

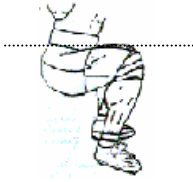


## Powerlifting: technical stuff - novice

Clothing - novice	How event is run
<p><b>T-shirt</b> Plain round neck t-shirt where the sleeves must cover your deltoids, no pockets, no buttons, no zipper, no v-neck, no collar, no large logos or t-shirts from other Federations or competitions).</p> <div style="text-align: center;">  </div> <p><b>Shorts (novice only) / soft suit</b> Shorts - above the knees. Soft suit looks like a wrestling suit. If you join the sport to compete then you will need a soft suit.</p> <p><b>Socks</b> Shin length socks are mandatory while deadlifting. Socks can be any colour or colours. May wear short socks for squat and bench press.</p> <p><b>Shoes</b> Sports shoes and/or lifting shoes, and/or deadlift slippers (no bare feet or lifting in socks)</p> <p><b>OPTIONAL APPAREL</b></p> <p><b>Belt</b> A competitor may wear a belt. If you join the sport to compete then, if you use a belt, you will need a belt with these dimensions:</p> <ol style="list-style-type: none"> <li>1. Width of belt maximum 10 cm</li> <li>2. Thickness of belt maximum 13 mm along the main length</li> <li>3. Inside width of buckle maximum 11 cm</li> <li>4. Outside width of buckle maximum 13 cm</li> <li>5. Tongue loop maximum width 5 cm</li> <li>6. Distance between end of belt and far end of tongue loop maximum 25 cm</li> </ol> <p><small>Correct Points of Measurement :</small></p> <div style="text-align: center;">  </div> <p><b>Knee wraps – equipped only</b> These are optional. The dimensions are:</p> <ol style="list-style-type: none"> <li>1. No longer than 2 metres</li> <li>2. Not exceeding 8 cm in width</li> </ol> <p><b>Knee sleeves – classic lifting</b> These are optional. The dimensions are:</p> <ol style="list-style-type: none"> <li>1. Maximum length 30 cm, maximum thickness 7cm</li> <li>2. Must be slip on, no straps, no Velcro or similar</li> </ol> <p><b>Wrist wraps</b> These are optional. The dimensions are:</p> <ol style="list-style-type: none"> <li>1. No longer than 1 metre</li> <li>2. Not exceeding 8 cm in width</li> </ol> <p>To compete and qualify for higher level competitions the minimum requirement is:</p> <ul style="list-style-type: none"> <li>• WPNZ registered financial member</li> <li>• Minimum age 14 years</li> </ul>	<p><b>Weigh-in</b></p> <ul style="list-style-type: none"> <li>• 2 hours in advance of lifting commencing for weighing in, eating, gear checking and warm-up</li> <li>• You will need to remove all external clothing down to your underwear (note some remove underwear to make their weight class)</li> </ul> <p><b>Attempt cards</b> At weigh-in you will be given 9 attempt cards, 3 for each lift</p> <div style="margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 5px;"> <p><b>SQUAT</b></p> <p>NAME: .....</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">1st</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">2nd</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">3rd</div> </div> <p style="font-size: 8px; margin-left: 100px;">← weight here.</p> <p>Signed: .....</p> </div> </div> <div style="margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 5px;"> <p><b>BENCH PRESS</b></p> <p>NAME: .....</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">1st</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">2nd</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">3rd</div> </div> <p style="font-size: 8px; margin-left: 100px;">← or Lifter</p> <p>Signed: .....</p> </div> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>DEAD LIFT</b></p> <p>NAME: .....</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">1st</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">2nd</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; font-size: 8px;">3rd</div> </div> <p style="font-size: 8px; margin-left: 100px;">← For changing 3<sup>rd</sup> attempt</p> <p>Signed: .....</p> </div>

## Squat

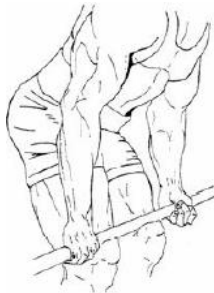


- **LISTEN** for the calls
  - **Start** (at beginning of lift with downward hand signal from Chief Referee)
  - **Rack** (at end of lift with upward hand signal from Chief Referee)
- Stand erect at the start and completion of the lift
- Squat to below parallel (crease at hip is lower than your vastus medialis-muscle above your knee)
- Wait for the call to Rack

## Bench

- **LISTEN** for the calls
  - **Start** (at beginning of lift with downward hand signal from Chief Referee)
  - **Press** (when bar is motionless on chest)
  - **Rack** (at end of lift with upward hand signal from Chief Referee)
- Buttocks must remain on the bench throughout the lift
- No head or foot movement
- Arms locked at the start
- Lower to chest
- Pause on chest, no bouncing, motionless, do not press upward until the referee calls Press
- Raise to locked position, requires even extension with no downward movement of the entire bar
- Wait for the call to Rack

## Deadlift



- **LISTEN** for the calls
  - there is no start call (once 'Bar loaded' called you have 1 minute to commence your lift)
  - **Down** (at end of lift with downward hand signal from Chief Referee)
- As the bar moves upward movement there can be no downward motion
- No foot movement
- No resting the bar on your legs (no jerking the bar up and down as you straighten up)
- At top of lift stand up straight
- Lower bar when you hear the referees call Down
- Wait for the call Down
- You **MUST** continue to hold the bar to lower it all the way to the floor



World Powerlifting New Zealand

[www.worldpowerlifting.nz](http://www.worldpowerlifting.nz)