

**USPF RULES BRIEFING**  
**June 26, 2020 Updated**

**We don't want you to lose an attempt and you will if you do any of the following:**

**Wear or use gear/equipment that isn't USPF approved or not allowed in the Division/Event you are lifting in.**

**Use any substance or talcum/powder other than chalk that comes in block form and pool chalk that comes in spool form which are both allowed.**

**Put on gear/equipment on or near the platform.**

**Use ammonia snaps on or near the platform. (If you do use them away from the platform, be sure to dispose of them after use.)**

**We definitely don't want you to be disqualified from further lifting with no Entry Fees refund and you will be if you do either of the following:**

**Use profanity on or near the platform. (No Exceptions)**

**Intentionally slam, throw or "drop" the bar down on the platform. (No Exceptions)**

**Just so you know, the following items are NOT approved to wear in a USPF Meet: Deadlift Straps, Gloves, Elbow Wraps, Hats and Headbands.**

**THE SQUAT**

**There are two Referee signals in the Squat.**

**"Start" at the beginning of the squat when legs are locked out**

**"Rack it" at the completion of the lift when legs are locked out, standing erect**

**DISQUALIFICATIONS FOR A SQUAT ATTEMPT ARE:**

**Failure to observe the Head Referee's signals or beating the signals.**

**Double bouncing in the "hole" or any up and down movement during the descent or ascent.**

**\*\*\*Failure to lock out with shoulders back, knees locked out, at the beginning of the lift and at the end of the lift.**

**Any shifting of the feet during the lift.**

**\*\*\*Failing to go below parallel.**

**Changing/shifting the position of the bar on your back during the lift.**

**Contact of the bar by the spotter/loaders during the lift.**

**Failure to make a bona fide attempt to rack the bar after the lift.**

**Any dropping or dumping the bar on your way to racking it upon the completion of the lift.**

## **THE BENCH PRESS:**

### **There are three Referee signals in the Bench.**

**“Start”** at the beginning of the bench when arms are fully extended, locked out

**“Bench” or “Press”** when the bar reaches the chest and is a motionless pause

**“Rack It”** at the completion of the attempt when arms are fully extended, locked out

### **DISQUALIFICATIONS FOR A BENCH PRESS ATTEMPT ARE:**

Failure to observe the Head Referee's signals or beating the signals.

Failure to begin bench press without arms fully extended, locked out.

Any change in the elected position (except the head) during the lift.

Raising shoulders or butt off of the bench or moving hands on the bar during the attempt.

Moving foot/feet more than half their length, forward or backward.

**\*\*\*Foot/feet do not remain flat on the floor or “dances around” during the Lift.**

**\*\*\*Heaving, bouncing or sinking the bar into your chest after the signal “Bench” or “Press”.**

Any uneven extension of the arms during the lift.

Any downward movement of the bar when pressing it out.

Failure to end bench press without arms fully extended, locked out.

Contacting the bar by the spotter/loaders.

Any contact of the feet or legs touching the bench supports.

Using the bar rest supports to help you bench.

**\*\*\*Belly benches.**

## **THE DEADLIFT:**

### **There is only one Referee signal in the Deadlift Attempt**

**“Down”** upon completion of the deadlift with shoulders are back, knees locked out, standing motionless

### **DISQUALIFICATIONS FOR A DEADLIFT ATTEMPT ARE:**

Failure to observe the Head Referee's signal or lowering the bar before the Signal.

**\*\*\*Socks do not reach the knee.**

**\*\*\*Any downward movement of the bar during the pull aka “hitching”.**

Not locking out with shoulders back, knees locked out, at the end of the lift.

Supporting or resting the bar on the thighs during the pull of the bar upward.

Stepping/walking around during the lift. Lateral movement of the sole or rocking on the foot is permitted as long as the foot remains in the same place.

Not controlling the bar when lowering it to the platform.

**BE SURE TO ASK QUESTIONS AT THE BRIEFING OR BEFORE THE MEET  
STARTS IF YOU DON'T UNDERSTAND SOMETHING OR NEED SOMETHING  
CLARIFIED. BETTER TO ASK THEN LOSE AN ATTEMPT!**

***Thank You for Supporting the USPF!***