DEADLY BARBELL

RULEBOOK

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Event Overview

DEADLY BARBELL is a timed strength event designed to test maximal barbell performance across six fundamental lifts. The competition prioritises accessibility, simplicity, and global comparability while rewarding both absolute and relative strength.

- **Format:** 6 Lifts · 12 Total Reps · 60 Minutes.
- **Objective:** Achieve the highest possible combined 2-rep max (2RM) total across all six lifts within the time limit.
- **Scoring:** Total Score (all 2RMs combined) and Relative Score (Total Score divided by Bodyweight^(2/3)
- **Leaderboard:** All results are recorded on the Global Leaderboards.

Competition Structure

- All lifters are weighed (in KG) prior to starting the competition.
- Lifters have 60 minutes to complete all six lifts (2RM on each).
- Lifts must be completed in the order listed.
- There is no individual time limit per lift. Lifters can take as much time or as little time as they like on a particular lift, e.g., a lifter may spend 5 minutes on the Snatch and 20 minutes on the Squat.
- Any lift not completed within the 60-minute window will not count toward the final score.
- Lifters may take as many or as few attempts as desired per lift within the time limit, i.e., lifters can work up to their 2RM in 1 set or 20 sets (it is up to them).
- Judges record the highest successfully completed 2-rep max (2RM) for each lift.
- Judges take the lifter through the competition from start to finish.

Lifter Responsibilities

- Lifters are responsible for loading and unloading their own barbells.
- Lifters must clearly communicate attempt weights to judges before each lift.
- Lifters must adhere to the approved lift variations listed in this rulebook.
- Unsafe or unsporting conduct may result in warnings, failed attempts, or disqualification at the judge’s discretion.
- A general warm-up should be carried out prior to starting the meet (a barbell at this stage is not guaranteed). The lifter is expected to warm-up to each lifts 2rm during the competition.

Equipment

Barbells and Weight Plates:

- 7ft, 20kg barbells are standard. However, women can use 15kg female weightlifting bars (men cannot) if available. Technique barbells (often aluminium) can be used if a lifter is unable to use the standard barbell weight.
- The shaft of the barbell should not exceed a diameter of 29mm. The barbell should have 2inch sleeves.
- 45cm Weight plates should be used for all lifts that start on the floor (Snatch, Clean, Deadlift). Smaller plates (fractional plates, etc) can be added after the initial 45cm plates.
- Bumper plates should be used for the 2 Olympic lifts (Snatch, Clean & Jerk).
- Bumper, Cast Iron, or Steel weight plates can be used for the Deadlift, Press, Squat and Bench Press.
- A range of small (fractional) plates should be available for lifters.
- Collars are used for ALL lifts.

The following items ARE allowed:

- Appropriate sports/fitness clothing, e.g., shorts, vest, t-shirt.
- Chalk (Powder or Liquid)
- Weightlifting/Powerlifting Shoes
- Lifting Straps
- Weightlifting Gloves
- Weightlifting Belts
- Knee Sleeves
- Elbow Sleeves
- Bar Pads
- Smelling salts

The following items are NOT allowed:

- Fancy dress or clothing that could impede the lifters' ability to lift safely
- Knee Wraps
- Elbow Wraps
- Multi-Ply Suits
- Bench Shirts

The Six Lifts

The 6 Lifts MUST be completed in the following order:

1. **Snatch**
2. **Clean & Jerk**
3. **Deadlift**
4. **Strict Press**
5. **Squat**
6. **Bench Press**

Lift Standards, Allowed Variations and General Rules

The aim of DEADLY BARBELL is to be accessible to as many lifters as possible. As such, several technically simpler variations are permitted, provided the integrity of the lift is maintained.

Clarification: The rules are intentionally simple – get the weight up using appropriate form.

General Rules: Once the 1-hour timer has started

- Lifters can go to the toilet at any time.
- Lifters can drink at any time.
- Once the timer has started, lifters must only use the barbell and weight plates. They cannot bring in specialist equipment that is not listed in the allowed equipment list.

1. Snatch

Overview: The barbell must move from the floor to overhead in one continuous movement (the Snatch is a 1-Phase Lift).

- **Allowed variations:**
    - Muscle Snatch
    - Power Snatch
    - Full (Squat) Snatch
    - Split Snatch
- **The lift is complete when:**
    - The barbell is locked out overhead.
    - The lifter is stable and under control and the feet are in line.
    - The barbell can then be brought back to the floor under control or dropped appropriately (to the lifters front in a controlled manner).

The Lifter must complete 2 repetitions in succession with no more than 10 Seconds from when the first lift is finished and the 2nd lift begins – the weight CAN be dropped from the overhead position after each lift.

Clarifications on rules:

- ✓ There are NO rules on how wide the foot placement must be.
- ✓ There are NO specifications on how wide the grip placement is other than it must be outside the knees, and the collars define the maximum usable width.
- ✓ Due to the fact a lifter can use a Muscle Snatch variation, the barbell can be pressed to lock out the elbows overhead.

2. Clean & Jerk

Overview: The barbell must move from the floor to the shoulders in one continuous movement. The barbell is then racked on the shoulders (or held in the hands at shoulder height). The barbell is then taken from the shoulders to overhead in one continuous movement (the Clean & Jerk is a 2-Phase Lift).

Clean:

- **Allowed variations:**
    - Muscle Clean
    - Power Clean
    - Full (Squat) Clean

Overhead Movement:

- **Allowed variations:**
    - Push Jerk
    - Power Jerk
    - Split Jerk
    - Squat Jerk
    - Push Press
    - Strict Press
- **The lift is complete when:**
    - The barbell is locked out overhead.
    - The lifter is stable and under control and the feet are in line.
    - The barbell can then be brought back to the floor under control or dropped appropriately (to the lifters front in a controlled manner).

The Lifter must complete 2 repetitions in succession with no more than 10 Seconds from when the first lift is finished and the 2nd lift begins – the weight CAN be dropped from the overhead position after each lift.

Clarifications on rules:

- ✓ There are NO rules on how wide the foot placement must be.
- ✓ There are NO specifications on how wide the grip placement is other than it must be outside the knees, and the collars define the maximum usable width.

- ✓ The lifter can press to finish the overhead movement.

3. Deadlift

Overview: The barbell must be lifted from the floor to full hip and knee extension.

- **Allowed variations:**
  - Conventional Deadlift
  - Sumo Deadlift
- **The lift is complete when:**
  - Hips and knees are fully extended.
  - Shoulders are behind the bar.
  - The barbell has been returned to the floor with both hands still on the barbell – do NOT drop the weight.

The Lifter must complete 2 repetitions in succession with no more than 10 Seconds from when the first lift is finished and the 2nd lift begins – lifters MUST keep their hands on the barbell throughout both lifts – do NOT step away from the barbell before the 2nd lift and do NOT drop the barbell after the 2nd lift.

Clarifications on rules:

- ✓ There are NO rules on how wide the foot placement must be.
- ✓ There are NO rules on how wide grip placement must be.
- ✓ There are NO rules on which grip type is used (pronated, alternated, hook grip, etc).
- ✓ There are NO rules on hitching (using the thighs as a support to pause and re-drive a deadlift).

4. Strict Press

Overview: The barbell is taken off a rack and must move from the shoulders to overhead.

- No leg drive is permitted.
- Knees must remain fully extended or have a slight bend that remains consistent throughout the lift.
- **The lift is complete when:**
    - The barbell is locked out overhead – the barbell is centered over the back of the head.
    - The lifter is stable and under control and the feet are in line.
    - The barbell is brought back to the shoulder and placed back on the rack – a spotter can assist with this.

The Lifter must complete 2 repetitions in succession with no more than 10 Seconds from when the first lift is finished and the 2nd lift begins – lifters MUST keep the barbell in their hands between each lift (it CANNOT be re-racked).

Clarifications on rules:

- ✓ The barbell is taken off a rack appropriately.
- ✓ The barbell must start below the lifters chin. It does NOT have to be touching their chest.
- ✓ There are NO rules on how wide the foot placement must be. A split stance can be used as long as no leg drive is used.
- ✓ There are NO rules on how wide grip placement must be.
- ✓ The barbell is placed back on the rack appropriately.

5. Squat

Overview: The barbell is taken off a rack. The lifter then performs a squat, breaking parallel and then extending the hips and knees.

- **Allowed variations:**
    - Back Squat
    - Front Squat
- **The lifter must reach a depth where:**
    - The hip crease is clearly below the top of the knee.
- **The lift is complete when:**
    - Hips and knees are fully extended at the top.
    - The barbell is then placed back on the rack (NOT dropped off the shoulders) – a spotter can assist with this.

The Lifter must complete 2 repetitions in succession with no more than 10 Seconds from when the first lift is finished and the 2nd lift begins – lifters MUST keep the barbell on their back/front between each lift (it CANNOT be re-racked).

Clarifications on rules:

- ✓ The barbell is taken off a rack appropriately.
- ✓ There are NO rules on how wide the foot placement must be.
- ✓ There are NO rules on how wide grip placement must be.
- ✓ The barbell is placed back on the rack appropriately.

6. Bench Press

Overview: The barbell is taken off the J-Cups while lying on a flat bench. The barbell is then brought down to touch the lifters chest before the barbell is pushed upwards and the elbows are fully extended.

- The lift is performed on a flat bench.
- The barbell must be lowered to the chest and pressed to full elbow extension.
- **The lift is complete when:**
    - Arms are fully locked out.
    - The bar is under control.
    - The barbell is then placed back onto the J-Cups – a spotter can assist with this.

The Lifter must complete 2 repetitions in succession with no more than 10 Seconds from when the first lift is finished and the 2nd lift begins – lifters MUST keep the barbell in their hands between each lift (it CANNOT be re-racked).

Clarifications on rules:

- ✓ The barbell is taken off the J-Cups appropriately – a spotter can assist.
- ✓ If the spotter touches the barbell in anyway during the decent or ascent of the barbell, it is a NO LIFT – the spotter should NOT even place their little finger on the barbell.
- ✓ If the barbell starts to descend during the upward phase of the lift, it is a NO LIFT and the spotter should assist.
- ✓ There are NO rules on foot placement.
- ✓ There are NO rules on grip placement.
- ✓ The lifters upper back and glutes (buttocks) must remain on the bench throughout the entire lift.
- ✓ Lifters are allowed to request a lift-off (assistance getting the barbell off the J-Cups).

Judging Standards

- Judges record only successful 2-rep max attempts.
- Any rep that does not meet the movement standard will invalidate the attempt.
- Judges have final authority on:
    - Lift completion.
    - Attempt validity.
    - Safety decisions.

Scoring

Each lifter receives two scores:

1. Total Score The sum of the highest successful 2RM from all six lifts.

2. Relative Score Calculated using allometric scaling - the same scientific principle used in Olympic Weightlifting and Powerlifting to normalise strength across weight classes. Strength does not increase in direct proportion to bodyweight, and this formula accounts for that, ensuring no bodyweight range is unfairly advantaged or disadvantaged.

This is calculated by our leaderboard upload process - you do NOT have to input it on the scorecards.

For countries using kg:
Relative Score = Total Weight (kg) ÷ Bodyweight (kg)^(2/3)

For countries using lbs:
Relative Score = (Total Weight (lbs) ÷ 2.2) ÷ Bodyweight (kg)^(2/3)

All scores are rounded to 2 decimal places.

Countries Using the Imperial System (lbs)

Submit all lifts and bodyweight in lbs. Our leaderboard system handles all conversions to kg.

Do NOT convert and round each lift individually before submitting. Rounding each lift separately introduces small errors that add up across six lifts. Our system converts individual lifts to kg for leaderboard display and uses your raw lbs total for the relative score calculation, ensuring maximum accuracy.

Coefficient: 1 kg = 2.2 lbs. To convert lbs to kg, divide by 2.2.

Leaderboards

- All results are submitted to the **Global Leaderboards**.
- Every lifter appears with:
    - Total Weight (kg).
    - Relative Score.
- Rankings include age groups and you can filter for weight categories.

The Training Manual

If you want to master the Deadly Dozen Fitness Race and Training Methodology, this manual is for you!

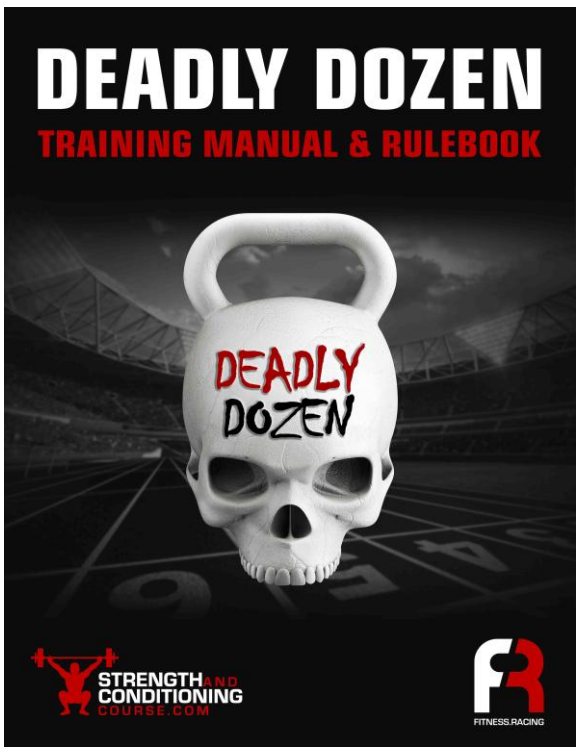
Over 250+ pages, this manual guides you through each aspect of the race and teaches you how to effectively develop all 12 components of physical fitness – many have described this manual as an entire Personal Training and Strength and Conditioning Qualification in one book!

The manual teaches you about the rules and regulations of the race and gives you an expert understanding of the fundamentals of movement and physical training, exercise physiology, periodization, and programming. It also teaches you how to warm up and use explosive movements to potentiate the body and takes a deep dive into over 60 exercises that will help develop a fitness racer's key performance qualities.

Throughout the manual, there are over 100 program examples, ranging from annual plans to daily session plans that focus on Strength Training (Resistance Training), Labour Fitness (Circuit Training), and Journey Fitness (Running and other forms of Cardio – Row, Ski, Bike, etc).

Within the manual, you can access a colossal amount of FREE content, thousands of pages, including our 308-page Mobility & Flexibility eBook.

Whether you are a seasoned fitness racer or someone looking to complete their first race, this manual is an absolute goldmine of information and a must for anyone who takes their physical training seriously.



Purchase a Paperback copy on Amazon: https://mybook.to/ddmanual

Purchase a PDF copy: https://courses.strengthandconditioningcourse.com/p/ddtrainingmanual

Paperback Programs

We have two Paperback Programs that are designed to get participants ready for the Deadly Dozen Fitness Race.

The first is a 6-Week Beginner Program for those that are new to fitness racing and need to build the fundamentals. The focus of the program is developing good movement technique, building muscular strength and endurance, and establishing a good aerobic base with progressive running.

The second program is a 12-Week Triad Program. The Deadly Dozen Triad is an ADVANCED program for well-trained individuals. The program focuses on developing a high level of strength, speed, power, and both aerobic and anaerobic fitness – it is NOT for the light-hearted!



Beginner Paperback on Amazon: https://mybook.to/ddbeginner

Beginner PDF Download: https://courses.strengthandconditioningcourse.com/p/ddbeginner



Triad Paperback on Amazon: https://mybook.to/ddtriad

Triad PDF Download: https://courses.strengthandconditioningcourse.com/p/ddtriad

Deadly Dozen Affiliate

Maximize your reach by joining our inner circle and becoming a Deadly Dozen Affiliate / Master Coach (MC).

For a small monthly fee, you can become an **Official Deadly Dozen Affiliate** and reap a whole host of benefits.

As a Deadly Dozen Affiliate, you get the opportunity to run Official Deadly Dozen Gym Races. You also gain your own unique login to our Online Hub, which is packed full of resources and educational content and is ever-growing. Within the hub, you can download our branding and marketing materials and even gain 30% commission on all book and course sales you make, for example, the Deadly Dozen Training Manual - many of our affiliates earn more than £30-150pm on sales which is automatically paid directly into their PayPal account.

What you get:

- Ability to promote your gym as an Official Deadly Dozen Gym and use Deadly Dozen branding for promotion - run Official Deadly Dozen classes and workshops
- Ability to run Official Deadly Dozen Gym Races + the DFT
- A 30% commission code on all our online courses + eBooks - you earn 30% of the course / book sale!
- Access to a HUGE portfolio of educational resources that cover all things health, fitness and performance
- Mentorship / email support from our race director Coach Jason Curtis and his team of Master Coaches
- Access to take the Deadly Dozen Master Coach (DDMC) Exam
- Get your gym / your business info listed on the Deadly Dozen website

Note: You can only promote yourself as a Master Coach once you complete the exam and gain your certificate – the DDMC exam can be found within the Online Hub.

Check out the link below to become an Official Deadly Dozen Affiliate Today!

WWW.DEADLYDOZEN.COM

Our Academy

Check out all my content by using the link below or scanning the QR code:

www.courses.strengthandconditioningcourse.com/p/home

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