

MAXIMUM BICEP CURL RULES – Version 1.5.2025

Weight Classes:

- **Women:** under 60 kg, under 70 kg, over 70 kg
- **Men:** under 80 kg, under 90 kg, under 100 kg, under 110 kg, over 110 kg

Weigh-in takes place at least two hours before the competition at a pre-agreed time.

Lift Execution

The lifter must face forward. The barbell is held horizontally across the thighs with palms facing outward. Feet must be flat on the floor, knees locked, and arms fully extended. The lifter's head, shoulders, and buttocks must be in contact with the wall during the lift.

Once the barbell has been taken from the rack or floor, the lifter must step back to the designated wall area. The lifter must wait for the chief referee's signal. The signal is given when the lifter is motionless, in the correct position, head up, chin lifted, arms straight down. Heels may be no more than 30 cm away from the wall. The referee signals the start by raising a hand and giving the command "LIFT".

After the "LIFT" command, the lifter must curl the bar upward to completion, with the bar close to the chin or throat and palms facing backward. The head, shoulders, and buttocks must remain in contact with the wall throughout the lift. No use of the legs or hips to generate momentum is allowed. Leaning backward to assist the lift is prohibited. Leg or hip drive is not permitted.

Once the lifter reaches the final position, the chief referee will signal the completion by lowering their hand and giving the command "DOWN". The signal is not given until the bar is held motionless at the top.

At the end of the lift, the head, shoulders, and buttocks must still be in contact with the wall. The lifter must wait for the command to lower the bar and end the lift. The referee will move their hand backward and give the command "OFF".

Any attempt to lift the barbell is counted as a lift attempt.

At the discretion of the head referee, an extra attempt with the same weight may be granted if a failed attempt was due to a mistake by one or more spotters.

Weight Increases

The lifter must submit their opening weight to the scorekeeper or head referee before the competition begins. The opening weight cannot be changed once declared. For the second and third attempts, the weight may be increased before the previous lifter's attempt.

Lifters lift in order from lightest to heaviest weight declared. Three attempts are allowed. If a lift fails, the lifter may retry the same weight or increase it. The weight may not be lowered after the first attempt. The second and third attempts can be performed with the same weight or a heavier one.

Starting weight on bar is 10 kilograms. The first two rounds must use 2.5 kg increments. In the third attempt, a 500 g increase is allowed.

The barbell weight must be submitted to the scorekeeper or head referee no later than when the previous lifter receives the referee's decision. If multiple lifters declare the same weight, lifting order is determined by draw number.

Equipment

The lifting outfit must be tight and contrasting enough for the movement to be judged clearly. Supportive gear is not allowed. Wrist wraps or supports are permitted. Rubber elbow sleeves under 30 cm long and 7 cm thick are allowed, provided they are not adjustable. Sports shoes must be worn. A lifting belt up to 100 mm in width may be used. Hats or head coverings that obstruct judging of head movement are not allowed. Wrist wraps are allowed, but gloves are not.

Reasons for Disqualification:

1. Any downward movement of the bar before reaching the final position.
2. Leaning backward to assist in lifting the weight.
3. Head, shoulders, or buttocks coming off the wall during the lift.
4. Failing to keep head, shoulders, and buttocks against the wall after the lift.
5. Stepping back or any foot movement, including rocking.
6. Lowering or moving the bar before the referee's signal.
7. Bouncing the bar off the thighs or bending the back to assist the lift.

Sport Suspension

An athlete subject to an active sport suspension is prohibited from competing in or officiating at a biceps curl competition. A sport suspension constitutes a complete prohibition from participating in organized sport. This prohibition extends to all activities under the jurisdiction of organizations that have adopted the World Anti-Doping Code and is therefore global in scope.

Judges

1. A judge must be familiar with the rules and have personal judging experience in other strength sports such as powerlifting, grip strength, pull-up competitions, or similar disciplines requiring precision.
2. The competition organizer invites suitable judge(s) for the event.
3. In the Finnish Bicep Curl Championships, two judges are used: one directly in front and one at the side.