

Checking In

Registration – name and membership card, division, waiver

1st attempts – in kilos

Equipment Check (bring it, don't wear it)

Rack Heights

Weigh In

Your weight class is based on your actual weight that morning

2 hours after start of weigh-in is when we go

Lifter's meeting to go over standards ½ hour before lifting begins

Equipment

Mandatory stuff

Singlet

T-shirt

Briefs (for guys)

Long socks when DLing

Nice to have's – personal preference

Belt – Not mandatory but USE ONE

Squat and DL (personal preference on bench)

Not a fashion accessory – TIGHT!!! (not comfy)

Mid-belly button

Wrist wraps – personal preference

Must take thumbs out of loops

Helpful on squat to keep wrists straight

BENCH to keep wrist straight and add strength

DL – add strength

Shoes

Squat – in weightlifting shoes!

Helps with depth issues, strength

Adjustment period

Bench – in WL shoes

Helps keep feet flat

DL – FLATS (suggest not using WL shoes), No Five Fingers allowed

Knee sleeves – personal preference but great for squat

Chalk – use it on points of contact with bar/bench

Baby powder – for DL - helps it slide but do it outside, don't touch with hands

Not allowed: KT tape, compression anything (socks, arms sleeves, underwear)

Flights and Warming up

When to warm up

Don't over warm

Commands/Standards for each lift

Squat

Unrack barbell yourself and step back

"Squat" – Called when lifter is motionless and knees are locked

Take your time, go when you want

Standard

Hip crease below patella

No double-bounce

Do not wait for a command to come up from bottom

"Rack" – Called when lifter has completed lift, spotters will help you to rack

DO NOT BAIL – stay with barbell

Disqualifications

Failure to go below parallel

Failure to reach lockout unassisted

Double bounce at the bottom

Starting before "Squat" command

Rushing the rack – not waiting for "Rack" command

Taking a step

Bench – SIMON SAYS

Set up – get your arch – hands on bar

NO THUMBLESS GRIP... EVER

Communicate with spotter for lift-off

Maintain points of contact

Head

Feet – FLAT

Butt

"Start" – Called when lifter is locked out and motionless

"Press" – Called when barbell has reached the lifter's chest and is motionless

"Rack" – Called when lifter has locked out

Disqualifications

Not following commands – Play SIMON SAYS (minus the Simon Says part – just don't move until they tell you)

Starting before "Start" command

Pressing up before getting "Press" command

Rushing the rack – not waiting for "Rack" command

Failure to lockout

Arms do not need to come up at same rate but lockout must be simultaneous

Double-bounce

Deadlift

Bar is ready – no need to wait for command

Standards

No hitching

No downward movement

Lockout knees and hips

“Down” – given when lifter reaches lockout (or when judge calls it)

Don’t drop bar – hands stay on bar

Picking out your attempts

VERY Common Error among new lifters!!!

1st attempt is like your last warm-up. Something conservative. Get on the board!

Get in your next attempt to the table directly after lifting

2nd attempt – perhaps slightly below your current PR

3rd attempt – PR it!

MUST DO

Sportsman like behavior

Try to refrain from swearing

No “In your face”

Stay off platform until you are called to it

HAVE FUN!