

2010 Rulebook additions/deletions/changes:

These are the changes that were made and added to the 4th Edition USAWA Rulebook. They can be used as an addendum to the previous Rulebook. These changes were approved by the membership at the 2010 Annual Meeting. The following also contains the rules for the new lifts that were approved.

Additions:

I.2. New USAWA lifts may be added to the current list of approved lifts by submitting a description of the lift and rules of the lift to the executive board for review 30 days prior to the Annual National Meeting.

I.3. New approved USAWA lifts may be presented to the IAWA for IAWA approval if membership deems so by majority vote. The USAWA representative of the IAWA Technical Committee will be the person responsible for presenting new lifts to the IAWA.

II. 3. Senior – This includes lifters who have reached their 20th birthday, but have not reached their 40th birthday.

II.4. A Handicap Division may be offered by Meet Directors, in which the determination of a lifter's eligibility for this division is determined on a case by case basis by the meet director. No separate records will be kept for the Handicapped Division.

VI. 1. If wrist wraps contain thumb loops, they must be removed from the thumbs prior to lifting.

VII. The minimum age of a certified USAWA official is 16 years.

VII. Once an official has passed the Rules Test, the Officials Director will issue an Officials card that will be valid for 3 years from the date the official passed the test. Level 1 Test Qualified Officials will be required to retake the Rules Test after 3 years to maintain Certified Official Status. Level 1 Experience Qualified Officials will receive an Officials card that is valid for 3 years and will be automatically renewed unless the official has been inactive as an official during the previous three year period, in which a new Officials Card will not be issued unless the individual makes a request to the Officials Director. Level 2 Officials are exempt from recertification, and are issued a lifetime officials card.

VII. An individual must make a written request to the Officials Director in order to apply for Level 1 Experience Qualified Certified Status or to show proof of officiating experience in order to change their level of certification.

D.21 & D.22 (Bent and Straight Arm Pullover) The bar may be held above the body and lowered to the platform prior to the lift. However, the bar must be paused on the platform prior to receiving a command from the official to begin the lift.

D.24 (Scott Lift) During the rise from the knees, the feet are allowed to move.

E.2. (Dumbbell Clean) Both dumbbells must be cleaned at the same time and in one motion from the platform to the shoulders. It is an infraction to clean the dumbbells from the hang position.

Deletions:

None

Changes:

VII.10. The test must be completed and returned to the Officials Chairperson to be judged. The Officials Chairperson will inform you only of a pass or fail. If you pass, the Officials Chairperson will notify the USAWA Secretary to include you on the current list of officials.

H.4 (Deadlift – 2 Fulton Dumbbells) The maximum diameter of the plates used is 18 inches.

H.11 (Finger Lifts) The maximum distance between the bottom of the vertical bar and the top of the ring is 25 inches.

V. 1 No wrapping is allowed except wrist wraps and knee wraps. Knee wraps are only allowed for the front squat and the 12" base squat. Wrist wraps must not exceed 1 meter in length and knee wraps must not exceed 2 meters in length. The maximum width of wrist wraps and knee wraps is 10 cm and the maximum thickness is 1 mm.

New Approved USAWA Lifts

1. Pull Up

The crossbar used shall be a straight bar with a diameter between 1 inches and 2 inches. The width of hand placement on the crossbar shall be at the discretion of the lifter. The lifter may use any platform necessary to reach the crossbar. The bar is to be grasped with the palms facing away from the body. The weight shall be affixed to the lifter by way of hanging the weight on a belt attached to the waist of the lifter. The lift will begin on command from an official when the lifter is hanging at arms' length from the crossbar, motionless, and with feet completely off the floor or any support. The lifter must then pull the body to the crossbar to a position where the point of the chin is above the crossbar. Once motionless, the lifter will receive a command that ends the lift. No "kipping" (the motion of excessive kicking of the legs to obtain a mechanical advantage) is allowed. The weight of the lifter is NOT to be included in the total weight lifted.

2. Chin Up

The rules of the Pull Up apply, with the exception that the palms of the hands must be facing toward the body of lifter.

3. Foot Press

An apparatus is used in which weight is loaded onto the feet only while the lifter is laying on his/her back on the floor/platform with the legs vertical and perpendicular to the floor. The apparatus used must allow the weight to rise without providing any leverage to the lift, but may be guided in a track. It is also acceptable to use a plank resting on support platforms. The lift starts at the lifter's discretion. Hands may be placed on the legs or any part of the apparatus, but must not be used to push directly against the weight being lifted. The hands may remain on the legs throughout the lift, and upon the finish of it. The weight lifted must clear the supports and be held motionless, at which time an official will give a command to end the lift.

4. Turkish Get Up

A dumbbell or kettlebell is used for this lift. The lift begins with the lifter lying on his/her back on the platform holding the implement in one hand above the body with a straight arm perpendicular to the platform. Once in this position, an official will give the command to start the lift. The lifter must rise to a standing position, holding the implement overhead with a straight arm throughout. The lifting arm must stay perpendicular to the lifting platform. The lifter may use the free hand to brace against the body or the platform during the execution of the lift, but must not touch the implement or the lifting arm. The implement may rotate in any direction. Once standing with the implement overhead, the implement motionless and the lifter's feet in line with the body, an official will give a command to end the lift.

5. Bent Over Row

The lift will start at the lifter's discretion with the bar placed on the platform in front of the lifter. The lifter will grip the bar with an overhand grip with the palms of the hands facing the lifter. The width of grip spacing and feet placement is of the lifter's choosing, but the feet must be in line with the bar. The body must be in a bent over position at the waist. The upper body must not straighten past 45 degrees parallel to the platform at any time during the lift or it is a disqualification. The legs may be bent during the lift and upon the completion of the lift. The bar is lifted to touch the abdomen or torso by bending the arms. The bar must touch the abdomen higher than the belt, or the navel if a belt is not worn. It is a disqualification if the belt supports the bar at the abdomen upon the finish of the lift. The lift ends by an official's command when the bar is held motionless at the abdomen or chest.

