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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