



Referees numbered card system - reason for failure.

Color of the cards:

Failure no. 1 = red card

Failure no. 2 = blue card

Failure no. 3 = yellow card



SQUAT	BENCH PRESS	DEADLIFT
<p>1. (red) 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.</p>	<p>1. (red) Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or is touching the belt.</p>	<p>1. (red) Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back.</p>
<p>2. (blue) Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift. Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p>	<p>2. (blue) Any downward movement of the whole of the bar in the course of being pressed out. Failure to press the bar to straight arms length elbows locked at the completion of the lift.</p>	<p>2. (blue) Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>



Technical Rules book of the International Powerlifting Federation

<p>3. (yellow) Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.</p> <p>Failure to observe the Chief Referees signals at the commencement or completion of the lift.</p> <p>Contact with bar or lifter by the spotters/loaders between the Chief referees' signals, in order to make the lift easier.</p> <p>Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.</p> <p>Any dropping or dumping of the bar after completion of the lift.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Incomplete lift</p>	<p>3. (yellow) Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.</p> <p>Failure to observe the Chief Referees signals at the commencement, during or completion of the lift.</p> <p>Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.</p> <p>Contact with the bar or the lifter by the spotters/loaders between the Chief Referees signals, in order to make the lift easier.</p> <p>Any contact of the lifter's feet with the bench or its supports.</p> <p>Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Incomplete lift</p>	<p>3. (yellow) Lowering the bar before receiving the Chief Referees signal.</p> <p>Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.</p> <p>Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Incomplete lift</p>
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