



NMAA POWERLIFTING  
**COACHES TUTORIAL**



# GENERAL RULES OVERVIEW

# What is Powerlifting

Lifts:

- SQUAT
- BENCH
- DEADLIFT

Score

- Best lift for each added together for a TOTAL.

■ Ex:

*Squat:*

Att:1	Att. 2	Att: 3
300 <input checked="" type="checkbox"/>	320 <input checked="" type="checkbox"/>	350 <input checked="" type="checkbox"/>

*Bench:*

Att:1	Att. 2	Att: 3
205 <input checked="" type="checkbox"/>	220 <input checked="" type="checkbox"/>	245 <input checked="" type="checkbox"/>

*Deadlift:*

Att:1	Att. 2	Att: 3
320 <input checked="" type="checkbox"/>	350 <input checked="" type="checkbox"/>	400 <input type="checkbox"/>

LIFTER SCORE

**= 945**



# Weight Classes

## 12 TOTAL WEIGHT CLASSES

### BOYS

114	123	132	148	165	181	198	220	242	275	308	SHW
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### GIRLS

97	105	114	123	132	148	165	181	198	220	259	SHW
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Lifter must weigh less than or equal to their actual weight or elect to lift in the next higher weight class

*Example: Lifter A weighs 146.4 – Must lift at 148 or can elect to lift at 165.*

# Judges (per platform)

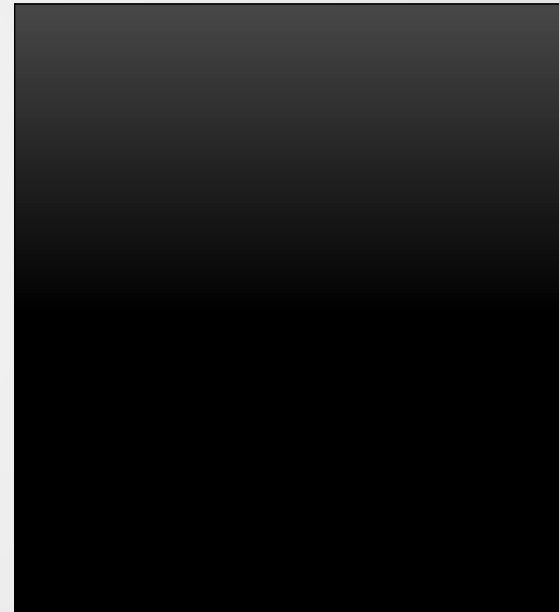
3 Judges

- Chief
- Side
- Side

Side Judge

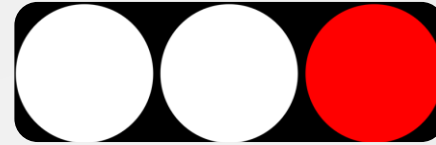
Chief Judge

Side Judge



# Judges

Lights/Flags/Thumbs



Good Lift = Two Whites



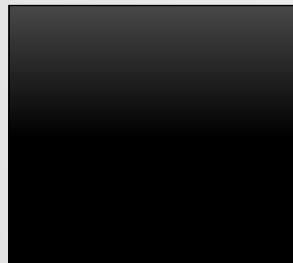
Chief Judge



Chief Judge



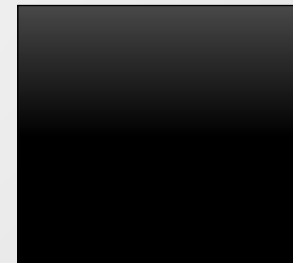
Side Judge



Side Judge



Side Judge



Side Judge





# SQUAT/BENCH/ DEADLIFT



# SQUAT





# SQUAT

## ■ KEY POINT

- *Must bend the knee and lower the body until the TOP SURFACE OF THE LEGS AT THE HIP JOINT IS LOWER THAN THE TOP OF THE KNEES.*

## ■ Judges Command

- Commencement of Lift: “SQUAT” (downward hand movement)
- Completion: “RACK” (backward movement of arm)



# SQUAT



## *REASONS FOR DISQUALIFICATION OF LIFT*

- Failure to observe the Chief Judges Signals (commencement or completion)
- Double bouncing (more than one ascending and descending motion through the lift)
- Failure to assume upright position (commencement/completion)
- Shifting of the feet laterally/backwards/forwards during the lift
- Failure to bend knees/lower body until the top surface of the legs at the hip joint is lower than the top of the knees.
- Changing bar position after commencement.
- Contact with the bar by spotters between judges' signals
- Failure to make a bona fide attempt to rack the barbell

### \*NOTES

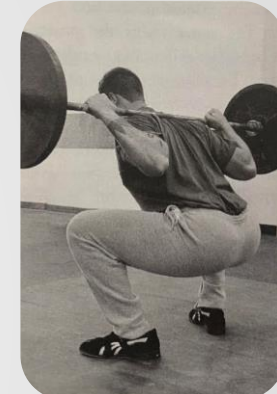
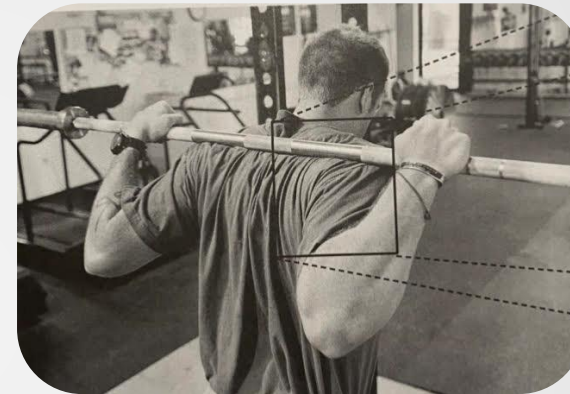
- Unintentional contact of elbows/bar supports is permitted if there is no support that might aid the lifter.
- Inadvertent steps after the prior to commencement/after completion of the lift is permitted.

# SQUAT (useful information)

## ■ BAR PLACEMENT

- *Low Bar*
- *High Bar*
  - \*Both are legal and acceptable

Low Bar



High Bar

## ■ COACHING CUES

- *Coaching is allowed off the platform*



# SQUAT (SPOTTERS)

-No less than 3 and no more than 5





# BENCH PRESS



# BENCH PRESS

## ■ KEY POINT(S)

- *The lifter must lower the bar and hold it MOTIONLES.*
- *The bar must be pressed upwards with the ELBOWS FULLY LOCKED.*

## ■ Judges Command

- Commencement of Lift: "PRESS"
- Completion: "RACK"

"MOTIONLESS"



FULL LOCKOUT



# BENCH PRESS



## REASONS FOR DISQUALIFICATION OF LIFT

- Failure to observe the Chief Judges Signals (commencement or completion)
- Any change in the elected position after the “Press” command and prior to the “Rack” command.
  - *Head/shoulder/buttocks breaking contact with the bench*
  - *Feet not remaining flat and or moving from their original point of contact*
  - *Lateral movement of hands on the barbell*
- Heaving, bouncing, or sinking the bar after the motionless pause when the “Press” command is given.
- Any downward movement of the bar during the Press.
- Pronounced uneven lockout during execution of the lift.
- Contact of the lifter's feet with the bench/supports
- Intentional contact with the bar by the spotters or receiving assistance.
- Bar contacting the belt.

### \*NOTES

- Unintentional contact of bar supports is permitted if there is no support that might aid the lifter.
- The platform can be elevated through the use of a box or plate not exceeding 18” X 18” not higher than 7”
  - \*The entire foot must be on the box or plate.

# Bench Press (SPOTTERS)

-No less than 3 and no more than 5



MIX GRIP HAND OFF



CLOSE PROXIMTY TO THE BAR. DO NOT TOUCH UNLESS NECESSARY







# DEADLIFT



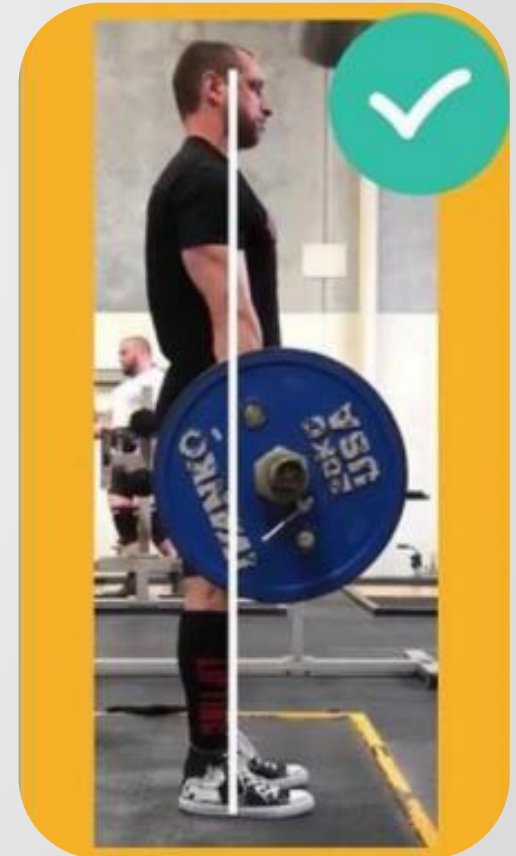
# DEADLIFT

## ■ KEY POINT

- *On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the lifter is standing erect.*

## ■ Judges Command

- Commencement of Lift: No Command (hand up)
- Completion: “DOWN” (downward movement of arm)



# DEADLIFT



## *REASONS FOR DISQUALIFICATION OF LIFT*

- Failure to observe the Chief Judge's signals at the completion of the lift
- Any DOWNWARD movement of the bar before it reaches the final position prior to the "Down" command.
- Failure to stand erect with hips fully locked and shoulders in an upright position
- Failure to lock the knees at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift.
- Upward and downward "jerking" of the bar also known as "hitching"
- Stepping backward, forward, or lateral movement of the foot.
- Replacing the bar with downward force or dropping the bar.

### \*NOTES

- Rocking the feet between the ball and heel is permitted given the feet return the original position.
- Shaking under maximum exertion during the deadlift is not necessarily a cause for disqualification.

# DEADLIFT (useful information)

- Sumo vs Conventional
  - *Both stances are legal and permitted.*

Conventional



Sumo



# DEADLIFT (SPOTTERS)

-The spotter will stand behind the lifter, on or off the edge of the platform, to assist the lifter if they begin to lose control or fall.

