

# WU LIFTS RULES

## LIFTS

Wu Lifts recognizes the following lifts which may be taken in the different order by each Wu lift competitor based on event schedule:

1. Squat 2. Bench Press 3. Deadlift

## DIVISIONS

Wu Lift recognizes the following divisions

1. Open Male 2. Open Female

## AWARDS

Wu Lifts will award the top 3 competitors in both divisions based on Wilks Formula.

Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> position.

## CLOCKS

A clock showing the time will be visible. A timer showing the time left for the competitor to complete their lift should also be visible.

## SCOREBOARD

A scoreboard with the progress of the competition will be provided. The lifters names should be arranged in place order (Wilks Points).

## COSTUME

No supportive apparel will be permitted to be worn during a Wu Lifts competition. This includes but is not limited to bench suits, and squat suits.

Participants are permitted to wear belts, knee wraps, knee sleeves, wrist wraps. *(Detail explained below)*  
**Shoes must be worn at all times.**

## BELT

Competitors may wear a belt. If worn, it shall be on the outside of the lifting apparel.

Materials and construction of the belt are as follows:

- (a) The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- (b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- (c) The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- (d) The belt may have a buckle with one, two prongs or lever.
- (e) A tongue loop shall be attached close to the buckle by means of studs and/or stitching.

## **BELT DIMENSIONS:**

1. Width of belt: maximum 10cm.
2. Thickness of belt: maximum 13mm along the main length.
3. Inside width of buckle: maximum 11cm.
4. Outside width of buckle: maximum 13cm.
5. Tongue loop width: maximum 5cm.
6. Distance between end of belt and far end of tongue loop: maximum 25cm.

## **WRAPS**

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.

## **WRISTS**

1. Wrist wraps shall not exceed 1m in length and 8cm in width. Any sleeves, and Velcro patches or tabs for securing, must be incorporated within the one-meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
2. Standard commercial sweatbands may be worn, not exceeding 12cm in width. A combination of wrist wraps and sweatbands is not allowed.
3. A wrist covering shall not extend beyond 10cm above and 2cm below the center of the wrist joint and shall not exceed a covering width of 12cm.

## **KNEES**

1. Wraps not exceeding 2m in length and 8cm in width may be used. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the knee joint and shall not exceed a total covering width of 30cm. An elasticized kneecap supporter not exceeding 30cm in length may be worn. Knee sleeves 30cm in length are also legal and the medical/surgical sleeves are also an option. A combination of the two is strictly forbidden. Neoprene may be “synthetic” rubber but is only acceptable in the knee sleeve.
2. Wraps shall not be in contact with the socks or lifting suit.
3. Wraps shall not be used elsewhere on the body.

## **FOOTWEAR**

Shoes or boots shall be worn.

- (a) Shoes shall include only sports shoes/sports boots, weightlifting/powerlifting boots or deadlift slippers. The above is referring to indoor sports (e.g., wrestling/basketball). Hiking boots and cleated shoes do not fall into this category.
- (b) No part of the underside shall be higher than 5cm.
- (c) The underside must be flat (i.e., no projections, irregularities, or a doctoring from the standard design).
- (d) Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.

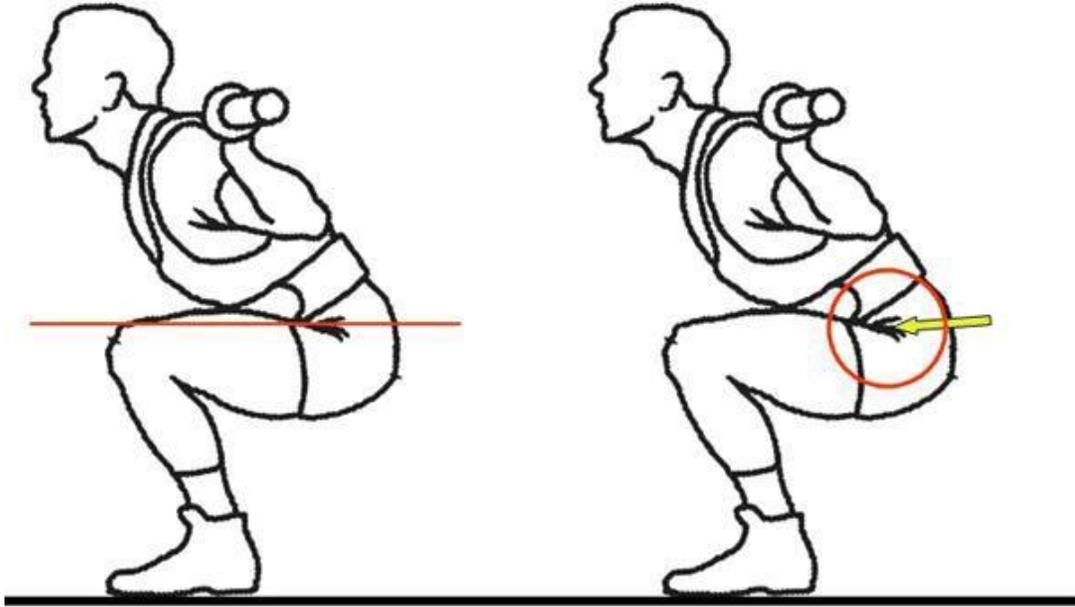
## **POWERLIFTS AND RULES OF PERFORMANCE**

### **SQUAT**

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotters/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless and erect (slight deviation is allowable) with knees locked 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 will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
3. 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 lifters knees have unlocked.
4. 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.
5. 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. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotters/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
6. Not more than five and not less than two spotters/loaders shall be on the platform at any time. The Referees may decide to the number of spotters/loaders required on the platform at any time 2, 3, 4, or 5.

### **Causes for disqualification of a squat:**

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to 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, as in the diagram (see diagram on the following page).
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.



## **BENCH PRESS**

1. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). Hands and fingers must grip the bar positioned in the rack stands with a “thumbs around” grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. The hair of the athlete must not hide the back of the head when lying down on the bench (pony tail is preferred).
2. To achieve firm footing the lifter may use flat surfaced plates, or blocks not exceeding 30cm in total height and a minimum dimension of 60cm x 40cm, to build up the surface of the platform.
3. Not more than five and not less than two spotters/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arm’s length.
4. The spacing of the hands shall not exceed 81cm measured between the forefingers (both forefingers must be within the 81cm marks and the whole of the forefingers must be in contact with the 81cm marks if maximum grip is used). 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 will be marked accordingly. The use of the reverse grip is forbidden.
5. After removing the bar from the racks, with or without the help of the spotters/loaders, the lifter shall wait with [elbows locked into the starting position] for the Chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
6. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start”.
7. After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless on the chest, after which the Chief referee will signal the

audible command “Press”. The lifter must then return the bar to straight arm’s length elbows locked. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm. If the bar is lowered to the belt and stays on it for 5 seconds the Chief Referee’s command is “replace.”

### **Causes for Disqualification of a Bench Press:**

1. Failure to observe the Chief Referee’s signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e., any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar).
3. Heaving or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to the chest (i.e., not reaching the chest or abdominal area, or the bar is touching the belt).
6. Failure to press the bar to [arm’s length with elbows locked into the finished position] at the completion of the lift.
7. Contact with the bar or the lifter by the spotters/loaders between the Chief Referee’s signals in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.

### **DEADLIFT**

1. 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.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. 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.
4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

### **Causes for Disqualification of a Deadlift**

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. The lifter should benefit in all decisions of doubt made by the referee.
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).
8. Failure to comply with any of the items outlined under “Rules of Performance”.

\*Source: USAPL 2013 Rulebook



## **WEIGHING IN**

1. Weigh in of the competitors must take place no earlier than 24 hours before the start of the competition for any particular category/categories. All athletes must weigh-in, which will be carried out in the presence of 1 staff member.
2. The weigh-in for each competitor will be carried out in a room with the door closed, with only the competitor, his coach or manager and the staff member present. For reason of hygiene, the lifter should wear socks or place a paper towel on the scale's platform.
5. Lifters will be weighed in any choice of clothing. Nude weigh-in will not be permitted.

Disabled/Amputee lifters who are competing in bench press championships will have the following additions to their bodyweight:

- For each below ankle amputation = 1/54 of bodyweight
- For each below knee amputation = 1/36 of bodyweight
- For each above knee amputation = 1/18 of bodyweight
- For each hip disarticulation = 1/9 of bodyweight
- For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.