

Constraints for Deadlift (Powerlifting Rules)

1. Grip and Stance:

- You can use a conventional or sumo stance.
- Overhand, mixed, or hook grip is allowed.

2. Starting Position:

- The bar must be stationary on the floor before the lift begins.

3. Execution:

- The lift must be performed in one continuous motion without downward movement of the bar.
- You must lock out fully with knees and hips extended and shoulders pulled back at the top.

4. Balance:

- The barbell must remain under control throughout the lift.
- Dropping the bar from the top is not allowed.

5. Body Contact:

- The bar may not rest on the thighs for support during the lift (**no hitching**).
- Hands must remain on the bar throughout the entire lift.

6. Equipment:

- Approved belts, shoes, and lifting suits are allowed.
- **Straps** are **not allowed**.

7. Bar Return:

- The bar must be lowered under control back to the floor without letting it bounce.

8. Judge's Commands:

- The lifter must wait for the "Down" signal from the judge before lowering the bar.
- Failure to comply with the signal will result in a no-lift.

9. Disqualifications:

- Failure to lock out knees or hips at the top.
- Any downward movement of the bar during the lift.
- Hitching or supporting the bar on the thighs.