

# RULES AND REGULATIONS

- 3RM max ( Maximum weight lifted for **3 reps**)
- Max of **2 attempts** allowed
- If the lifter is unable to perform 3 reps for his/her opening attempt he/she will not be allowed increase the weight
- Maximum weight lifted for up to 3 reps will be officially recorded.
- At weigh-in you will receive an attempt sheet. The lifter should print and sign his/her name and the weight he/she is planning to lift on that attempt sheet.
- At weigh in you will be asked to put in your opening attempts for each lift. Remember that all attempts are in lbs. You can make one change to this but it has to be within three minutes before your flight starts for that lift.
- If you are not successful with your attempt you can either take the same lift again or increase the weight if you want. It is not permitted to reduce the weight of the attempt.
- After your lift is completed you will have **ONE minute** to put in your next attempt.
- From the time the coach says the bar is loaded you have **one minute** to start your attempt.
- Always wait for the signal of a coach before commencing or completing the lift. If you do not follow the coach's signals then your lift will be failed.
- If a lift is not successful always stay with the bar and **never attempt** to dump it as it places the spotters and loaders in severe jeopardy.
- **No profanity** will be tolerated on the platform.
- Once your lift is complete you have 30 seconds to leave the platform.
- Chalk, Lifting belts, Knee Sleeves, Wrist Wraps, and Powerlifting Shoes are optional and **allowed**.
- Wrist straps and Knee Wraps are **NOT allowed**.

See [www.studentwellnesscentre.ca](http://www.studentwellnesscentre.ca) or email [A\\_Verma22@fanshawec.ca](mailto:A_Verma22@fanshawec.ca)