



2011
ALL-ROUND WEIGHTLIFTING
WORLD CHAMPIONSHIP

COMPETITION LIFTS

**HOSTED BY
ALLROUND WEIGHTLIFTING WESTERN AUSTRALIA (INC)**

**PERTH, WESTERN AUSTRALIA
NOVEMBER 19TH & 20TH
AT THE
BELMONT SPORTS AND RECREATION CLUB
CORNER ABERNATHY ROAD & KEANE STREET
CLOVERDALE. WA**

**THE FOLLOWING LIFTS ARE THE COMPETITION LIFTS WITH DESCRIPTION
AND REFERENCES/GUIDELINES FOR EACH LIFT.**

**THE
INTERNATIONAL ALL-ROUND
WEIGHTLIFTING ASSOCIATION
(I.A.W.A. (UK)
OFFICIAL RULEBOOK
HAS BEEN USED FOR THIS INFORMATION**

The rules of performance for the **(B28) continental clean** apply to the clean part of the lift, and the rules of performance for the **(A5) jerk** apply to the jerk part of the lift, except that the jerk can be done from a position in front or behind the neck, it is the lifters choice. There is no limit to the number of attempts made to clean or jerk the bar, once it is lifted from the floor. The lift may also finish with a press out.

Causes for Failure:

- 1 The causes for failure are the same as for the continental clean, and the jerk, except that it is the lifters choice to jerk from a front or behind the neck position.

References...***B28 CONTINENTAL CLEAN***

The bar will be lifted from the floor, coming to rest in the finish position for the clean. The difference between the continental and the regular clean is the fact that it can be raised by any method of the lifters choice, other than upending the bar into position. The bar may be raised in one or a series of movements, it may come to rest, be re-lowered, and make contact with any part of the legs or body during the lift. Touching the lifting surface with any part of the knees or buttocks is permissible. The grip is optional and may be altered during the lift. The signal to replace the bar will be given when the lifter is motionless in the finished clean position, the bar gripped with both hands, body erect, legs braced and feet parallel and in line with the torso. A supportive belt with a folded towel or similar material placed inside it and at the front, may be used to assist the lifter, who may choose to clean the bar from the belt.

Causes for Failure:

- 1 Allowing the bar to make contact with the lifting surface during the lift.
- 2 Failure to maintain the finish position, bar on upper chest, legs braced and feet parallel and in line with the torso.

(A5) CLEAN & JERK

The bar may be adjusted between the clean and the jerk, allowing the thumbs to be withdrawn, the bar to be lowered if impeding the breathing and to change the width of the grip.

The feet should return to the straight line, with the legs straight and the lifter recovering in their own time, before performing the jerk. To jerk, the lifter bends the legs and extends them as well as the arms, to bring the bar to full extension overhead, in one movement. The lift must not finish with a press out, and the lifters feet should once again come to finish in line with legs and arms fully extended. Only one attempt at the jerk will be allowed. When the lifter has finished the lift, fully extended, feet on an even plane, and motionless, the official will signal to return the bar to the platform.

Causes for Failure:

- 10 Unlocking of the arms after the jerk, prior to the referees signal.
- 11 Failure to assume the correct finish position, arms and legs extended, bar held motionless, and feet in line and parallel to the plane of the trunk
- 12 Lowering the bar before the referees signal to replace the bar, or dropping the bar afterwards.

The rules of performance for the push press apply, except that the bar is lifted off the rack, to await the referees signal to push / press, instead of cleaning it. On the referees signal to replace the bar at the completion of the lift, the lifter should make a bona-fide attempt to replace the weight in the rack, and can be assisted by the spotters / catchers.

Causes for Failure:

- 1 The causes for failure are the same as for the clean and push press, but only from the point after the clean, the weight having been lifted off the rack to await the signal to push / press.

B31 CLEAN AND PUSH PRESS

Having cleaned the bar, on the referees signal the lifter will start the push. Bending the knees as for the start of the jerk, the lifter will thrust the weight upwards from the chest using leg power only. On straightening the legs, the must not bend again. After the initial push, the bar will be pressed out to arms length, where the lifter will wait in the finished position for the referees signal to replace the bar. During the push part of the lift, the lifter may raise up onto the toes, but not break contact with the lifting surface. When the heels / soles of the feet return fully to the floor, the knees must not bend again.

Causes for Failure:

- 2 Any secondary knee bend during the push / press.
 - 3 Any lateral movement or complete break in contact, between the feet and the lifting surface, after the push signal.
 - 4 Starting the push before the referees signal.
 - 5 Uneven or incomplete extension of the arms.
 - 6 Failure to assume the correct, upright, erect and motionless posture to finish the lift.
 - 7 Lowering / replacing the bar prior to the referees signal.
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E1**ZERCHER**

A barbell will be deadlifted to the knees and the lifter will then squat down in order to balance the bar on the top of the knees, foot spacing is optional on both preliminary and primary movements. The lifter will then secure the barbell in the crook of the elbows, either by reaching under the bar inside the legs, or outside, and will then stand erect, in his /her own time, with the weight fixed at the articulation of the upper and lower arm (the elbow). The feet must not move from the elected position, and on completion the legs must be straight and the body erect with shoulders braced. Following the officials signal to replace the bar, the lifter will follow the bar back to the lifting surface, making a bona – fide attempt to replace it using a measure of control.

Causes for Failure:

- 1 Failure to complete the lift with the legs straight, the body erect, the shoulders braced, and the weight fixed in the crook of the elbows.
- 2 Any movement of the feet during the recovery.
- 3 Replacing / lowering the bar prior to the referees signal.
- 4 Failing to follow the bar on its return to the lifting surface, or dropping the bar after the referees signal.

E6

CHEAT CURL

The lifter will stand upright, holding a bar at arms length and resting across the thighs with the palms facing forward. The foot spacing is of the lifters choice, but the legs will be straight with the knees braced. In this position the lifter will receive the signal to start the lift. The barbell will be curled from arms length to touch the neck – upper chest configuration, in one movement. Swaying of the body, dropping of the shoulders and bending at the waist to gain momentum is allowed, but the knees must remain braced throughout the lift, and there must be no movement of the feet. On completion, the referee will signal to replace the bar.

Causes for Failure:

- 1 Starting to lift before the referees signal.
 - 2 Failure to curl the bar in one continuous movement.
 - 3 Failure to keep the knees braced throughout the lift, and any movement of the feet.
 - 4 Lowering / replacing the bar before the referees signal.
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F16

TWO HANDS FULTON DEADLIFT

The rules of performance for the deadlift apply, except that a two inch diameter bar is used, the bar does not need to be the same length as a standard barbell, either between the inside collars or in overall length. The bar must be held with both hands, using an overhand grip.

Causes for Failure:

- 1 Causes for failure are the same as for the deadlift, except that a 2 inch bar is used.
- 2 Failure to lift with the knuckles of both hands facing the front.

Reference...

A1 DEADLIFT

The bar will be placed at the feet and directly in front of the lifter. The lifter will grasp the bar with both hands and raise the weight, the only command will be given at the completion of the lift. The lifter may use a grip in which palms are opposed if do desired. The bar may be uneven during ascent, but it must finish evenly. The bar may touch the legs during ascent, but should not be rested, bounced or hitched on the legs, or lowered at any point. No substance of any kind may be applied to the legs. Heels and toes may be raised during the lift, but the placing should not be changed. The lift is completed when the legs and arms are straight, with the bar motionless across the lifters thighs, and the shoulders braced. On completion of the lift, after the officials signal, the bar should be controlled back to its position on the lifting surface.

Causes for failure:

- 1 Any downward movement of the bar during the lift. The bar may stop but not lower.
- 2 Failure to stand erect with shoulders braced in the erect position
- 3 Failure to lock the knees at the completion of the lift
- 4 Supporting the bar on the thighs during the lift i.e. any secondary knee flexion (as the bar is lifted from the platform the knees must extend without any additional flexion of the knees)
- 5 Any lateral movement of the feet, or stepping backwards or forward
- 6 Lowering the bar before the chief referee's signal
- 7 Allowing the bar to return to the platform without maintaining control

The rules of performance are the same as for the **vertical bar lift**, except that the lift is performed with two x 2 inch diameter bars / rods.

Causes for Failure:

1 Causes for failure are the same as for the one hand vertical lift, except that a 2 inch rods are used.

Reference...

F2 ONE HAND VERTICAL BAR LIFT(Fulton)

The lifter will grip a vertical bar with one hand, and lift the bar and weight stack clear of the lifting surface, holding it motionless and under control for two seconds. On completion the legs should be erect and straight with the free hand clear of any contact with the body. The bar will be of 2 inch diameter, and can be up to 30 inches long. A collar or base plate should be tightened or welded on the bottom to hold the vertical weight stack. The bar should not be knurled. The lifter can use an optional grip, and the lifting hand should not be in contact with or in close proximity to the weight stack, so as to avoid any tipping or gripping of the bar with the weight stack at an angle. The lifter should also be careful to ensure that the bar does not touch the forearm or leg, and the lifting hand is not locked against the thigh. The dumbbell may touch the lifters legs during or on completion of the lift.

Causes for Failure:

- 1 Any contact of the bar with the forearm or legs, or locking of the lifting hand or bar against the thigh.
- 2 Any contact between the lifting hand and the weight stack, or any attempt to tip or grip the bar at an angle.
- 3 Failure to achieve and maintain the finished position (weight held clear of the lifting surface, motionless and under control for two seconds, with the legs erect and straight and the free hand clear of any contact with the body.
- 4 Replacing / lowering the bar before the referees signal.

The lifter will place a loaded dumbbell either across the front, between the feet, or further back between the feet and to the rear of the heels. Using one arm the lifter will swing a dumbbell to a locked out position overhead, keeping the dumbbell at right angles to the lifters body at the start, during and on completion of the lift. A split or a squat with the legs can be used to help facilitate the effort. The bell must not be pressed out. The lifter will finish erect with the feet in line with the lifters front aspect. The lifter can take one swing, or as many as is desired to take the bell to arms length, so long as the motion of the bell does not stop once it is started. Once the bell leaves the floor it must not make contact with the floor again, and no part of the lifters body can make contact with the lifting surface other than the feet. The lifters arm can bend (as for a snatch) or remain straight throughout the lift. 15 inch discs are allowed for this lift, but if too cumbersome lifters can elect to use 11 inch discs. The dumbbell can be unevenly loaded if desired, this is known as 'back hang'.

Causes for Failure:

- 1 Failing to swing in one continuous movement.
- 2 Touching the floor with the dumbbell or any part of the body other than the feet during the lift.
- 3 Failing to maintain the dumbbell at right angles to the lifters front aspect throughout
- 4 Finishing with a press out.
- 5 Failing to achieve the finished position, upright, erect and arm locked out overhead.
- 6 Lowering / replacing the dumbbell before the referees signal.