

Masters Games Event Rules.

Weight Lifting (Push/Pull)

General Rules

1. General
 - a. Competition takes place between competitors in categories defined by gender, and age. Categories may be further defined by weight ranges if the event hosts decide to split the Age Categories due to high participant numbers.
 - b. Each competitor is allowed two attempts on each lift. The competitor's best valid attempt on each lift counts towards the competition Total.
 - c. The winner of a category shall be the competitor who achieves the highest total. The remaining competitor shall be ranked in descending order based upon total.
 - d. If two or more competitors achieve the same total, the lighter competitor ranks above the heavier competitor. Competitors will be weighed at the end of the competition round if this occurs. The competitor with the lighter bodyweight will be declared the winner.
 - e. 'Raw' Equipment Competition
 - i. This is a Raw event, there shall be no equipment to aide the competitor to lift other than a belt that meets the requirements in these rules.
2. Minimum Age
 - a. Competitors must be 40 years of age or above.
3. Age Categories
 - a. Competitors will compete in their respective age group, these being 40-49, 50-59, and 60 + years of age. Competitors can only belong to one age group.
 - b. The Event Host reserves the right to split Age Categories by weight ranges if participant numbers are too high.
4. Event Winners
 - a. Individual events will have placings for 1st, 2nd, and 3rd for each age group. These will be decided upon by the highest lift in Kg recorded in the competition rounds.
5. Total Winners
 - a. Total events will have placings for 1st, 2nd, and 3rd for each group. Total events placing will be determined upon the highest lift recorded in each individual event in the competition rounds added together to give a competitor's Total lift in Kg.
6. Officials

- a. Officials are to be assigned by the Event Host. They are to complete loading and de-loading of the bars as well as provide spotting for lifts.

7. Late Registrations

- a. Late Entry Policy
 - i. Entries will be accepted up to the 'Report at' time.

Equipment

1. Platform

- a. All lifts shall be performed on a flat, firm, non-slip and level surface.
- b. Warm-up areas will be supplied by the event host.

2. Bars and Weights

- a. 20kg bars are to be supplied by the Event Host. The length of the bars is to not exceed 2.4m with the diameter of the bar to not exceed 32mm or be less than 27mm.
- b. The same bar is to be used for all competitors during individual events.
- c. Weight plates are to be supplied by the event host. The weights supplied are to be used by all competitors during individual events.
- d. Minimum weight increments and decrements are to be 2.5kg.

3. Collars

- a. Plastic Lock collars are to be used which will be supplied by the event host.

4. Squat Racks

- a. Squat racks shall be of sturdy construction and provide maximum stability.

Clothing and Personal Equipment

1. Clothing

- a. Non-supportive single piece singlet or t-shirt, and shorts/pants, optional undershorts, socks, shoes are to be worn.

2. Belt

- a. Competitors may wear a belt. It shall be worn on the outside of the competitor's clothing, with the belt bracket at the front or rear of the competitor's body.
- b. The width of the belt to not exceed a maximum of 10cm

- c. The thickness of the belt to not exceed a maximum of 13mm along the main length, excluding any materials associated with the ratchet mechanism.

Blood /Injury Management

1. Injuries
 - a. Any injuries must be treated and bandaged prior to a competitor's lift attempt. If blood is on the bar or on the equipment, lifting shall be stopped and the equipment cleaned.

Lifts and Rules of Performance

1. Squat
 - a. The Competitor must face the front of the Squat Rack.
 - b. Not more than 5 and not less than 2 spotters/loaders shall be on the platform at any time. Spotters will be provided by the event hosting facility.
 - c. The competitor may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotters/loaders shall not assist the competitor further with regard to proper positioning, foot placement, bar positioning, etc.
 - d. The competitor shall not hold the collars, sleeves or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the sleeves. After removing the bar from the squat racks the competitor must move backward by taking one or more steps to establish the proper starting position. The competitor shall assume an upright position with the top of the bar not more than 3cm below the posterior deltoid.
 - e. 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.
 - f. Upon receiving the signal from the head official. The signal shall be given as soon as the competitor is motionless with knees locked and the bar properly positioned. The signal shall be consist of a downward movement of the arm and at the audible command "SQUAT".
 - g. Upon hearing the signal, the competitor 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.
 - h. The competitor must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the competitor is upright and motionless, the Head Official will give the signal to replace the bar. The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK". The competitor must then make a bona fide attempt to return the bar to the racks.

- i. For reasons of safety the competitor will be requested to “Re-Place” the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.

2. Causes for disqualification of a Squat:

- a. Failure to observe the Head Official’s signals at the commencement or completion of a lift.
- b. Double bouncing or more than one descending or ascending motion throughout the lift.
- c. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- d. Any shifting of the feet laterally, backward or forwards, during the performance of the lift.
- e. 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.
- f. Changing the position of the bar across the shoulders after the commencement of the lift.
- g. Contact with the bar by the spotter/loaders between the Official’s signals.
- h. Contact of elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the competitor.
- i. Failure to make a bona fide attempt to return the bar to the racks.
- j. Any dropping or dumping of the bar after completion of the lift.
- k. Failure to comply with any of the requirements contained in the general description of the lift.

3. Deadlift

- a. The competitor shall face the front of the platform.
- b. The competitor has one attempt to complete the lift. Any rising of the bar beyond normal pre-lift setup or “competitor psyching” or any deliberate attempt to do so will count as a bonafide attempt.
- c. The bar must be laid horizontally in front of the competitor’s feet, gripped with an optional grip in both hands. The competitor can start the lift at any time before the one minute clock expires. Once started, it must be lifted without any downward movement until the competitor is standing erect. The bar may come to a stop, but no portion may reverse direction at any time.
- d. On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the competitor is standing erect.
- e. The Head Official’s signal shall consist of a downward movement of the hand and the audible command “DOWN”. The signal will not be given until the bar is held motionless and the competitor is in the finished position.
- f. The competitor will return the bar to the platform with both hands and under control.

4. Causes for Disqualification of a Deadlift:

- a. Any downward movement of the bar before it reaches the final position, prior to the “Down” command.

- b. Failure to stand erect with the hips fully locked forward, and the shoulders in an upright, erect and locked position.
- c. Failure to lock the knees straight at the completion of the lift.
- d. Supporting the bar on the thighs during the performance of the lift.
- e. Upward and downward “jerking” of the bar commonly known as “hitching”.
- f. Stepping backward, forward or lateral movement of the foot, although rocking the foot between ball and heel is permitted.
- g. Lowering the bar before receiving the Head Official’s signal.
- h. After the down command, the bar must be returned to the platform with both hands on the bar without any force or propelling of the bar downward.
- i. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- j. Should the bar settle as the competitor's shoulders come back (slight downward motion), this should not be reason to disqualify the lift.
- k. Failing to begin the lift prior to the one-minute time clock expiring. The lift will officially begin when the competitor makes a determined or deliberate attempt to raise the bar.
- l. Shaking of the body under maximum exertion during the deadlift is not necessarily a cause for disqualification.

5. Overhead Press

- a. The competitor shall face the front of the platform.
- b. Not more than 5 and not less than 2 spotters/loaders shall be on the platform at any time. Spotters will be provided by the event hosting facility.
- c. The competitor shall not hold the collars, sleeves or discs at any time during the performance of the lift. After removing the bar from the squat racks the competitor must move backward by taking one or more steps to establish the proper starting position.
- d. The bar shall be held horizontally across the neck/chest with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.
- e. The bar should be resting in front of the competitor between under their chin to above their collarbone.
- f. The competitor shall assume an upright position.
- g. The competitor shall wait in this position for the Head Official’s signal. The signal shall be given as soon as the competitor is motionless with knees locked and the bar properly positioned. The Head Official’s signal shall consist of an upward movement of the arm and the audible command "PRESS"
- h. Upon receiving the signal, the competitor must keep knees extended and push vertically overhead until a full shrug has been completed with extended elbows. No movement in the legs is permitted. Slight hip and spinal extension is permitted.
- i. At the top of the lift the Official will give the signal “DOWN” where the competitor will return the bar to the starting position
- j. The competitor must recover at will without a change in foot placement by bringing the bar in a downward movement to the starting position (an upright position with the knees locked). When the competitor is motionless, the Head Official will give the signal to replace the bar.
- k. The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK". The competitor must then make a bona fide attempt to return the bar to the racks

6. Causes for Disqualification of an Overhead Press:

- a. Failure to stand erect in an upright, erect and locked position at the top of the lift.
- b. Failure to lock the knees throughout the completion of the lift.
- c. Supporting the bar on the shoulders during the performance of the lift.
- d. Downward and upward “bouncing” of the bar.
- e. Stepping backward, forward or lateral movement of the foot.
- f. Lowering the bar before receiving the Head Official’s signal.
- g. After the down command, the bar must be returned to the platform with both hands on the bar without any force or propelling of the bar downward (dropped).
- h. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- i. Should the bar settle as the competitor's shoulders come back (slight downward motion), this should not be reason to disqualify the lift.
- j. Failing to begin the lift prior to the one-minute time clock expiring. The lift will officially begin when the competitor makes a determined or deliberate attempt to raise the bar.
- k. Shaking of the body under maximum exertion during the overhead press is not necessarily a cause for disqualification.

7. Rules of Competition

- a. Each lift will be completed in order. The order of events will be Squat, Overhead Press, and Deadlift.
- b. Each Event will have two rounds where the competitors will have 1 opportunity in each round to perform their best lift.
- c. Competitors will have the option to redo their round 1 failed lift in the 2nd round or choose to decrease the weight on the bar or increase the weight on the bar. If no lift is completed after the 2 rounds the competitor will receive a 0kg lift.
- d. Competitor’s attempts will be stated to Officials and recorded prior to competitor’s round of lifting.
- e. Competitors will cycle through each round with Females first followed by Males.
- f. Competitors will complete their lifts in descending order of Age i.e. the oldest competitors will be lifting first followed by the next younger age group and so on.

8. Weighing In

- a. Weighing in is to only be completed at ‘Report at’ time if the Event Hosts decide to split the categories into weight ranges due to high participant numbers.
- a. Competitors will be weighed by scales supplied by the event host prior to individual events commencing.
- b. Weighing in is to be completed on a level surface.