

# USAWA Rules Test

## Open Book Exam

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1. Are knee wraps allowed in any USAWA lifts? If so, which ones?
2. How is a lifter's age determined?
3. Is it allowable to have weigh ins the night before a competition?
4. For a multiple day competition, when is a lifter's weight class established?
5. List three differences between a Side Press and a Bent Press.
6. How many record attempts per lift is allowed in competition?

7. Give the legal dimensions for a lifting belt and for wrist wraps.
  
8. List the weight classes for men and women, including Junior lifters.
  
9. List three lifts that use a belt that attaches to a bar.
  
10. List three rules of the Mansfield Lift.
  
11. True or False. One certified USAWA official may certify an USAWA record.
  
12. May a lifter's back be supported in the Clean and Seated Press?
  
13. Name a lift where a lifter's bodyweight is included in the amount lifted.
  
14. In the Clean and Press – On Knees, when may the lifter's buttocks make contact with the legs?

15. List the Order of Call using a Progressive Loading System.
  
16. Which three lifts are combined in the James lift?
  
17. In the Clean and Jerk – Behind Neck, is it allowable for the bar to touch the head?
  
18. What lifts may be part of the USAWA National Championship?
  
19. Name the only lift where records are kept for time.
  
20. Name the lift that combines the Hand and Thigh Lift and the Zercher Lift.
  
21. What are the only two substances allowed on the hands?
  
22. Is footwear mandatory when lifting?
  
23. What is the maximum length of the bar in the Vertical Bar Lifts?

24. How high must a one arm Deadlift be raised?
  
25. If lots are used, when are they drawn?
  
26. Which lift (s) allow back hang and how much is allowed?
  
27. Name the lift that is a press from the racks using a reverse grip.
  
28. In lifts using two dumbbells, the general rules of the lifts state that the dumbbells must be of the same weight. Name the one lift where dumbbells may be of different weights.
  
29. How long does a lifter have to begin a lift once he/she is called to lift?
  
30. List a rule violation in the Front Squat that is different than the Squat.
  
31. May a lifter use an assistant in the Steinborn Lift?

32. When must the legs be straight in the Clean and Push Press?
  
  
  
  
  
  
  
  
  
  
33. Explain what is done if the bar is improperly loaded and the lifter makes the lift? Misses the lift?
  
  
  
  
  
  
  
  
  
  
34. Define the hook grip.
  
  
  
  
  
  
  
  
  
  
35. Name two lifts in which a kettlebell may be used?
  
  
  
  
  
  
  
  
  
  
36. What is the maximum length of a dumbbell?
  
  
  
  
  
  
  
  
  
  
37. Name the lift that has the rule statement that the upper body must not straighten past 45 degrees parallel to the platform during the lift.
  
  
  
  
  
  
  
  
  
  
38. Explain the main difference between the Pullover & Push and the Pullover & Press.
  
  
  
  
  
  
  
  
  
  
39. What is meant by a Ciavattone grip?

40. List the dimensions of a Fulton Bar. Is knurling allowed on the Fulton Bar?
  
41. List three rule violations of the Crucifix Lift.
  
  
  
  
  
  
  
  
  
  
42. Name the lift where the lifter starts the lift on the knees with the bar placed in the crooks of the elbows.
  
  
  
  
  
  
  
  
  
  
43. How many attempts per lift are allowed in competition?
  
  
  
  
  
  
  
  
  
  
44. List all the age groups (with ages) for men and women.
  
  
  
  
  
  
  
  
  
  
45. May a woman compete in the men's class?
  
  
  
  
  
  
  
  
  
  
46. Is it allowable for the legs to rest on a support bench in the Bench Press – Feet in Air?

47. If lifts are done from the hang, how low must the bar be lowered?
  
48. What drugs or classes of drugs are tested for in the drug testing program?
  
49. Name the lift that uses a wooden plank of 3 inch thickness.
  
50. Name two ways the bar may be gripped in the Front Squat?
  
51. What are the maximum sized plates allowed to be used in the One Hand Deadlift with a Cambered Bar?
  
52. Define "Press Out".
  
53. How high must the lifting hand be raised in the Vertical Bar Deadlifts?
  
54. What lift is also known as the Reverse Swing?

55. Can the dumbbells come to rest on the shoulders prior to the press in the Clean and Push Press with Dumbbells?
56. What substance and/or substances may be applied to the legs during the deadlift?
57. List the three contact points in the Pullover and Press with Wrestlers Bridge?
58. List the dimensions of the hand bar used in the Hand and Thigh.
59. Name the lift where a piece of paper is placed behind the lifter's head.
60. Can an official's judgement be appealed to a protest board?
61. What is considered excessive backbend in the Clean and Press?
62. List all information (8 things) required when a lift is submitted to the records Chairperson for a record.



63. List the two systems that are approved for officiating USAWA competitions.

64. When does an attempt begin?

65. Is tape allowed on the hands?

66. What is the time limit allowed in the Old Time Strongman lifts?

67. What is the main difference between the Hack Lift and the Jefferson Lift?

68. Which two lifts are also referred to as the Schubert Lifts?

69. Is it permissible to split or squat in the one hand swing?

70. Define the Thumbless Grip, as used in the Deadlift – No Thumbs.

71. In the Snatch – On Knees, is it allowable for the knees to move/slide on the platform during the lift?
72. What are the maximum and minimum dimensions of the lifting platform?
73. What are the rules regarding scale certification?
74. May a competitor officiate in a meet in which he/she is also competing?
75. If a lifter fails to make an attempt in one of the various lifts in a competition, can the lifter continue in the competition?
76. How high must the arms be raised in the Rectangular Fix?
77. May a lifter compete without a shirt?
78. When lifters of different weight classes establish a record in a Team Lift, what weight class does the record apply?

79. Are records set in pounds or kilos?
80. What is the main difference between the Judd Clean & Jerk and the Clean and Jerk?
81. What is the main difference between the Miller Clean & Jerk and the Clean and Jerk?
82. Is it allowable to use oversized diameter plates for the Pullover and Press?
83. In the Continental to Belt, how low may a lifter place his/her belt?
84. What is the minimum increase in weight allowed in the progressive loading system?
85. Name the one lift where a dumbbell of 3.5 inch diameter is used.
86. What is the penalty for failing a second drug test?
87. Name two lifts in which the bar is rolled up the back.

88. Can repetition lifts be part of a USAWA competition?

89. What size of plates are used in the bearhug?

90. Describe a reverse grip.

91. What lift requires a plate being balanced on the head?

92. List the procedure in approving a new lift.

93. What is the maximum hand spacing on the bar for the French Press?

94. Name the only lift that allows headgear to be worn.

95. Give the dimensions of the Weaver Stick.

96. What lift requires the bar to be held in the crooks of the arms, behind the lifter's back?

97. In the Clean and Jerk with 2 dumbbells, what is the maximum height the dumbbells may be after the clean?

98. In the Finger Lifts, what is the maximum distance between the bottom of the Vertical Bar and the top of the lifting ring?

99. What position must the dumbbell be maintained in during the Swing – Dumbbell, One Arm?

100. List and describe the two levels of certified USAWA officials.

**TEST MUST BE SUBMITTED TO THE OFFICIALS DIRECTOR FOR GRADING**

**SEND TO:**

**Joe Garcia**

**20051 Old Hwy 63 North**

**Sturgeon, Missouri 65284**

**email: [jgarcia@usawa.com](mailto:jgarcia@usawa.com)**