

# OFFICIAL RULE BOOK



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## APF RULES

### The following are rules that are different from the WPC Official Rules.

1. 4<sup>th</sup> attempts are not allowed for State or National Records, only World Records.
2. Record breaking chips can only be used for World Records.
3. National records can be broken at State and Local meets provided the proper paperwork is filled out and signed by the Officials.
4. National records must be listed in kilos. If pounds are used they must be converted by the kilo conversion chart only, in which case they would be rounded down to the nearest 2.5 kg.
5. Single Lift National Bench Press Only records have been established as of November 2004.
6. Single Lift National Deadlift Only records have been established as of April 2006.
7. Three lift results will not count toward single lift records and vice versa.
8. Beanie hats or skull caps will be allowed at State and Local meets only.
9. APF-AAPF has adopted the Raw division. This unequipped division will consist of a t-shirt, singlet and belt only – no other equipment will be allowed. August 2009 it was voted to allow wrist wraps.
10. **SINGLE PLY CATEGORY**  
April 17, 2010 will officially establish a Single Ply category. This category will be promoted as stand alone contests, i.e. not be added as an additional division in an equipped meet. 2012 update may be added as additional division in meets.  
  
Costume will consist of single ply polyester suit, single ply regular briefs not to extend beyond 4” from the top groin. Single ply polyester closed back bench shirt. Velcro is not permitted on the bench shirt, squat suit and deadlift suit. Wrist wraps, elbow wraps, knee wraps, and belt are allowed.
11. 1/31/15 Safety straps/chains permitted at local APF meets

## General Rules

1. The World Powerlifting Congress (WPC) recognizes the following lifts, which must be performed in the designated sequence in all applications conducted under WPC rules:

**a. Squat      b. Bench Press      c. Deadlift      = Total**

The highest total of the best successes of each lift will result in a Total. Winner of the competition will be determined by highest Total.

2. All competitions under WPC rules must be conducted in kilograms.
3. The WPC, through its members and member Federations, recognizes the following World Championships:

Men's Open World Championships	Women's Open World Championships
Men's Masters World Championships	Women's Masters World Championships
Men's Junior World Championships	Women's Junior World Championships
Men's Teenage World Championships	Women's Teenage World Championships

The WPC also recognizes National and International competitions of its member Federations. **International sanctions will not be granted within 30 days of the annual WPC World Championships.**

4. The WPC additionally recognizes and registers world records (in kilograms) for the same lifts within the age and body weight categories as follows:

### Age Categories -

Men and Women - Open (Senior): from 13 years upward.

<b>Master</b>	i)	from 40 years to and including 44 years of age
	ii)	from 45 years to and including 49 years of age
	iii)	from 50 years to and including 54 years of age
	iv)	from 55 years to and including 59 years of age
	v)	from 60 years to and including 64 years of age
	vi)	from 65 years to and including 69 years of age
	vii)	from 70 years to and including 74 years of age
	viii)	from 75 years to and including 79 years of age
	ix)	from 80 years upward

**Sub Master** from 33 years to and including 39 years of age

**Junior** from 20 years to and including 23 years of age

<b>Teenage</b>	i)	from 13 years to and including 15 years of age
	ii)	from 16 years to and including 17 years of age
	iii)	from 18 years to and including 19 years of age

Competitive lifting shall be restricted to competitors aged 13 years and over. The lifter must have attained minimum age on day of the competition. A lifter must lift in the open division or in the age group which he or she is currently in, until they reach the stated upper limit of that category. **Exception to this rule for world championships, if there are 3 lifters in a particular age group, athlete may compete in age group qualified in.**

## Body weight Categories

### MEN

- 52.0kg Class up to 52.0kg
- 56.0kg Class from 52.01 to 56.0kg
- 60.0kg Class from 56.01 to 60.0kg
- 67.5kg Class from 60.01 to 67.5kg
- 75.0kg Class from 67.51 to 75.0kg
- 82.5kg Class from 75.01 to 82.5kg
- 90.0kg Class from 82.51 to 90.0kg
- 100.0kg Class from 90.01 to 100.0kg
- 110.0kg Class from 100.01 to 110.0kg
- 125.0kg Class from 110.01 to 125.0kg
- 140.0kg Class from 125.01 to 140.0kg
- 140.0+kg Class from 140.01 to unlimited

### WOMEN

- 44.0kg Class up to 44.0kg
- 48.0kg Class from 44.01 to 48.0kg
- 52.0kg Class from 48.01 to 52.0kg
- 56.0kg Class from 52.01 to 56.0kg
- 60.0kg Class from 56.01 to 60.0kg
- 67.5kg Class from 60.01 to 67.5kg
- 75.0kg Class from 67.51 to 75.0kg
- 82.5kg Class from 75.01 to 82.5kg
- 90.0kg Class from 82.51 to 90.0kg
- 90.0+kg Class from 90.01 to unlimited

5. During the WPC's formative years each nation will be allowed any number of competitors spread throughout the body weight categories. For World Championships each nation will be allowed 3 competitors for each weight class in each division. Member Federations may impose qualifying standards for their individual team selection.
6. Whenever possible for all World Championships and International competitions all intended competitors should be declared to the WPC General Secretary and World Championships Organizing Committee at least 21 days before the date of that particular competition.
7. Team scoring for all World Championships shall be the team totaling the highest score using the following point system. Scores will be based on the amount and value of each medal received in the Men's Open Powerlifting. First place medals are 3 points, second place medals are 2 points and third place medals are 1 point. There will be team scoring for equipped and team scoring for raw, the two will not be combined.
8. Point scoring for all other International competitions will be optional and at the discretion of the appointed WPC Contest Officials and Championship Organizing Committee.
9. In the case of a tie in the points of national teams, the team having the largest score by adding the coefficients of the scoring competitors will be ranked first.
10. At all competitions where "Best Lifter Awards" are presented, placing will be established by the Glossbrenner Formula.
11. For National and World Championships, lifters entered in the event must have current federation membership cards secured prior to the event, and supply photo copy of card with entry, as well as present card at weigh-ins.
12. USA and Europe will alternate hosting AWPC and WPC Worlds so that a World Championship will be held in both continents each year. Each Championship will include equipped and raw category.

## Equipment and Specifications

### 1. Platform

All lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) and secure enough to insure the safety of the lifter, spotters, and loaders. The surface of the platform must be firm, nonslip, and level with no discernible seams in the vicinity of the general lifting area. Rubber mats or similar sheeting materials are permitted.

No one is allowed on the platform during lifting sessions except the lifter, the designated spotters, the three referees on duty, and other meet officials as designated if the need arises. Any cleaning, mopping, brushing, or adjusting of the platform, or equipment will be handled solely by these personnel. In addition to the lifting platform a winners platform is mandatory for all World Championships.

### 2. Bars and Discs

For all powerlifting competitions under the rules of the WPC, only disc barbells are permitted. Only bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished.

Different bars suited to particular lifts may be utilized providing that they conform to the specifications.

#### Specifications are as follows:

**The bar shall be straight, well knurled, and grooved and shall conform to the following dimensions:**

#### a. STANDARD BARS

- i) Total length not to exceed 2.4m (see specialized bars).
- ii) Distance between the inside collar is not to exceed 1.32m or be less than 1.31m (see specialized bars).
- iii) Diameter of bar not to exceed 29mm or be less than 28mm, (see specialized bars).
- iv) Weight of standard squat bar 25kg (30kg including collars). Weight for bench and deadlift bar 20 kg (25 kg including collars).
- v) Diameter of the sleeve 49.5 - 52mm.
- vi) There shall be a circumferential machine marking or the bar shall be taped so as to measure 81cm between machining or tape, to indicate maximum hand placing for bench press.

#### b. SPECIALIZED BARS

- i) Squat bar maximum diameter of 35mm, a maximum sleeve length of 585mm; distance between inside collars not to exceed 1460mm; a maximum overall length of 2630mm. Weight 30kg (35 kg including collars).
- ii) Bench Bar maximum diameter of 32 mm; distance between inside collars not to exceed 1320mm; maximum overall length 2444.7 mm. Weight 25 kg (30kg including collars).
- iii) Deadlift Bar maximum diameter of 27 mm; distance between inside collars not to exceed 1435 mm; maximum overall length 2440 mm. Weight 20 kg ( 25 kg including collars).
- iv) A 15kg bar is acceptable in the raw division for women and lighter weight classes.

**The bar shall be straight, well knurled, and grooved and shall conform to the following dimensions:**

#### c. Discs shall conform as follows:

- i) All discs used in competition must weigh within .25% of their correct face value.
- ii) The hole size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- iii) Discs must be of the following range: 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg and 50kg. For record setting purposes discs of 0.5kg and 0.25kg shall also be available.

- iv) For world record purposes, even lighter discs may be used to achieve a weight of at least 500 grams more than the existing record.
- v) All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the small discs in descending weight.
- vi) The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out as weight is loaded.
- vii) The diameter of the largest disc shall be no more than 45cm.
- viii) It is suggested that discs conform to the following color coding: 10kg and below - any color; 15kg - yellow; 20kg - blue; 25kg - red; 45kg - gold; 50kg - green.

**c. Collars**

- i) Shall always be used in competition.
- ii) Must weigh 2.5kg each unless specialized squat bar is used. Collars made specifically for specialized squat bar are to be used with that specific bar.

**d. Misc.**

Should blood appear on the bar, or open wounds on lifter, it must be rectified immediately: use 1 part bleach and 1 part water to clean bar.

**3. Squat Racks**

- a) Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the loaders/spotters. An adjustable rack with a hydraulic mechanism or a non conventional squat rack must be used. It must consist of a one piece designed to hold the bar in a horizontal position.
- b) The design of the squat rack shall allow adjustments that accommodate all lifters.
- c) Height adjustments should be at incremental stages not exceeding 5cm.
- d) For extra safety all hydraulic racks should be capable of being secured at the required height by means of pins.

**4. Bench**

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:

- a) Length - not less than 1.22m and shall be flat and level.
- b) Width - 29-32cm
- c) Height - 42-46cm 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 should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position. On nonadjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position.
- e) The minimum width between the insides of the bar rests shall be 1.10m.
- f) Adjustable safety racks are approved. **Safety bench is mandatory for World and European Championships.**

**5. Lights**

A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light, representing a "good lift" or "no lift" respectively. The lights must be wired in such a way that they light up together and not separately when activated by the three referees. It is preferable that the lights be arranged horizontally corresponding with the positions of the three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees should also be provided with small white and red flags with which to make known their decisions, or using thumbs up or down.

## Costume and Personal Equipment

All equipment must be presentable and clean with no frayed material

**1. Lifting Suit – Multi Ply Division (see separate rules for single ply and raw)**

A lifting suit of the basic design must be worn. It must be an individual full length article of cloth fabric, **polyester, denim or canvas**. Its construction may consist of multiple plies to any thickness but must, as a whole, be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. Velcro straps are approved. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid-thigh (medial point between crotch and top of knee cap). **The use of zippers are permitted only in non-high stressed areas (legs, hip, back, glute areas not permitted)** Zippers made of metal or steel are not permitted. Self-adjusting suits may use velcro or lacing but must be tucked or concealed so that they don't hang or dangle. **Rubber cords or bands are not permitted.** Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

**2. Undershirt Multi Ply Division (see separate rules for single ply and raw)**

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 on the squat and bench press if a bench shirt is not worn. It must be an individual article of cloth fabric. Its construction may consist of multiple plies but must, as a whole, be a singular component. The thickness shall not be designed to increase, enlarge, or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

**3. Bench Shirt Multi Ply Division (see separate rules for single ply and raw)**

One bench shirt with sleeves 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 be short and remain above the elbow when worn and must cover the armpits. Velcro or open back is permitted. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition. A combination of undershirt and bench shirt are not permitted.

**4. Briefs Multi Ply Division (see separate rules for single ply and raw)**

A pair of briefs of any design may be worn, provided that the length of the legs does not exceed mid thigh, and that the waist does not extend beyond approximately midtorso. The 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. Athletic supporters or standard underwear are permitted under the briefs.

**5. Socks**

One pair of socks may be worn. When worn they may not extend over the knee nor on the leg so that they touch any knee wrapping or knee cap supporter. Full length leg stockings, tights, or hose are not permitted. Socks, tape or plastic shin guards are required on the deadlift **to cover the shin.**

**6. Special Considerations**

Women may wear additional protective briefs or panties. Women may also wear a bra provided it contains no special support. The use of tampons, sanitary napkins, or related articles used for feminine hygiene protection are permitted. Plastic or fabric shin guards may be worn but must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

**7. Belt**

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

### Materials and Construction:

- a) The main body shall be made of leather in one or more laminations which may be glued and/or stitched together, or of cloth, vinyl, or nylon with no metal materials allowed in belt except as noted below.
- b) It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations of the belt.
- c) 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. The belt shall not have any inflatable component on or within any of its surfaces.
- d) A leather, cloth, vinyl, or nylon tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- e) The lifter's name, the name of the lifter's nation, state or club may appear on the outside of the belt.
- f) A one or two prong buckle as well as the "lever action" fastening device may be used.

### 7. Dimensions:

- a) Width of belt to be a maximum of 10cm.
- b) Thickness of belt to be a maximum of 13mm along the main length.

### 8. Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear is that no metal cleats or spikes are permitted.

### 9. Wraps

The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination.

#### Wraps may be used as follows:

- a) Wrists - Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.
- b) Knees - Wraps not exceeding 3m in length and 8cm in width may be worn. Alternatively, elasticated knee supports not exceeding 30cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the centre of the joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.
- c) Elbows - Wraps may be worn only during the Squat and Deadlift competition but not during the Benchpress. They may cover the general elbow area but not extend to the wrist or shoulder. They may be supportive sleeves of rubberized material or elastic wrap, but must be of one single unit only, and be one metre or less in total length.
- d) Wraps - May be joined together, but the fabric may not overlap, ie they must be joined end to end only.

### 10. Plasters

- a) Two layers of plasters, bandaids, or tape may be worn on the thumbs, but nowhere else without official permission of the referees or appointed "WPC

Contest Officials." No plasters, bandaids, or tape may be utilized as a strap to help the lifters hold the bar.

- b) With the permission and supervision of the referees, the appointed "WPC Contest Officials," the official doctor, or assigned paramedic, the lifter may apply spot plasters, bandages, tape or bandaids to muscle injuries on the body. Similarly strip plasters, tape, or bandaids may be applied to injuries on the inside of the hand, but in no circumstances must these applications extend around the back of the hand.

### 11. General

- a) The use of oil, grease or other lubricants and liquids on the body, costume, or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic use of liniments or rubs. However, such items must not be in evidence during platform attempts. Only powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Spray stickum may be used, but only on the lifter, not on the weight equipment.
- b) Nothing may be purposely applied to the platform, bench, or bars.
- c) All articles of lifter's costumes and personal equipment shall be clean and generally neat and presentable. At the discretion of the referee, a lifter will not continue in the competition if this provision is not met.
- d) Excessive "psyching up" techniques (ie swearing, hitting) shall be limited at the referee's discretion.

## Inspection of Costume and Personal Equipment

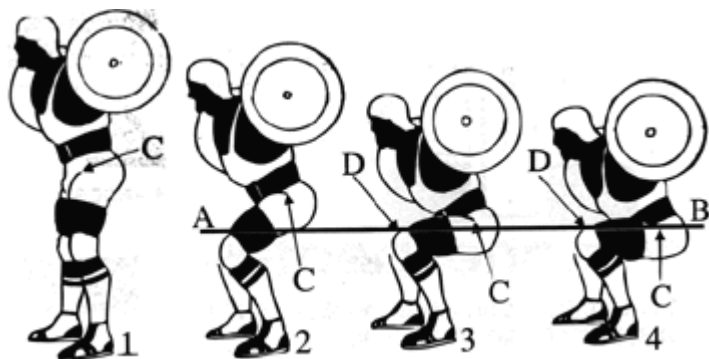
1. At all competitions there will be no official inspection of costume and personal equipment prior to lifting.
2. It will be the lifter's responsibility to be present on the platform outfitted in accordance with the rules governing costume and personal equipment.
3. Any items mentioned previously under 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 one of the WPC referees present, not an appointed weigh-in official. Such inspections may also be made at any time prior to lifting or upon leaving the platform by one of the appointed "WPC Contest Officials" or WPC referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed "WPC Contest Officials."
4. Items of personal attire not covered in the rules governing costumes and personal equipment such as: Headbands, mouthpieces, ribbons, watches, costume jewelry, eyewear, and feminine hygiene articles are permitted. However, hats, bandanas or headbands worn as to cover the head as a hat are not permitted to be worn on the platform.
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 shall 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 a lift if any of the referees doubt the legality of the costume or personal equipment being used.
8. Any lifter successful in a world 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 officials delegated by the referees in cases where the lifter is of the opposite sex. In all cases an announcement shall be made by the head referee to the speaker and records processor that the record has been verified.

## Powerlifts and Rules of Performance

### Squat

1. After removing the bar from the racks while facing the front of the platform, the lifter may move forward or backward to establish the lifting position. 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 upon the platform with the knees locked (see Diagram 1).
2. 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 with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".
3. 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 are lower than the top of knees. (See Diagrams 1, 2, 3 and 4).



4. 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. 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.
5. The signal to replace the bar will consist of a 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.
6. The lifter shall face the front of the platform, towards the head referee.
7. 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.
8. Not more than five and not less than two loaders/spotters shall be on the platform at any time. The head referee may at their discretion for lifter safety in addition to or instead of Meet Promoter designated loaders/spotters designate additional loaders/spotters, providing the maximum of five is not exceeded. Only designated spotters may remain on the platform during the lift.
9. The lifter may enlist the help of 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 evident instability.
10. The lifter will be allowed only one commencement signal per attempt.
11. 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 any error by one or more of the spotters.

### Causes for Disqualification of a Squat

1. Failure to observe the head referee's signals at the commencement or completion of a lift.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with knees locked at the commencement and completion of the lift.
4. Movement of the feet laterally, backward or forward that would constitute a step or stumble.
5. Failure to bend the knees and lower the body until the surface of the legs at the hip joint are lower than the tops of the knees. (Refer to Diagrams 2, 3 & 4).
6. Any resetting of the feet after the squat signal.
7. Contact with the bar by the spotters between the referee's signals.
8. Contact of elbows or upper arms with the legs.
9. Failure to make a bona fide attempt to return the bar to the racks.
10. Any intentional dropping or dumping of the bar.

## Bench Press

1. The front of the bench must be placed on the platform facing the head referee.
2. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.
3. To achieve firm footing, a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.
4. Not more than five and not less than two loaders/spotters shall be in attendance. The head referee may at their discretion for lifter safety in addition to or instead of Meet Promoter designated loaders/spotters designate additional loaders/spotters, providing the maximum of five is not exceeded. The lifter may enlist the help of one or more of the designated spotters or enlist a 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 arms length and not down to the chest. A designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee and move to either side of the bar. If the personal spotter does not immediately leave the platform area and/or in any way distracts or impedes the head referees' responsibilities, the referees may determine that the lift is unacceptable, and be declared "no lift" by the referees and given three red lights.
5. The spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, 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. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt. The reverse or underhand grip is permitted.
6. After receiving the bar at arms length, the lifter shall lower the bar to the chest and await the head referees' signal.
7. The signal shall be an audible command "Press" and given as soon as the bar is motionless on the chest. As long as the bar is not so low that it touches the lifter's belt, it is acceptable.

8. The lifter will be allowed only one commencement signal per attempt.
9. After the signal to commence the lift has been given, the bar is pressed upward. The bar shall not be allowed to sink into the chest or move downwards prior to the lifter's attempt to press upward. The lifter will press the bar to straight arm's length and hold motionless until the audible command "Rack" is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.

## Causes for Disqualification of a Bench Press

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change in the elected position that results in the buttocks breaking contact with the bench, or lateral movement of the hands (between the referee's signals). Any excessive movement or change of contact of the feet during the lift proper.
3. Bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after receiving the referee's signal.
5. Pronounced uneven extension of the arms during or at the completion of the lift.
6. Any downward motion of the bar during the course of being pressed out.
7. Contact with the bar by the spotters between the referee's signals.
8. Any contact of the lifter's shoes with the bench or its supports.
9. Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.
10. It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arms 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 spotters to leave the platform may cause disqualification of the lift.

## Deadlift

1. 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 no downward motion of the bar.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect.
4. The head referee's signal shall consist of a downward movement of the arm and



The audible command “Down”. The signal will not be given until the bar is held motionless and the lifter is in an apparent finished position.

5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

### Causes of Disqualification of a Deadlift

1. Any downward motion of the bar before it reaches the final position.
2. Failure to stand erect.
3. Failure to lock the knees straight at the completion of the lift.
4. 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.
5. Movement of the feet laterally, backward or forward that would constitute a step or stumble.
6. Lowering the bar before receiving the head referee’s signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.

### Weigh-In

1. Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. The initial weigh-in session shall be of a minimum duration of one and a half hours. **There shall be another evening weigh-in session.** These two weigh-in sessions are mandatory. Additional interim weigh-in sessions may be provided at the discretion and agreement of the competition Organisation Committee and appointed ‘WPC Contest Officials’. All weigh-in sessions and their durations must be posted and communicated to all lifters and coaches.
2. All lifters in the category must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence or authority of at least one WPC referee. However all lifters must report to the first weigh-in session to acknowledge their presence.
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 body weight must not be made public until all lifters competing in that particular category have been weighed. There must be at least 2 officials from different countries at the weigh-in at World Championships.
4. Lifters must be weighed nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex. Additional officials may be appointed for this purpose.

5. During the weigh-in sessions lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the WPC referees.
6. Lots will be drawn to establish the order of the initial weigh-in. The lots drawn also establish the order of the lifting throughout the competition when lifters require the same weights for their attempts.
7. Each lifter may only be weighed once. Only those whose body weight 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 sessions, otherwise they will be eliminated from the competition for that body weight category. Lifters trying to make weight may be reweighed as often as they wish within the allowances of time and the posted weigh-in schedule.
8. A lifter who is too heavy may move into the next higher category. The lifter must again be weighed during the weigh-in sessions scheduled for the new category. All qualifying standards must be met. Proof of qualification resides with the lifter.
9. A lifter who weighs lighter than the lower limit of the category, may drop into the next lower category, provided it has not already taken place. All qualifying standards must be met. Proof of qualification resides with the lifter.
10. Official body weights shall be recorded to the nearest tenth of a kilogram.
11. Any lifter that has not weighed in and had his or her opening attempts recorded at the last weigh-in session may not compete in that session, round or flight. In the case where there is one session in the competition, that competitor shall not be allowed to participate in the competition. In cases where inclement weather and/or hazardous conditions exist in the area of the venue, extension of weigh-in time shall be determined upon the discretion of the technical officer or appointed WPC contest official.
12. If two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will be reweighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after reweighing, they will 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.
13. Lifters should, if required, check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition. Additionally, the first attempts will be required of the lifters at the time of weigh-in.

# Order of Competition

## 1. The “Round System”

- a. At the weigh-in, the lifter must declare a first attempt for all three lifts.
- b. 20 or less lifters in a session must lift in one Flight. 20 lifters in a session may be divided into two flights though again one Flight is preferable. Over 20 lifters must be split into appropriate Flights. Decisions on such divisions shall be made by the appointed “WPC Contest Officials” in conjunction with the competition Organizing Committee. Wherever possible lifters in the same body weight category should all compete in the same Flight. Flights should be classified ‘A’, ‘B’, ‘C’, etc. Flight ‘A’ will normally consist of lifters in one body weight category. Flight ‘B’ the next higher body weight category, and so on. Should the amount of lifters in any particular category necessitate that category being split into more than one Flight, then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results. Competitions combining men and women lifters may make different determinations. Where there are multiple Flights, Flight ‘A’ will complete all three rounds of the Squat (all three attempts), then Flight ‘B’ will make all three rounds of the Squat, and so on, repeating the same process for the Bench Press and Dead lift. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. Only at local or regional contests will this be left to the meet director’s judgment. In the event that the number of lifters in a flight drops to ten or less, there will be an automatic 5 minute rest following the completion of all first attempts, then again after all record attempts.
- c. All lifters will take their first attempt in the first round, their second attempt in the second round, and their third attempt in the third round.
- d. 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 herein, and then only at the end of the round.
- e. Lifting order in each round will be determined by the lifter’s choice of weight per attempt. On the occasion of two lifters choosing the same weight, the lifter with the lowest lot number drawn prior to weigh-in, will lift first.
- f. A lifter will not be allowed to call for a weight lower than that attempted in the previous round.
- g. If unsuccessful with an attempt, the lifter will wait until the end of the round before attempting that weight again.
- h. All attempts taken over due to a scorekeeper’s error, loader’s or spotter’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 the 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 and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round. Then 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 following round. These are two of the rare occasions when lifters will follow themselves.

- i. A lifter is permitted one change of weight on the first attempt of each lift. If the lifter is in the first Flight to lift, this change may take place at any time up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight’s final round. Prior notice of these deadlines will be announced by the speaker. Oversights in making these announcements should not be at the jeopardy of the lifter. The three platform referees or “WPC Contest Officials” shall rule on such discrepancies that arise.
- j. Lifters must submit their second or third attempts within one minute of completing the preceding attempt. If no weight is submitted within the one minute time allowance, the lifter will forfeit the next round attempt.
- k. Weights submitted for second and third attempts on the Squat and Bench Press cannot be changed.
- l. In the Deadlift, change of weight is permitted. The lifter may not change an attempt if he or she has been called to lift and the bar has been called as “ready” or “loaded”. On second attempts, the lifter shall be allowed one change in weight, and on third attempts, the lifter shall be allowed two changes in weight if he or she has been called to lift, but the bar has not been called as “ready” or “loaded”.
- m. In single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter’s flight. Third attempts may be changed as many times as the lifter desires as long as his or her name has not been called to lift.
- n. To avoid any doubt or confusion with regards to submitting attempts, the following procedure is suggested for adoption:  
The chosen weights for attempts are to be given in writing, in the form of attempt cards, to the marshal/expeditor. Different coloured cards will be used for each lift, 3 of the same colour for the Squat, 3 of another colour for the Benchpress, and 3 of a third colour for the Deadlift. The lifter or the coach will complete the appropriate attempt cards with the weight requested and sign the card. For first attempts the attempt cards will only be used when the weight given at the weigh-in is changed.
- o. If a lifting session consists of a single Flight, at least a 20 –30 minute interval will be taken between lifts in order to ensure adequate warm-up time.
- p. When there is more than one Flight in a session, the lifting will be organized 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.

## 2. The competition Organizing Committee will appoint the following officials:

- a. Speaker-Announcer
- b. Time Keeper (Preferably a WPC referee)
- c. Marshal/Expeditors
- d. Scorers
- e. Records Processor
- f. Loaders/Spotters

Additional officials may be appointed as required, e.g. doctors, paramedics, etc.

Responsibilities of these officials are:

- a. The **Speaker** is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot number, 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 on 'deck'. 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 that the bar is ready 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' – the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight.
- b. The **Time Keeper** is responsible for accurately recording the time lapse between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The Time Keeper is also responsible for recording other time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds (Refer to item 8.(i), this section). The lifter is allowed one minute in which to start the attempt after being called to the platform. If he/she does not start the attempt within this time allowance, the time keeper will call time and the center referee shall give the audible command "rack" or "down" depending on the lift. The lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped. Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of the lift, or at the discretion of the head referee who shall inform the Time Keeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one minute allowance. The definition of the start of an attempt depends upon particular lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar. It is the Time Keeper'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.
- c. **Marshals/Expeditors** are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to scorer's table and speaker preferably in the form of the suggested colored attempt cards. The lifter is allowed one minute between completion of one attempt and submitting to the marshal/expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the marshal/expeditor, under the auspices of the head referee.
- d. **Scorers** are responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets.
- e. The **Records Processor** is specifically accountable for all world records broken, for collecting the details and initiating the paperwork information.
- f. **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 that the platform is well maintained and of a neat and tidy appearance at all times. At no time shall there be less than two or more than five loaders/spotters attending to the platform.

- g. 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 the period of time between commencement and completion signals from the head referee. The important exception, for the spotters, to this rule is if 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 on the racks.
3. The officers of the WPC – the President, Chairman/General Secretary, Head of the Technical Committee, Vice Presidents, appointed Officers-at-large, will appoint five "WPC Contest Officials" to oversee all World Championships and rule on any contentions that may arise. These five officials shall be from a minimum of three countries all of which have representation at the championships. At internationals less than World Championships the officers of the WPC will appoint three "WPC Contest Officials" for the same purposes, at least two of which must be from different countries represented in the competition.
  4. During a competition taking place on a platform or stage, only the lifter, the lifter's coach, the three referees on duty, other meet officials recognized by need, and the loaders/spotters will be allowed around the platform or stage. During the execution of a lift, only the lifter, designated loaders/spotters and the three referees on duty are permitted to be present on the platform. Coaches shall remain back from the platform. A coaching area should be defined by the appointed "WPC Contest Officials". 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 correctly positioned at the lifter's arms length, the personal spotter must quickly leave the platform area to a discreet position.
  5. Lifters shall wrap and ready themselves for lifting off the 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, talc, etc. should be utilized with propriety on and around the platform area.
  6. In competitions under WPC jurisdiction, including any competitions where world records are set, the weights used must be in kilograms, and the barbell must always be a multiple of 2.5kg. The weights shall be announced in kilograms and may additionally be announced in pounds.

**Exceptions to this rule:**

- a. For a world record attempt on a 4th attempt, the weight of the barbell must be at least 500 grams in excess of the current record. Such record attempts will be made at the end of the third round of the lifting flight.
  - b. In a world record attempt made within the prescribed attempts of the competition. A lifter may request on a attempt, a weight that exceeds the current record by at least 500 grams. If the lift is successful, only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will be recorded on the record application. Pound weights may be used if they are weighed properly and converted to kilos.
7. In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
  8. The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter errors, or other platform altercations to the speaker to make the appropriate announcement. Such decisions shall be first 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. If the attempt is not successful, the lifter will be granted a further attempt 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 weight is not the same on each side of the bar and the lift is successful, rules for overloaded and underloaded bars, as above apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not a multiple of 2.5kg (ie, a 1.25kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5kg. 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 that 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 lifters' 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 referee on duty.
  - i. The minimum increase between any attempts shall be 2.5kg.
  - j. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
  - k. Other than initial removal of the bar from the racks, 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.
- l. 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.
  - m. Any physical abnormality, handicap, or incapacity of a lifter that may cause, or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed "WPC Contest Officials". This should be in advance of the start of the lifter's Flight. The lifter, "WPC 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.
  - n. If, by reason of misconduct upon or near the competition platform, 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 "WPC Contest Officials" together with the referees on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue. The team manager must be officially informed of both warning and disqualification.
  - o. All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition will be made to the appointed "WPC Contest Officials". This must be done immediately following 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. The appointed "WPC Contest Officials" will consider all such complaints

If deemed necessary, the appointed “WPC 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 decision and any appropriate measures that may be taken. The verdict of the appointed “WPC Contest Officials” will be considered final and there will be no right or appeal to any other body.

## Referees

1. The referees shall be three in number, the head referee and two side referees.
2. The head referee is responsible for giving the necessary signals for all three lifts, for indicating to the speaker and Time Keeper when the bar is ready, for communicating to the speaker the verification of world records, and any special decisions upon performance decided by the referee.
3. Signals required for the three lifts are as follows:

<b>Lift</b>	<b>Commencement</b>	<b>Completion</b>
Squat	A visual, signal consisting of a downward movement of the arm together with the audible command “Squat”.	A visual signal consisting of a backward movement of the arm together with the audible command “Rack”.

<b>Lift</b>	<b>Commencement</b>	<b>Completion</b>
Benchpress	An audible command of “Press” when the bar is motionless on the lifter’s chest.	An audible command of “Rack” when the bar has been pressed to straight arms length.

<b>Lift</b>	<b>Commencement</b>	<b>Completion</b>
Deadlift	No signal required.	A visual signal consisting of a downward movement of the arm together with the audible command “Down”.

4. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for ‘good lift’ and red for ‘no lift’.
5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift. The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Dead lift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless between signals. The side referee 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 vantage. Side referee’s during the squat must be positioned exactly to the side of the squatter and not to the rear. Spotters for the squat must provide a “window” for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins, i.e. side referees may ask spotter/loaders to move slightly to give them a better view.

6. Before the competition, the appointed “WPC Contest Officials”, referee or additionally appointed officials shall have ascertained that:
  - a. The platform and competition equipment comply 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 body weight 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. That speaker-announcer, Time Keeper (if not a referee), marshals/expeditors, scorers, records processor and loaders/spotters understand their duties and the rules that may pertain to them.
7. 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 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.
8. If during the execution of a lift, a referee observes a fault sufficient to give cause for disqualification of the lift, the procedure is as follows:
  - a. The referees may stop the lift for discretionary safety. The head referee shall signal the lifter with a downward motion of the arm and the audible command of “Down” for the Deadlift and shall instruct the spotters to take the bar on the Squat and Bench Press only if safe and appropriate to do so.
9. Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the set up of the lifter, they will call attention to the fault as previously described in 8 (a). 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 unexpired 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 Time Keeper 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. Failure to assume an upright position.
- c. Failure to have knees locked.
- d. Top of the bar more than 3cm below the top of the anterior deltoids.

**The aspects of the set up for the Bench Press that should be regarded as faults are as follows:**

- a. Hand spacing exceeding 81cm.
- b. Not receiving the bar handout at arm's length.

**Aspects of the set up for the Bench Press that, if maintained beyond the referee's signal, will be regarded as faults are as follows:**

- a. The lifter's shoes are not in contact with the platform or the surface of any discs/blocks that may have been requested.
- b. Contact of the lifter's shoes with the bench or its supports.
- c. Buttocks not in contact with the flat surface of the bench.

Any of these potential faults should be drawn to the attention of the lifter by any of the referees observing them.

10. Prior to the commencement of a lift, if either of the side referees observe an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either cases the referees will be called together to inspect the lifter.  
If the fault is considered a purposeful intention to cheat, the lifter will 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 an illegal lifting suit.
- b. The use of more than one supportive undershirt or illegal undershirt.
- c. The use of more than one pair of wraps, or wraps substantially over regulation length.
- d. Any additions in excess of the prescribed costume and personal equipment rules, e.g. body wraps, towel inserts, bracings etc.
- e. Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead lift.
- f. 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 the width dimensions allowed for the wrist (12cm) or knee (30cm).

- c. Wraps slightly in excess of the prescribed regulation.
- d. Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth, e.g. hats, rubber elbow bands, etc.,
- e. Other infractions of similar consequence.

11. If any of the referees suspect without certainty any 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 or infractions deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.
12. Referees shall, if requested, explain to a lifter or coach the reason or reasons why a 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.
13. A referee shall not attempt to influence the decision of other referees. Once any lift has begun, each referee will withhold his/her individual judgment until the completion of the lift, indicating such with a red or white light. Under no condition should a referee raise his/her hand after the lift has commenced unless to insure the safety of the lifter.
14. The head referee may consult with the side referees, the appointed "WPC Contest Officials" or other officials as necessary in order to expedite or facilitate the running of the competition.
15. After the competition, the three referees shall sign the official score sheets, record applications, and any other documents requiring their signatures.
16. At World and International Championships only WPC Referees will adjudicate the lifting. At World Championships the three referees for each session should not be of the same nationality, for international competitions no more than two of the session referees should be of the same nationality. The selection of referees for World Championships and international competitions shall be made by the appointed "WPC Contest Officials".
17. 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.

18. All referees in World Championships and International competitions will be uniformly dressed to include the following:

**Men:** Winter Dark Blue Blazer or cardigan with WPC Referee badge on the left breast (pocket) and trousers with a white shirt and tie.

Summer White shirt and trousers, ties optional.

**Women:** Winter Dark Blue blazer or cardigan with WPC Referee badge on the left breast (pocket) and skirt or trousers with a white blouse or top.

Summer Dress, skirt or trousers and a white blouse or top.

**(No denim, jeans or shorts are permitted)**

The appointed “WPC Contest Officials” shall determine whether winter or summer dress will be worn.

19. WPC referees may have their refereeing status revoked upon consideration of their performance and abilities by the officers of the WPC.

### “WPC Contest Officials”

1. At World Championships and International competitions “WPC Contest Officials” will be appointed to preside over all aspects of the competition. They shall ensure that the technical rules are correctly applied, consider and rule upon any appeals, and generally oversee the competition and refereeing. Five such “WPC Contest Officials” shall be appointed for World Championships, a minimum of three of which must be from different countries; and three for other international competitions, at least two of which must be from different countries. A reserve member will also be appointed to act in the case of another’s absence.
2. These “WPC Contest Officials” will be appointed prior to the competition by the officers of the WPC – the President, Chairman/General Secretary, Head of the Technical Committee, Vice Presidents, and other appointed Officers-at-Large, the “WPC Contest Officials” should include as many of the officers of the WPC as possible or appropriate.
3. All “WPC Contest Officials” must be WPC Referees.
4. During the competition the “WPC 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 “WPC Contest Officials” may take appropriate action to correct the mistake. They cannot overrule or change the decisions of the referees but may, at their discretion, grant the lifter an additional attempt.
6. The “WPC Contest Officials” shall be present at all lifting sessions.

## World Records

1. At any National, International or World Championship recognized by the WPC, world records will be accepted provided that:
  - a. The competition must be conducted under WPC rules or a national variation of the rules accepted by the WPC.
  - b. The world record applicant must be a current member of The National Federation affiliated to the WPC or a current WPC Affiliate Member from a country not organized with a National Federation affiliated to the WPC.
  - c. At least two current WPC referees must adjudicate the lift and vouch that all conditions at the competition meet the technical standards and procedures required. The third referee must be at least a current national referee of a National Federation affiliated to the WPC.
  - d. The barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or appointed “WPC Contest Officials” or weighed immediately after the successful attempt by the referees.
  - e. The lifter weighed in correctly before the competition.
  - f. The scales were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, is available.
  - g. The lifter’s costume and personal equipment was in accordance with the rules.
2. Duplicate copies of fully completed world record applications, signed by the three referees, must be sent separately to the World Records Register and Head of the WPC Technical Committee (as indicated on the Record Application Form) within one calendar month of the date of the record being set. A copy of the official score sheet must also accompany both record applications. For Teenage, Junior and Master world records proof of age must be satisfactorily established and attested to by the adjudicating WPC referees. If such proof was not available when the world record was established, it is the lifter’s responsibility to furnish such proof (copy of birth certificate, passport, drivers license) independently to both the World Records Registrar and Head of the WPC Technical Committee, before the record can be ratified.
3. If, in any competition recognized by the WPC, a lifter is successful with a 3rd attempt that falls within 20kg of a current world record, the lifter may request a fourth attempt that exceeds the world record. Such an attempt will not be included in the lifter’s total. Additional attempts will not be permitted.
4. Only lifters actually competing in a competition may attempt world records.
5. In no circumstances may lifters not taking part in the full competition be permitted to attempt world records on individual lifts.

6. Token lifts are not permitted while attempting a world record.
7. In the event of two lifters, at the same competition, breaking either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If both lifters weighed in at the same body weight they will be re-weighed. If they re-weigh the same, both will be record holders.
8. New individual lift records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored, e.g. 87.7kg would be registered as 87.5kg.
9. Records are only valid for the body weight category of the lifter as determined at the official weigh-in.
10. There is an official world record for the total of three lifts. It will be recognized subject to the following additional stipulations:
  - a. A total record can only be valid if the bar and discs used in the competition have been weighed, and verified within specifications, before the competition.
  - b. The record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg.
  - c. No fourth attempts may be included in the total.
11. Records set on individual lifts will only be valid if the lifter makes a total in the competition.
12. Records set in competitions which contest one lift only, shall not be considered as WPC World Records but shall be noted and established as Official One Lift Records only e.g. a World Bench Press Record for the World Bench Press Congress and a World Deadlift Record for the World Deadlift Congress.
13. If a lifter attempting a fourth attempt world record is one of the last four lifters of the flight in the third attempts, they will receive up to 3 additional minutes rest prior to their fourth attempt. The very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes.
14. For world record purposes, lighter discs may be used to achieve a weight of at least 500 grams more than the existing record however the record may only be set once using the discs, following attempts must be at 2.5 kg increase.

## Raw Division

### Costume and Personal Equipment

All equipment must be presentable and clean with no frayed material

#### Lifting Suit

A non-supportive lifting suit of basic design (consistent with the design of a singlet) must be worn. Its construction must consist of single ply and be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid-thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

#### Undershirt

One non supportive undershirt (of a design consistent with what is commonly called a T-shirt) with or without sleeves, must be worn under the lifting suit on the squat and bench press. It must be an individual article of cloth fabric. Its construction must be single ply. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

#### Belt

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit. (see rules for materials and construction)

#### Socks

One pair of socks may be worn. When worn they may not extend over the knee. Full length leg stockings, tights, or hose are not permitted. Long socks, tape or plastic shin guards are required on the deadlift to cover the shin.

#### Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear is that no metal cleats or spikes are permitted.

#### Wrist Wraps

The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination. Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.

#### Records

Raw records can be set or broken at raw meets or meets that offer a raw division.



# Single Ply Division

## Costume and Personal Equipment

All equipment must be presentable and clean with no frayed material

### Lifting Suit

A lifting suit of basic design must be worn. Its construction must consist of single ply polyester and be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. Velcro is not permitted. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid-thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

### Undershirt

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 on the squat and bench press. It must be an individual article of cloth fabric. Its construction must be single ply. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

### Bench Shirt

One bench shirt with sleeves may be worn under the lifting suit. It must be an individual article of polyester fabric. Sleeves must be short and remain above the elbow when worn and must cover the armpits. Velcro or open back is not permitted. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition. A combination of undershirt and bench shirt are not permitted.

### Briefs

A pair of briefs may be worn, provided that the length of the legs does not exceed mid-thigh, and that the waist does not extend beyond natural waist line approximately 4" from top of groin. The briefs must be an individual article of polyester cloth fabric. Athletic supporters or standard underwear are permitted under the briefs.

### Belt

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit. [\(see rules for materials and construction\)](#)

### Socks

One pair of socks may be worn. When worn they may not extend over the knee. Full length leg stockings, tights, or hose are not permitted. Long socks, tape or plastic shin guards are required on the deadlift [to cover the shin](#).

### Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear is that no metal cleats or spikes are permitted.

## 9. Wraps

The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination.

### Wraps may be used as follows:

- a) Wrists - Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn.

- A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.
- b) Knees - Wraps not exceeding [3m](#) in length and 8cm in width may be worn. Alternatively, elasticated knee supports not exceeding 30cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.
  - c) Elbows - Wraps may be worn only during the Squat and Deadlift competition but not during the Benchpress. They may cover the general elbow area but not extend to the wrist or shoulder. They may be supportive sleeves of rubberized material or elastic wrap, but must be of one single unit only, and be one metre or less in total length.
  - d) Wraps - May be joined together, but the fabric may not overlap, ie they must be joined end to end only.

### Records

Single Ply records can be set or broken at meets that offer a single ply division.

## Classic Raw Division

### Costume and Personal Equipment

All equipment must be presentable and clean with no frayed material

#### Lifting Suit

A non-supportive lifting suit of basic design (consistent with the design of a singlet) must be worn. Its construction must consist of single ply and be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid-thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

#### Undershirt

One non supportive undershirt (of a design consistent with what is commonly called a T-shirt) with or without sleeves, must be worn under the lifting suit on the squat and bench press. It must be an individual article of cloth fabric. Its construction must be single ply. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

#### Belt

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit. (see rules for materials and construction)

#### Socks

One pair of socks may be worn. When worn they may not extend over the knee. Full length leg stockings, tights, or hose are not permitted. Socks, tape or plastic shin guards are required on the deadlift to cover the shin.

#### Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear is that no metal cleats or spikes are permitted.

#### Wraps

The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination.

#### Wraps may be used as follows:

- a) Wrists - Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.
- b) Knees - Wraps not exceeding 3m in length and 8cm in width may be worn. Alternatively, elasticated knee supports not exceeding 30cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.
- c) Wraps - May be joined together, but the fabric may not overlap, ie they must be joined end to end only.

#### Records

Classic Raw records can be set or broken at meets that offer a classic raw division.

**Division** Classic Raw division will be recognized in full power only.