Failure to stand erect with the shoulders in an erect position.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thigh during the performance of the lift. As the bar is lifted, the knees MUST continually extend without additional flexion of the knees at any time during the lift. If the bar edges up the thigh but is not supported this is not reason for failure of the lift. The lifter should benefit in all decisions of doubt made by the referee,
- Stepping backward or forward, or lateral movement of the foot. **Rocking of the feet between the ball and heel is permitted.**
- Lowering the bar before receiving the Chief referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands. Some noise and impact is expected and is not cause for failure of the lift, but dropping the bar or obvious lack of control is not allowed. The bar must be controlled to prevent free fall.
- Any intentional dumping or dropping of the bar as determined by a majority of the referees.

ACCEPTABLE DEADLIFT

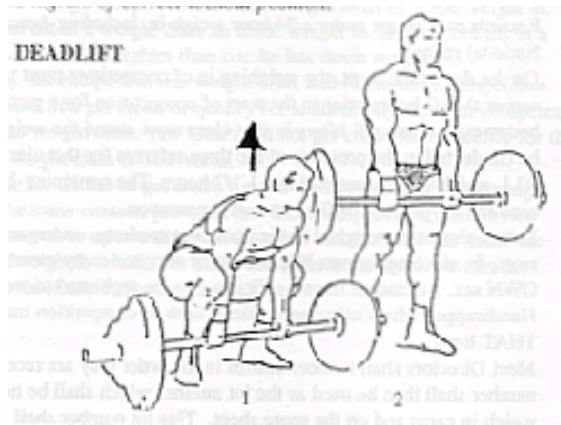


Diagram of correct start and lockout position:

The correct start and finish position for the dead lift is shown above. The lifter is standing erect with knees locked straight, shoulders in erect position not forward or rounded.

7. Rules for Competition – The Types of Competition, Equipped or Raw

Types of Competitions Recognized by the AAUPC

Equipped

Equipped competition is defined as allowing the lifter to wear any or all of the costume defined in and as permitted in Section IV. “Costume and Personal Equipment”. Lifters of any age group may enter equipped competition. It is the responsibility of the parent/coach to ensure that a minor is properly coached when wearing equipment.

Raw

Raw competition is defined as allowing the lifter only the following items as defined in and as permitted in Section IV of the complete handbook. “Costume and Personal Equipment”.

These items are limited to:

- A loose fitting suit.
- T-shirt.
- Shoes and socks.
- Belt.
- Headband.
- Athletic supporter.
- Women may wear a non-supportive bra.

8. Types of Competitions within a Meet

The AAUPC does not discriminate between either raw or equipped competitions. A lifter may enter either or both competitions. If the lifter enters both, he must lift as defined by raw competition.

9. Persons allowed on the Platform during the Competition

During competition, only the lifter, his/her coach, spotters, members of the Jury, and the officials will be allowed on the platform or stage. During the actual lift, only the lifter, the spotters, and the referees are allowed on the platform stage. A coach may give a hand-off in the bench but must leave the platform prior to the start signal. Coaches shall not be allowed at the back or sides of the platform area and must remain outside of the boundaries of the designated lifting area unless receiving permission from the Chief Referee.

10. Adjusting Equipment While on the Platform:

A lifter may adjust only the belt while on the platform. No other preparations may be made on the platform including use of smelling salts, etc.

11. Minimum Amount of Weight Increase between Successful Attempts

The weight of the bar must always be in multiples of 2.5 kg (5.0 lbs in a pound meet). The progression of the bar between each lifter's successful attempts shall be a minimum of 2.5 kg (5.0 lbs in a pound meet).

American and World Records may be broken by an increase of a minimum of 500 grams in any round. The exact weight of the bar will be recorded on the records form. The meet results will show the weight to the nearest 2.5 kg (5 lbs in English) increment.

Disqualifications

Disqualification of a lifter for failing to successfully make an attempt in any lift:

- A lifter must make at least one successful attempt in each lift to continue in the meet. Failure to do so will eliminate the lifter from further participation in the meet. For a lifter entered in two meets held concurrently (e.g. a power meet and a bench meet), this would apply separately to each meet. In this example, failing a successful squat would still permit the lifter to bench, but for the bench meet total only, and would eliminate the lifter from the deadlift.
- Spotter's aid to the Lifter:
- Other than initially aiding in the removal of the bar from the rack, the lifter shall not receive any further help in setting up/assuming the starting position. Such aid will disqualify the lift.
- Disqualification due to Platform Time Limits:
- On the completion of a lift, the lifter has 30 seconds to leave the platform. Failure to do so MAY result in disqualification of that attempt at the discretion of the Chief Referee.
- Disqualification due to Conduct:
- Any lifter or coach, who by reason of misconduct on or near the competition platform that is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury or Head Referee may disqualify the lifter and order the lifter and/or coach to leave the venue. The team manager or coach must be officially informed of both the warning and disqualification.

12. Appeals, Protests or Complaint Procedures:

All appeals against referee's decisions, complaints regarding the progress of the meet or against the behavior of anyone taking part in the meet will be made verbally or in writing to the Jury if requested. The team manager or coach must lodge the appeal or complaint with the Jury Chairman. This must be done immediately following the incident that is the cause of the appeal or complaint. If deemed necessary, the Jury may temporarily suspend the meet and retire to consider its decision. After discussion, the Jury shall make known the majority decision via the Chairman who will inform the complainant of the decision. The decision is final with no other appeal available.

In the event that a jury is not seated, the head referee shall appoint a committee of three to decide the appeal. That committee shall consist of one senior referee, one senior lifter, and the head referee. If deemed necessary, the committee may temporarily suspend the meet and retire to consider its decision. After discussion, the committee shall make known the majority decision via the head referee who will inform the complainant of the decision. The decision is final with no other appeal available.

Once the flight begins, the lifter may not may make any changes to the opening attempt. The lifter may change the third attempt of the deadlift twice for competition purposes.

13. Who May Set and Hold Records

- **US Citizens may set hold American and World Records. Non-citizens may hold AAUPC World Records only. Permanent Residents planning on becoming US Citizens may also hold American and World Records.**
- Only Residents of a state may set state records. If a resident of a state moves out of the state the record shall remain.

- If more than one lifters make the same lift or total at the same bodyweight, they shall be re-weighed. If they re-weigh the same, they shall both share the record. Should they reweigh at different body weights, the lightest lifter shall be awarded the record.

14. Use of Small Discs for Setting Records

For the purposes of setting records in an AAUPC sanctioned competition, lighter discs (less than 1.0 Kilo or 2.2 lbs) may be used to reach a weight at least 500 g (1.1 lbs) more than the current record.

15. Where Records May Be Set

- **World records may be set only at the appropriate world championship or appropriate national championship that is sanctioned and operated in accordance with the rules of the AAUPC.**
- American records may be set at any meet that is sanctioned and operated in accordance with the rules of the AAUPC.
- State records may be set at a meet that is sanctioned and operated in accordance with the rules of the AAUPC.
- By vote of the AAUPC executive committee, a meet may be granted the privilege of setting world records. That meet shall be sanctioned and operated in accordance with the rules of the AAUPC.

16. Actions Required To Set Records

- **When a record is going to be attempted, the lifter or the lifter's coach must inform the scorer's table and the platform of the attempt.**
- The Chief Referee will ensure that referees with the correct qualifications are seated before the platform is declared ready.
- At the completion of the attempt, if the attempt is declared good, the referees on the platform will conduct a brief equipment check to ensure that the lifter has met all equipment requirements.