

2011 USAWA Rulebook Changes

Individual Rules of the Lifts:

1. **D7. Curl – Cheat:** Remove *“Heels and toes must not rise during the lift.”* Add *“The heels may rise during the lift”* and *“the bar may be lowered below the knees during the lift”*. These changes will bring the USAWA rule into compliance with the IAWA rule.
2. **A15. Clean and Press – On Knees:** Remove *“However, touching the buttocks to the feet or lower legs during the press is a disqualification.”* Add *“The lifter may press with the buttocks touching the feet or lower legs or press in an upright position, but if the buttocks are touching the feet or lower legs at the beginning of the press the lifter is not allowed to become upright during the press.”* This change will bring the USAWA rule into compliance with the IAWA rule.
3. **A44. Snatch – On Knees:** Add *“The knees are allowed to move on the platform during the lift.”* This change will bring the USAWA rule into compliance with the IAWA rule.
4. **H24. Vertical Bar Deadlift:** Add *“Both vertical bars must be loaded to the same weight.”*
5. **E9. Curl – 2 Dumbbells, Cheat:** Remove *“The dumbbells must be turned so the rods of the dumbbells are in line with each other prior to the curl and during the curl.”* Add *“The dumbbells may be in any degree of rotation during the curl, but must finish with the rods of the dumbbells in line and parallel to the shoulders.”* This change will bring the USAWA rule into compliance with the IAWA rule.
6. **H15. Pinch Grip:** Add *“front hang or backhang is allowed to the loading of the center bar”*.
7. **H21. Turkish Get Up:** Add *“A dumbbell, kettlebell or barbell is used for this lift, but only one record will be kept regardless of the implement used.”* This change will bring the USAWA rule into compliance with the IAWA rule.

General Rules:

1. **VII. Officials:** Add *“USAWA Officials must have current USAWA membership to be active officials. Officials who do not have current USAWA membership will be identified on the list of certified officials as inactive. The lack of current membership will not result in the loss of certification status.”*
2. **Fulton Bar (2” Bar) Lifts:** Remove *“Fulton Bar Lifts are approved for all bar lifts using a Fulton Bar and the rules of the individual lifts. Listed below are the rules for the Fulton Bar Lifts in which records have been set”*. This would require that all new Fulton Bar Lifts would need to be proposed and passed as new lifts.
3. **VII.3 The Competition:** Add *“Sanction requests must be sent in for approval at least 6 weeks prior to the scheduled event.”*

Editing:

1. **B7. Deadlift – Fingers, Middle:** The photo caption changed from *“Deadlift – Fingers, Little by Dale Friesz”* to *“Deadlift – Fingers, Ring by Dale Friesz”*.

All changes will be made to the 5th Edition USAWA Rulebook, which will become effective August 1st, 2011.

Proposed New USAWA Lifts

The Rule for the Apollons Lift:

A 2 inch diameter axle (or Fulton Bar) will be used as the bar for this lift. The maximum starting bar height is 12 inches measured from the platform to the bottom of the bar. Any method may be used to take the bar to the shoulders or overhead. The bar or plates are allowed to retouch the platform during the lift. If the bar is placed down or dropped, the lifter may try again as many times as he/she wants within the time limit. A time limit of 1 minute is allowed. Once the weight is overhead, with arms' locked, legs straight, and the feet in line with the torso, an official will give the command to end the lift.

The Rule for the Cyr Press:

Any dumbbell with a handle diameter between 1 inch and 1.5 inches is allowed. The dumbbell may be brought to the shoulder in any manner, but must come to the shoulder before going overhead. This includes using two hands. Once at the shoulder, the dumbbell is taken overhead with only one hand anyhow. The other arm/hand is not allowed to touch the lifting arm during the overhead portion. The feet are allowed to move. If the lifter misses with one arm, the dumbbell may be switched to the other arm during the attempt, but the arm used must be selected at the shoulder. A time limit of 1 minute is allowed for the attempt. The dumbbell may be set down or dropped during the attempt. If the overhead portion of the lift is missed, it may be restarted at the shoulder. Once the dumbbell is overhead motionless with arm straight, the legs straight and feet in line with the torso, an official will give a command to end the lift.

The Rule for the Saxon Snatch:

A wooden plank, of 3 inch thickness, will be used as the apparatus. The plank will be able to be loaded with plates to any weight desired. The rules of the Snatch apply. The plank must be gripped with an overhand (knuckles facing away) pinch grip. The lifter will have a time limit of 1 minute to accomplish a legal lift. If the plank is dropped or not deemed a legal snatch, the lifter may repeat as many times as desired within the time limit.

The Rule for the Dinnie Lift:

Two weight loadable Vertical Bars with ring handles attached are used in this lift. The maximum height from the floor to the top of the lifting rings is 21 inches. One Vertical Bar's weight MUST not exceed 75% of the other. Any style of lifting may be used. The lift ends when the lifter is upright and motionless. The lifter may have the Vertical Bars at the side, or may straddle them. A time limit of 1 minute is given to accomplish a legal lift. The weights may be dropped within this time limit, and the lifter may reset and try again. An official will give a command to end the lift. Lifting straps of any kind are NOT allowed!

The Rule for the Goerner Stroll:

Two barbells will be used. The lifter must pick up both barbells at the same time, one in each hand, and walk (or run) a distance of 1 rod (or 16.5 feet). The starting and finish lines must be marked. The plates on the bars must be behind the starting line at the start, and finish entirely beyond the finish line at the end. The weight selected on the bars must not be changed during the attempt. Both bars must be loaded to the same weight. A one minute time limit is allowed for the attempt. If the bars are set down or dropped between the starting and finish lines during this 1 minute time limit, the lifter may start over, but MUST restart at the starting line. Strapping the bars to the hands is NOT ALLOWED.

The Rule for the Jackson Press:

This lift is a press from the racks, using a reverse grip. The rules of the Press – From Rack apply except that the bar must be gripped with a reverse grip, in which the palms of the hands are facing the lifter when the bar is held at the chest prior to the press.