

General Rules

1. Eligibility: Open to all college students with valid ID cards.
2. Categories: Participants may be divided based on weight class, gender.
3. Attempts: Each lifter gets three attempts per lift (Squat, Bench Press, and Deadlift).
4. Best Lift: The heaviest successful attempt in each lift is counted toward the total score.

5. Scoring:

Total score = Best Squat + Best Bench + Best Deadlift.

Wilks or DOTS formula can be used for fair comparison across weight classes.

6. Time Limit: Lifters have 60 seconds to start their lift after being called.
7. Equipment: Only non-supportive gear (lifting belts, wrist wraps, knee sleeves) allowed. No bench shirts or squat/deadlift suits.
8. Judging: Judges will decide if a lift is successful.

Squat Rules

1. The lifter must descend until the hip crease is below the top of the knee.
2. The lifter must wait for the "Squat" command from the referee before starting.
3. The lifter must stand up fully before receiving the "Rack" command.

4. Causes for disqualification:

Depth not achieved.

Double bouncing or hitching on the way up.

Stepping forward/backward after unracking before the squat command.

Bench Press Rules

1. The lifter must pause the bar on the chest before pressing.

2. Commands:

"Start" (after unrack & control).

"Press" (after chest touch & pause).

"Rack" (after full lockout).

3. Feet must remain flat on the floor, and the butt must stay in contact with the bench.

4. Causes for disqualification:

No pause on the chest.

Butt lifting off the bench.

Uneven lockout or bouncing the bar.

Deadlift Rules

1. The lifter must pull the bar to a fully locked-out standing position.

2. No downward movement allowed before lockout.

3. The lifter must hold the bar until the "Down" command is given.

4. Causes for disqualification:

Hitching (resting the bar on the thighs).

Dropping the bar before the down command.

Not fully locking out (hips and knees must be straight).

Other Considerations

Tiebreaker: In case of a tie, the lighter lifter wins.

Disqualifications: Three failed attempts in any lift = no total score (bomb out).

Sportsmanship: Any misconduct or disrespect leads to disqualification.

Decision given by the judges and coordinators is final.

Weight Categories

For Mens

BW 50 to 60kg

BW 61 to 75kg

BW 76 to 90kg

BW 90kg+ (open category)

For Women

BW 40 to 55kg

BW 56 to 70kg

BW 71kg+ (open category)