



USA Powerlifting Technical Rules

Adapted from the International Powerlifting Federation Technical Rule Book
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USA Powerlifting
PO Box 668
Columbia City, IN 46725
Telephone: (260) 248-4889
Fax: (260) 248-4879
nationaloffice@usapowerlifting.com



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INTRODUCTION

Per the USA Powerlifting Federation (USAPL) National Governing Body meeting in 2004, the USAPL adopted the International Powerlifting Federation's Rulebook for technical rules of performance. However, the USAPL continues to allow exceptions to IPF standards in many instances such as weight classes and standards for local and Regional USAPL competitions. Thus, this rulebook is adapted from the IPF rulebook and contains all IPF rules and regulations. Throughout the book, the reader should note specific shaded boxes when there are instances in which more information is needed or there are rules and regulations that are specific to USAPL competitions.

In addition, if there are any questions pertaining to USAPL rules or policies that one feels are not answered by this rulebook, contact information for the USAPL Executive Committee, State Chairpersons, Athlete's Representatives, and the USAPL Home Office can be found at www.usapowerlifting.com. The website also has qualifying information for our various National Championships and how one can qualify to lift in the International Powerlifting Federation's (IPF) World Championships or IPF Regional Championships. Membership information and the USAPL By-Laws can also be found on the website. In addition, the website has updates to USAPL policies, a calendar of events, and link to various forums where you can interact and ask questions of other USAPL members. For updates or further clarification of IPF technical rules, please visit the IPF website at www.powerlifting-ipf.com.

Throughout this rule book, for reasons of brevity, wherever the words "he" or "his" occur, such reference is deemed to apply to either sex.

USAPL REGISTRATION

All lifter, administrators, referees, and committee members participating in USAPL sanctioned competitions, national meetings and any other form of official USAPL business must maintain current USAPL registration. Competition is restricted to the minimum age of 14, with no maximum age limit. Youth lifters down to 8 years old may lift in USAPL sanctioned meets as guest lifters with USAPL registration.

Annual registration will cover the period of January 1 through December 31. Annual registration on or after November 1 of each year will be valid until December 31 of the following year.

USAPL registration can be completed at all USAPL competitions, via the website (usapowerlifting.com), by mail, or by calling the National Office at (260) 248-4889.

Club/Team Affiliation

Upon registration, lifters have the option of establishing club/team membership by filling out the appropriate section on the USAPL registration card. Lifters choosing to compete "unattached" would leave the Team Preference section of the card blank. During the year of registration, if a lifter changes from the "unattached" status to lifting with a registered team, that lifter should present his/her card to one of the referees at the meet who will check the registration of the club of choice. If the club/team is registered with USAPL, that official will print the name of the club/team on the card in ink along with his initials. Each lifter may represent only ONE local/regional team and/or ONE National Championship team of his or her choice during the registration year. Lifters may be members of both a National



Championship team and a local/regional team at the same time. A lifter may not change team affiliations in the midst of the registration year. Changes in club/team affiliations may only be made during the registration for the next year.

State Affiliation

Upon registration, lifters (via their residence mailing address) will designate the specific state they will represent when competing in state championships. A lifter who is registered in one state during the year and then moves to another state has the options of maintaining the original state residency registration, competing in that state's championships and qualifying for state records until December 31 of that year. If the lifter chooses to compete in the state championships of his or her new state location, the lifter must return his/her registration card to the National Office along with the new mailing address listing the new state residency. The lifter will receive a new registration card with the new address at no additional charge; and will then be able to compete in the state championships of the new location, as well as qualify for setting state records in that state. A lifter may compete in only one state championship per year.

- Lifters may not simultaneously set records in two different states. If a lifter does re-register he/she could hold records in two different states that were set during different meets.
- Out-of-state college students have the option of registering in either their home state or the state in which the college is located. (if residency in that state has been established.)
- Members of the Armed Forces have the option of registering in the state of their permanent residency or in the state of their base assignment.

Club/Team Registration

The USAPL recognizes and registers clubs/teams, provided the following criteria have been met:

1. The club must complete the "Club Registrations Application" (found at www.USAPowerlifting.com) and file it with the National Office or a meet director.
2. The club must pay the annual registration fee.
3. The club must contain a minimum of three registered USAPL lifters.
4. The club must list the names and mailing addresses of two of the club officers.

Upon registration of the club, the National Office will add the newly registered club to their official list and document that by sending the club president the USAPL "Certificate of Club Registration", indicating the registration number of that club.

A listing of USAPL registered clubs will be included in the "Meet Directors Packet" going to each meet director of every USAPL sanctioned meet. A listing of USAPL registered clubs will be sent to each of the following:

- State Chairs
- National and International Referees
- Executive Committee Members and Officers



Rules Concerning Club/Team Membership

1. The USAPL registered club may be composed of registered lifters from any state.
2. Lifters will designate club/team affiliation on their USAPL registration card and will be limited to competing for that specific club/team.
3. During the course of a year's registration, if a team member wishes to change teams, that lifter must wait until the next registration year. A lifter may only represent one national team per registration year.

Rules Concerning Club/Team Participation in USAPL Sanctioned Meets

State Championship

Each USAPL registered club/team may only compete as a team in one state championship. This state championship will be the residence state of the club/team as established by the mailing address of the club/team president. During the State Championship, only those club/team members with a residency in that state as evidenced by the mailing address of their USAPL registration card may be included on the team roster.

Regional Championship

Any USAPL registered club/team may compete as a team in the Regional Championship which includes the state of the registered team. During a Regional Championship, only those club/team members with residency in the contested region may be included on the team roster.

National Championship

Any USAPL registered club/team may compete as a team in any National Championship sanctioned by the USAPL. During the National Championships, the team roster may include USAPL lifters from any state who are registered with that USAPL club/team.



GENERAL RULES OF POWERLIFTING

1. Competition
 - (a) In accordance with the International Powerlifting Federation rulebook, the United States of American Powerlifting Federation (USAPL) recognizes the following lifts which must be taken in the same sequence in all competitions conducted under USAPL/IPF rules :
 - i. Squat
 - ii. Bench Press
 - iii. Deadlift
 - iv. Total
 - (b)** The rules apply to all levels of competition.
 - (c) Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
 - (d) If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter. Where awards are presented for best squat, bench press and deadlift or if a World record is broken, the same procedure will apply.
2. The IPF, through its member federations of which the USAPL is one, conducts, sanctions and maintains meet records for the following World Championships:
 - Men's and Women's combined Open World Championships
 - Men's and Women's combined Sub-Junior & Junior World Championships
 - Men's and Women's combined Master's World Championships
 - Men's and Women's combined Open Bench Press World Championships
 - Men's and Women's combined Master's Bench Press World Championships
3. The IPF also recognizes and registers World records for the same lifts within the categories described hereunder:

USAPL National Championships

The USAPL awards sanctions and maintains Nationals Meet records for the following National Championship events:

- **Men's Open, Teen, Junior**
- **Women's Open, Teen, Junior, and Masters**
- **Men's Masters**
- **Collegiate**
- **High School**
- **Military**
- **Bench Press (Open, Junior, Sub-Junior, Masters)**
- **Deadlift/Push-Pull and Squat**
- **American Open Championships and Police/Fire**
- **Raw/Unequipped**



IPF Age Categories

The IPF recognizes and registers world records for the same lifts within the categories described hereunder:

Men

- **Open:** from the day he reaches 14 years and upwards (no category restrictions need apply).
- **Sub-Junior:** from the day he reaches 14 years and throughout the full calendar year in which he reaches 18 years.
- **Junior:** from 1 January in the calendar year he reaches 19 years and throughout the full calendar year in which he reaches 23 years.
- **Master I:** from 1 January in the calendar year he reaches 40 years and throughout the full calendar year in which he reaches 49 years.
- **Master II:** from 1 January in the calendar year he reaches 50 years and throughout the full calendar year in which he reaches 59 years.
- **Master III:** from 1 January in the calendar year he reaches 60 years and throughout the full calendar year in which he reaches 69 years.
- **Master IV:** from 1 January in the calendar year he reaches 70 years and upwards. It must be recognized that Master IV age category is not included in class weights.

Women

- **Open:** from the day she reaches 14 years and upwards (no category restrictions need apply).
- **Sub-Junior:** from the day she reaches 14 years and throughout the full calendar year in which she reaches 18 years.
- **Junior:** from 1 January in the calendar year she reaches 19 years and throughout the full calendar year in which she reaches 23 years.
- **Master I:** from 1 January in the calendar year she reaches 40 years and throughout the full calendar year in which she reaches 49 years.
- **Master II:** from 1 January in the calendar year she reaches 50 years and throughout the full calendar year in which she reaches 59 years.
- **Master III:** from 1 January in the calendar year she reaches 60 years and upwards. It must be recognized that Master III age category is not included in class weights.

Competitive lifting shall be restricted to competitors aged 14 years and older.



USAPL Age Categories

The USAPL also recognizes and registers American Records for the same lifts within the categories for both men and women described hereunder:

(a) Open - from the day he/she reaches 14 years and upwards (no category restrictions need apply).

(b) Teenage - The USAPL recognizes the following Teenage divisions:

1. From 14 years of age to 15 years of age.
2. From 16 years of age to 17 years of age.
3. From 18 years of age to 19 years of age. (Eligible High School National lifters cannot turn 19 prior to September 1 of the academic school year.)

(c) Junior- From 20 years of age to 23 years of age.

(d) Masters- The USAPL recognizes the following age categories for Master's lifters:

- 1A- From 40 years of age to 44 years of age
- 1B- From 45 years of age to 49 years of age
- 2A- From 50 years of age to 54 years of age
- 2B- From 55 years of age to 59 years of age
- 3A- From 60 years of age to 64 years of age
- 3B- From 65 years of age to 69 years of age
- 4A- From 70 years of age to 74 years of age
- 4B- From 75 years of age to 79 years of age
- 5- From 80 years of age upwards

- The USAPL encourages local meet directors to allow youths age 8 to 13 years to compete. The particulars may be found at this link:

<http://www.usapowerlifting.com/programs/youth/index.shtml>

- Guest lifters are never allowed to compete at national events unless they meet basic qualifications of the meet (age or male/female).



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Selection of USAPL Teams Entering IPF Championships

Open Women's and Men's IPF Championships

The current Open National Champions from the Women's and Men's Open National Championships will automatically be a member of the USA Team. If the National Champion of any weight class is unable to honor this appointment, then an additional team member will be selected under the same condition from a rank order listing of all remaining unappointed national competitors. The order will be determined by calculating each lifter's highest average placing over the past three IPF World Championships, based on his or her total at this qualifying National Championship (Carpino ranking). The lifter with the highest ranking who is not already on the team will be appointed to the USA team, regardless of weight class representation.

Sub-Junior and Junior IPF World Championships

According to the IPF Technical rules, lifters who achieve the age of 23 in the calendar year prior to the IPF Sub-Junior/Junior World Championships will not be eligible. Lifter totals from the Collegiate and High School Nationals Championships will be considered along with the Women's and Men's Teen/Junior National Championships in determining the USA Team attending the IPF Sub-Junior/Junior World Championships.

Sub-Junior/Junior division lifters appointed to represent USAPL at the IPF Sub-Junior/Junior World Championships will be chosen on the basis of highest total achieved in each weight class at any of the aforementioned championships. The totals achieved in these four National Championships from lifters who fall within the prescribed IPF Junior category will be considered in choosing the USAPL Sub-Junior/Junior World Team. If the lifter with the highest total is unable to honor this appointment, then the lifter with the second highest total in that weight class will be selected. If the lifter with the second highest total in that weight class is unable to honor this appointment, the additional team member will be selected from a rank order listing of all remaining unappointed National competitors. The order will be determined by calculating each lifter's highest average placing over the past three IPF Sub-Junior/Junior World Championships, based on his or her total at this qualifying National Championship. The lifter with the highest ranking who is not already on the team will be appointed to the USA team, regardless of weight class.



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Master Women's and Men's IPF Championships

The Master women lifters appointed to represent USAPL at the IPF Master's World Championships will be chosen on the basis of highest total achieved in each weight class at the Women's National Championships (within two prescribed IPF age groupings, 40-49 and 50 years and over), irrespective of any age group divisions contested that day. Lifters "aging into" the 50 years and over group on or before the date of the next Master's World Championships will also be considered for appointment in that category. If the lifter with the highest total is unable to honor the appointment then the lifter with the second highest total in that weight class will be selected. If the lifter with the second highest total in that weight class is unable to honor this appointment, the additional team member will be selected from a rank order listing of all remaining non-appointed national competitors. The order will be determined using each competitors Wilk's number. The lifter with the highest ranking who is not already on the team will be appointed to the USA team, regardless of weight class representation. A lifter must be entered in the master's category to be considered for the master's world team.

The Master Men lifters appointed to represent USAPL at the IPF Master's World Championships will be chosen on the basis of highest total achieved in each weight class at the Men's Nationals Championships, within two prescribed IPF age groupings of 40-49, and 50-years-and-over, irrespective of any age group divisions contested that day. Lifters aging into the 50-years-and-over group on or before the date of the next World Championships will also be considered for appointment in the 50-years-and-over group. If the lifter with the highest total is unable to honor this appointment, then the lifter with the second highest total in that weight class will be selected. If the lifter with the second highest total in that weight class is unable to honor this appointment, the additional team member will be selected from a rank order listing of all remaining unappointed National competitors. The order will be determined using each competitors Wilk's number, based on his or her total at this qualifying National Championship. The lifter with the highest ranking who is not already on the team will be appointed to the USA team, regardless of weight class.

Open Men's and Women's IPF Bench Championships

Open Bench National Champions

The current Open Bench National Champions from the Men's and Women's Open Bench National Championships will automatically be a member of the USA Team. If the Bench National Champion of any weight class is unable to honor this appointment, then an additional team member will be selected from a rank order list of open lifters from BOTH Bench Nationals and Powerlifting Nationals. The order will be determined by calculating each lifter's highest average placing over the past three IPF World Championships, based on his or her bench at the National Championship used. The lifter with the highest ranking who is not already on the team will be appointed to the USA team, regardless of weight class representation.



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Master Women's and Men's IPF Bench Championships

Master Bench National Champions

The Master Women and Men lifters appointed to represent USAPL at the IPF Master's World Championships will be chosen using the following criteria:

M1-M3 Women-Best bench in each weight class in preceding year in Master's divisions of Bench Press Nationals. Each IPF age group will be considered as a separate team. For example, if there is no M1 lifter, M2 lifters may not be automatically substituted. Rather, open positions will be filled from the alternate pool*** of ranked lifters.

M1-M4 Men-Best bench in each weight class in preceding year in Master's divisions of Bench Press Nationals. Each IPF age group will be considered as a separate team. Please see the example above.

Each winner will be offered a position on the team. They must respond to the coach/manager by a published date. This date will be published within one week of the qualifying competition. If those offered a position decline, or fail to respond by the deadline, the highest ranked alternate will be offered a position on the team.

Alternates will be selected based on Carpino rank within the alternate pool they are in. No other factors will be considered.

If the alternate pool is exhausted prior to a team being filled, athletes from Master's Nationals (for men) and Women's Nationals (for women) will be added to the alternate pool. This may only be done if the alternate pool from Bench Nationals has been exhausted.

If, following this procedure, teams remain unfilled, athletes from the previous Year's World Master Bench Press Championships will be added to the alternate pool. This may only be done if the alternate pool, which includes athletes from Bench Nationals and the appropriate National Championships as defined above have been exhausted.

If following this procedure, teams remain unfilled, any USAPL member in good standing may be added to the team at the coach's discretion. Athletes added at the coach's discretion may not displace an athlete who has been previously selected.

***Alternate pools will be comprised of lifters who participate in Bench Nationals. Alternate pools will be aggregate. That is to say, lifters in all weight classes in the appropriate age groups will be ranked according to Carpino formula. In Men's M3, lifters in the M4 division will be placed in the alternate pool and ranked according to the Carpino formula. In the Women's M2, lifters in the M3 division will be placed in the alternate pool and ranked according to the Carpino formula. The previous three year's world championships will be used to figure Carpino ranks.



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NAPF North American Regional Championships

The USAPL sends Open, Junior and Master Lifters to the North American Regional Championships. The Women and Men lifters appointed to represent the USAPL at the championships will be chosen on the basis of a second place finish in their respective weight classes and age categories in the previous year's national meets (Master's, Women's, Men's and Teen/Junior's). If the second place lifter is unable to honor this appointment, then an additional team member will be selected from a rank order listing of all remaining unappointed national competitors in the appropriate divisions. This rank order will be determined using a three year Carpino ranking.

If, following this procedure, teams remain unfilled, athletes from the previous year's North American Regional Championship and the aforementioned USAPL Nationals will be added to the alternate pool. This may only be done if the alternate pool, which includes athletes from the appropriate National Championships as defined above, has been exhausted.

If following this procedure, teams remain unfilled, any USAPL member in good standing may be added to the team at the coach's discretion. Athletes added at the coach's discretion may not displace an athlete who has been previously selected.



Contest Placing

Placing for all age categories shall be determined by the totals of the lifters in accordance with the standard rules of lifting. Age categories and their further subdivision may be adapted for use nationally at the discretion of USAPL per IPF rules. The IPF has determined that in International competitions:

- Men 70 years of age (i.e. January 1 of the calendar year he reaches 70 years) and over, will receive medals for placing 1st, 2nd, and 3rd in overall competition, based on the Wilks (points) formula
- Women 60 years of age (i.e. January 1 of the calendar year she reaches 60 years) and over will receive medals for placing 1st, 2nd, and 3rd in overall competition based on the Wilks (points) formula points

Bodyweight categories:

MEN

- 52.0 kg Class** up to 52.0 kg (**Sub-Junior and Junior only**)
- 56.0 kg Class** up to 56.0 kg.
- 60.0 kg Class** from 56.01 to 60.0 kg.
- 67.5 kg Class** from 60.01 to 67.5 kg.
- 75.0 kg Class** from 67.51 to 75.0 kg.
- 82.5 kg Class** from 75.01 to 82.5 kg.
- 90.0 kg Class** from 82.51 to 90.0 kg.
- 100.0 kg Class** from 90.01 to 100.0 kg.
- 110.0 kg Class** from 100.01 to 110.0 kg.
- 125.0 kg Class** from 110.01 to 125.0 kg.
- 125+ kg Class** from 125.01 to unlimited

WOMEN

- 44.0 kg Class** up to 44.0 kg (**Sub-Junior and Junior only**)
- 48.0 kg Class** up to 48.0 kg.
- 52.0 kg Class** from 48.01 to 52.0 kg.
- 56.0 kg Class** from 52.01 to 56.0 kg.
- 60.0 kg Class** from 56.01 to 60.0 kg.
- 67.5 kg Class** from 60.01 to 67.5 kg.
- 75.0 kg Class** from 67.51 to 75.0 kg.
- 82.5 kg Class** from 75.01 to 82.5 kg.
- 90.0 kg Class** from 82.51 to 90.0 kg.
- 90+ kg Class** from 90.01 to unlimited.

The USAPL recognizes the 52 kg class for men and 44 kg class for women at Teen, Junior, High School and Collegiate Nationals.



IPF World Competition Nation Scoring

1. Each nation is allowed a maximum of ten competitors spread throughout the range of the ten bodyweight categories for men and nine competitors throughout the range of nine bodyweight categories for women. Junior and Sub-Junior competitions allow eleven for men and ten for women. There must not be more than two competitors from any one nation in any particular bodyweight category. In regard to Masters Championships, an extra three lifters may be nominated in the Women's M-III and the Men's M-IV to compete (only) for medals relative to their age group based on Wilks points.
2. Each nation is allowed a maximum of five alternates or reserves. To take part in the competition they must be nominated 60 days before the date of the championships on the preliminary nomination with the bodyweight categories and best totals achieved at National or international championships during the last 12 months.
3. Each Nation must submit a team roster giving the name of each lifter and his/her body weight category. Personal bests from National or International Championships during the previous 12 months shall be stated. This may include his/her result achieved at the previous International Championships in the same bodyweight category. The date and title of the competition in which the total was achieved must also be stated. These details must be submitted to the Championship Secretary of the IPF or Region and also the Meet Director at least 60 days before the date of the Championships on the preliminary nomination. Final selection, submitted not later than 21 days before the date of the Championship, must be made from those nominated 60 days before the date of the Championships. This is inclusive of reserve or alternate lifters. Nominated lifters without results from any of the above Championships will be ranked in the first group to lift if his/her bodyweight category will be split into groups. Failure to comply with any of these requirements may result in disqualification of the offending team. A lifter cannot produce a qualifying total via his national federation for entry to World, International or Regional Championships while he is under suspension by the IPF or Region.
4. Point scoring for all World, Continental and Regional Championships shall be: 12, 9, 8, 7, 6, 5, 4, 3, and 2, for the first 9 placing in any bodyweight category. Thereafter, each lifter who makes a total in the competition shall be awarded one point. Point scoring for all national competitions shall be at the discretion of the national federation.
5. Only the point scores of the six best placed lifters of each nation will be counted for the team competition at all international championships. In the case of a tie for the classification of a team, the team having the greater number of first places will be ranked first (see Item 7). In the case of a tie between two teams having the same number of first places, the one having the most second places will be classified first, and so on throughout the ten places.
6. Any nation having been a member of the IPF for more than three years should include at least one international referee among its team officials at world championships. If a referee from that nation is not present or, if present, makes himself unavailable to act in the capacity of either referee or member of the jury during the championships, then only the four best placed lifters from that nation will be counted for the team competition.
7. Team awards shall be given for the first three places. In the case of a tie for the classification of a team or a nation, the team having the greatest number of first places will be ranked first. In the case of a tie between two nations having the same number of first places, the one having the most second places will be classified first, and so on through the placing of the six scoring lifters.
8. At all IPF Championships a "best lifter" award shall be given to the lifter who produces the best performance based upon the Wilks formula.



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9. At International Championships, medals will be presented for first, second and third places for each category based upon totals. In addition medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and deadlift in each category. Should a lifter fail to succeed in either or both of the squat or bench press disciplines he/she may continue to compete for the remainder of the contest, and the lifter will be eligible for awards in any discipline in which he/she records a successful lift or lifts. To receive this award the lifter must make a bona fide attempt on each of the three disciplines.

Team Scoring- USAPL National and Regional Events

1. Each USAPL team is allowed a maximum of ten competitors spread throughout the range of the ten bodyweight categories for men and nine competitors throughout the range of nine bodyweight categories for women. Teen and Junior teams have eleven members for men and ten for women. There must not be more than two competitors from any one team in any particular bodyweight category
2. USAPL registered team is allowed a maximum of two alternates or reserves. These alternates may be substituted at any time prior to the commencement of the weigh-in for their bodyweight category. Each team roster (individual's name and bodyweight class) must be turned in to either the Meet Director or Technical Secretary before the weigh-in of the first competitive session. Usually, this would take place before the weigh-in of the Men's Teens/Juniors 52.0 kg class and before the weigh-in of the Women's Teens/Juniors 44.0 kg class. The team roster should be accompanied by a copy of the USAPL Club Registration Form (www.USAPowerlifting.com).
3. Team point scoring for all National Championships shall be: 12, 9, 8, 7, 6, 5, 4, 3, 2, and 1 for the first 10 placing in any bodyweight category. Team point scoring for all other competitions (Regional and Local) Championships shall be: 7, 5, 3, 2, and 1 for the first 5 placing in any bodyweight category.
4. In a National Championships, team awards shall be given for the first three places. In the case of a tie for the classification of a team, the team having the greater number of first places will be ranked first. In the case of a tie between two teams having the same number of first places, the one having the most second places will be classified first, and so on throughout the ten places. To obtain team points in a National Championship, a lifter must post the minimum qualification total in his/her respective weight class.
5. Each school is allowed to have one team per gender (i.e. one male team and one female team) to score at Collegiate Nationals.
6. High School National lifters representing a team must all attend the respected high school, or participate in a state certified co-op program, as a full-time student and be in academically good standing. An eligibility form must be signed with all lifters names and the principal and/or athletic director's signature.

EQUIPMENT AND SPECIFICATIONS FOR NATIONAL AND INTERNATIONAL COMPETITIONS

Platform

All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. It must not exceed 10 cm in height from the surrounding stage or floor. The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet (i.e. free from irregularities and projections). Rubber matting or similar sheeting materials are not permitted.

Bars and Discs

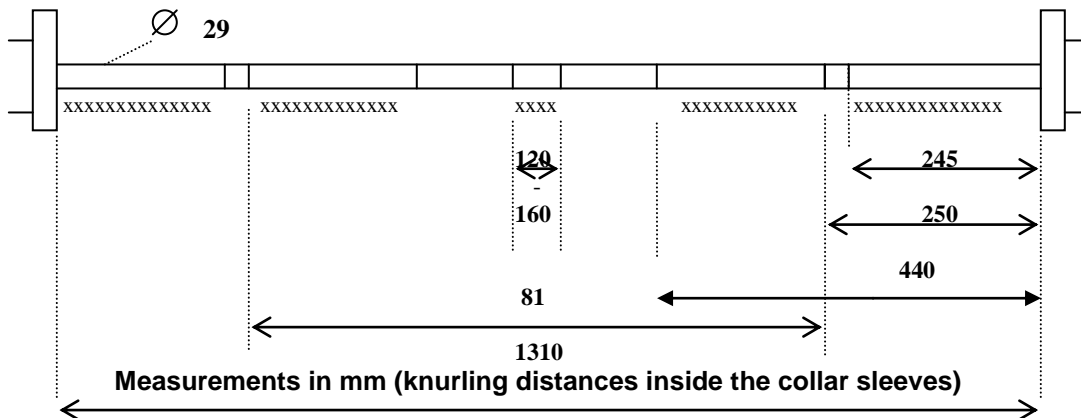
For all powerlifting contests organized under the rules of the IPF, only disc barbells are permitted. The use of discs which do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the Technical Committee, Jury or Referees. Bars to be used at all IPF Championships shall not be chromed on the knurling. Only bars and discs that have official IPF approval may be used at IPF World Championships or the setting of World records. As from 2008 the “knurling” distances on IPF approved bars will become universal/standard based on one of the originally approved bars.

Bar

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

1. Total overall length not to exceed 2.2 m.
2. Distance between the collar faces is not to exceed 1.32 m or be less than 1.31 m.
3. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
4. Weight of the bar and collars are to be 25 kg.
5. Diameter of the sleeve not to exceed 52 mm or be less than 50 mm.
6. There shall be a diameter machined marking or the bar taped so as to measure 81 cm between marking or tape.

IPF recognized powerlifting bar guideline of knurling distances



Discs

1. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.

Face Value (kg)	Maximum (kg)	Minimum (kg)
25.0	25.0625	24.9375
20.0	20.05	19.95
15.0	15.0375	14.9625
10.0	10.025	9.975
5.0	5.0125	4.9875
2.5	2.51	2.49
1.25	1.26	1.24
0.5	0.51	0.49
0.25	0.26	0.24

2. The hole size in the middle of the disc must not exceed 53 mm or be less than 52 mm.
3. Discs must be within the following range: 0.25kg, 0.50 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg and 25 kg. (50kg disc may be used at local meets)
4. For record purposes, lighter discs may be used to achieve a weight of at least 0.5kg greater than existing World or American record.
5. Discs weighing 20 kg and over must not exceed 6 cm in thickness. Discs weighing 15 kg and under must not exceed 3 cm in thickness. Rubber discs do not have to conform to the stated thickness.
6. Discs must conform to the following color code : 10kg and under - any color, 15kg - yellow, 20kg - blue, 25kg – red.
7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
9. The diameter of the largest discs shall not be more than 45 cm.
10. Rubber or rubber covered discs are acceptable provided there is a minimum of 10 cm from the outside of the collars to the end of the bar, for spotter grip outside of the discs.

Collars

1. Shall always be used.
2. Must weigh 2.5 kg each.

Squat Racks

1. Only Squat racks from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Championships.
2. The squat racks shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m in 5 cm increments.
3. All hydraulic racks must be capable of being secured at the required height by means of pins.



Bench

Only Bench racks and benches from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in International Championships.

The bench shall conform to the following dimensions:

1. Length - not less than 1.22 m and shall be flat and level.
2. Width - not less than 29 cm and not exceeding 32 cm.
3. Height - not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position.
4. Minimum width between insides of bar rests shall be 1.10 m.
5. The head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.
6. Attached safety stands must be used in all events.

Lights

A system of lights shall be provided whereby the referees make known their decisions. The referee should not activate their light until a lift is completed. Each referee will control a white and a red light. These two colors represent a “good lift” and “no lift” respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”.

Scoreboard

A proper detailed scoreboard visible to the spectators, officials, and all concerned with the progress of the competition must be provided. The lifters names should be arranged by lot numbers for each session. A blank scorecard can be found on the website (www.USAPowerlifting.com)

Amendments For USAPL Local/State Competitions

All equipment and platform specifications outlined above also apply to USAPL local and state competitions. However, the following amendments apply:

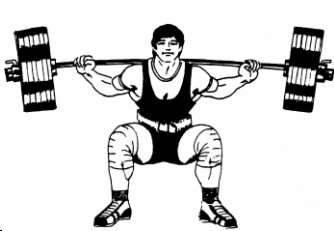
1. The use of pound discs (2.5 lb, 5 lb, 10 lb, 25 lb, 35 lb, 45 lb and 100 lb) is permitted.
2. Collars must weigh 5 lbs.
3. The use of 50kg discs is permitted
4. In the absence of a usable lights system, the referees may use small white (good lift) and red (no lift) flags or paddles.

Failure Cards / Paddles

After the lights have been activated and appeared, the referee(s) will raise a card/paddle or activate a light system to make known the reason(s) why the lift has been failed.

Referees numbered card system - reason for failure.

Color of the cards:
 Failure no. 1 = Red Card
 Failure no. 2 = Blue Card
 Failure no. 3 = Yellow Card



SQUAT	BENCHPRESS	DEADLIFT
<p style="text-align: center;">1. Red</p> <p>Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees</p>	<p style="text-align: center;">1. Red</p> <p>Bar is not lowered to chest (i.e. not reaching the chest or is touching the abdominal area.)</p>	<p style="text-align: center;">1. Red</p> <p>Failure to lock the knees straight at the completion of the lift.</p> <p>Failure to stand erect with the shoulders back</p>
<p style="text-align: center;">2. Blue</p> <p>Failure to assume an upright position with the knees locked at commencement and completion of the lift.</p> <p>Any downward movement of the bar during the lift.</p> <p>Changing the position of the bar across the shoulders after the commencement of the lift.</p> <p>Any downward movement of bar on the back more than diameter/thickness of the bar.</p>	<p style="text-align: center;">2. Blue</p> <p>Any pronounced or exaggerated uneven extension of the arms during the lift.</p> <p>Any downward movement of the bar in the course of being pressed out.</p> <p>Failure to press the bar to full extension of the arms at the completion of the lift.</p>	<p style="text-align: center;">2. Blue</p> <p>Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.</p> <p>Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>



3. Yellow	3. Yellow	3. Yellow
<p>Stepping backward or forward although lateral movement of the foot and rocking the feet between the ball and heel is permitted.</p> <p>Failure to observe the Chief Referee's signals at the commencement or completion of the lift.</p> <p>Double bouncing or more than one recovery attempt at the bottom of the lift.</p> <p>Contact with bar or lifter by the spotters/loaders between the Chief Referee's signals, in order to make the lift easier.</p> <p>Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.</p> <p>Any dropping or dumping of the bar after completion of the lift.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p>Heaving, or sinking the bar after it has been motionless on the chest, in such a way as to aid the lifter.</p> <p>Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.</p> <p>Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders, buttocks or feet from their original points...</p> <p>Contact with the bar or the lifter by the spotters / loaders between the Chief Referee's signals, in order to make the lift easier.</p> <p>Any contact of the lifters feet with the bench or its supports.</p> <p>Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p>Lowering the bar before receiving the Chief Referee's signal.</p> <p>Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.</p> <p>Stepping backward or forward although lateral movement of the feet or rocking the feet between the ball and heel is permitted.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>



PERSONAL EQUIPMENT

All items worn on the platform **MUST** be **CLEAN, UNTORN** and in a good state of repair or they will **NOT** pass the equipment check procedures. Support briefs or support underwear are **NOT** allowed. Obscenities or profanities are **NOT** allowed on any attire to be worn in the competitive area. Leotards are **NOT** permitted. Hats are **NOT** permitted on the platform; the lifter may wear professionally-made headbands.

Costume

Supportive

Only costumes officially registered and approved by the IPF Technical Committee shall be permitted for use in Powerlifting and Bench Press competitions.

Non Supportive

Weightlifting and wrestling singlets are subject to the specifications itemized (c), (d) and (e). The suit does not require Technical Committee approval.

A lifting costume must be worn and shall be of a one piece full length lifting suit of one-ply stretch material without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Technical Committee, Jury, (or in their absence 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.

The costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. The lifting suit shall be subject to the following requirements:

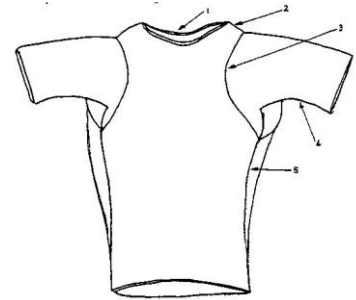
- (a) It may be of any color or colors.
- (b) The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's national or local level association, his/her USAPL registered club or sponsor, or his/her USAPL Regional/State logo. That which is offensive or liable to bring the sport into disrepute is not allowed. The lifter's name may be placed on the costume or on any item of personal apparel.
- (c) Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness. Only non-supportive singlet suits may have seams and hems exceeding 3 cm in width. The non-supportive leotard or singlet may also have a double thickness of the same material size 12 cm x 24 cm in the area of the crotch.
- (d) Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness.
- (e) It must have legs. The length of leg must be a minimum of 3 cm and maximum of 15 cm. Measurement is to be taken on a line from the top of the crotch down the inside of the leg. The leg of the suit needs not to be cut to form exactly a parallel around the leg. It may be cut higher on the outside of the leg. Non-supportive costumes may have leg length to a maximum of 25 cm.
- (f) Any alterations to the costume which exceed the established widths, lengths or thicknesses previously stated shall make the suit illegal for competition.
- (g) Although alterations/pleats to form a tightening of the suits and supportive shirts do not make them illegal, these must be made on the original seams.
- (h) Should a tightening have been made, the excess material must not be folded and sewn back on to the suit. It is recommended that when the costume shoulder straps are shortened they are sewn in such a way that the excess material is under the strap, rather than the unsightly tufts that appear when material is above the straps.

- (i) In **High School-Only** meets, form fitting shorts and T-shirts may be worn as approved by the officials.

T-Shirt / Supportive Shirt

A T-shirt or supportive shirt (the supportive shirt shall be of one-ply stretch material) of any color or colors must be worn under the lifting suit during the performance of the squat and bench press, but is optional for men in the deadlift. A combination of the two is forbidden. Women must wear a T-shirt or supportive shirt while competing on all lifts.

Supportive shirts as approved by the Technical Committee and noted in the list of approved equipment and clothing issued periodically by the committee may be worn for all lifts. All of the conditions as defined for the T-Shirt also apply to the supportive shirt. The supportive shirt cannot be so long as to cover the buttocks when tucked into the suit and therefore serve as extra support. In addition seams may only be placed in the positions indicated in the diagram to the right.



The T-shirt is subject to the following conditions:

- Does not consist of any rubberized or similar stretch material.
- Does not have any pockets, buttons, zippers, collar, or V-neck.
- Does not have reinforced seams.
- Is made of cotton or polyester or a mixture of cotton and polyester. Denim is not acceptable.
- It shall not have sleeves which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves of the T-shirt up to the deltoid when competing in USAPL competition. T-shirts must not be worn inside out. The "support shirt" as used in the squat and deadlift may be "sleeveless".
- Is plain, the official T-Shirt of the contest or bears the badge and or inscription of the lifter's nation, national or regional federation or sponsor. Powerlifting federation references are limited to USAPL, NAPF or IPF. That which is offensive or likely to bring the sport into disrepute is not allowed.
- Must be worn right side out on the lifting platform.

For State and local meets: Powerlifting federation references on t-shirts are limited to USAPL, NAPF or IPF. That which is offensive or likely to bring the sport into disrepute is not allowed. All others are allowed.

Briefs

- (a) A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit.
- (b) Women may also wear a commercial or sports bra.
- (c) Swimming trunks or any garment consisting of rubberized or similar stretch material (except in the waistband) shall not be worn under the lifting costume.
- (d) Any supportive undergarment, including those with underwire support, is not legal for use in USAPL competition.

Socks

- (a) They may be of any color or colors and may have manufacturer's logos.
- (b) They shall not be of such length on the leg that they come into contact with the knee wraps or knee cap supporter.
- (c) Full length leg stockings, tights or hose are strictly forbidden.
- (d) Socks may be worn in the squat and bench press. Shin-length socks must be worn to cover and protect the shins while performing the deadlift.
- (e) Light protective guards between sock and shin may be worn.

Belt

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

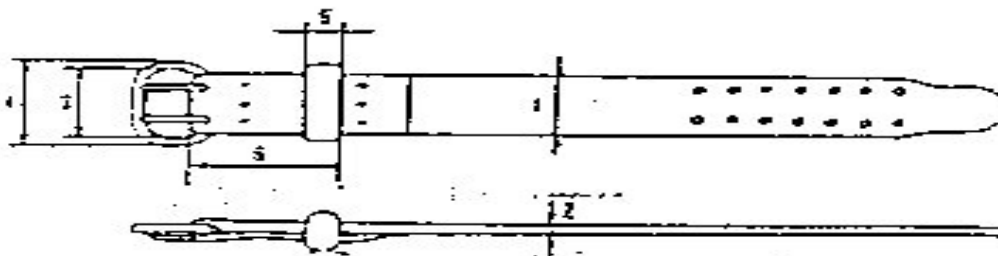
Materials and construction of the belt are as follows:

- (a) The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- (b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- (c) The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- (d) The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever). Velcro is not allowed.
- (e) A tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- (f) The name of the lifter, the lifter's nation, state or club may appear on the outside of the belt.

Dimensions:

1. Width of belt: maximum 10 cm.
2. Thickness of belt: maximum 13 mm along the main length.
3. Inside width of buckle: maximum 11 cm.
4. Outside width of buckle: maximum 13 cm.
5. Tongue loop width: maximum 5 cm.
6. Distance between end of belt and far end of tongue loop: maximum 25 cm.

Correct Points of Measurement:





Footwear

Shoes or boots shall be worn.

- (a) Shoes shall include only sports shoes/sports boots, weightlifting/powerlifting boots or deadlift slippers. The above is referring to indoor sports, e.g., wrestling/basketball. Hiking boots and cleated shoes do not fall into this category
- (b) No part of the underside shall be higher than 5 cm.
- (c) The underside must be uniform on both sides.
- (d) Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.

Wraps

Only wraps of one-ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials or medical crepe are permitted.

Wrists

1. Wrist wraps shall not exceed 1 m. in length and 8 cm. in width. Any sleeves, and Velcro patches or tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
2. Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
3. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

Knees

1. Wraps not exceeding 2 m in length and 8 cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering width of 30 cm. An elasticized knee cap supporter not exceeding 30 cm in length may be worn. Knee sleeves 30 cm in length are also legal and the medical/surgical sleeves are also an option. A combination of the two is strictly forbidden. Neoprene may be "synthetic" rubber but is only acceptable in the knee sleeve.
2. Wraps shall not be in contact with the socks or lifting suit.
3. Wraps shall not be used elsewhere on the body.

Supportive wraps:

Only wraps from commercial manufacturers officially registered and approved by the IPF Technical Committee shall be permitted for use in powerlifting competitions.

Non supportive wraps:

Wraps made of medical crepe or bandage and sweatbands do not require Technical Committee approval.

- (a) Two layers of medical tape may be worn on the thumbs. Medical tape or its like may not be worn anywhere else on the body without official permission of the Jury or Chief Referee. Medical tape may not be used as aids to the lifter in holding the bar.
- (b) Contingent upon prior approval by the Jury, Official Doctor, Paramedic or Paramedical personnel on duty medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- (c) At all competitions where a jury may not be present and no medical personnel are on duty the Chief Referee shall have jurisdiction over the use of medical tape.



Raw/Unequipped Standards

Raw/Unequipped lifting is defined as using only the following gear and accessories as previously described above:

- (a) Non-supportive singlet
- (b) T-shirt
- (c) Briefs
- (d) Socks
- (e) Belt
- (f) Shoes
- (g) Wrist wraps
- (h) Neoprene knee sleeves w/o tightening

Inspection of Personal Equipment

- (a) The inspection of personal equipment for every lifter in the competition may take place at anytime (times may be announced at the Technical Meeting) throughout the meet prior to within twenty minutes of the start for their respective bodyweight category.
- (b) A minimum of two referees shall be appointed to fulfill this duty. All items shall be examined and approved before being officially stamped or marked.
- (c) Wraps over permitted length shall be rejected, but may be cut to the correct length and resubmitted.
- (d) Any item considered unclean or torn shall be rejected.
- (e) The signed inspection sheet shall be handed to the President of the Jury at the end of the inspection period.
- (f) If after the inspection a lifter appears on the platform wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall immediately be disqualified from the competition.
- (g) All items mentioned previously under personal equipment shall be inspected.
- (h) Hats are strictly forbidden to be worn on the platform during lifting, items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.
- (i) Before attempting a world record the lifter will be inspected by the Technical Controller. If the lifter is found to be wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall be disqualified from the competition.

At local or state competitions, one referee may be assigned for this duty. Further, if no jury is present at a local, state, or regional competition, inspected personal costume items should be noted on the lifters registration card and signed by the referee.



Logos for International/ Regional Competitions (IPF and Member Nations)

Nations or lifters wishing to take advantage of the rules regarding sponsor's logos being worn on articles of personal equipment must apply for permission to the General Secretary. The application must be made at least three months prior to the published date of the first competition, and must be accompanied by a fee of Euro 250 or such sum to be determined by the preceding Congress. Upon permission being granted, the logo may be suitably displayed in a position agreed upon between the IPF and the nation or lifter. It may be worn for the remainder of the year and the following calendar year. The fee shall cover one sponsor and one nation. Additional fees of Euro 250 each shall be required for other sponsors wishing to add their logos to the personal equipment.

The IPF reserves the right to refuse permission if it considers that a logo falls below the required standard of good taste or contravenes any prior commitment undertaken by the IPF with any contractor such as television or championship promoter.

The IPF Executive Committee reserves the right to limit the size of the logo. Nations or lifters may display national emblems or badges without payment of a fee. Similarly manufacturer's logos displayed upon IPF approved items of equipment for which a sanction fee has been paid will not require additional fees.

Lifters wishing to wear sponsor's logos must present a current permit or receipt to the referees examining equipment unless it is featured on the IPF approved list. Manufacturer's logos printed or embroidered, measuring no more than 10 cm x 2 cm, on non-supportive suits, T-shirts, and belts need not be masked/covered.

Logos for USAPL National and Regional Competitions

One logo may be worn on the lifting suit and/or t-shirt in National or local level competition representing the lifter's USAPL National organization, his/her USAPL registered club/team, or his/her USAPL Regional/State logo.

Manufacturers wishing to display their logos on the competition platform should apply for permission to the USAPL Secretary/Treasurer. The inclusion of such a logo may require the payment to USAPL of an annual sponsor's fee. The USAPL Executive Committee reserves the right to refuse permission for such use if it considers that the logo falls below the standard of good taste or conflicts with any previous agreement with another manufacturer. A single fee shall cover the various items presented by the manufacturer and shall be in effect for a single calendar year.

General

- (a) The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.
- (b) Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire. No substance may be directly applied to the wraps.
- (c) The use of any form of adhesive on the underside of footwear is strictly forbidden. This applies to any built-in adhesive, e.g. glass paper, emery cloth, etc. and includes resin and magnesium carbonate. A spray of water is acceptable.
- (d) No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.



POWERLIFTS AND RULES OF PERFORMANCE

Squat

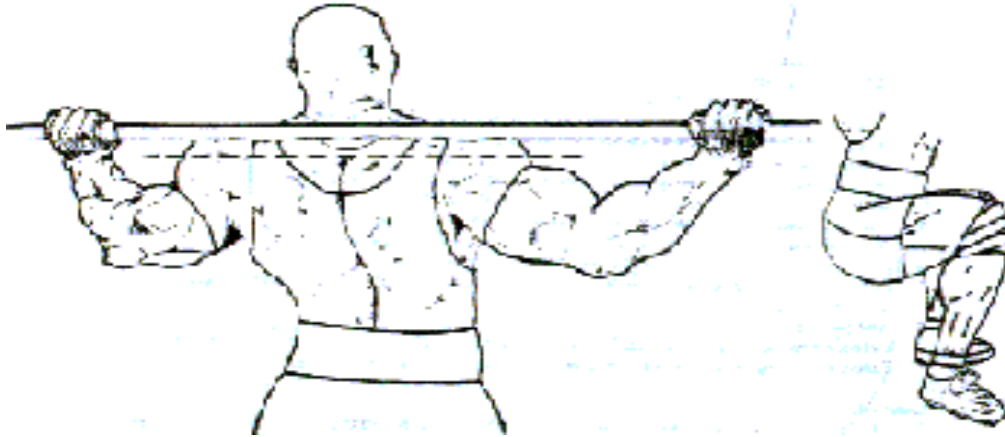
1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The diagram on page 18 indicates the legal position of the bar across the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
3. Upon receiving the Chief 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. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
6. Not more than five and not less than two spotter / loaders shall be on the platform at anytime. The Referees may decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, or 5.

Causes for Disqualification of a Squat:

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
5. Failure to 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, as in the diagram.
6. Any movement of the bar on the back more than the diameter/thickness of the bar below its starting position.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.

8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
9. Any dropping or dumping of the bar after completion of the lift.
10. Failure to comply with any items outlined under "Rules of Performance" for the squat.

The diagrams below indicate the legal bar position and required depth in the squat:



Bench press

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a "thumbs around" grip. This position shall be maintained throughout the lift.
3. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm and 30 cm, should be made available for foot placement at all international competitions.
4. Not more than-five and not less than two spotter/loaders shall be on the platform at anytime. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arm's-length.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.
6. After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to "Re-place" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".
8. After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), hold it



motionless on the chest, after which the Chief referee will signal the audible command “Press”. The lifter must then return the bar to arms length with no excessive and immoderate uneven extension of the arms. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.

9. If anatomically, the arms cannot be fully extended the lifter must produce a Medical Impairment certificate issued by the Medical Committee. The maximum allowable is 15 degrees out of true. No certificate is needed by Masters National competitors or at any local meets. In such cases it is necessary only to demonstrate to the judges on the platform the arm(s) cannot fully extend.

Causes for Disqualification of a Bench press:

1. Failure to observe the Chief Referee’s signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor/blocks/plates or lateral movement of hands on the bar.
3. Heaving or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced and exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole length of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee’s signals in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the “Rules of Performance”.

Rules for the Disabled Competing in USAPL and IPF Single-lift Bench Press Competitions

Bench press competitions shall be organized without a special division for disabled lifters e.g. blind, sight impaired, mobility impaired except at the local level. They may be assisted to and from the bench. Assisted to mean “with the help of the coach or/and with use of crutches, sticks/canes or wheelchair. The rules of competition apply equally to that of the able bodied. For lifters who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The lifter shall be weighed in without the device, with compensatory weight added according to the established fraction chart. Refer to Item 5 “WEIGHING IN”. For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.

Deadlift

1. The lifter shall face the front of the platform with the bar 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.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Chief 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 the apparent finished position.

4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

Causes for Disqualification of a Deadlift

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
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. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.
8. Failure to comply with any of the items outlined under "Rules of Performance".

The diagram below shows a description of supporting the bar on the thighs:





WEIGHING IN

1. Weighing in of the competitors must take place no earlier than two hours before the start of the competition for any particular category/categories. All lifters in the category/categories must attend the weigh-in, which will be carried out in the presence of two or three appointed referees. Weight categories may be combined in a single lifting session.
2. In Regional, National, and World competitions, if not already done, lots will be drawn to establish the order of weigh-in. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
3. The weigh-in period will last one and a half hours.
4. The weigh-in for each competitor will be carried out in a room with the door closed, with only the competitor, his coach or manager and the two/three referees present. For reason of hygiene the lifter should wear socks / paper towel on scales platform.
5. Lifters may be weighed nude or in underwear which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter's weight. If a question exists regarding weight of undergarments, a re-weigh-in the nude may be requested. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of the same sex. Additional female officials (not necessarily referees) may be appointed for this purpose. Disabled/Amputee lifters who are competing in bench press championships will have the following additions to their bodyweight :
 - For each below ankle amputation = 1/54 of bodyweight
 - For each below knee amputation = 1/36 of bodyweight
 - For each above knee amputation = 1/18 of bodyweight
 - For each hip disarticulation = 1/9 of bodyweight
 - For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.
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 within the limits of the hour and a half allowed for the weigh-in; otherwise they will be eliminated from the competition for that bodyweight category. A lifter can only be re-weighed as often as time and orderly progression by lots allows. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category/categories have been weighed in.
7. A lifter shall be nominated in his normal bodyweight category. However, each lifter will have the option of changing categories up or down from that in which he was originally nominated on the final team nomination form. If the lifter wishes to exercise this option, he must present himself to the Chief Referee at the weigh-in room ten minutes before the commencement of the weigh-in for his final choice of bodyweight category. If he wishes to move up, the lifter must also report to the Chief Referee of his originally nominated lower category, ten minutes before the commencement of the weigh-in for that category in order to be excused. If a lifter changes categories and the lot draw has already been carried out, then the lifter shall be placed at the top of the draw. The lifter may go up in weight category as long as his qualifying total matches or exceeds the qualifying total for the higher weight class. If the lifter is moving down a weight category or the original qualifying total does not allow the



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athlete to move up, the lifter must produce irrefutable evidence of a total made in the new category during the preceding twelve months. It is also courteous to let the Chief Referee from ones originally nominated class know of the move as he may not have received the information or been in the vicinity of the venue at the time.

Example A - A lifter nominated at 90 kg wishes to lift at 82.5 kg. He must present himself to the Chief Referee of the 82.5 kg category ten minutes before the commencement of the weigh-in for that category.

Example B - A lifter nominated at 90kg wishes to lift at 100kg. He must report to the Chief Referee of the 90kg category ten minutes before the weigh-in commences and state that he wishes to move up into the 100kg category and therefore does not wish to weigh-in. He must then also present himself to the Chief Referee of the 100kg category ten minutes before the commencement of the weigh-in for that category. It is the responsibility of the lifter to know the bodyweight category for which he was originally nominated. A claim that an error had been made on the final nomination form will not be accepted.

In the case where groups are formed (e.g. A – B and or C) in a particular weight class, and the B and C group lift earlier in the day to that of the A group, any lifter moving up from his nominated weight category at the Technical Meeting, must present himself ten minutes before the scales open for his nominated category and inform the officials of his intentions. Any lifter changing weight categories will be placed in the C group if groups are split into three, or the B group if split into two.

8. Lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition. The rack height sheet must be signed or initialed after it has been checked by the lifter or coach. It is in their interest. A copy of this official document goes to the Jury, Speaker, and Platform Manager.



DRUG TESTING POLICIES

Competition in USAPL is limited to lifters who have not used any form of strength enhancing drugs or hormones for 36 months prior to the specific meet date, and who have not used prescription diuretics or psychomotor stimulants during the 7 days prior to the specific meet date.

USAPL sanctioned competition must include drug testing using the following USAPL recognized testing procedures for drug detection (urinalysis) and must be evaluated by a USAPL approved laboratory. Reimbursement to the Meet Director includes 15% of drug testing costs on single and double lift meets, and 20% of drug testing costs on full powerlifting meets. Meet Directors who do not test the minimum 10% of the lifters will NOT receive a drug testing reimbursement. They may also be denied future sanctions.

National Meet Directors who do additional drug testing at a National Meet should be eligible for drug testing reimbursement. Meet Directors of IPF meets who have obtained a USAPL sanction in addition to the IPF sanction for the international contest will be covered under USAPL insurance and will be eligible for the drug testing reimbursements.

Notification of Drug Testing During a Competition

At all USAPL competitions, a "Drug Testing Notification Form" should be signed by the athletes immediately after they are informed they will be drug tested.

Athlete Doping Control Resources

The USAPL follows the guidelines of the IPF. For a complete set of the IPF/USAPL rules and anti-doping resources for coaches and athletes, please see the IPF website: www.powerlifting-ipf.com.

In addition, it is the policy of the USAPL/IPF that the athlete is responsible for what they put in their body. Several common over-the-counter-medications can cause a positive drug test, resulting in suspension of the lifter. For a complete list of banned substances, please visit www.usantidoping.org. This website also has an interactive online drug reference database in which one can search for a specific brand name of medication to see if it contains a banned substance. In addition, this website provides a hotline athletes and coaches can call if they have specific questions.



ORDER OF COMPETITION

The Rounds System

- (a) At weigh-in, the lifter or his coach must declare an opening attempt for all three lifts. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh-in. The speaker's card is deemed to be the appropriate first attempt card. The lifter will then be given eleven blank attempt cards for use during the competition. Three are needed for the squat, three for the bench press, and five for the deadlift. Each lift distinguished by using a different colored card. Having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for his second attempt. This weight must be filled in where indicated upon the card and submitted to the competition secretary or other appointed official before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach. Under the round system, the need for numerous marshals is eliminated with the attempt cards being handed directly to the designated official. Examples of attempt cards are illustrated. Remember that the box for first attempts on the cards in the lifters possession is only to be used for the permitted first attempt change if required. Similarly, the fourth and fifth boxes on the deadlift card are only to be used for the two permitted changes on the third attempt deadlift if required. In single bench press competitions a card similar to that of the deadlift will be used

SPEAKER's CARD						
Name, Surname:				Birth date:		
Nation:		Bodyweight:		Class:		
Wilks formula:				Lot number:		
Signature: lifter / coach						
Discipline	1 st attempt	2 nd attempt	3 rd attempt	Best attempt		
Squat						
Bench press						
Subtotal					Subtotal	
Deadlift						
Grouping: 1, 2, 3, 4, 5		Placing:		Wilks points:		Total

Attempt cards:

SQUAT

NAME:

1st	2nd	3 rd

Signed:

← Chosen weight

BENCH PRESS

NAME:

1st	2nd	3 rd

Signed:

← Coach or Lifter

DEADLIFT

NAME:

1st	2nd	3 rd

Signed:

← For changing 3rd attempt

- (b) Where 10 or more lifters are competing in a session, groups may be formed consisting of approximately equal numbers of lifters. However, groups must be formed when 15 or more lifters are competing in the same session. A session can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the organizer for purpose of presentation.



- (c) Grouping shall be determined by examining the lifters' best totals achieved at national or international level during the previous twelve months. The lifters with the lowest totals will form the first group to lift with progressively higher totals forming further groups as necessary. Where a lifter has not provided a total for the previous twelve months, then that lifter shall automatically be placed in the first group to lift. This also applies to lifters wishing to move up or down from their originally nominated category
- (d) Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.
- (e) When a group consists of fewer than 6 lifters, compensatory time allowances shall be added at the end of each round as follows: For 5 lifters add 1 minute; 4 lifters add 2 minutes; 3 lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round. Should a lifter follow himself when the compensatory clock is in operation, 3 minutes is the maximum allowance permitted. For compensatory time where groups are involved, unloading of the bar will take place at the end of the compensatory time, reloaded, then the one minute to begin the attempt.
- (f) The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight on the bar be lowered within a round except for errors as described in item (i), and then only at the end of a round.
- (g) Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lowest lot number drawn at the weigh-in, will lift first. The same applies to third round deadlift attempts, whereby the weight may be changed twice, subject to the bar not having already been loaded to the lifters originally chosen weight.

Example: Lifter A with lot number 5 puts in 250.0 kg. Lifter B with lot number 2 puts in 252.5 kg. Lifter A fails with 250.0 kg. Can Lifter B drop the weight to 250.0 kg to win?

Answer: No, the order of lifting is still determined by the lot number.

- (h) If unsuccessful with an attempt, the lifter may not follow himself, but must wait until the next round before he can attempt again that weight.
- (i) If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases, the lifter shall take his extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted a three minute rest prior to making his attempt, last but one in the round two minutes, last but two in the round one minute. In these cases where lifters are following themselves and given compensatory rest time the bar will be loaded as soon as the new attempt is turned in. The compensatory time will then be added to the usual one minute to begin the attempt. The clock will be started and the lifter will have that time to begin his attempt. Lifters following themselves will have four minutes placed on the clock, during which time the lifter can begin his attempt as soon as he is ready. Lifters last but one in the round will be given three minutes, last but two in the round will be given two minutes, all others will be given the usual one minute to begin the attempt.
- (j) A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will change accordingly. If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within five attempts from the end of the previous group's last round of that lift. Prior notice of these deadlines shall be announced by the speaker. If proper notice of these deadlines is not given, then an announcement authorizing such changes shall be made and a lifter may make a change within one minute of such announcement.



- (k) A lifter must submit his second and third attempts within one minute of completing his preceding attempt. The one minute will begin from the time that the lights are activated. If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5 kg increase on his next attempt. Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight.
- (l) Weights submitted for second round attempts on all three lifts cannot be changed. Similarly third round attempts on the squat and bench press cannot be changed. Under this rule once an attempt is turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will be run.
- (m) In the third round of the deadlift, two changes are permitted. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar (already loaded to his previously submitted weight) by the speaker.
- (n) In bench press single-lift competition rules in general are the same as for three lift competitions. However, in the third round, two weight changes are permitted and the rules as stated in above for the deadlift apply equally here.
- (o) If a lifting session consists of a single group, i.e. up to a maximum of 14 lifters, an interval of 20 minutes shall be allowed between the lifts. This is to ensure adequate time for warm up and platform organization.
- (p) When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform. For example, if there are two groups taking part in a session, the first group will complete all three rounds of the squat. They will be followed immediately by the second group who will complete their three rounds of squat. The platform will then be set up for the bench press and the first group will complete their three rounds of the bench press, immediately followed by the second group who will similarly complete their three rounds of the bench press. The platform will then be set up for the deadlift and the first group will complete their three rounds of the deadlift, immediately followed by the second group who will similarly complete their three rounds of the deadlift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts.

In State/Local competitions, it is permissible to forgo the use of attempt cards and verbally indicate second and third attempts to the scorer's table directly.



RESPONSIBILITIES OF OFFICIALS AT USAPL AND IPF COMPETITIONS

****Note:** This section contains numerous regulations and standards that do not apply to Local and State level USAPL competitions. The shaded boxes below each section make note of these discrepancies.

The Technical Committee will appoint the following officials at National and International meets:

- (a) Speaker/Announcer, preferably an International Referee who is able to converse in English and that of the host nation.
- (b) Technical Secretary, an International Referee preferably able to converse and write in English and that of the host nation.
- (c) Time Keeper, (a qualified referee)
- (d) Marshals/ expeditors
- (e) Scorers.
- (f) Spotter/Loaders. Correct code of dress - Meet T-Shirt or regular T-Shirt uniform in color. Track suit trousers uniform in color. Trainers or sports shoes. Additional officials may be appointed as required, e.g. doctors, paramedics etc.
- (g) Technical Controller (a qualified international referee at International meets).

For State, Local, and Club competitions, the following officials are required:

- **Speaker/Announcer**
- **Time Keeper**
- **Scorer(s)**
- **Spotters/Loaders**

The responsibilities of these officials are the same as they are for the National and International competition format, however, where applicable, one official may perform multiple duties. For instances, the head referee may also serve as the time keeper.

Responsibilities of the Officials are:

- (a) The speaker is responsible for the efficient running of the competition. He acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and, if necessary, lot number. He announces the weight required for the next attempt and the name of the lifter. When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker. When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin. To clarify, - when the Speaker announces that the bar is "ready/loaded", then the lifter is committed to the attempt. Attempts announced by the speaker must be displayed upon the scoreboard erected in a prominent position, with the lifters names in order of lot number.

At local and State meets, it is often not practical to have a prominent scoreboard visible. In these instances, the speaker must be sure to frequently call out the order of lifters.



- (b) The Technical Secretary is responsible for attending the technical meeting prior to the competition. In the absence of the Technical Committee or a member of that committee the Technical Secretary will compile the Jury and Referee schedules from the names of those referees declared available for duty throughout the competition. He will complete the necessary "Duty Referees and Jury Members" lists for the competition and inform referees of categories to which they have been allocated. After the technical meeting when final team nominations have been compiled, the technical secretary will initiate a score sheet, non itemized equipment check sheet, rack height sheet and order of weigh-in sheet for each category in the competition, entering the names of all lifters nominated in that category. Lots may also be drawn at this stage to establish weigh-in and lifting order. He will also make out speaker competition cards for every lifter in the category. The above paper work together with an adequate supply of lifter's attempt slips/cards will be placed in the appropriate envelope for each bodyweight category in the competition and handed to the Chief Referee for that category. The technical secretary will attend each weigh-in and advise the duty referees upon procedure and any matters that require attention. He should be an international referee preferably from the host nation and able to deal with any problem that may arise due to language difficulties at the venue. It is the responsibility of the meet director to provide all necessary blank forms and paperwork to enable the technical secretary to carry out his work. A complete dossier on the job description together with all relative paperwork can be obtained from the Technical Committee free of charge available to all Meet Directors.

Technical Secretaries are not necessary at Local and State level competitions. It is assumed the meet director will assign the officials and their duties.

- (c) The Drug Committee will assign Doping Control personnel for all National Meets (only). The Drug Committee also holds the responsibility for Doping Control Training Seminars at all National Competitions.
- (d) The time keeper is responsible for accurately recording the lapse between the announcement that the bar is ready and the lifter starting his attempt. He is also responsible for recording time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or his coach check the height of the squat racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one minute allowance, unless the lifter has nominated his rack height and this has been incorrectly set by the spotter / loaders. It is therefore essential that the rack height sheet be signed or initialed by the lifter or coach. This is an official document, which should verify in any dispute. The lifter is allowed one minute in which to start his attempt after the Speaker calls the lifter to the bar. If he does not start his attempt within this time allowance, the time keeper will call time and the Chief Referee shall give the audible command "rack" together with a backward movement of the arm. 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. The definition of the start of an attempt depends upon the particular lift being performed. In the squat and bench press, the start is to coincide with the Chief Referee's commencement signal. Refer



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- to “Referees” item 3. In the deadlift, the start is when the lifter makes a determined attempt to raise the bar.
- (e) Marshals/Expeditors are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, of the weight required for his next attempt.
 - (f) Scorers are responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets, record certificates or any other document requiring signatures. Speaker to make an announcement to this effect before the referees disappear.
 - (g) Spotter/Loaders are responsible for loading and unloading the bar, adjusting squat racks and benches as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be less than two or more than five spotter/loaders on the platform. When the lifter prepares for his attempt, the spotter/loaders may assist him in removing the bar from the racks. They may also assist 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 that elapses between the commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the Chief Referee or the lifter himself, step in and relieve the lifter of the bar. If the lifter himself is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of his own, he shall be awarded another attempt at the discretion of the Referees and Jury at the end of the round.
 - (h) The Technical Controller will ensure that the lifter is that as announced and properly attired before mounting the platform.

A Technical Controller is not necessary at Local and State level competitions. It is assumed the referees will perform this duty.



MEET PROTOCOL

1. During any competition taking place on a platform or stage, only the lifter and his coach, members of the Jury, officiating referees, spotter / loaders and the Technical Controller will be allowed around the platform or on the stage. During the execution of the lift, only the lifter, spotter / loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Jury or Technical Officer in charge.
2. A lifter shall not wrap, adjust his costume or use ammonia within view of the public. The only exception to this rule being that he may adjust his belt.
3. In international matches between two lifters or two nations contested in different bodyweight categories, the lifters may alternate irrespective of weight required for the attempts. The lifter requiring the lightest weight in his initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular lift
4. The weight of the barbell must always be a multiple of 2.5 kg. Unless attempts are made on records, the progression must be at least 2.5 kg between all attempts so that:
 - (a) In an American or World record attempt the weight of the barbell must be at least 0.5 kg in excess of the current record, unless the new record is divisible by 2.5 kg then an increase of 0.5 is acceptable.
 - (b) During the course of competition a lifter may request a record attempt that is not a multiple of 2.5 kg. If the attempt is successful, it will be added to both the individual lift and total.
 - (c) Record attempts may be taken on any or all of the lifter's prescribed attempts.
 - (d) A lifter may only take increments of less than 2.5 for record attempts in the championship in which he is competing, e.g. a Master lifting in an open competition cannot take less than 2.5 kg to achieve Master's records.
 - (e) In the event of a weight posted for the following round, which is not a multiple of 2.5 kg (or 5 lbs in a Local or State/Regional competition) to exceed a record, the weight will be reduced to the nearest multiple of 2.5 kg or 5 lbs, should a fellow competitor have exceeded this weight in the previous round.

Example 1: The current record is 302.5 kg. Lifter A squats 300 kg in the first round, then posts 303,5 kg, Lifter B squats 305 kg in the first round. Lifter A second attempt now is reduced to 302.5 kg.

Example 2: The current record is 300 kg. Lifter A posts only a 1 kg increment (301 kg) having achieved his first attempt of 300 kg in the above scenario, Lifter B squats 305 kg in the first round, Lifter A must now take the nearest 2.5 kg above (302.5kg).

Since regional and local meets often do not have access to kilo plates, in the event of a weight posted for the following round, which is not a multiple of 5 lbs to exceed a record, the weight will be reduced to the nearest multiple of 5 lb, should a fellow competitor have exceeded this weight in the previous round.

5. The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decisions will be given to the



speaker who will make the appropriate announcement. 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 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. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.
 - (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. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the end of the round in which the error occurred.
 - (c) If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest, multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
 - (d) If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter. The Chief Referee will make the same decisions as for errors in loading.
 - (e) If for any reason it is not possible for the lifter or his coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.
6. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the overall competition, but he may still compete for awards on individual lifts.
 7. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.
 8. On the completion of an attempt, a lifter shall leave the platform within 30 seconds; failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. This rule was designed for lifters who may have received some injury during the course of the lift, or perhaps the less able bodied, e.g. the blind lifter.
 9. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well being, the official doctor has the right to examination. If the doctor considers it inadvisable for the lifter to continue, he may, in consultation with the Jury, insist upon the lifter retiring from the competition. The team manager or coach must be officially informed of such a decision. To avoid contamination a solution of one part household bleach to 10 parts water is recommended to clean blood or tissue from the bar or platform and in the warm-up area should "accidents" occur.
 10. Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury, or Referees in the absence of the Jury, may disqualify the lifter or coach and order the lifter or coach to leave the venue. The team manager must be officially informed of both warning and disqualification.
 11. The Jury and Referees may by a majority decision immediately disqualify a lifter or official if they are of the opinion that any misconduct is serious enough to warrant



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immediate disqualification rather than an official warning. The team manager must be informed of the disqualification.

12. In international competition, all appeals against referee's decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the Jury. The Jury may require the appeal to be made in writing. The appeal or complaint must be lodged with the Chairman of the Jury by the team manager, coach or in his absence, by the lifter. This must be done immediately following the action upon which the appeal or complaint is based. It will not be considered unless these terms are met.
13. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Jury will return and the Chairman will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lift. In the event of a complaint being made against a lifting member or official of an opposing team, the written complaint shall be accompanied by the cash sum of Euro 75 or its equivalent in any currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the sum may be retained and donated to the IPF at the discretion of the Jury.



REFEREES

1. The referees shall be three in number, the Chief Referee or Center Referee and two side referees.
2. The Chief Referee is responsible for giving the necessary signals for all three lifts.
3. Signals required for the three lifts are as follows:

Lift	Commencement	Completion
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”
Bench Press	A visual signal consisting of a downward movement of the arm together with the audible command “start”. <i>During:</i> The audible command “Press” after motionless at the chest.	A visual signal consisting of a backward movement of the arm together with the audible command “rack”
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. A white light is given for a “good lift” and a red for “no lift”. The cards will then be raised to indicate the reason for the “no lift”.
5. White for a “good lift” and red for “no lift”. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift, and the side referees should always bear in mind the need to be visible to the Chief Referee so that he can observe their raised arms.
6. Before the contest, the three referees shall jointly ascertain 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. A second bar and collars should be readied and put aside in case of damage to the original bar or collars.
 - (b) The scales work correctly and are accurate currently certified. (“current” to mean within the past 12 months.)
 - (c) The lifters weigh-in within the limits of weight and time for their bodyweight category.

- (d) The lifter's personal equipment has been inspected to comply with the rules in all respects. It is the duty of the lifter to ensure that all items he wishes to wear on the platform have passed the scrutiny of the examining referees. Lifters discovered wearing or using apparel that has not been checked in may be subject to penalty. (e.g. disqualification of any attempt(s) in which unchecked equipment was used.)
7. During the contest the three referees 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. It is their joint responsibility.
 - (b) On the platform the lifter's personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect he must after completion of the lift, inform the Chief Referee of his suspicions. The president of the Jury may then examine the lifter's personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have inadvertently been passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round. Should a Technical Controller be in evidence, the lifter's attire will be scrutinized before he/she is allowed onto the platform.
8. Prior to the commencement of the Squat and Bench Press, side referees will raise their arms and keep them raised until the lifter is in the correct position to begin the lift. If there is a majority opinion among the referees that a fault exists, the Chief Referee will not give the signal to commence the lift. The lifter has the remainder of his unexpired time allowance in which to correct the position of the bar or his stance in order to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.
9. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition. Therefore, it is essential that the lot number of each lifter accompanies his name on the scoreboard so that the referees can follow the order of lifting.
10. A referee shall not attempt to influence the decisions of the other referees.
11. The Chief Referee may consult with the side referees, the Jury or any other official as necessary in order to expedite the competition.
12. At his discretion, the Chief Referee may order that the bar and/or platform be cleaned. If the lifter or coach request the bar and/or platform to be cleaned, the request must be made via the Chief Referee not the spotter/loaders. In the final round of the deadlift the bar must be cleaned before every attempt and in any of the other two rounds, should the coach or lifter desire.
13. After the competition, the three referees shall sign the official score sheets, record certificates or any other documents requiring a signature.
14. In International Competition, referees will be selected by the Technical Committee and must have proved their competence at International or National Championships.
15. In International Competition two referees of the same nationality cannot be selected to adjudicate the same category in a contest of more than two nations.
16. The selection of a referee to act as Chief Referee in one category does not preclude his selection as side referee in another category.
17. At World Championships, or any other championships where attempts may be made on world records, only IPF Category 1 or Category 2 referees adjudicate. Each nation may nominate a maximum of three referees to serve at the World Championships, plus extra Category One referees for Jury duty, if there is an insufficient number.
18. At National and World Championships, referees and members of the Jury will be uniformly dressed as follows :



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Men

- **Winter:** Dark blue blazer with appropriate IPF badge on left breast, grey trousers with a White tie and appropriate IPF tie.
- **Summer:** White shirt and grey trousers (tie optional)

Women

- **Winter:** Dark blue blazer with appropriate IPF badge on left breast, grey skirt or trousers with a white blouse or shirt and appropriate IPF tie.
- **Summer:** Grey skirt or trousers and a white blouse or skirt.

Note: IPF badges and ties are red for Category I referees and blue for Category II referees. The Technical Chair or Technical Secretary shall determine whether winter or summer dress will be worn. Dress/day wear shoes must be worn. Athletic shoes, “trainers” and sandals are not allowed.

At Local and State/Regional competitions, the dress code is khaki slacks and a USAPL polo shirt. Referees may also follow Nationals and World Championship dress codes if they choose.



Referee Qualifications, Certifications, and Testing Procedures

USAPL State Referee

State officiating tests are administered by the USAPL State Chairperson, upon request. They are evaluated by the appointed member of the Referee's Committee. Requirements for taking the state Referee test are:

1. Candidates must be a minimum of 18 years of age. Candidates must be current members of the USAPL. Registration cards must be presented to the State Chairperson prior to test administration.
2. Candidates must have approval of their State Chair to take the test.
3. Candidates must be actively involved in the sport of powerlifting for a minimum time period of one year in one of the following capacities: athlete, coach, meet director, or scoring table official.
4. Candidates must pass the written and practical sections of State Referee's test. A minimum score of 90% is required on each section.
5. When necessary, re-test arrangements may be made after a minimum of six weeks following the previous test date.

USAPL National Referee

National officiating tests are administered at all National Championships. These examinations may also be given at Regional or State Championships at the discretion of the Chair of the Referee's Committee and the approval of the USAPL President. Requirements for taking the National Referee test are:

1. Candidates must be a minimum of 20 years of age.
2. Candidates must be current members of the USAPL. Registration cards must be presented to the State Chairperson prior to test administration.
3. Candidates must have approval of their State Chair and the Technical/Referee Committee to take the test.
4. Candidates must be a State Referee for two or more years before taking the National Referee's Test.
5. Candidate must have officiated at six (6) powerlifting meets in the position of platform referee. Included in the six meets will be two sessions as Chief Referee. By "officiating" it is meant to be a full session of a powerlifting meet (three lift contest.)
6. Candidates must be actively involved in the sport of powerlifting for a minimum time period of three years in one of the following capacities: athlete, coach, meet director, or scoring table official.
7. A résumé of the candidates work should be mailed to the Chair of the referee's committee at least one month prior to the test date.
8. Candidates must pass the written and practical sections of National Referee's test. A minimum score of 90% is required on each section. These tests are evaluated by the appointed member of the Technical/Referee Committee.
9. When necessary, re-test arrangements may be made after a minimum of six weeks following the previous test date.

Note: National Referees must make themselves available for judging at least 4 National Meets over a 4 year period. Failure to do so will result in suspension of the referee's credentials. Referee credit is given for the following assignments: Chief Referee, Side Referee, Jury, Technical Controller, Expeditor, Scoring, Weigh-in and Equipment Check.



IPF Referee

Category II

1. Qualifications for an IPF Category II Referee are as follows:
 - (a) A National Referee of at least two years standing, having officiated in the position as a referee with a minimum of four National Powerlifting Championships (including two as Chief Referee) within any four year period.
 - (b) Must be recommended by National Federation.
 - (c) Must take the Category II written examination at a World Championship, Continental Championship, Regional Game, International Tournament, National Championship or National Clinic.
 - (d) Must achieve a passing score of 90 percent or more on both written and practical examinations.

Category I

2. Qualifications for an IPF Category I Referee are as follows :
 - (a) Must be a Category II referee in good standing for a period of at least 4 years.
 - (b) Must have adjudicated at least 4 International Championships, (excluding World Bench Press Championships).
 - (c) Must take Category I practical examination at any World Championship (excluding the World Bench press Championship), Continental Championship, Regional Games or International Tournament.
 - (d) Must adjudicate at least 75 attempts, 35 of which must be squats, while serving as Chief Referee. First round attempts by lifters will not be counted.
 - (e) The candidate will also be credited with 25 points / marks, and observed for competence by the examiner/s during gear check, weigh-in and while seated on the platform. A deduction of 0.5, (half a point/mark) will be made for any error that may contravene the technical rules. The examiner will be a member of the IPF Technical Committee or an Official appointed by the IPF Technical Committee and Referee Registrar.
 - (f) The candidate must score at least 90 percent on his total examination. This includes the 75 points on his decisions made on the platform as compared with those of the Jury members and not those of his fellow platform referees. The other 25 points coming from his decisions and performance of the necessary duties i.e. Gear check, Weigh-in, and Platform control.
 - (g) Must be nominated by his National Federation to the Chairman of the Technical Committee and Referee Registrar three months prior to his examination. Basis for nomination should be as follows:
 - i. Candidate's competence as a referee.
 - ii. Priority ranking as a Category II.
 - iii. Availability to referee at future international events.
3. The selection of a candidate for examination by the IPF will be subject to the following Criteria :
 - (a) The number of nominations received.
 - (b) The number of examination positions available.
 - (c) The current requirements for Category I referee within the various nations.



4. IPF Testing Procedures are as follows :

(a) **Category II**

A written examination will be given only after a complete and comprehensive rules clinic has been conducted under the direction of an approved Category 1 referee who has been appointed as Chief Examiner by the IPF Technical Committee and Referee Registrar.

A practical examination will be given after the written examination during the competition, the candidate will be seated beside the examiner/s and will adjudicate a total of 100 attempts, 40 of which must be squats. The candidate must be scrutinized by at least one Category 1 Referee and score at least 90 percent on all his decisions when compared with a majority of the scrutinizing referees. First round attempts will not be counted. Adjudication will begin with the second round attempts. The practical Cat. II examination will be held only in conjunction with international or regional championships. The written examination can be held as usual at national level.

(b) **Category I**

A practical examination will be given to a candidate at any World Championship (excluding the World Bench Press Championships), Continental Championship, Regional Games or International Tournament. The candidate will be scrutinized by the Jury. The candidate must score at least 90 percent on all his decisions when compared with a majority of the scrutinizing Jury members, this includes the candidates observed competence in handling all other duties, such as equipment check examinations and weigh-in procedures. The first round of attempts will not be counted. Adjudication will begin with the second round attempts.

5. In the event of a nation not having active Category I referees, the IPF Technical Committee and Referee Registrar may appoint a Category II referee to administer and monitor the Category II written examinations.
6. The examination fee shall be paid to the Chief Examiner before the examination. All examination score sheets shall be marked by the scrutinizing referee/s. When marking is complete, the candidate shall be informed of the results. Marked score sheets shall be sent to the Referee's Registrar. Examination fees to the IPF Treasurer.
7. After receiving the examination results, the Referee Registrar will inform the candidates Federation's National Secretary of the results and forward the appropriate credentials to the candidate.
8. A candidate taking a practical examination will be scrutinized by the Jury (for Category I) or the appointed scrutinizing referee/s (for Category II) to determine his success or failure.
9. Upon passing the examination, a referee's date of promotion shall be the date of the examination.
10. Candidates who fail the examination must wait at least six months before taking the examination again.

11. IPF Registration :

- (a) All referees must re-register with the IPF in order to maintain their current qualifications and at an acceptable standard.
- (b) Re-registration shall take place on the first of January in each Olympic year.
- (c) A referee's national federation is responsible for sending the necessary 30 Euro registration fee to the IPF Treasurer and a resume of his international and national experience during the previous registration period to the IPF Referee Registrar.
- (d) A referee who has been inactive for a four year period or who fails to re-register will forfeit his credentials. Then need to retake examinations.



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- (e) A card which is issued within the twelve months prior to the first of January in each Olympic year need not be renewed until the first of January the following Olympic year.
- 12. The IPF Referee Registrar shall provide each national federation with :
 - (a) A current list of accredited referees. Updated annually.
 - (b) A list of referees who need to re-register in order to remain accredited.
- 13. International Referees, both Category I and II, must have refereed a minimum of four International or National Powerlifting Championships during the previous four year period between Olympic years in order to be acceptable for re-registration. A clinic will be held every year at each World and Regional Powerlifting Championships Every international referee must participate in one clinic within the four year period for re-registration.

JURY AND TECHNICAL COMMITTEE FOR NATIONAL AND INTERNATIONAL COMPETITIONS

Jury

- 1. At National, World, and Continental Championships, a Jury will be appointed to preside over each lifting session.
- 2. The Jury shall consist of three Category 1 referees. In the absence of a member of the Technical Committee, the most senior member of the three shall be designated President of the Jury.
- 3. In International Competitions, the members of the Jury shall all be from different nations with the exception of the IPF President and the Chairman of the Technical Committee.
- 4. The function of the Jury is to ensure that the technical rules are correctly applied.
- 5. During the competition the Jury may, by a majority vote, replace any referee whose decisions in its opinion, prove him to be incompetent. The referee concerned must have received a warning prior to any action of dismissal.
- 6. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision which is the subject of his warning.
- 7. If a protest is made to the Jury against a referee, then the referee may be informed of the protest. The Jury should not put unnecessary stress on platform referees.
- 8. If a serious mistake occurs in the refereeing which is contrary to the technical rules, the Jury may take appropriate action to correct the mistake. They may at their discretion, grant the lifter a further attempt.
- 9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, by majority vote, reverse the decision.
- 10. Before each competition, the President of the Jury must satisfy himself that the members of the Jury have a complete knowledge of their role and any new regulations that amend or supplement those contained in the current edition of the handbook.
- 11. The selection of lifters for drug testing shall always be made by the Doping Commission.
- 12. If music accompanies the lifting, the Jury will determine the volume. The music will terminate when the lifter takes the weight of the bar in the squat and bench press or begins the pull in the deadlift.



Technical Committee

1. Will consist of a Chairman, (who shall be a Category I referee elected by the Congress in International competitions), up to ten members from various regions and/or nations appointed by the Executive Committee in consultation with the Chairman of the Technical Committee, and a coach/lifter representative.
2. Will be entrusted with the examination of all requirements and proposals of a technical nature submitted by the affiliated federations.
3. Decisions are subject to approval of the USAPL Executive Committee and/or IPF Congress for International competitions.
4. Appoints the Chief Referee, side referees and the jury for the Championships.
5. Trains and instructs referees who have not yet reached the Nations or International level and re-examines those who have already reached that level.
6. Informs the USAPL Referee Committee Chair and/or the IPF Congress, President and General Secretary via the Referee Registrar as to which referees are eligible to referee after examination or re-examination.
7. Organizes courses for referees before any major competition such as the National or World Championships. The expense involved in organizing such courses or clinics must be borne by the organizing federation.
8. Makes proposals to the USAPL Executive Committee or the IPF Congress for the withdrawal of an international referee's card when it deems such action necessary.
9. Publishes via the Executive, material of a technical nature that deals with training methods and performance of competition lifts.
 - (a) Will be responsible for inspecting all competition and personal equipment as defined in the handbook. Also equipment that has been submitted by various manufacturers for the sole purpose of being able to use the words "IPF Approved" in their commercial advertisements. If the item or items submitted meet all current IPF rules and regulations, and the IPF Executive Committee agree with the decision of the Technical Committee, a fee for each item shall be levied by the IPF Executive and a certificate of approval will be issued by the Technical Committee.
 - (b) At the end of each year, a renewal fee for each item as levied by the IPF Executive must be submitted to the IPF for purposes of re-certification of approval. If the design has been changed, the item must be submitted to the Technical Committee for inspection and re-certification.
 - (c) If, at any time after the certificate of approval has been issued, the manufacturer changes the design of the competition or personal equipment that was previously submitted for approval and it no longer meets current IPF rules and regulations, the IPF shall withdraw approval. The IPF will not issue another certificate until changes in design have been corrected and the item or items submitted to the Technical Committee for inspection.



RECORDS

American Records

1. Certification (See Application for American Record Form, www.USAPowerlifting.com) of the following is required for setting an American record:
 - (a) Meet Sanction (a copy of the meet sanction must accompany the record form.)
 - (b) Accuracy of scales used in the meet. (A copy of the scale certification must accompany the records form.) Meet scale must have been certified within twelve months prior to the meet date.
 - (c) Record-setting lift: the official Record Form must be filled out completely by the athlete and the Record's Processor/Official(s) and signed by each of the necessary officials as listed on the form.
 - (d) Age group records (i.e. Master, Teen, Junior, Collegiate) refer to Item 11
 - (e) Collegiate records refer to Items 11& 12
2. The American record attempt must exceed the existing listed record by a minimum of one-half kilo (500 grams or 1.1 pounds).
3. American Records may be attempted in any sanctioned USAPL or IPF competition where the appropriate officials are in the refereeing positions, where the scale has the proper certification, and where testing for drug usage is available. (Three National/International referees are necessary in officiating and American Record attempt.)
4. American Records may be set:
 - (a) Three-lift American Records must be set in full powerlifting meets.
 - (b) Single-lift American Records may be set in single-lift, two-lift or full powerlifting meets. To receive credit for a Single-lift American record the lifter must register a Total.
5. A lifter successful in setting an Open American Record must be drug tested to be credited with the record.
6. USAPL policy is that all American Records require drug testing. A discretionary exception to this policy has been adopted by the National Governing Body, effective June 17, 1996. American Records established in the Teen, Junior, Collegiate, and Masters Divisions will be drug tested at the combined discretion of three officials: The Meet Director, the Head Referee in charge, and the USAPL President. In the absence of the President, the third official will be selected in the following order: 1) the Drug Testing Officer, 2) The USAPL State Chair, and 3) another referee adjudicating the competition. All of the aforementioned official signatures of these officials at the appropriate place on the record form will constitute a waiver of the drug testing requirements for this particular American Record Application. If any of the Officials mentioned here do not agree that a waiver should be granted, the then drug testing requirement must be fulfilled.
7. Small discs may be added to the load to increase the actual weight of the attempt. Discs smaller than 1.25 kg (2.5 lbs) may be used on any attempt. When discs smaller than the 1.25 kg are used for the first, second, or third attempt in any event, the exact weight on the bar will be counted for the record lift, the meet total and the meet results.
8. American record attempts may take place on any of the three attempts, regardless of the degree of success or the amount of weight used on previous attempts.
9. Immediately after successful completion of an Open American Record, the lifter will be available for inspection by the three National/International Referees to assure legality of the lifting attire and equipment.
10. When setting an American record using discs smaller than the 1.25 kg, that exact weight is counted for the meet total and event total.
11. For American records set within age constraints (Master, Teen, Junior, Collegiate), a copy of the lifter's birth certificate must be part of the record package.
12. For American records set within the Collegiate category, in addition to the certification requirements of number one as listed above, a notarized letter from the



- University/College Registrar indicating that the lifter is/was, during the meet date, a full-time student and good standing with that institution must also be sent to the National Office. Collegiate records may not be considered for students enrolled in Vocational or Trade Schools.
13. It will be the athlete's responsibility to ensure that his or her American Record Package is complete, submitted correctly, and forwarded to the National Office. The complete Record Application Package must be sent to the Record Registrar and/or National Office within 30 days of the competition date.
 14. In the event of two lifters breaking either a current individual lift of total record with the same weight, the lighter lifter will be declared the new record-holder. If both lifters were of identical weight at the weigh-in, the lifter setting the record first will be declared the record holder. If two lifters in different meets held on the same day achieve the identical new record, the record will go to the lighter lifter. In the case of equal body weights, both lifters will hold the record.
 15. American Record Applications are not required to be submitted for records broken at a National Championship. The lifter must present themselves to the Technical Secretary and/or Doping Control Officer to get credit for the record. The records will be taken from meet results. Proof of age for age category records (per Item 11) and/or full-time student status for Collegiate records (per Item 12) will still be required to be submitted by the athlete to the Records Registrar and/or National Office within 30 days for the record to be valid.

National Meet Records

1. National Meet records may only be set in National Championships sanctioned by USAPL. The record set will be specific to that National Championship and may be set only at that Championship. National Meet records being set at USAPL National Championships must exceed the existing record by .5 kg (1.1 lbs). Lifters will not be allowed to add .25kg and .5kg plates for the sole purpose of breaking a national meet record. The lifter may add .25kg and .5kg plates for an American or World record attempt and the entire weight of the bar will count towards the National Meet record.
2. The National Meet record attempt must be judged by three National/International Referees. Immediately after successful completion of an Open National record, the lifter will be available for inspection by the three National/International Referees to assure legality of the lifting attire and equipment.
3. A lifter successful in setting a National Meet record *may* be selected for Doping Control. The lifter must pass the Drug Testing Procedure in order to maintain the record.
4. In the event of two lifters breaking either a current individual lift of total record with the same weight, the lighter lifter will be declared the new record-holder. If both lifters were of identical weight at the weigh-in and re-weigh the same, both will be record-holders.
5. Any American record set in a National Championship would also be the National Meet record at the same weight.
6. A Records Processor should be in charge of handling the update of all National Meet Records during the National Championships. A list of the new National Meet records, lifter information, scale certification, meet sanction certification, age certification when necessary, and full-time student in good-standing certification, when necessary, will be sent to the National Office within 30 days of the competition date.



State Records

1. The individual State records should be maintained by the State Chair or by a Record Keeper assigned by the State Chair.
2. State Records may be set under all circumstances in which an American record is possible as well as in the following competitive situations:
 - (a) During sanctioned USAPL three-lift, two-lift or single-lift meets held in that state and judged by certified State, National, or International referees.
 - (b) During USAPL sanctioned National Championships judged by National or International referees.
 - (c) During USAPL Sanctioned Regional Championships judged by certified State, National, or International referees.
3. In order to set a State record, the lifter must be registered with USAPL in that State. This registration is evidenced by the lifter's mailing address on the USAPL registration card.

World and International Records

1. World and International records may only be made at International and National Championships. That is, Championships sanctioned and recognized by the IPF, World and International s will be accepted without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the Technical Committee had checked the weight of the barbell and the discs before the competition. Men's 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Men's 60-69 records exceeding those gained in the 50-59 age group will be included in the 50-59 category. Men's 70+ records exceeding those gained in the 60-69 age group will be included in the 60-69 category. Women 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Women's 60+ records exceeding those gained in the 50-59 age group will be included in the 50-59 category. Likewise Sub-Junior 14/18 records exceeding those gained in the Junior 19-23 age group will be included in this group.
2. Requirements for recognition of a World and International record are as follows:
 - (a) The National championship or International competition must be held under the sanction of a national federation affiliated to the IPF.
 - (b) Each of the adjudicating referees must hold a current IPF International Referee's Card and be a member of a national federation affiliated to the IPF.
 - (c) The good faith and competence of referees of all member nations is beyond dispute. Consequently a World and International record can be assured by referees of the same nation.
 - (d) World records can only be accepted if drug testing was carried out on the lifter immediately following the competition for his bodyweight category and in accordance with IPF WADA drug testing protocol. The result of the analysis must be negative and must be forwarded to the IPF General Secretary within 3 months beginning from the date of the competition.
 - (e) Only bars and discs that are listed on the IPF Approved list of apparel and equipment for use at IPF sanctioned competition, as current at the time, maybe used in the setting of World and International records.
 - (f) Records on individual lifts must be accompanied by a total of the three lifts. Single lift Bench Press records made at a three lift (Powerlifting) event do not need to be accompanied by a total but bona fide attempts must be made both on squat and deadlift.
 - (g) In the event of two lifters breaking either a current individual or total record of the same weight the lifter with the lowest body-weight at the weigh-in will be declared the



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new record holder. If both lifters register the same body-weight at the weigh-in, the lifter breaking the record first will be the record holder.

- (h) New Records are only valid if they exceed the previous record by at least 1 kg; unless the new record is divisible by 2.5 kg then a 0.5 kg increase is acceptable.
 - (i) All records broken under the same conditions as those listed above shall be recognized and registered.
3. World single lift bench press records may be made at any of the forenamed Championships known as single lift or as in (a) below. The same criterion applies to that of all world powerlifting records.
- (a) Should a lifter exceed the single lift bench press record whilst lifting in a three lift powerlifting contest, he / she may claim the single lift bench press record.
 - (b) Should a lifter in a single lift bench press contest exceed the three lift powerlifting record he / she cannot claim the three lift powerlifting record.