

# ***National & International Index Competition Rules & Procedures***



## ***Competition Events***

1. Vertical Jump
2. Pro-Agility Run
3. 10-Yard Dash
4. Hang Clean or Power Clean

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**NSCA INDEX COMPETITIONS**



# Registration

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Athletes must check-in at the registration table one hour prior to scheduled competition for Height and Bodyweight.

A photo ID will be required at check-in and proof of age.

Competitions for athletes under 20 years old are targeted for high school athletes while competitions for athletes over 20 years old are targeted for college athletes. If the athlete turns 20 on April 1<sup>st</sup> they are not eligible to compete in the under 20 competition.

Clothes and shoes used for competition will be reviewed during registration.

Release form to be signed allowing the NSCA to use competitor's name, photo and Index scores for promotional purposes.



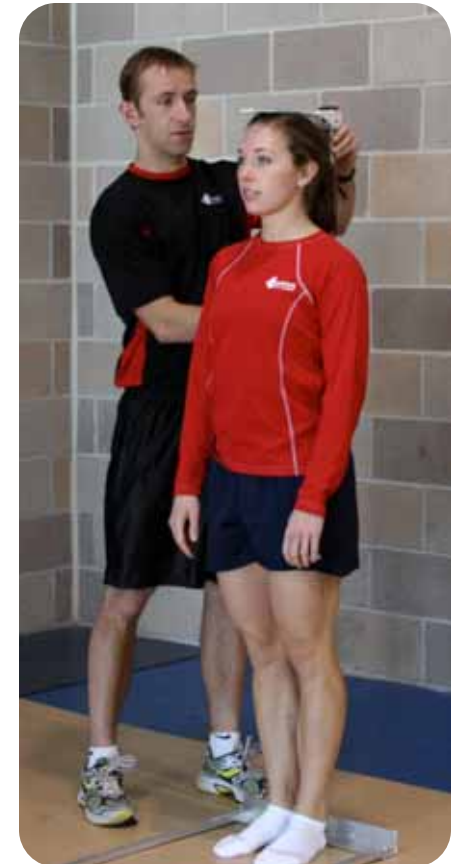
Athletes move from one testing station to another carrying a Test Data Card. The coach records test data on the card until all tests have been completed.

### Equipment and materials needed:

- Height measuring device to measure height or flat wall against which the athlete stands.
- Measuring tape or marked area on wall.
- Device to place on the head of the athlete that forms a right angle with the wall.

### Procedure:

1. Athlete must take shoes off.
2. Athlete must stand with heels, buttocks, back and head against the wall.
3. Place device on athlete's head so that a right angle is formed with the wall.
4. Measure to the nearest ½" and record height.



# Bodyweight



## Equipment and materials needed:

- Scale

## Procedure:

1. Athlete must weigh-in with only t-shirt, shorts, and socks (no shoes, sweats or equipment).
2. Judge may ask an athlete to remove clothing if clothing appears to impact body weight.
3. Judge will round body weight to the nearest whole pound.





# Credential

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Athletes will receive a credential that allows them access to the competition floor and designated athlete areas.

Athlete will be allowed one coaching credential.

No one will be allowed in the athlete warm up area and competition areas without proper credentials.

**Rule #1** The Head Judge must be CSCS or NSCA-CPT certified.





# Testing Card

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One official testing card will be issued during registration. Athletes carry a testing card that judges record test data on as athlete is tested.

**Rule #2** Losing the card or altering any of the data will result in disqualification.

**Rule #3** Shoes are required for all tests, but no spikes or shoes that would mark the floor are allowed. Lifting boots can be worn for the Clean.

## Introduction

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After registration, athletes will parade into the ballroom or gymnasium and be introduced as a group to the audience.

Females will be competing first in every event followed by males.





# Vertical Jump

## Procedures for NSCA National or International Competitions:

- Testing will begin with the first athlete being called to the Vertical Jump testing station.
- When their name is called the athlete has 15 seconds to begin the first attempt and 15 seconds to follow with a second attempt after the announcer calls for the second attempt.
- Alphabetically the second athlete will be called to test.

### ➤ Procedure for Vertical Jump:

- ❖ Athlete stands with side to the unit.
- ❖ Make sure feet and hips are next to the unit.
- ❖ Athlete then reaches as high as possible with one hand extended.
- ❖ The height reached becomes zero for the Jump Station device.
- ❖ With the feet flat the athlete jumps, touching the highest vane possible.
- ❖ The jump is recorded and displayed to the nearest 1/4".
- ❖ Record the better of two trials.

#### Rule #4

Feet and hips must be next to the unit or wall when determining the competitors reach height.

#### Rule #5

Must reach as high as possible with one arm extended.

#### Rule #6

Standing on tiptoes or bending the knees when reaching is not allowed.

#### Rule #7

Taking a step or shuffle before the jump is not allowed.

#### Rule #8

The Head Judge can correct the athletes form or disqualify them based on his or her discretion.





## NSCA Index Competition Event #2

# Pro-Agility Run

### Procedures for NSCA National or International Competitions:

- Competitors will be called based on lowest index points from the vertical jump competing first with highest index points from vertical jump competing last.
- Competitors will have 15 seconds from the time the announcer calls their name to begin their ONE official attempt.
- For International Competitions the Official NSCA Floor will be used for testing Pro Agility. Local testing should be done on a non slip wood basketball type floor.
- Competitors will be allowed to warm-up on the official floor.

#### ➤ Procedure for Pro-Agility Run:

- ❖ Start in Hit Position straddling center line. The athlete always begins running to the right five yards and touches the line with the right hand. The athlete then returns running ten yards to the left touching the line with the left hand. The athlete finishes by running back through to the starting line where the time is recorded. The total distance run is 20 yards.
- ❖ To qualify for any NSCA Competition electronic timing is required for the Pro Agility Run.

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| <b>Rule #9</b>  | Competitor must start from a stationary position. Swinging or rocking the and/or body prior to starting is cause for disqualification.             |
| <b>Rule #10</b> | Competitor must touch the right line with the right hand and the left line with the left hand. Failure to touch the line disqualifies the attempt. |
| <b>Rule #11</b> | For safety purposes NO lunging or diving will be allowed. Any competitor that falls to the ground at the finish line will be disqualified.         |





# 10-Yard Dash

## Procedures for NSCA National or International Competitions:

- Competitors will run 10 Yards at half speed, circle around and run another 10 Yards through at  $\frac{3}{4}$  speed on the official platform to warm-up.
- Competitors have 15 seconds once announcer calls their name to begin the 10 Yard Dash.
- **Procedure for 10 Yard Dash:**
  - ❖ Athlete places one hand one hand on the starting line but not in front of the starting line. A red light appears on the control box when the beam is broken.
  - ❖ Athlete holds steady for the light to change green and a buzzer sounds to notify everyone the athlete is ready to run. The Athlete runs and the timer starts automatically when the athlete's hand leaves the laser beam.
  - ❖ The Athlete is allowed ONE official attempt.
  - ❖ The time is recorded when the athlete breaks the beam at 10 Yards.
  - ❖ Time is recorded to the nearest tenth of a second.
  - ❖ International Competitions will use the NSCA Official Floor.

**Rule #12** Electronic timing is required to qualify for NSCA Championships.

**Rule #13** Competitor must start from a stationary position. Rocking back and forth or rolling forward prior to starting is cause for disqualification.

**Rule #14** Competitor can use either hand down but must put opposite foot forward. Competitor can not have the same foot and hand forward in their stance.

**Rule #15** Competitor will be disqualified if back foot leaves the ground before the hand leaves the ground. The hand and back foot should leave at the same time.

**Rule #16** If the competitor slips during the start it counts as their ONE official attempt.

**Rule #17** For safety purposes NO lunging or diving will be allowed. Any competitor that falls to the ground at the finish line will be disqualified.





# Hang or Power Clean

## Equipment and materials needed:

- A platform or rubber floor with 30" x 36" box on it.
- An Olympic bar, bumper plates, and locks.

## Procedures for NSCA National or International Competitions:

- ❖ Once the athletes name is called to the platform they have 15 seconds to begin the lift.
- ❖ Once the bar is lifted off the platform the lift begins.
- ❖ The athlete has a choice to attempt a Hang Clean or Power Clean (but not both).
- ❖ Hang Clean – each athlete is allowed one attempt of a maximum of five consecutive repetitions.
- ❖ Power Clean – each athlete is allowed to attempt a one repetition maximum.

<b>Rule #18</b>	NO lifting straps or gloves will be allowed.
<b>Rule #19</b>	If the bar is dropped to the platform the lift is over. The bar must remain under control at all times; during the downward phase of the lift between reps and including lowering the bar to the platform at the completion of the fifth rep. Throwing the bar to the ground will result in disqualification.
<b>Rule #20</b>	For the repetition to count the feet must remain inside the 30"x 36" box without touching it during any part of the lift.
<b>Rule #21</b>	The repetition will NOT count unless the athlete stands erect and under control of the weight.
<b>Rule #22</b>	Competitor can change their poundage used on the Clean up to and including when their name is called to lift. Changing the poundage can only occur once for a competitor.
<b>Rule #23</b>	The Head Judge will determine if the repetition(s) were successful.

### ➤ Procedure for the Hang Clean:

- ❖ Squat down to pick up the weight and stand erect with the bar held at arm's length touching the top part of the thigh.
- ❖ Keeping the back flat, lower the bar to the top of the knees by flexing at the hips. This will put the athlete in the power position.
- ❖ Extend immediately at the hips, knees, and ankles explosively to achieve Triple-Extension and accelerate the bar upward while extending onto the balls of the feet and shrugging the shoulders.
- ❖ Begin pulling the body under the bar by flexing at the elbows and keeping them high to keep the bar close to the body.
- ❖ Jump the feet into a stance keeping them in the 30"x 36" box and flex at the hips, knees and ankles to sit into a quarter squat position.
- ❖ Quickly rotate the elbows down and then up ahead of the bar catching it on the front portion of the shoulders.
- ❖ Stand erect with the feet flat on the ground and shoulders directly over the balls of the feet.
- ❖ Lower the bar in a slow controlled manner between reps by keeping the elbows slightly flexed, sitting into a squat position, and allowing it to land on the thighs aiding in its deceleration.



### Summary Points:

- ✓ Once the bar is lifted off the platform the lift begins.
- ✓ Lower the bar to the thighs in a controlled manner between repetitions without resting the bar on a lifting belt.
- ✓ If the bar is dropped to the platform the lift is over. The bar must remain under control at all times; during the downward phase of the lift, between repetitions, and including lowering the bar to the platform at the completion of the fifth repetition.

### ➤ Procedure for the Power Clean:

- ❖ Squat down to grasp the bar.
- ❖ Keeping the back flat, raise the bar to the top of the knees by extending at the knees and hips. This will put the athlete in the power position.
- ❖ Once the bar hits the top of the knees immediately extend at the hips, knees, and ankles explosively to achieve Triple-Extension and accelerate the bar upward while extending onto the balls of the feet and shrugging the shoulders.
- ❖ Begin pulling the body under the bar by flexing at the elbows and keeping them high to keep the bar close to the body.
- ❖ Jump the feet into a stance keeping them in the 30"x 36" box and flex at the hips, knees and ankles to sit into a quarter squat position.
- ❖ Quickly rotate the elbows down and then up ahead of the bar catching it on the front portion of the shoulders.
- ❖ Stand erect with the feet flat on the ground and shoulders directly over the balls of the feet.
- ❖ Lower the bar in a slow controlled manner between reps by keeping the elbows slightly flexed, sitting into a squat position, and allowing it to land on the thighs aiding in its deceleration.

### Summary Points

- ✓ Once the bar is lifted off the platform the lift begins.
- ✓ Lower the bar to the ground in a controlled manner after the repetition is complete.
- ✓ If the bar is dropped to the platform the lift is over. The bar must remain under control at all times including lowering the bar to the platform at the completion of the lift.





# Scoring

## **Rule #24**

Performance Enhancing Drugs are prohibited. Competitors are subject to Drug Testing and/or Lie Detector Tests to prevent performance enhancing drug use.

First place will be awarded to the male and female with the highest NSCA Index. The highest index in each of the four tests will also be recognized.

We welcome your input to make the NSCA Index Competitions fun, exciting and fair. If you have a suggestion please submit it to:

**NSCA World Headquarters**  
**NSCA International Index Committee**  
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**Colorado Springs, CO 80906**  
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**Fax 719-632-6367**  
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