



OFFICIAL RULEBOOK

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VERSION 7

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1. INTRODUCTION

The purpose of the USA Streetlifting rulebook is to inform the athlete and Meet Director the rules of a sanctioned USA Streetlifting meet. The rules are designed to cater to the athlete's performance while maintaining the integrity of a fair competition. Because the sport is relatively new, we reserve the right to make changes to the rules and regulations of USA Streetlifting in order to align with international practices, mainly Final Rep practices, and for the benefit of the athletes and organization. Any official changes to the rulebook must be implemented in meets that come after the changes.

If there are any questions regarding the rulebook, please email usastreetlifting@gmail.com.

2. GENERAL RULES

2.1 AGE REQUIREMENT

- A) **Minimum Age:** Athletes must be at least 13 years or older to participate.

2.2 NATIONALITY REQUIREMENT

- A) **US Residents & Citizens:** Only US residents & citizens can participate in USA Streetlifting-sanctioned meets designated as "National Championship." Exceptions are made and specified by the Meet Director for any international competition qualifiers.

2.3 FORMAT

- B) **Formats & Exercise Order:** There are 2 formats offered in a USA Streetlifting-sanctioned meet.
- **Classic format** comprises of two exercises in the following order:
 1. Weighted Pull
 2. Weighted Dip
 - **All4 format** comprises of four exercises in the following order:
 1. Weighted Bar Muscle-up or Ring Muscle-up (Bar only for Men, Bar or Ring for Women)
 - For all National Championship meets and above, the option to perform ring muscle-ups is made mandatory.
 2. Weighted Pull
 3. Weighted Dip
 4. Back Squat
- C) **3 attempts:** Athletes are given 3 attempts in each exercise to maximize either their classic total or All4 total.
- a. For movements requiring the use of a dip belt, only the weight of the plates attached to the dip belt contribute to the total. For the back squat, only the weight of the barbell, competition collars, and weight plates contribute to the total.



- b. A lifter has a successful attempt when all 3 judges signal white flags. Otherwise, the attempt is unsuccessful.
 - i. ○○○ = Good rep
 - ii. ○○● = No rep
 - iii. ○●● = No rep
 - iv. ●●● = No rep
- D) **Skipping Attempts:** Athletes may skip attempts if desired.
- E) **Disqualification:** If an athlete has zero successful attempts in at least one exercise, the athlete is disqualified from the overall standings but may still compete in any remaining movements and set individual lift records.
- F) **How Winners Are Determined:** The top 3 winners of each weight class are primarily determined based on the combined total of the heaviest successful attempts of each exercise.
- G) **In the Event of a Tie:** In the event of a tie where two totals are the same, the athlete with the lower bodyweight is declared the winner. If two athletes weigh-in at the same bodyweight and eventually achieve the same total at the end of the competition, the athlete making the total first will take precedence over the other athlete. This also applies to individual lift records.

2.4 WEIGH-INS

- A) **Before Weigh-Ins:** Before the athlete is allowed to weigh-in, they must provide the following information to the staff team.
 - a. Full name
 - b. First attempts of all exercises
 - c. Squat rack height
 - d. Dip bar width denoted by labeled numbers (if applicable)
 - e. Preferred plyo box height (if applicable)
 - f. Equipment to be used (if applicable)
 - g. Proof of signature of USA Streetlifting waiver form
- B) **Time of Weigh-Ins:** Weighing in of competitors must begin two (2) hours before the scheduled start of lifting and must last 90 minutes. There must be 30 minutes between the end of the weigh-in period and the start of lifting.
- C) **Who Weighs You In:** Only approved staff of the same sex are allowed to weigh-in the athletes.
- D) **Where To Weigh-In:** The weigh-in for each athlete will be carried out in a room with the door closed. Areas cordoned off (e.g., pipe and drape) are acceptable provided they are totally concealed from the surrounding area.
- E) **Weigh-In Scale:** All athletes will be weighed in using a calibrated digital scale measuring in KG.
- F) **Re-Weigh-In:** An athlete can request for a re-weigh-in during the allotted 90 minute window if there is no current queue of athletes who have not weighed in.
- G) **Clothes During Weigh-In:** Athletes are not allowed to undress completely. Therefore, a tolerance of 0.1kg above the weight class is accepted (Ex: An athlete can compete in the -66KG class if he weighs in at 66.1KG.)
- H) **Change of Weight Class:** If an athlete exceeds or falls short of the weight class for which they have qualified or registered for, he/she will not be included in the overall rankings or records list



(if applicable) but may still compete. Athletes can declare a change of weight class prior to the change of weight class deadline determined by the Meet Director.

2.5 WEIGHT CLASSES

- a. Women
 - **-52KG** (<52.5KG)
 - **-57KG** (52.2KG-57.1KG)
 - **-63KG** (57.2KG-63.1KG)
 - **-70KG** (63.2KG - 70.1KG)
 - **+70KG** (>70.1KG)
- b. Men
 - **-66KG** (<66.2KG)
 - **-73KG** (66.2KG – 73.1KG)
 - **-80KG** (73.2KG – 80.1KG)
 - **-87KG** (80.2KG – 87.1KG)
 - **-94KG** (87.2KG-94.1KG)
 - **-101KG** (94.2KG-101.1KG)
 - **+101KG** (>101.1KG)

2.6 WEIGHT ATTEMPT SELECTION

- A) **Weight Attempt Increments:** For weighted muscle-ups, weighted pulls, and weighted dips, all weight attempts must be in 1.25KG increments. For back squats, all weight attempts must be in 2.5KG increments.
- B) **Minimum Weight Attempts:** For weighted muscle-ups, weighted pulls, and weighted dips, the minimum weight attempt is +1.25KG. For back squats, the minimum weight attempt is 25KG.
- C) **1st Weight Attempt Selection:** Athletes must enter first weight attempts for all exercises during the weigh-in time period (90 minutes).
- D) **2nd and 3rd Weight Attempt Selection:**
 - a. If an athlete has a successful 1st or 2nd attempt in the weighted muscle-up, weighted pull, or weighted dip, then they must use a heavier weight by at least 1.25KG.
 - b. If an athlete has an unsuccessful 1st or 2nd attempt in the back squat, then they can either remain at the same weight for their next weight attempt or increase the weight by at least 2.5KG.
- E) **3rd Weight Attempt Selection Change:** During the 3rd attempt of the last exercise, the athlete can change their weight attempt selection for a maximum of two times. All changes must follow the ascending-weight order and may not result in a decrease of the loaded weight. These changes can be made at any time during the 3rd attempts of the last exercise before the athlete is called to the platform.
- F) **National Record Attempt Selection:** If an athlete has the intention to break a national record, the athlete may add 'micro plates', which allow an increase of 0.25 / 0.5 / 0.75 / 1.0 kg for the Bar Muscle Up/ Ring Muscle Up, the Pull and the Dip and an increase of 0.5 / 1.0 / 1.5 / 2.0 kg for the Squat.



- G) **Same National Record Attempt Selection:** Two or more athletes can enter a record attempt with the same weight. If an athlete achieves a valid attempt with this weight first, this is considered a new USA Streetlifting national record. For this reason, the weight of the next athlete who also attempts a record is automatically increased by the smallest possible increment based on 2.6(F).

2.7 ORDER OF ATHLETES

- A) **Athlete Order:** Flights follow an ascending order of the loaded weight. At no time will the loaded weight be lowered during a round except in the case of loading errors.

2.8 TIME RULES

- A) **Rest Time Between Attempts:** Athletes are entitled to 6 minutes of rest time between attempts.
- B) **Rest Time Between Exercises:** Athletes are entitled to 30 minutes of rest time between exercises.
- C) **Time Limit After Announcing Name:** Once an athlete's name is called to the platform by either Head Judge or Host, he/she has 60 seconds to start the exercise. If the time limit is exceeded, the attempt will be considered invalid.
- D) **Time Limit for Weight Attempt Selection:** Athletes have 60 seconds to announce their next weight attempt after completing/failing their current weight attempt. If the athlete does not announce his/her next weight attempt, then:
- if the current weight attempt was successful, the next weight attempt will increase by the minimum increment for that exercise.
 - if the current weight attempt was unsuccessful, the next weight attempt will remain the same.

3. JUDGING

3.1 GENERAL INFORMATION

- A) There are three judges on the platform for each competition discipline: one front judge (giving the signals) and two side judges.
- B) The decisions of the judges regarding the validity of an attempt are final.
- C) Emotionality is human and will be tolerated. However, disproportionate discussions with the judges about their decision are not allowed and may result in disqualification or dismissal from the current competition. This includes, among other things, verbal and physical attacks on the judges as well as excessive delaying of the competition.
- D) If the organizer is able to provide a Jury, the following will apply:
- The Jury will consist of the Head Judge and two judges present at the speaker's table.
 - The Jury will vote on the validity of an attempt by majority decision if a challenge is issued.
 - The Jury can intervene and overrule the judgment of the platform judges in the event of serious mistakes.



- d. If the organizer is not able to provide a Jury, the Head Judge assumes these responsibilities.

3.2 JUDGING SYSTEM

- A) In order to ensure clear and rule-compliant judging of the competition discipline attempts, each judge is assigned specific tasks. Errors in judging should thereby be reduced to a minimum.
- B) It is the responsibility of the front judge to clearly communicate the final assessment to the platform moderation. For this, all judges involved must give an unmistakable "Valid!" (thumbs up) or "Invalid!" (showing the colored card), which must be visible to the front judge.
 - 1. Judging can be anonymous and digital, if the organizer can provide it. Anonymous judging shall be supplemented with a single light indicator that shows the final verdict where white = valid and red = invalid. Three additional lights shall show the reason for no rep by each platform judge.
- C) For better clarity for the athletes, coaches, and viewers, a card system with different colors represents the reasons for a "no rep."
- D) In case of a "no rep," the judges will show the colored card corresponding to the reason for the invalid attempt.
- E) A majority voting system will be applied to the judging system in which an attempt is deemed valid if only one platform judge deems an attempt invalid and the other platform judge judging the same criteria deems the attempt valid. This majority voting system will be applied to the following criteria:
 - 1. Dips: Shoulder Depth
 - 2. Squats: Bent knees, Depth
- F) All other criteria must remain under a 3:0 voting system. In this system, if 1 platform judge deems an attempt invalid due to a criteria not subject to the 2:1 voting system, the attempt will be deemed invalid.



| Color | Bar Muscle Up Ring Muscle Up | Pull | Dip | Squat |
|--------|---|---|---|---|
| Red | <ul style="list-style-type: none"> chicken wing | <ul style="list-style-type: none"> invalid height | <ul style="list-style-type: none"> invalid depth | <ul style="list-style-type: none"> invalid depth |
| Black | <ul style="list-style-type: none"> signal equipment | <ul style="list-style-type: none"> signal equipment | <ul style="list-style-type: none"> signal equipment | <ul style="list-style-type: none"> signal equipment |
| Yellow | <ul style="list-style-type: none"> kiping/kicking loss of control | <ul style="list-style-type: none"> kicking/kiping | <ul style="list-style-type: none"> kicking/kiping loss of control | <ul style="list-style-type: none"> support dropping the barbell foot motion |
| Blue | <ul style="list-style-type: none"> lockout downward motion bent arms grip | <ul style="list-style-type: none"> downward motion | <ul style="list-style-type: none"> downward motion bent arms | <ul style="list-style-type: none"> downward motion bent knees contact by spotter |

3.3 CHALLENGE

- G) The challenge policy applies if the technical requirements can be met by the organizer.
- H) **Challenge Policy:** Athletes are entitled to challenge judges' decision on an attempt once per competition. When a challenge is issued, the Head Judge (or Jury, if applicable) will review a replay of the rep and make a final decision.
- I) **What Can Be Challenged:** The athlete or the coach may only challenge a decision if the verdict of one judge is "invalid." Therefore, the attempt may not be challenged if two or three judges evaluate an attempt as "invalid."
1. **Overrule:** If the challenge of a decision results in the attempt being valid, the athlete may keep his or her challenge for future attempt challenges.
- J) **When To Issue Challenge:** Athletes must request for a replay directly after the overall decision for the challenged attempt has been made before putting his/her next weight attempt selection. If a challenge is issued, the time limit for weight attempt selection will be paused until a decision has been made by the judges upon reviewing the replay.
- K) **Who To Issue Challenge To:** Athletes must go to the Head Judge to issue a challenge.
- L) External video recordings from third parties (e.g., from the athletes' area as well as from the audience) are not permitted and cannot influence the decision of the judges.

3.4 RING & BAR MUSCLE UP

- A) The bar muscle up may be performed by either male or female athletes. The ring muscle up can only be performed by female athletes.
- B) With prior consultation with the judges, female athletes are also allowed to perform a bar muscle up instead of a ring muscle up. The request for a change to a bar muscle up must be



made independently by the female athlete and is her sole responsibility. The request must be made up to 10 minutes before the planned start of the attempts of the respective weight class and must be conrmed by the judges. Furthermore, the request may not be withdrawn during the competition and is valid for all three attempts.

3.5 RING MUSCLE UP

1. **Starting Position**

- a. Athlete may position the weight plates in front of the legs or between the legs.
- b. Athlete establishes grip on rings. Athlete may use a “false grip.”
2. Athlete exits the platform and enters starting position with arms fully extended and no swing.
 - a. If there is excessive swinging during the deadhang, the Head Judge will say the audible command “BOX!” Then, the athlete must dismount back onto the box and re-enter the starting position without any swing. If there is still excessive swing on the re-entrance, the rep will be considered no rep.
3. Athlete waits for the audible command “START!” Then, the Head Judge says the audible command “START!” This command shall be accompanied with an upward movement of the arm.
4. Athlete initiates the pulling phase followed by the dip phase.
 - a. After the pulling phase is completed, a short pause is allowed during the transition.
5. Once the athlete finishes the Ring Muscle Up with elbows fully locked, the athlete waits for the audible command “BOX!”
6. The Head Judge says the audible command “BOX!” This command shall be accompanied with a downward movement of the arm.
7. The athlete dismounts from the rings and back onto the box.

3.5.1 RING MUSCLE UP – REASONS FOR NO REP

1. **Fail:** The athlete is unable to overcome the rings.
2. **Bent arms:** The athlete starts the ring muscle up with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows through 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.
3. **Kipping/Kicking:** The athlete generates momentum with an excessive tilting motion in the pelvis, an excessive hyperextension in the spine or with a kicking motion of the legs, which makes it easier for her to get over the rings. A minimal change in the knee and the hip angle, that is not sudden and not to the athlete's advantage, is allowed. Sudden kipping/kicking before initiating the pull is not allowed.
4. **Loss of control:** The athlete loses control of the additional weight and the lower extremities, even after overcoming the rings.
5. **Downward motion I:** The direction of the movement of the weight plates reverses after the concentric is initiated and before the lockout is achieved. This does not apply to the transition phase. A short pause during the attempt is allowed.
6. **Downward motion II (stretch-shortening cycle):** While a slow downward movement of the weight plates after the “Go!” signal is permitted, a rapid downward movement of the weight plates (stretch-shortening cycle) after the “Go!” signal results in invalidity.



7. **Lockout:** The direction of the movement reverses before full elbow extension is reached after overcoming the rings.
8. **Signal:** The athlete misses or ignores a signal from the judges.
9. **Chicken wing:** The athlete performs a so-called 'chicken wing' muscle up, in which the elbows overcome the rings one after the other.

3.6 BAR MUSCLE UP

1. Starting Position

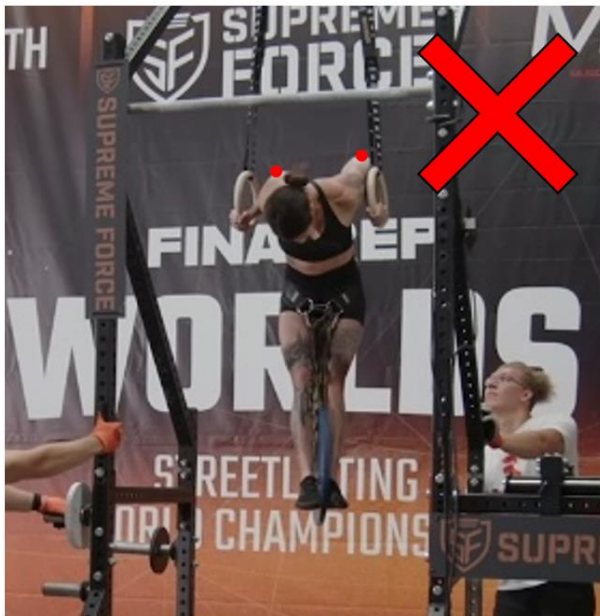
- a. Athlete may position the weight plates in front of the legs or between the legs.
- b. Athlete grips the bar in a pronated grip and a full extension of the arm. Semi-false grip is allowed. False grip is not allowed. Athlete may bend the knees in order to fully extend the arm.
2. Athlete waits for the audible command "START!" Then, the Head Judge says the audible command "START!" This command shall be accompanied with an upward movement of the arm.
3. Athlete exits the box with fully extended arms.
4. The athlete can use a maximum of 2 forward swings before the athlete begins to pull.
5. Then, the athlete initiates the pulling phase followed by the dip phase of the muscle up.
 - a. After the pulling phase is completed, a short pause is allowed and a touching of the chest on the bar is allowed during the transition.
6. Once the athlete finishes the dip phase with elbows fully locked, the athlete waits for the signal "BOX!"
7. The Head Judge says the audible command "BOX!" This command shall be accompanied with a downward movement of the arm.
8. The athlete dismounts from the bar and back onto the box.

3.6.1 BAR MUSCLE UP - REASONS FOR NO REP

1. **Fail:** The athlete is unable to overcome the bar.
 - a. **Example:**
https://www.youtube.com/watch?v=arsZGD34WG0&ab_channel=FinalRepHeadJudge
2. **False grip:** The athlete uses a false grip where at least one wrist or forearm touches the bar.
3. **Bent arms:** The athlete starts the bar muscle up with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.
4. **Kipping/Kicking:** The athlete generates momentum with an excessive tilting movement in the pelvis, an excessive hyperextension in the spine or with a kicking movement of the legs, which makes it easier for him/her to overcome the bar. A minimal change in the knee and the hip angle, that is not sudden and not to the athlete's advantage, is allowed. Sudden kipping/kicking before initiating the pull is not allowed.
 - a. Videos for clarification:
 - i. The following attempts are considered valid:
 1. <https://youtu.be/NS38kV09Whg?t=3729>



2. <https://youtu.be/NS38kV09Whg?t=4827>
3. https://youtu.be/qt_jcahfQHg?t=970
- ii. The following attempts are considered invalid:
 1. <https://youtu.be/NS38kV09Whg?t=4181> (excessive hip kick with knee bend)
 2. <https://youtu.be/EV9lqudFqiw?t=1551> (excessive hip kick)
5. **Loss of control:** The athlete loses control of the additional weight and the lower extremities, even after overcoming the bar.
6. **Downward motion:** The direction of the movement reverses before it is completed. A short pause on the bar is allowed. The chest may touch the bar.
7. **Lockout:** The direction of the movement reverses before full elbow extension is reached after overcoming the bar.
8. **Signal:** The athlete misses or ignores a signal from the judges.
9. **Chicken wing:** The athlete performs a so-called 'chicken wing' muscle up, in which the elbows overcome the bar one after the other.



3.7 WEIGHTED PULL

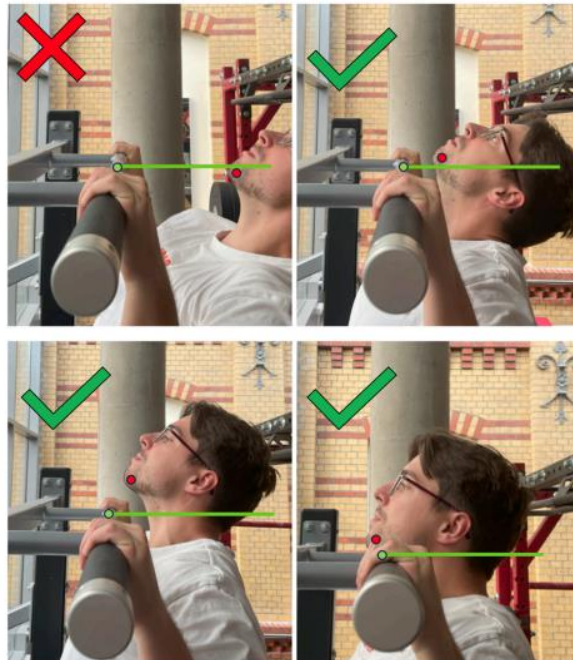
1. **Starting Position**
 - a. Athlete may use either a "thumb-over" or "thumb-under" grip.
 - b. Athlete may use any preferred grip width within the bar length.
 - c. Athlete may use a pronated (palms facing away) or supinated (palms facing athlete) grip. Athletes do not have to officially declare the chosen variation. It is allowed to change the pull variation during the competition.
 - d. Athlete must position plates between legs.
2. Athlete exits the platform and enters starting position with arms fully extended and no swing using the forward walkout entrance.



- a. If there is excessive swinging during the dead hang, the Head Judge will say the audible command "BOX!" Then, the athlete must dismount back onto the box and re-enter the starting position without any swing. If there is still excessive swing on the re-entrance, the rep will be considered no rep.
3. After achieving a dead hanged and no-swing starting position, athlete waits for the audible command "START!" from the Head Judge. Then, the Head Judge says the audible command "START!" The audible command shall be accompanied with an upward movement of the arm.
4. Athlete pulls until his chin is above the bar (refer to figure). No pause is necessary after the chin clears the bar.
5. After completing the pull and then achieving a dead hang, athlete waits for the signal "BOX!"
6. The Head Judge says the audible command "BOX!" This command shall be accompanied with a downward movement of the arm.
7. The athlete dismounts from the bar and back onto the box.

3.7.1 WEIGHTED PULL - REASONS FOR NO REP

1. **Fail:** The athlete does not finish the attempt with the chin visible above the bar.
2. **Bent arms:** The athlete starts the ring muscle up with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows through 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.
3. **Kipping/Kicking:** The athlete generates momentum with an excessive tilting motion in the pelvis or with a kicking motion of the legs, which makes it easier to overcome the bar. A minimal change in the knee and the hip angle, that is not sudden and not to the athlete's advantage, is allowed. Sudden kipping/kicking before initiating the pull is not allowed.
 - a. Videos for clarification:
 - i. The following attempts are considered valid:
 1. <https://youtu.be/EV9IqudFqiw?t=2837>
 2. <https://youtu.be/QZJtQaKjths?t=7621>
 - ii. The following attempts are considered invalid:
 1. <https://youtu.be/EV9IqudFqiw?t=4372> (excessive knee kick)
 2. <https://youtu.be/g8H3xiDPLJ8?t=1653> (small knee kick)
4. **Downward motion I:** The direction of the movement of the weight plates reverses after the concentric is initiated and before the required height is reached. the Front Judge and the Judge evaluating chin height may communicate if the height was reached before or after the downward motion. A short pause during the attempt is allowed.
5. **Downward motion II (stretch-shortening cycle):** While a slow downward movement of the weight plates after the `Go!` signal is permitted, a rapid downward movement (stretch-shortening cycle) of the weight plates after the `Go!` signal results in invalidity.
6. **Signal:** The athlete misses or ignores a signal from the judges.



3.8 DIP

1. Starting Position

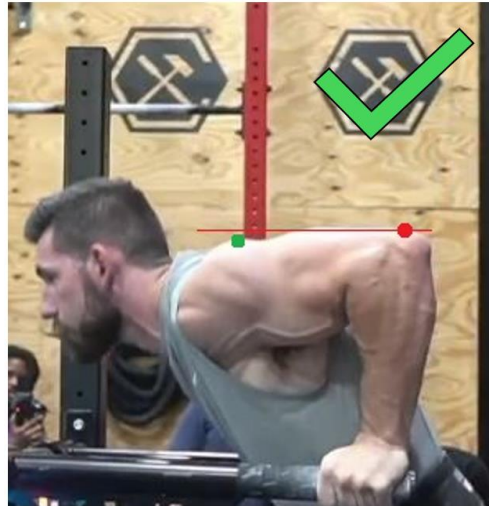
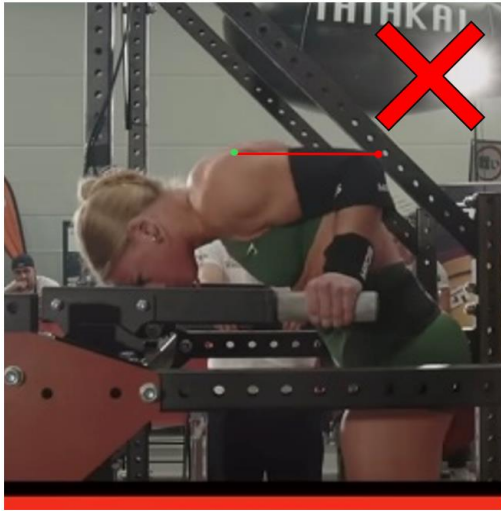
- a. Athlete cannot use a “thumb-over” grip where the thumbs are positioned on the same side of the bar as the other fingers.
- b. Athlete must position plates between legs.
2. Athlete exits the platform and enters starting position with arms fully locked and no swing. The athlete must enter the starting position using the forward walkout entrance.
 - a. If there is excessive swinging during the lockout position, the Head Judge will say the audible command “BOX!” Then, the athlete must dismount back onto the box and re-enter the starting position without any swing. If there is still excessive swing on the re-entrance, the rep will be considered no rep.
3. After achieving the fully locked starting position, athlete waits for the audible command “START!” from the Head Judge. Then, the Head Judge says the audible command “START!” The audible command shall be accompanied with a downward movement of the arm.
4. Athlete executes the eccentric phase (descent) until his rear delt is visibly below the elbow joint and the highest point from the bottom of the belt is at least level with the highest point of the dip bars.
5. After reaching valid depth, athlete extends arms until the starting position has been reached again.
6. After completing the dip, athlete waits for the audible command “BOX!”. After receiving the “BOX!” command, athlete dismounts from the dip bars and back onto the box.

3.8.1 DIP - REASONS FOR NO REP

1. **Fail:** The athlete does not complete the attempt with arms fully extended.



2. **Bent arms:** The athlete starts the dip with bent arms. In certain cases of anatomically limited mobility (e.g. not being able to extend the elbows through 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.
3. **Depth Shoulder:** The athlete does not reach the required depth with the back shoulder (see figs below).
4. **Depth Hip:** The athlete does not reach the required depth with the hip. Furthermore, the valid depth of the hip and shoulder must be reached before initiating the concentric movement phase.
5. **Kipping/Kicking:** The athlete generates momentum with an excessive tilting motion in the pelvis (leg flare) or with a kicking motion of the legs, which facilitates the termination of the attempt. A minimal change in knee and hip angle that does not give the athlete an advantage is allowed.
6. **Loss of control:** The athlete falls into an excessive hyperextension of the spine and loses control of the weight. If the box is touched before the last signal ("Box!"), the attempt is considered invalid.
7. **Downward motion:** The direction of the movement in the concentric phase reverses before it is completed. The highest point from the bottom of the belt and the rear delt are used as the reference points. A short pause during the attempt is allowed.
8. **Signal:** The athlete misses or ignores a signal from the judges.





3.9 SQUAT

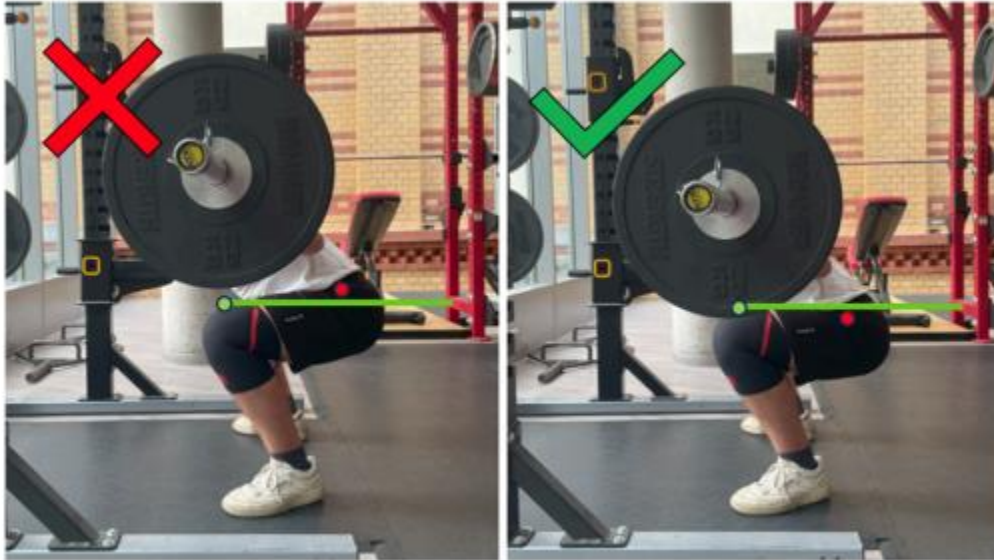
1. The athlete shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. A thumbless grip may be used. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the athlete may be aided in removal of the bar from the racks by the spotter / loaders) the athlete must move backwards to establish the starting position.
3. When the athlete is motionless, erect (slight deviation is allowable) with knees locked, the Head Judge will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "START!"



- a. Before receiving the "START!" signal, the athlete may make any position adjustments within the rules, without penalty. For reasons of safety the athlete will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift.
4. Upon receiving the referee's "START!" signal, the athlete must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. The attempt is deemed to have commenced when the athletes knees have unlocked.
5. The athlete must recover at will to an upright position with the knees locked.
6. When the athlete is motionless (in the apparent final position) the referee gives the audible command "RACK!" The signal to rack the bar will be accompanied by an upward movement of the arm.
7. The athlete must then return the bar to the racks.

3.9.1 SQUAT - REASONS FOR NO REP

9. **Fail:** The athlete does not complete the attempt with the knees fully extended.
10. **Bent knees:** The athlete starts the squat with bent knees. In certain cases of anatomically limited mobility (e.g. not being able to extend the knees 180°), it is up to the athlete to tell and show this to at least one of the judges before entering the platform for the first attempt.
11. **Signal:** The athlete misses or ignores a signal from the judges.
12. **Downward motion:** The athlete makes a double rocking movement at the lowest point of the squat or a downward movement during the concentric phase of the attempt.
13. **Depth:** The athlete does not reach the prescribed depth.
14. **Foot movement:** The athlete moves the feet forward, backward or sideways, with a rolling of the feet between ball and heel allowed.
15. **Contact by spotter:** At least one spotter touches the barbell or athlete between the judge's signals with the intention of facilitating the attempt.
16. **Support:** The athlete supports himself/herself on the thighs with the elbows or upper arms. A light touch is allowed if it does not facilitate the attempt.
17. **Dropping the barbell:** Athlete drops the barbell before, during, or after the attempt, "throws" it or actively leaves the spotters with the entire weight of the (loaded) barbell. In this case, athlete will be disqualified from the event and cannot participate in further USASL events for 2 years. The disqualification will come into force with immediate effect by the Judges' decision, and will be valid up to and including the same date of the calendar year after the next. Only in the case of demonstrably serious injuries, which have led directly to the dropping of the barbell, the ban can be subsequently overridden. In this case, it is up to the athlete to reach out to the USA Streetlifting team or directly to the Head Judge for the suspension to be lifted. Lifetime ban if done a 2nd time.



4. ATHLETE EQUIPMENT

- A) All competitions are RAW competitions.
- B) Judges and loaders reserve the right to investigate an athlete's equipment after a successful attempt.
- C) Only equipment explicitly mentioned in the rules is allowed. Special cases can be clarified separately on request.
- D) The athlete may use either his/her own chalk/magnesia or the organizer's chalk/magnesia in liquid or dry form. The use of other grip-enhancing agents, such as pole dance wax and climbing resin, is not permitted.
- E) The carrying of loose objects onto the platform, which do not belong to the approved equipment, is not permitted. This includes items such as headphones, watches and smelling salt.
- F) The wearing of jewelry is the personal responsibility of the athletes.
- G) Every athlete must be able to put on and take off their personal equipment alone and without any aids. The use of any other aid is strictly prohibited. This includes the use of powders, foil, wrist straps and hanging from a bar. The athlete may only use his hands and the floor.
 - a. This regulation does not apply to the putting on and taking off of elbow sleeves. The following must be noted for elbow sleeves:
 - i. No additional aids such as powder, wrist straps, and /or foils may be used when putting on or taking off the sleeves.
 - ii. Only one other person may assist the athlete in putting on and taking off the elbow sleeves.



- iii. The athlete may hold on to a fixed bar when putting on and taking off the sleeves.
- H) All violations of the rules regarding equipment and its use on the platform will immediately result in the invalidity of the attempt.
- I) For safety reasons any permanent changes to the personal equipment from the manufacturer's original design are strictly prohibited. This includes torn, cut, sewn or glued, and **spray-painted** surfaces of any size.

4.1 Shirts

- A) All athletes are free to compete shirtless, in a sports bra, in a tank top or in a shirt.
- B) When wearing a shirt, it must always be tight or slim fit.
- C) The shirt must be constructed entirely of fabric or a synthetic textile.
- D) Athletes are allowed to wear long-sleeved shirts, meeting the following criteria:
 - a. The shirt must consist of cotton, nylon/polyamide, polyester, or a combination of these fabrics.
 - b. The shirt may consist of a maximum of 5% elastane/spandex/lycra.
 - c. The percentage of the fabric blend must be visible on the waistband or on the tag sewn to the shirt.
 - d. When wearing a long-sleeved shirt in combination with elbow sleeves, the shirt must only be worn underneath the elbow sleeves.

4.2 Pants

- A) All athletes are free to wear long or short pants, but always tight or slim fit pants.
- B) All athletes are allowed to wear IPF-approved singlets.
- C) The pants and the singlet must be constructed entirely of fabric or a synthetic textile.
- D) Athletes are allowed to wear long-legged leggings, meeting the following criteria:
 - a. The leggings must consist of cotton, nylon/polyamide, polyester or a combination of these fabrics.
 - b. The leggings may consist of a maximum of 5% elastane/spandex/lycra.
 - c. The waistband may consist of a maximum of 10% elastane/spandex/lycra to ensure wearing a precise fit for all athletes.
 - d. The percentage of the fabric blend must be visible on the waistband or on the tag sewn to the leggings.
 - e. When wearing long-legged leggings in combination with knee sleeves, the leggings must be worn underneath the knee sleeves.

4.3 Dip Belts

- A) All dip belts must meet the following requirements:
 - a. A complete weight belt includes the following components: a carrying strap, three carabiners, and a multi-stage sling belt.
 - b. The carabiners, the chain, and therefore the entire weight belt, must have a load capacity of at least 300 kg.
 - c. The width of the carrying strap must not exceed 11 cm.



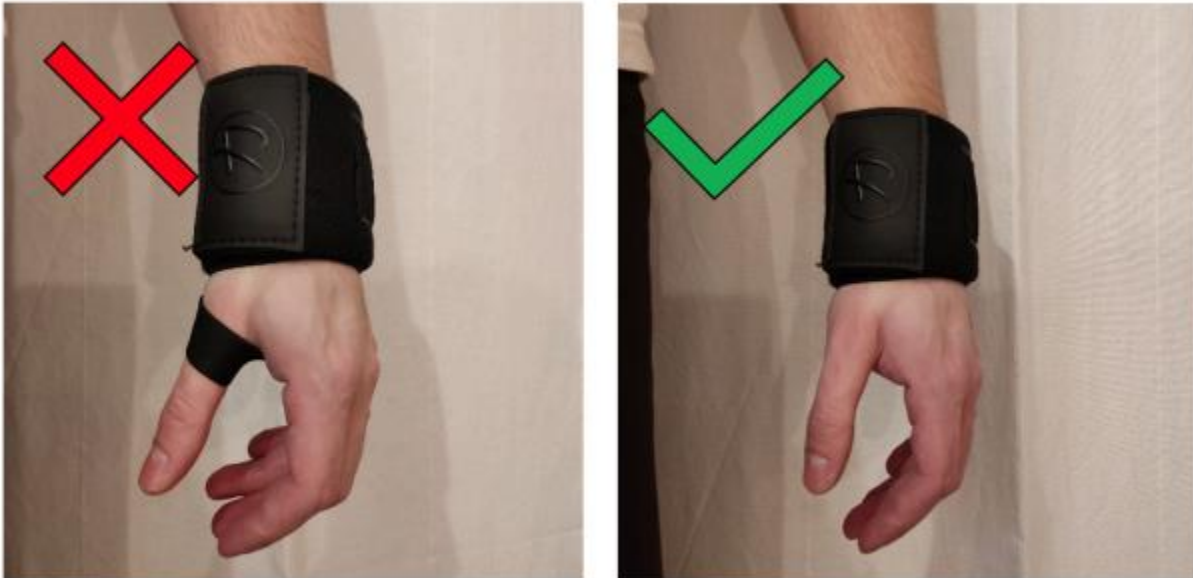
- d. The carrying strap may be combined with a back pad, provided that the lower end of the carrying strap is visibly marked.
- e. The chain should be at least 1.50 m long.
- B) Athletes may use their own belts as well as those provided by the organizer.
- C) For safety reasons, all three carabiners (one carabiner at each end of the belt connecting the sling to the belt and one carabiner to close the belt) must be attached and used as described (see fig.)
- D) Other carabiners may be used if, upon inspection of the equipment, the load capacity meets the criteria (>300 kg).
- E) It is allowed to use one additional carabiner for extending the length of the belt—not the sling—as long as it meets the criteria described above.
- F) In addition to the sling of the belt, another sling may be attached.
- G) The belt must be worn clearly visible over the clothing.





4.4 Wrist Bandages

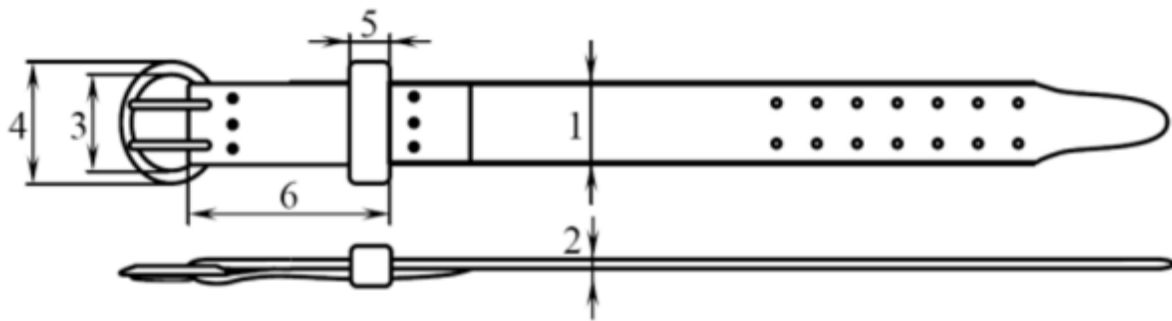
- H) All athletes are permitted to wear wrist bandages.
- I) Wrist wraps, i.e. wrap bandages, may only be worn over the wrists and in no case on any other part of the body.
- J) Wrist bandages may only be worn if they meet the following criteria:
 - a. The bandages shall not exceed 1 m in length and 8 cm in width.
 - b. A loop may be included as a safety aid. This loop may not be worn over the thumb or fingers in any competition discipline.
 - c. Ordinary sweatbands may not be wider than 12 cm. Wearing a combination of wrist wraps and sweatbands is not permitted.



4.5 Squat Belt

All athletes are permitted to wear a squat belt. The belt must be worn visibly over the clothing.

- A) The squat belt must be made of leather, synthetic leather, or similar material that is not flexible or is difficult to bend. The belt may consist of several layers, which are glued or sewn together.
- B) No additional seams or materials may be added to the outside of the belt or between the individual layers.
- C) The belt buckle must be firmly sewn or riveted to the end of the belt.
- D) The belt may have a buckle with one or two spikes or a lever buckle.
- E) The loop through which the belt tongue passes shall be firmly sewn or riveted to the belt.
- F) The outside of the belt may only show the name, brand name of the belt, country, state, city or the athletes' association or club.
- G) The dimensions of the belt are defined as follows (as of 2022). The standards are those of the IPF for RAW competitions (International Powerlifting Federation).
 - 1) Width of the belt: 10.2 cm (4 inches) max.
 - 2) Depth (thickness) of the belt: max. 13 mm
 - 3) Inner width of the belt buckle: max. 11 cm
 - 4) Outer width of the belt buckle: max. 13 cm
 - 5) Width of the belt loop: max. 5 cm
 - 6) Distance between end of belt buckle and belt loop: max. 25 cm



4.6 Footwear

- A) All athletes must wear footwear in every competition discipline.
 - a. Only the wearing of closed footwear is allowed. This includes sneakers, weightlifting and powerlifting shoes, barefoot shoes or loafers, gym shoes and Crocs.
 - b. The sole of the shoe may not be higher than 5 cm at any point.
 - c. The sole of the shoe must be flat and show no irregularities or changes from the manufacturer's original design.
 - d. Loose shoe insoles must not be thicker than 1 cm.

4.7 Elbow Sleeves

- A) All athletes are permitted to wear elbow sleeves.
- B) Elbow sleeves, i.e. cylindrical sleeves, may only be worn over the elbow and in no case on any other part of the body.
- C) Wearing a combination of elbow sleeves and elbow bandages is not permitted.
- D) Elbow sleeves may only be worn if they meet the following criteria:
 - a. The sleeves must consist of a neoprene layer alone or a neoprene layer with a non-supportive layer of another fabric over that neoprene layer.
 - b. The sleeves must be sewn around both ends. The sleeves must be cut in such a way that they do not provide excessive assistance or disproportionate recoil in the area of the athletes' elbows at the reversal point of the dip.
 - c. The sleeves must not exceed a maximum thickness of 7 mm and a maximum length of 30 cm.
 - d. No additional materials may be attached to the sleeves, nor may any changes be made from the manufacturer's original design (e.g. for the purpose of narrowing). The sleeves must be cylindrical throughout and show no holes or similar damage to the material.

Addition: In addition to the neoprene sleeves described above, so-called single ply sleeves are allowed.

4.8 Knee Sleeves

- A) All athletes are allowed to wear knee sleeves.
- B) Knee sleeves, i.e. cylindrical sleeves, may only be worn over the knees and in no case on any other part of the body. Wearing a combination of knee sleeves and knee bandages is not permitted.



- C) Knee sleeves may only be worn if they meet the following criteria:
 - a. The sleeves must be made of a neoprene layer alone or a neoprene layer with a non-supportive layer of another fabric over that neoprene layer. The gauntlets must be sewn around both ends.
- D) The sleeves must be cut in such a way that they do not provide excessive assistance or disproportionate recoil in the area of the athletes' knees at the reversal point of the knee bend.
 - a. The sleeves must not exceed a maximum thickness of 7 mm and a maximum length of 30 cm.
 - b. No additional materials may be attached to the sleeves, nor may any changes be made from the manufacturer's original design (e.g. for the purpose of narrowing). The sleeves shall be cylindrical throughout and shall not show any holes or similar damage to the material.

4.9 Tape

- A) Two layers of tape may be worn around the thumbs. No other patches or tapes may be worn without the official permission of the judges. These tapes may also not be used in such a way as to assist athletes in gripping the barbell/bar.
- B) All athletes performing a Ring Muscle Up are permitted to wear tape around wrists and forearms for injury prevention purposes.
- C) Subject to the prior approval of the judges, athletes may wear tape in the event of an injury, provided it does not give those same athletes an unfair advantage.

5. COMPETITION EQUIPMENT

All sanctioned USA Streetlifting meets must adhere to the following equipment specifications.

5.1 Pull Up Bar Specifications

- A) **Bar diameter** shall be 1.25 to 1.5 inches.
- B) **Bar height** shall be 98 inches or greater.
- C) **Bar width** shall be at least 40 inches.
- D) Bar shall feature little to non-existent shakiness during the muscle up and pull.
- E) Bar shall have no obstruction above or in front of athlete at upper and lower body height.

5.2 Dip Bars Specifications

- A) **Dip bars' diameter** shall be 1.5 to 2.5 inches.
- B) **Dip bars' height** from ground shall be 52 to 60 inches.
- C) Dip bars shall feature little to non-existent shakiness during the dip.
- D) The following equipment specifications is mandatory for any USA Streetlifting-sanctioned meet deemed as "National Championship"
 - o **Dip bars' orientation** shall be oriented parallel.
 - o Dip bars shall feature adjustable grip width.



5.3 Squat Equipment Specifications

A) Acceptable Squat Racks

- a. Squat racks from commercial manufacturers officially registered and approved by the IPF Technical Committee shall be permitted for use in International Championships and USA Powerlifting contests that are direct qualifiers to international competition.

B) Barbell

- a. The bar shall be straight, well-knurled/grooved and conform to the following dimensions:
 - i. **Bar length** shall not exceed 2.2m.
 - ii. **Distance between collar faces** shall not exceed 1.32m or be less than 1.31m.
 - iii. **Diameter of the bar** is not to exceed 29mm or be less than 28mm.
 - iv. **Weight of the bar** and collars are to be 25kg.
 - v. **Diameter of the sleeve** not to exceed 52mm or be less than 50mm.
 - vi. There shall be a diameter machined marking (or the bar taped) so as to measure 81cm between marking (or tape).

5.4 Weight Plates

- All plates used in competition must weigh within 0.25 percent or 10 grams of their face value.

| Face Value (kg) | Maximum (kg) | Minimum (kg) |
|-----------------|--------------|--------------|
| 25.0 | 25.0625 | 24.9375 |
| 20.0 | 20.05 | 19.95 |
| 15.0 | 15.0375 | 14.9625 |
| 10.0 | 10.025 | 9.975 |
| 5.0 | 5.0125 | 4.9875 |
| 2.5 | 2.51 | 2.49 |
| 1.25 | 1.26 | 1.24 |

- Competitions must use KG plates.
- Plates that are 25kg or less in weight shall not exceed 30mm in disc thickness.
- The center hole of each disc shall be between 52mm to 53mm.