



## Weightlifting Rules

### *General IMS Policies and Procedures*

All participants are required to complete a waiver of liability form each year. All participants in intramural sports activities assume the risk of injury. Rice University, its employees and agents shall not be liable for injury to person, loss, or damage to personal property arising from or in any way resulting from participation in the intramural sports activities.

Captains are required to read the general IM Rules and Eligibility, and inform their team of any changes to policies and/or procedures!

### *General Rules*

Each lifter is required to have an IMLeagues account, so they have completed an intramural waiver for Rice University. You must be registered on IMLeagues before the competition begins or if you have a scheduled Rec Center reservation at that time and there is an opening in the competition schedule then we *may* be able to fit you in to compete.

Each team shall consist of one lifter total. The Captain will be the only individual allowed to discuss with the officials any questions relating to the rules (NO JUDGMENT DISPUTES). Any lifter other than the captain whom makes a protest or interferes with lifts in any way is subject to an ejection.

The scores will be recorded after each lift and uploaded to IMLeagues once the competition is completed.

### *Equipment*

- Lifters should feel free to wear the lifting attire of their choice, so long as it conforms to the dress code of the Rice Rec Center.
- The use of any footwear, provided it conforms to the dress code of the Rice Rec Center, is permitted.
- The use of any equipment which aids a lifter is prohibited; this includes lifting gloves, wrist straps and any other device deemed to be an aid by the Intramural Staff.
- Equipment used for the purpose of injury prevention is permitted; this includes chalk, a weight belt, and knee and wrist wraps.
- Lifters are encouraged to wear clothing that is well-fitting and is not too bulky. This makes judging form of the lifts easier. It is recommended that lifters wear t-shirts and shorts.



- Judges and Intramural staff have the right to declare any equipment illegal.

### *Meet Timing*

- Upon arrival, lifters will check-in, be weighed-in **WITHOUT** wearing their lifting attire, and submit their opening attempts for all three lifts.
- The rules meeting will be held 10 minutes after your scheduled time from IMLeagues. Lifters are required to arrive at your scheduled meet time to observe this meeting. All participants will be allowed 30 minutes of warm-up time after the rules meeting is held, if they so desire.
- Lifters may warm-up in the cardio room or use the single bench or squat cage assigned to the weightlifting competition.
- Upon being called, a lifter has 60 seconds to begin his/her lift. If the lifter is not present for the attempt or is unable to begin the lift within the allotted time, that attempt will be missed.
- Upon completing his/her first lifts, the lifter has 60 seconds to announce his/her second attempt weight to the IMS staff.
- Upon the completion a second attempt, lifters should begin to warm-up for the next lift.
- Each lifter will have three opportunities to achieve their greater or most weight.
- If there is a tie in lift weight between two lifters, the winner is the lifter who weighs less. If the weight lifted is equal, and the body weight of each lifter is equal, then the winner would be the one who signed up on IMLeagues first.

### *Men's Weight Classes*

Lightweight: 161 lbs

Middleweight: 162-212 lbs

Heavyweight: 213+ lbs

### *Women's Weight Classes*

Lightweight: 99 lbs

Middleweight: 130-179 lbs

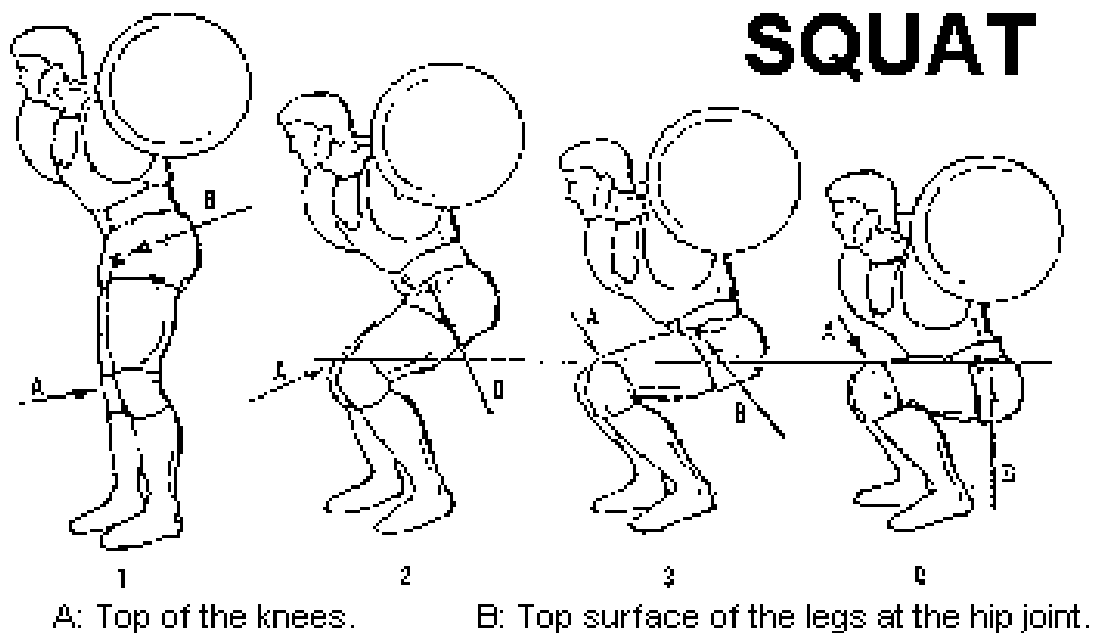
Heavyweight: 180+ lbs



## Barbell Back Squat

### Rules

- First, the lifter shall un-rack the weight and assume an upright position. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked (see diagram 1).
- After removing the bar from the racks, the lifter shall wait in this position for the IMS staff's signal. The signal shall be given as soon as the lifter is motionless. The IMS staff's signal shall consist of a downward movement of the arm and the audible command "squat."
- Upon receiving the IMS staff signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees (see diagrams 2, 3 and 4).
- The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked.
- When the lifter is motionless, the IMS staff will give the signal to replace the bar with a backward motion of the hand and the audible command "rack."
- The lifter shall face the front of the platform.





## *Causes for Disqualification of a Squat*

- Failure to observe the IMS staff's signals at the commencement or completion of a lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- Any shifting of the feet laterally, backwards or forwards, during the performance of the lift. Rocking of the feet between the ball and the heel is permitted.
- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees (see diagrams 2, 3 and 4).

## *Barbell Bench Press*

### *Rules*

- The lifter must lie on his/her back with shoulders and buttocks in contact with the flat bench surface.
- The lifter's hands may grip the bar with a "thumbs around" grip. Note: The use of the "reverse grip" or a thumb-less grip on the bench is strictly prohibited.
- The lifter's shoes must be in contact with the floor. This position shall be maintained throughout the attempt.
- The head may rise off the bench or move during the performance of the lift.
- To achieve firm footing, the lifter may use flat surfaced bumper plates to build up the surface of the platform.
- After receiving the bar at arm's length, the lifter shall lower the bar to his/her chest and await the IMS staff's signal.
- The signal shall be the command: "PRESS" to press when the bar is motionless on the chest.
- After the signal to commence the lift has been given, the bar is pressed upwards to straight arm's length and held motionless until the audible command "RACK" is given.



### *Causes for Disqualification of a Bench Press*

- Failure to observe the IMS staff's signals at the commencement or completion of the lift.
- Any change in the elected lifting position during the performance of the lift (i.e., any raising of the shoulders, buttocks or movement of the feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar).
- Failure to press the bar to full extension of the arms at the completion of the lift.
- Heaving or bouncing the bar off the chest.
- Allowing the bar to sink into the chest after receiving the IMS staff's signal.
- Any exaggerated uneven extension of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.

***ALL PENALTIES ARE ASSESSED AT THE DISCRETION OF THE OFFICIALS.***

Please Note: All final decisions to eligibility and game rules will be at the discretion of the Competitive Sports Coordinator

### **FURTHER QUESTIONS OR COMMENTS MAY BE DIRECTED TO:**

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