



Rules for Biceps Lift - FČST

A) Equipment

Obligatory Equipment:

- Singlet
- T-shirt (not stretchy - preferably cotton)
- Shoes

Allowed Equipment

- Belt
- Wrist Wraps

Dimensions and type of equipment including their use are defined in the GPC rules!

Forbidden Equipment

- Elbow wraps and sleeves
- Knee Wraps

B) Weight and age categories

Weight and age categories are identical to the categories defined in the GPC rules.

Weight categories

| Male | | | Female | | |
|-----------|-----------|----------|-----------|-----------|----------|
| Categorie | From (kg) | To (kg) | Categorie | From (kg) | To (kg) |
| 56 kg | < 56,00 | 56,00 | 44 kg | < 44,00 | 44,00 |
| 60 kg | 56,01 | 60,00 | 48 kg | 44,01 | 48,00 |
| 67,5 kg | 60,01 | 67,50 | 52 kg | 48,01 | 52,00 |
| 75 kg | 67,51 | 75,00 | 56 kg | 52,01 | 56,00 |
| 82,5 kg | 75,01 | 82,50 | 60 kg | 56,01 | 60,00 |
| 90 kg | 82,51 | 90,00 | 67,5 kg | 60,01 | 67,50 |
| 100 kg | 90,01 | 100,00 | 75 kg | 67,51 | 75,00 |
| 110 kg | 100,01 | 110,00 | 82,5 kg | 75,01 | 82,50 |
| 125 kg | 110,01 | 125,00 | 90 kg | 82,51 | 90,00 |
| 140 kg | 125,01 | 140,00 | 100 kg | 90,01 | 100,00 |
| 140 + kg | 140,01 | > 140,01 | 110 kg | 100,01 | 110,00 |
| | | | 110 + kg | 110,01 | > 110,01 |

Age categories (same for Male and Female)

| Category | Designation | From (years) inclusive | To (years) inclusive |
|------------|---|------------------------|----------------------|
| Open | O | 24 | 39 |
| Master | M1 | 40 | 44 |
| | M2 | 45 | 49 |
| | M3 | 50 | 54 |
| | M4 | 55 | 59 |
| | M5 | 60 | 64 |
| | M6 | 65 | 69 |
| | M7 | 70 | 74 |
| | M8 | 75 | 79 |
| | M9 | 80 | |
| Junior | JUN | 20 | 23 |
| Teenage | T1 | 13 | 15 |
| | T2 | 16 | 17 |
| | T3 | 18 | 19 |
| SUB Master | S | 33 | 39 |
| | This category is not competitive, it is defined for record setting purposes only. | | |

C) Many of attempts

Each competitor has three competition attempts. The highest weight of a valid attempt is included in the competition.

The fourth attempt is for records only. This attempt can only be made by competitors who will strive to create a new record in the 4th attempt and who have at least one valid attempt out of the three allowed competition attempts.

D) Barbell weight per attempt

The minimum weight of a barbell for a competitive attempt is the weight of the bar + collars.

The increase in the weight of the barbell between attempts is at least 2.5 kg. The maximum increase in the weight of the barbell is not limited.

To break a valid record, a minimum weight increase of 0.5 kg above the current record is allowed.

The maximum increase in the weight of the barbell for the 4th record attempt is allowed by a maximum of 20 kg above the competitor's highest valid competition attempt.

E) Signals for performing the attempt

Start of the attempt: The visual signal consisting of a downward movement of the arm and an audible signal "START".

End of the attempt: The visual signal consisting of a downward movement of the arm and a simultaneous "DOWN" sound signal.

Putting the bar down: After the "DOWN" signal, the athlete lowers the barbell down and on the "RACK" signal puts it down in the rack.

F) Executions of the attempt - exercise

Competitor's position

The competitor stands facing the front of the platform (towards the barbell) and their back to the support plate. The barbell is placed in a rack in front of the competitor. After removing the barbell from the rack, the competitor takes the prescribed starting position for the exercise.

Starting position for the attempt

The starting position for the attempt must be taken by the competitor without any help from a stranger: the competitor's buttocks and back must be in contact with the support plate and this contact must not be broken during the execution of the attempt. The head does not have to be in contact with the support plate.

A barbell is held in front of the body in outstretched arms. The arms are vertically down.

The position of the legs is freely chosen by the competitor and this position is not taken into account for the purpose of assessing the validity of the exercise. However, the knees must not be bent and the feet must be completely flat on the base plate (ground). However, the position of the legs must not limit the competitor in extending and vertically lowering the arms downwards to the starting position. If this is not met, the referee will not give the signal to start the attempt.

The competitor grasps the bar with a thumb grip, i.e. the thumb is turned around the axis of the barbell in the direction against the fingers of the hand.

The width of the grip of the hands on the bar is not determined and it is at the discretion of the competitor how wide the grip is chosen. Only the extreme widest position is limited and the competitor's hands must not touch the plates or hubs of the bar.

After taking the basic position, the competitor waits for the referee's signal to start the attempt.

Bar movement

The range of movement of the exercise (attempt) is from fully extended and lowered arms to fully bent, and this movement can be started and stopped only on the instruction of the referee. The bar of the barbell in fully bent arms must be below the chin.

The movement of the bars from the lower to the upper position must be regular and smooth. Stopping the movement of the bar or its decrease is not allowed and is a signal for the invalidity of the attempt. Also "gradual pushing" the bar is not allowed.

Loaders operation

Loaders may only carry out adjustments to the competition stand, namely: loading the barbell, adjusting the height of the racks, cleaning and disinfecting the axis and the stand or other activities resulting from the referee's instructions.

During the execution of the attempt, loaders stand at the sides of the competitor and provide security in case of emergency and dangerous situations when the competitor is unable to perform or complete the attempt.

G) Bar loading – Changes in barbell weight

First attempt: The reported barbell weight for the 1st attempt can be changed arbitrarily (+ and -) no later than 5 minutes before the start of the first attempt of the group in which the competitor is placed. However, this change can only be made once.

Second attempt: An already reported competitive second attempt cannot be changed.

Third attempt: For the third competitive attempt, the weight can be changed as many times as needed. However, the newly reported weight must not be less than the barbell weight announced by the "bar is loaded" signal at the time the weight change is requested. That is if "bar is loaded" is just announced for a 70kg attempt, the required weight change must not be less than 70kg. However, changing the weight of the barbell is not possible if the "bar is loaded" signal has sounded for the competitor.

Fourth attempt: The fourth (record) reported attempt can no longer be changed.

H) Reasons for an invalid attempt

- Ignoring the referee's signals during the attempt.
- Improperly taking the prescribed body position or changing it during the attempt.
- The attempt is invalid if the competitor's back and buttocks are not in contact with the support plate, or this contact is interrupted during the attempt.
- The competitor's thumbs do not touch the bar.
- Competitor's hands touch the plates or bar hubs during the attempt.
- During the attempt, the competitor's feet break contact with the board (even partially) or move in any direction.
- The competitor's knees will be bent during the attempt.
- If any auxiliary movement emanating from the arms, shoulders, legs or body is made during the execution of the attempt.
- If the movement of the bar is not smooth, or the axis drops or stops during the movement.
- If the bar is "gradually pushed back" during the movement.
- If the attempt is initiated by raising the shoulders or shoulder, or is supported by an auxiliary movement of shoulder during the movement of the bar.
- The bar of the barbell must move away from the competitor's body only after assuming the correct body position and after the referee's signal.
- The upward movement of the bar must follow an arc trajectory and must not be parallel to the body.
- If the loaders touch the barbell between the referee's signals (this means any part of the whole assembly – plates, collars, bar).
- If the competitor uses wrist wraps in an unauthorized way, i.e. higher than 2 cm from the center of the wrist, which will cause the bandage to come into contact with the axis of the bar during the attempt.
- If the competitor does not start the exercise within one minute after the "bar is loaded" announcement - i.e. the time designated for the start of the attempt.
- If the competitor uses unauthorized equipment, or uses authorized equipment in an unauthorized manner (defined in the GPC rules).

I) Additional rules

Competitors must leave the platform (station) within 30 seconds after completing the attempt. If they fail to do so, the referees may, at their discretion, declare the attempt invalid.

J) Ranking by results

The ranking of the competitors according to their performance is determined in the GPC rules. The competitor with the higher achieved performance wins.

If competitors in the same category achieve the same performance, the competitor who weighed in less when registering for the competition wins.

If the competitors in the same category achieve the same performance and their weighed weight from registration to the competition is the same, the competitors are re-weighed after the competition and the competitor with the lower weighed weight wins.

If the weight of the competitors is the same after the competition, the winner is decided by lot.

Wrote: Hurdálek Libor

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