

Southern Alberta Summer Games



WEIGHTLIFTING

Draft Date: April 5th, 2024

Date: Friday, July 5th, 2024

Time: Check in: TBD Start Time: TBD

Location: Twisted Steel Fitness Centre

Regional Representation:

Open registration – no limit to the number of athletes from each region.

Format:

This is a raw meet. As such, please follow the equipment guidelines below:

- Wrist wraps are allowed
- Knee sleeves are allowed, but no knee wraps
- Belts are allowed
- No single-ply or multi-ply suits
- No slingshots or other apparatus
- No Straps are allowed

Age Classes: Open to everyone. All ages as of December 31st of current year.

- Youth I: 8 years of age and under
- Youth II: 13 years of age and under
- Sub-Junior: from the day he reaches 18 years old and younger.
- Junior: 23 years old and younger
- Open Division: 24-39 years old.
- Master I: 40-49 years old.
- Master II: 50-59 years old.
- Master III: 60-69 years old.
- Master IV: 70 years and upwards.

Body Weight Classes:

MEN

- Sub-Junior & Junior only-up to 53.0 kg
- **59.0 kg** Class up to 59.0 kg
- **66.0 kg** Class from 59.01 kg up to 66.0 kg
- **74.0 kg** Class from 66.01 kg up to 74.0 kg
- **83.0 kg** Class from 74.01 kg up to 83.0 kg
- **93.0 kg** Class from 83.01 kg up to 93.0 kg
- **105.0 kg** Class from 93.01 kg up to 105.0 kg
- **120.0 kg** Class from 105.01 kg up to 120.0 kg
- **120.0+ kg** Class from 120.01 kg up to unlimited

WOMEN

- Sub-Junior & Junior only-up to 43.0 kg
- **47.0 kg** Class up to 47.0 kg
- **52.0 kg** Class from 47.01 kg up to 52.0 kg
- **57.0 kg** Class from 52.01 kg up to 57.0 kg



WEIGHTLIFTING

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- **63.0 kg** Class from 57.01 kg up to 63.0 kg
- **69.0 kg** Class from 63.01 kg up to 69.0 kg
- **76.0 kg** Class from 69.01 kg up to 76.0 kg
- **84.0 kg** Class from 76.01 kg up to 84.0 kg
- **84.0+** Class from 84.01 kg up to unlimited

Rules and Regulations:

Attempt Selection

- You are allowed 3 attempts per lift. You may repeat attempts that you do not make, or go up in weight. You cannot decrease the weight between attempts.
- Attempts may go up in 2.5 kg or 5 lbs increments (e.g.-- you can go up 12.5 kg, but not 13 kg, as 12.5 kg is an increment of 2.5 kg)

Squat

- The crease of the hip needs to drop equal to or below the top of the knee.
- Please wear clothing that allows an unobstructed view of the hip crease to allow for accurate judging. (Shorts and Tee shirt)
- After unracking the bar and walking back into position, you must wait for the "squat" command to start the descent. The "squat" command will occur when the lifter has walked back with the weight and is standing still with their knees locked out.
- After completing the squat and locking out, you must wait for the "rack" command to rack the bar. The "rack" command will occur when the ascent portion is finished and the lifter is standing still with the weight and their knees locked out.
- At no point in the squat can the barbell travel down once you have begun the concentric (upward movement) of the squat.
- **NO DUMPING THE BAR**, If you fail a lift stick with it and allow the spotter to help you lift it into the rack, dumping the bar endangers the spotters and loaders.

Common Reasons for a "No Lift"

- Missing depth
- Failure to follow commands
- Downward bar movement during squat

Bench

- Heels are allowed to be up, but toes must remain on the ground.
- Butt, shoulders and head must remain in contact with the bench.
- Once in motion upwards, the bar cannot travel down.
- The bar may ascend and lockout unevenly.
- After unracking the bar, you must wait for a "start" command before initiating the descent. This will occur when the bar is over the chest, still, and elbows locked out.
- The bar must contact the chest and remain motionless until receiving the "press" command before initiating the press. The "press" command will be given when the bar is motionless on the chest.
- After completing the press and locking out, you must wait for the "rack" command before re-



WEIGHTLIFTING

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racking the bar. "Rack" command will take place when the bar is back over the chest, still, and elbows locked out.

Common Reasons for "No Lift"

- Failure to follow commands.
- Butt comes off the bench during the lift.
- Head comes off the bench during the lift.
- Downward bar movement during the press.

Deadlift

- Once in motion upwards, the bar cannot travel down.
- The bar cannot rest on the top of the legs at any point during the lift.
- Knees and hips must be locked out, and the lifter standing in a fully erect position for the lift to be complete.
- You must wait for a "down" before lowering the bar. The "down" command will occur after you have fully locked out the rep at the top.
- The bar may not be dropped to the floor. Hands must remain on the barbell until the bar touches the floor.

Common Reasons for "No Lift"

- Failure to follow "down" command
- Failure to fully lockout the deadlift.
- Resting the bar on the legs, or using the legs to support the bar during the lift.
- Downward bar movement during the pull.
- Dropping/letting go of the bar during the descent.

Conduct, Judging and Scoring

- Weigh Ins will occur 2 hours before competition start
- There will be three judges for this event (2 side, 1 front). Each will give a scoring light/card for each lift.
- 2 white lights/cards or more will indicate a good lift that will count towards the total. 2 or more red lights/cards will mean the lift does not count towards your total.
- At least one of each lift is required to have a complete score. If you fail to make at least one of each lift your total will be seen as incomplete and you will be ineligible for awards.

**Rules and guidelines may be subject to change ahead of the meet.*

Registration Deadline:

Registration Deadline as designated by your Regional Director

All registrations are done through your Regional Director, who will determine the Regional Deadline. The registration fee must also be submitted to your Regional Director. ***Signed consent forms must accompany the waivers.***

No late registrations will be accepted.