

NORCAL POWERLIFTING STRICT CURL COMPETITION RULE BOOK



1 - Policies and Procedures

1A. About NorCal Powerlifting

NorCal Powerlifting promotes drug-free Powerlifting and Strict Curl competitions throughout the State of California. Overall, our goal is to promote and enhance the competitive spirit of equality, diversity and mental health through strength.

NorCal Powerlifting is open to all ages and levels. We offer competitions in the Squat, Push-Pull, Bench, Deadlift Only and Strict Curl in both Raw and Equipped divisions.

1B. Drug-Testing

The NorCal Powerlifting Drug Testing Program was created to protect the health and safety of the athletes and to ensure that no one participant might have an artificially induced advantage or be pressured to use chemical substances. Drugs generally purported to be performance enhancing and/or potentially harmful to the health and safety of the athlete are banned by NorCal Powerlifting. Any use of a substance banned by NorCal Powerlifting may be cause for loss of eligibility. The use of a banned substance is determined by an analysis of an athlete's urine by a NorCal Powerlifting certified laboratory.

1C. Age Limits for Competitions

Age Divisions

KIDS STRONG: 6-7, 8-9, 10-11

YOUTH: 12-13

TEENAGE: 14-15, 16-17, 18-19

JUNIORS: 20-23

OPEN: Anyone who qualifies

SUBMASTERS: 35-39

MASTERS: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc.

NOVICE: All ages and weight classes

Special Olympian

Weight Classes

Men

66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

Women

66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220, 242, 242+

1D. Refer to NorCal Powerlifting rulebook for all policies.

1E. Memberships

Must have an active NorCal Powerlifting Membership.

2 - Technical Rules

2A. Rules of Performance

- This lift will be judged by 3 officials.
- Each athlete will be given three attempts.
- Once the head Judge gives the “Bar’s Loaded” signal, the Curler will approach the platform and get in the proper position.
- After removing the bar from the rack, the lifter must establish his starting position with feet flat on the floor with heels no further than 12” from the wall.
- The lifter shall wait in the starting position for the Head Referee’s signal. The signal will be given once the lifter is motionless and the bar is properly positioned with your Head Up & Chin Up and arms extended fully down. The Head Referee’s signal shall consist of an upward movement of the arm and the verbal command “curl”.
- Once the curl command is given the lifter must bring the bar up to the fully curled position (bar near chin or throat with palms facing backward). The knees must remain locked and the shoulders and buttocks against the wall throughout the entire lift.
- When the lifter has reached the finished position the Head Referee’s signal shall consist of a downward movement of the hand and the verbal command “down”. The signal will not be given until the bar is held motionless and the lifter is in the completed position.
- At the completion of the lift, the athlete must wait for the head official’s signal with the backward motion of the hand and the verbal command “rack”.

2B. Causes for Disqualification

- Any downward movement of the bar before it reaches the final position.
- The legs and hips may not be used in any way for momentum to complete the lift. Any thrusting of the legs or hips for momentum is not allowed.
- Shoulders or Buttocks coming off the wall during the lift both while going up & down.
- Failure to keep the knees locked and straight during the lift.
- Stepping backward or any foot movement such as rocking the feet.
- Lowering or racking the bar before receiving the Head Referee’s signal to do so.
- Bouncing the bar off the thighs or bending the back to assist the lifter in starting the upward motion
- Profanity

Best Lifter:

- Best Lifter awards will be given to the lifter with the best performance based upon Wilk's Coefficient.
- Winners of the Master divisions will be based upon heaviest lift adjusted by the McCulloch Formula for age.
- Winners of the Junior divisions will be based upon heaviest lift adjusted by Foster's Coefficient for age.

Lifting Costume

- The lifting costume should be sufficiently contrasting and tight as to allow proper evaluation of the lift. Singlets are not required.
- The lifting costume must not be supportive in nature.
- Belts are allowed on all lifts and can be made of any material provided it does not exceed 4" along its width at any point.
- Rubberized knee sleeves not exceeding 30cm in length or 7mm thickness are allowed. Knee sleeves must be non-fastening and non-adjustable.
- Wrist wraps not to exceed 1m in length are allowed.
- Rubberized elbow sleeves not exceeding 30cm in length and 7mm in thickness are allowed. Elbow sleeves must be non fastening and non-adjustable.
- Shoes are required.

Records

Results will be uploaded to the NorCal Powerlifting website.