

## The Deadlift

The deadlift, is one of the most dramatic of all lifts and it is often said that “the meet doesn’t start until the weight hits the floor”.

Correct form should always be practiced in the dead-lift. Using a straight back and pushing with the legs as much as possible will reduce the possibility of injury and provide for greater performance. Either the narrow or wide (sumo) stance may be used. Either stance can be used effectively by keeping the bar against the legs with arms straight down from the shoulders. This must be maintained whether athlete uses a wide or narrow stance. If narrow stance is used arms will be touching the legs on the outside and if wide or sumo stance is used, arms will be touching legs on the inside. If a wide stance is used, toes may be pointed outward in order to maximize pulling capability.

It is very important that the deadlift be done slowly with the head back, without bouncing or hitching the bar up the legs, and without rounding the back. The athlete must be taught to deadlift with head up, buttocks down, and back straight. A stick may be used to simulate a bar while establishing proper technique.



The following describes a competition format for the deadlift; athletes should be trained accordingly.

- The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.



- The lifter will then pull the bar to erect position with no support on the thighs and no downward movement of the bar. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

- On completion of the lift, the knees shall be locked in a straight position and the shoulders back.

- The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down." The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.

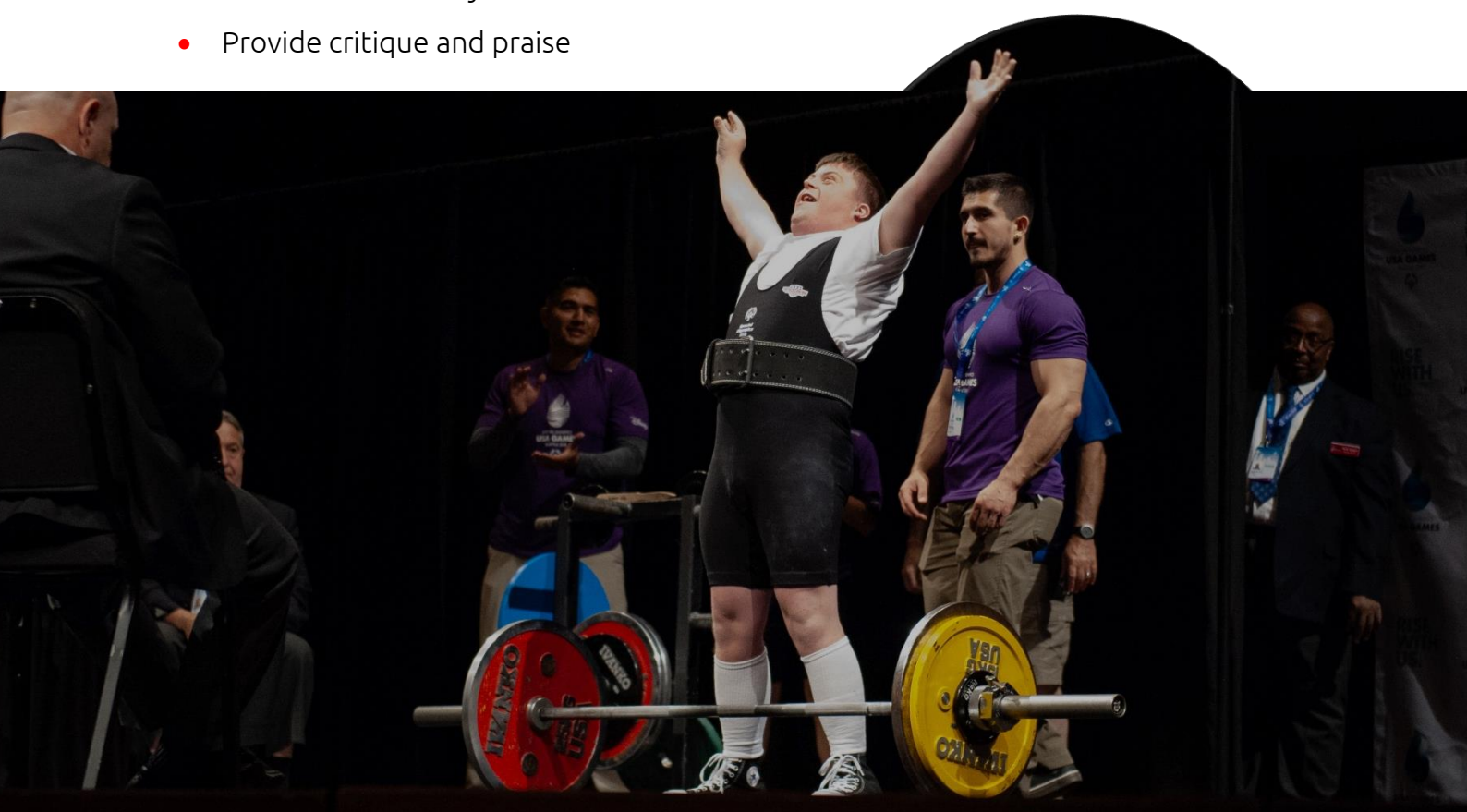


- The athlete should be familiar with the command "down" at the completion of the lift when the torso is erect, shoulders are in line with the torso, and the knees are straight. Also, athletes must not drop or slam the weight to the platform which will result in a no lift.



## Coaching Tips for the Deadlift

- Demonstrate the deadlift the athlete then have the athlete attempt the lift.
- During the initial learning stage, the coach may hold the athlete's shoulders back and push down on the back of the athlete's belt to reinforce good form as weight is added.
- Athletes may also want to bend their arms as in a curl and should be reminded to keep their arms straight.
- The coach may stand in front of the athlete to help the athlete position the feet, place the athlete's hands on the bar, and position the head in an upward position.
- The coach should not assist the athlete with the lift, except during the learning phase or if the athlete is having extreme difficulty maintaining correct form.
- Bring them as close to the bar as practical.
- Provide simple verbal cues
  - "Butt Down"
  - "Shoulders Back"
  - "Arms Straight "
  - "Tight Grip"
  - "Pull"
  - "Don't Stop"
  - "Lock It Out"
- Don't add too many cues at a time.
- Provide critique and praise





A. Athlete Faces the Bar



B. Athlete Starts Lift in Their Own Time



C. Athlete Pulls the Weight



D. Erect Position with Knees Locked and Shoulders Back



E. "Down"

