



TECHNICAL RULES

Adapted from the International Powerlifting Federation Technical Rulebook

Version 2022.2 – Updated June 20, 2022

Note: This is an intermediate update meant to address major recent rule changes.

All rule changes in this version appear in the Addenda at the end of the rulebook.

Affected portions of the current rulebook are highlighted in yellow.

Note: Updates for 2021 indicated in **RED**

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INTRODUCTION

Per the USA Powerlifting Federation National Governing Board (NGB) meeting in 2004, USA Powerlifting adopted the International Powerlifting Federation (IPF) Technical Rules of Performance. However, the USA Powerlifting continues to allow exceptions to IPF standards in many instances such as standards for state and local USA Powerlifting competitions. Thus, this rulebook is adapted from the IPF rulebook and contains all IPF rules and regulations. Throughout this book, the reader should note shaded boxes when there are instances in which more information is needed, or there are rules and regulations that are specific to USA Powerlifting and USA Powerlifting-sanctioned competitions.

In addition, if there are any questions pertaining to USA Powerlifting rules or policies that one feels are not answered by this rulebook, contact information for the USA Powerlifting Executive Committee, State Chairpersons, Athlete's Representatives, and the USA Powerlifting Home Office can be found at www.usapowerlifting.com. The website also has qualifying information for various USA Powerlifting National Championships and how one can qualify to lift in the IPF World Championships or IPF Regional Championships. Membership information and the USA Powerlifting By-Laws can also be found on the website. In addition, the website has updates to USA Powerlifting policies, a calendar of events, and links to various forums where one can interact and ask questions of other USA Powerlifting 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.

USA POWERLIFTING REGISTRATION

All lifters, administrators, referees, and committee members participating in USA Powerlifting sanctioned competitions, national meetings, and any other form of official USA Powerlifting business must maintain current USA Powerlifting registration. Competition is restricted to the minimum age of 8 for youth divisions and 14 for the Teen and Open divisions, with no maximum age limit. Several membership categories exist (including non-compete memberships); please refer to the Bylaws of USA Powerlifting (located at www.usapowerlifting.com) for more information on membership categories.

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. For example, a membership purchased on November 1, 2012 would be valid until December 31, 2013 whereas a membership purchased on October 31, 2012 would be valid only until December 31, 2012.

The preferred registration method is via the website (www.usapowerlifting.com). However, USA Powerlifting registration can be completed at all USA Powerlifting competitions, 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 USA Powerlifting registration card. Lifters choosing to compete unattached (i.e., not with a registered team) 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 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 USA Powerlifting, 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/state 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/state team at the same time. A lifter may not change team affiliations in the middle 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 (<http://www.usapowerlifting.com/member-tools/membership.php>). A lifter who is registered in one state during the year and then moves to another state has the option to maintain the original state residency registration, compete in that state’s championships, and qualify for state records until December 31 of that year. If the lifter chooses to compete in the state championships of his new location, the lifter must re-register (<https://secure.jotformpro.com/usapowerlifting/CardUpdate>) using 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 new state. A lifter may compete in only one state championship per year.

Lifters may not simultaneously set state records in two different states. If a lifter re-registers, he could hold records in two different states with the respective records 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 their college’s 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 USA Powerlifting recognizes and registers clubs/teams, provided the following criteria have been met:

1. The club must complete the Club Registration 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 at least three registered USA Powerlifting 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 the official list and document that by sending to the club president the USA Powerlifting “Certificate of Club Registration” indicating the registration number of that club.

RULES CONCERNING CLUB/TEAM MEMBERSHIP

1. The USA Powerlifting registered club may be composed of registered lifters from any state.
2. Lifters will designate club/team affiliation on their USA Powerlifting registration application 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 USA POWERLIFTING SANCTIONED MEETS

STATE CHAMPIONSHIP

Each USA Powerlifting 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 USA Powerlifting registration card) may be included on the team roster.

REGIONAL CHAMPIONSHIP

Any USA Powerlifting 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. Used in this context, the term “regional” is taken to mean a region of the United States (e.g., USA Powerlifting Northeast Regional Championships).

NATIONAL CHAMPIONSHIP

Any USA Powerlifting registered club/team may compete as a team in any national championship sanctioned by USA Powerlifting. During the national championships, the team roster may include USA Powerlifting lifters from any state as long as those lifters are registered with that USA Powerlifting club/team.



GENERAL RULES OF POWERLIFTING

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

1. (a) The International Powerlifting Federation recognizes the following lifts which must be taken in the same sequence in all competitions conducted under IPF rules:

A. Squat B. Bench Press C. Deadlift D. Total

(b) Competition takes place between lifters in categories defined by sex, bodyweight and age. The Men’s and Women’s Open Championships permit lifters of any age in excess of 14 years. In the event of an Open Championships being combined e.g. with a Sub-Junior or Junior Championships, a lifter has the option of competing in either the Junior Championships, or the Open Championships, and receive the award for only that in which he/she competed.

(c) The rules apply to all levels of competition.

(d) 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.

(e) 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, conducts and sanctions 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 Masters’ World Championships
- Men’s and Women’s combined Open, Sub-Junior, Junior & Master Classic/Raw & Equipped Bench Press World Championships (from 2019)
- Men’s and Women’s combined Open, Junior & Sub-Junior Classic/Raw Powerlifting World Championships (from 2020)
- Men’s and Women’s Masters Classic/Raw Powerlifting World Championships (from 2020)
- Men’s and Women’s combined University World Championships



USA Powerlifting National Championships

USA Powerlifting awards sanctions for the following National Championship events:

- Men's/Women's Open, Teen, Junior and Masters (equipped)
- Men's/Women's Open, Teen, Junior and Masters (raw)
 - Qualifying totals must be achieved raw
- Collegiate (raw and equipped)
- High School (raw and equipped)
- Military (raw and equipped)
- Bench Press (raw and equipped Open, Junior, Sub-Junior, Masters)
- Youth (raw only)

Note: Qualifying totals for all National Championships must be achieved before the entry deadline.



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

IPF AGE CATEGORIES

MEN AND WOMEN

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.

Note: Open competitive lifting shall be restricted to competitors aged 14 years and older.

CONTEST PLACING

AGE

4. Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting. Also, men 70 years (i.e. Master IV) of age, to receive medals for placing 1st, 2nd and 3rd in their weight classes, and Women both 60 years (i.e. Master III) and 70 years (i.e. Master IV) of age, shall receive medals for placing 1st, 2nd and 3rd in their weight classes in each age category. Age categories and their further subdivision may be adapted for use nationally at the discretion of the National federation.



USA Powerlifting Age Categories

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

Open:	From the day he reaches 14 years and upwards (no category restrictions need apply).
Youth:	<p>USA Powerlifting recognizes the following Youth divisions:</p> <ol style="list-style-type: none"> 1. From the day he reaches 8 years to the day before he reaches 10 years 2. From the day he reaches 10 years to the day before he reaches 12 years 3. From the day he reaches 12 years to the day before he reaches 14 years
Teenage:	<p>USA Powerlifting recognizes the following Teenage divisions:</p> <ol style="list-style-type: none"> 1. From the day he reaches 14 years to the day before he reaches 16 years 2. From the day he reaches 16 years to the day before he reaches 18 years 3. From the day he reaches 18 years to the day before he reaches 20 years <p>Note: Eligible High School National lifters cannot turn 19 prior to 1 September of the academic school year</p>
Junior:	From the day he reaches 20 years to the day before he reaches 24 years.
Masters:	<p>USA Powerlifting recognizes the following age categories for Master's lifters (Note: American Records are recognized and kept for the A and B subcategories in each age group, but those subcategories are no longer contested at National Championships):</p> <p>1A - From 1 January in the calendar year he reaches 40 years and throughout the full calendar year in which he reaches 44 years</p> <p>1B - From 1 January in the calendar year he reaches 45 years and throughout the full calendar year in which he reaches 49 years</p> <p>2A - From 1 January in the calendar year he reaches 50 years and throughout the full calendar year in which he reaches 54 years</p> <p>2B - From 1 January in the calendar year he reaches 55 years and throughout the full calendar year in which he reaches 59 years</p> <p>3A - From 1 January in the calendar year he reaches 60 years and throughout the full calendar year in which he reaches 64 years</p> <p>3B - From 1 January in the calendar year he reaches 65 years and throughout the full calendar year in which he reaches 69 years</p> <p>4A - From 1 January in the calendar year he reaches 70 years and throughout the full calendar year in which he reaches 74 years</p> <p>4B - From 1 January in the calendar year he reaches 75 years and throughout the full calendar year in which he reaches 79 years</p>
	Guest lifters are not allowed to compete at national events unless they meet basic qualifications of the meet (age or male/female).



BODYWEIGHT CATEGORIES (see Addendum 1)

As of January 1, 2015, the classifications below represent the standard weight classes to be contested at local, regional, state, national and international and regional events sanctioned by the USA Powerlifting, IPF and its regional federations (e.g., North American Powerlifting Federation – NAPF). **As of January 1, 2021, USA Powerlifting introduced a new MX division. Please see the [description on the national website here](#) for the MX weight classes and a description of the MX division within USA Powerlifting.**

MEN

~~53.0kg class: up to 53.0kg (this class only applies to sub-junior and junior lifters)~~
~~59.0kg class: up to 59.0kg~~
~~66.0kg class: from 59.01kg up to 66.0kg~~
~~74.0kg class: from 66.01kg up to 74.0kg~~
~~83.0kg class: from 74.01kg up to 83.0kg~~
~~93.0kg class: from 83.01kg up to 93.0kg~~
~~105.0kg class: from 93.01kg up to 105.0kg~~
~~120.0kg class: from 105.01kg up to 120.0kg~~
~~120.0+kg class: from 120.01kg up to unlimited~~

WOMEN

~~43.0kg class: up to 43.0kg (this class only applies to sub-junior and junior lifters)~~
~~47.0kg class: up to 47.0kg~~
~~52.0kg class: from 47.01kg up to 52.0kg~~
~~57.0kg class: from 52.01kg up to 57.0kg~~
~~63.0kg class: from 57.01kg up to 63.0kg~~
69.0 kg Class from 63.01 kg up to 69.0 kg
76.0 kg Class from 69.01 kg up to 76.0 kg
~~84.0kg class: from 76.01kg up to 84.0kg~~
~~84.0+kg class: from 84.01kg up to unlimited~~

YOUTH DIVISION (under 14 years of age)

Additional bodyweight categories in USA Powerlifting:

BOYS

~~30.0kg class: up to 30.0kg~~
~~35.0kg class: from 30.01kg up to 35.0kg~~
~~40.0kg class: from 35.01kg up to 40.0kg~~
~~44.0kg class: from 40.01kg up to 44.0kg~~
~~48.0kg class: from 44.01kg up to 48.0kg~~
~~Thereafter IPF men's weight categories~~

GIRLS

~~30.0kg class: up to 30.0kg~~
~~35.0kg class: from 30.01kg up to 35.0kg~~
~~40.0kg class: from 35.01kg up to 40.0kg~~
~~Thereafter IPF women's weight categories~~



IPF COMPETITION

5. Each nation is allowed a maximum of ~~eight~~ competitors spread throughout the range of the ~~eight~~ bodyweight categories for men and ~~eight~~ competitors throughout the range of ~~eight~~ bodyweight categories for women. In the Junior and Sub- Junior age categories ~~nine~~ for men and ~~nine~~ for women. There must not be more than two competitors from any one nation in any particular bodyweight category.
6. Each nation is allowed a maximum of five alternates or reserves. To take part in the competition they must have been 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.
7. 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 last year's 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 of the Region and also to 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 includes reserve or alternate lifters. At this point in time each lifter must nominate the bodyweight category in which they wish to lift in these Championships. After the final selection (final nomination) no changes in the weight category in which the lifter is nominated will be allowed. 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.
8. 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.
9. Only the point scores of the five best placed lifters of each nation will be counted for the team competition at all international championships. In case of a tie in points scored, final team placing shall be decided for team awards as in item 7. If a member of a team is found to have committed a violation of the IPF Anti-Doping Rules during an Event where a team ranking is based on the addition of individual results (points), the points of the Athlete committing the violation will be subtracted from the team result and may not be replaced by the resulting points of another team member.
10. 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 for jury during the championships, then only the four best placed lifters from that nation will be counted for the team competition.



11. Team awards shall be given for the first three places with **medals. Five (5) gold medals to the best team, 5 silver medals to the second best team, and 5 bronze medals to the third best team.** In the case of a tie for the classification of a team or a nation, the team having the largest 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 maximum of five scoring lifters. Should teams or Nations finish equally after this procedure has been applied, then the team or Nation with the greater total number of IPF points will be declared the higher placed.
12. At all IPF Championships a “best lifter” award shall be given to the lifter who produces the best performance based upon the **IPF formula (see Addendum 1).** Awards will also be presented to second and third places.
13. 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 may continue to compete for the remainder of the contest, and the lifter will be eligible for awards in any discipline in which he records a successful lift or lifts. To receive this award the lifter must make a bona fide attempt on each of the three disciplines. Dress code for athletes at world championships medal ceremonies is: full team track suit, T-shirt, and athletic footwear. Compliance will be monitored by the Technical Controller for the session. Failure to adhere to these requirements shall disqualify the lifter from receiving the medal(s), although their place in contest results will stand.
14. It is forbidden to hit or slap the lifter in front of the audience and media.

TEAM COMPETITION IN USA POWERLIFTING CONTESTS

1. Each team is allowed a maximum of eight (8) competitors spread throughout the range of the eight (8) bodyweight categories for men and eight (8) competitors spread throughout the range of seven (7) bodyweight categories for women. In team competition involving lifters under the age of 24 years old, each team is allowed a maximum of nine (9) competitors spread throughout the range of the nine (9) bodyweight categories for men and nine (9) competitors spread throughout the range of eight (8) bodyweight categories for women. There must not be more than two competitors from any one team in any particular bodyweight category.
2. Each team must submit a team roster giving the name of each lifter and their bodyweight category. These details must be submitted to the meet director by the published deadline.
3. Point scoring for all team 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.
4. Only the point scores of the five best placed lifters of each team will be counted for the team competition at all national championships. In case of a tie in points scored, final team placing shall be decided for team awards as in item 5 below. If a member of a team is found to have committed a violation of the anti-doping rules during an event where a team ranking is based on the addition of individual results (points), the points of the athlete committing the violation will be subtracted from the team result and may not be replaced by the resulting points of another team member.



5. Team awards shall be given for the first three places at national events (local events at the discretion of the meet director). In the case of a tie for the classification of a team, the team having the greatest 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 greatest number of second places will be classified first, and so on through the placing of the maximum of five scoring lifters. Should teams finish equally after this procedure has been applied, then the team with the greater total number of IPF points will be declared the higher placed.
6. At all championships, a "best lifter" award shall be given to the lifter who produces the best performance based upon the **IPF formula (see Addendum 1)**. Awards will also be presented to second and third places at national championships (local events at the discretion of the meet director).

HIGH SCHOOL NATIONALS TEAM COMPETITION

Boys team scoring and girls team scoring generally follow the procedures listed above. Areas where there are differences from that listed above are as follows:

- Team awards shall be given for the first three places
- Only the top ten places in any one bodyweight category are scored; the points are as follows:
 - 12, 9, 8, 7, 6, 5, 4, 3, 2, and 1
- Combined team scoring will be based upon taking up to the top five scoring men and up to the top five scoring women from the men's and women's team rosters. A scoring member must place in the top 10.

There must be a minimum of one member of each gender that places in the top 10 for the team to score.

General note: Freshman and sophomores (grades 9 and 10, respectively) may choose to compete in either the junior varsity (JV) or varsity (V) division provided they have achieved the appropriate qualifying total for the division they enter. Juniors and seniors (grades 11 and 12, respectively) may only compete in the varsity division and must have achieved the appropriate varsity qualifying total.

RAW NATIONALS

Awards (and divisions lifters can enter) at Raw Nationals can only be USA Powerlifting recognized Teenage, Junior, Open and Master age divisions on page 7 (excludes Youth lifters). Non-age group divisions are prohibited



EQUIPMENT AND SPECIFICATIONS FOR NATIONAL AND INTERNATIONAL COMPETITIONS

SCALE

For all USA Powerlifting local, state, regional, and national championships, scales must be of an electronic digital type and register to the first place (i.e., tenths place) of decimals. They must have the capacity to weigh up to 180kg. A scales certificate to accompany the scales must be current to within two years of the date of the competition.

PLATFORM

All lifts shall be carried out on a platform measuring between 2.5m x 2.5m minimum and 4.0m x 4.0m maximum. It must not exceed 10cm 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.

BAR

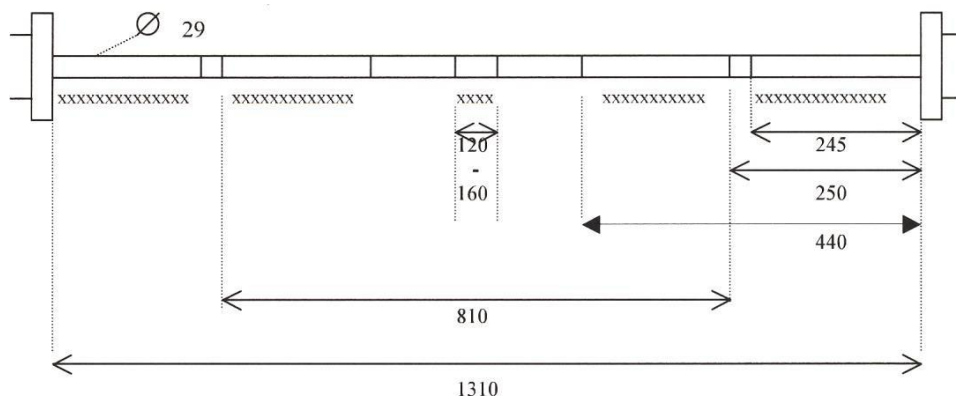
For all Powerlifting contests organized under the rules of the IPF, only disc barbells are permitted. The use of discs which do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the 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.

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

- (a) Total overall length not to exceed 2.2m.
- (b) Distance between collar faces is not to exceed 1.32m or be less than 1.31m.
- (c) Diameter of the bar is not to exceed 29mm or be less than 28mm.
- (d) Weight of the bar and collars are to be 25kg.
- (e) Diameter of the sleeve not to exceed 52mm or be less than 50mm.
- (f) There shall be a diameter machined marking (or the bar taped) so as to measure 81cm between marking (or tape).

IPF RECOGNIZED POWERLIFTING BAR - GUIDELINE OF KNURLING DISTANCES

(measurement of knurling distances inside the collar sleeves in millimeters)



DISCS

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

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 53mm or be less than 52mm.
3. Discs must be within the following range: 0.25kg, 0.50kg, 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg and 25kg.
4. For record purposes, the weight has to be at least 0.5kg greater than the existing world or American record. This is done through the use of discs weighing 0.5kg, 1.0kg, 1.5kg, or 2.0kg greater than the existing world or American record.
5. Discs weighing 20kg and over must not exceed 6cm in thickness. Discs weighing 15kg and under must not exceed 3cm 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 45cm.

COLLARS

1. Shall always be used.
2. Must weigh 2.5kg each (lightweight clips may be used for Youth lifters).

SQUAT RACKS

1. Only squat racks from commercial manufacturers officially registered and approved by the IPF Technical Committee shall be permitted for use in International Championships and USA Powerlifting contests that are direct qualifiers to international competition.
2. The squat racks shall be designed to adjust from a minimum height of 1.00m in the lowest position to extend to a height of at least 1.70m in 5cm increments.
3. All hydraulic racks must be capable of being secured at the required height by means of pins.
4. For squat racks that have an "out" and an "in" position, lifters may choose to have both sides "out," both sides "in," or only one side "in."

BENCH

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

The bench shall conform to the following dimensions:

- (a) Length - not less than 1.22m and shall be flat and level.
- (b) Width - not less than 29cm and not exceeding 32cm.
- (c) Height - not less than 42cm and not exceeding 45cm 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 75cm to a maximum of 110cm measured from the floor to the bar rest position.
- (d) Minimum width between insides of bar rests shall be 1.10m.
- (e) The head of the bench shall extend 22cm beyond the center of the uprights with a tolerance of 5cm either way.
- (f) Attached safety stands must be used in all events.

CLOCKS

Timing clocks visible to all (venue, platform, warm-up area) must be used which operate continuously up to a minimum of twenty minutes and display elapsed time. Additionally, a clock displaying time left in which to enter the next attempts should also be made visible to the coach or lifter.



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.”

AMENDMENTS FOR USA Powerlifting STATE AND LOCAL COMPETITIONS

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

1. The use of pound discs (2.5lb, 5lb, 10lb, 25lb, 35lb, 45lb and 100lb) is permitted and collars must weigh 5lb each.
2. The use of a 45lb bar is permitted.
3. The use of 50kg discs is permitted.
4. If the light system allows the lights to come on separately, the referees will wait for the Chief Referee to give the audible command “lights” before turning on their individual lights. (In the absence of a usable lights system, the referees may use small white (good lift) and red (no lift) flags or paddles).
5. Platform equipment need not be approved by the IPF technical committee (i.e., need not be on the IPF Approved Equipment List) but must meet the IPF equipment specifications as previously defined (with the exception of the kilogram weight standards in the cases of the discs, collars, and bar).
6. Youth lifting - 15 kg bar with lightweight clips (similar to women's Olympic weight lifting bar) is approved (but not mandatory) for all lifts. 10 kg bumper plates the same diameter as regular 20 kg recommended (but not mandatory) for deadlifts. Bars lighter than 15kg may be used for all lifts if available.
7. American records may only be set with calibrated weight sets (plates are within 0.25% of face value) or when the weights loaded on the bar have been weighed and verified by the referees (the actual weight of each plate must be submitted with the record application).
8. **It is not permitted to mix pound and kilogram equipment. 45lb bars must be used with pound plates and 5lb collars; 20kg bars must be used with kilogram plates and 2.5kg collars. This rule does not apply to youth lifting where a mix of pound and kilogram equipment may be needed in situations involving lightweight bars with bar weights not in 5lb or 2.5kg increments and/or lightweight bumper plates. In certain scenarios unique to youth lifting, a mix of pound and kilogram equipment may be needed to achieve the necessary pound or kilogram bar load.**

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	BENCH PRESS	DEADLIFT
<p>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>1. Red</p> <p>Bar is not lowered to chest or abdominal area (i.e., not reaching the chest or abdominal area, or is touching the belt).</p>	<p>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>2. Blue</p> <p>Failure to assume an upright position with the knees locked at commencement and completion of the lift.</p> <p>Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p>	<p>2. Blue</p> <p>Any downward movement of the whole of the bar in the course of being pressed out.</p> <p>Failure to press the bar to straight arms' length elbows locked at the completion of the lift.</p> <p>[Clarification: Elbows not locked at the commencement of the lift is a blue card]</p>	<p>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 or moving the feet laterally.</p> <p>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>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 or abdominal area, 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, [see Addendum 2] shoulders, or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar, or raising of the feet.</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 lifter's 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 or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.</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>

A yellow card is given when there is an obvious failure to complete a lift. Examples: The spotters "catch" a squat or bench attempt, or a lifter fails to break the floor on deadlift.



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. The current record must be displayed and updated as necessary.

PERSONAL EQUIPMENT/APPAREL

All items worn on the platform must be clean, untoned, 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. Any request for a religious exemption from personal equipment/apparel requirements must be made to the chairman of the Technical Committee (tc@usapowerlifting.com) at least 60 days prior to the intended competition and prior to registering for the competition. Submission of a religious exemption request does not guarantee that it will be granted.

In USA Powerlifting competitions, supportive shirts and suits must be on the IPF Approved List for all levels of competition. All other personal equipment must meet all IPF technical specifications.

All personal equipment worn in USA Powerlifting national championships that are direct qualifiers for international competition must be on the IPF Approved List, with the exception of team singlets at the High School and Collegiate National Championships.

See Addendum 1 regarding changes to "Approved Equipment" requirements.

Note: See new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.

SUITS

A supportive lifting suit may be worn only in competitions which are designated as Equipped.

A supportive lifting suit may be worn for all lifts in competitions which are designated as Equipped (in which a non-supportive lifting suit may instead be worn). The suit-straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.

Only supportive lifting suits from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions. In addition, any such supportive suits from Approved manufacturers must meet all the specifications of the IPF Technical Rules; supportive suits from Approved manufacturers which breach any IPF Technical Rule shall not be permitted for use in competitions.

The supportive lifting suit must conform to the following specifications:

- (a) The suit's material shall be of a single thickness.
- (b) There must be legs to the suit, extending a minimum of 3cm and a maximum of 15 cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.



- (c) Any alteration to the costume which exceeds the established widths, lengths or thickness previously stated shall make the suit illegal for competition.
- (d) 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. Non-factory alterations to tighten suits and shirts are not illegal when done in the form of pleats. However, the pleats must be made only on the manufacturer's original seams. These pleats must be made on the inside of the suit or shirt. Any alterations made on areas other than the manufacturer's seams are illegal. Pleats may not be sewn back onto the body of the garment.
- (e) Where a tightening has been made in the shoulder straps and the excess material is longer than 3cm's, this must then be turned inside the suit and not sewn back onto the straps. No more than 3 cm length may protrude outside the suit.
- (f) The suit may bear the logos or emblems
 - of the approved manufacturer of the suit
 - of the lifter's nation
 - of the lifter's name
 - as per the rule "Sponsor's Logos"
- Note: See new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.

NON-SUPPORTIVE SUITS (SEE ADDENDUM 1 FOR SINGLET REQUIREMENTS)

A non-supportive lifting suit shall be worn in competitions which are designated as Classic/Raw and may be worn in competitions which are designated as Equipped (in which a supportive lifting suit may instead be worn). The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.

Only non-supportive suits from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions. In addition, any such non-supportive suit from approved manufacturers must meet all the specifications of the IPF Technical Rules; non-supportive suits from approved manufacturers which breach any IPF Technical Rule shall not be permitted for use in competitions.

The non-supportive lifting suit must conform to the following specifications:

- (a) The suit shall be one-piece and form fitting without any looseness when worn.
- (b) The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- (c) The suit's material shall be of a single thickness, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of the crotch.
- (d) There must be legs to the suit, extending a minimum of 3 cm and a maximum of 25 cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.



(e) The suit may bear the logos or emblems

- of the approved manufacturer of the suit
- of the lifter's nation
- of the lifter's name
- as per rule "Sponsor's Logos"
- Note: See new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.

Muslim women shall be allowed to wear:

- a tight fit, non-supportive full body suit that covers the legs and the arms (see Addendum 1)
- Hijab (head scarf) while lifting
 - o ~~in bench press, the jury or referees may require the lifter to affix her hair accordingly to the performance of the bench press~~ (see Addendum 2)

In High School-only meets sanctioned by USA Powerlifting, form-fitting shorts and T-shirts may be worn as approved by the officials.

T-SHIRT

A t-shirt must be worn under the lifting suit by all lifters in the squat, bench press, and deadlift. The only exception to those requirements is that a Supportive shirt is permitted to be worn instead of a T-shirt as per rule "Supportive Shirts" below; a combination of T-shirt and supportive shirt is not allowed.

The T-shirt must conform to the following specifications:

- (a) the shirt must be constructed entirely of fabric or a synthetic textile and shall not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers or other than a round neck collar (i.e., shirts may not have a V-neck collar).
- (b) the t-shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- (c) the T-shirt may be plain i.e. of a single/multi-color and with no logos or emblems, or may bear the logo or emblem
 - of the lifter's nation
 - of the lifter's name
 - of the lifter's IPF region
 - of the event in which the lifter is competing
 - as per the rule "Sponsor's Logos"
 - Note: See new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.

See Addendum 1 for information on crop-top shirts and the new policy on shirts in the deadlift.

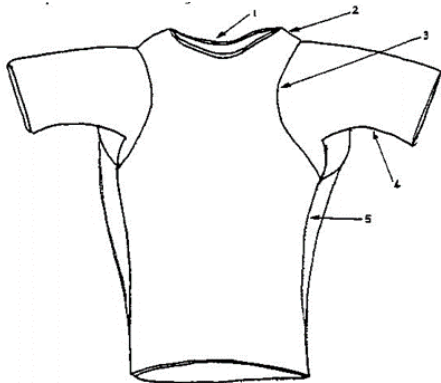
SUPPORTIVE SHIRTS

A supportive shirt which has been accepted onto the “Approved List of Apparel and Equipment for Use at IPF Competitions” may be worn only at competitions designated as Equipped.

The supportive shirt must be conformed to the following specifications:

- (a) the shirt must be constructed entirely of fabric or a synthetic textile and shall not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers or other than a round neck collar
- (b) the shirt must have sleeves. Those sleeves must terminate below the lifter’s deltoid and must not extend onto or below the lifter’s elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing. Note: The Sleeveless Inzer Erector shirt is on the IPF Approved List and is approved for equipped competition.
- (c) the shirt may be plain i.e. of a single color and with no logos or emblems, or may bear the logo or emblem
 - of the lifter’s nation
 - of the lifter’s name
 - of the event in which the lifter is competing
 - as per the rule “Sponsors Logos”

Note: see new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.



Any manipulation or doctoring of the supportive shirt from the original design as supplied by the manufacturer and approved by The Technical Committee will render the shirt illegal for use in competition. The material must cover the whole of the deltoid area as arrowed 2.



Approved Apparel Policy for all USA Powerlifting Events

Policy is effective October 6, 2019 by Executive Committee decision.

1.1 Apparel may be plain, i.e. of a single/multi-color fabric with no logos or emblems.

1.2 Apparel may bear the logo or emblem of:

- Lifter or coach's nation
- Lifter or coach's name
- Current event or any previous USA Powerlifting, NAPF, or IPF event
- USA Powerlifting
- USA Powerlifting Corporate Sponsors
- IPF Approved equipment manufacturers
- Lifter or coach's registered USA Powerlifting club name or logo*
- Lifter or coach's registered USA Powerlifting affiliate gym*
- Official High School and Collegiate logos
- United States Army, Navy, Air Force, Marines, Coast Guard, National Guard, and Reserves branch logos

1.3 The logos or emblems of commodity sportswear brands** not on the "Approved List of IPF Equipment Manufacturers" nor on the addendum of approved logos or emblems established by this rule "Sponsor's Logos," may be worn only on t-shirts, shoes, or socks, where the logo or emblem is printed or embroidered and is no more than 5 cm x 2 cm in size (note: manufacturer logos/emblems on shoes are exempted from the 5 cm x 2 cm requirement and may be any size). A lifter may use masking tape generally consistent in color with the item of personal equipment/apparel it is applied to in order to obscure a non-approved logo or emblem so as to render the item in conformity with the rules.

*All club and affiliate gym logos are subject to approval including variations of such logos

**Commodity sportswear brand examples include Nike, Adidas, Reebok, Asics, Champion

See Addendum 1 for changes to logo/emblem policy.

BRIEFS

- (a) A standard commercial "athletic supporter" or standard commercial briefs of any mixture of cotton, nylon or polyester must be worn under the lifting suit. See Appendix A for examples of allowable and non-allowable underwear.
- (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 is not legal for use in IPF competition.
- (e) Swimming trunks or any garment consisting of rubberized or similar stretch material (except in the waistband) shall not be worn under the lifting costume.
- (f) Any supportive undergarment is not legal for use in IPF/USA Powerlifting competition.

SOCKS

Socks may be worn. See Appendix A for examples of allowable and non-allowable 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 sleeves.
- (c) Full length leg stockings, tights or hose are strictly forbidden.
- (d) Shin length socks must be worn to cover and protect the shins while performing the deadlift.
- (e) Socks may not be in contact with the knee and cannot be worn over the knee.

BELT [SEE ADDENDUM 2]

Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit. ~~Only belts from manufacturers accepted onto the “Approved List of Apparel and Equipment for Use at IPF Competitions” shall be permitted for use in competitions. See Appendix A for examples of non-allowable belts.~~

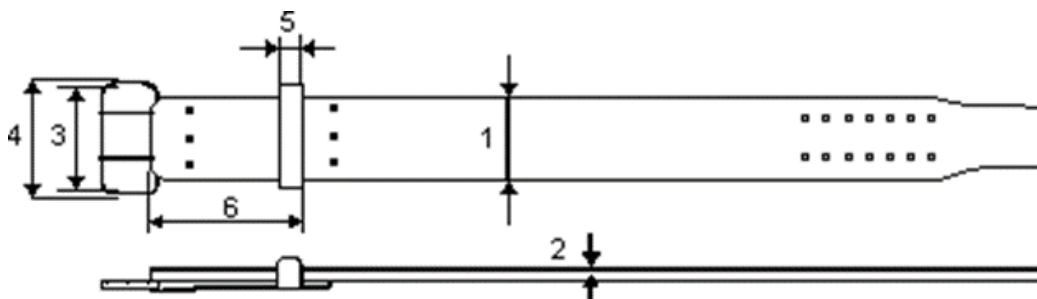
Materials and Construction:

- ~~(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.)~~
- ~~(e) A tongue loop shall be attached close to the buckle by means of studs/or stitching.~~
- ~~(f) The belt may be plain i.e. of a single or two or more colors and with no logos, or may bear the logo or emblem~~
 - ~~— of the lifter’s nation~~
 - ~~— of the lifter’s name~~
 - ~~— as per the rule “Sponsor’s Logos”~~
 - ~~— in national and lower level contests only, the lifter’s club or individual sponsor, where the logo or emblem has not otherwise been approved by the IPF.~~

BELT DIMENSIONS [SEE ADDENDUM 2]

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

CORRECT POINTS OF MEASUREMENT





FOOTWEAR

Shoes or boots shall be worn. See Appendix A for examples of allowable and non-allowable footwear.

- (a) Shoes shall include only indoor 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 5cm.
- (c) The underside must be flat (i.e., no projections, irregularities, or a doctoring from the standard design).
- (d) Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.
- (e) Socks with a rubber outside sole lining are not allowed in the squat, bench press, or deadlift.

Note: Shoes with individual toes have been specifically banned by the IPF.

KNEE SLEEVES

Sleeves, being cylinders of neoprene, may be worn only on the knees by the lifter in the performance of any lift in competition; sleeves cannot be worn or used on any part of the body other than the knees. Knee sleeves cannot be worn where the lifter also wears knee wraps, as per the rule “Wraps” below.

Only knee sleeves from manufacturers accepted onto the “Approved List of Apparel and Equipment for Use at IPF Competitions” shall be permitted for use in competitions. In addition, any such sleeves from approved manufacturers must meet all the specifications of the IPF Technical Rules; knee sleeves which breach any IPF Technical Rule shall not be permitted for use in competitions.

Knee sleeves must conform to the following specifications:

- (a) The sleeves must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter’s knees;
- (b) Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm.
- (c) Knee sleeves shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material;
- (d) When worn by the lifter in competition, knee sleeves must not be in contact with the lifter’s suit or socks and must be centered over the knee joint.

Lifters may not have or use any form of assistance (from another person, or suit slippers, plastic bags, powder, etc.) to put on knee sleeves. Referees may ask lifters to demonstrate they can put on their sleeves without assistance.



WRAPS

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

Supportive wraps:

Only wraps from commercial manufacturers officially registered and approved by the 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.

WRIST WRAPS

- (a) Wrist wraps shall not exceed 1m in length and 8cm 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. Note: If it is discovered during a lift that the thumb loops are around the thumbs or fingers (i.e., the technical controller and referees missed it prior to the lift commencing), this alone is not a reason for a referee to fail a lift and the lifter should be given a warning and told to correct the problem after the lift is over.
- (b) Standard commercial sweat bands may be worn, not exceeding 12cm in width. A combination of wrist wraps and sweat bands is not allowed.
- (c) A wrist covering shall not extend beyond 10cm above and 2cm below the center of the wrist joint and shall not exceed a covering width of 12cm.

KNEE WRAPS

- (a) Wraps not exceeding 2 m in length and 8 cm in width may be worn only in competitions which are designated as Equipped. 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. IPF approved knee sleeves are allowed. A combination of the two is strictly forbidden. Neoprene may be "synthetic rubber, but is only acceptable in the knee sleeve.
- (b) Wraps shall not be in contact with socks or lifting suit.
- (c) Wraps shall not be used elsewhere on the body.

MEDICAL TAPE

- (a) Two layers of medical tape may be worn around 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.



USA POWERLIFTING RAW/UNEQUIPPED STANDARDS

Raw/Unequipped lifting is defined in USA Powerlifting competition as using only the following apparel and accessories as previously described above:

- (a) Non-supportive singlet
- (b) T-shirt
- (c) Briefs (underwear)
- (d) Socks
- (e) Belt
- (f) Shoes
- (g) Wrist wraps
- (h) Single-ply neoprene knee sleeves without attaching and/or tightening mechanisms like Velcro, clips, or straps

INSPECTION OF PERSONAL EQUIPMENT

- (a) The inspection of personal equipment for every lifter in the competition may take place at any time (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 they may be worn in competition.
- (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 (signed by the lifter or coach) 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. **[Clarification: If an official notices an illegal item prior to the commencement of the lift, the lifter may remove/replace the illegal item without penalty. This must happen off the platform and the clock, if already running, will not be stopped.]**
- (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 (or American Record in USA Powerlifting competitions) 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.
- (j) Referees and the Technical Controller for their particular bodyweight category must assemble 5 min prior the start of the inspection of personal equipment.

[Clarification: shoes and wrist wraps are the only equipment/apparel allowed to have Velcro]

At state or local competitions, one referee may be assigned for this duty. Further, if no jury is present at a local, state, or regional competition, personal costume items that do not comply with the approved criteria should be noted on the lifter's registration card and signed by the referee.



SPONSOR'S LOGOS FOR INTERNATIONAL/REGIONAL COMPETITIONS (IPF AND MEMBER NATIONS)

Over and above manufacturers logos and emblems listed on the “Approved List of Apparel and Equipment for Use at IPF Competitions”, a nation or lifter may apply to the IPF Secretary General for permission for an additional logo or emblem to be listed as approved for display on items or personal equipment, for that applicant nation or lifter only. Such logo or emblem applications must be accompanied by a fee of an amount determined by the IPF Executive. The IPF, via the Executive, may approve the logo or emblem, but shall have the right to decline approval should, in the Executive’s opinion, the logo or emblem compromise any commercial interest of the IPF or to fail to meet standards of good taste. The Executive shall also have the right, in its approval, to limit the size. or position on any item of personal equipment, or a logo or emblem. Any approval given shall remain in place from the date of that approval through the remainder of that calendar year and for the whole of the following calendar year, after which time a further application and fee payment must be made if the logo or emblem to remain approved. Logos or emblems approved under this rule shall be listed in an addendum to the “Approved List of Apparel and Equipment for Use at IPF Competitions”; also the IPF Secretary General shall issue a letter of approval to successful applicants, that letter illustrating the approved logo or emblem and stating the date of approval and any limitations on the approval, such letter being acceptable proof for Referees at competitions of a valid approval.

The logos or emblems of manufacturers not on the “Approved List of Apparel and Equipment for Use at IPF Competitions” nor on the addendum of approved logos or emblems established by this rule “Sponsor’s Logos”, may be worn only on t-shirts, shoes or socks, where the logo or emblem is printed or embroidered and is no more than 5 cm x 2 cm in size.

A lifter may use masking tape generally consistent in color with the item of personal equipment it is applied to, obscure a non-approved logo or emblem so as to render the item in conformity with the Rules.

Logos for USA Powerlifting National and Regional Competitions

In addition to the Approved Manufacturer logo, one logo may be worn on the lifting suit and/or T-shirt in national or local level competition representing the USA Powerlifting national organization, the lifter’s USA Powerlifting registered club/team, or the lifter’s USA Powerlifting regional/state logo.

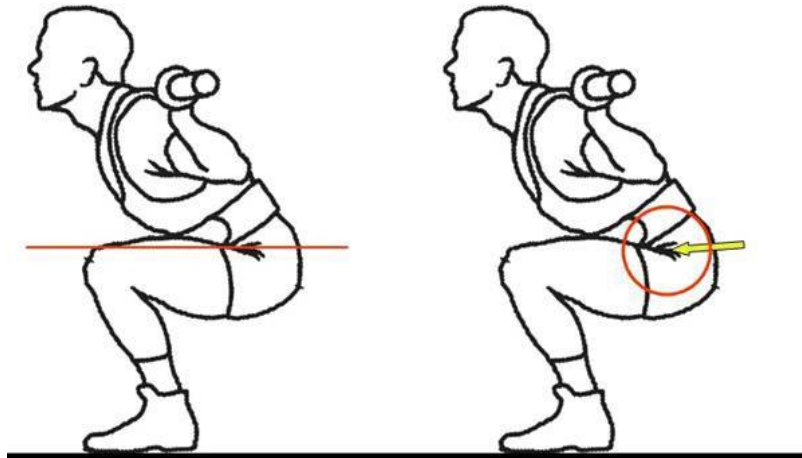
GENERAL

- (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. Not 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 to include 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.
- (e) Light protective guards between sock and shin may be worn.

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. [Clarification: For the purpose of this rule, the thumbs are not considered fingers and a “thumbless” grip is allowed in the squat] 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 (slight deviation is allowable) with knees locked 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.
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 return the bar to the racks. Foot movement after the rack signal will not be cause for failure. 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 5 and not less than 2 spotter/loaders shall be on the platform at any time. The Referees may decide to the number of spotter/loaders required on the platform at any time 2, 3, 4, or 5.



The figure above indicates the required depth for the squat.



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 or moving the feet laterally. 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 (see diagram on the following page).
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any items outlined under "Rules of Performance" for 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.
The Chief referee shall position himself on the head side of the bench press rack.
2. The lifter must lie on his back with head, [see Addendum 2] 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. Foot movement is permissible but must remain flat on the platform. ~~The hair must not hide the back of the head when lying down on the bench. The Jury or Referees may require the lifter to affix his/her hair accordingly.~~ [see Addendum 2]
3. To achieve firm footing the lifter may use flat surfaced plates, or blocks not exceeding 30cm in total height and a minimum dimension of 60cm x 40cm, to build up the surface of the platform. Blocks in the range of 5cm, 10cm, 20cm, and 30cm should be made available for foot placement at all international competitions.
4. Not more than five and not less than two spotters/loaders shall be on the platform at any time. 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 arms' length. [Clarification: If receiving a hand-off in the bench press, it must be given by the platform staff member designated for hand-offs; lifters may not receive hand-offs from coaches, friends, other lifters, etc.]
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). 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 straight arms 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 "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.
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 or abdominal area (the bar shall not touch the belt), hold it motionless on the chest, after which the Chief referee will signal the audible command "Press". The audible command "Press" will be accompanied by a visible signal - an upward movement of the arm. The lifter must then return the bar to straight arms' length elbows locked. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referee's command is "Rack." [Clarification: The bar may be pressed up unevenly and one arm may lock out before the other one provided there was no downward movement of the whole of the bar at any point after receiving the press command]



RULES FOR THE DISABLED COMPETING IN USA Powerlifting AND IPF SINGLE-LIFT BENCH PRESS COMPETITIONS

Bench press championships shall be organized without a special division for disabled lifters e.g. blind, sight impaired, mobility impaired. 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 WEIGHING IN item 5. 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.

Note: The above paragraph is the current wording in the IPF rulebook. As of January 1, 2021, USA Powerlifting introduced two new divisions: para bench and adaptive athlete. For descriptions, policies/procedures, and technical rules of performance for these two divisions in USA Powerlifting, please see the [descriptions on the national website here](#).

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, **[see Addendum 2]** shoulders, or buttocks, from the bench, or lateral movement of hands on the bar, or raising of the feet.
3. Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
6. Failure to press the bar to straight arms’ length elbows locked 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. **Lifting of the feet is not allowed. Foot movement is permissible but must remain flat on the platform.**
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.

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. **[Clarification: Prior to the lifter's bona fide/deliberate effort to raise the bar to commence the deadlift attempt, the lifter may roll the bar on the platform and/or shake the bar. It will be the referees' discretion to determine whether or not a bona fide/deliberate attempt to raise the bar occurs.]**

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 or moving the feet laterally. Rocking of the feet between ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
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 figure to the right shows a description of supporting the bar on the thighs.



WEIGHING IN

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.

1. 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.
2. The weigh-in period will last one-and-a-half hours.
3. 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 or place a paper towel on the scale platform.
4. 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 both sexes are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional 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.

Note: The above paragraph (Item #4) is the current wording in the IPF rulebook. As of January 1, 2021, USA Powerlifting introduced two new divisions: para bench and adaptive athlete. For descriptions, policies/procedures, and technical rules of performance for these two divisions in USA Powerlifting, please see the [descriptions on the national website here](#).

5. 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. 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.
6. A lifter may only weigh in the category in which he was nominated 21 days prior to the meet date. In the case where groups are formed in a particular weight class the B and C groups may lift at a separate and earlier time to the A group. Where groups lift at separate times in this way the A group must have a minimum of 8 (eight) and a maximum of 14 (fourteen) lifters.
7. 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 the check by the lifter or coach. A copy of this official document goes to the Jury, Speaker, and Platform Manager.



USA Powerlifting Local, State, Regional, and National Championship Weigh-in Policies

Where there are multiple flights lifting in a session, flights will be weighed in the order in which they lift. The lot numbers assigned to the first flight will be lower than the numbers for the second flight and so on. All lifters in the 1st flight who are present when called will have one opportunity to weigh before lifters in the 2nd flight – this rule will apply for succeeding flights. Lifters who were absent when called to the scale will weigh in after all the lifters who were present.

For local, state, and regional meets, each lifter will have the option of changing weight classes up or down from that in which he was originally entered. 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 start of the weigh-in for his new bodyweight class. If he wishes to move up, the lifter must also report to the Chief Referee of his original class, ten minutes before the start of the weigh-in for that class in order to be excused. If a lifter changes classes and lot numbers are already assigned, then the new will get the lowest lot number. The lifter may go up in weight class 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 class or the original qualifying total does not allow the athlete to move up, the lifter must produce irrefutable evidence of a total made in the new class during the preceding twelve months.

For local, state, and regional meets, lifters who are outside the limits of the weight class they originally entered, have the option to change weight classes during weigh-in, if the weigh-in for the new class is not over and they have met the qualifying total requirements in the preceding paragraph. If the weigh-in for the new class is in a later session, the lifter must report to the Chief Referee ten minutes prior to the start of that weigh-in.

Example A - A lifter entered in the 93kg class wishes to lift at 83kg. He must present himself to the Chief Referee of the 83kg session ten minutes before the start of the weigh-in for that class.

Example B - A lifter entered in the 93kg weighs 96kg when he is weighs in. He decides to move up to the 105kg class. If the lifter has proof of qualifying in the higher weight class, he may move up. If the 105kg class lifts in a later session, he must report to the Chief Referee of the 105kg category ten minutes before that weigh-in commences and state that he wishes to move up into the 105kg class. It is the responsibility of the lifter to show he has met the qualifying total for the new weight class.

In the case where flights are formed (e.g., A, B, and C) in a particular weight class, and the A and B flight lift earlier in the day compared to that of the C flight, any lifter moving up from his original weight class must present himself ten minutes before the scales open for his original class and inform the officials of his intentions. Any lifter changing weight classes will be placed in the 1st flight to lift of the new weight class.

Effective June 19, 2019: For national meets, any change in nominated weight class must be made no later than 14 days prior to the first day of the meet. No weight class changes are allowed after the 14-day deadline. If the lifter fails to make weight at the meet, the lifter will be allowed to lift as a guest lifter and will lift with others in their originally nominated weight class.

Youth lifters (i.e., lifters aged 8-13 years) must be accompanied by a parent, guardian, or coach at the weigh-in and must be weighed in wearing a singlet and T-shirt. A minimum of two officials must be present in the weigh-in room when weighing in lifters under the age of 18.



USA Powerlifting Drug Testing Policies

Minimum age for drug testing is 14 years old. Athletes who are minors (not yet the age of 18 years) must be notified in the presence of an adult (any person age 18 or older) and accompanied by a chaperone or representative throughout the entire sample collection session. If the minor cannot produce an adult chaperone or representative, the doping control officer shall have a third-party adult representative present during the process. The chaperone or representative shall not witness the passing of the urine unless requested by the minor athlete, rather shall observe the doping control officer who is observing the sample collection.

Competition in USA Powerlifting 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. A minimum of 10% of the lifters in any competition will be selected for testing. When determining the number of lifters to be tested, the number must always be rounded up. For example, if there are 41 lifters in a meet, 5 drug tests must be performed; if there are 40 lifters, 4 drug tests must be performed. Lifters not eligible for drug testing (i.e., youth lifters and Special Olympians) will not be counted in the 10% testing requirement calculation. Lifters who bomb out may be tested.

USA Powerlifting sanctioned competition must include drug testing using the USA Powerlifting recognized testing procedures for drug detection (i.e., urinalysis) and must be evaluated by a USA Powerlifting 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 USA Powerlifting sanction in addition to the IPF sanction for the international contest will be covered under USA Powerlifting insurance and will be eligible for the drug testing reimbursements.

NOTIFICATION OF DRUG TESTING DURING A COMPETITION

At all USA Powerlifting competitions, a "Drug Testing Notification Form" should be signed by the athletes immediately after they are informed they will be drug tested. Lifters chosen for testing will be notified after they have finished lifting. Refusal to test, failure to show after notification, and leaving the venue to avoid notification are all considered drug test failures. Lifters who want to leave the venue before the end of the contest (bench only lifters in a 3-lift meet, lifters who bomb or get injured) must check with the drug testing official(s) before departure.

ATHLETE DOPING CONTROL RESOURCES

USA Powerlifting follows the guidelines of the IPF. For a complete set of the IPF/USA Powerlifting rules and anti-doping resources for coaches and athletes, please see the IPF website at the following link: <https://www.powerlifting.sport>. In addition, it is the policy of the USA Powerlifting/IPF that the athlete is responsible for what they put in their body. Some common over-the-counter medications can cause a positive drug test, resulting in suspension of the lifter. Anti-doping resource links:

- www.usantidoping.org. List of banned substances and 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.
- [Global DRO](#) (Check medications), Sport - "Weightlifting", User Type - "Athlete, Nation of Purchase - "USA"
- ["Supplement 411"](#) Information about Supplements and Supplement app
- [WADA Prohibited List](#)



ORDER OF COMPETITION

THE ROUND 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 (illustrated below) 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 on the following page. 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 competition a card similar to that of the deadlift will be used.

SPEAKER'S CARD					
Name, Surname:			Birth date:		
Nation:		Bodyweight:		Class:	
IPF formula (see Addendum 1):			Lot number:		
Signature: lifter / coach					
Discipline	1 st attempt	2 nd attempt	3 rd attempt	Best attempt	
Squat					
Benchpress					
Subtotal					Subtotal
Deadlift					
Grouping: 1, 2, 3, 4, 5		Placing:	IPF points:		Total

ATTEMPT CARDS

SQUAT		
NAME:		
<input type="text"/>	<input type="text"/>	<input type="text"/>
1st	2nd	3 rd
Signed:		

Chosen weight

BENCH PRESS		
NAME:		
<input type="text"/>	<input type="text"/>	<input type="text"/>
1st	2nd	3 rd
Signed:		

Coach or Lifter

DEADLIFT		
NAME:		
<input type="text"/>	<input type="text"/>	<input type="text"/>
1st	2nd	3 rd
	<input type="text"/>	<input type="text"/>
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. In single lift Bench Press Championships groups of up to twenty may be formed. 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.
- (c) 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.
- (d) 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. Three 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.
- (e) 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 (h), and then only at the end of a round.
- (f) 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 lifter's originally chosen weight and the lifter having been called to the bar by the speaker.

Example: Lifter A with lot number 5 puts in 250.0kg
Lifter B with lot number 2 puts in 252.5kg

Lifter A fails with 250.0kg. Can Lifter B drop the weight to 250.0kg to win?

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

- (g) If unsuccessful with an attempt, the lifter may not follow himself, but must wait until the next round before he can attempt that weight again.
- (h) 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 (the rest time plus the usual 1 minute for the attempt) 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. In the third round of deadlift (and third round of bench press in single-lift bench press championships), if a lifter for any reason gets a new extra attempt by the jury (e.g., wrongly loaded bar, spotter error, or equipment failure), the lifter will be granted a further attempt at the correct weight and the lifter must follow him/herself.

- (i) 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 three minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within three 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.
- (j) 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 2.5kg 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.
- (k) 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.
- (l) 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.
- (m) 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 (m) above for the deadlift apply equally here.
- (n) 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.
- (o) When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. 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. After the end of each discipline (squat, bench press) consisting of more than one group, a time interval of 10 minutes is to be given between the disciplines. The 10-minute clock will start once the equipment has been prepared and the bar has been loaded with the weight of the first attempt of the next discipline.

For USA Powerlifting regional and national championships, attempt cards may be handed out at Weigh-in or may be supplied at the scorer's table during the competition. In state and 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 USA POWERLIFTING AND IPF COMPETITIONS

Note: This section contains numerous regulations and standards that do not apply to local and state level USA Powerlifting competitions. The shaded boxes below each section make note of these differences.

The Technical Committee with the cooperation and assistance of the organizer will appoint the following officials:

- Speaker/Announcer; should be either a national or international referee who is able to converse in English and the language of the host nation.
- Technical Secretary; an International Referee preferably able to converse and write in English and that of the host nation.
- Time Keeper (a qualified referee).
- Marshals/Expeditors.
- Scorers.
- Spotters/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. Athletic shorts may be worn in hot weather on the ruling of the jury. Additional officials may be appointed as required (e.g., doctors, paramedics etc.).
- Technical Controller (a qualified international referee at International meets).
- Additional officials may be appointed as required, e.g. doctors, paramedics etc.



For state and local 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 instance, the head referee may also serve as the time keeper.

RESPONSIBILITIES OF THE OFFICIALS

- (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 state and local 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 state/local competitions. It is assumed the meet director and/or state chair will assign the officials and their duties.

- (g) 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 spotters/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 to "Referees" item 3. In the deadlift, the start is when the lifter makes a determined attempt to raise the bar.

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.

- (h) 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.
- (i) Spotters/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 spotters/loaders on the platform. When the lifter prepares for his attempt, the spotters/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 spotters/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.

- (j) The Technical Controller will ensure that the lifter is that as announced and properly attired before mounting the platform. He/she must also attend the equipment control. **Clarification: The technical controller must also ensure the lifter/staging area near the platform is clear and not overly crowded.**

Note: The Drug Testing Committee will assign Doping Control personnel for all national meets. The Drug Testing Committee also holds the responsibility for Doping Control Training Seminars at national competitions.

A Technical Controller is not necessary at state and local competitions. It is assumed the referees will perform this duty.

MISCELLANEOUS RULES (LOADING ERRORS, MISCONDUCT, APPEALS, ETC.)

1. During any competition taking place on a platform or stage, only the lifter and his coach, members of the Jury, officiating referees, spotters/loaders and the Technical Controller will be allowed around the platform or on the stage. During the execution of the lift, only the lifter, spotters/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. The coaching area must be made in such a way that allows the coach to place himself with a good view to the lifter with the possibility to give instructions and signals to the lifter regarding technical details (e.g., depth in squat). Dress code for Coaches at international events shall be national team tracksuit plus team or IPF approved T-shirt, or sport shorts plus team or IPF approved T-shirt and the coach must adhere to this code failing which on the ruling of the Technical Controller or Jury it may result in the Coach being excluded from the event warm up room and competition surrounds. The coach area should be on a distance of no longer than 5 meters from the stage and it should be longer than the lifting stage that permits a walking area for the coach to see the lift from any side, back or side front angle.
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 2.5kg. Unless attempts are made on squat, bench press, or deadlift records, the progression must be at least 2.5kg between all attempts.
 - (a) In an American or World record attempt, the weight of the barbell must be at least 0.5kg in excess of the current record.
 - (b) During the course of a competition a lifter may request a record attempt that is not a multiple of 2.5kg. 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 2.5kg for record attempts in the championship in which he is competing (e.g., a Master lifting in an open competition cannot take less than 2.5kg to achieve Master's records).
 - (e) In the event of a weight posted for the following round, which is not a multiple of 2.5kg (or 5lb in a Local or State/Regional competition) to exceed a record, the weight will be reduced to the nearest multiple of 2.5kg or 5lbs, should a fellow competitor have exceeded this weight in the previous round.

Example 1: The current record is 302.5kg. Lifter A squats 300kg in the first round, then posts 303.5kg. Lifter B squats 305kg in the first round. Lifter A's second attempt now is reduced to 302.5kg.

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

State and local meets may not have access to kilogram plates. In the event of a weight posted for the following round which is not a multiple of 5lb to exceed a record, the weight will be reduced to the nearest multiple of 5lb, should a fellow competitor have exceeded this weight in the previous round.

Youth Lifters are allowed attempt changes as small as 1kg or 2.5 lb during bench press if plates lighter than 1.25kg/2.5 lb are available.

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 2.5kg, then the lower closest, multiple of 2.5kg 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 if he makes bona fide attempts on each of the lifts (i.e., weights attempted must be within his reasonable capabilities). If this is questionable the Jury will decide.
 7. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotters/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 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 unanimous 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 (\$100.00 USD) 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.
14. The coach is forbidden to slap or strike a lifter in front of the audience and/or media.



REFEREES

REFEREE RESPONSIBILITIES/PROTOCOL

1. The referees shall be three in number, the Chief Referee or Center Referee and two side referees. Their International Referee Cards should be in date, and that of the Technical Controller, and placed on the Jury Table.
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". <u>During:</u> The audible command "Press" after motionless at the chest and the visible signal of an upward movement of the	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"
When a lifter fails to complete a squat or a bench press, the command is "rack."		

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 light for "no lift". The cards will then be raised to indicate the reason for the "no lift". A yellow failure card is required for an obviously failed attempt. Examples: spotters "catch" the bar or a deadlift attempt fails to leave the floor.

[Clarification: A referee must see an infraction in order to give a red light (no lift). In cases where part of the attempt was obscured from the referee's view (e.g., spotter blocked the view) or the referee was not 100% certain that an infraction occurred, the benefit of the doubt must always go to the lifter and a white light (good lift) must be given.]

5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform in a range not farther than 4 meters 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. If a referee changes positions (e.g., moves from the side chair to the head chair) **or needs to be replaced by a different referee**, this change should occur during the transition between disciplines (e.g., between squat and bench press).

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 and currently certified ("currently certified" to mean within the past 12 months for IPF and 24 months for USA Powerlifting).
 - (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 the last attempt).
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. **[Clarification: If both side referees have put their arms down (indicating the lifter is in the correct starting position) prior to the start of a squat or bench press, the chief referee MUST give the start command even if the chief referee does not believe the lifter is in the correct starting position. In any case where one referee does not believe the lifter was in the correct starting position but the lifter was given the start command because the other two referees believed the proper starting position had been achieved, the referee who thought there was a fault must lower their arm at the commencement of the lift and MUST give a red light at the end of the lift with the appropriate color card/light that reflects the starting position fault]** 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/Technical Controller not the spotters/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 can be selected to adjudicate in a contest where more than one nation competes, and the nation the referees represent has no lifters nominated for the Championship. If a category consists of more than one group, all groups should have the same referees. If a change of referees is necessary the change should be made between the disciplines, so that all lifters have the same referees in the same discipline.
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. All nominated referees attending a championship must be available for at least two days.
18. At National and World Championships, referees and members of the Jury will be uniformly dressed as follows:

Men (Winter):	Dark blue blazer with appropriate IPF badge on left breast, proper grey trousers (not jeans) with a white shirt and appropriate IPF tie.
Men (Summer):	Proper grey trousers (not jeans) with a white shirt and appropriate IPF tie.
Women (Winter):	Dark blue blazer with appropriate IPF badge on left breast, proper grey skirt or trousers (not jeans) and a white blouse or shirt and appropriate scarf/tie.
Women (Summer):	Proper grey skirt or trousers (not jeans) and a white blouse or shirt.

At state and local competitions, the referee dress code is khaki slacks and a USA Powerlifting polo shirt. Referees may also follow national and world championship dress codes if they choose.

Note: IPF badges and scarf/ties are red for Category I referees and blue for Category II referees. The Jury shall determine whether winter or summer dress will be worn. Shoes known as “trainers” do not compliment blazer and trousers! Dress/Day wear black shoes and black socks must be worn.



19. Category II: The 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 and practical examination at a World Championship, Continental Championship, or Regional Championship.
 - (d) Must achieve a passing score of 90 percent or more on both written and practical examinations.
20. Category I: 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 and written/computer 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 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.
 - iv. Knowledge of English language.
 - (h) A requirement of the Category I candidate is that he/she is able to converse in English to a standard that will allow complete comprehension in disputes, particularly when asked to partake in jury duty. In this respect, the examiners will decide the proficiency of the candidate. If a candidate passes his/her Cat I examination but cannot speak English he/she will be a Regional Cat I Referee and can only be in the Jury at Regional and National Meets.
21. 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 referees within the various nations



22. IPF Testing Procedures are as follows:

(a) Category II

A written / computer examination in English Language 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/computer examination during the competition, the candidate will be side referee and will adjudicate a total of 100 attempts, 40 of which must be squats. The candidate must be scrutinized by the Jury and score at least 85 percent on all his decisions when compared with a majority of the scrutinizing referees. Adjudication will begin with the first round attempts. The written/computer and practical Category 2 examinations will be held only in conjunction with international or regional Powerlifting championships.

(b) Category I

A practical and a written/computer examination will be given to a candidate at any World Championship (excluding the World Bench Press Championship), Continental Championship, or Regional Championship. 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. Adjudication will begin with the first round attempts.

23. The examination fee shall be paid to the IPF Treasurer 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.

24. 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.

25. A candidate taking a practical examination will be scrutinized by the Jury to determine his success or failure.

26. Upon passing the examination, a referee's date of promotion shall be the date of the examination.

27. Candidates who fail the examination are allowed to retake the examination at the same Championships and need to pay for the examination again.

28. 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) Technical Secretary at an international competition shall send a list in the form of an Excel file to the IPF Referee Registrar of the participant referees immediately after a competition.

(d) A referee's national federation is responsible for sending the necessary 50 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.



- (e) 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.
 - (f) 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.
29. 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.
30. International Referees, both Category 1 and 2, must have refereed a minimum of two international powerlifting or bench press championships and two National Powerlifting Championships during the previous four-year period between Olympic years in order to be acceptable for re-registration.

Note for USA Powerlifting referees: Candidates interested in applying to sit for the IPF Category 1 or 2 exam must submit an electronic application at least 6 months prior to the intended exam date. The application and a detailed description of the requirements and procedure can be found on the [Technical Committee page of the national website](#). Final approval to sit for an IPF referee exam is contingent on the candidate passing a written proficiency exam (administered by USA Powerlifting Technical Committee at national events upon request).

USA Powerlifting referee qualifications, certifications, and testing procedures
<p><u>USA Powerlifting State Referee</u></p> <p>State officiating tests are administered by the USA Powerlifting State Chairperson, upon request. They are evaluated by the appointed member of the Referee's Committee. Requirements for taking the state referee test are:</p> <ol style="list-style-type: none">1. Candidates must be a minimum of 18 years of age. Candidates must be current members of USA Powerlifting. 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 (passing score = 80%) and practical (passing score = 90%) portions of the test5. When necessary, re-test arrangements may be made after a minimum of six weeks following the previous test date.

See Addendum 1 regarding changes to referee exam requirements, procedures, etc.



USA Powerlifting referee qualifications, certifications, and testing procedures

USA Powerlifting National Referee

National officiating tests are administered at all National and Regional Championships. 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 USA Powerlifting. 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 a minimum of 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 (i.e., a three-lift contest).
6. Candidates must have demonstrated proficiency in all referee duties (equipment check, weigh-in, score table, platform judging, drug testing).
7. 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.
8. **Interested candidates must submit an electronic application at 30 days prior to the intended exam date. The application and a detailed description of the requirements and procedure can be found on the [Technical Committee page of the national website](#).**
9. Candidates must pass the written and practical sections of the 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.
10. When necessary, re-test arrangements may be made after a minimum of six weeks following the previous test date.
11. 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.



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 or five Category 1 referees. In the absence of a member of the Technical Committee, the most senior member of the three or five shall be designated President of the Jury. The five-man jury can be installed only at the World Games or Men's and Women's Open Championships in Powerlifting.
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 unanimous jury vote, reverse the decision. Only 2-to-1 referees' decisions can be considered by the jury.
10. The members of the Jury will be positioned to ensure an unimpeded view of the competition.
11. 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.
12. The selection of lifters for drug testing shall always be made by the Doping Commission.
13. 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.
14. The referees' cards will be signed at the completion of the weight class.



At all USA Powerlifting events with a jury present, the Jury is required to use the “USA Powerlifting Jury Decision Sheet” to document the reasons for:

- granting a new attempt
- overturning the decision of platform referees
- replacing a referee
- disqualification/removal of lifter or coach

The jury decision sheet will be a part of the Technical Secretary’s forms and will be returned to the USAPL office with the official score sheets and a copy provided to the Referee Committee.

Note: A copy of the USA Powerlifting Jury Decision Sheet can be found in Appendix B

TECHNICAL COMMITTEE

1. Will consist of a Chairman (who shall be a Category I referee elected by the General Assembly 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. Appoints the Chief Referee, side referees and the jury for the Championships. May also appoint referees who are present and not nominated by their nation and available in case of insufficient referees.
4. Trains and instructs referees who have not yet reached the national or international level and re-examines those who have already reached that level.
5. Informs the USA Powerlifting Referee Committee Chair and/or the IPF General Assembly, President and General Secretary via the Referee Registrar as to which referees are eligible to referee after examination or re-examination.
6. 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.
7. Makes proposals to the USA Powerlifting Executive Committee or the IPF General Assembly for the withdrawal of an international referee’s card when it deems such action necessary.
8. Publishes via the Executive, material of a technical nature that deals with training methods and performance of competition lifts.



9.

- (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.

USA Powerlifting Technical Committee Decisions are subject to approval of the USA Powerlifting Executive Committee and/or IPF Congress for international competitions.
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RECORDS

USA POWERLIFTING AMERICAN RECORDS

1. Certification (see American Record Application Form, www.USAPowerlifting.com) of the following is required for the recognition of an American record:
 - Record-setting lift: the official American Record Application 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.
 - Meet sanction: a copy of the meet sanction must accompany the record application.
 - Accuracy of scales used in the meet: a copy of the scale certification must accompany the record application. Meet scale must have been certified within 24 months prior to the contest date.
 - Contest results: a copy of the contest results must accompany the record application.
 - Age group records (i.e., Youth, Master, Teen, Junior, and Collegiate) refer to Item 10.
 - Collegiate records refer to Items 11 & 12.
2. The American record attempt must exceed the existing listed record by a minimum of 0.5kg (or 1.1lb) in order for the lifter to be credited with the record.
3. Lifters attempting to break a master, teen, or junior record may only take an attempt that is not a multiple of 2.5kg if they are competing in the division for which the record applies.
 - Example A: a 46-year old lifter (i.e., Master 1) who is competing in the *open* division may not attempt to break a *master's* record with an attempt that is not a multiple of 2.5kg.
 - Example B: a 46-year old lifter (i.e., Master 1) who is competing in the *master's* division may attempt to break a *master's* record with an attempt that is not a multiple of 2.5kg.
 - Example C: a 46-year old lifter (i.e., Master 1) who is competing in the *open* division may attempt to break an *open* record with an attempt that is not a multiple of 2.5kg.
 - Example D: a 46-year old lifter (i.e., Master 1) who is competing in the *master's* division may attempt to break an *open* record with an attempt that is not a multiple of 2.5kg.
4. American Records can only be set at State, Regional, National and International Championships and Pro Meets (this excludes local level 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 for adjudicating an American Record attempt.
5. **All American record attempts must be adjudicated by three national and/or international referees. In the case of American records in the total, each of the three successful attempts that comprise the total must be adjudicated by three national and/or international referees, regardless of whether or not one or more of the individual lifts is an American record.**
6. Setting of American records:
 - Three-lift American records must be set in full powerlifting meets.
 - 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.
7. A lifter successful in setting an Open American Record must be drug tested to be credited with the record. This includes all geared and raw Open American Records.
8. USA Powerlifting 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 USA Powerlifting President. In the absence of the President, the third official will be selected in the following order: 1) the Drug Testing Officer, 2) the USA Powerlifting 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, then drug testing requirement must be fulfilled.

9. Small discs may be added to the load to increase the actual weight of the American record attempt. Discs smaller than 1.25kg (2.5lb) may be used on any American record attempt. When discs smaller than the 1.25kg 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. Note: Increments less than 2.5kg or 5lbs may be used for American Record attempts only with calibrated weight sets.
10. 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.
11. Immediately after successful completion of an American Record, the lifter will be available for inspection by the three National/International Referees to assure legality of the lifting attire and equipment.
12. For American records set within age constraints (Youth, Master, Teen, Junior, Collegiate), a copy of the lifter's birth certificate (or a copy of a government-issued I.D.) must be part of the record package.
13. 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 in 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.
14. 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.
15. In the event of two lifters breaking either a current individual lift or 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.
16. 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 10) and/or full-time student status for Collegiate records (per Item 10) 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.
17. In the event two or more lifters request the same weight for a new squat, bench press, or deadlift American record, and if the first lifter by lot number succeeds, 0.5 kg will be added by the Computer secretary (if it's not a multiple of 2.5 kg) to the following lifter's (or lifters') attempt to claim the record.



Where the question is of the record in total, the record holder is determined in accordance with item (1d) on page 4 under General Rules of Powerlifting.

18. If a lifter is attempting to set an American record (in squat, bench press, or deadlift) and that lifter for any reason gets a new extra attempt (i.e., relift) by the jury (e.g., wrongly loaded bar, spotter error, or equipment failure), the lifter will be granted a further attempt at the correct weight and the lifter must follow him/herself. Once the bar is loaded to the correct weight for the new attempt, 4 minutes will be placed on the clock and the lifter can begin the attempt whenever they are ready within the 4-minute time period.
19. Attempts of less than 2.5kg may not be taken for the sole purpose of breaking an American total record. Attempts of less than 2.5kg may only be taken for American record attempts in the squat, bench press, and deadlift.

USA POWERLIFTING 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 USA Powerlifting three-lift, two-lift or single-lift meets held in that state and judged by certified State, National, or International referees.
 - (b) During USA Powerlifting sanctioned National Championships judged by National or International referees.
 - (c) During USA Powerlifting Sanctioned Regional Championships judged by certified State, National, or International referees.
 - (d) State records may be set at IPF or NAPF meets. The lifter needs to contact the state chair since the record will not be automatically flagged in the USA Powerlifting database.
3. In order to set a state record, the lifter must be registered with USA Powerlifting in that state. This registration is evidenced by the lifter's mailing address on the USA Powerlifting registration card.
4. The state record attempt must exceed the existing listed record in order for the lifter to be credited with the record.
5. Fractional plates or "chips" may not be used for setting state records (the minimum increment between attempts is 2.5 kg using kilo weight sets and 5 lb when using pound weight sets). However, a lifter that succeeds with an attempt that exceeds the existing state record by at least 0.5 kg/1.1 lb may claim that record.
 - (a) Because USA Powerlifting allows competition using pound plates (many state records are and have been set using pound weights), there are several scenarios where records may be broken by less than 2.5 kg or 5 pounds without using chips
 - Example 1: The existing state record is 90 kg set in a contest using kilo plates. A lifter in a contest using pound plates, attempts and succeeds with 200 pounds. The lift exceeds the current record by almost 2 pounds.
 - Example 2: The existing record, set in a meet using pound plates, is 240 lb. A lifter in a contest using kilo plates lifts 110 kg (242 lb). This lifter has exceeded the record by more than 0.5 kg and claims the record.



- (b) Exception allowed for youth bench press - increments as small as 1kg/2.5 lb are allowed.
- 6. In the event of two lifters breaking either a current individual lift or total record with the same weight, the same procedure outlined in Item #14 in the American record section (p. 58) will apply.
- 7. Setting of state records:
 - (a) Three-lift state records must be set in full powerlifting meets.
 - (b) Single-lift state records may be set in single-lift, two-lift or full powerlifting meets. To receive credit for a single-lift state record the lifter must register a total.

IPF WORLD RECORDS

1. World and international records may only be made at the international competitions. That is, championships sanctioned and recognized by the IPF. World and international records 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 and women's 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Men's and women's 60-69 records exceeding those gained in the 50-59 age group will be included in the 50-59 category and in the 40-49 category and open category if appropriate. Men's and women's 70+ records exceeding those gained in the 60-69 age group will be included in the 60-69 category and in the 50-59 and 40-49 category and open category if appropriate. Likewise, Sub-Junior 14-18 records exceeding those gained in the Junior 19-23 age group will be included in this group (and open category if appropriate). Junior 19-23 records exceeding the open record will be included in the open category if appropriate. (Note: This policy also applies to American Records)
2. Requirements for recognition of a world and international record are as follows:
 - (a) The international competition must be held under the sanction of 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. There must be a three-member Jury.
 - (c) The good faith and competence of referees of all member nations is beyond dispute.
 - (d) Only bars and discs and racks that are listed on the IPF Approved List of apparel and equipment for use at IPF sanctioned competition, as current at the time, may be used in the setting of world and international records.
 - (e) Records on individual lifts must be accompanied by a total of the three lifts. Single-lift bench press records made at a three-lift (i.e., Powerlifting) event do not need to be accompanied by a total but bona fide attempts must be made both on squat and deadlift.
 - (f) In the event two (2) lifters request the same weight for a new record, and if the first lifter by lot number succeeds, 0.5 kg will be added by the Computer secretary (if it's not a multiple of 2.5 kg) to his/her attempt to claim the record. Where the question is of the record in total, the record holder is determined in accordance with item (1d) on page 4 under GENERAL RULES OF Powerlifting.
 - (g) New records are only valid if they exceed the previous record by at least 0.5kg.
 - (h) If a lifter is attempting to set a World record in the deadlift and is placed at the end of the round by virtue of a protest, the remaining lifters in the group attempting the World record will have to increase their attempt by 0.5 kg. If more than one lifter is attempting to set a World record in the same discipline and a lifter gets a new attempt by virtue of a protest, the lifter must follow him/herself.
 - (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 while lifting in a three-lift Powerlifting contest, he may claim the single-lift bench press record if bona fide attempts are made on both squat and deadlift.
- (b) Should a lifter in a single lift bench press contest exceed the three-lift Powerlifting record he cannot claim the three-lift Powerlifting record.

RAW/UNEQUIPPED/CLASSIC LIFTING

In Raw USA Powerlifting competitions, all personal equipment must meet all IPF technical specifications. Additionally, for all USA Powerlifting competitions that are direct qualifiers for international competitions, all personal equipment must be on the IPF Approved List with the exception of team singlets at the High School and Collegiate National Championships.

PERSONAL ATTIRE

SUITS

A non-supportive lifting suit shall be worn for all lifts in competitions which are designated as Classic/Raw and may be worn in competitions which are designated as Equipped (in which a supportive lifting suit may instead be worn). The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.

Only non-supportive suits from manufacturers accepted onto the "Approved List of Apparel and Equipment for Use at IPF Competitions" shall be permitted for use in competitions. In addition, any such non-supportive suit from approved manufacturers must meet all the specifications of the IPF Technical Rules; non-supportive suit from approved manufacturers which breach any IPF Technical Rule shall not be permitted for use in competitions.

The non-supportive lifting suit must conform to the following specifications:

- (a) The suit shall be one-piece and form fitting without any looseness when worn.
- (b) The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- (c) The suit's material shall be of a single thickness, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of crotch.
- (d) There must be legs to the suit, extending a minimum of 3 cm and a maximum of 25 cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.
- (e) The suit may bear the logos or emblems:
 - of the approved manufacturer of the suit
 - of the lifter's nation
 - of the lifter's name
 - as per rule "Sponsor's Logos"

Note: see new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.



Muslim women shall be allowed to wear:

- a tight fit, non-supportive full body suit that covers the legs and the arms
- Hijab (head scarf) while lifting
 - o ~~in bench press, the jury or referees may require the lifter to affix her hair accordingly to the performance of the bench press~~ [see Addendum 2]

T-SHIRT

A t-shirt must be worn under the lifting suit by all lifters in the squat, bench press, and deadlift.

The t-shirt must conform to the following specifications:

- (a) the shirt must be constructed entirely of fabric or a synthetic textile and shall not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers or other than a round neck collar (i.e., shirts may not have a V-neck collar).
- (b) the t-shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- (c) the t-shirt may be plain i.e. of a single/multi-color and with no logos or emblems, or may bear the logo or emblem
 - of the lifter's nation
 - of the lifter's name
 - of the lifter's IPF region
 - of the event in which the lifter is competing
 - as per the rule "Sponsor's Logos"

Note: see new rule (effective 10/6/19) on emblems/logos/designs on p. 22 in the gray box.

BRIEFS

A standard commercial "athletic supporter" or standard commercial underwear of any mixture of cotton, nylon or polyester must be worn under the lifting suit. See Appendix A for examples of allowable and non-allowable underwear. Women may also wear a commercial or sports bra. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume. Any supportive undergarment is not legal for use in IPF competition.

SOCKS

Socks may be worn. See Appendix A for examples of allowable and non-allowable 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 sleeves.
- (c) Full length leg stockings, tights or hose are strictly forbidden.
- (d) Shin length socks must be worn to cover and protect the shins while performing the deadlift.
- (e) Socks may not be in contact with the knee and cannot be worn over the knee.



BELT [SEE ADDENDUM 2]

Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit. ~~Only belts from manufacturers accepted onto the “Approved List of Apparel and Equipment for Use at IPF Competitions” shall be permitted for use in competitions. See Appendix A for examples of non-allowable belts.~~

~~MATERIALS AND CONSTRUCTION:~~

- ~~(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.)~~
- ~~(e) A tongue loop shall be attached close to the buckle by means of studs/or stitching.~~
- ~~(f) The belt may be plain i.e. of a single or two or more colors and with no logos, or may bear the logo or emblem
 - ~~— of the lifter’s nation~~
 - ~~— of the lifter’s name~~
 - ~~— as per the rule “Sponsor’s Logos”~~
 - ~~— in national and lower level contests only, the lifter’s club or individual sponsor, where the logo or emblem has not otherwise been approved by the IPF.~~~~

~~DIMENSIONS: [SEE ADDENDUM 2]~~

- ~~(a) Width of belt maximum 10 cm.~~
- ~~(b) Thickness of belt maximum 13 mm along the main length.~~
- ~~(c) Inside width of buckle maximum 11 cm.~~
- ~~(d) Outside width of buckle maximum 13 cm.~~
- ~~(e) Tongue loop maximum width 5 cm.~~
- ~~(f) Distance between end of belt and far end of tongue loop maximum 25 cm.~~

FOOTWEAR

Shoes or boots shall be worn. See Appendix A for examples of allowable and non-allowable footwear.

- (a) Shoes shall be taken to include only indoor sports shoes/sports boots; Weightlifting/Powerlifting boots, or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball. Hiking boots do not fall into this category
- (b) No part of the underside shall be higher than 5 cm.
- (c) The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design.
- (d) Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.
- (e) Socks with a rubber outside sole lining are not allowed in the squat, bench press, or deadlift.

Note: Shoes with individual toes have been specifically banned by the IPF.



WRIST WRAPS

- (a) Wrist wraps as featured on the IPF Approved list may be worn.
- (b) Standard commercial sweatbands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweatbands is not allowed.
- (c) 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 width of 12 cm.

KNEE SLEEVES

Sleeves, being cylinders of neoprene, may be worn only on the knees by the lifter in the performance of any lift in competition; sleeves cannot be worn or used on any part of the body other than the knees.

Only knee sleeves from manufacturers accepted onto the “Approved List of Apparel and Equipment for Use at IPF Competitions” shall be permitted for use in competitions. In addition, any such sleeves from Approved Manufacturers must meet all the specifications of the IPF Technical Rules; knee sleeves which breach any IPF Technical Rule shall not be permitted for use in competitions.

Knee sleeves must conform to the following specifications:

- (a) The sleeves must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeves may not be such as to provide any appreciable support or rebound to the lifter’s knees;
- (b) Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm;
- (c) Knee sleeves shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material;
- (d) When worn by the lifter in competition, knee sleeves must not be in contact with the lifter’s suit or socks and must be centered over the knee joint.

MEDICAL TAPE

- (a) Two layers of medical tape may be worn around 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.



INSPECTION OF PERSONAL EQUIPMENT IN COMPETITIONS DESIGNATED AS CLASSIC/RAW

In competitions designated as Classic/Raw, the lifter shall present all items of Personal Equipment to the Referees conducting the weigh-in for their class, during that weigh-in. Any items not meeting the specifications of the Technical Rules, or considered by the Referees to be unclean or torn shall be rejected at that point and the lifter shall have the option of re-submitting alternative items. During the conduct of the competition the Technical Controller shall also examine items of personal equipment worn by lifters in the warm up or preparation areas and shall reject any items not meeting the specifications of the Technical Rules. The Technical Controller shall also reject any knee sleeves that have been put on the lifter with the assistance of any other person or method, such as the use of plastic slidings, the use of lubricants and so on. Should a lifter go onto the lifting platform and/or perform a competitive lift wearing an item of Personal Equipment not meeting the specifications of the Technical Rules, the Referees shall proceed according to rule "Referees" 6 (d). Referees and the Technical Controller for their particular bodyweight category must assemble 5 min prior the start of the inspection of personal equipment

SPONSOR'S LOGOS

Over and above manufacturers logos and emblems listed on the "Approved List of Apparel and Equipment for Use at IPF Competitions", a nation or lifter may apply to the IPF Secretary General for permission for an additional logo or emblem to be listed as approved for display on items or personal equipment, for that applicant nation or lifter only. Such logo or emblem applications must be accompanied by a fee of an amount determined by the IPF Executive. The IPF, via the Executive, may approve the logo or emblem, but shall have the right to decline approval should, in the Executive's opinion, the logo or emblem compromise any commercial interest of the IPF or fail to meet standards of good taste. The Executive shall also have the right, in its approval, to limit the size, or position on any item of personal equipment, or a logo or emblem. Any approval given shall remain in place from the date of that Approval through the remainder of that calendar year and for the whole of the following calendar year, after which time a further application and fee payment must be made if the logo or emblem is to remain approved. Logos or emblems approved under this rule shall be listed in an addendum to the "Approved List of Apparel and Equipment for Use at IPF Competitions"; also the IPF Secretary General shall issue a letter of approval to successful applicants, that letter illustrating the approved logo or emblem and stating the date of approval and any limitations on the approval, such letter being acceptable proof for Referees at competitions of a valid approval.

The logos or emblems of manufacturers not on the "Approved List of Apparel and Equipment for Use at IPF Competitions" nor on the addendum of approved logos or emblems established by this rule "Sponsor's Logos", may be worn only on t-shirts, shoes or socks, where the logo or emblem is printed or embroidered and is no more than 5 cm x 2 cm in size.

A lifter may use masking tape generally consistent in color with the item of personal equipment it is applied to, obscure a non-approved logo or emblem so as to render the item in conformity with the Rules.

APPENDIX A – PERSONAL EQUIPMENT

Underwear / Briefs:



Socks:



OK for Squat & Bench. Too short for deadlift.



Required "shin length" for deadlift

Footwear:



Not Approved



Approved



APPENDIX B – JURY DECISION SHEET

Name of Competition: _____ Location: _____

Meet director: _____ Date: _____

Name of Athlete, Coach, or Official filing the protest: _____

Event: Squat Bench Deadlift (circle one) Attempt: 1 2 3 (circle one)

Nature of protest or reason for jury action (Note: the jury may act to correct a mistake even if no protest is filed.)

Referees' Decisions:

Chief: _____ white / red failure card 1 2 3

Side: _____ white / red failure card 1 2 3

Side: _____ white / red failure card 1 2 3

Majority Decision and Rationale:

Name

Signature

Agree/Disagree (jury) _____

Agree/Disagree (jury) _____

Agree/Disagree (jury) _____

Agree/Disagree (ref) _____

Agree/Disagree (ref) _____

Agree/Disagree (ref) _____

(Use reverse side for additional comments if necessary)

Affected Athletes/Coaches/Managers/Officials notified of this decision: yes / no (circle one)



ADDENDUM 1

(In Effect March 22, 2022)

Background: In late 2021, USA Powerlifting parted ways with the IPF. Up until this point, the vast majority of the USA Powerlifting rulebook was based on the IPF rulebook. With USA Powerlifting no longer a part of the IPF, it was decided that the USA Powerlifting rulebook would undergo a complete revision and reformatting. The goals of the project are as follows:

1. Eliminate all references to the IPF as well as rules/policies that pertain to the IPF.
2. Format the rulebook in a hierarchical numerical outline similar to other sports' rulebooks; with this, any part of the rulebook can easily be referenced by a number that will not change over time like page numbers will.
3. Fix various problems that exist in the current rulebook.
4. Make changes to certain rules.

This is a very long, detailed, and tedious process that involves a thorough review by all members of the Technical Committee. With each person's review comes a commentary and discussion. Once the Technical Committee has finalized their version, it will be sent the Executive Committee for a thorough review and commentary. Owing to the nature of this whole process, it is unknown when a final version will be approved, made public, and put into effect. That being the case, this "intermediate update" is being made to inform lifters, referees, etc. of the major rule changes that have occurred and that are now in effect.

Rule Changes Currently in Effect

1. Formula. The IPF formula will no longer be used in any USA Powerlifting competition. The formula that is to be used is DOTS which is similar to other powerlifting weight-based formulas (Wilks, IPF, Goodlift). [A description of DOTS can be found here.](#) [A DOTS calculator can be found here.](#)

2. "Approved Equipment." There are no longer any requirements for equipment/apparel used/worn in USA Powerlifting competition to be on the IPF Approved List. With the exception of METAL ([see here for background](#)), there are no restrictions to brands that may be used/worn. However, all equipment/apparel must meet the stated specifications as defined in this rulebook. A USA Powerlifting Approved List for supportive equipment (i.e., squat suits, bench press shirts, and deadlift suits) is currently in development. In the meantime, the only bench press shirts and squat/deadlift suits approved for USA Powerlifting are those currently listed on the IPF Approved List.

3. Referee Testing: Requirements and Procedures. The Technical Committee has created a comprehensive document containing all exam requirements and procedures for all referee levels. This is meant to be a resource both for referee candidates as well as state chairs and those administering the exams. It is posted on the Technical Committee portion of the national website (<https://www.usapowerlifting.com/technical/>) or can be directly accessed (<https://www.usapowerlifting.com/wp-content/uploads/2022/01/Referee-Testing-v2022.1.pdf>). Any referee interested in taking the national, category 2, or category 1 exam must submit an online application which can be found on the Technical Committee portion of the national website (<https://www.usapowerlifting.com/technical/>). Those who need to re-take either portion of the national, category 2, or category 1 exam must contact the Technical Committee directly via email (tc@usapowerlifting.com).



4. Weight Classes. The “old” weight classes have been re-adopted by USA Powerlifting and are now in effect for all USA Powerlifting competition.

The eleven (11) female weight classes and their ranges/limits are listed in the table below:

USA Powerlifting Female Weight Classes and Ranges				
Class (kg)	Range (kg)		Class (lb)	Range (lb)
44	up to 44.00		97.00	up to 97.00
48	44.01 - 48.00		105.80	97.01 - 105.80
52	48.01 - 52.00		114.60	105.81 - 114.60
56	52.01 - 56.00		123.40	114.61 - 123.40
60	56.01 - 60.00		132.20	123.41 - 132.20
67.5	60.01 - 67.50		148.80	132.21 - 148.80
75	67.51 - 75.00		165.20	148.81 - 165.20
82.5	75.01 - 82.50		181.80	165.21 - 181.80
90	82.51 - 90.00		198.40	181.81 - 198.40
100	90.01 - 100.00		220.40	198.41 - 220.40
100+	100.01 and above		220.40+	220.41 and above

The twelve (12) male weight classes and their ranges/limits are listed in the table below:

USA Powerlifting Male Weight Classes and Ranges				
Class (kg)	Range (kg)		Class (lb)	Range (lb)
52	up to 52.00		114.60	up to 114.60
56	52.01 - 56.00		123.40	114.61 - 123.40
60	56.01 - 60.00		132.20	123.41 - 132.20
67.5	60.01 - 67.50		148.80	132.21 - 148.80
75	67.51 - 75.00		165.20	148.81 - 165.20
82.5	75.01 - 82.50		181.80	165.21 - 181.80
90	82.51 - 90.00		198.40	181.81 - 198.40
100	90.01 - 100.00		220.40	198.41 - 220.40
110	100.01 - 110.00		242.40	220.41 - 242.40
125	110.01 - 125.00		275.40	242.41 - 275.40
140	125.01 - 140.00		308.60	275.41 - 308.60
140+	140.01 and above		308.60+	308.61 and above

The three (3) youth-only (under 14) female weight classes and their ranges/limits are listed in the table below:

USA Powerlifting Youth-Only Female Weight Classes and Ranges				
Class (kg)	Range (kg)		Class (lb)	Range (lb)
30	up to 30.00		66.00	up to 66.00
35	30.01 - 35.00		77.00	66.01 - 77.00
40	35.01 - 40.00		88.00	77.01 - 88.00
Thereafter, female weight classes and their ranges/limits apply				



4. Weight Classes - continued

The five (5) youth-only (under 14) male weight classes and their ranges/limits are listed in the table below:

USA Powerlifting Youth-Only Male Weight Classes and Ranges				
Class (kg)	Range (kg)		Class (lb)	Range (lb)
30	up to 30.00		66.00	up to 66.00
35	30.01 - 35.00		77.00	66.01 - 77.00
40	35.01 - 40.00		88.00	77.01 - 88.00
44	40.01 - 44.00		97.00	88.01 - 97.00
48	44.01 - 48.00		105.80	97.01 - 105.80
Thereafter, male weight classes and their ranges/limits apply				

5. Logo and Emblem Policy. In this section, “Apparel” refers to anything worn by the lifter during competition. Apparel may be plain (i.e., of a single/multi-color fabric with no logos or emblems). Apparel may bear the logo or emblem (no size restriction) of:

- 1) Lifter or coach’s nation
- 2) Lifter or coach’s name
- 3) Current event or any previous USA Powerlifting event
- 4) USA Powerlifting
- 5) USA Powerlifting corporate sponsors*
- 6) Lifter or coach’s registered USA Powerlifting club name or logo (Note: All club logos are subject to approval including variations of such logos)*
- 7) Lifter or coach’s registered USA Powerlifting affiliate gym (Note: All affiliate gym logos are subject to approval including variations of such logos)*
- 8) Official high school and collegiate logos
- 9) United States Army, Navy, Air Force, Marines, Coast Guard, National Guard, and Reserves branch logos
- 10) Apparel manufacturer
- 11) Commodity sportswear brands (e.g., Nike, Adidas, Reebok, Asics, Champion)

*Note: A regularly updated list with approved logos/emblems from Items 5, 6, 7 above will be maintained and made accessible via the [National Website](http://www.USAPowerlifting.com).

A lifter may use masking tape generally consistent in color with the apparel it is applied to in order to obscure a non-approved logo or emblem so as to render the item in conformity with the rules.

Note: [Effective June 6, 2020](#) (by Executive Committee decision), all products manufactured by the company METAL are banned in USA Powerlifting. METAL products, logos, emblems, etc. may not be used/worn in competition.

6. Crop-Top Shirts. Shirts of a “crop-top” style/design may be worn at all levels of USA Powerlifting competition.

7. T-Shirts Optional in the Deadlift. In the deadlift, a T-shirt is not required to be worn for females or males. A singlet must be worn regardless of whether or not a T-shirt is worn. If a T-shirt is worn, it must conform to all of the specifications as defined in the rulebook.

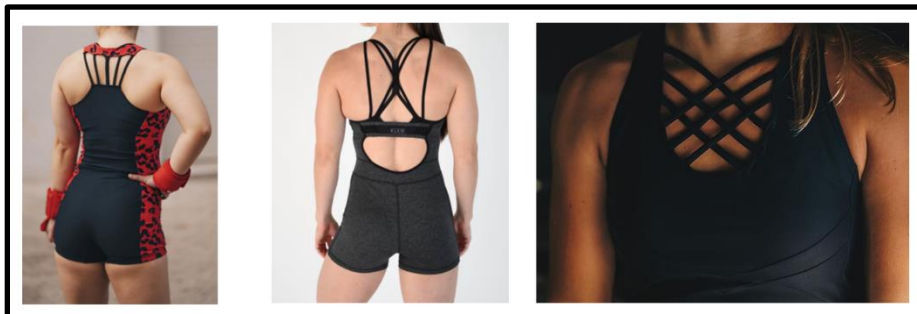
8. Singlets. Lifters must wear a commercially made powerlifting/weightlifting/wrestling style singlet. A singlet, for the purposes of the rulebook, is a form-fitting (but not supportive), one-piece garment consisting of “legs” that terminate above the knee, a sleeveless top, and two shoulder straps. The shoulder straps must be worn over the shoulders when competing. When a singlet is worn, the bottom of the singlet legs must not make contact with the knees, knee sleeves, or knee wraps. The singlet must conform to the following specifications:

- It must be one-piece and form fitting without any looseness when worn.
- It must be constructed entirely of fabric or a synthetic textile material such that no support is given to the lifter by the singlet in the execution of any lift.
- The material shall be of a single thickness, other than a second thickness of material of up to 12cm x 24cm allowed in the area of the crotch.
- There must be legs extending a minimum of 3cm and a maximum of 25cm from the top of the crotch down the inside of the leg as measured when worn by the lifter in a standing position.
- It may not have rivets, zippers, or any form of metal on it.
- It must be constructed of a single material with no additional straps, strapping, webbing, pieces, decorations, or adornments.

Examples of Allowable Singlet Designs



Examples of Non-Allowable Singlet Designs



8a. Religious Exemption for Full-Body Coverings. For religious reasons, female and male lifters may wear a form-fitting full-body unitard under the singlet that covers the entirety of the legs and/or arms. The full-body unitard may have a zipper. Alternatively, for religious reasons, lifters may wear a singlet with form-fitting leggings and/or a form-fitting long-sleeved shirt underneath - the leggings and shirt may cover the entirety of the legs and arms, respectively. When a full-body unitard or leggings are worn, knee sleeves or knee wraps may be worn over (i.e., on top of and in direct contact with) the full-body unitard or leggings. If a long-sleeved shirt is worn over the arms, wrist wraps may be worn over (i.e., on top of and in direct contact with) the shirt. Full-body unitards, leggings, and long-sleeved shirts must be constructed of a material that gives no support to the lifter in the execution of any lift. A waiver or special permission is not required for anything described in this section.



ADDENDUM 2

(In Effect June 20, 2022)

Background: The two rule changes below were voted on at the 2022 National Governing Board (NGB) meeting in Las Vegas, Nevada on June 13. As per organizational policy, any new rule changes approved by the NGB go into effect the Monday after the NGB meeting.

Rule Changes Currently in Effect

1. Bench Press Rule Regarding the Head. The head does not need to be in contact with the surface of the bench. There is no requirement regarding how the lifter may wear their hair while performing the bench press. **Interpretation:** At no point during the lift does the head need to be on the bench. Raising the head off of the bench is not a cause for failure of the lift. The head can be off of the bench the whole time, the head can be on the bench the whole time, or the head can move between positions of being in contact with the bench and being raised off of the bench during the performance of the lift. Lifters may wear their hair in any style they want including in ways that hide or obscure the back of their head while performing the bench press.

2. Belt Specifications. The only requirement/specification for the lifting belt is that it be no wider than 10cm at its widest point. This does not include the buckle which may be wider than 10cm. **Interpretation:** Any lifting belt that is not wider than 10cm at its widest point (excluding the buckle) is allowed. Buckle belts, lever belts, Velcro belts, and ratchet belts are allowed. Belts with built-in padding are allowed. Belts can be made of any material. Belts can be any thickness. The only specification that will be inspected on lifting belts at equipment check is the width. The lifting belt must adhere to all portions of the Logo and Emblem Policy (see Item 5 in Addendum 1).