

## November Wall of Fame Challenge

Participants please read the procedures below for the November Wall of Fame Challenge. This will help you better understand the judging process and what is expected of you on the day you lift.

### Rules:

1. Active Duty and Hanscom DoD Civilians ages 18+ may participate.
2. All participants must sign up prior to arriving.
3. Participants have ONE lift once staff begins judging lifts.
4. Participants must warm-up/practice before official lift.
5. If the first lift is GOOD weight will be recorded. If the first lift is BAD participants can try again the next week. (This is because the lifts should be max lifts, and a second attempt can not be made on maxed out muscles.)
6. All participants will be judged by APA (American Powerlifting Association) Rules.
7. All COVID-19 protective gear must be worn throughout lift and proper spacing and numbers of patrons must be strictly followed.
8. Apparel: Shirts must be tight against skin, or able to be tucked into shorts or sweatpants. NO powerlifting suits/shirts or gloves may be worn, wrist straps are allowed.
9. Staff makes the order of the participants on the day of the lift. Weight of the participants will be determined right before the lift by a staff member.
10. Participants must provide their own spotter(s).
11. Lift must be 5 LBS. More than the current record lifts per weight class. If no current record is set, participants may choose the amount they want to lift with a minimum of bar weight (45lbs).
12. When all lifters have lifted for the day the Fitness Staff will determine if any new records have been set. Pictures will be taken after each day of each participant. After the month is complete, pictures will be posted for top scores in each category.

### Bench Press

Judging a good or bad bench press:

1. Lifters starting position is with the back of the head, shoulders, and buttocks flat against bench. His/Her shoes must be flat on the floor.
2. There must be 2 spotters present for each lift. Lifter must notify spotters when he/she is ready to begin lift.
3. Spacing of hands on the bar will be at a comfortable setting for each lifter, with the middle finger on or inside the ring on the bar. Thumbs must be around the bar, no open grips allowed for safety reasons.
4. After receiving the bar, the lifter lowers the bar to their chest and awaits the judge's signal which is a verbal command of "PRESS".
5. The signal to press is given when the bar is motionless and under control.
6. After the press command is given the bar is pressed upward until arms are fully extended. Must be in one continual motion.
7. Head movement is allowed. This includes turning or raising the head.

8. Feet cannot leave the floor. Shuffling of the feet is not allowed. This includes rising the heels or toes. The feet may not come in contact with the upright supports of the bench.
9. After the command for the PRESS is given the buttocks and shoulders must remain flat against the bench. If the judge sees a violation of this the lifter will be given a warning.
10. There can be no downward motion of the bar after the press command has been given, nor can there be a major change in the arch of the back.
11. DELIBERATE contact of the bar and the bar rest uprights is not allowed. If it is obvious that the contact was not deliberate and did not assist the lifter the lift will be granted.

**Causes for disqualification:**

1. Raising shoulders or buttocks off the bench.
2. Heaving or bouncing bar off chest or any major change in arch of back.
3. Sinking bar into chest after press command.
4. Major uneven extension of the bar.
5. Downward movement of either hand during uplifting.
6. Deliberate contact between bar and bar uprights during performance of lift.
7. Heels or toes coming off the floor.
8. Contact between bar & spotter.
9. Raising a foot completely off the floor or shuffling movement of the feet after the press command has been given.

## **Squat**

**Judging a good or bad squat:**

1. The lifter shall assume an upright position with the top of the bar not more than 1 inch below the top of the anterior deltoids. The bar should be held across the shoulders with the hands and/or fingers gripping the bar and the feet flat on the platform with the knees locked.
2. After removing the bar from the racks the lifter must move backwards to establish his/her position for the center referee's signal which is given as soon as the lifter demonstrates control with the bar properly positioned. The signal is a downward movement of the arm and the verbal command "SQUAT".
3. Upon receiving the signal, the lifter must bend at the knees and lower the body until the top of the thigh at the hip (not the hip joint), is lower than the top of the knee (not the knee cap). Locking and unlocking of the knees after the signal is not defined as a descent, however, the knees must be locked at the start and completion of the lift. Only ONE descent attempt is allowed.
4. The lifter must recover from the deepest point without double bouncing or any downward movement (stopping is allowed), to an upright position with the knees locked. When the lifter demonstrates control the staff member gives the command to "RACK" (replace the bar).
5. The signal "RACK" should be accompanied by a backward motion of the hand. At this time, the lifter must make a bona fide effort to replace the bar. This is defined as a step towards the racks. After this step the lifter

may receive aid in replacing the bar. If the lifter drops the bar after completing the bona fide effort he/she will still be granted the effort. **HOWEVER**, if the lifter deliberately drops the bar or leaves it to be held by the spotters the lifter will be DQ'ed for jeopardizing the safety of others.

6. The lifter will face forward when completing the squat.
7. There may be no more than 5 & no less than 2 spotters at any given time.
8. The lifter IS allowed to enlist the aid of spotters in removing the bar and walking out with the bar. However, when the lifter has established his/her starting position to perform the lift the spotters may not assist with regard to holding weight while foot positioning, ect. is established. Monolifts are also allowed for the squat. These rules have been established for the safety of the lifter.
9. If a spotter causes the lifter an error, which causes a failure of the lift, he/she will be given an additional attempt.
10. The lifter cannot hold the collars, sleeves, or plates during the performance of the lift. The edge of the hands gripping the bar may come in contact with the inner surface of the collar however.

Causes for disqualification:

1. Failure to observe signals at the commencement and completion of the lift.
2. Double bouncing or more than ONE recovery attempt at the bottom lift.
3. Failure to assume an upright position with the knees locked at the start and finish of the lift.
4. Failure to obtain proper required depth in performance of lift.
5. Changing position of the bar on shoulders after the lift has started.
6. Contact between the bar and spotter for reasons other than safety.
7. Contact of the elbows or upper arms with the legs.
8. Failure to make a bona fide effort to return the bar to the racks.
9. Intentionally dropping/dumping the bar or walking out from under the bar when the spotters grab the bar.
10. Placing the hands over collars, sleeves, or plates.

## Dead Lift

Judging a good or bad dead lift:

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an option grip in both hands, and lifted upward in one movement until the lifter is standing erect. Stopping the bar is allowed, but no downward motion. No bouncing is allowed!
2. The lifter will face forward.
3. On completion of the lift the knees will be locked in a straight position and the lifter shall be standing erect. The shoulders will not be forward or rounded. It is not necessary that they be thrust back past the erect position although it is permissible if they are and all other criteria are met.
4. The staff member's signal to begin should be a downward motion of the hand and the verbal command "DOWN". The command should be given when the lifter is still. The lifter may return the bar to the floor at any point after the signal.

5. Any rising of the bar or deliberate attempt to do so counts as an attempt. Each lifter is allowed one pull per attempt only.

**Causes for disqualification:**

1. Downward movement of the bar during the uplifting.
2. Failure to stand erect with shoulders held in an erect position at the completion of lift.
3. Failure to lock knees at completion of the lift.
4. Stepping backward or forward during the performance of the lift.
5. Lowering the bar before receiving staffs signal.
6. Supporting the bar on the things during the lift in a manner that the lifter can obtain leverage (hitching).
7. Returning the bar to the platform without maintaining control with both hands.