

# BIG 3 CLUB

**Purpose:** The purpose of the 1000 lbs. and 500 lbs. clubs is to acknowledge the physical achievement and dedication to training of gym members.

**Overview:** To become a “member” of the Big 3 Club, one must perform one repetition of a Squat, Bench Press and Deadlift. After all 3 lifts are successfully completed, the total weight lifted is added up. To be a member of the 500 lb. club (**women only**), the total weight lifted must 500 lbs or greater. To be a member of the 1000 lb. club (open), the total weight lifted must be 1000 lbs or greater. All members of the club will receive a certificate and have their names listed on the gym website.

**How to participate:** E-mail sanclementegym@att.net to register for the monthly Big 3 Club certification meeting and with our personal trainers who will act as judges and spotters for your lifts. This challenge is ongoing and can be completed anytime during the year and you may attempt re-qualifying at any time each month to you qualify.

**Rules:** All participants must complete a waiver form prior to performing the lifts. All lifts must occur on the same day within a 60 minute time period under the guidance of the gym staff. All lifts must be performed under the guidelines below. The Big 3 Club staff will judge whether a lift is good or not. A participant may have multiple attempts on the same lifts in the given hour. All guidelines were adapted from standard powerlifting rules.

## General Apparel:

- Participants may wear a weightlifting belt
- Shoes are required
- Wrist and knee wraps, sleeves, and chalk are allowed (no wrist straps)

## Squat

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. 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 lifter may be aided in removal of the bar from the racks by the spotters/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless and erect (slight deviation is allowable) with knees locked the gym staff will give the signal to begin the lift.
3. Upon receiving the signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is equal than the top of the knees.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted.

## Causes for Disqualification of a Squat:

1. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
2. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
3. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
4. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is equal than the top of the knees, as in the diagram (see diagram below).
5. Any dropping or dumping of the bar after completion of the lift.

## **Bench Press**

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a “thumbs around” grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform.
3. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arms length.
4. After removing the bar from the racks, with or without the help of the spotters/loaders, the lifter shall wait with [elbows locked into the starting position] for the staff member’s signal.
5. After receiving the signal, the lifter must lower the bar to the chest (and touch it). The lifter must then return the bar to straight arms length elbows locked.

## **Causes for Disqualification of a Bench Press:**

1. Any change in the elected lifting position during the lift proper (i.e., any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar).
2. Heaving or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
3. Any downward movement of the whole of the bar in the course of being pressed out.
4. Bar is not lowered to the chest (i.e., not reaching the chest or abdominal area, or the bar is touching the belt).
5. Failure to press the bar to [arms length with elbows locked into the finished position] at the completion of the lift.
6. Contact with the bench frame.

## **Deadlift**

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter’s feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

## **Causes for Disqualification of a Deadlift**

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking of the feet between ball and heel is permitted.
6. Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).