



ISCA STRICT CURL RULES

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the thighs with the palms of the hands facing outward and fingers gripping the bar. The feet shall be flat on the platform with the knees locked and arms fully extended. The lifter shall have head, shoulders and buttocks against the wall during the lift.
2. After removing the bar from the rack, the lifter must move backwards to the wall to establish his/her starting position. Lifter shall wait in starting position for the Head Referee's signal. The signal will be given once lifter is motionless and the bar is properly positioned with your head up, chin up, arms extended fully down and heels of feet no further than 12" from the wall. The Head Referee's signal shall consist of an upward movement of the arm and the verbal command "curl".
3. No "flights", lifters will compete from their 1st attempt, lightest to heaviest. Three attempts will be allowed unless going for record attempt. If you fail lift, you may continue to "retry" that weight until successful or run out of attempts. NO LOWERING OF WEIGHT. Easy opener is suggested. Wraps allowed, NO GLOVES.
4. Once the curl command is given, the lifter must bring the bar up to the fully curled position (bar near the chin or throat with palms facing backwards).

The head, shoulders and buttocks must remain against the wall throughout the entire lift.

5. The legs and hips may not be used in any way for momentum to complete the lift. Lifter may not lean back to assist in bringing the weight up. Any thrusting of the legs or hips is not allowed.
6. When the lifter has reached the finished position, the Head Referee's signal shall consist of a downward movement of the hand and the verbal command "down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
7. At the completion of the lift, the head, shoulders and buttocks must remain against the wall. Lifter will need to wait the signal to replace the bar. This will consist of a backward motion of the hand and the verbal command "rack".
8. Any raising of the bar or deliberate attempt to do so will count as an attempt.
9. The lifter may, at the discretion of the Head Referee, be given an additional attempt at the same weight if failure was due to an error by one or more of the loaders.

Cause for Disqualification

1. Any downward movement of the bar before it reaches the final position.
2. Leaning back to assist the lifter in raising the weight.
3. Head, shoulders, buttocks coming off the wall during the lift both while going up or down.
4. Failure to stand erect with head and shoulders square and the buttocks flat against the wall at the completion of the lift.
5. Stepping backwards or any foot movement, such as rocking the feet.

6. Lowering or racking the bar before receiving the Head Referee's signal to do so.
7. Bouncing the bar off the thighs or bending the back to assist the lifter in starting the upward motion.