

WPF REFEREES JUDGING CHECK LIST

DEAD LIFT

- Bar gripped with optional grip in both hands.
- Bar is lifted upward until lifter is standing erect.
- Bar may stop during ascent, and then continue to top, but no downward motion.
- Knees and hips must be locked in straight, erect position.
- Bar must remain motionless at top.
- Chief Referee must give verbal and visual hand signal 'down' when lifter is standing erect in completed position.
- Shoulders must be aligned with hip joint from side view at lockout.
- Failure to lock knees at top, or re-bending of knees at top is not permitted.
- Lowering of bar before referees signal is not permitted.
- Supporting bar on thighs, hitching or walking bar up legs is not permitted.
- Stumbling or taking a step with foot is not permitted.
- Intentional dropping or not maintaining control with both hands when bar is returning to platform is not permitted.
- No elbow wraps, gloves or wrist straps are permitted.
- Official wrist wraps and knee wraps are permitted.
- One single ply suit is required, not extending beyond mid thigh.
- One tee shirt must be worn on the dead lift, with or without arms. No vests.
- Lifter must wear socks up to knees, but not beyond.
- During dead lift, Referees must remain in seat, not give hand motions or sit behind lifter during lift.
- Referee's must make their own judgment in pressing white or red signal. Be prepared to justify their decision if asked by lifter, but not enter into any argument.