



SQUAT

- Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift.

BENCH PRESS

- Any downward movement of the whole of the bar in the course of being pressed out.
- Failure to press the bar to straight arms length elbows locked at the completion of the lift.

DEADLIFT

- Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.
- Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.