

TECHNICAL RULES FOR THE PERFORMANCE OF THE STRICT CURL

1.1 The athlete must face the front of the platform. The bar should be placed horizontally on the hips, with an external grip of the palms. Feet should be level on the platform and your arms should be fully extended. The athlete's shoulders and buttocks should be firmly pressed against the support during the exercise.

1.2 After removing the barbell from the rack, the athlete must move back to the wall to take the starting position. The athlete must wait in the starting position for the signal of the Head referee. The signal will be given as soon as the athlete is stationary and the barbell is correctly located. The Head referee's signal consists of an upward movement of the hand and the voice command "Curl".

1.3 As soon as the command is given, the athlete must raise the barbell, arms are fully bent at the elbows (barbell is at chin or throat level, palms are facing back). Knees should remain straight, shoulders aligned (at right angles), or pulled back throughout the exercise.

1.4 At the end of the lifting phase, the knees should remain straight, the shoulders extended, or pulled back.

1.5 Legs and hips should not be used in any way to create a push to complete the exercise. The athlete should not lean back to assist in lifting the weight. Any pushing with legs or hips is prohibited.

1.6 Upon reaching the final position, the Head referee gives the signal with a downward movement of his hand along with a clear command "Down". The signal is not given until the bar is fixed and the athlete has reached the final position.

1.7 Any upward movement of the barbell or any intentional attempt to lift the barbell is considered a used attempt.

1.8 The athlete is given an additional attempt with the same weight of the barbell if the mistake is made due to the fault of the assistants who set the weight.

1.9 The back of the heel cannot be more than 12 inches from the support.

2. Reasons why the weight in the strict curl will not count.

2.1 Any downward movement of the barbell until it reaches the final position.

2.2 Mistake in accepting an upright position with the shoulders extended, or pulled back.

2.3 The knees are not extended during the exercise.

2.4 Steps back, forward, or swinging of the feet from heel to toe.

2.5 The shoulders or buttocks move away from the wall during the exercise.

2.6 Bouncing the barbell off the hips to start lifting.

2.7 Noncompliance of the Head referee's signals regarding the beginning and end of the exercise.

2.8 Using legs and hips to create a push for completing the exercise.