

# **STATE MEET JUDGING**

## **Equipment**

- Belts-4" belt, nothing bigger, no padding
- Knee/elbow braces-doctors note at table
- Only one layer of shirt-no bench shirts, compression underneath, etc.)
- No jewelry, headphones, phones, etc-cause of voided lift while benching.
- Taped wrist-one inch one time around wrist
- T-shirt only (no long sleeve, no cutoffs)
- Make sure hair is up so you can see shoulder blades

**ALL BRACES/ SLEEVES MUST BE APPROVED BY A BOARD OF DIRECTOR MEMBER OR THE MEET DIRECTOR. THE LIFTER WITH AN APPROVED BRACE/ SLEEVE WILL HAVE INITIALS PLACED ON THE WRISTBAND OF THE LIFTER.**

## **Squat**

1. Bar is Loaded, the lifter can approach the bar.
2. Bar should be removed (can have assistance) by the lifter from the rack.
3. Once they are settled and feet are not moving (should give you a head nod) the head judge can give them the squat command with a downward movement of the arm.
4. Side judges should be looking at depth-the top of the surface of the legs at the hip joint is lower than the top of the knees.
5. They can not bounce at the bottom. Must come up from the bottom without the bar descending.
6. The lifter can come up on their toes or back on their heels during the lift as long as their feet aren't moving outside of their "footprint".
7. Once the lifter is upright with knees locked, the lift is complete. The head judge with a wave of the hand and the "rack" command completes the lift. (the lifter must wait for your command to rack it and keep feet in the same location).
8. Spotters can help with the rack command
9. No contact should be made by the spotters with the bar or lifter at any time during the lift portion or the lift is no good.

## **Bench Press**

1. Bar is Loaded, the lifter can approach the bench.
2. The bar can be lifted off by the back spotter who then should move to the side.
3. No suicide grip, the lifter's thumbs should be wrapped around the bar.
4. Head, shoulders, and butt should be in contact with the bench the entire lift. (hair should be put up if it is covering the head/shoulder view.
5. Feet should be flat on the floor (or on plates). Feet can move but can not lift off of the floor.
6. The bar can move downward at any pace the lifter would like, once the bar is motionless on the chest, the head judge can tell them to "Press".
7. The bar should not sink into the chest upon the press command, it should instead move in an upward motion or the lift is no good.
8. If the lifter descends once the press command is given at all, this is a no good lift also.
9. The bar should be pressed straight up until arms are locked out, once arms are locked, the "Rack" command can be said by the head judge.
10. The spotters can help the lifter with the rack.
11. No contact should be made by the spotters with the bar or lifter at any time during the lift portion or the lift is no good.

## **STATE MEET JUDGING**

### **Deadlift**

1. Bar is Loaded, the lifter can approach the bar.
2. If the bar starts to move from the floor, that counts as an official attempt. A lifter can not reset themselves and try again if the weight has already progressed upwards at any time during the attempt.
3. The bar can not roll into the lifter, it must be at a standstill at the beginning of the attempt.
4. The lifter should pull the bar up their body without hitching (stopping/bouncing on the thighs).
5. The lifter's feet should not move during the lift, though they can rock between the ball and heel. Displacement of the "footprint" is NOT allowed.
6. Once the lifter has locked out (no soft knees, shoulders back) and the bar is motionless at the top of the lift, the head judge can give the hand signal and tell the lifter "Down".
7. The bar should be placed back on the platform, not dropped or thrown by the lifter, this can be a cause for no lift.

### **Head Judges**

1. Give both verbal and hand commands (squat and deadlift).
2. You can overrule side judges if you see something that is wrong. Use your "black" card to wave off an attempt if the lifter violates a command. Any command violation is an automatic disqualification of the attempt.
3. Make sure you have a clear line of sight for bench press, if not the lift is voided.
4. Make sure you help loaders/spotters with weights that need to be on the bar. Let them know the weights and what they need (ex: 155-1 45 lb. plate, 1 10 lb. plate)
5. Please run a quick meeting for all lifters on your rules/commands for your platform before each lift.
6. Communication is key with lifters, coaches, others!
7. There is no watching of any videos from parents or lifters to verify if a lift is good or not. Replays are not currently part of our system. People (spectators and lifters) need to respect that and move on.
8. If you have any problems at your platform (parents, lifters, coaches) please talk to us and we will have a discussion and possible removal from the meet.