

3

SQUAT

Any shifting of the feet laterally, back wards 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.

Failure to make a bona ride attempt to return the bar to the racks.

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 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 its 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 contained in the general description of the lift, which precedes this list of disqualifications.