

Good day all Qualifiers for the Nationals!

You are a select group of experienced lifters and by now you should know what to do and not to do. However nerves can make you forget some of the basic rules. I have asked our Technical Officer, Pieter de Waal, to compile a list of the most common transgressions leading to attempt failures, which is always unpleasant. Please take cognisance of the following -

1. Don't let the knee wraps and socks touch.
2. Make eye contact with Chief Referee (CR) when you are ready to start the squat.
3. Failure to wait for CR signal before starting lift (squat and bench press).
4. If you have a wide grip bench press make sure that the bar rings are covered, you cannot grip outside the rings and leave them exposed but you may grip on the inside and leave them exposed.
5. Do not reset/move your feet after squat signal and during performance of bench press.
6. Wait for the "pause" command in the bench press.
7. Do not lower bar into chest after "press" signal in bench press.
8. Wait for rack signal before replacing bar in bench press.
9. Do not hitch the bar up in the deadlift if it becomes heavy above the knees.
10. Straighten/lock your knees at completion of deadlift.
11. Pull shoulders back on completion of the deadlift.
12. Control bar right down to the platform when lowering after "down" command in deadlift.
13. General rules: Do not wear something illegal (ski pants) under your singlet in raw lifting. Make all the adjustments on your belt and wrist wraps (thumb loop off) before you step onto the platform.

I wish you all the very best – walk away feeling satisfied with your own efforts, regardless of your formal placing!

Louis H Dunn.