



**DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FT BRAGG
DIRECTORATE OF MORALE, WELFARE, AND RECREATION
2175 ROCK MERRITT AVENUE, STOP
FORT BRAGG NORTH CAROLINA 28310-5000**

AMIM-BGW-WR

MEMORANDUM OF INSTRUCTION (MOI)

SUBJECT: Standard Operation Procedures for the USAG Fort Bragg Deadlift Competition Challenge

1. **REFERENCE:**
 - a. AR 215 – 1: No23nappropriated Fund Instrumentalities and Morale, Welfare and Recreation Activities, 24 Sep 10
 - b. DA Pamphlet 385-10: Fundamental of Safety in Army.
 - c. FM 21-20, Physical Fitness Training, 01 Oct 98
 - d. USA Powerlifting Rules, Adapted from the International Powerlifting Federation Technical Rulebook In effect: January 1, 2021 Version 2021.1 – Updated April 5, 2021
2. **PURPOSE:** To prescribe the operational procedures to conduct the USAG Fort Bragg Deadlift Competition and to acknowledge the physical achievement and dedication to training of fitness center members.
3. **EVENT:** USAG Fort Bragg Deadlift Competition Challenge
4. **DATE/TIME:** May 28th/900-1200
5. **LOCATION:**
 - a. Frederick Performance Enhancement Center
6. **ELIGIBILITY:** Active Duty, Retired, Reserve Military, National Guard, Dependents 18 and older, Delayed Entry Personnel, Veterans with 100% service-connected disability, DA Civilian Employees of Fort Bragg, and MWR privilege card holders.
7. **HOW TO PARTICIPATE:** Register in person or email the facility manager at the following fitness center, and set-up an appointment with our assigned fitness center staff.



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a. RULES:

- a. Format: Men and Women Division
- b. All participants must complete a waiver form prior to performing the lifts.
- c. All lifts must occur on the same day within a 60-minute time period under the guidance of the fitness center staff.
- d. Participant may perform the challenge at any of the Fitness Center listed on this MOI.
- e. All lifts must be performed under the guidelines below.
- f. The fitness center staff will judge whether a lift is good or not. A participant may have multiple attempts on the same lifts in the given hour.

General Apparel:

- 1) Proper athletic clothing wear and shoes
- 2) Participants may wear a weightlifting belt
- 3) Wrist wraps and chalk are allowed (NO WRIST STRAPS)

NOTE: All guidelines were adapted from standard powerlifting rules.





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Deadlift

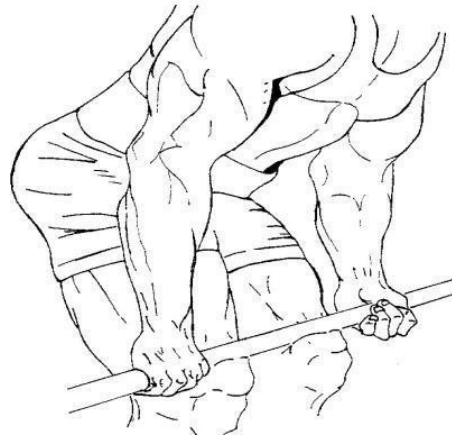
- 1) The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- 2) On completion of the lift the knees shall be locked in a straight position and the shoulders 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).



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The figure to the right shows a description of supporting the bar on the thighs.

Weightlifting weight classes

MEN'S

WOMEN'S

61kg (134 lbs.)

49kg (108 lbs.)

73kg (160 lbs.)

59kg (130 lbs.)

89kg (196 lbs.)

71kg (156 lbs.)

102kg (224 lbs.)

81kg (178 lbs.)



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- b.** Point of Contacts (POC) for more information and reservation.
 - a. Fitness Facility Manager, Tucker PEC, Bldg. C-5838 Tullidge Way at (910) 432-3573.
 - b. Supervisory Recreation Assistant, Sports Office, C-5032 Bastogne and Ardennes at (910)-396-1217.
- c.** POC for this action is the undersigned,