

Johns Hopkins Barbell Club Winter Classic 2026 Meet Schedule

Date: Sunday, December 6, 2026

Weigh-Ins and Rules

10:15am – 11:00am: Weigh-ins and Rules Briefing

- Take all competitors' bodyweights and first attempt weights
- Re-introduce the schedule of the meet
- Discuss how the competition is scored
- Discuss the rules of each lift

Simplified Rules for Powerlifting Meets

Allowed equipment: lifting belt, knee sleeves, wrist wraps

Squat

- Commands
 - Lifter removes the bar from the rack on their own time.
 - When the lifter is stationary with their knees locked, the head judge will give the “Squat” command.
 - The lifter squats to the required depth and back to the starting position with the knees locked.
 - Once the knees are locked, the head judge will give the “Rack” command and the lifter will replace the bar in the rack.
- Reasons for a failed lift
 - Not hitting depth, which is defined as reaching a depth such that the hip crease is parallel to the top of the knee
 - Downward motion, defined as the bar moving down after the initial ascent is initiated.
 - Jumping a command, defined as performing an action before a command for that action is given.

Bench

- Commands
 - Lifter removes the bar from the rack on their own time.
 - Once the elbows are locked, the hips make contact with the bench, and the bar is stationary over the lifter’s shoulders, the head judge will give the “Start” command.
 - The lifter will bring the bar down until it makes contact with the chest.
 - Once the bar is stationary on the chest, the head judge will give the “Press” command.
 - The lifter will return the bar to the starting position with their elbows locked and the bar over their shoulders.
 - Once the bar is stationary over the lifter’s shoulders with the elbows locked, the head judge will give the “Rack” command and the lifter will replace the bar in the rack.
- Reasons for a failed lift
 - Hips losing contact with the bench at any point between the “Start” and “Rack” commands.
 - Downward motion, defined as the bar moving down after the initial ascent is initiated.

- Jumping a command, defined as performing an action before a command for that action is given.

Deadlift

- Commands
 - Lifter will approach the bar on their own time.
 - When the lifter is ready, they will lift the bar until their hips, knees, and shoulders are locked out.
 - Once lockout is achieved, the head judge will give the “Down” command.
 - The lifter will return the bar to the ground without losing hand contact with the bar or exerting downward force into the bar (slamming the bar).
- Reasons for a failed lift
 - Hands opening before “Down” command.
 - Hips, shoulders, or knees not being fully locked out.
 - Ramping, where the lifter bends their knees and hips to use their upper legs to support the bar on the ascent.
 - Hitching, where the bar repeatedly stalls on the lifter’s legs and they bend their knees and hips to “jump” the bar up their legs until lockout.
 - Downward motion, defined as the bar moving down after the initial ascent is initiated.
 - Jumping a command, defined as performing an action before a command for that action is given.

How Attempts Work

- Lifters start with their first attempt weight, all lifters perform their first attempt weight
- After each lift, the lifter will give the scoring table the weight for their following attempt
- Repeat for the second and third attempt
- In our meets, we allow lifters the option to perform a fourth attempt, but this attempt will not count towards their overall total or ranking

How Our Meets Are Scored

- Meets will be scored on DOTs, which is a regression formula that equalizes total weight lifted for bodyweight and gender
- Prizes will be awarded for 1st, 2nd, and 3rd in both male and female divisions (6 prizes total)

Lifting Schedule Option 1: One Lifting Flight

11:00am – 11:50am: Squat

- 11:00am – 11:20am: warmup period
- 11:20am – 11:50am: attempts

11:50am – 12:40pm: Bench

- 11:50am – 12:10pm: warmup period
- 12:10pm – 12:40pm: attempts

12:40pm – 1:30pm: Deadlift

- 12:40pm – 1:00pm: warmup period
- 1:00pm – 1:30pm: attempts

1:30pm – 2:00pm: Awards and Cleanup

- Calculate winners for male and female divisions
- Give awards and take photos
- Replace the lifting racks and mats

Lifting Schedule Option 2: Two Lifting Flights

11:00am – 12:20pm: Squat

- 11:00am – 11:20am: squat warmup period for flight 1
- 11:20am – 11:50am: attempts for flight 1, warmups for flight 2
- 11:50am – 12:20pm: attempts for flight 2, bench warmups for flight 1

12:20pm – 1:20pm: Bench

- 12:20pm – 12:50pm: bench attempts for flight 1, bench warmup period for flight 2
- 12:50pm – 1:20pm: bench attempts for flight 2, deadlift warmup period for flight 1

1:20pm – 2:20pm: Deadlift

- 1:20pm – 1:50pm: deadlift attempts for flight 1, deadlift warmup period for flight 2
- 1:50pm – 2:20pm: deadlift attempts for flight 2

2:20pm – 2:50pm: Awards and Cleanup

- Calculate winners for male and female divisions
- Give awards and take photos
- Replace the lifting racks and mats