

UNITED STATES STRENGTHLIFTING FEDERATION



ONLINE STRENGTHLIFTING RULES

Updated: 11/16/2021

TECHNICAL RULES INDEX

1.	<i>GENERAL RULES OF STRENGTHLIFTING</i>	3
a.	The Competition Lifts	
b.	Determining Winners	
c.	Divisions	
d.	Age Classes	
e.	Weight Classes	
f.	Membership Requirements	
2.	<i>THE STRENGTHLIFTSS AND THE RULES OF PERFORMANCE</i>	4
a.	The Press	
b.	The Deadlift	
c.	The Squat (Optional)	
d.	Submitting a Video	
3.	<i>LIFTING COSTUME AND PERSONAL EQUIPMENT</i>	7
a.	Required Costume	
b.	Hair Management	
c.	Belt	
d.	Knee Sleeves	
e.	Wrist Wraps	
f.	Elbow Sleeves	
g.	Lubricants	
h.	Bandages	
4.	<i>LIFTING AREA AND EQUIPMENT</i>	7
a.	Bar, Discs, and Collars	
b.	Rack	
5.	<i>ORDER OF COMPETITION</i>	8
a.	Registration	
b.	Emails	
c.	Submitting Attempts	
d.	Good Lift, No-Lift, Under Review	
e.	Behavioral Conduct	
f.	Weight Classes	
g.	Awards	
h.	Officials	
6.	<i>APPENDIX</i>	10
a.	Wilks Coefficient	
b.	Fosters Age Coefficient	
c.	McCulloch Age Coefficient	

GENERAL RULES OF STRENGTHLIFTING

1. The United States Strengthlifting Federation Strengthlifting Division recognizes the following lifts:
 - a. Press
 - b. Deadlift
 - c. Squat (Optional)
2. Competition takes place between lifters in categories as defined by sex, bodyweight and age.
3. Each competitor is allowed three attempts for each lift. The summation of a competitor's best valid attempt for each lift constitutes their Total.
4. The winners of the Adult divisions shall be the lifters with the highest Totals. If two or more lifters achieve the same Total, the lifter that achieved that Total first will be declared the winner.
5. The winners of the Master divisions will be additionally based upon the McCulloch formula.
6. The winners of the Junior divisions will be additionally based upon the Foster Coefficient.
7. Best Lifter Awards will be given to the lifter with the best performance based upon the Wilk's Coefficient (weight assumed based upon weight class). See Wilks Coefficient in the APPENDIX.
8. Divisions:
 - a. Open: Any lifter may opt to compete in the open division
 - b. Women: Congenital females
9. Age classes:
 - a. Adult: 20-39 years old
 - i. Any lifter may opt to lift in the adult division in addition to or instead of their other age class.
 - b. Master: Over 40 years old
 - c. Junior: Under 20 years old
10. Weight classes:
 - a. Open
 - i. Lightweight II: Up to 175.0 lbs
 - ii. Middleweight: 175.01 up to 225.0 lbs
 - iii. Heavyweight II: 225.01 lbs and over
 - b. Women
 - i. Lightweight: up to 140.0 lbs
 - ii. Middleweight: 140.01 up to 180.0 lbs

iii. Heavyweight: 180.01 lbs and over

11. USSF Membership must be maintained by all lifters. USSF memberships can be obtained here: <https://usstrengthlifting.com/register/ussf-membership/> and are valid for life.

THE STRENGTHLIFTS AND THE RULES OF PERFORMANCE

THE PRESS

1. The press is performed either from a rack or after cleaning up the weight (no viper pressing allowed).
2. No spotters will be present on the platform.
3. If the bar is removed from a rack, the lifter must assume a position at least 2' from the rack or a distance sufficiently removed from the racks to ensure the safety of the lifter in the event of a miss.
4. The bar is held in both hands in front of the neck with a prone power grip. The bar sits in the palm with the four fingers wrapped around the bar and the thumb opposed.
5. The starting position must be upright, with the knees and hips fully extended, and the chest up. The bar must start **motionless** below the level of the chin.
6. Downward motion of the bar occurring from the start position but before upward motion, is permitted and is not a reason to disqualify an attempt.
7. After the starting position is correctly and obviously assumed, the bar is pressed overhead in one continuous upward motion to a position with elbows completely extended and with the bar behind a vertical line from the most anterior aspect of the armpit to the floor. Any deliberate effort to press the bar counts as the attempt. Any athlete who is anatomically unable to fully extend one or both elbows must report the condition to the Judges before the start of every press.
8. Once the overhead position has been obviously assumed and the bar has become motionless, the bar is lowered back down and either walked back into the rack or carefully dropped to the floor with both hands controlling the rebound.

CAUSES FOR DISQUALIFICATION OF THE PRESS

9. Failure to assume a start position with the bar motionless below the chin.
10. After the upward initiation of the press, any downward motion of the center of the bar that occurs prior to lockout, as measured between the hands.
11. Any **bending** of the knees (a "push press") disqualifies the attempt. Incidental **unlocking** of the knees that clearly does not contribute to upward motion is not a reason to disqualify an attempt.
12. Any active plantar flexion of the ankles.
13. Any pronounced uneven lockout of the elbows.
14. Any deliberate contact or any unintentional contact with a rack that would aid a lifter.
15. Any forward, backward or lateral step during the press itself.

THE DEADLIFT

16. The lifting area shall be free of any unnecessary equipment, including deadlift jacks.
17. A single spotter may be present for each attempt. The designated spotter will remain out of the lifting area at the ready in case of a syncopal event or other event that requires the rendering of aid.
18. The lifter assumes a position facing the bar, with the vertical plane of the legs parallel to the bar. The bar is gripped with both hands **outside** of the legs.
19. If an athlete is missing two or more fingers on a single hand, they may utilize a lifting strap on that hand only.
20. The bar is pulled in a continuous upward motion until the lifter is standing erect with knees and hips fully extended, the chest up, and the shoulders back. Any bona fide attempt to move the bar counts as the attempt.
21. Once the lockout position is attained and the bar is motionless, the bar is lowered under control with both hands back to the ground.

CAUSES FOR DISQUALIFICATION OF THE DEADLIFT

22. Failure to attain a position standing erect with knees and hips fully extended, the chest up, and the shoulders back.
23. Any downward motion of the center of the bar, as measured between the hands, before lockout.
24. Any release of the bar from the hands before it is lowered to the floor.
25. Any forward, backward or lateral step during the deadlift itself.
26. Any foot contact with the plates.
27. Supporting of the bar on the thighs.

THE SQUAT

1. The squat is performed from a rack.
2. No more than four spotters will be present for each attempt, positioned to have immediate access to each end of the bar. The use of safety equipment such as spotter arms is highly encouraged.
3. The bar must be removed from the racks and a position assumed on the platform at least 2' from the racks, or a distance sufficiently removed from the racks to ensure the safety of the lifter and the spotters in the event of a miss.
4. The starting position must be upright, with the knees and the hips fully extended, and with the chest up. This position must be obvious and under control before the descent begins.
5. The hips are lowered until the top surfaces of the legs at the hip joint is lower than the knees. The bottom position is identified by (1) the apex of the crease in the singlet formed as the hips are lowered, (2) the surface of the top of the patella, (3) the plane formed by a

straight line between the two, and (4) the dipping of the hip end of that plane below horizontal.

6. The lifter must then return to the start position in one continuous upward motion. The lifter must once again demonstrate control of this position.
7. The lifter must then return the bar to the rack without the assistance of the spotters. Once the bar crosses the threshold of the hooks, spotters may assist in guiding the bar safely down into the hooks.

CAUSES FOR DISQUALIFICATION OF THE SQUAT

8. Any change of position of the bar across the shoulders after the start of the lift.
9. Any deliberate contact or any unintentional contact with the rack that would aid a lifter.
10. Failure to achieve a position of the hips lower than the knees.
11. Any downward motion of the center of the bar, as measured between the hands, after upward motion has begun.
12. Any supporting of the body with the arms or elbows against the thighs.
13. Any direct contact of the bar by the spotters, whether necessary or unintentional, at any point after the lifter unracks the bar but before the lifter crosses the threshold of the hooks.

Any forward, backward, or lateral step during the squat itself.

SUBMITTING A VIDEO

28. Lifters may submit up to three attempts for each lift.
29. Lifts must be submitted within the dates set by the competition.
30. Lifts must be submitted within 48 hours of the attempt itself.
31. A lifter's entire body and the bar and weights must be visible throughout the lift from beginning to end.
32. Immediately following a successful attempt, the lifter must visually identify the weight on the bar and the use of any non-standard 45lb bar, in one continuous recording.
33. At the start of the video, before the attempt, the lifter must display the written codeword that is unique to each competition.
34. The quality of the video, use of safety measures, and lifter's costume must allow for proper evaluation of the lift.
35. Upload the video to Instagram, Youtube, or Vimeo. The video must be made public.

LIFTING COSTUME AND PERSONAL EQUIPMENT

LIFTING COSTUME

1. The lifting costume should be sufficiently contrasting and tight as to allow proper evaluation of the lift.
2. The lifting costume must not be supportive in nature.
3. Long hair that would interfere with determining the bar's placement on the back during the squat shall be restrained or tied back.
4. Facial hair that would interfere with determining the bar's location in reference to the chin must be restrained or tied back.
5. The use of illegal supportive garments may result in disqualification from the event either currently or retroactively.
6. Shoes are not required but encouraged.

PERSONAL EQUIPMENT

7. All personal equipment must be worn on the outside of the lifting costume.
8. A belt may be worn during all three lifts. It may be of any type, provided that it does not exceed four inches in width at any point along its length.
9. Rubberized knee sleeves not exceeding 30cm in length or 7mm in thickness may be worn. Only one knee sleeve per knee may be worn. The knee sleeve must be non-adjustable and non-fastening.
10. Wrist wraps of a single ply, not to exceed 1m in length and 8cm in width may be worn.
11. Rubberized elbow sleeves not exceeding 30cm in length and 7mm in thickness may be worn. The elbow sleeves must be non-adjustable and non-fastening.
12. Thin shin guards that do not impede the upward motion of the bar may be worn.
13. No foreign substances of any type except chalk may be used on either the equipment or the lifter's personal equipment. No rosin, spray sticky, or any other substance designed to enhance the friction of hands against the bar or shoes against floor may be used.
14. Bandages may be worn for medical necessity. Up to two layers of medical tape may be worn around the fingers. All personal equipment is subject to review and approval. The use of illegal equipment may result in disqualification from the event either currently or retroactively.

LIFTING AREA AND EQUIPMENT

15. The bar shall be 27-31mm in diameter and have two machined circumferential markings measuring 40.5cm from center.
16. A bar weighing less than 45lbs and measuring less than 27mm in diameter may be used on the press, for any press attempt less than 45lbs.
17. The plates must be marked in either lb or kg denominations. Plates may be made from any material. The diameter of the largest plate must not exceed 450mm.

18. When loading the barbell, the heaviest discs are loaded first.
19. Collars are not required but highly recommended.
20. The squat rack (optional) shall be of sturdy construction. A squat rack with swing arms (aka "monolift") is permitted to be used so long as the swing arms remain stationary.

ORDER OF COMPETITION

REGISTRATION

1. Early bird pricing for registration will be available until one week prior to the start of the competition.
2. Standard pricing will be available until the competition officially begins 0001 am Pacific Standard Time.
3. Late entry pricing will be available until three days before competition close.
4. Emails regarding the competition will be sent out upon registration, one week prior to the start, and the night before the start.
5. An email arriving the night before the start of competition will contain the necessary codeword.

CONDUCT OF THE COMPETITION

6. At 0001 AM Pacific Standard Time competitors may begin submitting official attempts via lifting cast.
7. Competitors may submit any number of lifts (max of 3) at a time and may submit the press, deadlift, and squat in any order.
8. It is recommended that competitors submit one lift at a time per each movement to allow for errors to be identified by our judges and corrected for subsequent lifts.
9. In the event of an incorrectly reported weight or an insufficiently demonstrated weight, the weight will be corrected to the obvious and visible weight.
10. Once submitted, the head judge will evaluate the lift and return a Good Lift, No-Lift, or Under Review within 24 hours.
11. If the lift is placed Under Review, an additional 24 hours is allowed to determine if the lift meets the standards of competition. Lifts that go Under Review are marked as No Good and moved to a separate document until reviewed. This document will be made available to all competitors. If the lift is determined Good Lift, the status will be updated in lifting cast.
12. If a competitor fails an attempt or receives a No Lift, any weight may be selected for the next attempt, including a lighter weight.
13. A failure to complete a successful attempt in any of the three lifts eliminates the athlete from the competition.
14. Any disrespectful, aggressive, or disruptive behavior is grounds for disqualification from the competition.

15. At 11:59PM Pacific Standard Time on the ending date of competition all submissions must be in. Any submissions beyond this time will be rejected.
16. There are no weigh-ins or weight outs for online competitions. Weight class is based on honor system and verified with visual identification. A USSF judge may require a live video verification of weight at any point during the competition. Competitors lifting outside of their registered weight class will be disqualified. Select the weight class of your heaviest weight during any of your attempts.

RESULTS

17. Results will be announced within 72 hours of completion via online video and include:
 - a. All weight class winners.
 - b. Overall winners.
 - c. Hypertrophy recipient.
 - d. Best Press and Best Deadlift for Open and Women classes.

AWARDS

18. Awards may vary between competition but will usually include:
 - a. 1st place prizes for winners of each combination of division, weight class, and age class.
 - b. Raffle prizes
 - i. A single raffle entry is granted upon registration.
 - ii. Additional raffle prizes may be won based on placing or special guidelines as outlined by the competition.
 - iii. Raffle prizes will be drawn at the conclusion of the competition.
 - b. Hypertrophy – granted to the lifter who performs the lift with the most heart as solely determined subjectively by the current USSF President.
 - c. Digital awards and achievements to be available for viewing in an athletes unique Digital Trophy Cabinet.
19. Prizes are only guaranteed for Continental U.S. addresses. Substitute digital gift cards may be granted in their place.

OFFICIALS

20. USSF President -The USSF President is responsible for carrying out the competition and assuring it moves smoothly. The USSF President selects the Hypertrophy winner. The USSF president has final approval over all rulings.
21. Head Judge – All lifts will be judged by the head judge for compliance with the USSF ruleset. Lifts that clearly meet or do not meet the standard will be evaluated solely by this judge.
22. Judging Panel – The judging panel will be made up of three judges, separate from the head judge, and will evaluate based upon majority ruling any questionable lifts.

APPENDIX

WILKS COEFFICIENT

Open Lightweight (Assumed Weight 175lbs): 31.12

Open Middleweight (Assumed Weight 225lbs): 27.39

Open Heavyweight (Assumed Weight 275lbs): 25.86

Women Lightweight (Assumed Weight 140lbs): 48.42

Women Middleweight (Assumed Weight 180lbs): 41.05

Women Heavyweight (Assumed Weight 220lbs): 37.79

FOSTER AGE COEFFICIENT

(JUNIORS)	
Age	Coefficient
14	1.23
15	1.18
16	1.13
17	1.08
18	1.06
19	1.04

MCCOLLOCH AGE COEFFICIENT

(MASTERS)					
Age	Coefficient	Age	Coefficient	Age	Coefficient
40	1.000	57	1.268	74	1.795
41	1.010	58	1.291	75	1.835
42	1.020	59	1.315	76	1.876
43	1.031	60	1.340	77	1.918
44	1.043	61	1.366	78	1.961
45	1.055	62	1.393	79	2.005
46	1.068	63	1.421	80	2.050
47	1.082	64	1.450	81	2.096
48	1.097	65	1.480	82	2.143
49	1.113	66	1.511	83	2.190
50	1.130	67	1.543	84	2.238
51	1.147	68	1.576	85	2.287
52	1.165	69	1.610	86	2.337
53	1.184	70	1.645	87	2.388
54	1.204	71	1.681	88	2.440
55	1.225	72	1.718	89	2.494
56	1.246	73	1.756	90	2.549