

# Strongest Mountaineer

## Competition Rules

### Lifting Attire

#### A. Shorts

1. Pants or any garment past the knees, other than knee sleeves, are not allowed.
2. Length of shorts must be clearly above or at knees. Very loose fitting/baggy shorts are not allowed.
3. Undergarments shall be worn.
4. Single-ply supportive undergarments such as Under Armour™, compression shorts, sliding shorts and football girdles are allowed.
5. Shorts made of canvas, cut-off/altered power suits or jeans, etc. are not allowed.
6. The only belt allowed with shorts is a lifting belt as defined in the rules.

#### B. Shirts: T-Shirt

1. The shirt's sleeves must not touch the elbow. The t-shirt must be made of cotton, Lycra or Under Armour™ type fabric.
2. The t-shirt shall also conform to the following requirements:
  - a. It shall not be ribbed or consist of any rubberized or similar stretch material.
  - b. It may have a "V" or crew shaped neck opening.
  - c. It shall not have any buttons, zippers, or collars.
  - d. Shirt may not be turned inside out to hide inscriptions.
  - e. Torn or soiled shirts are not permitted
  - f. T-shirts emblems/logos that are obscene or degrading are not permitted.

#### C. Socks

1. Any type of socks are permitted: any color, any logo, provided they are not obscene/profane.
2. They cannot touch the knee or knee sleeve.
3. They cannot be full length, tights or hose.
4. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.

#### D. Shoes

1. Must be closed-toed athletic shoes. Head Referee has final call on footwear.
2. A 5 cm sole or powerlifting shoe is recommended.
3. Hiking boots are not allowed.

#### E. Headbands/Hats

1. A professionally made elastic headband, beanie or toboggan may be worn.
2. No Handkerchiefs, bandannas, hats, or other headgear will be allowed.

#### F. Lifting Belts

1. A competitor may wear a belt, but only on the outside of the shirt.
2. Material and construction:
  - a. The belt shall be made of leather or nylon in one or more laminations, which may be glued and/or stitched together.
  - b. It shall not have any additional backing, padding, inserts, bracing or supports of any material on the surface or inside the belt.
  - c. Any type of buckle or fastener (including quick release) is permitted.
  - d. No more than 6" in width is allowed.

### Additional Rules:

1. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
2. Chalk will not be provided by SRC.
3. Gloves, lifting straps or knee wraps, and any form of squat pad are not allowed.

4. No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, or bench.
5. Disinfectant, non-latex gloves and towels will be on hand to sanitize bars, or benches as needed.
6. No jewelry is allowed on the participant at any time.
7. No ammonia capsules, ipods, mp3 players, or ergogenic aids are allowed in lifting area.

### **Weigh-ins**

1. Weigh-ins will follow immediately after registration on the day of the competition in the locker rooms.
2. Lifters should be weighed in their lifting attire (minus shoes) by an official. Lifters will be weighed in by members of their own sex.
3. Handicapped lifters using an artificial limb in competition must weigh in with that limb.
4. Lifters are not allowed to be weighed in at a later time.
6. The same scale will be used throughout weigh-ins.

## **Strongest Mountaineer**

### **Competition Rules**

#### **Squats**

##### **A. Rules of Performance**

1. The lifter shall assume an upright position with the bar across the upper back/trapezius. The bar shall be horizontal across the shoulders with the hands in contact with the bar. The hands may touch but not grasp the inside collars, the lifters feet shall be placed flat on the floor with knees locked.
2. After removing bar from rack the lifter shall move backwards to establish the starting position. The lifter may request aid to unrack the bar. The lifter shall await the Assistant Referee's signal to start. The signal shall begin as soon as the lifter is motionless with knees locked, and the bar properly positioned. The signal shall consist of an obvious downward movement of the hand/arm and the audible command "SQUAT." ***Prior to the signal, the lifter may make adjustments within the rules without penalty.***
3. Upon receiving the signal the lifter must bend the knees and lower the body until the mid-point of the thigh at the hip joint is lower than the mid-point of the knees.
4. The lifter shall recover at will from the deepest point of the squat to an upright position with KNEES LOCKED. ***The lifter can request an "UP" signal given by the referee when proper depth is achieved. The request must be verified with the referee prior to squat attempt.*** Although stopping is permitted, double bouncing or another downward movement is not permitted once upward motion has started. When the bar is motionless, and the lifter has shown control of the weight, the Assistant Referee will give the signal to replace the bar. The signal to replace the bar shall consist of an obvious backward motion of the hand/arm and the audible command "RACK."
5. Upon receiving the "RACK" signal the lifter shall make a bona fide attempt to return the bar to the racks. This is defined as one step forward towards the racks. The lifter may request aid to rack the bar.

##### **B. Causes for disqualifications/no reps/or stoppage**

1. Failure to wait for referee's signal at the commencement or completion to lift.
2. Laterally changing positions of the hands on the bar after receiving the signal to commence the lift. Opening and closing fingers is allowed.
3. Double bouncing is more than one recovery attempt at the bottom of the squat.
4. Failure to assume an upright position with knees locked at the start and completion of the squat.
5. Any shifting of the feet laterally or stepping forwards or backwards during the performance of the lift. The toes may come up and/or the heels may come up off the ground but must return to the same position.
6. Failure to achieve proper depth.
7. Changing the position of the bar across the shoulders after the start of the lift. This implies the intentional or unintentional rolling of the bar to aid performance of the lift. It does not apply to a minute amount of position change, which will not aid the lifter.
8. Contact with the bar, lifter, or plates by the spotters between referee's signals.
9. Touching the elbows or upper arms to the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the rack.

## Bench Press

### A. Rules of Performance

1. The lifter must lie on his/her back so that the head, shoulders (upper back area), and buttocks are in contact with the bench surface at all times during the lift. A lifter's feet may be placed in only one of two positions. Flatfooted or up on the balls of their feet. Once the bar begins its decent, a lifter may not move their feet from the original starting position, until the referee gives the command of "RACK".
  2. If the lifter's costume and bench surface are not of sufficient color contrast to enable the referees to detect possible raising movement (hip/butt) from the bench, the bench may be covered with a contrasting colored towel.
  3. To achieve firm footing the lifter may use plates or blocks.
  4. The lifter may enlist the help of the spotter or a personal coach in removing the bar from the racks. This lift-off or self-take-off must be at arms-length, not down to the chest.
  5. The lifter must grasp the bar with a closed grip or reverse grip.
  6. After receiving the bar at arms-length, the lifter shall wait for the Head Judge's command of "START."
- Prior to the signal, the lifter may make adjustments within the rules without penalty.
7. Upon receiving the signal the lifter must lower the bar to the chest before pressing it up.
  8. After the touches the chest, the bar is pressed upward to straight arm's length, elbows locked out. Elevation of the bar need not be equal throughout the entire lift.
  9. The bar is allowed to stop during the upward motion but is not allowed downward before rep has been completed.

### B. Causes for Disqualifications/no rep count/ stoppage

1. Failure to observe the signals during the lift.
2. Any change in the elected lifting position once the bar starts its descending motion. Lateral movement of the hands is not allowed.
3. Bouncing or any downward movement of the bar back towards the chest after the press upward is not allowed.
4. The bar may stop during the lift, the referee will give "RACK" signal if after 2 seconds the bar does not resume the upwards progress or if in the referees opinion, the lifters safety is in question.
5. The contact of the bar by the spotters between signals.
6. Movement of the lifters feet during the lift.
7. Deliberate contact between the bar and the upright during the lift, which could make the lift easier.

## Deadlift

### A. Rules of performance

1. The lifter shall face the front of the floor with the bar laid horizontally in front of the lifter's feet, gripped in both hands with knees bent. Feet should be approximately shoulder with apart. Sumo deadlifts will not count.
2. The bar may stop on the way up but no bouncing or downward movement is allowed. **ANY rising of the bar from the floor of any deliberate attempt to do so counts as an attempt.**

3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders do not have to thrust back past an erect position. If they are thrust back in that manner and all other criteria are acceptable, the lift is good.
4. Must CONTROL THE BAR back to the floor during lift.

***B. Causes for Disqualification/no rep count/stoppage:***

1. Any downward movement of the bar during the lift. The bar may stop but may not descend before continuing upward.
2. Failure to stand erect with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of lift.
4. Supporting the bar on the thigh during the lift. As the bar is lifted, the knees MUST continually extend without additional flexion of the knees at any time during the lift.
5. Any lateral movement of the feet, stepping backward or forward during the lift. The heels and toes may come up but must return to original position.
6. Allowing the bar to return to the floor without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.
7. Resting the bar on the ground for more than a 2 count (2 seconds) between reps

**Farmer's Walk**

***A. Rules of performance***

1. The lifter start by lifting the dumbbells off of the floor.
2. The participant must keep the dumbbells along their sides and their back straight.
3. At the signal of the referee the participant will walk as fast as possible in a controlled manner down to a designate spot. There they will turn around and return to the start position.
4. Participants are allowed to stop and take a break if necessary. Participants may place the weights on the floor during this period.
5. The participant must maintain control the weight while walking and when placing the weights down during rests and/or upon completion.
6. Time will be called when participants return to the starting position and place the weights on the ground.

***B. Causes for Disqualification/no rep count/stoppage:***

1. Not walking down to the designated spot before turning around.
2. Failure to maintain straight form during carry.
3. Dropping the weights upon completion or during rests.