POWERLIFTERS NOTICE

**PLEASE DO NOT!**

Drop the bar or weights on platform or in warm-up room and always use collars.

Use talcum powder.

Apply pool chalk for Dead Lift or chalk for hands anywhere but on sheets provided.

Use any bars without using the collars at all times.

Use illegal lifting apparel.

Use equipment, bars or weights off the warm-up platforms.

Disrespect the equipment.

Argue with Referee decisions.

**PLEASE DON’T FORGET!**

To submit your attempt card, to the MC table within **ONE** minute of your last attempt. If you fail to submit your attempt and had failed your previous attempt, you will be allocated the same weight. If successful you will be allocated 2.5 kg more.

If you are making a record attempt, you must inform the MC at the same time you submit your attempt.

If you are successful with your record attempt, you must present yourself to the Chief Referee for inspection of all your lifting attire.

When your name is called, you have **ONE** minute to commence your lift.

Any technical questions, please ask the Technical Officer.

**COMMON MISTAKES**

Using a padded belt, two loops or not to specification

Having lifting suits legs length beyond **mid-thigh**.

Not having shoulder straps up on suits on all lifts.

Not having socks up to knees on dead lift.

Not making oneself aware of lifting procedures, like referees signals.

Not putting subsequent attempts within one minute after previous lift.

Starting too heavy on opening attempt.

Under briefs extending beyond navel and/or **legs protruding** beyond lifting suit.

Socks touching knee wraps.

Not starting with straight arms on bench press.

Raising buttocks off bench.

**RE-AFFIRMATION OF RULES THAT GIVE CAUSE FOR DISQUALIFICATION.**

1. Dropping the bar on any lift, including in warm up area.

2. Use of illegal apparel, suits, briefs, shirts, belts, knee and wrist wraps.

3. Use of talc (baby) powder.

4. Arguing or threatening the referee decisions or championships officials.