

## **Strongest Raider Competition**

**Major Lifts:** Squat, Deadlift, Bench

All: Both sides loaded equally with the same amount of weight and checked by spotters before performing lift

Allowed: Belts, sleeves, wrist wraps, straps, chalk (no loose chalk), proper fitting clothes and appropriate footwear.

Not allowed: Knee wraps, bench shirts, lifting straps, loose chalk, and bare feet.

### **Deadlift:**

- 1) Any stance is okay as long as it is within the plates
- 2) Must have 2 spotters, one on each side of the bar
- 3) Don't put the bar down until commanded by a judge otherwise will be DQ'd
- 4) Shoulders must be all the way back at the top of the lift, if rolled forward can be DQ'd
- 5) Must lock out knees completely at top of the lift
- 6) Can be DQ'd if you rest bar on your knees/thighs aka "hitching"
- 7) Must have proper footwear on

### **Squats:**

- 1) Once in starting position out of the rack, judge gives que to begin lift
- 2) Hip crease must go below the knee
- 3) After lift is complete must wait for signal to re-rack bar
- 4) Must stay in the rack during lift

### **Bench:**

- 1) Must wait for start command before lower the bar
- 2) After start command lower all the way down to your chest once in this position
- 3) Wait for command to Press. Once command is given press the bar back up to starting position
- 4) Elbows must be FULLY extended at after press/ Lockout
- 5) Once you hear the command Rack, then you may re-rack the barbell
- 6) Head, shoulders, butt must remain on bench and feet on ground for the lift
- 7) No reverse grip benching/ no thumb-less grips
- 8) Can only have hands distanced to max grip rings

### **Disqualifications for any lifts:**

- 1) Ignoring commands by judges
- 2) Moving points of contact out of place / changing positions during lift
- 3) Not finishing through on full range of motion
- 4) Taking longer than 60 seconds for each lift
- 5) Not wearing proper attire

### **2019 Weight Classes:**

Males:

Light: <155 lbs.

Medium: 156-185 lbs.

Light Heavy: 186-215 lbs.

Heavy: >215 lbs.

Females:

Light <115 lbs.

Medium: 116-155 lbs.

Heavy: >155 lbs.