

THSPA Judge's Exam

Complete this True/False test and send it to your regional director. Contact information for your regional director can be found at <http://www.thspa.us>. Please include your name and address on the test so your card can be mailed. Also, if you want to be included on the Judges List on the THSPA website please include your phone number.

1. The three lifts in order are: squat, bench press, and deadlift.
2. Lifters progress within a flight from the lowest to the highest attempt.
3. In the squat, the lifter must descend to a point where the top surface of the thigh, at the hip joint, is lower than the top surface of the knee cap.
4. The lifter may start or rack the weight at any time in any of the three lifts.
5. No lateral foot movement is permitted during the performance of any of the three lifts.
6. Shirts, shorts, shoes and socks may be of any color or combination of colors.
7. The use of ammonia capsules is legal as long as they are used off the platform.
8. Head slapping in the vicinity of the platform is legal.
9. During the performance of the bench press, the lifter does not have to stop the bar at his chest.
10. During the bench press, the lifter must wait for the signal to place the bar back in the rack with the verbal command "rack."
11. During the deadlift, the lifter cannot start the lift until the head referee gives the starting signal.
12. The starting command for the bench press is a hand clap.
13. During the squat, the lifters grip must be between the inner surface of the sleeves.
14. If a lifters attempt is misloaded heavy and the attempt is a "good lift", the lifter will be granted the attempt.
15. If a lifter's attempt is misloaded light and the attempt is a "no lift", the lifter will be granted another attempt at the originally requested weight.
16. A lifter may wear double ply lifting suits and shirts.
17. A lifter has two minutes to start his lift for the time the bar is called "loaded."
18. Spotters and loaders may aid the lifter in removing the bar form the racks and replacing the bar on the rack.
19. Spotter and loaders may not aid the lifter in any way during the lift proper.
20. If a spotter-loader inadvertently touches the bar during the attempt which results in a "no lift," the lifter may be granted a re-lift at the end of the round at the discretion of the chief referee.
21. In the squat, the lifter must recover with one continuous movement without double bouncing or any downward movement to a full upright position with the knees locked.

22. The head or chief referee shall not judge depth on the squat.
23. During the squat, contact of the lifter's elbows or upper arms with the legs will result in a "no lift."
24. During bench press, the lifter's shoes must be flat on the floor during the lift.
25. The spacing of the hands shall not exceed 32" during the bench press.
26. During bench press, the signal to commence the lift shall be the verbal command "press."
27. During bench press, any uneven extension or lockout will result in a "no lift."
28. During squat and bench press, any contact with the racks or uprights during the lift that results in any stopping or downward movement or is judged to have assisted the lift will result in a "no lift."
29. During bench press, a lifter's foot may come in contact with bench or its supports.
30. During bench press, the bar may stop or descend during the lift.
31. During deadlift, the bar must be laid motionless horizontally in front of the lifter's feet.
32. During deadlift, the lift must occur in one continuous movement until the lifter is standing in a full upright position.
33. During deadlift, the completion signal shall consist of the verbal command "over."
34. In deadlift, any raising of the bar or any deliberate attempt to do so will count as an attempt.
35. During deadlift, a lifter's feet are allowed to move laterally.
36. During deadlift, lowering the bar before receiving the chief referee's signal will be scored as a "no lift."
37. During deadlift, allowing the bar to return to the platform without maintaining control with both hands is allowed.
38. The lifting suit shall consist of a one-piece full-length suit of a one-ply stretch material without any additional patches or padding.
39. Denim and/or canvas suits are allowed in T.H.S.P.A.
40. T.H.S.P.A. Does not allow socks to be under knee wraps.
41. Any competitor wearing a costume or using personal equipment during a lift inconsistent with items mentioned under costume and personal equipment shall be given a "no lift" after the completion of the lift.
42. The use of oil, grease, or other lubricants on the body, costume personal equipment, or lifting equipment is strictly forbidden.
43. In T.H.S.P.A., baby powder is allowed.
44. A lifter's name, nation, state, school, mascot, or club may appear on the outside of the belt.
45. In T.H.S.P.A., shoes or boots shall be worn.

46. In T.H.S.P.A., shoes with metal, rubber, or molded cleats or spikes are not permitted.
47. In T.H.S.P.A., a squat suit worn with a squat brief and athletic supporter is legal.
48. Emblems may be worn on a t-shirt in T.H.S.P.A. Competition, but may not include obscene or suggestive designs.
49. In T.H.S.P.A., a t-shirt must be made of lycra, cotton, polyester or a combination of the three.
50. In T.H.S.P.A., shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers, or any foot covering that has a patterned molding or foot type outline that provides an inner sole.