

## EVENT 2

3-rep-max deadlift

Time cap: 20 min.

### NOTES

This event begins with the barbell on the ground. You will have 20 minutes from your declared start time to find a 3-rep-max deadlift. Within the 20-minute window, you may make as many or as few attempts as you'd like.

You must declare the load you are attempting before starting to lift. After finishing the final successful lift, remove and film all plates used on the bar to verify the loading.

Your score will be the load (in lb.) of your heaviest successful set. There is no tiebreak for this event.

Any increases in loading must be at least 1 lb.

**After the event is complete, walk to the camera and state the password BEFORE moving or turning off the camera.**

### EQUIPMENT

- Barbell, 45/35 lb.
- Bumper plates\*
- Collars

\*The official weight must be recorded in pounds.

If converting kilograms to pounds, round up to the nearest pound. Any weight increases with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

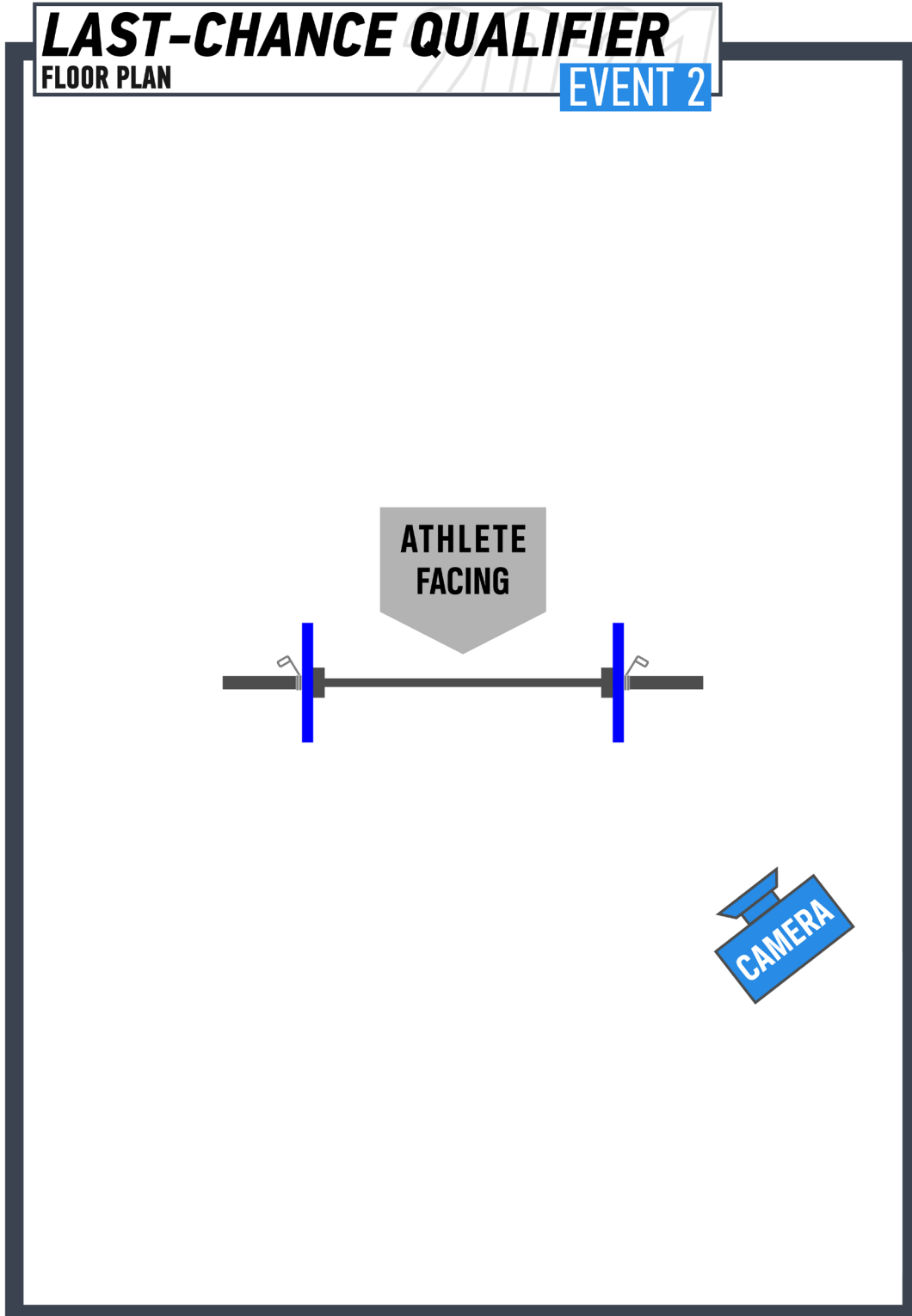
For each event, be sure you have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the event standards video may be disqualified from the competition.

Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

### VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the event.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the event is complete, state the password before moving or turning the camera off.



## MOVEMENT STANDARDS

### DEADLIFT



- The barbell starts on the ground. Collars must be placed outside the plates.
- Your hands must be outside your knees. Sumo deadlifts are not allowed.



- The rep is credited when your hips and knees reach full extension and your head and shoulders are behind the bar.
- You must keep your hands on the bar during the descent of the lift.



- Before the start of the next rep, you must clearly open your hands and demonstrate that you have released your grip on the bar.
- You must begin the next rep within 3 seconds of releasing your grip and may not stand up to reset between reps.
- All 3 reps must be successfully completed for the set to count.
- Only the final repetition may be dropped from lockout.
- After finishing the final lift, remove and film all plates used to verify loading.
- You **MAY** have assistance changing loads between attempts.



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|            | LOAD (WEIGHT IN LB.) |
|------------|----------------------|
| ATTEMPT 1  |                      |
| ATTEMPT 2  |                      |
| ATTEMPT 3  |                      |
| ATTEMPT 4  |                      |
| ATTEMPT 5  |                      |
| ATTEMPT 6  |                      |
| ATTEMPT 7  |                      |
| ATTEMPT 8  |                      |
| ATTEMPT 9  |                      |
| ATTEMPT 10 |                      |

**Athlete Name** \_\_\_\_\_ **Heaviest Load (in Pounds)** \_\_\_\_\_  
Print

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Athlete Signature Date

Athlete Copy

**LAST-CHANCE QUALIFIER - EVENT 2**

**Athlete Name** \_\_\_\_\_ **Heaviest Load (in Pounds)** \_\_\_\_\_  
Print

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Judge Signature Date