

Towson University Campus Recreation

Weightlifting Competition Rules

Competitors will compete in three lifts; the bench press, dead lift, and squat. Competitors are divided into weight classes and will compete for the highest score in each exercise and also the highest total score.

Event Rules: Each competitor is allowed one failed attempt per event. Each lifter can advance through an event until max is reached but must increase weight by no less than 10 lbs. per attempt (5 lbs plates)

Bench Press Rules

- Head must remain on bench
- Shoulder blades must remain on bench
- Butt must remain on bench
- BOTH feet must remain in contact with the floor
- Lift must be completed within 10 seconds of start
- Any downward motion after the press has begun counts as a failed lift
- Bar must come up evenly on both sides, shifting of weight counts as a failed lift
- If judge declares a failed attempt, the competitor can repeat the lift without racking the weight, if weight is racked then it is considered a failed lift

Violation of one or more of these rules counts as a failed lift.

Dead Lift Rules

- No downward motion of the bar once the lift has begun
- Lift is not completed, counts as failed lift
- Use of thighs to rest the bar or “hitching” half way through the lift counts as failed lift
- Competitors back must be completely straight at end of lift
- Competitors shoulders must be back in “locked position” and chest out
- Competitors legs must be straight with knees locked
- Lift must be completed within 10 seconds of the start of the lift
- Competitor must hold the lift until judge approves to lower
- Wrist wraps are not allowed and will disqualify competitor from event

Violation of one or more of these rules counts as a failed lift.

Squat Rules

- No downward movement after the competitor has begun the ascent (press)
- Competitor makes no effort to re-rack the weight under his or her own power
- If the spotters touch the bar in any way to assist the competitor
- If the lifter does not descend far enough
- Lifter does not complete the lift in 10 seconds of the descent
- Lifter drops weight at any time during the lift
- If judge declares a failed attempt, the competitor can repeat the lift without racking the weight, if weight is racked then it is considered a failed lift

Violation of one or more of these rules counts as a failed lift.

The judge for each event has the final say in each competitor's lifts. The judges' decisions are not negotiable.

Behavior Guidelines

- Profanity or criticism of any kind directed towards judges, score keepers, or other competitors will result in disqualification from the competition and competitor will be asked to leave.
- Excessive profanity during competition will be handled with a one warning policy
- We ask that all competitors assist in spotting to promote a safe and fair environment for everyone
- Cheating of any kind will not be tolerated and will result in disqualification

Weight Classes for Competition (Tentative Weight Classes)

MENS

≤150 151-179 180-200 201-219 ≥ 220

WOMENS

≤120 121-139 140-159 ≥ 160