

# WCF Records Wall Rules

- All records MUST be submitted via video evidence to the WCF Records Wall webpage. The video will then be reviewed by WCF Staff. Videos must show clear proof of legitimate lift. If video does not clearly confirm lift at discretion of WCF staff member, the lift will not count.
- No records will be allowed to be written on the wall by anyone except WCF staff.
- If a lift is designated “no good” by a WCF staff member, the decision is final.
- **Squat and Front Squat**
  - Must hit at or below parallel; the crease of the hip must be parallel or below the knee joint.
  - Lift must continue an upward motion to completion. If the weight dips in a downward motion at any point, the lift will be “no good.”
  - Lifter must have hips and knees locked out at start of lift and again at completion of lift.
  - Dropping the weight on purpose during the lift will not be tolerated and lift will be “no good.”
  - Spotter must not touch the bar unless assisting the lifter in a “no lift” situation.
- **Bench Press and Incline Bench**
  - Elbows must be locked out at beginning of the lift and again at completion of lift.
  - Bar must touch the chest under control.
  - Butt and shoulders must stay on the bench at all times during lift; feet must stay on ground and in same position during entire lift.
  - Lift must continue an upward motion to completion. If the weight dips in a downward motion at any point, the lift will be “no good.”
  - Spotter must not touch the bar unless assisting the lifter in a “no lift” situation.

- **Deadlift**

- Hips and knees must be locked out at completion of lift.
- Sumo (wide stance) and Conventional (narrow stance) are both legal.
- Wrist straps are not allowed.
- Lift must continue an upward motion to completion. If the weight dips in a downward motion at any point, the lift will be “no good.”
- Dropping the weight on purpose during the lift will not be tolerated and lift will be “no good.”

- **Overhead Press**

- Elbows must be locked out at completion of lift.
- Lift must continue an upward motion to completion. If the weight dips in a downward motion at any point, the lift will be “no good.”
- Dropping the weight on purpose during the lift will not be tolerated and lift will be “no good.”
- Spotter must not touch the bar unless assisting the lifter in a “no lift” situation.

- **Bicep Curl**

- Arms must be fully extended at the beginning of lift and fully contracted at completion of the lift.
- Lift must continue an upward motion to completion. If the weight dips in a downward motion at any point, the lift will be “no good.”
- Dropping the weight on purpose during the lift will not be tolerated and lift will be “no good.”
- “Throwing the hips” forward to gain momentum will be a “no lift.”

- **Pull Ups**

- Arms must be fully extended at the beginning and the completion of the lift.
- Chin must reach level with pull up bar or lift will be “no good.”
- Lift must continue an upward motion to completion. If the lifter dips in a downward motion at any point, the lift will be “no good.”
- Hands must be in the outward facing position.
- Pausing during pull ups are legal but feet must not touch the ground.
- Strict and Kipping pull ups are allowed; Butterfly pull ups are not allowed.