

TWR
Official Powerlifting
Rules and Regulations

1. *The use of pound discs (2.5lb, 5lb, 10lb, 25lb, 35lb, 45lb and 55lbs) collars must be used and are not included in overall weight.*
2. *The use of a 45lb bar only is permitted.*

SQUAT

-Red(down)

Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees.

-Blue(bottom)

Failure to assume an upright position with the knees locked at commencement and completion of the lift.

Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.

-Yellow(up)

Stepping backward or forward or moving the feet laterally.

Rocking the feet between the ball and heel is permitted.

Failure to observe the Chief Referee's signals at the commencement or completion of the lift.

Contact with bar or lifter by the spotters/loaders between the Chief Referee's signals, in order to make the lift easier.

Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.

Any dropping or dumping of the bar after 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 disqualification.

Bench

-Red(down)

Bar is not lowered to chest or abdominal area (i.e., not reaching the chest or abdominal area, or is touching the belt).

-Blue(bottom)

Any downward movement of the whole of the bar in the course of being pressed out.

Failure to press the bar to straight arms' length elbows locked at the completion of the lift.

[Clarification: Elbows not locked at the commencement of the lift is a blue card]

-Yellow(up)

Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.

Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.

Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders, or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar, or raising of the feet.

Contact with the bar or the lifter by the spotters / loaders between the Chief Referee's signals, in order to make the lift easier.

Any contact of the lifter's feet with the bench or its supports.

Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

Deadlift

-Red(up)

Failure to lock the knees straight at the completion of the lift.

Failure to stand erect with the shoulders back

-Blue(top)

Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.

Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.

-Yellow(down)

Lowering the bar before receiving the Chief Referee's signal.

Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).

Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.