

# Rulebook



## ***British Powerlifting federation World Powerlifting Union***

***Powerlifting, Bench Press and  
Deadlift  
in***

***Raw, Classic Raw und Single Ply and  
Multi Ply***

***Drug tested & non tested divisions***

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Version 3 valid as of 1<sup>st</sup> November 2023.

Revisal of rule book will be every year at start of new year.

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## Changes

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Version	Changes
1.0	General restructuring of the rulebook and revision of the rules. Read completely. Remark: Introduction of version number. This version was as of May07, 2014
2.0	General restructuring of the rulebook and revision of the rules. Read completely. This version was as of JAN 2019
3.0	General restructuring of the rulebook and revision of the rules. Read completely. This version was as of 1 <sup>ST</sup> NOVEMBER 2023

## General

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### Affiliation fees

- Any country wishing to affiliate with the WPU are required to read and since the affiliation contract which can be requested from the WPU head office or [bplf.co.uk](http://bplf.co.uk) and fees of £100 per calendar year.
- Any small countries who have on their national competitions less than 10 participants' will have their contribution fee confirmed by the WPU president.
- Any countries who have not paid the necessary contribution's fee shall automatically be suspended from membership until such time as the required fee is paid in full.
- If a contribution fee is not paid by the time of the championship the lifters of the country in question shall not be allowed to claim records or prizes.

- All countries that do not pay the filiation fees in January shall be fined an additional amount of 10E for each month in arrears.
- Lifters from countries which are not affiliates to the WPU may join as an individual member. Individual membership forms are available from the BPLF.CO.UK WEBSITE or contact [BPF.SECRETARY@GMAIL.COM](mailto:BPF.SECRETARY@GMAIL.COM) email addresses.
- Nations must submit their team list along with fee for the entire team by the closing dates to avoid a late fee per lifter of the team.
- Affiliated country's not sending lifters to the European / world championship must inform the organiser and president by the closing date of the competition.
- Lifters requiring Visa Support letters for international championships must be members of a national affiliated country or an individual member of the WPU. Lifters requiring visa support letters must be included on the team list for the championship in question which must be submitted to the organiser with full payment of fees prior to visa supporting letter being issued.
- The World Powerlifting Union (WPU) recognizes the following lifts, which must be performed in the designated sequence in all, excepting single-lift competitions conducted under WPU rules:
  - Powerlifting, consisting of a. Squat b. Bench Press c. Deadlift = d. Total  
The addition of the heaviest successful lifts shall result in the total (d).
  - Bench Press
  - Deadlift
- All competitions under WPU rules must be conducted in kilograms.
- The WPU, through its member affiliate national federations, recognizes the world, international and national competitions of its member federations.

## Categories

### Equipment categories

The following table contains an overview over the equipment classes of the WPU. Further details under "Personal Equipment" and "Lifts and the rules of their performance".

**Athletes of the category "Raw" are responsible to notify the head-referee before each lift that they compete in this category to ensure that they receive the correct signals and the arms of the monolifts are not moved.**

Disciplines		Classic Raw*	Raw	Single Ply	Multi Ply
Squat	Personal equipment:	Mandatory: T-shirt, singlet, socks, shoes Permitted: knee sleeves and elbow sleeves, belt	Mandatory: T-shirt, singlet, socks, shoes Permitted: knee bandages up to 2,5 m, single-ply knee sleeves and elbow sleeves, belt, wrist wraps	Mandatory: T-shirt, singlet OR single-ply squat suit, socks, shoes Permitted: single ply supportive briefs, knee bandages up to 2,5 m, single-ply knee sleeves and elbow	Mandatory: T-shirt OR erector short, singlet OR single-ply OR multi-ply squat suit, socks, shoes Permitted: One pair off single-ply OR multi-ply supportive briefs, knee bandages up to 3,0 m,

				sleeves, belt, wrist wraps	single ply OR multi ply knee sleeves and elbow sleeves, belt, wrist wraps
	Signals:	„Squat “, „Rack “	„Squat “, „Rack “	„Squat “, „Rack “	„Squat “, „Rack “
Bench Press	Personal equipment:	Mandatory: T-shirt, singlet, socks, shoes Permitted: knee sleeves, belt	Mandatory: T-shirt, singlet, socks, shoes Permitted: knee sleeves, belt, wrist wraps	Mandatory: T-shirt OR single-ply bench press-shirt, singlet, socks, shoes Permitted: knee sleeves, belt, wrist wraps	Mandatory: T-shirt OR single-ply bench press-shirt or multi-ply bench press shirt, singlet, socks, shoes Permitted: knee sleeves, belt, wrist wraps
	Signals:	„ Press “, „ Rack “	„ Press “, „ Rack “	„ Press “, „ Rack “	„ Press “, „ Rack “
Deadlift	Personal equipment	Mandatory: singlet, socks, shoes Permitted: T-shirt, knee sleeves and elbow sleeves, belt, shin guards	Mandatory: singlet, socks, shoes Permitted: T-shirt, knee bandages up to 2,5 m, single-ply knee sleeves and elbow sleeves, belt, wrist wraps, shin guards	Mandatory: singlet OR single-ply lifting suit, socks, shoes. Permitted: T-shirt OR single-ply erector-shirt, supportive briefs, knee bandages up to 2.5 m, single-ply knee sleeves and elbow sleeves, belt, wrist wraps, shin guards	Mandatory: singlet OR single-ply lifting suit OR multi-ply lifting suit, socks, shoes. Permitted: T-shirt OR erector-shirt, supportive briefs, knee bandages up to 3.0 m, single-ply or multi-ply knee sleeves and elbow sleeves, belt, wrist wraps, shin guards
	Signals:	„Down “	„Down “	„Down “	Down

### Age categories

Lifters have to be at least 14 years of age. The lifters age at the day of competition is decisive. The following age categories exist:

Teen 1: 13-15 years (raw only)

Teen 2: 16-19 years (raw or classic raw only)

Junior: 20-23 years

Open: 24-39 years (all master lifters are allowed to start in the open class as well)

Master 1: 40-44 years

Master 2: 45-49 years

Master 3: 50-54 years

Master 4: 55-59 years

Master 5: 60-64 years

Master 6: 65-69 years

Master 7: 70-74 years

Master 8: 75-79 years

Master 9: 80+ years

## Weight Classes

MEN:	WOMEN:
56 kg class: up to 56,0 kg	48 kg class: 44,01 up to 48,0 kg
60 kg class: 56.01 up to 60.0 kg	52 kg class: 48,01 up to 52,0 kg
67.5 kg class: 60.01 up to 67,5 kg	56 kg class: 52,01 up to 56,0 kg
75 kg class: 67.51 up to 75,0 kg	60 kg class: 56,01 up to 60,0 kg
82.5 kg class: 75.01 up to 82.5 kg	67.5 kg class: 60,01 up to 67,5 kg
90 kg class: 82,51 up to 90.0 kg	75 kg class: 67.51 up to 75,0 kg
100 kg class: 90,01 up to 100,0 kg	82,5 kg class: 75,01 up to 82,5 kg
110 kg class: 100,01 up to 110,0 kg	90 kg class: 82,51 up to 90,0 kg
125 kg class: 110,01 up to 125.0 kg	100KG CLASS 90,01 kg up to 100.0KG
140 kg class: 125,01 up to 140,0 kg	110KG CLASS 100.01KG up to 110.0kg
140+ kg class (SHW): 140,01 kg and above	110+kg class 110.01kg and above

## Transgender athletes

All transgender male (ftm) athletes that has declared their identity as male can only lift in man's divisions. A transgender female (met) athlete may compete in the man's division but may only compete in the women's division if being treated with testosterone suppression medication for a minimum of one calendar year before competition. In order to avoid any misunderstandings or discrimination to transgender lifters participating at a competition, the athlete who plans to compete must sub notice to the president their intentions so it can be agreed by the management.

The notes must include a letter from the athlete's physician documenting the transition status along with any prescribed hormone treatment.

It's the boards responsibility to all discussions about an individual athlete's transgender identity and the physician medical documentation provided in accordance with this policy, shall be maintained confidential unless the athlete makes a specific request otherwise.

# Costume and Personal Equipment

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## General

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All articles of a lifter's costume and personal equipment shall be clean and generally neat and presentable.

1. There will be no official inspection of costume and personal equipment prior to lifting but can be carried out at any time at the request of the technical officer or head referee.
2. It will be the lifter's responsibility to be present on the platform outfitted in accordance with the rules governing costume and personal equipment.
3. Any item mentioned previously under costume and personal equipment may be inspected prior to the competition if the lifter has any doubt as to the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to the WPU referees present. Such inspections may also be made at any time prior to lifting by one of the appointed WPU Contest Officials or WPU referee. Any conjecture or doubt about the legality of any such items shall be referred to the WPU Contest Officials or Technical Officer.
4. Items or personal attire not covered in the rules governing costume and personal equipment such as: headbands, mouthpieces, ribbons, costume jewellery, eyewear and feminine hygiene articles are permitted. However, hats and scarves shall not to be worn on the platform during lifting.
5. Any items worn on the platform considered objectionable by virtue of being unclean, torn, or tattered, indecent, or offensive to the spirit of the competition will be rejected before the lifter is permitted to proceed.
6. If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift and may be disqualified from the competition. Any minor oversights, or items covered in (5) above, noticed before the lifter performs should be indicated to the lifter and rectified prior to continuing.
7. Any lifter performing on the platform may be inspected before or after the lift if any of the referees doubt the legality of the costume or personal equipment being used.
8. Any lifter successful in a record attempt must be inspected. Inspection may be solely visual when the legality of the lifter's costume and personal equipment is obvious, or otherwise more thorough. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or official's delegates by the referees in cases where the lifter is of the opposite sex. In all cases the head referee shall make an announcement to the speaker and records processor that the record has been verified.

## Lifting Suit

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### Raw and Classic Raw: Singlet

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1. The singlet shall consist of a one-piece full length-lifting suit of single-ply stretch material that is non - supportive. Supportive is defined as either the type of material used in the construction of the garment, or the excessive tightness of the garment when worn by the lifter, or a combination of the two. The construction of the suit must be without any patches or padding. Any seams, false or otherwise, that in the opinion of the referees are

incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition.

2. The costume must be forming fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition.
3. The singlet may be of any colour or colours. The singlet may bear the badge, emblem, logo and/or inscription of the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.
4. The singlet must have legs and the length of the leg must not extend below mid-thigh.
5. Any singlet which straps have been shortened, in any fashion that may leave the excessive material intact, may not stitch or reattach the excess material back down to the suit itself. The maximum amount the excess fabric (a.k.a. "tabs") may extend is two inches above the new seam. Velcro is not allowed on the straps or any part of the singlet.

### Single Ply

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1. A lifting suit of the basic design shall be worn. It must be an individual full-length article of cloth fabric. Its' construction may only consist of single visible ply and must, as a whole, be of single material construction. The maximum overall material thickness must not exceed 1.3mm at any measured point, the seams being an exception. No Velcro or canvas material is permitted anywhere on the suit, this includes any equivalent material using a different generic name. Any modification to the straps requiring the excess material being stitched back down onto the straps must not exceed 50mm. The straps must be worn over the shoulders at all times while on platform.
2. The straps must be worn over the shoulders at all times while on platform.
3. The suit may be of any colour or colours.
4. The length of the leg, when worn may not extend below mid-thigh (medial point between crotch and top of kneecap). Leotards with sleeves or high-cut leg lines are not permitted.
5. A singlet must be used during the Bench Press (specification singlet under raw/classic raw).
6. The Athlete may choose to use a singlet even though starting in the "Single Ply" category.

### Multi Ply

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1. A lifting suit shall be worn during the competitive lifts. It must be an individual full-length article of cloth fabric, polyester, denim, or canvass and may consist of multiple plies of any thickness, but as a whole be of a singular construction. The use of Velcro material to secure the straps is permitted.
2. The straps must be worn over the shoulders at all times while performing the competitive lifts.
3. The length of the legs must not extend beyond mid-thigh (mid-point between the top of the kneecap and the crotch).
4. A singlet must be used during the Bench Press (specification singlet under raw/classic raw).
5. An erector shirt may be worn with either a squat or deadlift suit during the performance of these two lifts.
6. The Athlete may choose to use a singlet or a single ply lifting suit even though starting in the "Multi Ply" category.

## Shirts

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A shirt must be worn during squat and bench press.

### Raw and Classic Raw: T-Shirt

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1. One undershirt of a design consistent with what is commonly called a T-shirt, with or without sleeves, must be worn under the lifting suit in each of the three disciplines. It must be an individual article of cloth. It shall not contain "Rubberized" or "Elastic" material or thread, which is intended to provide additional support. It shall not have collars, buttons, zips etc. Sleeves may not extend beyond the elbow when worn.
2. It may be of any colour or colours. Any wording or graphic shall not portray indecency or be offensive to the spirit of the competition. Vests are not considered to be a sleeveless T-shirt.

### Single Ply

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1. **Bench Press-Shirts:**  
A bench press shirt of the basic design may be worn. It must be an individual article of cloth fabric. Its construction may only consist of single visible ply and must, as a whole, be of single material construction. The maximum overall material thickness must not exceed 1.3mm at any measured point, the seams being an exception. No canvas material is permitted anywhere on the suit, this includes any equivalent material using a different generic name. It may be of any colour or colours. Sleeves may not extend beyond the elbow when worn. No Velcro is allowed anywhere in the construction of this garment.
2. **Erector-Shirts:**  
Erector-Shirts may be worn during the Deadlift. The specifications equal those of the Bench Press-shirt.
3. The athlete may choose to use a T-shirt even though starting in the "Single Ply" category.

### Multi Ply

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1. **Bench Press-Shirts:**  
One bench shirt may be worn under the lifting suit. It must be an individual article of cloth fabric, polyester, denim, or canvas. Its construction may consist of multiple plies but must, as a whole, be a singular component. Sleeves must remain above the elbow when worn and must cover the armpits. Velcro or open back is permitted.
2. During the bench press, a lifter wearing an open-back bench shirt has the option of wearing one plain t-shirt.
3. The athlete may choose to use a T-shirt OR a single ply bench press-shirt even though starting in the "Multi Ply" category.

## Underwear and supportive Briefs

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### Raw and Classic Raw

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Normal, non-supportive underwear of any design may be worn under the singlet. Both slips and "boxer"-type underwear are permissible. The legs of the underwear must not extend beyond those of the singlet.

### Single Ply: Briefs

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1. A pair of briefs of any design may be worn under the lifting suit and shall be an individual article of cloth or Polyester fabric. Canvas material is not permitted. Their construction may only consist of single ply material and must, as a whole, be a singular component, i.e., groove briefs, or "Boxer" type briefs are allowed. The waist may not extend above the navel. Brief legs are not permitted to extend below the Leg opening of the lifting suit.
2. The athlete may choose to use a normal, non-supportive underwear even though starting in the "Single Ply" category.

### Multi Ply: Briefs

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1. One pair of support briefs of any design may be worn and may extend below the bottom of the lifting suit leg, provided that the length of the legs does not exceed mid-thigh, and that the waist does not extend beyond approximately mid-torso. The Support Briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole, be a singular component.
2. The athlete may choose to use a normal, non-supportive underwear even though starting in the "Multi Ply" category.

### Lifting Belt (classic raw, raw, single ply and multi ply)

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A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.

1. The main body shall be made of leather or similar non-stretching material (further referred to as "leather") in one or more laminations, which may be glued and/or stitched together.
2. It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations.
3. A metal buckle, studs, and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
4. A single leather tongue loop only shall be attached close to the buckle by means of studs and/or stitching. No additional loop is permitted.
5. A one or two prong buckle as well as the "lever action" fastening device may be used.
6. The lifter's name, nation, state, or club may appear on the outside of the belt.
7. Dimensions:
  - a) Width of belt to be a maximum of 10cm.
  - b) Thickness of belt to be a maximum of 13mm.

## Socks (classic raw, raw, single ply and multi ply)

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1. Socks must be worn during all disciplines.
2. They may not extend over the knee or on the leg, so they touch any knee wrapping or supporter. Full-length stockings, tights, or hose are not permitted.
3. One Pair of knee-length socks must be worn during the execution of the Deadlift.

## Shin Guards (classic raw, raw, single ply and multi ply)

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Shin guards may be worn underneath the socks. They must not extend over the socks.

## Footwear (classic raw, raw, single ply and multi ply)

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1. Footwear, more substantial than basic socks must be worn.
2. The only restrictions to such footwear are that metal cleats, caps or spikes are not permitted.

## Knee Wraps and Knee Sleeves

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### Classic Raw

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The use of knee sleeves is permitted. The use of knee wraps is not permitted.

1. The knee sleeves must consist of a single ply.
2. The thickness of the knee sleeves must not exceed 7 mm. The length must not exceed 30 cm.
3. The knee sleeves must not have additional fastening mechanisms like Velcro (this includes any equivalent material using a different generic name) or cords padding or other supportive means.
4. The knee sleeves must have a solid, cylindrical form without holes or open areas.
5. When worn during competition, the knee sleeves must not touch the lifting suit or socks of the athlete. They must be worn centered over the knee.

### Raw und Single Ply

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The use of knee sleeves and knee wraps is permitted. The rules and specifications for knee sleeves are the same as defined under "raw". A combination of knee wraps and knee sleeves is not permitted.

1. Wraps not exceeding 2.5 m in length and 8cm in width may be worn.
2. A knee wrap shall not extend beyond 15 cm above and 15 cm below the centre of the knee joint, not exceeding a total of 30 cm.
3. Knee wraps shall not touch the socks or lifting suit.
4. Knee wraps shall not be used elsewhere on the body.

## Wrist Wraps

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### Classic Raw

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1. No wrist wraps are allowed in the classic raw category.

### Raw, Single Ply, and Multi Ply

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1. Wraps not exceeding 1 m in length and 8 cm in width may be worn. Alternatively, elasticized wristbands not exceeding 10cm in width may be worn. A combination of the two is not permitted.
2. Wrist wraps may have a thumb loop and Velcro patch for securing them. The thumb loop may not be worn over the thumb during execution of the lift.
3. A wrist wrap shall not extend beyond 10cm above and 2cm below the centre of the wrist joint, not exceeding a total of 12cm.

## Elbow sleeves and elbow wraps

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### Raw, Classic Raw and Single Ply

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1. Elbow sleeves may be worn only during the squat and deadlift competition, but not during the bench press.
2. They are sleeves of rubberized material (maximum width of 30 cm) or elastic wrap (maximum length of one meter) but must be of one single unit only. They may cover the general elbow area but cannot extend beyond 15 cm above or below the mid-point of the elbow joint. The shirt sleeve may extend over the elbow sleeve as long as it does extend past the elbow joints.
3. The elbow sleeves must not have additional fastening mechanisms like Velcro (this includes any equivalent material using a different generic name) or cords padding or other supportive means.
4. The elbow sleeves must have a solid, cylindrical form without holes or open areas.
5. The use of elbow wraps is not permitted.

### Multi Ply

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1. Elbow wraps or elbow sleeves may be worn only during the squat and deadlift competition, but not during the bench press.
2. They may be supportive sleeves of rubberized material (maximum width of 30 cm) or elastic wrap (maximum length of one meter) but must be of one single unit only.
3. They may cover the general elbow area but cannot extend beyond 15 cm above or below the mid-point of the elbow joint.
4. The shirt sleeve may extend over the elbow sleeve as long as it does extend past the elbow joints.

## Plasters

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Two layers of plasters, band-aids, or tape may be worn on the thumbs and shins, but nowhere else on the body without official permission of the referees. No plasters, band-aids, or tape may be utilized as a strap to help the lifter hold the bar. With the permission and supervision of the referees, an official doctor or medical supervisor, the lifter may apply spot plasters, bandages, tape, or Band-

Aids to injuries on the body. Similarly, strip plasters, tape or Band-Aids may not be applied to injuries on the inside of the hand. These applications may not extend around the back of the hand.

## Blood Provisions

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Blood and/or open wounds are not allowed on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt. Should blood come in contact with the bar or equipment the lifting shall be stopped, and the bar or equipment sterilized with a bleach solution. This shall consist of 1-part bleach to 3 parts water or other disinfectants with similar properties. It is the Promoter's responsibility to have such a solution present at the competition.

## Equipment and Specification

### Platform

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All lifts shall be executed on a platform not less than 2.5m x 2.5m. The platform shall be secure enough to ensure the safety of the lifter, spotters, and loaders. The surface of the platform must be firm, absolutely non-slip, and level with. No-one shall be allowed on the platform during lifting sessions except the lifter, designated spotters/loaders, lift off person for the Bench Press, the three referees on duty and other Meet officials, as necessary. Any cleaning, mopping, brushing, or adjusting of the platform or equipment shall be handled solely by these personnel.

### Bars and Discs

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For all competitions organized under the rules of the BPF, WPU, only disc barbells are permitted. Only bars and discs that meet official specifications may be used for competition. The use of bars and discs that do not conform to specifications is not allowed. Different bars suited to particular lifts may be utilized providing they conform to specifications and are used for the entirety of the particular lifts in the competing group.

#### Bars

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The bar shall be straight, well knurled, and grooved. It shall be well maintained.

It shall conform to the following dimensions, excepting specific bars for the squat and Deadlift.

- a) The overall length is 220 cm.
- b) Distance between the inside collar faces is not to exceed 132cm or be less than 131cm.
- c) Weight of the bar is to be 20.0kg. All bars must weigh within 0.25% of their correct face value.
- d) Diameter of the sleeves is to be 50 mm.
- e) There shall be a circumferential machine marking so as to measure 81cm between markings, excepting special squat and deadlift bars.

An oversized bar may be used for the squat. Its length may be up to 240 cm with a bar diameter of up to 33 mm. Squat Bar weight not to exceed 25 kg. A normal length and weight bar with a bar diameter of 30 mm is allowed.

A specific bar may be used for the Deadlift. Its length may be up to 230 cm with a bar diameter of no less than 27 mm. Centre knurling is not required.

## Discs

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- a) All discs used in competition must weigh within 0.25% of their correct face value.
- b) The bore size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- c) Discs must be of the following range: 1.25, 2.5, 5, 10, 15, 20, 25 and 50kg. for record setting purposes discs of 0.25 and 0.5kg must be available. 1kg discs are optional.
- d) All discs must be clearly marked with their weight and loaded in the sequence of heaviest to lightest discs.
- e) The diameter of 20, 25 and 50kg discs must be 45 cm.
- f) Discs shall conform to the following colour code:  
10kg and below – any colour, 15kg yellow, 20kg-blue, 25kg-red, 50kg-green.

## Collars

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- a) Collars must always be used in competition.
- b) They must be securely fastened to prevent any slipping of the discs.
- c) They shall weigh 2.5kg each.

## Racks and Monolift

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Squat racks shall be of a sturdy construction and provide maximum stability.

- a) It shall be of such design that it does not impede the lifter or the spotters/loaders.
- b) It may consist of a one-piece unit, or two separate stands designed to hold the bar in a horizontal position.
- c) The design of the squat racks shall allow adjustments that accommodate all lifters.
- d) Height adjustments shall be at increments not exceeding 5 cm.
- e) Hydraulic racks must be capable of being secured by means of pins for extra safety.
- f) The use of machines with retractable arms (monolift) is permitted.
- g) A monolift has to be used on the competition platform for squats at all WPU-World and -European championships.**
- h) The monolift has to have support straps in use at all competitions WPU-Europeans and -Worlds.**

## Bench

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The bench shall be of sturdy construction for maximum stability and. It has the following dimensions:

- a) Length: no less than 1.22m. It shall be flat and level.
- b) Width: 29-32cm
- c) Height: 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- d) The height of the uprights on adjustable benches shall be a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position.
- e) On non-adjustable benches the height of the uprights must be between 87-100cm from the floor to the bar rest position.
- f) The minimum width between the insides of the bar rests shall be 1.10m.
- g) Safeties are mandatory.

- h) Bands are not to be placed on a bench for traction.

## Lights / Flags

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A system of lights shall be provided for WPU-World- and -European championships at least whereby the referees make known their decisions. Each referee will control a white and red light, representing a successful or failed lift, respectively.

For emergency purposes, i.e., breakdown of electricity, or if no light system is available (national events only) the referees shall be provided with small white and red flags, pedals, and cards to make known their decisions.

## Lifts and Rules of their performance

1. Every lifter or coach which causes discredit to the sport by displaying bad behavior on or close to the platform (cursing, etc) can be cautioned officially and eventually banned from the competition site.
2. Athletes of the category "Classic Raw" are responsible to notify the head-referee before each lift that they compete in this category.

## Squat

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- a) The lifter shall face the front of the platform.  
If a monolift is used, it's the lifters decision to remain in place or to walk out  
After removing the bar from the racks or Monolift, the lifter shall establish an upright position with the top of the bar not more than 3cm below the top of the anterior deltoids.  
The bar shall be held horizontally across the shoulders with the hands and/or fingers gripping the bar and the feet flat on the platform with the knees locked.
- b) The lifter shall not hold the collars or discs at any time during the performance of the lift.  
However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.
- c) The lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control over the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and the audible command "Squat."
- d) Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- e) The lifter must recover at will without double bouncing to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery.
- f) As soon as the lifter demonstrates a controlled final position the head referee will give the signal indicating completion of the lift and to replace the bar.  
The signal to replace the bar will consist of backward motion of the arm and the audible command "Rack." The lifter must then make a bona fide attempt to return the bar to the racks.
- g) No more than six and not less than four loaders/spotters shall be on the platform at any time.
- h) The lifter may enlist the help of the spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with

regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any eventual instability.

- i) The lifter may be given an additional attempt at the same weight at the head referee's discretion if failure in an attempt was due to an error by one or more of the platform crew.

### Causes for Disqualification of a Squat

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- a) Failure to observe the head referee's signals at the commencement or completion of a lift.
- b) Double bouncing or more than one recovery attempt at the bottom of the lift.
- c) Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- d) Movement of the feet laterally, backward, or forward after the referee's commencement or before the completion signal.
- e) Failure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
- f) Changing the general position of the bar across the shoulders after the commencement of the lift.
- g) Contact of elbows or upper arms with the legs.
- h) Failure to make a bona fide attempt to return the bar to the racks.
- i) Any intentional dropping or dumping of the bar. This may also lead to disqualification of the lifter at the referee's decision.

### Bench Press

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- a) The front of the bench must be placed on the platform facing the head referee.
- b) The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The soles of the shoes must be in solid contact with the platform surface. It is sufficient if a part of the sole is on contact with the floor. The position of the shoulders, buttocks, and feet must be maintained throughout the attempt. Raising the head off the bench during the attempt is optional.
- c) To achieve firm footing the lifter may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the soles of the shoes must be in solid contact with the surface. It is sufficient if a part of the sole is on contact with the floor. If blocks are used, they shall not exceed 45cm x 45cm.
- d) No more than five and not less than three spotters/loaders shall be in attendance. The lifter may enlist the help of one or more of the designated spotters, or enlist one personal spotter, in removing the bar from the racks. Only designated spotters may remain on the platform during the lift. The lift off must be to the straight arms of the athlete.  
The lift off must, having provided a centre lift off, must immediately clear the area in front of the head referee and move away from the immediate lifting platform. Spotting the actual press and completion shall be from the sides.
- e) A personal spotter must be dressed in a minimum of an office T-shirt and track shorts.
- f) Spacing of the hands shall not exceed 81cm, measuring between the forefingers with a conventional grip or between the little fingers using a reverse grip. The bar shall have circumferential machine markings indicating the maximum grip allowance. If the lifter should use an offset or unequal grip, whereby one hand is placed outside the marking, it is the

lifter's responsibility to explain this to the head referee and allow inspection of the intended grip prior to making an attempt. A thumbless grip is permitted. No suicide grip is to be used at any time when benching.

- g) After receiving the bar at arm's length in a locked-out position, the lifter shall initiate the attempt by lowering the bar to the chest and waiting for the signal of the head referee.
- h) When the bar becomes motionless on the chest the head referee's signal shall consist of the audible command "Press."
- i) After the signal to "Press" has been given, the bar is then pressed upward to straight arm's length and held motionless until the audible command "Rack" is given.

### Causes for Disqualification of a Bench Press

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- a) Failure to observe the referee's signals "Press", "Rack".
- b) Any change in the elected lifting position of the shoulders or feet, raising of the buttocks, or lateral movement of the hands during the lift (between the referee's signals).
- c) Heaving or bouncing the bar off the chest.
- d) Allowing the bar to sink into the chest after receiving the referee's commencement signal.
- e) Pronounced uneven extension of the arms during or at the completion of the lift.
- f) Any downward motion of the bar (change of direction) during the Press.
- g) Contact with the bar by the spotters between the referee's signals.
- h) Any contact of the lifter's shoes with the bench or its supports.
- i) Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.
- j) It is the responsibility of the lifter to inform any personally enlisted spotter to leave the platform as soon as the bar is secured at arm's length. Such spotters shall not return to the platform upon completion or failure of the attempt. It is especially important for a spotter providing a centre lift off to leave the platform quickly, so as not to impair the head referee's view. Failure of any personal spotter to leave the platform may cause disqualification of the lift.
- k) When benching suicide grip should never be used on the platform.

### Deadlift

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- a) The lifter faces the front of the platform.
- b) One spotter has to stand behind the lifter in case he collapses.
- c) The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be not downward motion of the bar during the lift.
- d) On completion of the lift, the knees, hips, and shoulders have to be locked in a straight position and the lifter shall be standing erect.
- e) The head referee's signal shall consist of a downward movement of the arm and audible command "Down." The signal will not be given until the bar is held motionless and the lifter is in an apparent finished position.
- f) Upon receiving the head referee's signal, the lifter shall lower the bar under control to the platform. Dumping or dropping the bar is not permitted.
- g) Any raising of the bar or any deliberate attempt to do so will count as an attempt.

## Causes for Disqualification of a Deadlift

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- a) Any downward motion of the bar before it reaches the final position.
- b) Failure to stand erect.
- c) Failure to lock the knees and hips straight at the completion of the lift.
- d) Supporting the bar on the thighs during the performance of the lift. 'Supporting' is defined as a body position adopted by the lifter that could not be maintained without the counterbalance of the weight being lifted.
- e) Movement of the feet laterally, backward, or forward during execution of the lift.
- f) Lowering the bar before receiving the head referee's signal.
- g) Dumping or allowing the bar to return to the platform without maintaining control with both hands.

## Rules of Competition

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### Weigh-in

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1. At least two weigh-in sessions of at least 1.5 h duration have to be offered. The first weigh-in session has to be offered at the day before the competition but no more than 24 hours before the start of the competition. The second weigh in session has to be on the day of the competition and must end exactly 30 mins before start of the competition. These two weigh-in sessions are mandatory. Additional interim weigh-in sessions may be provided at the discretion of the Promoter and WPU Contest Officials. All weigh-in sessions and their duration must be posted and communicated to all lifters. No weigh-in sessions additional to those posted shall be permitted.
2. All lifters must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence of authority of at least one WPU referee.
3. The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials are present. The lifter's recorded bodyweight must not be made public until all lifters competing in that particular category have been weighed in.
4. Lifters must be weighed nude or in standard underwear (briefs for men, bra, and panties for women). The weigh-in procedure must ensure lifters are weighed only in the presence of officials of their own sex if the athlete requests this. Additional officials may be appointed for this purpose.
5. During the weigh-in sessions lifters must present those items of costume or personal equipment that will be used for inspection and verification by the weigh-in officer.
6. Each lifter may only be weighed once. Only those, whose bodyweight is heavier or lighter than the category limits of the category entered, are allowed to return to the scales. They must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in session, otherwise they will be eliminated from the competition for that bodyweight category. Lifters being weighed in for the first time take precedence over lifters being re-weighed. Lifters trying to make weight may be re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule.

7. A lifter who is too heavy may move up one weight category than that listed on his entry form or nominated by his country, providing there is an open position for that organisation in that weight class. The lifter must again be weighed during the weigh-in sessions scheduled for the new category.
8. If scales with 1/100kg divisions are used bodyweights shall be recorded as follows: 01-04 shall be recorded "down" to the next lower 1/10kg. 05-09 shall be recorded "up" to the next higher 1/10kg.
9. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, they will be re-weighed immediately at the end of the competition. The lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receive any award that is being presented. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so forth.
10. First attempts will be requested from the lifters at the time of weigh-in. Additionally, the rack- and safety hights and other requirements such as blocks for the feet will be requested during the weigh-in.
11. For any age-related class, proof of age must be provided. Documents unsupported by photographic proof i.e., birth certificates are not acceptable. Only official documents giving photographic evidence with corresponding personal details will be acceptable, i.e., Passport etc.
12. A lifter who is too light may not move down a weight category but must achieve the required weight as listed on their entry form. Please refer to item 7 of this section.
13. Passport in conjunction with ID may be requested at any time and must be produced at the weigh in.

### The Round System (Order of Starters, Flights, and Breaks)

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1. At the weigh-in, the lifter must declare a first attempt for all three lifts. These attempts may be changed until 5 minutes before the flight is to start with the respective lift.
2. 10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights, although one flight is preferable. Over 15 lifters must be split into appropriate flights. The appointed WPU Contest Officials in conjunction shall make decisions on such divisions with the competition Organising Committee. Wherever possible, lifters in the same category should compete in the same flight.
3. If a completion consists of single flights at least a 30-minute interval will be taken between flights in order to ensure adequate warm-up time.
4. Should the number of lifters in any particular category necessitate that category being split into more than one flight, then first flight should consist of lifters with lower totals than the second flight, etc., based on opening attempts. Where there are multiple flights, the first flight will complete all three rounds of the squat (all three attempts), then the second flight will make all three rounds of the squat, etc., repeating the same process for the bench press and deadlift.

5. Each lifter will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.
6. The bar must be loaded progressively during a round on the principle of a rising bar. At no time will the bar be reduced within a round except for errors as described under 8., and then only at the end of the round.
7. Lifting order in a round will be determined by the lifter's choice of weight per attempt. The use of lot numbers shall be used to determine what lifter will go first if the same weight is being attempted. (A lot number will be allocated to each athlete on or after weigh-in.)
8. A lifter will not be allowed to call for a weight lower than that attempted in the previous round.
9. If unsuccessful with an attempt, the lifter does not follow themselves, but will wait until the next round before attempting that weight again.
10. All attempts taken over due to a scorekeeper's or loader's error or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in a round, the error will be corrected immediately, and the lifter will be given the opportunity to take the attempt over within four minutes of the bar being loaded. Also, if such an error occurs to the first lifter in a round, the attempt is repeated at the end of the round with the lifter again the first lifter in the next round. Four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the next round. These are two of the rare occasions when a lifter will follow them self.
11. A lifter is permitted one change of weight on the first attempt of each lift. If the lifter is in the first Flight, this change may take place at any time up to five minutes before the start of the first round of that lift. Lifters in the following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. The speaker will announce prior notice of these deadlines.
12. Lifters must submit their second or third attempts within one minute of completing the preceding attempts. If no weight is submitted within the one-minute time allowance they will repeat the same weight for a failed attempt or be increased by 2.5 kg for a successful attempt.
13. Weights submitted for second and third attempts on the Squat and Bench Press cannot be changed, except in single-lift competitions. Here, the same rule will apply as for the Deadlift (refer to 12.).
14. In the third round of the Deadlift (in Powerlifting, full meet, and in the third round of the respective single lifts bench press and deadlift) two weight changes are permitted up to the time the lifter is announced on platform for his attempt. The changed weight must not be lower than the weight currently on the bar.
15. **The lifter must be successful with his third attempt if he wishes to call for a fourth record breaking attempt. Such an attempt must be requested from the head referee immediately after the successful third lift, i.e., while still on the platform.**
16. To avoid any doubt or confusion with regards to submitting attempts attempt cards can be used.

17. If a lifting session consists of a single flight a minimum 15-minute interval will be taken between lifts in order to ensure adequate warm-up time.
18. When there is more than one flight in a session the lifting will be organised on an alternating flight basis. Consequently, a time interval between flights is not required other than the time necessary for arranging the platform. Lifters not in the first flight will be able to warm up while the first flight is being conducted.
19. When a Flight consists of less than 10 lifters, compensatory time allowances shall be added at the end of each round as follows: for 9 lifters add 1 minute; 8 lifters add 2 minutes; 7 or less lifters add 3 minutes.

## Competition Rules

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1. During a competition taking, only the lifter, his coach, the three referees on duty, other meet officials recognised by need, and the loaders/spotters will be allowed around the platform or stage. During the execution of a lift, designated spotters/loaders and the three referees on duty are permitted to be present on the platform. Coaches shall remain back from the platform. The appointed Contest Officials should define a coaching area. Personal, non-designated spotters are not permitted on the platform for the Squat or Deadlift. One personal, non-designated spotter is permitted to lift-off on the Bench Press. However, once the bar has been positioned at the lifters, full arm's length, the personal spotter must quickly leave the platform area to a discreet position.
2. Lifters shall wrap and ready themselves for the lifting platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, etc., should be utilised with propriety on and around the platform area.
3. All competitions under WPU jurisdiction must use barbell weights in kilograms and in multiples of 2.5kg". The weights shall be announced in kilograms. They may additionally be announced in pounds.  
Exceptions to this rule are:
  - a) For a record attempt, the loaded weight of the barbell must be a minimum of 500 grams in excess of the current record. The 4th attempts for record-breaking purposes will be made at the end of the third round of the lifting flight. The fourth attempt has to be requested from the head referee immediately after the successful third attempt.
  - b) In record attempts made within the prescribed attempts of the competition, a lifter may request on any attempt, a weight that exceeds the current record by a minimum of 500 grams.
4. In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
5. The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter's errors, or other platform altercations to the speaker to make the appropriate announcements. Such decisions shall first be discussed with the other platform referees.

Examples of Errors in Loading:

- a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted or elect to take the attempt again at the originally requested weight.
  - b) If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
  - c) If the loading is not the same on each side of the bar and the lift is successful, rules for over and under loaded bars, as above, apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not multiple of 2.5 kg (i.e., a 1.25 kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5 kg. The exception to this rule is if the weight of the miss-loaded bar exceeded the current record at that particular level of competition. In this case, the actual weight of the bar, rounded down to the nearest 500 grams, will be recorded. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.
  - d) If any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.
  - e) Should the platform or equipment become disarranged during an attempt and the attempt is successful the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight at the discretion of the referees on duty.
  - f) If the speaker makes a mistake by announcing a weight heavier or lighter than requested by the lifter, the referees will make the same decisions as for loading errors.
  - g) All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.
  - h) If a lifter misses an attempt because the speaker failed to announce the lifter's name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again. This shall be at the discretion of the referees on duty.
6. The minimum increase between any attempts, excepting record attempts, shall be 2.5 kg.
  7. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
  8. Other than initial removal of the bar from the racks or Monolift, the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat the spotters should assist in steadying the lifter until control has been regained.
  9. On the completion of an attempt, the lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.
  10. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of, and explained to, the

appointed Contest Officials. This should be in advance of the start of the lifter's Flight. The lifter, Contest Officials, and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb, or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations. Unless obvious, such limitations should be confirmed by a medical certificate.

11. That all amputee lifters able to lift according to the rules shall be eligible. At weigh-in, should the lifter be amputated, the following weights are added to the bodyweight:
  - A) ankle amputation: 0,5 kg up to 67,5 kg-class, 0,5 kg in the higher weight classes
  - B) below the knee: 1,0 kg up to 67,5 kg-class, 1,5 kg in the higher weight classes
  - C) above the knee: 1,5 kg up to 67,5 kg-class, 2,0 kg in the higher weight classes
  - D) hip disarticulation: 2,5 kg up to 67,5 kg-class, 3,0 kg in the higher weight classesThis is will not include the weight of the prosthetic the lifter uses.
12. If a lifter missing a minimum of 50% of the total fingers, including thumb, that are responsible for gripping the bar in the Deadlift the use of a strap, attaching only at the wrist, may be used on that hand only.
13. If, by reason of misconduct upon or near the competition platform (swearing, etc.), any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed Contest Officials, together with the referees on duty, have the authority to disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both warning and disqualification.
14. Banging the head on the bar (e.g., before squatting) will not be permitted. The lifter will be warned as above.
15. All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behaviour of any person or persons taking part in the competition will be made to the appointed Contest Officials. This must be done immediately following the action of which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.
16. The appointed contest Officials will consider all such complaints. If deemed necessary, the appointed Contest Officials may temporarily suspend the progress of the competition to consider the situation fully. After due consideration, the complainant will be informed of any appropriate measures that may be taken. The verdict of the Contest Officials will be considered final and there will be no right of appeal to any other body.

## Referees

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1. The referees shall be three in number, the head referee, and two side referees.
2. The head referee is responsible for giving necessary signals for all three lifts, for indicating to the speaker and timekeeper when the bar is ready, for communicating to the speaker the verification of records, and any special decisions upon performance decided by the referees.

3. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decision by means of the lights: white for a successful and red for an unsuccessful lift.
4. The three referees may position themselves in what they consider to be the best viewing positions around the platform. The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Deadlift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless between signals. The side referees should not impose upon the spotter's duties but should make adjustments to their own seating position and may lean sideways or forward during a lift to obtain the best viewing advantage. If possible, the side referees should be seated directly to the side of the lifter in the squat.
5. Before the competition, the appointed Contest Officials, referees, or additionally appointed officials shall have ascertained that:
  - a) The platform and competition equipment complies in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
  - b) Scales work correctly and are accurate.
  - c) The lifters weigh-in within the limits of the bodyweight categories, and within the time frame of the posted weigh-in sessions.
  - d) Any lifter's costume or personal equipment, if requested, is inspected, and approved or rejected.
  - e) That the speaker/announcer, timekeeper, marshals/expeditors, scorers, record processor, and loaders/spotter understand their duties and the rules that pertain to them.
6. During the competition, the three referees on duty must jointly ascertain that:
  - a) The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued with loading charts for this purpose.
  - b) Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.
  - c) On the platform the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.
7. Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the setup of the lifter, they will call attention to that fault. If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar.

A head referee seeing a fault that may not be visible to the side referees, e.g., hands holding the collars or discs on the squat or a grip in excess of 81 cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter has the remainder of any time allowance to repeat the attempt with the fault corrected and receive the commencement signal.

Note: for the above reasons it is important that the timekeeper stop timing attempts on the Squat and Bench Press only when the lifter has received the commencement signal.

Aspects of the set up for the Squat regarded as faults are as follows:

- a) Holding the collars or discs.

- b) Not grasping the bar with the hands. (Bar against the wrists or forearms).
- c) Failure to assume an upright position.
- d) Failure to have knees locked.
- e) Top of the bar more than 3 cm below the top of the anterior deltoids.

The aspect of the set up for the Bench Press that should be regarded as a fault is as follows:

- a) Hand spacing exceeding 81 cm.

8. Prior to the commencement of a lift, if either of the side referees observes an obvious infraction of the rules regarding costume and personal equipment, they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either case the referees will be called together to inspect the lifter. If the fault is considered a purposeful intention to cheat, the lifter shall be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered, and the action taken will be at the discretion of the referees on duty.

Faults that should be considered as a purposeful intention to cheat are:

- a. The use of more than one lifting suit or illegal lifting suits.
- b. The use of more than one, or illegal supportive briefs.
- c. The use of more than one, or illegal supportive shirt or illegal undershirt.
- d. The use of more than one pair of wraps, and of more than one-ply, wraps sewn together or wraps substantially over regulation length.
- e. Any additions in excess of the prescribed costume and personal equipment rules e.g., body wraps, towel inserts and bracings, etc.
- f. Presences of oil, grease, liquids, or lubricants other than chalk or approved powder.
- g. Other infractions of similar gravity.

Faults that should be considered as oversights or genuine mistakes are:

- a. Socks overlaid by, or touching, knee wraps.
  - b. Wraps applied as to obviously exceed with width dimensions allowed for the wrist (12 cm) or knee (30 cm).
  - c. Items forgotten to be removed that may have been worn for warmups or to maintain warmth, e.g., hats, rubber elbow bands, etc.
  - d. Other infractions of similar consequence.
9. If any of the referees suspect without certainty an infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified. For infractions deemed a purposeful intention to cheat the lifter shall be disqualified from the competition.
10. Referees shall, if requested, explain to the lifter or coach the reason or reasons why the lift was judged "no lift." All that is required of such an explanation is an accurate statement. Debates will not be entered into, and an explanation will not cause distraction of the referee

from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal account concerning the progress of the competition.

11. A referee shall not attempt to influence the decisions of other referees.
12. The head referee may consult with the side referees, the appointed contest Officials, or other official as necessary in order to expedite or facilitate the running of the competition.
13. At World and International Championships only WPU Referees will adjudicate the lifting. For international competitions no more than two of the session referees should be of the same nationality. The appointed Contest Officials shall make the selection of referees for World Championships and International competitions.
14. The selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another session.
15. All referees in World and International competitions will be dressed as follows: grey trousers or skirts combined with a white dress shirt/blouse/Polo-shirt, if possible, with WPU-logo and the title "referee", black shoes. Baggie style sport pants and sport shoes are not permitted.
16. WPU Referees may have their refereeing status revoked upon consideration of their performance and abilities by the officers of the WPU.

### Appointed Officials and their Helpers

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1. At WPU World championships and international championships the technical officer presides. shall ensure that the technical rules are correctly applied, consider, and rule upon any appeals, and generally oversee the competition and refereeing. Further contest officials can be appointed.
2. These Contest Officials will be appointed prior to the competition by the officers of the WPU – the President, Vice President, General Secretary, Technical Officer, and other appointed Officers- at-large. The Contest Officials should include as many of the officers of the WPU as possible or appropriate.
3. In World and International Championships all Contest Officials must be WPU Referees.
4. During the competition, the Contest Officials may, by majority opinion, replace any referee whose decisions, in their opinion, prove the referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal.
5. If a serious mistake occurs in the refereeing, which is contrary to the technical rules, the Contest Officials may take appropriate action to correct the mistake. They may, in certain instances of necessity, overrule or change the decisions of the referees, and may, at their discretion, grant the lifter a repeat attempt.
6. The Contest Officials shall be present at all lifting sessions.
7. That no referee shall adjudicate when the lifter is their spouse, partner or relative, like brother, sister, son, daughter, cousins etc.
8. Only the president, head ref records keeper or technical officer is to approach the desk or question an action of the desk. During the deration of a comp. any questions should be addressed to the centre referee for them to act on.

### Speaker

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The Speaker is responsible for the efficient running of the competition.

The speaker arranges the attempts chosen by the lifters in an orderly fashion dictated by weight and announces the weight required for the next attempt along with the name of the lifter. Additionally, the speaker announces, in order, the three lifters succeeding the lifter called to the platform. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce the bar is loaded and call the lifter to the platform. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the Round System.

#### Timekeeper / centre ref

The Timekeeper / centre ref is responsible for accurately recording the time lapse between the announcement the bar is loaded and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required, e.g., after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of a lift, or at the discretion of the head referee, who shall inform the timekeeper immediately. It is the timekeeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

#### Marshall's/Expeditors

The Marshall's/Expeditors are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to the score table and speaker. The Marshall/Expeditor and lifter must communicate immediately after an attempt to record the weight required for the next attempt. The lifter is allowed one minute between completion of an attempt and submitting to the Marshall/Expeditor the weight required for the next attempt.

#### Scorer

The Scorers are responsible for accurately recording the progress of the competition.

#### Record Processor

The Records Processor is accountable for all records broken.

Note: Record attempts outside 2.5 kg increments and 4th attempts may only be requested for that particular level of competition, e.g., only for World Records at World Championships, only for European Records at European Championships, etc.

The Record Processor is appointed for the particular competition only. He will forward his full recording of the records to the respective records keepers (national, international) as appropriate within 5 days of the competition. The international (WPU-) record keeper and the technical officer can only confirm international records. At events where world/European records can be broken and the records keeper is presented a complete set of the daily results must be supplied by email, on usb or in print to the record keeper on the day of each competition.

#### Loaders/Spotters

The Loaders/Spotters are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring the platform is well maintained and of a neat and tidy appearance at all times. The appropriate number of loaders/spotters that are required and allowed on the lifting platform is indicated in the chapters defining the lifts. When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e., during period of time between commencement and completion signals from the head referee. The exception being, the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee or lifter has requested intervention. Then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back into the racks.

## Records

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The Record Keeper is responsible for all records broken together with the Technical Officer. The WPU-record keeper has to be informed at least four weeks prior to a meet if the meet director plans to enable the athletes to break world- or European records. The record keeper is allowed to make requests on the form the results are submitted to him. If he does so, he has to provide a template to the meet director.

Meet results and lists of records set have to be submitted to the record keeper within two weeks after the competition by the promotor of the meet or a person appointed to this task. The information must also contain information about the referees and their status (nation, international).

The WPU-record keeper is responsible for keeping the lists of WPU-World and -European records up to date and making them available to the WPU-members in a timely manner. Each athlete is responsible for checking his records and informing the record keeper about possible mistakes no later than three months after the records have been made available.

1. A lifter attempting a WPU-World- or European record must be a current member of a national federation, which is part of the WPU or be a temporary member of the WPU directly (refer to section "international championships).
2. For WPU-World- or European record to be recognized at least two international WPU-referees of different countries have to recognize the attempt and guarantee that the conditions of the lift and the competition fulfilled all required technical standards and procedures. The third referee has recognized the lift has to be a national referee at least.
3. For Powerlifting (full meet): records will only be recognized if the athletes receive a total, i.e., he must have at least one good lift in each discipline.
4. To make a record attempt, the weight must be at least 500 g heavier than the current record. This includes categories where so far only standards exist.
5. Attempts within the three attempts counting towards the total may not be taken outside a multiple of 2.5 kg solely for setting a record Total.
6. Fourth attempts do not count towards the Total.

7. Fourth attempts to break a record will be performed at the end of the respective round (see "round system")
8. Record attempts outside 2.5 kg increments and fourth attempts may only be requested for that particular level of competition, e.g., only for World Records at World Championships, only for European Records at European Championships, etc.
9. Records are only valid for the bodyweight category of the lifter as determined at the official weigh-in.
10. Records will be recorded for the age class of the lifter competes in, irrespective of their actual age.
11. It is up to the national federations to allow fourth attempts at their competitions or not.
12. It is up to the national federations to recognize successfully attempts of their members at international competitions as national records or not.

## International competitions

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1. In international competitions such as World- or European Championships each federation or organization shall be allowed an unlimited number of athletes per bodyweight class in each of the age classes. Member federations may impose national qualifying standards for their individual team selection.
2. Closing date is 28 days prior to begin of the championship. The competition dates should be fixed and communicated to the member federations as early as possible. At this day, all entry forms and all entry fees have to be submitted to the meet director. The national federations shall plan their qualifying competitions accordingly.
3. Lists of all competitors are published no later than 2 weeks after the closing date.
4. Guest Lifters, i.e., lifters of nations that have a national federation associated with the WPU, but are not a member of this national federation, may only participate in international competitions such as European- and World-championships, if they are authorized to do so by the respective country Affiliate of the WPU. Guest lifters must submit an additional 50% entry fee.
5. Lifters of nations, which do not have a national federation associated with the GPU, may become a temporary single member of the WPU against a payment of £25 and participate in one competition if they have not done so before. If they want to compete in a second competition, they have to either find/found a federation of their country, which in turn becomes a member of the WPU or they have to join the national federation of another country and submit to their selection process.
6. In international and world competitions point scoring shall consist of six team members from each participating federation towards their team total. Teams shall be declared to the Weigh-In Supervisor by the end of the final weigh-in session preceding competition. Point scoring shall be according to the "Wilks" formula. In the eventual case of a tie in the points of national teams, the team having the largest number of first places within the six-point scoring competitors will be ranked first. In the case of a tie again, the nation with the most second places, and so on, will rank first.

7. At all competitions where "Best Lifter Awards" are presented, placing will be established by the "Wilks" formula. The Wilks-coefficients are listed as Annex 1. Additionally, for lifters of the "Masters"-categories the current McCulloch Master's formula (revised, 40-90 years) will be used. The McCulloch-coefficients are listed as Annex 2.
8. All international competition dates must be announced 6 months in advance.
9. All competition is to be run by the Wilks scoring system.
10. Any nation without prior experience at hosting an international event within the WPU must have a 3 international referee the president and records keeper (at the host nation's expense) at a national international championship which they are hosting. Prior to submitting a bid for a world championship to ensure that they can host a championship of the standard for world events.
11. Any organiser submitting a bid for an international, European / world championship must have previously attended a BPF/WPU event of the same level which they are bidding for, to be aware of the standard expected and all the associated requirements.
12. The organiser of any international European or world championship must make all relevant information available to be placed on the BPF /WPU web site and social media as well as the host website and social media. Individual lifters from non-affiliated countries can request the entry form from the secretary on payment of the individual membership fee.

#### **Compensation for referees and board members:**

Accommodation for the president must be provided free of charge for the duration of an international competition by the promoter and all flights outside the EU will be provided free of charge by the promoter too. The president must also be provided with the transfers from airport to the championship at the expense of the organizer.

At international competition's, the promoter will make a budget for the payment of referees only referees with at least 5-hour work on a competition day will qualify unless renewing or training as international referee states. The stranded compensation will be a maximum of 50€ a day.

This amount will be regulated by the president or treasurer.

The only time this fee will be waived is if their accommodation is paid for instead.

All payment must be made at the expense of the competition and within 7 days by bank transfer.

Officials and referees on duty during the competition shall be granted at least one free meal and should also be provided with non-alcoholic drinks served each competition day in the competition area.

For world championship's the medals need a quality standard with the specific size of no less than 7.5 cm diameter and 4mm thickness.

All athletes must receive a certificate of their individual records broken.

#### **Insurance**

The WPU and affiliated federations do not provide liability insurance for lifters or spectators at meets. It is the responsibility of the meet director to secure insurance.

At least 6 weeks before all international championships the person or organization that has been sanctioned to run the event will present to the president or board a copy of comprehensive insurance for the championship which not only covers the lifters but also has provide third party cover for all spectators and any other individual's or property outside of the lifting platform nut associated with the competition, fully responsible for providing insurance and they will accept financial risks.

The BPF / WPU affiliation organization, sanctioning official's and co-operators assume no liability for injury, damages, personal losses, or death resulting at an event.

### **Competition organization**

All competition's must be run on the same software more information can be requested from the BPF/WPU sectary.

### **Appointed official's**

1. Presenter/announcer
2. Pc operator
3. Timekeeper
4. Referees
5. Record keeper
6. Loaders / spotters
7. Health and safety (technical officer)
8. Additional officials

Their responsibility's

### **Presenter / announcer**

Is responsible for the running of the competition and acts as master of the ceremonies. The presenter arranges the attempt's chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot numbers and announces the weight required for the next attempt along with the name of the lifter. Also, he announces in order the three lifters succeeding the lifter on the platform. When the bar is loaded and the platform cleared for the lifting, the head referee will indicate the fact the to the presenter who will in turn announce that the bar is loaded and call the lifter to the platform. The presenter is also responsible for announcing the deadlines that pertain to the round system etc.

The presenter is responsible for the smooth running of the day keeping the spectators informed of events plus presagers.

### **PC operator**

Is responsible for collecting the weight required for the next attempts from the lifters or their coaches and passing the information without delay to the presenter. The lifter is allowed one minute between completion of one attempt and submitting to the table / PC operator the weight of the next attempt. This timing of this operation is the responsibility of the presenter and PC operator, assisted by the head referee.

### **The record keeper**

Is specifically accountable for all world records broken, for collecting the details and initiating the paperwork information, and is responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets.

### **Loaders / spotters team**

Are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar and platform, upon request and agreement of the head ref, also generally ensuring that the platform is well maintained and of a neat and tidy appearance at all times. At no time is there to be less than 2 or more than 5 loaders/ spotters on the platform at one time.

Blood or other foreign substances appear on the bar or equipment must be cleaned immediately using a solution of 1 part bleach 1-part water. The bar or equipment must be dried and verified as clean.

### **Additional officials**

Will be appointed as required or by need.

## **Promoters / organizers check list.**

### **Lifting area**

- ❖ Boundaries of the lifting area must be marked clearly for the knowledge of the officials, lifters, and spotters. It is recommended that this area will be at least 7m long by 5 m wide (22ft x 16ft)
- ❖ Coaches shall not be allowed at the back or side of this area.
- ❖ A scoreboard, preferably an overhead projector to replace the scoreboard.
- ❖ Table and chairs near the platform for presenter record keeper and computer operator etc.

### ❖ **Platform**

- ❖ All lifters shall be carried out on a platform not less than 8ft by 8ft and secure enough to ensure the safety of the lifter, spotters and loaders.
- ❖ The surface of the platform must be firm non-slip and level with no discernible seams in the lifting area. Rubber mats or similar sheeting materials are permitted.
- ❖ Loose mat or similar sheeting materials are not permitted.

### Platform equipment

- ❖ Mono-lift with safety straps, adjustable bench with face saver bars and disc racks.
- ❖ Bars 1 25kg squat bar 1 20kg bench bar and 1 20kg deadlift bar with 2 x 2.5kg collars
- ❖ Discs: 8 to 12 x 25kg, 2x 20, 2x 15kg, 2 x 10kg, 2 x 5kg, 2 x 2.5kg 2 x 1.25kg and record plates 2 x 1kg 2 x .5kg
- ❖ Foot blocks for benching
- ❖ Box with lifting chalk
- ❖ Cleaning materials, spill kit
- ❖ Scrubbing brush or wire brush
- ❖ 3 chairs for the referees
- ❖ Lighting scoring board (white and red lights)

### Warm up area

- ❖ The warmup area should be at least 100m<sup>2</sup>.
- ❖ A minimum of 3 platforms
- ❖ A minimum of 1 mono lift with safety chains and a minimum of 2 adjustable benches.
- ❖ Each platform should be suitable for squat bench and deadlift to be performed on.
- ❖ Each platform should be supplied with suitable squat, bench, and deadlift bars.
- ❖ An adequate number of discs and safety collars to accommodate the number of lifters.

### Weigh in room

- ❖ A lockable and clean room
- ❖ Calibrated scale preferable digital.
- ❖ Table and chairs for referees.

### Dressing room

- ❖ Separate male and female dressing room
- ❖ All normal facilities in both (toilets sink etc)

#### **Officials' room / area**

- ❖ A clean room preferable locked
- ❖ Tables and chairs
- ❖ Connectors for charging phones and laptops

#### **Livestream**

- ❖ Where possible

