LITTITZ IRON CHALLENGE

POWERLIFTING COMPETITION RULES

GENERAL RULES

1. **ORDER OF LIFTS:** Lifts must be performed in this exact sequence: Squat, then Bench Press, then Deadlift.
2. **ATTEMPTS & SCORING:** Each lifter gets three attempts per lift. Only the best valid attempt counts toward the final total. If two lifters tie in total weight, the lighter lifter wins.
3. **JUDGING:** Three referees (one head referee and two side referees) judge every lift. They will signal Green for a good lift or Red for a failed lift. A lift passes with a majority of two of the three Green Flags.
4. **ALLOWED EQUIPMENT:** Belts, knee sleeves/wraps, elbow sleeves, wrist wraps, any type of footwear, chalk.
5. **PROHIBITED EQUIPMENT:** Wrist/lifting straps, slingshots, squat suits.

SQUAT RULES

1. **THE WALKOUT:** The lifter removes the barbell from the rack and establishes a starting position. The bar must be placed no lower than the posterior deltoid (upper back/rear shoulder level). Hands must maintain a complete grip on the bar.
2. **THE START COMMAND:** Once steady and standing tall with knees locked, the head referee gives the "Squat" command (along with a downward hand motion) to begin.
3. **DEPTH STANDARD:** The lifter must bend the knees and lower the body until the surface of the leg at the hip joint (hip crease) drops below the top of the knee's patella (parallel).
4. **THE RACK COMMAND:** The lifter must return to an upright position with knees locked and wait for the "Rack" command before returning the bar to the rack.

BENCH PRESS RULES

1. **THE SETUP:** The lifter lies flat on the bench with head, shoulders, and buttocks in continuous contact with the pad. Both feet must remain flat on the floor.
2. **THE START COMMAND:** After lifting the bar off the rack with the help of a handler (or alone) and holding it with arms locked out, the lifter waits for the "Start" command.

3. **THE PAUSE & PRESS COMMAND:** The bar must be lowered clearly and tap on the chest or sternum. Once the bar touches, the referee gives the "Press" command.
4. **THE LOCKOUT & RACK COMMAND:** The lifter pushes the bar up evenly until both arms are fully locked out. No downward heaving or sinking of the bar is allowed once the press begins. Upon full extension, the referee gives the "Rack" command.

DEADLIFT RULES

1. **THE PULL:** The lifter grips the barbell (conventional or sumo stance) and lifts it from the platform in a smooth, continuous upward motion to the hips. Lifting straps are strictly prohibited.
2. **THE LOCKOUT:** At the top, the lifter must stand erect with shoulders pulled back, knees locked straight, and hips fully extended.
3. **INFRACTIONS TO AVOID:**
    - Hitching: Bouncing, resting, or supporting the bar on the thighs ("ramping") to gain leverage is illegal.
    - Downward Movement: Any drop or downward dip of the bar before lockout is a safety locked out results in a failed lift.
    - Dropping the Bar: The lifter must lower the barbell back to the platform under control while maintaining hand contact; dropping it results in a disqualification for that attempt.