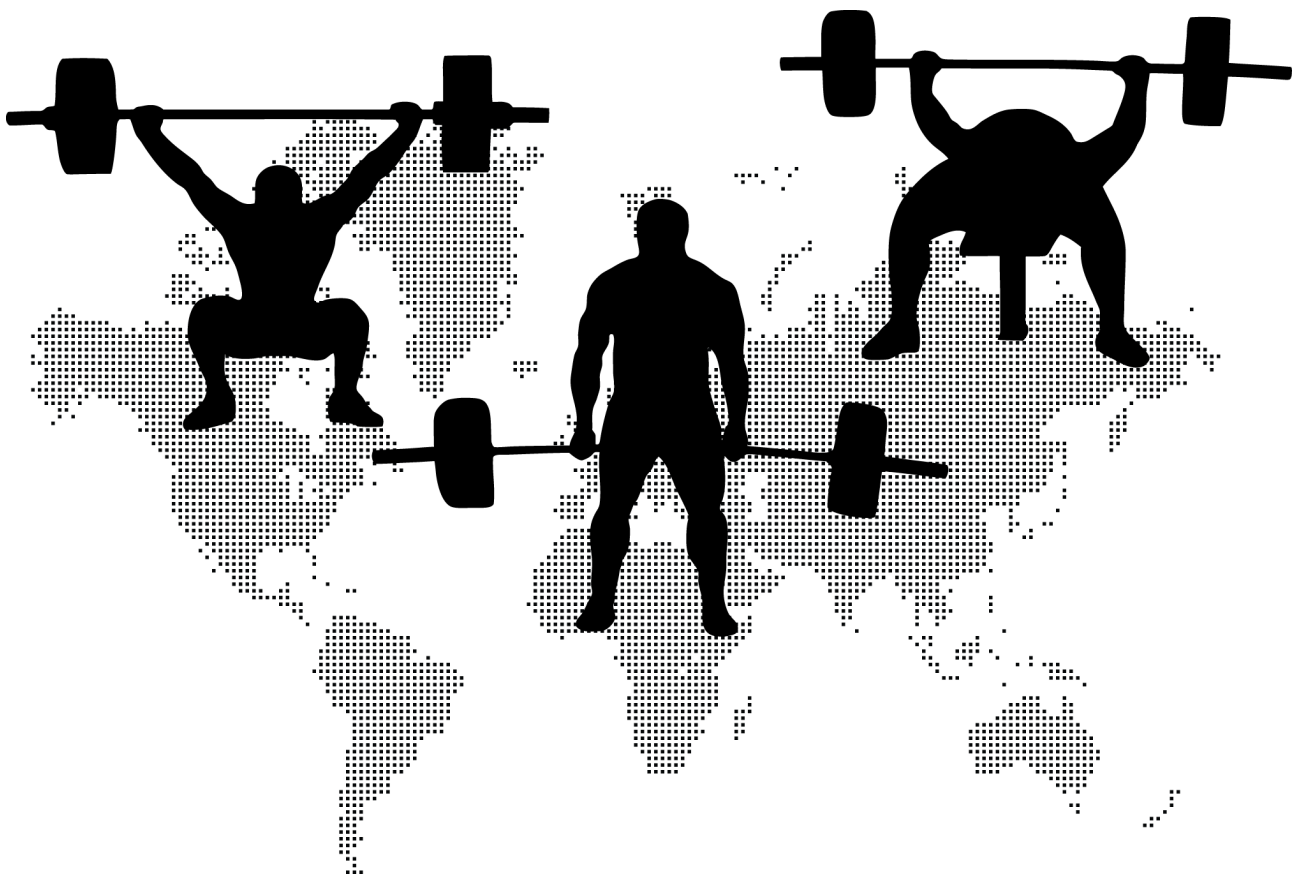


VIRTUALMEET.NET



Technical Rules

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(C) Kristoffer Lindqvist, 2007-2011

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1. Introduction

This document presents the rules pertaining to competing in the meets arranged by Virtualmeet.net and is required reading for any meet director, judge or competitor.

Please note that this version of the Technical rules is considered a draft subject to revisions.

2. Technical rules

A. Authoritative ruleset

The latest English version of this document is the sole authoritative version of the rules and prevails in case of any rule conflict between other representations of the rules, including possible translations or video representations of the rules.

B. General rules

1. Virtualmeet.net recognizes the snatch and the clean and jerk as competition weightlifts, and the squat, bench press and deadlift as competition powerlifts. Meets may be arranged in any combination of the lifts, but the sequence of lifts shall always be that mentioned above. In addition, single-lift events may be arranged in the military bench press.
2. All meets arranged by Virtualmeet.net are open meets where all lifters compete together regardless of bodyweight or age. Results are adjusted by relative strength formula. Weight classes are not used.
3. Each competitor is allowed three attempts on every lift part of the meet. In single-lift meets, the results shall be determined based on the best valid lift for each lifter. When more than one lift is contested, results are determined by summing together all the best valid attempts on each lift to reach a total.
4. A competitor is not required to take all three attempts on a lift, but may elect to pass one or more attempts at his discretion. When submitting the meet footage, a note must be made of any attempts which were not taken.
5. The weight on the bar may never be decreased between attempts on the same lift. For example, a lifter who fails 140 kg on his first attempt may only elect to either retake the lift at 140 kg or more for a second attempt, or forfeit further attempts.
6. Misloads may not be retaken even if severe (for example, having 20 kg more on one side of the bar); it is the responsibility of the lifter to make sure the weight on the bar is correct. The weight should be recorded according to the real bar weight under all circumstances.
7. In accordance with international praxis, kilograms is the official weight measurement. Results and rankings shall always include the pound equivalent and lifters are free to submit their bodyweights and lifts in either kilograms or pounds. Pounds shall be converted to kilograms by dividing by 2.2046 and rounded to the nearest hundred grams. For example, 220 lbs becomes 99.8 kg.

C. Overall Rankings and Meet Scoring

1. Virtualmeet.net ranks lifters according to relative strength formula only in a manner deemed as fair as possible using available formulas. A provision is made to re-evaluate the formulas used if fairness is deemed to increase by using other formulas and to readjust existing rankings accordingly.
2. Virtualmeet.net keeps ranking tables for **men** as follows:
 - a) Weightlifting rankings
 - i. Totals Ranking (combined result for snatch and clean and jerk in a single full meet) by Siff's weightlifting formula.
 - ii. Snatch Ranking by Siff's weightlifting formula.
 - iii. Clean and Jerk Ranking by Siff's weightlifting formula.
 - b) Powerlifting rankings
 - i. Totals Ranking (combined results for squat, bench press and deadlift set in a single full meet) by Schwartz formula. The totals ranking is subdivided into the powerlifting classifications standard based on the resulting Schwartz score as follows:
 1. Elite: 863
 2. Master: 794
 3. Class I: 710
 4. Class II: 625
 5. Class III: 546
 6. Class IV: 477
 7. Class V: below 477
 - b) Squat Ranking by Siff's powerlifting formula for the squat.
 - c) Bench Press Ranking by Siff's powerlifting formula for the bench press.
 - d) Deadlift Ranking by Siff's powerlifting formula for the deadlift.
 - e) Military Bench Press Ranking by Siff's powerlifting formula for the bench press.
3. Virtualmeet.net keeps ranking tables for **women** as follows:
 - a) Weightlifting rankings
 - iv. Totals Ranking (combined result for snatch and clean and jerk in a single full meet) by Siff's weightlifting formula.
 - v. Snatch Ranking by Siff's weightlifting formula.
 - vi. Clean and Jerk Ranking by Siff's weightlifting formula.
 - b) Powerlifting rankings
 - i. Totals Ranking (combined results for squat, bench press and deadlift set in a single full meet) by Malone formula. The totals ranking is subdivided into the powerlifting classifications standard based on the resulting Malone score as follows:

1. Elite: 606
2. Master: 550
3. Class I: 495
4. Class II: 440
5. Class III: 385
6. Class IV: 331
7. Class V: below 331

- b) Squat Ranking by Malone formula.
 - c) Bench Press Ranking by Malone formula.
 - d) Deadlift Ranking by Malone formula.
 - d) Military Bench Press Ranking by Malone formula.
4. Ranking tables rank all results achieved since the first meet in 2007. No ranking should be removed unless there is a pressing reason to do so, such as a result having been invalidated post-facto (for example, based on evidence of fraud). Each ranking table must contain only the best result ever achieved for each lifter as defined by the corresponding relative strength score.
 5. In addition to the all-time ranking tables, tables may also be kept for shorter time segments such as yearly or by subgroups such as weight classes and/or age.
 6. Meets are to scored in the same way as the rankings:
 - b) Weightlifting meet (snatch, clean and jerk): Siff weightlifting formula for men and women.
 - c) Single weightlift meet (Snatch or Clean and Jerk): Siff weightlifting formula for men and women.
 - d) Powerlifting meet (squat, bench press, deadlift): Schwartz formula for men, Malone formula for women.
 - e) Single powerlift meet (squat or bench press or deadlift or military bench press only): The appropriate Siff formula for men, Malone formula for women.
 - f) Push-pull meet (bench press and deadlift): Schwartz formula for men and Malone formula for women based on the combined total for the two lifts.
 7. For the powerlifts, lifters aged 40 years and above shall have their rankings and meet results adjusted for age by the McCulloch coefficients. For the weightlifts, lifters aged 30 years and above shall have their rankings and meet results adjusted by the Malone-Meltzer age coefficients.
 8. All results should list the first and last name of the lifter, the lifter's nationality, weigh-in bodyweight and age at the time of the lift, the weight or total achieved in both kilograms and pounds, the associated relative strength score, and the date when the result was achieved.
 9. All meet results must be archived in an accessible manner for the purpose of validating possible mistakes in the record tables or recalculating records based on changes in relative strength coefficients.

D. Participation

i. Eligibility to enter a meet

1. Everyone regardless of proficiency, race, sex, religion or nationality is warmly welcome as long as the criteria outlined below are met. Lifters with disabilities should contact the meet director well beforehand so it can be determined whether rules appropriate to the disability may be drawn up.
2. All lifters must compete under their real identity (first and lastname, date of birth) and be willing to submit accurate contact information (any combination of e-mail, address and phone number) as required to participate in a meet. Contact information is under no circumstance to be released publically by Virtualmeet.net without the express approval of the lifter.
3. Lifters younger than 14 years of age are not allowed to compete. There is no upper age limit, but it should be recognized that the current age coefficients do not give any extra advantage once a lifter is older than 90 years.
4. Some meets may be limited by a qualifying total or powerlifting classification level. The number of participants may also be limited due to lack of judges or technical limitations.
5. Lifters must not have used any form of illegal narcotic, anabolic steroids or other performance enhancing hormones or drugs for the past 8 years, even if the substances are/were legal in the country of residence. Evidence that a lifter has been suspended from any sports organization due to drug abuse during the past 8 years is automatically grounds for disqualification from past and present meets. Virtualmeet.net reserves the right to scan participants against available lists of banned athletes. Every lifter who signs up for the meet must state with his honor at stake that he meets these criteria. If these prohibited substances have been used as part of a medical treatment for an actual disease, the meet director should be contacted before registering for the meet. In these cases, further information may be requested to assess the case. Note that there is no limit placed on caffeine or generic energy drinks during meets as long as they do not contain any banned substances, or ma huang in herbal or any derivative form (such as ephedrine).
6. All lifters must show good sportmanship towards each other. This includes, but is not limited to, any kind of Internet activity where the meet is mentioned. A lifter who purposefully insults another lifter will swiftly be banned from attending any meet for a period of time decided by the meet director. A zero tolerance policy is enforced on any display of racism or sexism.
7. Every lifter attending a meet must approve of the video footage being used by Virtualmeet.net for the purpose of providing meet video and/or screenshot images. All submitted material will be used with good taste and in a positive manner showcasing our camaraderie and progress in the iron sports. Lifters may also independently do anything they wish with their own meet footage, but are encouraged to withhold publishing it elsewhere before the meet results are in.
8. Submitting attempts taken as part of a meet not organized or sanctioned by Virtualmeet.net is not allowed.

ii. Taking part in a meet

1. **Selecting the competition date:** Meets are typically arranged from a Tuesday to a Sunday. The actual competition day does not need to be selected in advance; lifters can freely select the lift day and change it as they see fit without notifying the organizers. However, once the lifter has taken his first meet attempt, the meet can no longer be rescheduled and must either be completed or cancelled.
2. **Registering:** Meet registration will usually open at least one week before the meet begins. To qualify, all lifters must register with the requested information 12 hours before the meet ends. For example, for a Tuesday to Sunday meet the registration deadline is Sunday noon lifter's local time. Pre-registration is encouraged when possible to give the lifters access to the lift upload information etc. well before the meet ends.
3. **Weighing in:** Every lifter enrolled in a meet must weigh-in at any time within 10 hours of the meet to determine his competition bodyweight on a scale deemed accurate. The weigh-in may be performed either in the nude or with a light layer of clothing; the weight of any clothing worn may not be deducted from the bodyweight. The result should be written down and submitted along with the meet footage after the meet. Three weigh-ins are allowed during the 10 hour time period. There is no need to videotape or photograph the weigh-in which is presumed to be carried out honestly.
4. **Obtaining the daily newspaper:** Everyone taking part in the meet must take the day's newspaper to the gym. This newspaper must be held up or laid out for the camera close enough so that the date and/or main headlines can clearly be discerned in the video clip leading up to the first attempt on the first lift. In the event that the newspaper is forgotten on the first attempt or the recording equipment fails, it is also acceptable to show it on the first possible subsequent attempt. If the meet is done extremely early in the morning or no paper is published on the meet day, yesterday's paper is also acceptable. Failure to produce the day's paper shall result in disqualification from the meet.
5. **The meet:** Once the first meet attempt is taken, the lifter must record when the meet started. For full powerlifting meets (squat, bench press and deadlift), the maximum length of a meet is 2.5 hours; for weightlifting and two-lift meets 1.5 hours; and for single-lift meets 1 hour not including warm-ups leading up to the first attempt on the first lift. Any attempts taken after the time has run out are to be disqualified. The lifter must accurately record the weight of each attempt.
6. **Submitting meet footage:** All video footage together with other meet details such as attempts and length of the meet must be submitted to Virtualmeet.net within 24 hours of the completion of a meet. Exceptions may be granted for lifters without access to a broadband connection or who are otherwise not able to comply with this rule for a good reason provided that permission is granted by the meet director in advance. If technical problems are encountered during the transfer of the video files, the meet director should be notified at once.

iii. Guidelines for videotaping

Since judging is based solely on submitted video footage, it is imperative that the guidelines given below are adhered to as closely as possible. Every lifter is encouraged to test their video setup and

contact the meet organizer(s) well before the meet should any problems or questions arise.

1. It is at the judges discretion to turn down a lift when the video details are too lacking to allow for an accurate and fair ruling.
2. All kinds of recording equipment is allowed - including camcorders, video enabled cameras and mobile phones - as long as the resolution is a minimum of 150x150 pixels and the quality good enough to ensure fair judging (this includes ensuring that light conditions are at least adequate). There is no maximum resolution size, but if you have a choice, shoot at something around 640x480.
3. Acceptable video formats for submitting footage are: AVI (.avi file extension), Windows Media Video (.wmv file extension), MPEG (.mpg or .mpeg file extensions), QuickTime (.mov or .qtm file extension) and RealVideo (.rm or .ram file extensions).
4. Equipment malfunction or failure to videotape an attempt is not grounds for retaking the attempt. Attempts for which there are no video are automatically disqualified. Should video be missing for one or more attempts, the lifter must inform the meet organizers upon submitting their footage the reason(s) for not having video of all attempts.
5. The lifter AND the barbell must be fully visible for the whole duration of the lift (unracking to racking). Small deviations are acceptable - such as those caused by the equipment (eg. a rack post obstructing part of the lifter), when the gym is too cramped for a clear shot (eg. a piece of gym equipment partially in the way) or when the tip of the bar is briefly not visible - as long as the judge(s) has enough information to judge on. Extra attention should be given to keeping possible spotters and bystanders clear of the camera.
6. Regardless of the video angle used, the lifter's face must be visible at some point during the attempt (video taping an attempt from behind is specifically prohibited).
7. The camera should be placed so that the lifter fills up most of the screen without violating rule 5. This is important even if shooting at a high resolution since all footage may be scaled down to a common size to produce a meet video - what appears large on full screen might not be very large at, say, 300x300px. Take extra care of reserving an adequate margin of safety for the video equipment and possible video assistants.
8. The following details must be clearly visible for each lift in addition to those listed above. The recommended angle should generally be the safest angle to shoot from.
 - a) Recommended angles for the weightlifts:
 - The weight must be visible resting on the floor at the beginning of the lift.
 - The weight must be visible at full lockout overhead
 - Recommended angle for videotaping: in front of the lifter or at a slight angle from in front of the lifter, elevated and not angled up or down.
 - b) Recommended angles for the powerlifts
 - **Squat**: Bend in knees (depth), the number of plates on at least one side of the barbell. Recommended angle for videotaping: diagonally in front from either side with the camera placed at about knee height of the lifter.

- **Bench press, Military bench press:** Both feet, the area of the bar between the hands must be totally unobstructed when the bar touches the chest, the number of plates on at least one side of the barbell. Recommended angle for videotaping: diagonally in front from either side with the camera at about shoulder height (when standing).
 - b) **Deadlift:** The bend in the back and shoulders at the completion of the lift, the number of plates on at least one side of the barbell. Recommended angle for videotaping: diagonally in front from either side with the camera anywhere between knee height and shoulder height.
2. The camera should remain as motionless as possible. Having an assistant shoot on free hand is acceptable as long as the camera remains reasonably steady. If an adequate tripod or steady surface to place the camera on is available, use it.
 3. Capturing sound is preferable if the equipment supports it, but not required.
 4. There should be one clip per lift that focuses on the lift itself. As a general recommendation, leave the camera on for roughly 5 seconds before the setup and 5 seconds after the weight has been racked.
 5. Ideally, no video edits should be done on submitted video footage. Specifically, you are advised against compressing filmed material before submitting it unless a clip of a single lift exceeds 50MB. It is best to leave compression of sound and video to the video editor to ensure consistent quality between footage submitted by different lifters. It is permissible to trim long clips and to convert them to an acceptable format if needed.
 6. Before submitting video for judging, you may be required to rename the clips or process the clips. Information about this is sent out before the meet.
 7. Video of all attempts must be submitted for judging, including possible failed attempts.

IV. Suspicion of fraud

Virtualmeet.net assumes that all lifters are honest. However, in cases where there are strong grounds for suspecting that the lifter has tried to cheat, the following procedures shall be followed.

1. Any suspicion of fraud shall be relayed to the meet director who decides on the cause of action. Airing accusations of fraud on the Internet is not advised. If the case is investigated, the investigated lifter must always be informed.
2. Virtualmeet.net may ask the lifter under suspicion for further information regarding his participation, including asking for a written statement or close-up photography of the lifting equipment used. In cases where there are good grounds for suspecting that a person is competing under false identity, Virtualmeet.net may also ask the lifter to prove his identity in any way he sees fit. Lifting under false identity is grounds for being banned from the site.
3. Misloads shall not, unless proven otherwise, be taken as an attempt to cheat if they are satisfactorily resolved.
4. No lifter is required to cooperate in an investigation, but failure to do so or to provide convincing counter-evidence is grounds for disqualification from any meet where the lifter is suspected of having cheated.

E. Lifting attire and equipment

1. The lifter must wear clothing that leaves the knees and elbows bare at all times during the lifts in the form of a T-shirt and a pair of shorts. In addition, non-supportive underwear and appropriate shoes must be worn with or without socks. Women may additionally wear a commercial bra or sports bra.
 - a) **T-shirt:** Only a T-shirt made of cotton, polyester or a mixture of the two is allowed. The sleeves may terminate anywhere between the deltoids and just short of the elbow. The T-shirt must fit the lifter without being baggy or tight. If the T-shirt is long enough to reach the buttocks, it should be tucked into the shorts on the squat as to not obstruct the assessment of depth.
 - b) **Shorts:** Shorts should preferably reach about mid-thigh, but the legs must be clearly above the knees. The shorts must fit the lifter without being baggy or tight. Shorts made of canvas or any supportive material, cut-off jeans and walking shorts are forbidden. No belt may be worn in addition to a lifting belt as defined in these rules.
 - c) **Singlet:** Singlets are allowed in the Weightlifting events only. Using a singlet in other events shall lead to disqualification. The singlet must be non-supportive, be collar-less, and must not cover the elbows and/or knees. In events where singlets are allowed, they may be used in addition to any other allowed lifting attire listed here. If T-shirts are used with a singlet, they must be worn underneath the singlet. Shorts can be worn either under or over the singlet.
 - d) **Underwear:** Normal non-supportive underwear made of any mixture of cotton, nylon or polyester must be worn under the shorts. Swimming trunks or any garment made of rubberized or similar stretch material is prohibited.
 - e) **Socks:** Socks are optional, but shin length socks are recommended on the deadlift. If socks are worn, they must not extend all the way to the knee. Full length stockings, tights, and hose are forbidden. As many pairs of socks as the lifter wants may be worn.
 - f) **Shoes:** Shoes must be worn on all lifts with the exception of the deadlift where deadlift slippers are also allowed. Any shoe or boot with an underside exceeding 5 cm/2 inches at any point, and shoes with metal spikes or cleats are forbidden. The use of any form of adhesive, including sand paper, emery cloth etc., on the underside of footwear is forbidden. Resin, magnesium carbonate, and “stick-type” sprays are not allowed on footwear. A spray of water is acceptable.
2. Snuggly fitting headwear may be worn such as a beanie, skull cap or headband. All kinds of hats, caps, bandanas and handkerchiefs are forbidden.
3. Non-obtrusive headphones connected by wire or wirelessly to a portable media player, such as an MP3 player, an iPod or a cell phone, may be worn for the purpose of providing motivational lifting music in environments where loud speakers are not an option. Both the

headphones and the media player must be well-secured and not come in contact with the lifting equipment during any attempt.

4. Any kind of nudity on the platform is strictly prohibited including lifting bare chested, with the exception of men's military bench press events where a T-shirt is optional.
5. All lifting attire and equipment must adhere to good taste. Attire proclaiming racist, political or other provocative opinions is grounds for disqualification from the meet.
6. Clothing, including shoes, may be freely changed at any time between attempts.
7. The only allowed powerlifting equipment during lifts is a belt. Anything else - including knee wraps, supportive suits and briefs, knee warmers, sweat bands, wrist wraps, gloves and tape - are forbidden. If a belt is worn, it must be worn on the outside of all clothing. The belt must be made of leather, nylon, cloth or a similar non-stretch material in one or more laminations without any padding, bracing or supports of any material on the surface or inside the belt. The width of the belt shall not exceed 11 cm/4.3 inches.
8. Any use of oil, grease or other lubricants anywhere on the body, attire or personal equipment is forbidden with the exception of liniments or muscle rubs not used to aid in the execution of the lift. Baby powder, resin, talc and magnesium carbonates (chalk) are the only substances that may be added to the body and attire.
9. No foreign substances may be applied to the lifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.
10. Ammonia capsules and smelling salts are allowed, but may not be used after the lifter touches the bar to begin a lift.

F. Equipment specifications

1. The bar used in the meet must be straight. Minor bending as a result of previous lifting is acceptable when there are no better alternatives.
2. Any kind of standard weightlifting bars and plates are allowed provided the weight is accurately known and the diameter of the plates does not exceed 47 cm/18.5 inches. There is no need to have expensive calibrated plates or standard 20 kg lifting bars, use what you have. Standard bumper plates are allowed, but not required, on the snatch and the clean and jerk.
3. Any kind of generic looking bench is acceptable in the bench press as long as it is reasonably sturdy.
4. Speciality bars, such as any kind of cambered bars, are prohibited. You may use different bars for the different lifts if you have dedicated bars (such as using a wider bar for the squat and a thinner bar for the deadlift).
5. No padding or device may be attached to the bar in any lift.
6. Any kind of safety device that in no way interferes with a successful lift is allowed, including

power racks, safety chains and portable safety gadgets. The use of safety devices is highly recommended for those not blessed with competent spotters. The bar or lifter may not come in any kind of contact with the safety devices during the lift. The sole exception to this rule is when safety chains are attached above the bar, in case of which the bar may come in contact with the chains as long as the bar is deemed by the judges to be unsupported by the chains throughout the lift.

7. The plates should be loaded on the bar in a sequence of heavier plates innermost followed by smaller plates by descending weight. Additionally, if the plates have weight markings on one side only, they should be turned inwards for the innermost plates and outwards for the other plates. This procedure makes it easier for judges to assess bar load.
8. Collars are recommended on all lifts. If available, 2.5 kg/5.5 lbs collars are preferable. All collars which weigh more than 0.5 kg/1.1 lbs a piece count towards the total bar load; i.e. spring locks and other similar lightweight collars are not to be counted.

G. Technical rules of the recognized lifts

i. The Olympic Weightlifts

The Snatch

1. The bar shall be laid horizontally in front of the lifter's feet on the floor. A thin rubber mat not exceeding 2 centimeters/0.8 inches in thickness is allowed under the weight plates if needed to protect the floor, but the bar may not be elevated off the floor in any other fashion.
2. The bar shall be gripped using a double overhand grip (the back of both hands pointing away from the lifter). A traditional or hook grip (wrapping the fingers over the thumb of each hand) may be used.
3. In a single motion the bar will be pulled from the floor to overhead, with elbows locked out. The bar may slide along the thighs and the lap during the lift. The lifter may split or bend at the knees; however the lift is not complete until the legs and arms are fully extended.
4. After a visible pause in the final position with arms and legs extended and the feet on the same line, the lifter may lower the bar to the start position by any safe means.
5. **Causes for disqualification of a snatch:**
 - a) Pressing out the weight; not pulling the weight from the ground to an overhead position with the arms locked but to a bent arm position from which the lifter presses the weight to the locked position.
 - b) Touching the platform with any part of the body other than the feet.
 - c) Uneven or incomplete extension of the arms at the finish of the lift.
 - d) Pausing during the lifting of the bar.

- e) Head contact with the bar.
- f) Failure to pause visibly at the top.
- g) Allowing any object to interfere with the bar during the movement.
- h) Stopping the bar movement at any time between the initiation of movement and the completion of the lift.

The Clean and Jerk

1. The bar shall be laid horizontally in front of the lifter's feet on the floor. A thin rubber mat not exceeding 2 centimeters/0.8 inches in thickness is allowed under the weight plates if needed to protect the floor, but the bar may not be elevated off the floor in any other fashion.
2. The bar shall be gripped using a double overhand grip (the back of both hands pointing away from the lifter). A traditional or hook grip (wrapping the fingers over the thumb of each hand) may be used.
3. In a single motion the bar will be pulled from the floor while either splitting or bending the legs to rest in the rack position (the bar at the neck, resting on the clavicles or hands). The bar may slide along the thighs and the lap during the lift. After the bar is in the rack, the feet must be returned to the same line and legs straightened.
4. In the rack position, the lifter may change the width of his grip and/or unhook the thumbs if a hook grip is used. Lowering the bar to let it rest on the shoulders is also allowed.
5. From the rack the lifter may bend his/her knees then jerk (use leg drive to move the weight but not press) the weight to a position overhead where the arms are locked.
6. After a visible pause in the final position with arms and legs extended and the feet on the same line, the lifter may lower the bar to the start position by any safe means.
7. **Causes for disqualification of a clean and jerk:**
 - a) Pressing out the weight; not jerking the weight from the rack to an overhead position with the arms locked but to a bent arm position from which the lifter presses the weight to the locked position.
 - b) Touching the platform with any part of the body other than the feet.
 - c) Stopping the bar movement at any time between the initiation of movement and the rack position.
 - d) The bar touches the chest before it is in the rack position, i.e. before elbows have been turned down.
 - e) Elbow or upper arm contact with the thighs or knees.

- f) Any deliberate oscillation of the bar to gain an advantage or failure to completely pause before jerking.
- g) Uneven or incomplete extension of the arms at the finish of the lift.
- h) Pausing during the lifting of the bar.
- i) Failure to pause visibly at the top.
- j) Allowing any object to interfere with the bar during the movement.

ii. The Powerlifts

The Squat

1. The lifter shall assume an upright position with the top of the bar not more than 3 cm (about 1 3/16 inch) below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands gripping the bar. The hands may touch but not grasp the inside collars, the lifter's feet shall be placed flat on the platform with knees locked.
2. After removing the bar from the rack the lifter shall move backward or forward to establish the starting position where the lifter is motionless with knees locked and the bar properly positioned no matter what lifting equipment is used (including monolifts). The lifter may not receive any kind of assistance when setting up. After the starting position has been established, no contact with the rack is permitted until the bar is replaced in the racks.
3. After a visible pause in the starting position, the lifter must bend the knees and lower the body until the top point of the thigh at the hip joint is lower than the top point of the knees. Only one descent attempt is allowed.
4. The lifter shall recover at will from the deepest point of the squat to an upright position. Double bouncing or any downward motion is not permitted once upward motion has started. After a visible pause in an upright position with the bar motionless and knees locked, the lifter shall make a bona fide attempt to rack the bar and may request aid in doing so. If re-racking fails it is permissible to dump the bar or set it down on a safety device (such as pins in a power rack).
5. Not more than five spotters may be enlisted.
- 6. Causes for disqualification of a squat:**
 - a) Failure to assume a briefly paused upright position with knees locked at the start and completion of the squat.
 - b) Failure to bend the knees until the top surface of the hip joints are lower than the top of the knees.
 - c) Stepping backward or forward between the visible pauses at the beginning and end of the squat. Lateral movement of the sole and rocking the feet between the

ball and heel is permitted.

- d) Any lateral movement of the hands on the bar between the visible pauses at the beginning and end of the squat.
- e) Double bouncing or any downward movement once upward motion has commenced.
- f) Contact of the elbows or upper arms with the legs. Slight contact not deemed to aid the lifter is permissible.
- g) Intentionally or unintentionally changing the position of the bar across the shoulders between the visible pauses at the beginning and end of the squat. It does not apply to minute upward or downward shifting not exceeding roughly the thickness of the bar.
- h) Contact with the bar, plates or lifter by other people, the rack, or a possible safety device (such as a pin in the power rack) between the visible pauses at the beginning and end of the squat. Minor touching not deemed to aid the lifter is allowed at the discretion of the judges.

The Bench Press

1. The lifter must lie on his back so that the shoulders (upper back area) and buttocks are in contact with the bench surface at all times during the lift. The head may move off the bench during the lift. The lifter must elect to place his feet either flatfooted (soles and heel in contact with the platform or blocks) or up on the balls of his feet (heel not in contact with the platform or blocks). The feet may not touch the bench or its supports. The assumed position of the shoulders, buttocks and feet must be maintained at all times during the lift.
2. To achieve firm footing, flat surfaced blocks or weight plates not exceeding 30 centimeters/11.8 inches may be used.
3. After achieving the correct position on the bench, the lifter must grab the bar so that the spacing of the hands measured between the forefingers does not exceed 81 centimeters (31 7/8 inches). A reverse grip is allowed provided the distance between the little fingers does not exceed 81 centimeters. The lifter shall then unrack the bar at arms length either by himself or by enlisting the aid of another person.
4. After a visible pause with the bar at arms length and elbows locked with no other person touching the bar, the lifter shall lower the bar to touch the chest (not further towards the feet than the upper abdominals) and hold it there motionlessly with a definite and visible pause. The lifter must then return the bar to arms length without any downward motion. Slight unevenness is allowed during the elevation of the bar, but both elbows must lockout simultaneously. After a visible pause with elbows locked, the bar shall be returned to the rack with or without the aid of one or more other persons.
5. Not more than five spotters may be enlisted.

6. Causes for disqualification of a bench press:

- a) Failure to pause the barbell at arms length with locked elbows at the start and completion of the bench press.
- b) Any change in the elected lifting position once the bar starts to descend; i.e. any raising of the shoulders or buttocks from the bench, any shifting between heels on the floor/blocks/plates and heels in the air, or any lateral movement of the hands on the bar. Slight or very minor foot movement is allowed.
- c) No visible pause at the chest or failure to completely stop the bar on the chest.
- d) Pausing the bar lower than the upper abdominals.
- e) Heaving, bouncing, or sinking the bar further into the chest after stopping the bar on the chest.
- f) Elbows locking out unevenly at the completion of the lift.
- g) Any downward movement of the bar or hands after pausing on the chest.
- h) Contact with the bar, plates or lifter by other people, bench uprights or a possible safety device (such as a pin in the power rack) between the visible pauses at the beginning and end of the bench press. Minor touching not deemed to aid the lifter is allowed at the discretion of the judges.
- i) Any contact of the lifter's feet with the bench or its supports between the visible pauses at the beginning and end of the bench press.

The Deadlift

1. The bar shall be laid horizontally in front of the lifter's feet on the floor. A thin rubber mat not exceeding 2 centimeters/0.8 inches in thickness is allowed under the weight plates if needed to protect the floor, but the bar may not be elevated off the floor in any other fashion.
2. The bar shall be gripped with an optional grip in both hands and lifted without supporting the bar on the thighs and without any downward motion until the lifter stands upright. After a visible pause with knees locked and shoulders held in an erect position (not forward or rounded, they may be pulled back if the lifter chooses to do so), the bar shall be lowered to the floor in a controlled fashion.
3. Any raising of the bar or any deliberate attempt to lift the bar shall count as an attempt.
4. No spotters or assistants may be used at any point during the deadlift.

5. Causes for disqualification of a deadlift:

- a) Any downward motion of the bar until the lifter is fully upright with a visible pause.

- b) Failure to assume a briefly paused erect position with the shoulders in an erect position and knees locked.
- c) Supporting the bar on the thighs at any point of the lift. If the bar edges up along the thighs without being supported this is not a reason for disqualification.
- d) Stepping backward or forward. Lateral movement of the sole and rocking the feet between the ball and heel is permitted.
- e) Not bringing the bar down under control (i.e. dropping the bar at the top position).
- f) Bracing the feet against any object, such as the base of a rack.

The Military Bench Press

1. The rules of the military bench press are those of the bench press with the following exception:
 - a) The lifter must lie on his back so that the shoulders, lower back and buttocks are in contact with the bench surface at all times during the lift. Minor arching of the upper back is allowed. The feet must be elevated higher than the bench surface at all times during the lift, i.e. feet are held in the air. The feet and legs may move during the course of the lift as long as the action is not deemed to aid the execution of the lift and the feet are kept above the bench surface. Failure to maintain the described position throughout the lift disqualifies the attempt.

H. Meet officials

i. Meet director

1. The meet director is in charge of coordinating the meet. It is the meet director's responsibility to announce the meet, send out meet information, locate judges, sign-up lifters as they register and to post the final results for the meet. The meet director is also responsible for making sure that the meet video footage and scoresheets get passed to the judges in a timely manner, either by doing so himself or by appointing another community member to serve as the video editor for the meet.
2. The meet director has the right to cancel a meet when there are good grounds for doing so; a lack of an adequate number of capable judges, technical problems and lack of lifters are typical cases. In the case of the meet director becoming incapable of fulfilling his duties, the Virtualmeet.net staff should first try to appoint a new meet director before considering cancelling the meet.
3. Every meet must have one meet director.

ii. Judges

1. Ideally, three judges (a judging team) not taking part in the meet should be available to judge each attempt based on submitted video footage. If three non-lifting judges cannot be located, it is acceptable to appoint as many lifters as needed to act as judges as long as they do not judge their own lifts.
2. If more than one judging team is involved in judging a meet, the lifters should be grouped by level so that each team judges lifters of similar aptitude.
3. Judges should be selected based on perceived competence and past record as a real world or Virtualmeet.net judge. Judge candidates may be asked to take an electronic judging test.
4. Judges should generally try to finish the judging within 7 days following the last possible meet day, but it must be recognized that for large scale meets or due to unexpected technical problems, it is acceptable for the timeframe to be longer.
5. All video material, scoring sheets etc. should be prepared in advance so that the judges do not have to do anything else than download the material, judge it, and upload the filled-in scoresheets.
6. Every attempt for each lifter should be checked as either passed or failed. If failed, a very brief note on why the lift was failed should be included, such as "lack of pause" or "insufficient depth". If the lift could have been disqualified due to more than one reason, only the most obvious error as deemed by the judge needs to be noted.
7. The judges may not consult each other during the scoring of a meet and should not receive the score sheets of other judges. Once all score sheets have been sent in, the number of passes and fails are calculated for each attempt. An attempt is deemed passed if it was passed by two or more judges.