

The Deadlift

The deadlift starts with the athlete standing facing the bar and weights with either a narrow or wide stance. The athlete will grasp the bar with knees bent, arms straight, and back straight. The athlete will then pull the weight to an upright position, with shoulders back and legs straight. The deadlift is mostly a back and leg lift and because the athlete is facing the audience with only the loaded bar and them on the platform, the lift adds a great deal of drama to an already exciting competition.

Rules for the Deadlift: Bar is on the floor in front of the lifter



vii: Beginning of the Deadlift

- Lifter grips the bar and begins lift on his/her own time (no command to start the lift)
- Pulls without supporting on thighs or bar going down



- When the lifter is standing erect and knees are locked the signal “Down” is given.



viii: Top of the Deadlift

- Lifter lowers the bar under control (cannot drop the weight) to the platform

