

The Ohio State University Department of Recreational Sports – Powerlifting Club

Squat - Bench Press - Deadlift Rules

Rule 1: Eligibility

A participant may be an Ohio State student taking a minimum of four credit hours or Rec Sports member. The Department of Recreational Sports defines a student as any individual who is currently enrolled at The Ohio State University and is registered with the university registrar. Students taking four or more credit hours automatically pay the Recreational Sports student fee and therefore, do not need to purchase a membership.

The following people are eligible to participate after purchasing the appropriate Recreational Sports membership through the RPAC Welcome Center for the semester in which they intend to participate.

A participant may be:

- an Ohio State student taking less than four credit hours
- the spouse of a student or a faculty or staff member
- a faculty or staff member of The Ohio State University. The Department of Recreational Sports defines faculty and staff as all current faculty and staff, as well as visiting professors at The Ohio State University who are paid through the university payroll department.
- an affiliate of the department (alumni, member of the President's Club, other recognized affiliate groups)
- a member-sponsored adult

To participate in any fitness program activity, all participants must show a valid Ohio State issued photograph identification card. Acceptable identification cards are limited to BuckIDs, Ohio State Medical Center identification cards, and Recreational Sports membership cards. An Ohio State identification card must include the following information and be clearly visible to be considered valid: the individual's name, photograph and identification number. Identification cards that do not have one or more of these requirements will not be accepted and the individual will not be allowed to compete.

Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc) is a violation of the Ohio State Student Code of Conduct. The identification card will be confiscated and the individual attempting to use the card will be ineligible to participate. If the card belongs to another student, that student must meet with a professional staff member to regain possession of their identification card.

Rule 2: Equipment

- A head sweatband is permitted; however, hats, bandanas and "do-rags" are not permitted.
- Rubber, cloth or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- Lifters may lift in any attire so long as it is non-supportive. Supportive attire shall mean (1) bench press shirts, (2) squat/deadlift suits or supportive briefs, (3) knee wraps, (4) elbow sleeves or wraps of any design and (5) any equipment meant or used to approximate the function of the equipment listed above.
- Gloves and wrist straps are not permitted.
- Wrist wraps of any length and construction may be worn.
- Knee sleeves (not wraps) of any construction may be worn.
- Belts of any width, thickness or construction may be worn.
- Closed toe shoes are required for both bench press and deadlift. Knee high socks are recommended for the deadlift.
- No substance may be applied to the bar by the lifter or the lifter's assistants, including chalk, liquid chalk, baby powder or oil.

Rule 3: Participant Responsibilities

- Ensure that you meet all eligibility requirements.
- Responsible for knowledge concerning tournament time, location and ID policy.
- Ensure that you sign a "release of claims" form located on the back of the scorecard before participating in your first tournament.
- Ensure that you have a valid Ohio State issued identification card prior to check in.
- Display good sportsmanship at ALL times.
- Cooperating with the Fitness Staff at the game site concerning any protests, incidents or accidents that may occur as well as with the fitness student staff the day following such occurrences.

Rule 4: Players

- The bench press and deadlift competition is a singles event and therefore only requires one person to participate.
 - You must check in using a valid Ohio State issued ID.

Rule 5: Forfeits

A participant will forfeit the entire tournament if they show 10 minutes or more past the scheduled event time.

Rule 6: Protests

Rules Protest

The Fitness Coordinator must address questions pertaining to interpretation of rules on the part of judges at the time the interpretation occurs and prior to the next lift. The procedure shall be:

1. Consult the Fitness Coordinator on site should you disagree with any rule interpretation.
2. The decision made by the Fitness Coordinator shall be final.

Eligibility Protest

Protests involving participant eligibility must be called to the immediate attention of the Fitness Coordinator prior to the completion of the tournament while the protested individual is present. Participants may not make eligibility protests after the completion of the tournament. A Protest Form should be obtained from the Fitness Coordinator and completed. The tournament will continue from this point under protest.

Rule 7: Competition

Competition

- Lifters will be divided into groups, or "flights," at the discretion of the event staff.
- In the bench press tournament, each lifter will receive three attempts at a bench press which may count toward their score. In the bench press and deadlift tournament, each lifter will receive three attempts at a bench press and three attempts at a deadlift which may count towards their score. In the full meet (squat, bench, & deadlift) each lifter will receive three attempts at the squat, three attempts at the bench, and three attempts at the deadlift which may count towards their score.
- Warm-ups will be performed before taking the first attempt in each discipline (squat, bench press, or deadlift), and will not be judged or count toward the score.
- Each flight of lifters will warm up, take the first attempts in the squat in order from least to most weight, take the second attempts in order from least to most weight, then take the third attempts in order from least to most weight. If the bench press is also contested, the first flight will begin with the first attempts in the deadlift and proceed as above, after all flights have completed their bench press attempts.
- Each flight takes all three rounds of attempts before the next flight begins their attempts.
- In the bench press tournament, lifters are scored on their highest successful bench press attempt. In the bench press and deadlift, or full meet tournament, lifters are scored on the sum of their highest successful squat attempt, bench press attempt and their highest successful deadlift attempt. Placing will be determined (1) within gender and weight class and (2) overall, by gender. The following weight classes will be contested:

o MALE:

150 lb. weight class: up to 150.0 lbs.



175 lb. weight class: 150.1-175.0 lbs.
200 lb. weight class: 175.1-200.0 lbs

225 lb. weight class: 200.1-225.0 lbs.
Heavyweight class: 225.1 lbs. or higher

o FEMALE:

125 lb. weight class: up to 125.0 lbs.
150 lb. weight class: 125.1-150.0 lbs.
175 lb. weight class: 150.1-175.0 lbs.
Heavyweight class: 175.1 lbs. or higher

- Weigh-ins will be carried out the day of the competition in the attire the lifter will wear while competing, including shoes but excluding accessories such as belts or wrist wraps. The lifter must weigh in during the designated time before the start of the competition. Once the competition has started, no more lifters will be weighed in.
- Placing in each weight class will be determined by the absolute weight lifted only. In the bench press tournament, this will be the highest successful bench press attempt. In the bench press and deadlift or full meet tournament, this will be the sum of the highest successful squat, bench press attempt and the highest successful deadlift attempt. Overall placing will be determined by ranking lifters by their absolute weight lifted divided by their actual bodyweight (not weight class) as recorded at weigh-in. Awards will be given for the first in each weight class and for best overall male and female lifters.
- Lifters who do not complete any successful bench press attempts will not be eligible for placing in the competition. In the bench press and deadlift tournament, lifters who do not complete any successful deadlift attempts will also not be eligible for placing in the competition.
- Lifters who, for whatever reason, do not weigh in will not be eligible for any awards/prizes but may still participate in the competition if they follow all other rules.

Lift—Squat

- 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.
- 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.
- 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.

- 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. 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.
- 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.

Causes for Disqualification—Squat

- 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 during the ascent.
- Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
- Stepping backward or forward or moving the feet laterally. 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 is lower than the top of the knees, as in the diagram (see diagram on the following page).
- Contact with the bar or the lifter by the spotter/loaders between the Chief Referee’s signals in order to make the lift easier.
- 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 dropping or dumping of the bar after completion of the lift.
- Failure to comply with any items outlined under “Rules of Performance” for the squat.

Lift—BENCH PRESS

- Lifters will wait to approach the bench until called to the platform by the judge.
- Lifters may not attempt a bench press unless the weight on the bar is secured with collars (clips).
- Two side spotters will be required for all bench press attempts.
- The lifter will lie on the bench with shoulder blades and buttocks in contact with the bench and feet in contact with the floor. Neither the shoulder blades nor the buttocks may be raised off the bench at any point in the attempt, nor may the feet be lifted completely off the floor.
- The lifter will grip the bar anywhere between the rack uprights.
- The lifter will remove the bar from the rack with or without the assistance of the center spotter (hand-off). No other assistance in removing the bar from the rack will be permitted. No assistance other than the hand off is permitted at any point in the lift. Lifters may enlist their own center spotter to hand off their attempts.

- After removing the bar from the rack, the lifter will hold the bar at arms' length (elbows locked out) until the judge gives the START command.
- Upon receiving the START command, the lifter will lower the bar until it touches the chest. If the lifter is wearing a belt, the bar cannot touch the belt.
- The lifter will hold the bar motionless on the chest until the judge gives the PRESS command. The judge will give the command as soon as the bar is motionless and will not enforce a pause of specific duration.
- The lifter will press the bar to arm's length (elbows locked out); once the bar has started moving up, it cannot move back down for any reason.
- The lifter will hold the bar at arms' length until the judge gives the RACK command. At that point, the spotters will assist the lifter in replacing the bar in the rack.
- A successful bench press attempt will be one in which the lifter follows all of the rules listed above.

Causes for Disqualification—BENCH PRESS

- Failure to observe the judge's signals.
- Any change in the elected position of the shoulders, raising of the buttocks, lateral movement of hands, or raising one or both feet completely off the floor.
- Inadequate pause of the bar on the chest as well as heaving or bouncing the bar off the chest.
- Allowing the bar to sink into the chest on the upward press.
- Uneven extension of the arms during the lift.
- Any downward motion of the bar on the upward press.
- Contact with the bar by the spotter during the lift.
- Deliberate contact with the up-rests of the bench and the bar in order to assist the lift.
- Failure of the center spotter to give the judge a clear view.

Lift—DEADLIFT

- Lifters will wait to approach the bar until called to the platform by the judge.
- Lifters may not attempt a deadlift unless the weight on the bar is secured with collars (clips).
- The lifter will approach the bar facing the judge. The bar must be positioned in front of the lifter's feet.
- The lifter will grip the bar and lift it until the lifter is standing erect. Any grip is permitted (overhand, mixed, etc.)
- At the completion of the lift, the lifter's knees will be locked in a straight position and the shoulders will be pulled back.
- The lifter will remain standing erect and holding the bar until receiving the DOWN command, accompanied by a hand signal from the judge.
- After receiving the DOWN command, the lifter will return the bar to the platform under control. The lifter must not drop the bar.
- Lifting the bar off the floor or a deliberate attempt to do so will count as the

lifter's attempt. Once the attempt has begun, the bar cannot move downward for any reason until the lifter receives the DOWN command. This includes boosting the bar with the thighs (hitching) and shrugging the bar at the top of the lift.

Causes for Disqualification—DEADLIFT

- Failure to observe the judge's signal.

- Failure to reach the erect position (knees locked out, shoulders back).
- Any downward motion of the bar before the DOWN command is received.
- Dropping the bar at any point, including after the DOWN command.
- Any foot movement (forwards, backwards or sideways), other than rocking between the ball and the heel of the foot, before receiving the DOWN command.

Rule 8: Sportsmanship

You are responsible for your own actions. You are expected to be familiar with the rules of the competition and fitness program policies and procedures. Sportsmanship is a vital component for success in every fitness competition. Participants and spectators are expected to display good sportsmanship toward opponents and the Fitness Staff at all times.

Unsportsmanlike Conduct

Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with staff, flagrant fouling, fighting, etc. before, during, or after the tournament. No participant shall:

- use foul or derogatory language, threaten or verbally abuse any other participant or fitness employee before, during or after the competition
- participate in a competition for which he or she is ineligible
- argue or talk back to the fitness staff
- intentionally strike, push, trip or flagrantly foul another participant, spectator or Recreational Sports employee
- mistreat the facility, equipment or supplies of The Ohio State University and/or the Department of Recreational Sports

Unsportsmanlike Conduct Penalties

Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection by the fitness coordinator.

- Verbal Warning Resulting in Incident Report – Conduct Warning
- Ejection of Participant With/out Warning – Ejection/Forfeit

Disciplinary Action

Any participant receiving two conduct warnings in one tournament or ejected from a tournament is required to meet with professional staff. The participant will be suspended from ALL Recreational Sports facilities and programs until the meeting occurs and for a minimum of seven days from the time of the meeting.

**For any questions or clarifications,
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