

**Full-Squat Lift 10/13**

<b>Distance from load</b>	
Load between feet - 2 points Load slightly in front of feet - 1 point Load too far away - 0 points	<b>1</b>
<b>Feet position - distance apart</b>	
Feet slightly wider than shoulder width apart - 2 points Feet shoulder width apart - 1 point Feet hip width apart or narrower - 0 points	<b>1</b>
<b>Feet position</b>	
Feet level - 2 points One foot slightly in front of the other - 1 point Whole foot in front of the other - 0 points	<b>2</b>
<b>Squat</b>	
Perfect full-squat - 2 points Moderately insufficient <u>or</u> moderately too deep squat - 1 point Insufficient or too deep squat - 0 points	<b>2</b>
<b>Grip</b>	
Stable, balanced & secure grip - 2 points Good grip but moderate error - 1 point Poor grip - 0 points	<b>2</b>
<b>Head &amp; neck position</b>	
Neutral neck position - 1 point Neck either flexed or extended - 0 points	<b>1</b>
<b>Use of leg muscles</b>	
Powerful use - 2 points Good use - 1 point Insufficient use - 0 points	<b>1</b>

**Full-Squat Lower 7/9**

<b>Distance from load</b>	
Load between feet - 2 points Load slightly in front of feet - 1 point Load too far away - 0 points	<b>1</b>
<b>Feet position - distance apart</b>	
Feet slightly wider than shoulder width apart - 2 points Feet shoulder width apart - 1 point Feet hip width apart or narrower - 0 points	<b>1</b>

<b>Feet position</b>	
Feet level - 2 points One foot slightly in front of the other - 1 point Whole foot in front of the other - 0 points	<b>2</b>
<b>Squat</b>	
Perfect full-squat - 2 points Moderately insufficient <u>or</u> moderately too deep squat - 1 point Insufficient or too deep squat - 0 points	<b>2</b>
<b>Head &amp; neck position</b>	
Neutral neck position - 1 point Neck either flexed or extended - 0 points	<b>1</b>