University of Utah Intramural Sports
Weightlifting Competition Rules

General Rules
- Contestants will have 3 lifts to lift the maximum amount of weight they can
- Contestants will submit their starting weight for bench press on the registration form
- Contestants will determine weight for 2nd and 3rd lift attempt after all contestants complete 1st and 2nd lift respectively
- The largest amount of weight lifted will be used for scoring
- Scoring will be determined by dividing the amount of weight lifted by the weight of the contestant
- Contestants will have 2 minutes to complete each lift
- Once a lift has started, contestants have 10 seconds to complete the lift
- Contestants may use the following items: lifting belt, lifting gloves, and lifting chalk
- Spotters will be present to ensure the safety of the contestants
- Spotters will be available for a “lift off” if the contestant wishes
- Contestants must lower the weight in a controlled manner
- Profanity during competition is not allowed and will result in a warning, followed by disqualification

Bench Press Rules
- Head must remain on the bench
- Shoulders must remain on bench
- Lower back and butt must remain on bench
- Both feet must stay in contact with the floor
- The bar must touch the chest of the contestant and pause before lifting the bar upward
- Bouncing of the bar off of the chest or not touching the chest will result in a no lift
- Bar must come up evenly on both sides; shifting of weight counts as a failed lift
- Any downward motion after the press has begun counts as a failed lift
- Elbows must be locked out at the completion of the lift to be counted as a complete lift.
- The head official can call any of the above fouls that will result in a no lift.

Squat Rules
- The contestant’s thighs must be parallel to the ground or below and pause before lifting the bar upward
- No downward movement after the competitor has begun the press
- Knees must be locked out at the completion of the lift to be counted as a complete lift
- The head official can call any of the above fouls that will result in a no lift

Dead Lift Rules
- No downward motion of the bar once the lift has begun
- Use of thighs to rest the bar or “hitching” halfway through the lift counts as a failed lift
- Competitors back must be completely straight at end of lift
- Competitors shoulders must be back in “locked position” and chest out
- Competitors legs must be straight with knees locked
- Competitor must hold lift until judge approves to lower
- Wrist wraps are not allowed