

# **STARTING STRENGTH CHALLENGE**

## **RULES OF COMPETITION**

Originally written by Mark Rippetoe, 12 April 2007

Revised by Mark Rippetoe and Thomas Campitelli, 14 February 2016

### **General Rules**

1. Three lifts will be recognized for competition:
  - a. Squat
  - b. Press
  - c. Deadlift
2. The sum of the heaviest lifts of the three shall constitute the Total.
3. Age Groups
  - a. Open: Up to 40 years of age
  - b. Masters: 40 years or older on the day of the meet.
4. Weight classes:
  - a. Men: up to 52 kg, up to 56 kg, up to 60 kg, up to 67.5 kg, up to 75 kg, up to 82.5 kg, up to 90 kg, up to 100 kg, up to 110 kg, up to 125 kg, and over 125 kg
  - b. Women: up to 44 kg, up to 48 kg, up to 52 kg, up to 56 kg, up to 60 kg, up to 67.5 kg, up to 75 kg, up to 82.5 kg, up to 90 kg, and over 90 kg
5. Teams:
  - a. Teams shall consist of up to 15 people. There shall be only one team award, scored by the placings in their weight classes of the team members. Points shall be: 12 – 1st, 10 – 2nd, 8 – 3rd, 6 – 4th, and 5 – 5th.
  - b. The team roster must be submitted to the meet director in writing 24 hours before the start of the competition. After submission, no other names may be added to the roster.
  - c. Teams may only declare one competitor per weight class.

### **The Lifts and the Rules of Performance**

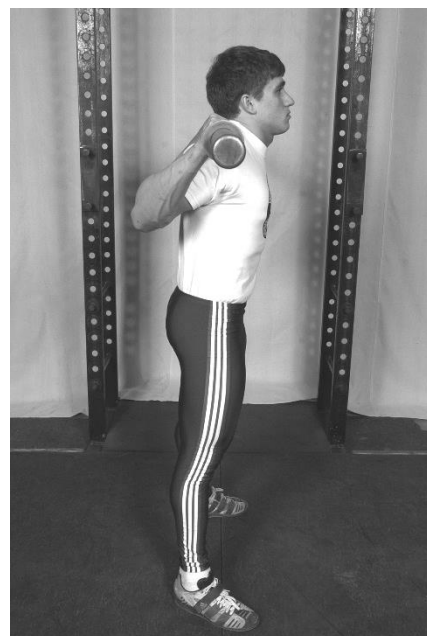
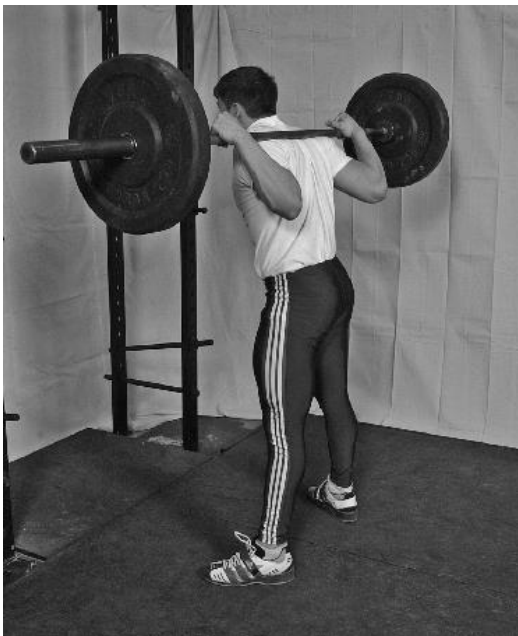
1. All three lifts shall be performed on a platform with a level, flat surface of either wood or rubber. Its dimensions must be a minimum of 8' x 8'. Either squat stands or a power rack can be used. If a power rack is used, its inner floor must be flush with the platform surface.
2. Two spotters are to be present during each squat attempt. Additional spotters may be used on heavy squat attempts at the discretion of the head judge or meet director. No other use of spotters is permitted.
3. At the conclusion of each attempt the lifter must leave the platform immediately unless unable to do so because of injury.

## The Squat

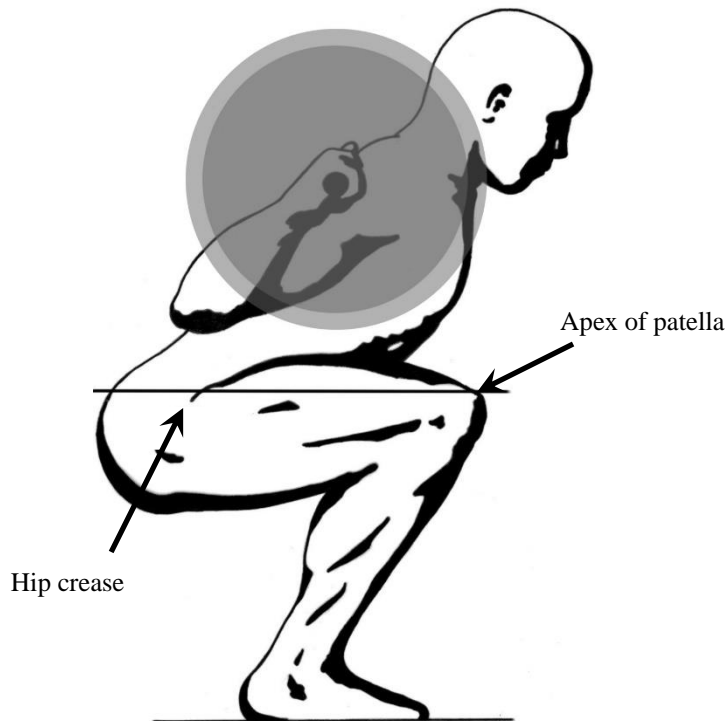
1. The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter and the spotters in the event of a miss.
2. No contact with the rack is permitted until the bar is replaced in the rack.
3. The bar must not be more than 1 inch below the top of the posterior deltoids. The bar must be held horizontally across the back with both hands gripping the bar shaft. This position, once fixed, cannot change during the attempt.



4. The starting position must be upright, with the knees and the hips fully extended and with the chest up. This position must be obvious and under control before the descent starts.



5. The attempt starts when the bar leaves the rack.
6. The hips are lowered until the top surfaces of both of the legs at the hip joint are lower than the knees, and then the bar is lifted back up. The bottom position is identified by (1) the apex of the crease in the shorts formed as the hips are lowered, (2) the surface of the top of the patella, (3) the plane formed by a straight line between the two, and (4) the dipping of the hip end of that plane below horizontal. Once the bar is lowered, the stance cannot change until the bar is to be racked. Once the upward motion of the bar is initiated, any stopping of its upward motion is a missed attempt. At no time during the squat can the elbows or arms come into contact with the legs.



7. The finish position is the same as the starting position, and the athlete must return to this position before the bar is racked. When the finish position is obviously secure, the bar must be replaced in the rack. Then the bar must be walked back into the rack and successfully replaced without the help of the spotters. Any touching of the bar by the spotters disqualifies the lift. The spotters are permitted to steady the racks, and to take the bar if the lifter loses control of it. Any touching of either the bar or the lifter by any spotter invalidates the attempt.
8. Any halt in the upward motion of the whole bar, identified at its position on the back rather than at its ends, constitutes a missed attempt, as does any change in position of the feet against the floor during the squat.

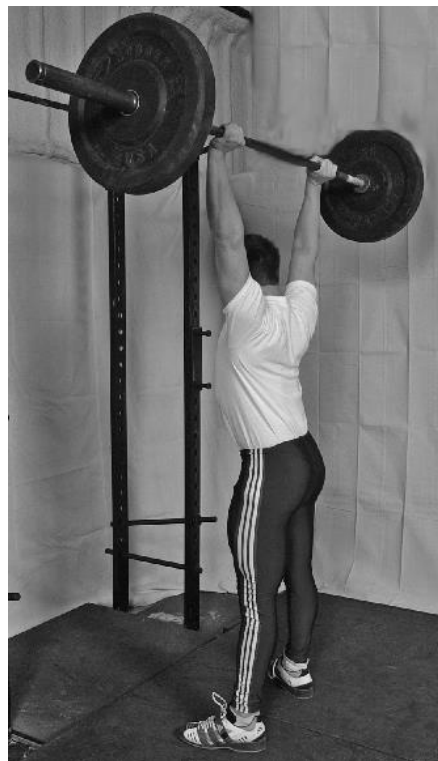
## The Press

1. The press is done from the squat racks or power rack. Bumper plates can be used in the press, to assure safety and to prevent equipment damage in the event of a missed attempt.

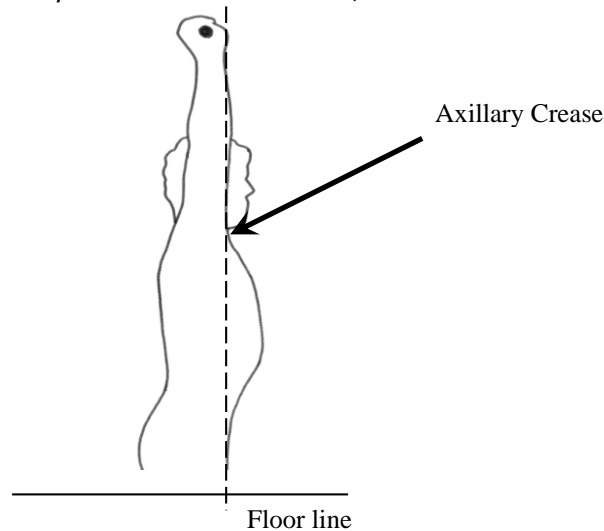
2. The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter in the event of a miss. The bar is held in both hands in front of the neck, taken out of the rack, with a prone grip and the thumbs around the bar, and walked back away from the rack in a position facing the head judge, with the vertical plane of the legs parallel to the bar. No contact with the rack is permitted until the bar is replaced in the racks.
3. Once the stance is assumed it cannot change until the lift is completed. The starting position must be upright, with the knees and hips fully extended and the chest up. The bar must be below the level of the undersurface of the chin.



4. After the starting position is correctly and obviously assumed, the bar is pressed overhead to lockout. Any deliberate attempt to press the bar counts as an attempt. The attempt starts when the bar leaves the rack.



- The bar is pressed overhead until the elbows are completely extended, with the bar in a position behind a vertical line from the most anterior aspect of the armpit to the floor. Failure to attain this position constitutes a missed attempt. Any uneven extension of the elbows must be corrected by the time lockout occurs, such that both elbows lock out simultaneously.



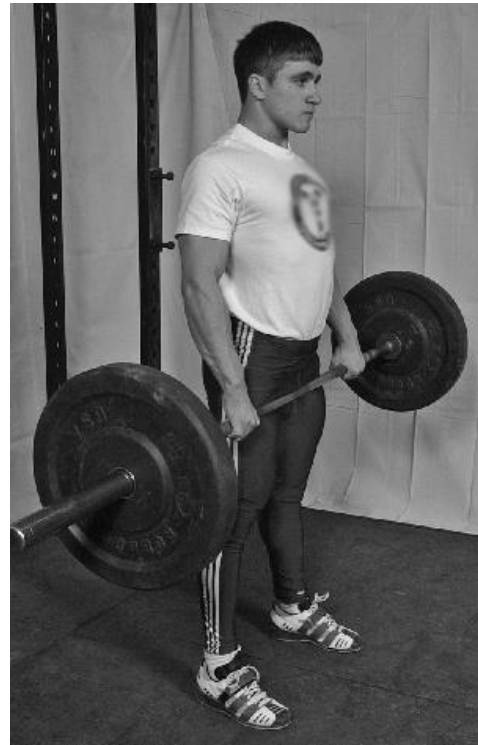
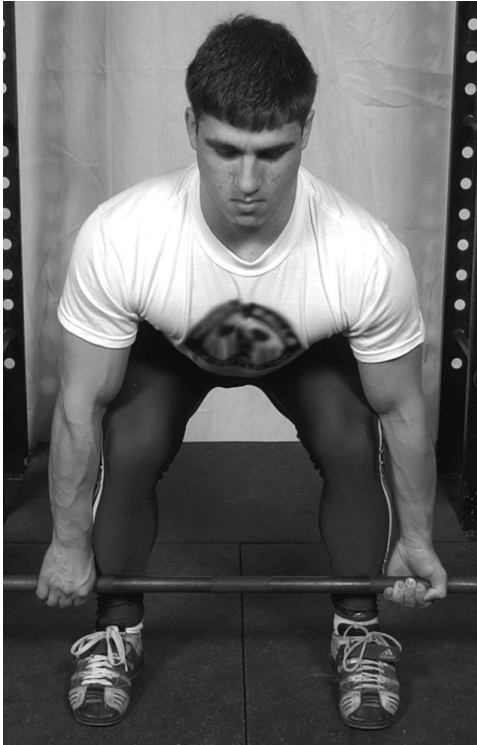
- Once this position has been obviously secured, the bar is lowered to the front of the shoulders and walked back into the rack and replaced securely.
- Any halt in the upward motion of the bar, identified as the part of the bar between the hands, constitutes a missed attempt, as does any change in the position of the feet against the floor during the attempt, any bending of the knees that directly contributes to the upward movement of the bar, or any active plantar flexion of the ankles.



- Any athlete who is anatomically unable to fully extend one or both elbows must report this condition to the referees before the start of the press competition.

## The Deadlift

1. The bar shall be loaded on the platform in a position parallel to the front of the platform, with the lifter facing the head judge. The lifter assumes a position facing the bar, with the bar parallel to the lifter's frontal plane. The bar is gripped with both hands outside the legs, and pulled with one continuous uninterrupted movement until the lifter is standing erect with knees and hips fully extended, the chest up and shoulders back. Any failure to attain a fully erect position is a missed attempt. The attempt starts when the bar leaves the floor.



2. Once this position is attained and the bar is motionless, the bar is lowered under control with both hands back to the ground. Any release of the bar from the hands before it is lowered completely constitutes a missed attempt.
3. Any halt in the upward motion of the bar constitutes a missed attempt, as does failure to assume a fully erect position with both knees and hips extended. Any attempt to raise the bar counts as an attempt. The stance must be maintained during the attempt, and any movement of the feet while the bar is off the ground constitutes a missed attempt.
4. The use of lubricants on the thighs or legs is forbidden. Chalk is not to be considered a lubricant. Any socks worn during the deadlift must be worn underneath any sleeves worn on the knees.

## Order of Competition

### Weigh-in

1. The competition shall be conducted in sessions, with complete weight classes grouped according to criteria deemed expedient by the meet director. All three lifts will be contested during each session, with up to a ten minute break between lifts.

2. Weigh-in for each session shall start two hours before the scheduled start of the session, and shall last exactly one hour. Athletes shall present themselves for weigh-in promptly at that time, but shall have as many opportunities as needed during the time allotted to make weight within their weight class, after which they shall not be permitted to weigh in again. Athletes who do not weigh within the limits of the class in which they entered the competition are permitted to compete in the weight class appropriate to their weight at weigh-in, unless qualifying total requirements prevent this accommodation.
3. Competitors must weigh in according to the numerical order of their lot number. Lots are assigned based on the order in which the athlete's entry was received for the competition. Athletes must present identification at weigh-in. Athletes may be weighed in wearing their singlet by an official on an accurate and precise scale. Upon athlete request, a sex-appropriate official can weigh in competitors in a private area who wish to wear less clothing for the purposes of making weight.
4. Upon completing weigh-in, each athlete must give the official an opening attempt for each of the three lifts. This attempt may be changed later in accordance with the limitations on the number of attempt changes as prescribed in the Rules of Competition.
5. The athlete's name, weight class, team affiliation, sex, age, actual weight, and opening attempts for each lift are recorded on an expeditor card, which will be used by the meet announcer to conduct the meet.

## **Conduct of the Competition**

1. The competition shall be conducted using flights or groups of lifters. The order of the flights will be listed prior to the commencement of the meet. Each flight will complete its three attempts at a lift before the next flight is called to perform the same lift.
2. The meet announcer controls the conduct of the competition. The announcer is responsible for announcing:
  - a. the name of each competitor
  - b. the weight that the competitor will lift
  - c. the completion of the loading of the bar and the commencement of the time allotted for the attempt
  - d. whether the attempt was good or bad.
3. If the warm-up facility is not immediately adjacent to the platform area, i.e. if the athletes and coaches in the warm-up facility cannot clearly hear the announcer, the public address system must provide clear information in the warm-up facility.
4. The meet expeditor takes next attempts from lifters and coaches, manages the expeditor cards, prepares the scoresheet at the end of each lift, and aids the announcer in keeping the order of the competition.
5. The only persons allowed in the immediate area of the platform and the area of the announcer's table are the announcer and expeditor staff, judges, loaders, spotters, the athlete taking the attempt and the athlete's coach. All other persons must stay clear of this area, upon penalty of disqualification.

6. Once the bar is loaded and announced as such, the official charged with timekeeping starts the meet clock, and the lifter has one minute to initiate the lift. An announcement at the point where thirty seconds remain in the allotted time may be made by the announcer.
7. The meet shall be conducted in pounds or kilograms. Increases in weight for the squat, press, and deadlift will be in multiples of 2.5 pounds, or 1 kilogram. If no next attempt is received from the lifter or the lifter's coach, it shall be assumed that the next attempt is the next incremental increase based on the currently contested lift.
8. Bumper plates may be used for the press and may be used for the squat and deadlift if it is determined that sufficient weight can be loaded on the bar for all squat and deadlift attempts to be lifted at the competition. If necessary, metal 45 pound or 20 kilogram plates may be used for the squat and deadlift, in combination with bumper plates if necessary to make up the loadings.
9. In the event of a misload, two things may occur:
  - a. If the misload is discovered before the attempt begins, the clock is stopped, the loading is corrected, and the original allotted time is restored to the clock.
  - b. If the misload is discovered after the attempt, the lifter may elect to take another attempt, or to accept the results of the attempt. If another attempt is granted, it shall be taken at the end of the round.
10. After the opening attempts have been submitted at weigh-in, and for subsequent attempts, 2 changes in attempt can be submitted. Any change in attempt must be submitted before the loading of the attempt is completed and under no circumstances can the weight already loaded on the bar be lowered.
11. The "rounds" system will be used as the order of competition. All lifters in the flight shall perform their first attempt, ordered from lightest to heaviest attempt in the flight. The bar shall then be reloaded to the lightest second attempt, and all lifters shall perform their second attempt, ordered from lightest to heaviest attempt in the flight. The bar shall then be loaded to the lightest third attempt, and all lifters shall perform their third attempt, ordered from lightest to heaviest attempt in the flight.
12. In the event that two athletes taking the same attempt call for the same weight, the athlete with the lower lot number goes before the athlete with the higher lot number.
13. A failure to complete a successful attempt in any of the three lifts eliminates the athlete from the competition. At the meet director's discretion the athlete may be permitted to participate in the next lift.
14. Awards are based on the total of the heaviest completed attempts of the three lifts. In the event of a tie, the lighter lifter wins. If both lifters weigh the same upon re-weigh, they share the award.
15. The actual awards are at the meet director's discretion. A Best Lifter award for the men's and women's division may be awarded, to be calculated from the Wilks formula.

## **Judges**

1. Three judges shall serve the competition platform. The head judge is seated directly in front of the lifter, and the two side judges sit on either side of the lifter at the point of best vantage. They shall be competent and qualified to serve in this capacity as determined by meet director.



2. Their duties include, but may not necessarily be limited to, ensuring that all the technical rules of competition are followed, that the bar is loaded correctly, and that each attempt is judged with full attention.
3. The judges indicate their decisions through the use of paddles or flags, white indicating a good attempt, red indicating a bad attempt. Any two judges in agreement constitute the decision. The athlete or coach may inquire regarding the reason for a judge's decision at the discretion of that particular judge only after leaving the platform area, and only at a time when it does not interfere with the execution of the judge's duties.
4. At any point during the time the lifter is on the platform any judge sees any infraction of rules with respect to equipment, conduct, or safety, that judge can stop the clock and the competition with a raised hand until the situation is rectified to the satisfaction of all the judges, at which time the clock is restarted.
5. At any time during the execution of a lift, if a side judge observes a serious infraction of the rules that constitutes a missed attempt, the judge can raise a hand indicating the observation. If either of the other two judges agrees, the head judge signals the end of the attempt with a "Rack" or "Down" command.
6. The judges must make every effort to render their decisions simultaneously, and to avoid at all costs influencing the decisions of the other judges through eye contact or discussion with each other between the time the attempt is concluded and the decision is rendered.
7. Judges may be replaced at the discretion of the meet director if it is determined to be in the best interests of the competition.
8. One of the judges may act as the timekeeper, or a timekeeper may be appointed to sit with the expeditor and announcer, the latter option being preferable.

## **Platform and Equipment**

1. The competition platform shall be a defined area of at least 8' x 8' and no more than 4m x 4 m, and shall be surfaced with wood or rubber matting. It may be a discrete raised structure or an area of appropriate flooring designated by markings. The entire surface of the platform shall be flat, smooth, level, and flush. If multiple platforms are used in the competition, they shall all be equivalently equipped and staffed.
2. The expeditor/announcer table shall be in clear view of the platform, preferably within 30' of it. The expeditor cards shall be in clear view on the announcer's table
3. The head judge sits a safe distance away directly in front or slightly to one side of the center of the platform, and the side judges are placed where they can best see the lifter from either side.
4. The bar shall be a high-quality powerlifting standard bar, or a bar produced specifically for competition.
5. The plates shall be bumper plates of the type approved for weightlifting competition. Any metal 45 pound plates used during the squat and the deadlift should be of high quality, with accurate and calibrated plates preferred. One-and-a-quarter pound plates must be available as well.
6. Collars may be either 2.5 kg competition collars or spring clamps (which are used only if their small mass is to be ignored), at the meet director's discretion. Whichever style is used, they must be secure and tight when applied.

7. Loaders must be provided by the meet director to load the bar. They operate under the direction of either the head judge or the platform manager if one is provided (recommended for larger meets). The platform manager ensures the correct and timely loading of the bar, directing the loaders in their duties. Loaders are responsible for handling the plates only; it is the responsibility of the officials to ensure that the loaders have correctly loaded the bar. The meet director should provide loading charts for the appropriate officials for this purpose.
8. The timing clock must be a desktop unit, not a stopwatch, visible from a reasonable distance and easily viewed from the platform area. It shall be placed in a conspicuous location adjacent to the judge acting as timekeeper or on the announcer's table.
9. A chalk box must be provided in close proximity to the platform. It is supplied with commercially prepared athletic chalk, as is the warm-up facility.
10. The warmup facilities must be adequate for the size of the session. It must be equipped comparably to the competition platform, although it need not be identically equipped. The ratio of warmup platforms to lifters in the session should ideally be 1:5, or better.

## Official Documents

The following documents must be established, maintained through the competition, and kept as an official record of the competition:

1. The start list is prepared and published as soon as possible after the entry deadline. It includes the name, lot number, projected weight class, age, sex, and session of each entrant in the competition.
2. Expeditor cards are assigned to each lifter before weigh-in. They must include the athlete's name, weight class, team affiliation, sex, age, actual weight, and opening attempts for each lift. These are the documents used to actually run the competition. They should be accessible to coaches and lifters to the extent possible under the constraints of efficient management of the expeditor/announcer table.
3. The scoresheet records the final results of each lift within the session, and is prepared at the end of each lift so that the squat and the subtotal of the squat and press is available to the lifters and coaches.

## Personal Equipment

Athletes must comply with these rules regarding costume and equipment; no inspection of equipment will be conducted, but if illegal equipment is found to be used, either on the platform or in the warm-up area, it shall constitute cause for immediate disqualification from the competition. This applies retroactively to any completed competition in which a competitor was subsequently found to have used illegal equipment.

### Costume

1. The lifter's costume shall consist of a collarless t-shirt and a powerlifting, weightlifting, or wrestling singlet. The shirt sleeves cannot cover the elbows and legs of the singlet cannot extend below the top of the knees. Both garments must be clean and free of graphics of a nature that the average spectator would find offensive.

2. Both garments must fit snugly to facilitate the judging of depth and lockout positions. Both must be constructed of normal commercially available materials, and absolutely cannot be supportive in any way. All garments are subject to the review and approval of the judges. Only one shirt and one singlet may be worn at any time. Women may wear one bra of any type desired.
3. Long socks that extend to just below the knee and completely cover the shin and calf must be worn in the deadlift to allow the bar to slide against the legs and to avoid blood from the competitors from contacting the bar. Thin shin guards that do not impede the upward motion of the bar may be worn under the socks if desired.
4. Any type of shoe may be worn, provided that it is in good repair and clean. Shoes must be worn on the platform at all times. Deadlift slippers are acceptable as well. Shoes with cleats or metal spikes are not permitted.
5. No billed caps or brimmed hats are permitted to be worn on the platform.

## Equipment

1. A belt may be worn during all three lifts. It may be of any type, provided that when worn it only overlaps itself one time at any point along its circumference, and that it does not exceed four inches in width at any point along its length.
2. Rubberized knee sleeves may be worn. Only one knee sleeve per knee may be worn. Any sleeves must be worn over the socks in the deadlift.
3. Wrist wraps may be worn. Any bandages worn on the hands must be shown to the judges prior to the start of the lift. Any ankle or knee bandages must be approved by the judges prior to the start of the lift in which they are worn.
4. No wraps of any kind may be worn on the elbows, or on any part of the body other than the wrists. No supportive undergarments of any type may be worn.
5. The use of ammonia or smelling salts prior to the lift is permitted so long as their usage takes place off of the platform and not within view of the audience.
6. No lubricants of any type, whether fluids, powders, or solids, may be used anywhere on the competition venue or any areas adjacent to the competition venue. Chalk is not considered a lubricant. Use of any lubricants at all constitutes cause for immediate disqualification.
7. The use of counter-irritants is permitted on areas of the skin that do not come in contact with the bar. If there is any uncertainty about whether this use may constitute a use-of-lubricants infraction, the judges should be consulted prior to their application.
8. No foreign substances of any type except the chalk provided by the competition may be used on either the platform equipment or the lifter's personal equipment. No rosin, spray sticky, or any other substance designed to enhance the friction of hands against bar or shoes against floor may be used.
9. A warm-up room marshal may be appointed for the purpose of ensuring compliance with the equipment rules.