



## TBC Wellness Center Weight-Lifting Competition Official Rules, Standards, & Guidelines



**When: June 6, 2026**

**Finish Registration & Weigh-In: 8:00AM – 9:00AM**

**Competition Start: 9:30AM**

### **Gym Etiquette & Rules**

1. **Responsibility:** Weight Lifting Competition Participant is responsible for their own conduct and conduct of their guests.
2. **Equipment Use:** Only staff may move or modify equipment. Misuse is prohibited.
3. **Clean Shoes:** Dirty shoes are not allowed in workout areas. Use provided lockers and changing areas.
4. **Cleanliness:** Wipe down equipment after use. Place used towels in designated hampers.
5. **Conduct:** Offensive language, behavior, or harassment is grounds for termination.
6. **Personal Items:** TBC Wellness Center LLC is not liable for lost or stolen items.
7. **Safety:** Use spotters when lifting. Pair workouts are encouraged.
8. **Prohibited Behavior:** No horseplay, fighting, drugs, alcohol, weapons, vaping, or tobacco.
9. **Impairment:** Do not use equipment while under the influence of substances.
10. **Media Use:** No recording without written consent from management.
11. **Food/Drink:** Only water, sports drinks, or protein shakes allowed. No glass containers.
12. **Security:** Tampering with cameras, locks, or systems is grounds for dismissal from the facility & termination from the event.
13. **Equipment Safety:** Inspect equipment before use. Report damage immediately. Participants may be liable for misuse.
14. **Children:** Kids' zone is unsupervised. Children must be supervised and kept out of exercise areas. Parents are responsible for cleanup, child supervision, and child conduct.
15. **Bathrooms:** All Participants must use facilities matching the gender listed on your driver's license.
16. **Gym Attire:** Wear clean, athletic clothing that fully covers private areas, allows free movement, and includes closed-toe athletic shoes—no jeans, sandals, or clothing with offensive language or graphics.

### **SCORING & WEIGH-INS**

1. No Participant weight classes.
2. Same-day weigh-ins before lifting begins.
3. Final scores calculated using a bodyweight-based coefficient DOTS system.
4. Highest adjusted score determines placings.

### **General Lifting Rules**

1. Raw lifting only. Belts, wrist wraps, and knee sleeves are allowed.
2. No squat suits, bench shirts, or deadlift suits.
3. No tacky or grip aids. No powder or liquid chalk.
4. Unsportsmanlike conduct may result in disqualification.
5. Meet Director reserves the right to interpret and enforce all rules.
6. No bouncing of the weight bars allowed in the upward or downward motion.



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7. Standard powerlifting equipment is permitted unless deemed unsafe or unfair. Final determinations regarding equipment legality are made by the Head Judge.
8. Safety takes priority over completing a lift. Judges may stop a lift at any time. Lifters must immediately comply with judge instructions.
9. Lifters must follow commands, exit the platform promptly, and display respectful behavior. Arguing calls or unsportsmanlike conduct may result in attempt forfeiture or removal from the meet.
10. Lifters or coaches may briefly ask the Head Judge why a lift was turned down. Explanations are informational only. Calls are not debated or reversed. **No video review is used.**
11. All lifters are judged by the same standards regardless of experience or reputation. Judges rule based on observed performance only.

### **Individual Lifting Rules**

#### **Squat**

1. Bar must be placed on the back (high or low bar permitted).
2. Hips must break parallel (top of hip crease below knee).
3. No downward movement once ascent begins.
4. Feet must remain planted.
5. Wait for the 'Rack' command before re-racking the bar.

#### **Bench Press**

1. Head, shoulders, and glutes must remain in contact with the bench.
2. Feet must be flat on the floor.
3. Bar must pause on the chest until the 'Press' command.
4. Elbows must be locked out before the 'Rack' command.

#### **Deadlift**

1. Weight must start on the floor.
2. Lift must be one continuous motion.
3. Hips and knees locked at the top.
4. Wait for the 'Down' command before lowering the bar.
5. Must be controlled a lift when ascending and descending. Dropping the weight is a disqualification of that attempt.

### **Judging Criteria Plan – Unsanctioned Weight-Lifting Competition**

#### **Purpose**

This document explains how lifts are judged, what judges are looking for, and what is expected of all competitors. These rules apply equally to every lifter.

#### **Judging Panel & Roles**

**Head Judge (Center):** Lilli Armstrong

Final authority on all platform decisions including commands, safety calls, platform readiness, dispute resolution, and enforcement of judging standards.



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### **Side Judge (Left):** Tiffany Barrett

Responsible for observing depth, pauses, lockout, foot movement, and bar control from the left side.

### **Side Judge (Right):** Chris Becker

Responsible for observing depth, lockout, stepping, downward motion, and bar stability from the right side.

### **Meet Status**

This is an unsanctioned Weight-Lifting Competition. Judging follows established USPA-style standards as a **guideline only** for safety and consistency. No records are recognized. Final authority rests with the Head Judge.

### **Judging System**

Three-judge system consisting of one Head Judge and two Side Judges. A minimum of two Judges must confirm that the lift was a “Good Lift”. 2 or more Judges confirming “No Lift” results in a No Lift. Head Judge commands must be followed exactly. All 3 Judges must make a decision between Good Lift & No Lift.

### **General Judging Standards**

Judges prioritize lifter safety, consistency, fairness, and rule clarity across all competitors. Judges do not coach lifters or provide cues during attempts. Professional conduct is required at all times.

### **Judge Conduct**

Judges must remain focused and attentive during all attempts. Use of phones or distractions while judging is prohibited. Judges do not publicly debate calls.

### **Squat Criteria**

#### **Commands:** SQUAT / RACK

A Good Lift requires legal depth (hip crease below top of knee), controlled descent and ascent, stable bar position, feet remaining planted, and full knee lockout before the rack command.

No Lift is given for high squat, stepping, instability, spotter contact, or failure to follow commands.

### **Bench Press Criteria**

#### **Commands:** START / PRESS / RACK

A Good Lift requires shoulders and buttocks in contact with the bench, a visible motionless pause on the chest, smooth press to even elbow lockout, and control before the rack command.

No Lift for bouncing, no pause, butt lift, uneven lockout, bar contact with belt, or command violations.

### **Deadlift Criteria**

#### **Command:** DOWN

A Good Lift requires continuous upward movement, full knee and hip lockout, shoulders back, erect posture, and controlled lowering after the down command.

No Lift for hitching, soft lockout, stepping, downward bar movement, or early descent.

### **Disputes & Protests**

All disputes must be addressed to the Head Judge. **Video review is not utilized.** The Head Judge’s decision is final.



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### **Safety Policy**

Any judge may alert the Head Judge to unsafe behavior. Lifts may be stopped at any time in the interest of safety. Lifters must immediately comply with judge instructions.

### **Consistency Commitment**

All judges agree to apply identical standards to all lifters regardless of experience, gender, or affiliation. Judging decisions are based solely on observed performance and written criteria.

### **DOTS score (unofficial meet, simple explanation):**

DOTS is a bodyweight-adjusted score used to fairly compare lifters of different sizes.

#### **How it works:**

1. Add your best lifts.
2. Squat + Bench + Deadlift = Total (in kg).
3. Apply the DOTS coefficient.
4. A math formula assigns you a coefficient based on sex and bodyweight.
5. Calculate the score.

DOTS = Total × Coefficient

#### **What the DOTS formula is doing**

The DOTS coefficient is a bodyweight adjustment factor. Its job is to scale your total so lifters of different sizes can be compared fairly.

1. Strength doesn't increase linearly with bodyweight
2. Bigger lifters are stronger, but strength rises slower than bodyweight
3. A simple ratio (like total ÷ BW) would unfairly favor lighter lifters

DOTS uses a 4th-degree polynomial to model how strength actually trends across bodyweights.



# TBC Wellness Center Weight-Lifting Competition Official Rules, Standards, & Guidelines



**TBC Wellness Center LLC**

**Weight Lifting Competition Liability Waiver & Media Release**

**Event Date:** June 6, 2026

**Event Location:** 121 S. Lake Street, East Jordan, MI 49727

This document serves as a Liability Waiver, Assumption of Risk, and Video/Media Release for participation in a TBC Wellness Center LLC–hosted or affiliated weight-lifting competition (the “Event”). For purposes of this Agreement, “Participant” refers to any individual who enters, competes, attends, assists, or otherwise participates in the Event.

### **Release & Waiver of Liability**

Participants acknowledge risks associated with physical activity, including serious injury or death. Participants accept full responsibility for themselves and any minors or guests accompanying them. TBC Wellness Center LLC is not liable for injuries or damages. Participants waive all claims and agree to indemnify and hold harmless TBC Wellness Center LLC and its owners, officers, employees, contractors, volunteers, and affiliates. Participants confirm they are physically fit to compete or voluntarily participate without medical clearance, accepting all risk associated with doing so.

### **Assumption of Risk**

Participants understand that weight-lifting competitions involve inherent risks, including but not limited to muscle strain, joint injury, equipment failure, loss of balance, collision with persons or objects, slips, falls, or catastrophic injury. Participation is voluntary, and the Participant assumes all known and unknown risks, even if arising from the negligence of TBC Wellness Center LLC or others.

### **Video Surveillance & Image Consent**

By signing this agreement, the Participant grants TBC Wellness Center LLC permission to use the Participant’s image, likeness, voice, or appearance in photos, video recordings, or other media for lawful promotional, educational, or informational purposes, without compensation. All media becomes the property of TBC Wellness Center LLC and may be edited, published, or distributed at its discretion. The Participant waives any right to inspect, approve, or receive royalties from such use. The Participant releases TBC Wellness Center LLC and its affiliates from any claims related to the use of their image or likeness. The Participant acknowledges that the facility and Event may be under continuous video and audio surveillance, monitored remotely by authorized personnel.

### **Insurance Disclaimer**

TBC Wellness Center LLC does not provide health, accident, disability, or personal property insurance for Participants or volunteers. Participants are strongly encouraged to maintain their own coverage.

### **Emergency Procedures**

In the event of an emergency (including injury, fire, or severe weather), Participants agree to follow posted instructions and the direction of staff or Event officials. TBC Wellness Center LLC is not liable for injuries resulting from a Participant’s failure to follow emergency protocols.

### **Governing Law**

This Agreement is governed by the laws of the State of Michigan and Charlevoix County, without regard to conflict-of-law principles.

### **By signing this waiver, the Participant confirms that:**

1. They are 18 years of age or older, or the legal guardian of a minor Participant
2. They voluntarily participate in the Event
3. They understand this waiver releases legal rights
4. Their electronic or handwritten signature is legally binding under Michigan law
5. All participants in the contest will adhere to the rules outlined in this document.

### **Participant Information**

**Participant Name (Print):** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent / Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Phone / Email:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_