

1000lb Club Details

Entry Fee: \$25

Fee Includes:

- Official **membership** to the **1000lb Club**
 - A **shirt** and **swag bag** with event goodies
 - Your **picture on the wall** to commemorate your achievement
 - **Recognition** as an official 1000lb Club member
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Event Format:

- **Time Limit:** You have **1 hour** to complete all your lifts.
- **Lifts:** You will perform your **Squat, Bench Press, and Deadlift** in the following order:
 - **Bench Press** (First Lift)
 - **Squat** (Second Lift)
 - **Deadlift** (Third Lift)
- **Attempts:**
 - **3 attempts per lift.**
 - You will choose your opener, second attempt, and final attempt for each lift.
 - To qualify for membership, you must make at least one successful lift in each exercise to count toward your total.

Rules

1. Bench Press Rules:

- **Starting Position:**
 - **The lifter must lie flat on the bench with their head, shoulders, and buttocks in contact with the bench at all times.**
 - **Feet must be flat on the floor and remain stationary.**
 - **A full grip on the bar is required (no “thumb-less” grip), and hands must be evenly spaced.**

- **Descent of the Barbell:**
 - The barbell must touch the chest at some point in a controlled manner (no bounce).
 - Elbows must bend during the descent.
 - **Ascent of the Barbell:**
 - The lifter can press immediately after the bar touches the chest (no “Press” command needed).
 - The bar must be pressed upward in a controlled manner, with elbows fully locked out at the top.
 - **Lockout:**
 - Elbows must be fully extended and locked out at the top of the lift.
 - The bar must be under control before the lifter can re-rack it.
 - **No “Rack” Command:**
 - The lifter can re-rack the bar once they have control, but arms must be fully locked out before re-racking.
 - **Common Failures:**
 - Failure to lock out elbows.
 - Uneven bar path or wobbling.
 - Loss of control when re-racking.
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2. Back Squat Rules:

- **Starting Position:**
 - The bar must be placed on the upper traps (high bar) or rear deltoids (low bar), and the bar must remain stable.
 - The lifter’s feet must be flat on the floor, and the foot position should be stationary once the squat begins.
- **Unracking the Barbell:**
 - The lifter must stand up with the barbell or get assistance from spotters.
 - Foot position cannot change once the descent begins.
- **Descent:**
 - The descent must be controlled.
 - **Depth Requirement:** The hip crease must go below the top of the knee to meet parallel depth (failure if this isn't met).
- **Ascent:**
 - The lifter must press the bar upward, driving through the heels and hips.

- The torso must remain stable, and the barbell should move in a smooth, straight line.
 - **Lockout:**
 - Hips and knees must be fully extended at the top.
 - The lifter must avoid excessive leaning forward or bending at the waist.
 - **Re-racking the Barbell:**
 - After standing up fully, the lifter can walk forward to re-rack the bar, with spotters ready to assist.
 - **Common Failures:**
 - Failure to reach full depth (hip crease below the knee).
 - Uneven bar path or instability.
 - Failure to lock out hips and knees.
 - Bouncing the bar off the legs or losing control.
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3. Deadlift Rules:

- **Starting Position:**
 - Feet must be flat on the floor, positioned beneath the bar with toes pointing forward or slightly outward.
 - The lifter can use a mixed grip (one palm up, one palm down), double overhand, or hook grip. Wrist wraps are allowed, but straps are not.
- **Lifting the Barbell:**
 - The bar must be lifted in a smooth, controlled manner, and it should travel in a straight line (vertical path).
 - The hips, knees, and shoulders should rise at approximately the same rate, with no jerking or hitching.
- **Lockout:**
 - The lifter must reach a fully standing position with hips and knees locked out, shoulders back, and chest open.
 - No excessive leaning back or hyperextension of the lower back.
- **Descent:**
 - The bar must be lowered under control. The lifter is responsible for returning the bar to the ground safely.
- **No “Press” or “Rack” Command:**
 - There is no “Press” or “Rack” command in deadlifting, so once the bar is locked out, the lifter may return it to the floor.
- **Common Failures:**
 - Failure to lock out hips and knees.

- **Uneven bar path or instability.**
 - **Hitching or bouncing the bar.**
 - **Rounded back or dropping the bar without control.**
 - **Failure to return the bar to the ground properly.**
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Key Differences Between the Lifts:

Foot Movement:

- **Bench Press: Feet must remain flat on the floor and stationary throughout the lift.**
- **Squat: Feet must remain flat, but lifters can adjust foot placement as long as balance is not affected.**
- **Deadlift: Feet should be flat and positioned beneath the bar, but lifters may adjust their stance as needed for optimal leverage.**

Commands:

- **Bench Press: No “Press” or “Rack” commands in many federations, so the lifter can start pressing as soon as the bar touches the chest and re-rack the bar when they feel in control.**
- **Squat: Lifters must wait for a “Start” command before beginning, and in some federations, a “Rack” command is required to return the bar to the rack.**
- **Deadlift: No “Press” or “Rack” commands; the lifter simply lifts the bar to lockout and lowers it without further commands.**

Bar Path:

- **Bench Press: The bar must travel in a straight line, with an even press.**
- **Squat: The bar should move in a straight line or a smooth arc, with no excessive wobbling or jerking.**
- **Deadlift: The bar should move vertically in a straight line with no jerking or hitching.**

Depth Requirement:

- **Bench Press: The bar must touch the chest, but there’s no specific depth requirement.**
- **Squat: The hip crease must go below the top of the knee for the lift to be valid.**

- **Deadlift:** No depth requirement, but the bar must be lifted in a controlled manner to full lockout.
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Common Failures:

- **Bench Press:** Failure to lock out the elbows, uneven bar path, or loss of control when re-racking.
 - **Squat:** Failure to achieve full depth, uneven bar path, or failure to lock out the hips and knees.
 - **Deadlift:** Failure to lock out the hips and knees, uneven bar path, or hitching.
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Equipment Regulations

1. Bench Press Equipment Regulations

- **Shoes:**
 - Any athletic shoes or lifting shoes with a flat sole are acceptable.
 - High heels, slippers, or shoes that could interfere with stability are not allowed.
 - Flat-soled shoes provide better grounding and stability during the lift.
- **Belt:**
 - A belt may be worn to support the lower back.
 - It must be made of leather or a similar material.
 - The maximum width is 13cm (about 5 inches).
 - The belt cannot be excessively stiff — it should allow enough flexibility for proper movement while providing support.
- **Wrist/Elbow Sleeves:**
 - Wrist wraps are allowed, provided they adhere to specific length and stiffness guidelines (e.g., maximum length around 1 meter or 39 inches).

- Elbow sleeves (usually made of neoprene) are allowed but must be of a certain material and thickness (typically around 7mm).
 - These sleeves provide joint stability but should not offer a mechanical advantage.
 - **Lifting Suits:**
 - Lifting suits are not allowed for raw lifters. Lifting suits are typically reserved for equipped lifting, where supportive suits and shirts help the lifter lift more weight.
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2. Deadlift Equipment Regulations

- **Shoes:**
 - Powerlifting shoes with a flat, solid sole are recommended for the best stability and leverage.
 - Some lifters may choose to deadlift barefoot or in socks, as this can provide better traction and foot positioning.
 - Heeled shoes (such as squat shoes) are not allowed in deadlifting as they can alter the angles and mechanics of the lift.
- **Belt:**
 - As with the bench press, a lifting belt can be worn to support the lower back.
 - The belt must be made from leather or similar material.
 - The maximum width is 13cm (5 inches).
 - It must not be excessively stiff or thick to avoid restricting natural movement.
- **Knee Sleeves/Elbow Sleeves:**
 - Knee sleeves (usually neoprene) are allowed, but they must be within the allowed thickness limits (typically up to 7mm).
 - Knee wraps are not permitted in raw deadlifting, as they can provide a mechanical advantage.
 - Elbow sleeves are allowed and typically made of neoprene or similar material, but they must also meet specific thickness criteria.
- **No Straps:**
 - Straps or any other assistance to improve the grip are not allowed.
 - Grip can be assisted with chalk, but not with lifting aids like hook grip straps or lifting hooks.
 - The lifter must be able to grip the barbell without any external mechanical aid.

3. Squat Equipment Regulations

- **Shoes:**
 - Squat shoes (shoes with a raised heel) are common in powerlifting to improve ankle mobility and balance during the squat.
 - Flat-soled shoes, such as Converse Chuck Taylors, are also acceptable.
 - However, shoes with heels higher than a specific height (usually 2cm) are not allowed, as it could potentially alter the squat mechanics in an unintended way.
- **Belt:**
 - As with the other lifts, a lifting belt is typically worn for lower back support.
 - The belt must be made of leather or a similar material.
 - The maximum width for the belt is 13cm (5 inches).
 - The belt should not be excessively stiff but should still provide solid support for the torso during the squat.
- **Knee Sleeves/Knee Wraps:**
 - In raw squats, knee sleeves (usually neoprene) are allowed, with a typical thickness limit of 7mm.
 - Knee wraps are not allowed in raw squat competitions, but are allowed in equipped lifting divisions where they provide additional support.
- **Elbow Sleeves:**
 - Elbow sleeves (usually made of neoprene) are allowed, but they must meet material and thickness regulations. They are generally used for joint support and protection but cannot provide an advantage to the squat itself.
- **Lifting Suits:**
 - Lifting suits are not allowed in raw squatting, which means lifters must only wear singlets.
 - Equipped squats can use specialized squat suits made of stiff material to provide support and assist in lifting more weight.

General Notes Across All Lifts

- **Chalk:** Chalk (magnesium carbonate) is allowed and commonly used in all three lifts to improve grip and reduce sweat. However, liquid chalk or anything that could alter the mechanics of the lift is subject to federation rules.
- **Compression Gear:** Compression garments, such as compression shorts or sleeves, are generally allowed unless they are deemed to provide a mechanical advantage.
- **No Lifting Straps:** Lifting straps are prohibited in all three lifts. The lifter must rely on their grip to control the barbell, and no mechanical assistance can be used for this purpose.