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A) IAWA Basic Lifts

- A1 Deadlift
- A2 Squat
- A3 Bench Press
- A4 Snatch
- A5 Clean and Jerk

B) Barbell Lifts : Presses, Snatches, Cleans, Jerks

- B1 2 Hands Press
- B2 Clean and Press Behind Neck
- B3 2 Hands Snatch from the Hang
- B4 Clean and Press on Knees
- B5 Seated Press
- B6 Seated Press Behind Neck
- B7 Middle Fingers Clean and Press
- B8 2 Hands Reverse Clean and Press
- B9 Kelly Snatch
- B10 Alternate Grip Clean and Press
- B11 Snatch on Knees
- B12 2 Person Clean and Snatch
- B13 Zeigler Clean
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- B15 Judd Clean and Jerk
- B16 Repetition Cleans with bodyweight
- B17 2 Person, 2 Hands Team Press
- B18 2 Person Team Snatch
- B19 2 Person Clean and Jerk
- B20 Repetition Snatches with Bodyweight
- B21 Repetition Presses with Bodyweight
- B22 Repetition C & Jerks, Bodyweight
- B23 Repetition Jerks with Bodyweight
- B24 One Hand Snatch
- B25 One Hand Clean and Jerk
- B26 One Hand Bent Press
- B27 One Armed Push (side press)
- B28 Continental Clean
- B29 Clean and Jerk Behind Neck
- B30 Continental Clean and Jerk
- B31 Clean & Push Press (+ 2" bar)
- B32 Jerk from Racks
- B33 Jerk Behind Neck from Rack
- B34 French Press
- B35 Bench Press, F.I.A. (also F.O.F.)
- B36 Hands Together Bench Press
- B37 One Hand Bench Press
- B38 Alternate Grip Bench Press
- B39 Reverse Grip Bench Press
- B40 Roman Chair Bench Press
- B41 Pullover and Floor Press
- B42 Wrestlers Bridge Push & Press
- B43 Pullover and P/Press with Bridge
- B44 Bent Press (anyhow to shoulders) or
clean & bent press
- B45 Continental onto Belt
- B46 Continental Snatch
- B47 Push Press from Rack
- B48 The Reflex Clean and Push Press
- B49 The Reflex Clean and Jerk

C) Barbell Lifts – Deadlifts

- C1 Two Person Hacklift
- C2 Two Person Straddle Deadlift
- C3 Stiff Leg Deadlift
- C4 One Hand Thumbless Deadlift
- C5 Middle Fingers Deadlift
- C6 One Leg Deadlift
- C7 One Hand Deadlift
- C8 Two Barbell Deadlift
- C9 Two Person Deadlift
- C10 Hacklift (also 2" bar)
- C11 One Hand Hacklift
- C12 Straddle Deadlift or Jefferson (also 2" bar)
- C13 2 Hands Ciavattone Deadlift
- C14 One Hand Ciavattone Deadlift
- C15 Middle Fingers Hacklift
- C16 2 Hands Thumbless Deadlift

E) Barbell Lifts - Miscellaneous

- E1 Zercher
- E2 One Arm Zercher
- E3 Rectangular Fix
- E4 Strict Curl
- E5 2 Person Team Curl
- E6 Cheat Curl
- E7 2 Person Cheat Curl
- E8 Wrist Curl
- E9 Steinborn Lift
- E10 MansfieldLift
- E11 Stiff Arm Pullover
- E12 Bent Arm Pullover
- E13 Holdout Raised (Against Wall)
- E14 Holdout Lowered (Against Wall)
- E15 2 Hands Anyhow
- E16 Abdominal Raise
- E17 Abdominal Raise for Repetitions
- E18 Abdominal Raise - Roman Chair

D) Barbell Lifts - Squats

- D1 Front Squat
- D2 One Leg Squat
- D3 Lunge Squat
- D4 Squat with Weight at Arms Length (overhead)

- E19 Roman Chair Sit Up (+ reps)
- E20 Roman Chair Extensions
- E21 Alien Lift
- E22 Good Morning
- E23 Bench Dip
- E24 Inman Mile
- E25 Leg Press-Unsupported
- E26 Leg Press - Unsupported for reps
- E27 Leg Press-Self Loaded
- E28 Shoulder Drop
- E29 Arthur Lift
- E30 Half Gardner Lift
- E31 Full Gardner Lift
- E32 Reverse Curl
- E33 Rim Lift
- E34 Reverse Rim Lift

F) Special Equipment Lifts

- F1 Pinch Grip .
- F2 One Hand Vertical Bar Lift (also 2" bar)
- F3 Travis Lift (+ reps)
- F4 Total Poundage Lifted in 3Hrs 9Mins
- F5 Hip Lift (+ reps)
- F6 Harness Lift (+ reps)
- F7 Back Lift (+ reps)
- F8 Hand and Thigh Lift
- F9 Weaver Stick Lift
- F10 Neck Lift
- F11 Teeth Lift
- F12 Trap Bar Deadlift
- F13 One Hand Deadlift - Cambered Bar
- F14 Finger Lifts
- F15 One Hand Fulton Barbell Deadlift
- F16 2 Hands Fulton Deadlift
- F17 One Hand Pinch Grip Lift
- F18 One Hand Pinch Grip Clean and Press
- F19 2 Hands Vertical Bar Lift - 2" Bar
- F20 2 Hands Deadlift - 2" Bar
- F21 2 Hands Snatch - 2" Bar
- F22 2 Hands Clean and Jerk - 2" Bar

G) Dumb-bell Lifts

- G1 One Hand Dumb-bell Press
- G2 Dumb-bells Clean and Press
- G3 Seated Dumb-bells Press
- G4 One Hand Dumb-bell Snatch
- G5 2 Hands Dumb-bells Deadlift
- G6 One Hand Dumb-bell Clean & Jerk
- G7 2 Hands Dumb-bells Snatch
- G8 2 Hands Dumb-bells Clean & Jerk
- G9 One Hand Dumb-bell Deadlift
- G10 One Hand Fulton Dumb-bell Deadlift
- G11 One Hand Dumb-bell Bent Press
- G12 2 Hands Anyhow with Dumb-bells
- G13 Dumb-bell Walk
- G14 Lateral Raise Standing
- G15 Lateral Raise Lying
- G16 One Hand Swing
- G17 2 Hands Swing
- G18 Crucifix
- G19 One Hand Dumb-bell Cheat Curl

THE TECHNICAL RULES OF THE INTERNATIONAL
ALL ROUND WEIGHTLIFTING ASSOCIATION

I THE LIFTS (Rules of Government)

1. The IAWA Recognizes the various lifts not currently governed by an international body such as the International Weightlifting Federation (IWF) or the International Powerlifting Federation (IPF).
2. New lifts may be added to the lists of certified lifts by submitting rules for approval to the Technical Committee.

II PARTICIPANTS

1. Competitions are organized for both men and women.
2. The IAWA will recognize three manage groups:
 - a. Junior - Registered athletes who have not reached their 20th birthday
 - b. Senior - Registered athletes who have reached their 20th birthday
 - c. Master - Registered athletes who have reached their 40th birthday.
3. Age Grouping:
 - a. A lifters age is the actual age on the date of the competition.
In the case of multi-date competitions, the lifters age is, as on the first day of competition.
 - b. For Juniors-(13 and under), (14-15), (16-17), and (18-19).
 - c. For Masters - Five year age groups, beginning:(40-44), (45-49), etc.

III WEIGHT CLASSES

1. Weight Classes shall be the same for men and women.
2. For Seniors and Masters there shall be 19 weight classes, beginning at 40 Kilos and then each five kilo increase shall constitute a weight class up until 125 Kilos Lifters above that weight class shall be in the unlimited class, (125+Kilos).
3. Junior weight classes extend downward, making a 30 kilos and 35 kilos class for Juniors only.
4. During any competition, an athlete may only compete in one weight class.
5. During a multi-day competition, an athlete will compete throughout in his / her original weight class. However, records set on following days will be established in the weight class that the athlete actually weighed on the day of the lift.

IV RECORDS

1. Records for one limb lifts, shall be kept for both right and left limbs.
2. Records for finger lifts will be kept by finger.
3. Records may be established in any sanctioned competition, exhibition or record attempt session provided the correct number of officials are present.
In competition, three officials will adjudicate, and at least two must judge the lift to be correct. A record attempt or exhibition can be staged with just two officials, but again, both must judge the lift to be correct.
4. Records must be approved by the NGB in the nation where they are established, or by the IAWA registrar if there is no NGB.

(Records Continued)

5. Records in two person team lifts will be in the weight class of the heavier lifter.

Masters records will be recorded in the age group of the younger lifter, and Juniors in the age group of the older lifter. (Note with a Junior/Master combination this can only be placed in the 'Open' age group).

6. Records will be kept for men and women in all three categories and by appropriate age groups.

7. Records may be established using metric or avoirdupois weights.

8. Records may be established on fourth attempts designated for record only. In competition, fourth attempts would not count towards a lifter's total.

9. Records must be established by a minimum of 0.5 kilogram or one pound beyond existing records.

V EQUIPMENT

1. Wrist wraps are allowed for all lifts, to measure a maximum of one meter in length, and 8cms wide. Knee wraps are allowed ONLY for the Squat / Front Squat, to measure a maximum of two meters in length and 8cms wide. The maximum width of the area of limb coverage allowed, is 20cms.

2. Uniform may be one-piece or two-piece, but may not be an aid to lifting.

3. The upper body must be covered by a one-piece suit, shirt or both.

4. Socks must extend no higher than the knee, and must not be an aid to lifting.

5. Suitable footwear must be worn, not to be an unfair aid in lifting.

6. A belt may be worn, but must not exceed 12 cms or 4¾ inches in width.

7. Chalk or resin may be used on the hands only.

8. No other substances may be used on either hands or body.

9. No taping is allowed on hands or any part of the body, except to cover an open wound, and only then after inspection by officials.

10. The barbell must meet the following specifications:

a. 20.0 Kilograms in weight, (441bs).

b. The length of the bar shall be 2,200 millimeters, (86.6 inches).

c. The diameter of the bar should be 28 millimeters, (1.1 inches).

d. The diameter of the sleeve should be 50 millimeters, (1.96 inches).

e. The distance between the inside collars should be 1,310 millimeters, (51.6 inches).

f. The width of the inside collars including the collar of the sleeve should be 30 millimeters, (1.2 inches).

g. There should be two areas of knurling on the bar, set 245 millimeters, (9.6 inches) from both inside collars, towards the centre.

h. There should be a centre knurling of 120 millimeters, (4.7 inches) located at the exact centre of the bar.

(Equipment Continued)

11. The discs for the barbell shall be of the following weights:
 - a. In Kilograms : 0.25, 0.5, 1.25, 2.5, 5.0, 10.0, 15.0, 20.0, 25.0, 45.0, 50.0 .
In Pounds: 0.5, 1.0, 1.25, 2.50, 5.0, 10.0, 15.0, 20.0, 25.0, 35.0, 45.0, 100.0
 - b. The diameter of the largest discs should be 450 millimeters, (18 inches).
 - c. All discs should be marked with a clear indication of their weight.
 - d. The centre bore hole should be 50 millimeters, (1.96 inches).
 - e. The discs composition should be of metal, rubber, metal and rubber, wood or wood composition.

12. The collars to fasten the discs to the bar shall weigh 2.5 kilos or 1.25 kilos, and may be of a style appropriate to the bar.

13. Dumbbells.
 - a. The total length of rods may not exceed 61 centimeters or 24 inches.
 - b. The diameter of the rod should be 28 millimeters, (1.1 inches) unless the lift requires a different diameter.
 - c. The weights may be fixed or changeable.
 - d. The minimum distance between the inside of the discs is 17 cms, and the maximum is 18cms.
 - e. The dumbbell discs should not exceed 381 millimeters, (15 inches) in diameter, (except for the Dumbbells Deadlift).
 - f. All dumbbell discs shall have their weight clearly marked.

14. The platform should measure four by four metres, (13x13 feet) and should be composed of a non-slip material.
 - a. The platform height should be between 50 and 150 millimeters, (2-6 inches)
 - b. The platform may also consist of a taped area, of the correct size, on the lifting surface.

15. An appropriate lighting system to signal the decisions of the officials is recommended.
If no such system is available, a visible hand system will be used.

16. A visible time clock with an audible warning device sounding each minute is recommended.
If such a device is not available, the timer will keep the time in an acceptable manner and verbally announce each minute.

17. The scale may weigh in either metric or avoirdupois, though metric is recommended.
 - a. A scale certificate of accuracy, not older than 30 days, should accompany the scale at a World Championship.
 - b. A scale certificate accompanying scales at Regional, National or any other competition or exhibition, where World Records are established, should not be more than one year old.

18. A warm up area for competitors should be provided, close to the competition platform. The appropriate equipment required, should be provided, and constant communication with the competition area should be maintained.

(Equipment Continued)

19. It is recommended that a scorecard or recording system is used together with a scoreboard or attempts board where possible, for all competitions.

VI OFFICIALS

1. All officials must be approved by their National Governing Body, or IAWA where there is no NGB.
2. Three officials should be used for all competitions, and for exhibitions also where possible. (Though World Records can be established with only two officials present, so long as both pass the lift).
 - a. The judgment of the officials is final. There shall be no appeal
 - b. At National, Continental or World Championships, a protest board of three non adjudicating officials may be established (prior to the competition). They will decide only on matters regarding interpretation of the rules.
3. Each of the three officials has equal jurisdiction, however one will be designated the chief referee for the duration of a movement (lift) and will issue the verbal and visual commands. He / she will assume the centre position.
4. The officials should station themselves as necessary to make judgments, but no two should occupy the same area.
5. Where possible, at World or Continental Championships, only one official per nation should adjudicate in any category. Also where possible, at NGB Championships, only one official per club should adjudicate in any category.
6. Officials should be properly dressed, though uniforms are not required.

There shall be two categories of official:

 - a. National- those officials capable of officiating at competitions within their NGB.
 - b. International - those officials capable of approving World Records and officiating at Continental or World Championships, or International competitions.
 - c. The IAWA General Secretary shall maintain a list of the International Officials.
 - d. The IAWA should develop and revise a system of approval for International Officials.

VII THE COMPETITION

1. A competition may be for a single lift or a combination of two or more.
2. For competitions below national level, the competitions secretary will direct the competition within the spirit and the framework of the rules.
3. For national competitions, the NGB will approve the competition secretary.
4. For International events ,IAWA will approve the competition secretary.
5. The competition secretary for World Championships shall be the IAWA General Secretary.
6. The competition secretary may appoint any necessary committees, including a technical committee.

(The Competition Continued)

7. The NGB will appoint and approve the protest committee for all national championships, and IAWA will appoint and approve for the World Championships and any International competition.
8. Where necessary, lots will be drawn two hours and fifteen minutes before the start of a lifters competition. Lots would be used to determine the order of weigh in and the order of lifting for the entire competition.
9. Weigh-ins shall begin two hours before the start of a competition and will last one and a half hours.
10. The competition secretary or his designate will operate the scale and record the bodyweights.
 - a. Each lifter shall weigh nude or in briefs.
 - Females may only weigh nude in the presence of female officials.
 - Females may weigh in undergarment and lifting suit, and an adjustment of 0.5 kilo (one pound) will be made for clothing.
 - b. The lifter may be accompanied by a coach at the weigh in.
 - c. The lifter may weigh as often as he / she desires to make a category once the entire entry list for his / her category has been weighed, and within the time allotted.
 - d. In exhibitions, weigh- ins must be completed prior to the exhibition if records are to be submitted.
11. At National, World and International competitions, the competitors shall be presented, (in lot order where necessary), followed by the referees.
12. There will be a ten minute warm up continuation period between the presentation and competition.
13. The order and number of lifts having been established and announced prior to the competition, the competition will then begin.
 - a. The competitor will supply the announcer with opening attempts for each lift upon completion of their weigh in, and will then supply each, next attempt weight, upon completion of the prior attempt.
 - b. A competitor is allowed three attempts in each lift. A fourth attempt will be allowed for record purposes only.
 - c. The bar shall be loaded progressively. The weight on the bar must increase by at least one and a quarter kilos, except for record purposes where the minimum increase is 0.5 kilo (one pound).
 - d. The progression between first and second attempts must be at least 1.25 kilos.
 - The required increase should generally be spread equally to each dumb-bell for lifts where two dumbbells are used. (The Anyhow lift is an obvious exception).
 - In the case of a bar improperly loaded, and the competitor allowed to lift, the competitor can elect to keep the result, if successful. Alternatively the lifter may refuse it and be granted another attempt.
 - If the improper lift was failed the lifter shall receive an automatic replacement lift.

(The Competition Continued)

- e. Two minutes will be allowed for each competitor between announcing their name and the commencement of the lift. The lifter should be warned after one minute has elapsed. If the attempt has not begun when two minutes is up, it shall be ruled "no lift". The time begins when the bar is loaded and ready for the lifter's attempt.
A lift begins when a lifter makes an obvious attempt to lift the weight.
- f. When a competitor attempts two lifts in succession, he / she will be allowed three minutes for the succeeding attempt.. A warning will be given at the end of each minute, and again, the lifter is timed out, if the lift has not begun at the end of three minutes.
- g. The time for a fourth attempt will be three minutes.
- h. To increase or decrease a weight originally selected, the lifter or coach must notify the officials prior to the final call (one minute).
 - A maximum of two changes is allowed between attempts.
 - If a lifter succeeds himself after that change, the clock will be stopped for the change to take place, and the clock started again to continue the allotted time.
- i. In a match between two individuals, the competitors may lift alternately, the competitor taking the lighter weight lifting first.
- j. The order of the call / announcement, takes into consideration:
 - Weight of barbell - lightest first.
 - The number of the attempt - least first.
 - Lot number (where applicable) - lowest number first.
 - Progression - lot numbers are not used after first attempts.
- k. Awards should be commensurate with the level of competition.

VIII POOL OF LIFTS USED FOR INTERNATIONAL COMPETITION

(e.g. The World All Round Championships).

The following Pool of lifts is selected and amended by the IAWA Executive Board, as a list from which the lifts for the World Championships can be taken each year. These lifts are selected for the International Pool because they can be done by competitors from any country, using basic all round weightlifting equipment This pool applies to International competitions only.

TWO HAND BARBELL LIFTS

2 Hands Press

Clean and Push Press

Clean and Press Behind Neck

Continental onto Belt

Continental Clean

Continental Clean and Jerk

Continental Snatch

Clean and Jerk

Clean and Jerk Behind Neck

Two Hand Barbell Lifts Continued

Snatch

Cheat Curl

Pullover and Floor Press

Pullover and Push Press with Bridge

Steinborn Lift

Deadlift

Hacklift

Straddle Deadlift (Jefferson)

Zercher

ONE HAND BARBELL LIFTS

One Hand Snatch

One Hand Clean and Jerk

One Hand Deadlift / or One Hand Ciavattone Lift

One Hand Hacklift

One Hand Zercher

Half Gardner Lift

ONE HAND DUMBBELL LIFTS

One Hand Dumbbell Press

One Hand Dumbbell Snatch

One Hand Dumbbell Clean and Jerk

The World Championship Promoters have the option to include one chain lift, NOT for inclusion in the competition, but to follow as a separate event, it will be known as :

The Chain Lift Challenge.

IX THE LIFTS (MOVEMENTS)

Certain general rules may be applied in adjudicating the lifts:

- a. Once a bar is moved, it may not be lowered, it must continue upwards.
- b. The lift must not be completed in an uneven fashion.
- c. Neither the body or the equipment may support a weight in a manner to gain advantage.
- d. Hooking is permitted, unless stated. Hooking is overgripping of the thumbs, by the fingers.
- e. Uneven loading of the bar is not permitted, except for specified lifts where backhang is allowed.
- f. Heels and toes may raise in some movements, but foot placement should not change once designated.
- g. Once designated, hand positions on the bar, should not change during any individual phase of a lift.
- h. Weight should not be returned to the floor or rack, prior to the officials signal.
- i. Many lifts do not begin until the referee signals to do so. (but not all!)
- j. Not straightening the arms or/ and legs, or unlocking either once straightened is normally cause for disqualification.
- k. Finishing lifts by pressing out, is not acceptable unless during a press lift, or otherwise stated.
- l. Dropping the bar at the completion of a lift is not permitted. The bar must be controlled to its original position.
- m. Touching the lifting surface with any part of the body not defined in the rules is cause for disqualification.
- n. The lifter must not leave the platform during a lift.
- o. Taking a second attempt, on the second part of a lift, (a second attempt at a jerk for instance) is not allowed, unless stated otherwise.
- p. Showing disrespect to the officials can be a cause for disqualification.