



SQUAT

- **FAILURE TO BEND THE KNEES AND LOWER THE BODY UNTIL THE TOP SURFACES OF LEGS AT THE HIP JOINT ARE LOWER THAN THE TOP OF THE KNEES**

BENCH PRESS

- **BAR NOT MOTIONLESS ON THE CHEST**

DEADLIFT

- **FAILURE TO LOCK THE KNEES STRAIGHT AT THE COMPLETION OF THE LIFT.**
- **FAILURE TO STAND ERECT WITH THE SHOULDERS BACK**

DEPTH

**BAR NOT MOTIONLESS
ON CHEST**

LOCKOUT

2

SQUAT

- **FAILURE TO ASSUME AN UPRIGHT POSITION WITH THE KNEES LOCKED AT THE COMMENCEMENT AND COMPLETION OF THE LIFT.**

BENCH PRESS

- **EXCESSIVE UNEVEN EXTENSION 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 AT THE COMPLETION OF THE LIFT**

DEADLIFT

- **ANY DOWNWARD MOVEMENT OF THE BAR BEFORE IT REACHES THE FINAL POSITION**
- **SUPPORTING THE BAR ON THE THIGHS DURING THE PERFORMANCE OF THE LIFT**

**KNEES NOT
LOCKED**

**NO LOCKOUT, OR
DOWNWARD MOVEMENT**

**DOWNWARD MOVEMENT, OR
HITCHING**

3

SQUAT

- ANY SHIFTING OF THE FEET Laterally, BACKWARDS OR FORWARDS DURING THE PERFORMANCE OF THE LIFT
- FAILURE TO OBSERVE THE CHIEF REFEREE'S SIGNALS AT THE COMMENCEMENT OR COMPLETION OF THE LIFT
- DOUBLE BOUNCING OR MORE THAN ONE RECOVERY ATTEMPT AT THE BOTTOM OF THE LIFT
- CONTACT OF ELBOWS OR UPPER ARMS WITH THE LEGS
- ANY DROPPING OR DUMPING OF THE BAR AFTER THE COMPLETION OF THE LIFT
- FAILURE TO COMPLY WITH ANY OF THE REQUIREMENTS CONTAINED IN THE GENERAL DESCRIPTION OF THE LIFT WHICH PRECEDES THIS LIST OF DISQUALIFICATIONS

BENCH PRESS

- HEAVING, BOUNCING OR SINKING THE BAR AFTER IT HAS BEEN MOTIONLESS ON THE CHEST
- FAILURE TO OBSERVE THE CHIEF REFEREE'S SIGNALS AT THE COMMENCEMENT OR COMPLETION OF THE LIFT
- ANY CHANGE IN THE ELECTED LIFTING POSITION I.E., ANY RAISING MOVEMENT OF THE SHOULDERS, BUTTOCKS OR EXCESSIVE MOVEMENT OF THE FEET FROM THEIR ORIGINAL POINTS OF CONTACT WITH THE BENCH OR FLOOR OR LATERAL MOVEMENT OF THE HANDS ON THE BAR
- CONTACT WITH THE BAR OR LIFTER BY SPOTTER/LOADERS BETWEEN CHIEF REFEREE'S SIGNALS
- ANY CONTACT OF THE LIFTER'S FEET WITH THE BENCH OR IT'S UPRIGHTS
- DELIBERATE CONTACT BETWEEN THE BAR AND THE BAR REST SUPPORTS DURING THE LIFT IN ORDER TO MAKE THE PRESS EASIER
- FAILURE TO COMPLY WITH ANY OF THE REQUIREMENTS CONTAINED IN THE GENERAL DESCRIPTION OF THE LIFT WHICH PRECEDES THIS LIST OF DISQUALIFICATIONS

DEADLIFT

- LOWERING THE BAR BEFORE RECEIVING THE CHIEF REFEREE'S SIGNAL
- ALLOWING THE BAR TO RETURN TO THE PLATFORM WITHOUT MAINTAINING CONTROL WITH BOTH HANDS
- STEPPING BACKWARD OR FORWARD ALTHOUGH LATERAL MOVEMENT OF THE SOLE OR ROCKING THE FEET BETWEEN THE BALL AND HEEL IS PERMITTED. FAILURE TO COMPLY WITH ANY OF THE REQUIREMENTS IN THE GENERAL DESCRIPTION OF THE LIFT, WHICH PRECEDES THIS LIST OF DISQUALIFICATIONS

**FAILURE TO WAIT FOR COMMAND
DOUBLE BOUNCE
ELBOWS TOUCH KNEES
STEP FORWARDS OR BACKWARDS DURING LIFT
DUMPING BAR**

**HEAVING/BOUNCING/SINKING AFTER PRESS COMMAND
FAILURE TO WAIT FOR COMMAND
RAISING OF SHOULDERS/BUTT/FEET
DELIBERATE CONTACT OF BAR ON UPRIGHT
LATERAL HAND MOVEMENT ON BAR**

**FAILURE TO WAIT FOR COMMAND
DID NOT MAINTAIN CONTROL TO PLATFORM
STEP FORWARDS OR BACKWARDS DURING LIFT**