

The Squat

The Squat starts with the athlete taking the bar and weights from a rack and standing erect with knees locked. The athlete will then descend to a position where the crease between the leg and the upper torso is below the top of the knee. Without assistance, the athlete will ascend to the point where the body is fully erect and legs are locked and then return the loaded bar to the rack.

The squat uses primarily the muscles of the legs, hips and back and is a great measure of overall body strength.

Rules for the Squat:

- Athlete starts with bar at correct location on back/shoulders



Figure i: 'Athlete' at the top of the squat

- Steps out of the rack and into an erect and motionless position
- Waits to receive the command "Squat"



- Descends to below parallel position (crease at the top of the hip is lower than the top of knee)



Figure ii: Athlete at the bottom of the squat

- Without a referee command, ascends to an upright and motionless position with knees locked



Figure iii: Athlete returned to top of the squat

- Waits to receive the command "Rack" and replaces the bar in the rack (may have assistance returning the bar to the rack).

