

TECHNICAL RULES FOR THE PERFORMANCE OF THE DEADLIFT

1.1 The lifter must face the front of the platform.

1.2 The bar must be horizontally in front of the lifter and held in a free grip with both hands.

1.3 The movement is carried out without a special command. The lift is carried out up until the moment the athlete straightens completely.

1.4 Upon completion of the barbell lift, the knees should be fully extended, the shoulders laid back, and the pose fixed.

1.5 The Head referee's signal at the end of the movement by the athlete consists of a downward movement of his hand and a distinct command "Down". The signal is not given until the bar is fixed in a stationary position and the athlete is in an undoubtedly final position.

1.6 Any lifting of the barbell or any deliberate attempt to lift it is considered an approach. However, twitching of the bar by an athlete is allowed, as a device of motivation boost. In case in doubt, the referee's decision should be in the athlete's favor.

1.7 After the start of the lift, no downward movement of the bar is allowed until the lifter has reached an upright position with knees fully extended. If the bar sags down when taking a starting position or taking the shoulders back, this is not a mistake.

2. Reasons why the weight lifted in the deadlift does not count.

2.1 Any downward movement of the bar before it reaches the final position and the referee's command "Down".

2.2 Mistake in taking an upright position with the shoulders laid back.

2.3 Incomplete extension of the knees in the final position.

2.4 Supporting the bar with your hips during the lift. If the bar slides over the hips while lifting up, but is not supported by them, this is not a reason not to count the lifted weight. In case in doubt, the referee's decision should be in the athlete's favor.

2.5 Steps backward or forward, although side horizontal movements of the sole and swinging of the feet from toe to heel are permitted.

2.6 Lowering the barbell until the Head referee's signal is received.

2.7 Lowering the barbell onto the platform without control with both hands, i.e. letting off the barbell out of the hands.

2.8 Failure to comply with any of the requirements contained in the description of the rules for performing the deadlift.