



## **SQUAT**

- Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
- Failure to observe the Chief Referees signals at the commencement or completion of the lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.
- Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.
- Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.
- Any dropping or dumping of the bar after completion of the lift.

## **BENCH PRESS**

- Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.
- Failure to observe the Chief Referees signals at the commencement, during or completion of the lift.
- Any change in the elected lifting position during the lift proper, i.e. any raising of the head, shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.
- Contact with the bar or the lifter by the spotters/ loaders between the Chief Referees signals, in order to make the lift easier.
- Any contact of the lifters feet with the bench or its supports.
- Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.

## **DEADLIFT**

- Lowering the bar before receiving the Chief Referees signal.
- Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.
- Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command “Down” will not be cause for failure.