



World Drug-Free Powerlifting Federation, Inc.

Technical Rule Book

W.D.F.P.F. RULEBOOK

General Rules.

A. POWERLIFTING EVENTS: The World Drug-Free Powerlifting Federation recognizes the following events

1. **SingleLift** – Squat,Bench Press,Deadlift
2. **Powerlifting**

B. DIVISIONS: The World Drug-Free Powerlifting Federation recognizes the execution of the above events within both Divisions

UNEQUIPPED: Non supportive clothing, only wrist wraps and belt are allowed

EQUIPPED: Supportive clothing equipment allowed according to the rules at section III

C. AGE CATEGORIES: Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age categories by their specific age on the day of the competition where the lifter must have attained minimum age that day.

1. **Teenage:** T-1 14-15 years; T-2 16-17 years; T-3 18-19 years
2. **Junior:** 20 years up to and including 23 years of age.
3. **Open / SR :** 24 – 39 (All age categories are also automatic placed in the Open / SR results)
4. **Masters':** M1 40-44 years; M2 45-49 years; and so on in five-year increments ad infinitum.
5. **Police/Fire/Military; limited to full-time employment, Open Category only**

D. BODYWEIGHT CLASSES:

Male	52.0 kg Class	up to	52.0 kg
	56.0 kg Class	From	52.01 kg to 56.0 kg
	60.0 kg Class	From	56.01 kg to 60.0 kg
	67.5 kg Class	From	60.01 kg to 67.5 kg
	75.0 kg Class	From	67.51 kg to 75.0 kg
	82.5 kg Class	From	75.01 kg to 82.5 kg
	90.0 kg Class	from	82.51 kg to 90.0 kg
	100.0 kg Class	From	90.01 kg to 100.0 kg
	110.0 kg Class	From	100.01 kg to 110.0 kg
	125.0 kg Class	From	110.01 kg to 125.0 kg
	145.0 kg Class	From	125.01 kg to 145.0 kg
+145.0 kg Class	From	145.01 kg to unlimited	

Female	44.0 kg Class	up to	44.0 kg
	47.5 kg Class	from	44.01 kg to 47.5 kg
	50.5 kg Class	from	47.51 kg to 50.5 kg
	53.0 kg Class	from	50.51 kg to 53.0 kg
	55.5 kg Class	from	53.01 kg to 55.5 kg
	58.5 kg Class	from	55.51 kg to 58.5 kg
	63.0 kg Class	from	58.51 kg to 63.0 kg
	70.0 kg Class	from	63.01 kg to 70.0 kg
	80.0 kg Class	from	70.01 kg to 80.0 kg
	90.0 kg Class	from	80.01 kg to 90.0 kg
	+90.0 kg Class	from	90.01 g to unlimited

E. RULES AND REGULATIONS. When a new rule, is accepted, it must stand for a minimum of 4 years prior to any changes to that established rule.

I – GENERAL COMPETITION REGULATIONS

- A.** The WDFPF through its member Federations conducts:
1. Powerlifting Competition: The sum of the highest official of successful attempts made in the following order:
Squat, bench press, deadlift
 2. Single events Competition
- B.** The WDFPF through its member Federations sanctions the annual international championships listed below:
1. Men/Women World Powerlifting Championships, Open and all categories and weight classes.
 2. Men/Women Continental Powerlifting Championships, Open and all categories and weight classes.
 3. Men/Women Regional Powerlifting Championships, Open and all categories and weight classes.
 4. Men/Women International Powerlifting Tournaments, Matches etc. Open and all categories and weight classes (conditions to apply as for international championships). Subject to WDFPF approval
 5. As 1 through 4 above, but for competitions in the Single Event Championships (Squat; Bench Press; and Deadlift).
 6. Highland Games, Strongman/Strongwomen competitions within the national organization of the WDFPF member nations
- C.** The Men/Women World Powerlifting Championships will be held in either October or November of each year.
- D.** Single Event World Championships must be scheduled in May or June.
- E. Open Championships.** Nations who wish to use either their National Championship or hold an additional event in their calendar that allows individuals from other WDFPF affiliated associations to participate may be run, with WDFPF approval, to ensure suitable numbers to run a National event or as an additional opportunity to hold a competitive competition. While the WDFPF allows open events in order to allow credible number at each competition it stresses that these open events are not a replacement for European and World events. The requirements for holding an open event are:
1. The host Nation must have been affiliated to the WDFPF for at least 2 years and be currently fully registered.
 2. Nations who wish to host an open event, as their National Championship, must have a membership of less than 50 registered members in their association.
 3. The organizers must send an invite to all affiliated Nations.
 4. There must be 3 International level referees from different Nations to officiate the event.
 5. All criteria with regards to Drugs Testing, equipment and specific regulations for hosting international level events must be applied.
 6. Where there are more than 50 competitors the host nation will incur a fee made payable to the WDFPF of 100 Euros.
 7. Open Championships must be applied for to the WDFPF executive committee.
 8. WDFPF International competitions take priority over all open events.
 9. Open Championships carry no recognized WDFPF titles such as Champion.
 10. Open Championships count as WDFPF qualifying events only when being held as the host Nation's National event.
- F.** Only WDFPF Member Nations and/or individuals may compete in WDFPF sanctioned competitions. Additionally all new national members must be registered within their National Organisation 3 months prior to the date of the WDFPF event.
- G.** Any guest lifter who wishes to compete in a WDFPF event, or any National event affiliated with the WDFPF, must be approved beforehand by the lifters national body.
- H.** Federations who wish to host a World/European or International competition must be completely and fully registered to the WDFPF at least two years in consecutively prior to application for the competition. Where a federation fails to comply with its registration requirements regarding hosting of event the WDFPF will remove the competition from the nation and accept applications from other Nations to host the event instead.
- I.** World Powerlifting Championships must be conducted as follows:
- a. The Unequipped will always be before the Equipped.
 - b. The event will be hosted over a minimum of 2 days

- c. The WDFPF World congress will take place the day preceding the first day of lifting at the World Powerlifting Championships.
- J. World Single Event Championship must be conducted as follows::**
- a. The event must be held over a minimum of three days
 - b. The event schedule must be conducted as - 1)Squat 2)Bench press 3)Deadlift
 - c. The Unequipped section of a discipline must always be before the Equipped.
- K. Nations can may only organize the same International competition once every 5 years. When there are no organizers at the congress 1 year previous to the event, the 5 year rule will not count or in the case of a host Nation having had the championship event removed from them as per registration requirements (SEE SECTION I-H)**

Bid Information

- L. At the congress organizers must indicate what the entree fees will be and the hotel accommodations with prices too as per current rates. Once the prices are declared for entry they may not change (only tax adjustments) where the host Nation is not providing accommodation directly it is accepted that there may be price fluctuations based on local rates that cannot be influenced by the hosts.**
- M. Entry Forms for all WDFPF Championships MUST be completed by the individual athlete, sent to their National Secretary with Entry Fee for verification of membership and Qualification for the event. Each National federation is responsible for the payment and collection of entry fees that are payable to the Meet Director.**
- N. Entry fee must be in Euro, In cases where a nation's currency is other than Euro, each lifter or the national officer should send a cheque or draft in their national currency equal to the championships Entry Fee INCLUSIVE OF CNHAREGS OR EXCHANGE RATES AS APPLICABLE.**
- O. Meet Directors may not accept Entry Forms NO LATER than 2 weeks prior to the competition without approval from the WDFPF Executive Committee ; a copy of each nation's list of competitors must be sent to the WDFPF Executive Committee.**
- P. REGISTRATION:** Registration or certification/verification is required of all Member Nation's athletes competing in WDFPF Sanctioned Championships. A current and complete list of athletes/competitors and officials registered with each individual Member Nation must be filed annually with the WDFPF Secretary General and Treasurer.
- Q. RECORDS:** The WDFPF recognises and registers International records of Powerlifting exercises, Powerlifting totals and all Single Event records in the EQUIPPED and UNEQUIPPED Divisions for male and female competitors within all Categories and Bodyweight Classes.
- R. AWARDS AND PRIZES** At World and European championships:
- a. Awards for 1st – 2nd – 3rd place in each weight and age category are the minimum required
 - b. Best lifters trophies Single Events: Squat , Bench, Deadlift Unequipped and Equipped Women + Men (12 TROPHIES)
 - c. Best lifters trophies Powerlifting: Powerlifting Unequipped and Equipped Women + Men (4 TROPHIES)
 - d. Best Nation trophy. Minimum 1
 - e. Any other trophies are not acceptable that are not part of the WDFPF recognised categories (for example best Master and MPF may be presented if the organizer s decides)
- S. WDFPF QUALIFICATION TOTALS FOR POWERLIFTING WORLD CHAMPIONSHIPS & QUALIFICATION SCORES FOR SINGLE EVENT WORLD CHAMPIONSHIPS:** WDFPF qualification Totals & Scores apply ONLY to World Championship event both Full Power and single Lifts. A member Nation may impose additional qualification requirements in order to meet the minimum standards required at WDFPF and or National Championship events.
- T. THE COMPOSITION OF THE NATIONAL TEAM:**
MEN: only the results of 12 previously announced athletes are taken into account in the team competition. However, in each weight and age category may no more than 3athletes.
WOMEN: only the results of 11previously announced athletes are taken into account in the team competition. However, in each weight and age category may no more than 3athletes.

Team of each country is allowed to have a maximum of 2 replacement participants. Athletes can be replaced with a spare at any time prior to the weigh-in. Each country must submit a list of athletes, which shall state the name of each athlete, his weight category. These data must be submitted to the responsible official prior to the weigh-in. At the same time is a list of spare athletes with their weight class and best sums in powerlifting.

U. TEAM POINTS AWARDING In order to identify a best Nation at each World event the relevant formula will be used to indicate placing and points will be awarded to the top 10 lifters in each weight category in the following manner:

1st place will receive 12 team points; 7th place receives 4 points;
2nd place receives 9 points; 8th place receives 3 points
3rd place receives 8 points; 9th place receives 2 points
4th place receives 7 points; 10th place receives 1 point.
5th place receives 6 points;
6th place receives 5 points;

V. DRUG CONTROL: All WDFPF sanctioned events and member Nation national events require a minimum of 10% of lifters to be tested in order to meet record setting requirements. The following criteria apply in all cases:

- a. During drug testing procedures a minimum of two (2) WDFPF approved representative must be present.
- b. All Member Nations must apply the principle of nil notice or very short notice **Out-of-Competition Testing** to athletes who are likely to participate in International competition or any individual deemed suitable by the WDFPF or National body.
- c. Selection of athletes for Out-of-Competition Testing will in general be up to the National Governing Body and will be on any criteria including the basis of suspicion.
- d. **Target Testing:** The WDFPF through its officers reserves the right to select candidates for drug testing from member nations. Any member who suspects that a lifter in another country is abusing drugs may notify the WDFPF President who will notify the Executive Committee. If the Executive Committee believes that the complaint is valid, the Secretary General will notify the concerned national body who may be required to organize a drug test on the individual concerned.
- e. Drug testing will be mandatory at all International Championships. A minimum of 10% of competitors will be tested at the expense of the host Nation whilst the WDFPF will conduct and cover the cost of additional testing undertaken over and above the minimum 10%.
- f. When the targeting of lifters is done, the selection may be based on any or all of the following criteria: caliber of performance; performance improvement; behavior; appearance; rumor or hearsay. For this reason the WDFPF requires every member National body to apply membership affiliation procedures which include competitor's signatures electronic or otherwise of WDFPF rules on doping control.
- g. Testing of samples from International Championships MUST be done at laboratories accredited by the World Anti-Doping Agency (WADA).
- h. **Banned Substances:** The WDFPF will use the WADA/IOC List of Banned Substances as a guideline but reserves the right to add to this list any drug which it may believe to be performance enhancing.
- i. Member nations may elect to use a reduced list of banned substances (i.e. anabolic drugs only) for purposes of testing lifters Out-of-Competition.
- j. Drug testing methods will consist of Urinalysis testing as the minimum requirement. Member Nations may employ additional testing method as they see fit. (This is to provide for polygraph use and other testing methods by certain nations, in addition to the mandatory urinalysis required under WDFPF rules).
- k. Each Member Nation must provide evidence of regular Out-of-Competition Testing (OCT). Every member nation is obliged to report to the drug test officer and to the WDFPF executive committee within 5 days after when the test is done. The Discipline Committee may take appropriate action against a federation who is found to be in breach of this element of reported testing. The Chain of Custody documentation with laboratory results of individual Out-of-Competition Tests must be mailed or scanned and e-mailed to the Drug Control Committee Secretary as and when received. The results will be recorded and passed on to all national liaison officers. Any documentation not forwarded to the DCCS must be produced at the World Congress. Action may be taken by the WDFPF for failure to comply with any reporting procedures.

AA. SANCTIONS

- a. Positive drug test results, or refusal of testing in WDFPF Sanctioned or Nationally Sanctioned competition, or refusal of Out-of-Competition Testing, will result in a lifetime ban from further WDFPF Competition as well as retrospective loss of all WDFPF titles and records. The lifetime ban refers to the natural life of the subject.
- b. It is mandatory for all WDFPF affiliated national federations to apply a policy of automatic life-time bans in cases of positive drug test results (anabolic steroids) or refusals, subject to confirmation from:
 - i. Admission of guilt
 - ii. Acknowledgement of failure
 - iii. Following B Sample test with same result
 - iv. Disciplinary Committee agreement and consideration of mitigating circumstance if submitted.
- c. The WDFPF is obligated to follow the WADA RULES, and must at least carry out the sentence of the WADA PENALTY'S.

Note:
Not all positive drug test will lead to a life time ban , a first offence of soft drugs or spiritual drugs like Marijuana, alcohol ,certain stimulants etc. ... will be managed by the WDFPF Drug test committee and Disciplinary committee and they will decide which sanction must be taken. A second positive test will result in a lifetime ban from all WDFPF involvement.
- d. Anyone convicted of the sale, use, or smuggling of ergogenic drugs by a court of law, or who has been found to be positive on a drug test, may be considered ineligible for WDFPF membership.
- e. Athletes, having previously tested positive for doping in any sport, cannot be a member of WDFPF.
- f. In exceptional circumstances, a positive test for any substance from the list of banned substances IOC cannot be regarded as an abuse of illicit drugs. This solves the International Committee.
- g. Information will be published on the number of samples taken in any WDFPF Championships with the date and names of athletes published in the final report and on the website WDFPF.
- h. WDFPF reserve the right to inform the national federations about other powerlifting federations, which do not conduct mandatory drug tests in accordance with the rules of WADA, to prohibit the membership of athletes in these federations to WDFPF

II EQUIPMENT AND SPECIFICATIONS.

A. PLATFORM: All platforms must meet the following criteria:

1. All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum.
2. The surface of the platform must be flat, firm, non-slip and level, and must not exceed 10 cm. in height from the surrounding stage or floor.
3. The surface of the platform may be treated with an approved non-slip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to or inserts incorporated in, either the platform or its surface.
4. Used in international competitions
 - Powerlifting: 1-4 groups – 1 platform
5 and more groups – 2 platforms
 - Single events: up to 12 flights - 1 platform
13 and more flights – 2 platforms

B. BARS and DISCS: For International and all events where records will be claimed the following criteria will apply:

1. For all Powerlifting contests organised under the rules of the WDFPF, only disc barbells are permitted and these must be calibrated in Kilograms. The use of discs that do not meet the correct 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 events.
2. A different bar which need not have center knurling, may be used for the Deadlift only. The bar or bars shall not be changed during the competition unless bent or damaged in some way as determined by the referees. Bars to be used in international championships shall not be chromed between the inside collars.
3. The bar shall be straight and well knurled and grooved, and shall conform to the following dimensions:
 - a. Total overall length not to exceed 2.2 m.
 - b. Distance between the collar faces is not to exceed 1.32 m or be less than 1.31 M.
 - c. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
 - d. Weight of the bar and collars is to only be 25 kg., plus or minus 0.25%. (24.9375 kg. to 25.0625 kg.)
 - e. Diameter of the sleeve 50-52mm.

f. There shall be a diameter machine marking or the bar taped to measure 81 cm between machining or tape.

4. Disc shall conform as follows:

- a) All discs used in international competition must weigh within 0.25 percent of their correct face value.
- b) The hole size in the middle of the disc may be a maximum of 53 mm to 51 mm minimum

5. Discs must be in the following range:

1.25 kg =	from	1.246875 to 1.253125 kg
2.50 kg =	from	2.49375 to 2.50625 kg
5.00 kg =	from	4.9875 to 5.0125 kg
10.00 kg =	from	9.975 to 10.025 kg
15.00 kg =	from	14.9625 to 15.0375 kg
20.00 kg =	from	19.95 to 20.05 kg
25.00 kg =	from	24.9375 to 25.0625 kg
45.00 kg =	from	44.8875 to 45.1125 kg
50.00 kg =	from	49.875 to 50.125 kg

6. For record purposes, record discs may be used to achieve a weight of at least 500 grams more than the existing record. These should be in the following range:

0.25 kg. = from 0.249375 to 0.250625 kg.

0.50 kg. = from 0.49875 to 0.50125 kg.

7. Discs weighing 25 kg and over must not exceed 6 cm in thickness. Discs weighing 20 kg. and under which exceed 3 cm in thickness will be limited to one pair of each denomination on any given load. Discs weighing 25 kg and over must not exceed 6 cm in thickness. No disc will exceed 6 cm. in thickness.

8. Discs (rubber or steel) must conform to the following color-coding:

- 10 kg. and below = any color
- 15 kg. = yellow, black or silver
- 20 kg = blue or black
- 25 kg. = red
- 45 kg. = gold
- 50 g. = green.

9. 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. The first and heaviest discs loaded on the bar must be loaded face in: with the rest of the discs loaded face out.

10. The diameter of the largest disc shall be no more than 45 cm

11. At all international competitions must be minimum of 225 kg in any of the following combinations on each competition platform

- 8 X 25 kg plates
- 2 X 50 kg plates and 6 X 25 kg plates
- 4 X 50 kg plates and 2 X 25 kg plates

C. COLLARS: Shall always be used in competition and must weigh 2.5 kg each, plus or minus 0.25%. (24.9375 kg to 2.50625 kg).

D. SQUAT RACKS: Shall always be used in competition and meet the following criteria:

1. Squat racks must be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter-loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
2. The squat racks shall be designed to adjust from a minimum height of 1.3 m. (3ft. 3.4 ins) in the lowest position - to extend to a height of at least 1.70 m. in 5 cm increments.
3. All hydraulic racks must be capable of being secured at the required height by means of pins.
4. Monolifts must meet all the criteria required for safe lifting.

- E. BENCH:** The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:
1. Length - not less than 1.22m. and shall be flat and level.
 2. Width - 29-32cm.
 3. Height - 42-47.5cm. measured from the floor to the top of the padded surface of the bench without being depressed or compacted
 4. Minimum width between insides of bar rests - 1.10m.
 5. In the International Competitions the promoter **MUST** provide an adjustable bench.
 6. Safety racks in the Bench press must be available in case the athlete wants to use them.
 7. The rack height must be known before the bench competition starts and it's the athletes task to take the height
- F. WARM-UP AREA:** All equipment provided for the warm-up area must be similar or comparable to the platform equipment. Bars must have the same dimensions in diameter and length as those on the platform. Discs may be different in size but the bars have to carry at least 300 kg
- G. DECISIONS _ LIGHTS OR PADDLES:** Where lights are used they must meet the following criteria:
1. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light, representing a "good lift" or "no lift" respectively.
 2. 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 referees. The chief referee controls the main switch
 3. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white and red flags with which to make known their decisions upon the Head Referees Command "show"
- H. SCALES:** Any type of scale is acceptable as long as it can be calibrated to 0.1 kg. (100 grams) and has been certified within the previous twelve months Proof of certification must be available for inspection.
- I. HEALTH & SAFETY:** The provision and use of cleaning equipment and substances to protect against the possibility of blood-borne pathogens/infections, is mandatory.

III. COSTUME AND PERSONAL EQUIPMENT

- A. COSTUME DEFINITION:** There are 2 distinct types of competitive lifting as indicated below:
1. UNEQUIPPED Division: Non supportive suits, equipment limited to a powerlifting belt and wrist wraps
 2. EQUIPPED Division: Single ply supportive suits, knee & wrist wraps, a supportive shirt limited to use in the Bench Press event only and a powerlifting belt.
- Note: Newly design equipped lifting items (less the already existing and used designs) must be approved by the WDFPF technical committee before it will sanctioned for use at WDFPF events.
- B. COSTUME – SUIT:** The lifting costume shall consist of a one-piece full length lifting suit of one-ply stretch material without any additional patches or padding; it may not have fasteners of any type less those with a zip fastener at the rear only. During the conduct of the competition, the straps must be worn over the shoulders at all times.
1. Suits used for competition must meet the following requirements:
 - a. It may be of any color or colors including stripes, patterns and prints;
 - b. The crotch panel must be of one ply;
 - c. The lifting suit may display a badge, emblem, logo or inscription of the WDFPF, the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is **not** allowed.
 - d. A suit may have a piece of the same color and similar material added to the strap to lengthen it.

- e. Where a strap has been folded to shorten the length, a seam may be formed to hold the adjustment but the loose strap element may not be sewn flat onto the strap. NB - The folded strap must **not** be stitched down to the suit;
 - f. Seams and hems may **not** exceed 3cm. in width and 0.5 cm. in thickness.
 - g. Seams may be protected or strengthened by narrow gauge webbing or stretch material **not** exceeding 2cm in width or 0.5 cm in thickness.
 - h. All items worn on the platform must be clean, un-torn, and in a good state of repair.
 - i. Only one suit may be worn at a time on the platform (2 suits are **not** allowed)
 - j. Any alterations to the costume which exceed the established widths, lengths or thickness previously stated shall make a suit illegal for competition.
 - k. Costumes with sleeve are not allowed.
2. The length of the leg on a non-supportive suit must not exceed 30 cm. from the middle of the crotch and not touch the Patella (Knee)
3. In the EQUIPPED Division the costume can be Non supportive or the supportive type. All aspects of suit requirements are adhered to in the EQUIPPED Division in that the length of the leg must **not** exceed 15 cm. from the middle of the crotch even when a non-supportive suit is used. Measurement is to be taken by making a line from the top seam of the crotch and measuring down the leg from this line. (See diagram below).

C. BRANDING. Clothing may be branded outside of the manufacturers label in the following ways:

- 1. A Club badge or logo
- 2. A team badge or logo
- 3. A National badge or logo
- 4. A sponsors names and or logo for sponsored lifters, the item must not bring the sport into disrepute- Drugs etc
- 5. Any combination of the above but no more than 3 separate items – not including the item brand – eg Nike.
- 6. Branding may only sited as follows:
 - i. Chest Panel – Badge centrally located no bigger than 20cm x 20 cm
 - ii. Front of thigh (either leg) – centrally located on the front of the leg panel – measurement for size starts at the bottom of the seam of the garment.
 - iii. Rear of thigh (either leg) – centrally located on the rear of the leg panel – measurement for size starts at the bottom of the seam of the garment.
 - iv. For T-Shirts – Sleeve design no larger than 15cm x 15cm
 - v. Socks – Any position, any size
 - vi. Belts – May be branded with any size logo that must be printed, screen printed or heat sealed only – not stitched
 - vii. Footwear – No limits

Additionally T-Shirts need longer be plain in design but not carry large or offensive designs or slogans. Referees at the kit Inspection are at liberty to decide of the garment is suitable for use.

IV. POWERLIFTS AND RULES OF PERFORMANCE

GENERAL: These rules apply for both competitions in powerlifting, and in Single Events competitions.

A. THE SQUAT

1. Performance:

- a. The lifter shall assume an upright position with the top of the bar **not** more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (hands may also be in contact with the inside collars but not on), and the feet flat on the platform with the knees locked (See Diagram 4);
- b. After removing the bar from the racks, the lifter must move backwards to establish a starting position. The lifter shall wait in this position for the signal from the Chief Referee. The signal will be given as soon as the lifter is motionless erect with knees locked and the bar properly positioned. The Chief Referee's signal shall consist of a downward movement of

the arm and the audible command "Squat". Before receiving the starting signal the lifter may make position adjustments within the rules without penalty;

- c. 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 are lower than the top of the knees;
- d. The lifter must recover at will, from the deepest point of the squat, without double bouncing or any downward movement once the upward motion has started (stopping is permitted) to an upright position with the knees locked. When the lifter is motionless, the referee will give the signal to replace the bar. This signal will be given when the lifter is in the apparent final position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The signal to replace the bar will consist of a backward motion of the hand and the audible command "Rack";
- e. Upon receiving the "Rack" signal, the lifter must make a bona fide attempt to return the bar to the racks. This attempt is indicated by a minimum of one step toward the racks, the lifter may then request aid to rack the bar if necessary;
- f. The lifter shall face the front of the platform;
- g. The lifter shall **not** hold the collars, sleeves or plates at any time during the performance of the lift/ The edge of the hands gripping the bar may be in contact with the inner surface of the inside collars;
- h. Not more than five and not less than two spotter/loaders shall be on the platform at any time Designated meet spotter/loaders may not be replaced unless approval is secured from the Chief Referee;
- i. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. However once the bar has cleared the racks, the spotter/loaders shall not assist the lifter any further with regards to proper positioning, foot placement, bar positioning, etc;
- j. The lifter is allowed to ask max 1 assistant of his own as a BACK spotter. Any fault made by his assistant that registers a failed lift will not be eligible for a repeat lift as per Spotter and loader errors.

2. Causes for Disqualification of a Squat:

1. Failure to observe the Chief Referee's signals at the commencement or completion of an attempt;
2. Changing the position of the hands laterally in or out on the bar after receiving the signal to commence the attempt (opening & closing of the fingers is allowed);
3. Double bouncing or more than one recovery attempt at the bottom of the lift;
4. Any downward motion during the upward phase of the lift;
5. Failure to assume an upright position with knees locked at the commencement and completion of the attempt;
6. Any shifting of the feet laterally, backward, or forward, during the performance of the attempt. The toes and/or heels may come up off the platform, but must return to the same position;
7. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the tops of the knees;

8. Changing the position of the bar across the shoulders after the commencement of the lift. This applies to the intentional or unintentional rolling of the bar to aid the performance of the lift - not to a minute amount of position change which would not aid the lifter;
9. Contact with the bar, plates or lifter by the spotter/loaders between the referees signals;
10. Contact of elbows or upper arms with the legs during the squat;
11. Failure to make a bona fide attempt to return the bar to the racks;
12. Any intentional dropping or "dumping" of the bar.

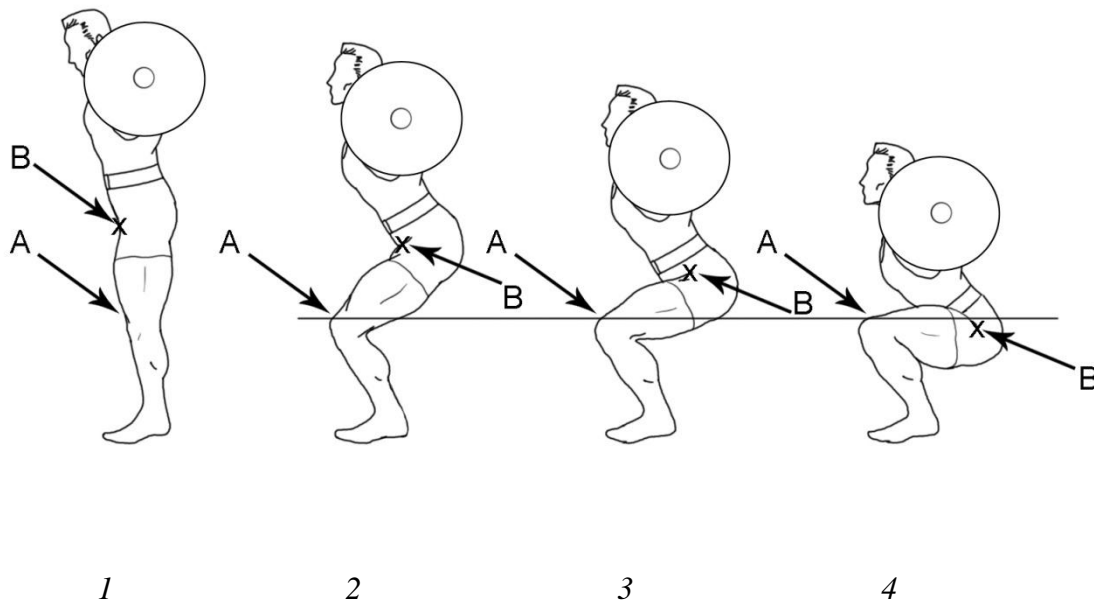


Diagram shows the athlete in a position below parallel. Point "B" - the upper part of the legs at the hip joint is below the "A" - the top of the knees. This is the correct execution of squats.

B. THE BENCH PRESS

1. Performance :

- a. The front of the bench must be placed on the platform facing the Chief Referee;
- b. The lifter must lie on their back with head, shoulders and buttocks in contact with the flat bench surface. The shoes must be flat on the floor, or flat on the built up surface. This position shall be maintained throughout the attempt once the "Start" signal has been given;
- c. If the lifter's costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly;
- d. To achieve firm footing the lifter may use plates or blocks, not exceeding 30 cm. (7 ins.) in height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45 cm x 45 cm in length and width;
- e. Not more than four and not less than two spotter/loaders shall be in attendance. The lifter may lift to self, or enlist the help of either the spotter/loaders or the personal coach in removing the bar from the racks. The lift-off must be to arm's length and maintained until the "Start" signal is given;
- f. The spacing of the hands shall **not** exceed 81cm. measured between the forefingers. A reverse grip is permitted provided that the distance between the little fingers does not exceed 81cm;
- g. After receiving the "Start" signal, the lifter shall lower the bar to the chest and await the referee's "Press". Once the "Start" signal is given, the lifter may **NOT** make any position adjustments without penalty;
- h. The "Press" signal is given when the bar is motionless on the chest;
- i. Following the "Press" signal, the bar is pressed upwards to arms length with elbows straight and held motionless until the audible command "Rack" is given;
- j. The bar is allowed to stop during the upward movement; the bar is **not** allowed any downward movement during this upward phase. Downward movement of the bar will be determined by downward movement of either or both hands;

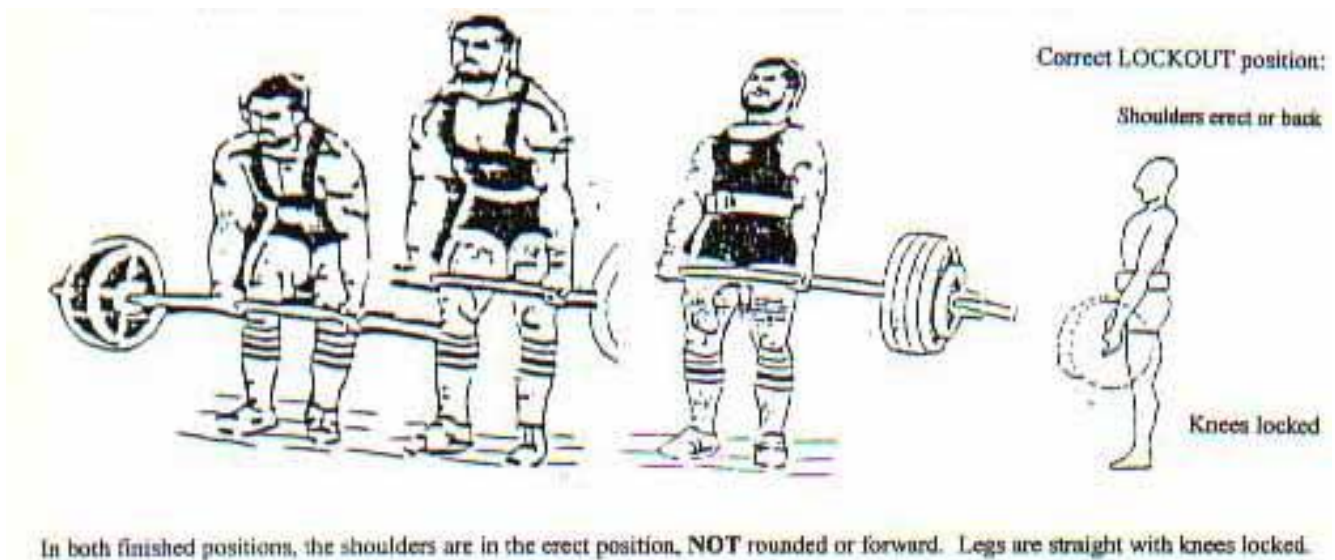
2. Causes for Disqualification of a Bench Press:

1. Failure to observe the referee's 3 (three) signals at the commencement, press or completion of the lift;
2. Any change in the elected lifting position during the lift proper (i.e. any movement of the head, shoulders, buttocks or feet from their original points of contact with the bench, floor or blocks, or lateral movement of the hands on the bar once the "Start" signal has been given;
3. Heaving or bouncing the bar off the chest;

4. Allowing the bar to sink into the chest after receiving the referee's "Press" signal;
5. Any uneven extension of the arms at the completion of the lift;
6. Any downward movement of one or both hands during the upward movement;
7. Contact with the bar by spotter/loaders between the referees signals;
8. Any contact of the lifter's feet with the bench or its supports;
9. Deliberate contact between the bar and the bar rest uprights during the lift to make the press easier.

C. THE DEADLIFT:

1. Performance :
 - a. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted upward until the lifter is standing with shoulders erect and with knees locked. The bar may stop, but may not move downward during the upward phase;
 - b. The lifter shall face the front of the platform;
 - c. On completion of the attempt, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders need not be thrust back past an erect position, but if they are thrust back in that manner and all other criteria have been satisfied, the lift is legal;
 - d. The Chief Referee's signal shall consist of a downward movement of the hand 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;
 - e. Any raising of the bar from the platform - or any deliberate attempt to do so - will count as an attempt;
2. Causes for Disqualification of a Deadlift:
 1. Any downward movement of the bar during the upward phase;
 2. Failure to stand upright with the shoulders in an erect position;
 3. Failure to lock the knees straight at the completion of the attempt;
 4. Supporting the bar on the thighs during the performance of the attempt. This will be determined by any secondary knee flexion. As the bar is raised from the platform, the legs must extend without additional flexion taking place at the knees at any time during the upward bar movement;
 5. Any lateral movement of the feet, or stepping backward or forward;
 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.



V. THE WEIGH IN

REQUIREMENTS - Weighing in of the competitors must take place no earlier than two hours before the start of the competition – THE START OF THE COMPETITION IS DEFINED AS WHEN THE FIRST LIFT OF THE EVENT STARTS NOT THE START OF A COMPETITOTRS FLIGHT.

All lifters in the category/categories must be present in the weigh-in, no later than the FIRST HOUR of the scheduled Weigh-in.

All official weigh-in are to be carried out in the presence of three appointed referees;

CONDUCT – The following criteria apply to all weigh-ins:

1. The weigh-in period will last one and a half (1 ½) hours. The first hour will be considered the weigh in with the following 30 mins for re-weighs. The remaining half (1/2) hour prior to the commencement of the lifting will be used for the purpose of final competition preparation;
2. The weigh-in for each competitor will be carried out in a lockable room with only the competitor, the coach or manager and the three referees present at the scales. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category have been weighed in;
3. Lifters may be weighted nude or wearing underpants or briefs. Athletes must appear at the weigh in in their competition underwear. When he/she doesn't wear their competition underwear the athlete cannot weigh in.
4. In competitions involving females, the weigh-in procedure may be altered to ensure that lifters are weighed by same-gender officials. Additional female officials may be appointed for this purpose;
5. If not previously carried out, the inspection of costume and personal equipment will take place during the weigh-in period. However, the lifters must be weighed in the priority of the previously determined order of lifting. The equipment will normally be checked after all lifters have made their last visit to the scales, unless otherwise decided by the Jury or Head Referee. The technical officers or appointed referees will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under Costume and Personal Equipment. The items shall be approved and marked accordingly. The referees responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform;
6. The lots drawn, if not previously done so, to establish the order of lifting throughout the competition when lifters require the same weights for their attempts;
7. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the hour and one half limit allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. A lifter may only be re-weighed after all lifters in the same bodyweight category have been called to the scales. Lifters trying to make weight may be re-weighed as often as time and orderly progression by lots allows.
8. A lifter may only be weighed outside the time limit of one and one half hours if the lifter was present within the time limit, but due to the number of lifters trying to make weight, was denied the opportunity of mounting the scales. The lifter may then be allowed one re- weigh at the discretion of the referees;
9. A lifter who is too heavy may move into the next higher category, provided that not more than two lifters from the same team are already entered in that category. The lifter must have previously achieved the minimum qualifying total required for the higher bodyweight category if one has been set for the competition. The lifter must be present for the weigh-in at the time scheduled for this new category;
10. A lifter who weighs lighter than the lower limit for their category, may drop into the next lower category, provided: the lifter has achieved the necessary qualifying total for the lighter category **AND** at the lower bodyweight and no more than two members of the team are in that category;
11. At tournaments, galas, festivals or friendly internationals, the weigh-in may, by mutual consent, take place earlier than two hours before the start of the competition. However, if a lifter declares an intention to attempt a world record, that lifter must re-weigh two hours before the start of the competition;
12. Starting weights for all three events in powerlifting and single event shall be declared by all lifters at the weigh-in;
13. Lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition;
14. The start of the Weigh-In of the first contested weight class marks the DEADLINE for the acceptance of National Team Rosters and for "Category" changes. From that time on, NO Team Rosters may be accepted and NO CATEGORY CHANGES MAY BE MADE.

VI. ORDER OF COMPETITION

A. General:The Rounds System is mandatory at all WDFPF Sanctioned Competitions.

B. Notification of attempts

1. At the weigh-in, the lifter or coach must declare starting weights for all three events in powerlifting or single event. Opening attempts must be entered on the appropriate 'first attempt' portion of the lifter's score card and retained by the official conducting the weigh-in.
2. The lifter will be given additional blank attempt cards for use during the competition. Three (3) each for the Squat and Bench Press (providing for the possibility of a record setting 4th attempt), and five (5) for the Deadlift (providing for the possibility of two (2) changes of the third attempt, and for the possibility of a record setting 4th attempt). The cards for each event should be distinguished.
At the Single Event competition five cards are issued to the athlete (providing for the possibility of two changes in the third attempt and the possibility of setting the record in the fourth attempt)

3. Following the first attempt in an event, the lifter or coach must decide upon the weight required for the second attempt. This weight must be recorded where indicated on the card, and submitted to the expeditor or other appointed official within the one minute time allowance. The same procedure is to be used for third attempts in all three events; also for record setting fourth attempts. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. If no weight is submitted within the one minute time allowance, the lifter will forfeit their next attempt. Under the round system, the need for numerous marshals is eliminated. The attempt card must be handed directly to the designated expeditor. (The expeditor should have extra attempt cards available for emergency purposes);

4. Examples of attempt cards:

SQUAT	BENCH	DEADLIFT
Name _____	Name _____	Name _____
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;">12</div> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid black; width: 40px; height: 40px;"></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;">12</div> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid black; width: 40px; height: 40px;"></div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;">12</div> <div style="border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid black; width: 40px; height: 40px;"></div> </div>
<div style="border: 1px solid black; width: 40px; height: 40px; margin-left: auto;"></div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin-left: auto;"></div>	<div style="border: 1px solid black; width: 40px; height: 40px; margin-left: auto;"></div>

5. Each lifter in the assigned flight will take their first attempt in the first round of the event. Regardless of the success/failure of the first attempt, all lifters in the assigned flight will then take their second attempt in that event. Regardless of the success/failure of the second attempt, all lifters in that same flight will then take their third attempt in that event. Lifters who wish to take a fourth attempt for the purpose of setting international records, would follow the third attempt rotation. The flight would then vacate the platform, allowing the next flight of lifters to compete in that event
6. The bar must be loaded on a progressive basis during a round, from lightest to heaviest. Lifters will not be allowed to lower a weight once attempted under any circumstances.
7. The bar cannot be reduced in weight once a lift has been performed with the announced weight. The only exception to this would be due to an error on the part of the Officials.
8. Lifting order will be determined by the weight on the bar and Lot Numbers. The lifter requiring the lightest weights lifts first; in the case of similar calls for weight, the lifter with the lowest Lot Number (drawn at the weigh-in or occasion indicated by the event organiser) will lift first.
9. First flight lifters may change the opening attempt up to five (5) minutes before the first round for that Flight Lifters in the following flights may change the opening attempt up to the time when NOT LESS than five (5) attempts remain in the previous flight. Commentator (speaker) should report the approaching deadline for the change in weight. The order of lifting on the platform should be specified in accordance with the changes. Lifters are limited to changing their opening attempts only ONCE by a MAXIMUM of 20 kg. If an athlete is injured during a warm-up or competition, they can reduce their opening attempt by more than 20kg, perform the first attempt, and if the result is successful, they may not lift any more attempts in that discipline. Where the minimum lift required under competition regulations cannot be met the lifters may not lift and must withdraw from the event.
10. First flight lifters may change the opening attempt up to five (5) minutes before the first round for that Flight Lifters in the following flights may change the opening attempt up to the time when NOT LESS than five (5) attempts remain in the

previous flight. Commentator(speaker) should report the approaching deadline for the change in weight. The order of lifting on the platform should be specified in accordance with the changes. Lifters are limited to changing their opening attempts only ONCE by a MAXIMUM of 20 kg. If an athlete is injured during a warm-up or competition, they can reduce their opening attempt by more than 20 kg, perform the first attempt, and if the result is successful, they may not lift any more attempts in that discipline. Where the minimum lift required under competition regulations cannot be met the lifters may not lift and must withdraw from the event.

In powerlifting weights submitted for second and third round attempts in the squat and bench press may not be changed. The weight for third attempt in deadlift can be changed twice. The change of 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 the previously submitted weight and his lot number is not less than the previous sportsman.

Example:

Lifter A - lot 15, Lifter B - lot 28

a: Lifter A asks for 200 kg so does lifter B - 200 kg. The first lifter is A, as they have the lower lot number, and they get a good lift. Lifter B may now change their lift to 202.5 or more as long as "Bar loaded" has not been announced for Lifter B.

b: Lifter A asks for 200 kg, lifter B for 210 kg. Lifter A goes first as it is the lighter weight. Lifter A gets a no lift, lifter B then may change their lift to 200 or more as long as "Bar Loaded" has not been called.

c: Lifter A asks for 205Kg, Lifter B for 200. Lifter B goes first on this occasion as it is the lighter weight. Lifter B gets a no lift, Lifter A then may change their lift to 202.5 or more. They may not drop to 200Kg as their lot number was less than Lifter B.

In a Single Event competition weight submitted for second round attempt may not be changed. The weight for third attempt can be changed twice and falls under the conditions indicated in Para 10 a-c.

11. The lifter is allowed one minute in which to start his attempt after being called to the platform. If he does not start his attempt within this time allowance, the timekeeper will call "time" and the Chief Referee shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "no lift" and the attempt forfeited.
12. If during a round, a lifter misses an attempt due to a miss loaded bar or to a spotter error the lifter will be granted another attempt at the same weight at the discretion of the Jury. The "repeated attempt" would be taken at the end of the current round where the error occurred.
13. If the error occurs on the last lifter of a round, the lifter will be allowed a three (3) minute rest before repeating the attempt, if the penultimate, then two minutes. The time starts from the moment the call athlete on the platform.
14. If a lifting session consists of a single group (flight), i.e. up to a maximum of 14 lifters, an interval of 30 minutes is suggested between the events. This is to ensure adequate time for warm-up and platform organisation. This time may only be reduced by a unanimous agreement by the lifters of the flight.

C. Flight Formation:

1. Where 10 or more lifters are competing in a session, groups/flights may be formed consisting of approximately equal numbers of lifters. Flights must be formed when 15 or more lifters are competing in the same session. A session can be composed of a single bodyweight class or any combination of bodyweight classes at the discretion of the organiser for purpose of presentation.
2. Where multiple flights are required in categories the organiser may use a system based on the stated starting weights for competition in the individual exercises and the total in powerlifting. Athletes with a lower amount form the first group, and then, with increasing amounts, the following groups are formed regardless of age category.
3. When two or more flights take part in a session upon a single platform, lifting will be organized on a flight repetition basis. No time interval will be allowed between rounds other than that necessary for preparing the platform for the next event

For example, if there are two groups (flights) taking part in a session, the first flight will complete all three squat attempts. They will be followed immediately by the second flight, which will complete their three squat attempts. The platform will then be set for the bench press and the first flight will complete their three bench press attempts, immediately followed by the second flight which will similarly, complete their three attempts on the bench press. The platform will then be set up for the deadlift and the first flight will complete their three deadlift attempts, etc.

VII. CONDUCT OF COMPETITION:

OFFICIALS TO BE APPOINTED:

- A.** The HEAD REFEREE IN CHARGE: The Head Referee in Charge is appointed by the W.D.F.P.F. President under advisement from the Technical Committee, International Liaisons of member nations;
- B.** The CHAMPIONSHIPS DIRECTOR APPOINTS THE FOLLOWING:
- Speaker/Announcer;
 - Time Keeper (Preferably a qualified referee) and an official clock;
 - Marshals/ Expeditors;
 - Spotter/loaders;
 - Scorers;
 - Computer, Screens, computer Techs;
 - Other positions such as an additional set of expeditors and score keepers at the overhead projectors, personnel to run the weight-on-the bar signs, platform managers etc;
 - Additional officials may be appointed as required, e.g., doctors, paramedics, etc;
- C.** The HEAD REFEREE IN CHARGE APPOINTS THE FOLLOWING:
- Referees for each session and each event;
 - Records keepers;
 - Officials in charge of the Equipment Check;
 - Officials in charge of the Weigh-in.

D. RESPONSIBILITIES OF APPOINTED OFFICIALS:

The **Speaker/Announcer** is responsible for the efficient running of the competition. The Speaker/Announcer 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. This official announces the weight (in kilograms) required for the next attempt and the name of the lifter and also;

- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker/Announcer, who will in turn announce that the bar is ready and call the lifter to the platform;
- Attempts announced by the speaker should then be displayed on "Wall Charts" or some type of scoreboard erected in a prominent position.

Time Keeper is responsible for accurately recording the time lapse between the announcement that the bar is ready and the lifter starting the attempt. Other responsibilities include:

- Recording and announcing the three minute rest period [warning given with one (1) minute remaining]; noticing that the lifters leave the platform within 30 seconds following their attempt (failure of the lifter to comply with this rule **may** result in disqualification of the attempt at the discretion of the Chief Referee) and indication to the expeditor that one minute has elapsed following the attempt;
- The lifter is allowed one minute in which to start his attempt after being called to the platform. If he does not start his attempt within this time allowance, the timekeeper will call "time" and the Chief Referee shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "no lift" and the attempt forfeited. When lifter start the attempt within the prescribed time allowance, the clock will be stopped;;
- Once a clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of an attempt, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or coach check the height of the squat racks prior to being called, as once the bar is announced as loaded, the clock will be started. Any further adjustments of the equipment must be made within the lifter's one minute allowance;

6. The definition of the start of an attempt depends upon the particular event being performed. In the Squat and the Bench Press, the start is to coincide with the referee's commencement signal. Refer to "Referee", Item C- 3. In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar from the platform;

The **Marshals/Expeditors** are responsible for collecting each attempt weight from the lifter or coach and passing the information without delay to the Speaker/Announcer. The lifter is allowed one minute between completing the last attempt and informing the Speaker/Announcer, via the Expediter, of the weight required for the next attempt;

The **Spotters-Loaders** are responsible for:

7. Loading and unloading the bar, adjusting equipment as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be less than two or more than five spotter-loaders on the platform;
8. When the lifter prepares for the attempt, the Spotter-Loaders may assist 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 elapse between commencement and completion signals. The only exception to this rule being if the lift is in jeopardy and likely to result in injury to the lifter, the Spotter-Loaders may, either at the request of the Chief Referee or the lifter, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a Spotter-Loader and through no fault of their own, they may be awarded another attempt at the discretion of the referees at the end of the round;

The **Scorers** are responsible for:

9. Accurately recording the progress of the competition.
10. On completion, ensuring that the three referees for each event sign the official score sheets, record certificates or any other document requiring signatures.

The **Records Keeper** is appointed by the Head Referee in charge of the Championship and undertake the following:

11. When a record attempt is announced, the Records Keeper should immediately confirm the weight loaded on the bar, and compare it with the existing record.
12. If the lift is successful, the Records Keeper should begin to fill out the record form or certificate for the lifter. The information needed may be found on the lifter's card or may be taken from the lifter. It is the responsibility of the Records Keeper to collect any birth certificates required in the claiming of age group records;

E. PERSONS ALLOWED ON THE PLATFORM: During any competition taking place on a platform or stage, only the lifter, coach, members of the Jury, officiating referees and spotter-loaders will be allowed around the platform or on the stage. During the execution of an attempt, only the lifter, spotter-loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Jury, or Head Referee in charge. The only exception to this rule is on the Bench Press event where the lifter may select anyone to assist with the lift-off of the bar from the rack. In squat with the permission of the referee on the platform coach can replace one of the assistants.

F. ADJUSTING EQUIPMENT WHILE ON THE PLATFORM: A lifter shall not wrap or adjust their costume within the vicinity of the platform. The only exception to this rule is that the belt may be adjusted while on the platform.

G. LIFTING ORDER EXCEPTIONS: 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 the initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular event.

H. MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS: In WDFPF recognised competitions, the weight of the barbell must always be a multiple of 2.5kg (The weight shall be announced in kilograms). Athletes who have set a ER or WR when there is no record available must raise the next attempt with minimum 2.5 kg or the next equivalent from 2.5 kg.

Exceptions to this rule:

1. In a record attempt the weight of the barbell must be at least 500 grams in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition;
2. During the course of the competition, if a record attempt is requested that is not a multiple of 2.5kg, and it is requested within prescribed attempts, and the lifter performs a "Good Lift", then only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will appear on the record application; i.e., 233.0 kg requested for squat attempt on the lifter's second attempt - the lift is a "Good Lift" 232.5kg will be entered on the score sheet and 233.0 kg will be entered on the record application.

I. LOADING ERRORS or INCORRECT ANNOUNCEMENTS BY THE SPEAKER/ANNOUNCER: The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. This decision will be given to the speaker who will make the appropriate announcement.

Examples of Errors in Loading:

1. 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 at the end of the round in which the error occurred;
2. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. 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 originally requested weight at the end of the round in which the error occurred;
3. If by error the loading is not the same on each side of the bar; or if any change occurs on the bar or discs during the execution of the lift or if the platform is disarranged - and the lift is successful, the lifter may accept the attempt or elect to take the attempt again at the end of the round. If the attempt is not successful, the lifter will be granted a further attempt, but only at the end of the round;
4. If the speaker/announcer makes a mistake by announcing a weight lighter or heavier than that requested by the lifter the Chief Referee will make the correction according to the procedures as for errors in loading;
5. If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses an attempt because the speaker omitted to announce that lifter's appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take the attempt without rotating to the end of the round.

J. DISQUALIFICATION: Three unsuccessful attempts in any event in powerlifting will automatically eliminate the lifter from the competition.

K. SPOTTER AID TO THE LIFTER: Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in assuming the start position for an attempt.

L. DISQUALIFICATION OF THE LIFTER DUE TO PLATFORM TIME LIMITS: On completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

M. RULES CONCERNING INJURED LIFTERS: If during a competition a lifter suffers injury, the official doctor has the right of examination. If the doctor considers it inadvisable for the lifter to continue, the doctor 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.

N. BLOOD BORNE PATHOGENS/INFECTIONS: In an effort to protect against the possibility of blood borne pathogens/infections, athletes will NOT be allowed to strike their heads on the bar during competition.

O. RULES CONCERNING DISQUALIFICATION DUE TO MISCONDUCT: Any lifter or coach, who by reason of misconduct on or near the competition platform which is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury (or referees, in the absence of a Jury) may disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both warning and disqualification.

P. APPEALS or COMPLAINT PROCEDURES: The following conditions apply:

1. In International competition all appeals against referee decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition, will be made in writing

to the Jury. The appeal or complaint must be lodged with the Chairman of the Jury by the team manager, or by the team coach. This must be done immediately following the action for which the complaint is being filed;

2. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider an appeal/complaint verdicts. After due consideration and upon reaching majority verdict, the Jury will return and the chairman will inform the complainant of the decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body;
3. In the event of a complaint being made against a lifting member or an official of an opposing team, the written complaint shall be accompanied by the cash sum of \$75 or its equivalent in any currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the said sum may be retained and donated to the WDFPF at the discretion of the Jury.

Q. BREAK TIME BETWEEN EACH CONTESTED EVENT: Brief breaks between events are suggested for the convenience of the referees.

R. RECOMMENDED ALLOWANCE OF ADDITIONAL REST BETWEEN ATTEMPTS: When small numbers of lifters compose a flight, it may be necessary to increase the time between rounds in order for the lifters to adequately prepare for their next attempts. If less than 10 lifters compose a flight the additional rest period should be similar to the time, which would be taken by 10 lifters competing.

S. COMMUNICATION OF DECISIONS CONCERNING SPECIAL PROBLEMS: Any decisions concerning an attempt, the removal of a lifter or coach, or the granting of another attempt must be made known to the speaker/announcer, scorekeeper, coach and lifter as soon as such a decision is reached. The communication to be made by the Chair of the Jury or the Chief Referee.

T. AWARDS CEREMONY: During the awards ceremony, the athlete must be dressed in sports clothing.

U. MUSIC: Music must not be played during the performance of lifts.

VIII. REFEREES

A. DESIGNATION OF PLATFORM REFEREES: The referees shall be three in number, the Chief or Center Referee and two side referees. All referees assigned to "platform positions" must annually familiarise themselves with the WDFPF Rulebook

B. DUTIES OF THE CHIEF REFEREE: The Chief Referee is responsible for giving the necessary signals for all three attempts and for any decisions regarding loading errors or incorrect announcements by the Speaker/Announcer.

C. SIGNALS REQUIRED FOR THE LIFTING EVENTS:

1. The **Squat**: At the commencement of the attempt a visual signal consisting of a downward movement of the arm together with the audible signal of the command "**Squat**". The signal at the completion of the lift will be a visual signal consisting of a backward movement of the arm together with the audible signal of the command "**Rack**";
2. The **Bench Press**: When the bar is received at arm's length and in the lifter's control, the Chief Referee will give the "**Start**" signal. When the bar is motionless on the chest the Chief Referee will give the "hand clap or clapperboard signal" or the command "**Press**" to indicate the "**upward press**" motion. When the bar is at arm's length with elbows extended the Chief Referee will give the "Rack" signal allowing for the completion of the attempt. If the lifter is **hearing impaired**, the Chief Referee may give a visual signal to the lifter. The signal at the completion of the attempt will be a visual signal consisting of a backward movement of the arm together with the audible signal of the command "**Rack**";
3. The **Deadlift**: No signal is required for the commencement of the Deadlift. The signal at the completion of the attempt will be a visual signal consisting of a downward movement of the arm together with the audible signal of the command "**Down**".

D. COMMUNICATION ANNOUNCING THE PLATFORM REFEREE'S DECISION: Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a "good lift" and red for a "no lift". In the event that hand signals or flags have to be used instead of lights, such signals will be made immediately after the Chief Referee has called "show";

- E. **POSITIONING OF THE REFEREES ON THE PLATFORM:** The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three events. However, the Chief Referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.
- F. **DUTIES OF THE REFEREES PRIOR TO THE COMPETITION:** Before the competition, the referees shall jointly ascertain that:
1. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies, and defective equipment discarded
 2. The scales work correctly and are accurate. Certification of the scales must have been within 12 months previous to the championships date
 3. The lifters weigh-in within the limits of weight and time for the body weight category
 4. The lifter's costumes and personal equipment comply with the rules in all respects. The equipment should be marked, and recorded on the lifter's score card or attempts card.
- G. **DUTIES OF THE REFEREES DURING THE COMPETITION:** During the competition the referees must jointly ascertain the following:
1. The weight of the loaded bar agrees with the weight announced by the speaker/announcer. Referees may be issued loading charts for this purpose;
 2. The lifter's costume and personal equipment on the platform are exactly as declared, examined and marked at the equipment check. If any referee has reason to doubt a lifter's integrity in this respect, they must, after completion of the attempt, inform the Chief Referee of their suspicions. The three referees may then re-examine the lifter's costume and personal equipment. If the lifter is found guilty of wearing anything that was not noted during the equipment check or that does not conform to regulations, the lifter will immediately be disqualified.
- H. **PROCEDURE OF A REFEREE OBSERVING LIFTING FAULTS:** If during the execution of an attempt, a referee observes a fault sufficient to give cause for disqualification of the attempt, the procedure is as follows:
1. If the observer is a side referee, an arm shall be raised to call attention to the fault. If the Chief Referee or the other side referee are in agreement, this constitutes a majority opinion, the Chief Referee shall stop the lift at a discretionary safe point. A visual signal and an audible command will be given to the lifter;
 2. If the observer is the Chief Referee, the arm will not be raised. The Chief Referee must check to see if either of the side referees are in agreement. If one or both agree, the Chief Referee will stop the lift as previously described above.
- I. **PROCEDURES FOR INCORRECT STARTING POSITION OR BAR PLACEMENT DURING THE SQUAT:** Prior to the commencement of the squat, if any of the referees do not accept the bar placement or the starting position of the lifter, they will call attention to the fault as previously described in H, 1. If there is a majority opinion among the referees that the fault exists, the Chief Referee will not give the signals to commence the lift. It is not required of the Chief Referee to explain the fault to the lifter. The lifter has the remainder of the un-expired time allowance in which to correct the position of the bar or the stance in order to receive the commencement signal.
- J. **REFEREE COMMENTARY FOLLOWING A LIFT:** A lifter receiving a red light(s) for an attempt may go to or send their coach to the Chief Referee, and request a rationale for the red light. The Chief Referee will investigate, determine, and inform the lifter or spokesman why a red light was given. A lifter requiring further debate or knowledge, must leave the lifting area immediately and go to the Head Referee in charge of the competition, or the Chair of the Jury for further clarification or ruling. Referees may not receive any document or verbal account concerning the progress of the competition.
1. A referee shall not attempt to influence the decisions of the other referees;
 2. The Chief Referee may consult with the side referees, the Jury or any other official as necessary in order to expedite the competition.
- K. **DUTIES OF THE REFEREES AFTER THE COMPETITION:** After the competition, the three referees shall sign the official score sheets or any other documents requiring a signature.
- L. **INTERNATIONAL COMPETITION:** Referees will be selected by the Technical Committee. Nations will put forward a list of referees who they feel are suitable to officiate at international level. International Referees must have passed a written and practical examination with a proficiency of 90%.

All referees must re-register with the W.D.F.P.F. in order to maintain their current qualifications. Re-registration shall take place on the first of January in each four year. A referee who has been inactive for a four year period will forfeit his credentials. Then need to retake examinations. International Referees must have refereed a minimum of four International or National Powerlifting Championships during the previous four year period in order to be acceptable for re-registration.

At international competitions following rules apply:

1. Two referees of the same nationality cannot normally be selected to adjudicate the same category in a contest of more than two nations unless unavoidable;
2. The selection of a referee to act as Chief Referee in one category does not preclude their selection as a side referee in another category;
3. Each nation must nominate WDFPF INTERNATIONAL referees to serve at the World Championships;
4. Referees and members of the Jury will be uniformly dressed as follows:

Men

- a. Winter: Dark Blue Blazer with appropriate WDFPF logo emblem on left breast and Grey Trousers with a white shirt and tie;
- b. Summer: White Shirt and Grey Trousers, tie optional

Women

- a. Winter: Dark Blue Blazer with appropriate WDFPF logo emblem on left breast and Grey Skirt or Trousers and a white blouse;
- b. Summer: Grey Skirt or Trousers and a white blouse.

IX. JURY AND TECHNICAL COMMITTEE

- A. REQUIREMENTS:** At International Championships, a jury will be appointed whenever practicable to preside over each lifting session. The decision whether or not the appointment of a Jury is feasible shall be left to the discretion of the Head Referee, normally on the advice of members of the WDFPF Executive:
1. Where possible, the Jury shall consist of the WDFPF President as the President of the Jury, and four other members, one of whom shall be the Chair of the Technical Committee. A reserve member shall be appointed for each jury;
 2. The members of the Jury shall be International Referees;
 3. Where possible, the members of the Jury shall all be from different nations with the exceptions of the WDFPF President and the Chair of the Technical Committee;
 4. The function of the Jury is to ensure that the technical rules are correctly applied.
- B. JURY REPLACEMENT OF A REFEREE:** During the competition the Jury may, by a majority vote, replace any referee whose decisions, in its opinion, prove that referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal, and must have failed to correct the problem for removal to occur;
- C. REFEREE'S OPPORTUNITY FOR EXPLANATION:** 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 an explanation for making the decision which is the subject of the warning;
- D. JURY AUTHORITY IN CORRECTIVE ACTIONS:** 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.
- E. JURY AUTHORITY CONCERNING REFEREE DECISIONS:** The Jury shall not at any time overrule or change the decisions of the referees.
- F. POSITIONING OF THE JURY:** The members of the Jury will be positioned to ensure an unimpeded view of the competition;
- G. DUTIES OF THE JURY PRESIDENT:** Before each competition, the President of the Jury must ensure that the members of the Jury have a perfect knowledge of their role and any new regulations that amend or supplement those contained in the

current edition of the must ensure that the members of the Jury have a perfect knowledge of their role and any new regulations that amend or supplement those contained in the current edition of the WDFPF handbook.

X. RECORDS

A. **International Records:** may only be set at WDFPF Sanctioned competitions providing that a minimum of 10% of **all lifters in the event** are drug tested by the urinalysis method (1992 Postal Ballot), in a **WADA RECOGNISED LAB** and under the following conditions:

1. The lifter must have fulfilled the weigh-in rules by establishing official body weight within the 2 hours prior to the start of the competition;
2. The referees or the Technical Committee must have checked that the barbell and discs conform to WDFPF specifications, prior to the competition;
3. Following the successful record setting attempt, the lifter must be subject to inspection by the three adjudicating International Referees. Refer to "Costume and Personal Equipment";
4. The competition must be held under the sanction of a National Federation affiliated with the WDFPF;
5. Each of the adjudicating referees must be a current WDFPF International Referee and be a member of a National Federation affiliated to the WDFPF;
6. The good faith and competence of referees of all member nations is beyond dispute. Consequently, an international record can be assured by referees of the same nation;
7. For registration World and Continental records set at the national competitions must be within one month from the date of record to provide complete set of documents for the registration record to General Secretary. The set of documents consists: the official WDFPF Score Sheet signed by the adjudicating International Referees, a copy of the current scales certificate and age verification where necessary;
8. Where lifters in a Full Power event are not taking part in the full competition, they are not permitted to attempt to set records in individual events;
9. In a Full Power event if two lifters break a current individual record with the same weight, the **FIRST SUCCESSFUL** lifter will be declared the new record holder. **Total records:** If body weights are identical, the lifters are to be re-weighed immediately following the competition. If during the re-weigh, both lifters weigh the same, both will be record holders;
10. In a Single Lift event – if 2 lifters go for the same record – The lowest lot number must lift first. If both lifters are successful with the lift the individual who was the lightest will be regarded as the record holder. If both lifters weigh the same then see Par 9 above for details.
11. New records are only valid if they exceed the previous record by a minimum of 500 grams. Fractions of 500 grams must be ignored: e.g. **88.000** kg would be registered as 87.500 kg. The addition of "record discs" of 0.25kg or 0.5kg is only permissible for record attempts;
12. In powerlifting records set in individual events will only be valid if the lifter makes a total in the competition;
13. World Records may only be set by lifters reaching the WDFPF Qualification Totals for World Championships;
14. International records are valid if the squat, bench press and deadlift techniques, as well as the costume and personal equipment of the lifter, are in complete compliance with WDFPF rules;
15. International records may be set in National Championships that follow WDFPF rules regardless if a Jury is present;
16. At "combined" championships where SINGLE EVENT competitions are held on the same occasion as THREE-EVENT with TOTAL POWERLIFTING competitions, it is NOT permissible for individual lifts attained in the powerlifting section to be re-registered for inclusion in a single event section. "Single Event" Records are only acceptable when established or broken during the course of a Single Event Championships or section.

B. **Requirements for setting an International Record on a fourth attempt:**

1. Only lifters actually taking part in a competition and successfully carrying out the third attempt may attempt records as fourth attempts outside the competition;
2. A lifter may be granted a fourth attempt only for purposes of setting an international record, at the discretion of the Jury or Chief Referee in the absence of a Jury, if the third attempt was successful and within 20 kg of the current record. In no case will further additional attempts be granted;
3. The fourth attempt in powerlifting championships and single lift events are not to be included in total or final score.

APPENDIX A:

SCHWARTZ FORMULA IN KILOGRAMS

The Schwartz formula (SF)* is presented as a table of coefficients. Each lifter has a coefficient determined by body weight (BW). Since the table is graduated in one-tenth kilogram intervals, it may be necessary to interpolate. For example, the coefficient for lifters with body weights 74.5 and 74.6 are 0.6680 and 0.6673 from the table. Thus for a lifter with a body weight of 74.55 the coefficient is interpolated as 0.66765.

1. To determine the “Best Lifter” multiply each lifters coefficient by his total. The resulting factor is his Schwartz Formula total (SFT). The lifter with the highest SFT is considered the “Best Lifter”
2. To determine the winner in a contest between teams of unequal body weights: Determine the SFT for each member of each team. The team with the highest average SFT is the winner.
3. To determine the “Champion of Champions”, calculate the SF on the winner of each weight class. The weight class winner with the highest SF is the “Champion of Champions”.

* Revised October 1978 by Lyle Schwartz, Professor of Materials Science and Engineering, Northwestern University, U.S.A. Earlier forms are obsolete after that date.

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.3133	1.3092	1.3052	1.3011	1.2971	1.2931	1.2891	1.2851	1.2812	1.2773
41	1.2734	1.2695	1.2656	1.2618	1.2580	1.2542	1.2504	1.2467	1.2429	1.2392
42	1.2355	1.2318	1.2282	1.2245	1.2209	1.2173	1.2138	1.2102	1.2067	1.2032
43	1.1997	1.1962	1.1927	1.1893	1.1858	1.1824	1.1791	1.1757	1.1723	1.1690
44	1.1657	1.1624	1.1591	1.1558	1.1526	1.1494	1.1462	1.1430	1.1398	1.1367
45	1.1335	1.1304	1.1273	1.1242	1.1211	1.1181	1.1150	1.1120	1.1090	1.1060
46	1.1031	1.1001	1.0972	1.0942	1.0913	1.0884	1.0856	1.0827	1.0799	1.0770
47	1.0742	1.0714	1.0686	1.0659	1.0631	1.0604	1.0577	1.0550	1.0523	1.0496
48	1.0469	1.0443	1.0416	1.0390	1.0364	1.0338	1.0312	1.0287	1.0261	1.0236
49	1.0211	1.0186	1.0161	1.0136	1.0111	1.0087	1.0062	1.0038	1.0014	1.9990
50	.9966	.9942	.9919	.9895	.9872	.9849	.9826	.9803	.9780	.9757
51	.9734	.9712	.9690	.9667	.9645	.9623	.9601	.9580	.9558	.9536
52	.9515	.9494	.9473	.9452	.9431	.9410	.9389	.9368	.9348	.9328
53	.9307	.9287	.9267	.9247	.9227	.9208	.9188	.9169	.9149	.9130
54	.9111	.9092	.9073	.9054	.9035	.9016	.8998	.8979	.8961	.8943
55	.8924	.8906	.8888	.8870	.8853	.8835	.8817	.8800	.8782	.8765
56	.8748	.8731	.8714	.8697	.8680	.8663	.8646	.8630	.8613	.8597
57	.8580	.8564	.8548	.8532	.8516	.8500	.8484	.8468	.8453	.8437
58	.8422	.8406	.8391	.8376	.8361	.8345	.8330	.8315	.8301	.8286
59	.8271	.8257	.8242	.8228	.8213	.8199	.8185	.8170	.9156	.8142
60	.8128	.8114	.8101	.8087	.8073	.8060	.8046	.8033	.8019	.8006
61	.7993	.7979	.7966	.7953	.7940	.7927	.7915	.7902	.7889	.7876
62	.7864	.7851	.7839	.7826	.7814	.7802	.7789	.7777	.7765	.7753
63	.7741	.7729	.7717	.7706	.7694	.7682	.7671	.7659	.7647	.7636
64	.7625	.7613	.7602	.7591	.7580	.7568	.7557	.7546	.7535	.7524
65	.7514	.7503	.7492	.7481	.7471	.7460	.7450	.7439	.7429	.7418
66	.7408	.7398	.7387	.7377	.7367	.7357	.7347	.7337	.7327	.7317
67	.7307	.7297	.7287	.7278	.7268	.7258	.7249	.7239	.7230	.7220
68	.7211	.7201	.7192	.7183	.7174	.7164	.7155	.7146	.7137	.7128
69	.7119	.7110	.7101	.7092	.7083	.7074	.7066	.7057	.7048	.7040

Schwartz Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
70	.7031	.7022	.7014	.7005	.6997	.6989	.6980	.6972	.6964	.6955
71	.6947	.6939	.6931	.6923	.6914	.6906	.6898	.6890	.6882	.6874
72	.6867	.6859	.6851	.6843	.6835	.6828	.6820	.6812	.6805	.6797
73	.6789	.6782	.6774	.6767	.6760	.6752	.6745	.6737	.6730	.6723
74	.6716	.6708	.6701	.6694	.6687	.6680	.6673	.6666	.6659	.6652
75	.6645	.6638	.6631	.6624	.6617	.6610	.6603	.6598	.6590	.6583
76	.6577	.6570	.6563	.6557	.6550	.6543	.6537	.6530	.6524	.6517
77	.6511	.6505	.6498	.6492	.6486	.6479	.6473	.6467	.6461	.6454
78	.6448	.6442	.6436	.6430	.6424	.6418	.6412	.6405	.6399	.6394
79	.6388	.6382	.6376	.6370	.6364	.6358	.6352	.6347	.6341	.6335
80	.6329	.6324	.6318	.6312	.6307	.6301	.6295	.6290	.6384	.6279
81	.6273	.6268	.6262	.6257	.6251	.6245	.6241	.6235	.6230	.6224
82	.6319	.6214	.6209	.6203	.6198	.6193	.6188	.6183	.6177	.6172
83	.6167	.6162	.6157	.6152	.6147	.6142	.6137	.6132	.6127	.6122
84	.6117	.6112	.6107	.6102	.6098	.6093	.6088	.6083	.6078	.6074
85	.6069	.6064	.6059	.6055	.6050	.6045	.6041	.6036	.6031	.6027
86	.6022	.6018	.6013	.6009	.6004	.6000	.5995	.5991	.5986	.5982
87	.5978	.5973	.5969	.5965	.5960	.5956	.5952	.5947	.5943	.5939
88	.5935	.5930	.5926	.5922	.5918	.5914	.5910	.5905	.5901	.5897
89	.5893	.5889	.5885	.5881	.5877	.5873	.5869	.5865	.5861	.5857
90	.5853	.5850	.5846	.5842	.5838	.5834	.5830	.5827	.5823	.5819
91	.5815	.5812	.5808	.5804	.5801	.5797	.5793	.5790	.5788	.5782
92	.5779	.5775	.5772	.5768	.5765	.5761	.5758	.5754	.5751	.5747
93	.5744	.5740	.5737	.5734	.5730	.5727	.5723	.5720	.5717	.5714
94	.5710	.5707	.5704	.5701	.5697	.5694	.5691	.5688	.5685	.5681
95	.5678	.5675	.5672	.5669	.5666	.5663	.5660	.5657	.5654	.5651
96	.5648	.5645	.5642	.5639	.5636	.5633	.5630	.5627	.5624	.5622
97	.5619	.5616	.5613	.5610	.5608	.5605	.5602	.5599	.5597	.6694
98	.5591	.5589	.5586	.5583	.5581	.5578	.5575	.5573	.5570	.5568
99	.5565	.5563	.5560	.5558	.5555	.5553	.5550	.5548	.5545	.5543
100	.5540	.5538	.5536	.5533	.5531	.5529	.5526	.5524	.5522	.5519
101	.5517	.5515	.5513	.5510	.5508	.5506	.5504	.5502	.5500	.5497
102	.5495	.5493	.5491	.5489	.5487	.5485	.5483	.5481	.5479	.5477
103	.5475	.5473	.5471	.5469	.5467	.5465	.5463	.546	.5459	.5457
104	.5455	.5454	.5452	.5450	.5448	.5446	.5444	.5443	.5441	.5439
105	.5437	.5436	.5434	.5432	.5431	.5429	.5427	.5426	.5424	.5422
106	.5421	.5419	.5417	.5416	.5414	.5413	.5411	.5410	.5408	.5407
107	.5405	.5404	.5402	.5401	.5399	.5398	.5396	.5395	.5393	.5392
108	.5391	.5389	.5388	.5386	.5385	.5384	.5382	.5381	.5380	.5378
109	.5377	.5376	.5376	.5373	.5372	.5371	.5370	.5368	.5367	.5366
110	.5365	.5364	.5362	.5361	.5360	.5359	.5358	.5357	.5356	.5354
111	.5353	.5352	.5351	.5350	.5349	.5348	.5347	.5346	.5345	.5343
112	.5342	.5341	.5340	.5339	.5338	.5337	.5336	.5335	.5334	.5333
113	.5332	.5331	.5330	.5329	.5328	.5328	.5327	.5326	.5325	.5324
114	.5323	.5322	.5321	.5320	.5319	.5318	.5317	.5316	.5316	.5315

Schwartz Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
115	.5314	.5313	.5312	.5311	.5310	.5309	.5309	.5308	.5307	.5306
116	.5305	.5304	.5303	.5302	.5302	.5301	.5300	.5300	.5298	.5297
117	.5296	.5296	.5295	.5294	.5293	.5292	.5291	.5290	.5290	.5289
118	.5288	.5287	.5286	.5285	.5284	.5283	.5283	.5282	.5281	.5280
119	.5279	.5278	.5277	.5276	.5275	.5274	.5274	.5273	.5272	.5271
120	.5270	.5269	.5268	.5267	.5266	.5265	.5264	.5263	.5262	.5261
121	.5260	.5259	.5258	.5257	.5256	.5255	.5254	.5253	.5251	.5250
122	.5349	.5248	.5247	.5246	.5245	.5243	.5242	.5241	.5240	.5239
123	.5237	.5236	.5235	.5234	.5232	.5231	.5230	.5228	.5227	.5226
124	.5224	.5223	.5221	.5220	.5219	.5217	.5216	.5214	.5213	.5211
125	.5210	.5209	.5208	.5206	.5205	.5204	.5203	.5202	.5200	.5199
126	.5198	.5197	.5196	.5194	.5193	.5192	.5191	.5190	.5188	.5187
127	.5186	.5185	.5184	.5182	.5181	.5180	.5179	.5178	.5176	.5175
128	.5174	.5173	.5172	.5170	.5169	.5168	.5167	.5166	.5164	.5163
129	.5162	.5161	.5160	.5158	.5157	.5156	.5155	.5154	.5152	.5151
130	.5150	.5149	.5147	.5146	.5145	.5143	.5142	.5141	.5140	.5139
131	.5138	.5137	.5136	.5134	.5133	.5132	.5131	.5130	.5128	.5127
132	.5126	.5125	.5124	.5122	.5121	.5120	.5119	.5118	.5116	.5115
133	.5113	.5113	.5112	.5110	.5109	.5108	.5107	.5106	.5104	.5103
134	.5102	.5101	.5100	.5098	.5097	.5096	.5095	.5094	.5092	.5091
135	.5090	.5089	.5088	.5086	.5085	.5084	.5083	.5082	.5080	.5079
136	.5078	.5077	.5076	.5075	.5073	.5072	.5071	.5070	.5069	.5068
137	.5067	.5066	.5065	.5064	.5062	.5061	.5060	.5059	.5058	.5057
138	.5056	.5055	.5054	.5053	.5051	.5050	.5049	.5048	.5047	.5046
139	.5045	.5044	.5043	.5042	.5040	.5039	.5038	.5037	.5036	.5035
140	.5034	.5033	.5032	.5031	.5029	.5028	.5027	.5026	.5025	.5024
141	.5023	.5022	.5021	.5020	.5018	.5017	.5016	.5015	.5014	.5013
142	.5012	.5011	.5011	.5009	.5007	.5006	.5005	.5004	.5003	.5002
143	.5001	.5000	.4999	.4998	.4997	.4995	.4994	.4993	.4992	.4991
144	.4990	.4989	.4988	.4987	.4986	.4985	.4983	.4982	.4981	.4980
145	.4979	.4978	.4977	.4976	.4975	.4974	.4973	.4972	.4971	.4970
146	.4969	.4968	.4967	.4966	.4965	.4964	.4963	.4962	.4961	.4960
147	.4959	.4958	.4957	.4956	.4955	.4954	.4953	.4952	.4951	.4950
148	.4949	.4948	.4947	.4946	.4945	.4944	.4943	.4942	.4941	.4940
149	.4039	.4938	.4937	.4936	.4935	.4934	.4933	.4932	.4931	.4930
150	.4929	.4928	.4927	.4926	.4925	.4924	.4923	.4922	.4921	.4920
151	.4919	.4918	.4917	.4916	.4915	.4914	.4913	.4912	.4911	.4910
152	.4909	.4908	.4907	.4906	.4905	.4904	.4903	.4902	.4901	.4900
153	.4899	.4898	.4897	.4896	.4895	.4894	.4893	.4892	.4891	.4890
154	.4889	.4888	.4887	.4886	.4885	.4884	.4883	.4882	.4881	.4880
155	.4879	.4878	.4877	.4876	.4875	.4874	.4874	.4873	.4872	.4871
156	.4870	.4869	.4868	.4868	.4867	.4866	.4865	.4864	.4863	.4862
157	.4861	.4860	.4859	.4859	.4858	.4857	.4856	.4855	.4854	.4853
158	.4852	.4851	.4850	.4850	.4849	.4848	.4847	.4846	.4845	.4844
159	.4843	.4842	.4841	.4841	.4840	.4839	.4838	.4837	.4836	.4835

Schwartz Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
160	.4834	.4833	.4832	.4832	.4831	.4830	.4829	.4828	.4827	.4826
161	.4825	.4824	.4823	.4823	.4822	.4821	.4820	.4819	.4818	.4817
162	.4816	.4815	.4814	.4814	.4813	.4812	.4811	.4810	.4809	.4808
163	.4807	.4806	.4805	.4805	.4804	.4803	.4802	.4801	.4800	.4799
164	.4798	.4797	.4796	.4796	.4795	.4794	.4793	.4792	.4791	.4790
165	.4789	.4788	.4787	.4787	.4786	.4785	.4784	.4783	.4782	.4781
166	.47810	.47801	.47792	.47783	.47774	.47765	.47756	.47747	.47738	.47729
167	.47720	.47711	.47702	.47693	.47684	.47675	.47666	.47657	.47648	.47639
168	.47630	.47621	.47612	.47603	.47594	.47585	.47576	.47567	.47558	.47549
169	.47540	.47531	.47522	.47513	.47504	.47495	.47486	.47477	.47468	.47459
170	.47450	.47441	.47432	.47423	.47414	.47405	.47396	.47387	.47378	.47369
171	.47360	.47351	.47342	.47333	.47324	.47315	.47306	.47297	.47288	.47279
172	.47270	.47261	.47252	.47243	.47234	.47225	.47216	.47207	.47198	.47189
173	.47180	.47171	.47162	.47153	.47144	.47135	.47126	.47117	.47108	.47099
174	.47090	.47081	.47072	.47063	.47054	.47045	.47036	.47027	.47018	.47009
175	.47000	.46991	.46982	.46973	.46964	.46955	.46946	.46937	.46928	.46919
176	.46910	.46901	.46892	.46883	.46874	.46865	.46856	.46847	.46838	.46829
177	.46820	.46811	.46802	.46793	.46784	.46775	.46766	.46757	.46748	.46739
178	.46730	.46721	.46712	.46703	.46694	.46685	.46676	.46667	.46658	.46649
179	.46640	.46631	.46622	.46613	.46604	.46595	.46586	.46577	.46568	.46559
180	.46550	.46541	.46532	.46523	.46514	.46505	.46496	.46487	.46478	.46469
181	.46460	.46451	.46442	.46433	.46424	.46415	.46406	.46397	.46388	.46379
182	.46370	.46361	.46352	.46343	.46334	.46325	.46316	.46307	.46298	.46289
183	.46280	.46271	.46262	.46253	.46244	.46235	.46226	.46217	.46208	.46199
184	.46190	.46181	.46172	.46163	.46154	.46145	.46136	.46127	.46118	.46109
185	.46100	.46091	.46082	.46073	.46064	.46055	.46046	.46037	.46028	.46019
186	.46010	.46001	.45992	.45983	.45974	.45965	.45956	.45947	.45938	.45929
187	.45920	.45911	.45902	.45893	.45884	.45875	.45866	.45857	.45848	.45839
188	.45830	.45821	.45812	.45803	.45794	.45785	.45776	.45767	.45758	.45749
189	.45740	.45731	.45722	.45713	.45704	.45695	.45686	.45677	.45668	.45659
190	.45650	.45641	.45632	.45623	.45614	.45605	.45596	.45587	.45578	.45569
191	.45560	.45551	.45533	.45524	.45515	.45506	.45497	.45488	.45488	.45479
192	.45470	.45461	.45452	.45443	.45434	.45425	.45416	.45407	.45398	.45389
193	.45380	.45371	.45362	.45353	.45344	.45335	.45326	.45317	.45308	.45299
194	.45290	.45281	.45272	.45263	.45254	.45245	.45236	.45227	.45218	.45209
195	.45200	.45191	.45182	.45173	.45164	.45155	.45146	.45137	.45128	.45119
196	.45110	.45101	.45092	.45083	.45074	.45065	.45056	.45047	.45038	.45029
197	.45020	.45011	.45002	.44993	.44984	.44975	.44966	.44957	.44948	.44939
198	.44930	.44921	.44912	.44903	.44894	.44885	.44876	.44867	.44858	.44849
199	.44750	.44741	.44732	.44723	.44714	.44705	.44696	.44687	.44678	.44669
200	.44660	.44651	.44642	.44633	.44624	.44615	.44606	.44597	.44588	.44579
201	.44570	.44561	.44552	.44543	.44534	.44525	.44516	.44507	.44498	.44489
202	.44480	.44471	.44462	.44453	.44444	.44435	.44426	.44417	.44408	.44399
203	.44390	.44381	.44372	.44363	.44354	.44345	.44336	.44327	.44318	.44309
204	.44300	.44291	.44282	.44273	.44264	.44255	.44246	.44237	.44228	.44219

MALONE FORMULA:

The Malone formula is the official formula for use with female lifters and will be used at all contests with women's divisions for Best Lifter and "Champion of Champions"

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.1938	1.1915	1.1892	1.1869	1.1846	1.1823	1.1810	1.1778	1.1756	1.1733
41	1.1711	1.1689	1.1667	1.1645	1.1623	1.1601	1.1579	1.1557	1.1535	1.1514
42	1.1492	1.1471	1.1450	1.1428	1.1407	1.1386	1.1365	1.1344	1.1323	1.1303
43	1.1282	1.1261	1.1241	1.1220	1.1200	1.1180	1.1159	1.1139	1.1119	1.1099
44	1.1079	1.1059	1.1039	1.1020	1.1000	1.0980	1.0961	1.0941	1.0922	1.0903
45	1.0883	1.0864	1.0845	1.0826	1.0807	1.0788	1.0769	1.0750	1.0732	1.8713
46	1.0694	1.0676	1.0657	1.0639	1.0621	1.0602	1.0584	1.0566	1.0548	1.0530
47	1.0512	1.0494	1.0476	1.0458	1.0441	1.0423	1.0405	1.0388	1.0370	1.0353
48	1.0336	1.0318	1.0301	1.0284	1.0267	1.0250	1.0233	1.0216	1.0199	1.0182
49	1.0165	1.0148	1.0132	1.0115	1.0098	1.0082	1.0065	1.0049	1.0033	1.0016
50	1.0000	.9984	.9968	.9952	.9935	.9919	.9904	.9888	.9872	.9856
51	.9840	.9825	.9809	.9793	.9778	.9762	.9747	.9731	.9716	.9701
52	.9686	.9670	.9655	.9640	.9625	.9610	.9595	.9580	.9565	.9550
53	.9536	.9521	.9506	.9492	.9477	.9462	.9448	.9433	.9419	.9405
54	.9390	.9376	.9362	.9348	.9333	.9319	.9305	.9291	.9277	.9263
55	.9249	.9235	.9222	.9208	.9194	.9180	.9167	.9153	.9140	.9126
56	.9122	.9099	.9086	.9072	.9059	.9046	.9032	.9019	.9006	.8993
57	.8980	.8967	.8954	.8941	.8928	.8915	.8902	.8889	.8876	.8863
58	.8851	.8838	.8825	.8814	.8800	.8788	.8775	.8763	.8750	.8738
59	.8725	.8713	.8701	.8688	.8676	.8664	.8653	.8640	.8628	.8615
60	.8603	.8591	.8579	.8568	.8556	.8544	.8532	.8520	.8508	.8497
61	.8485	.8473	.8462	.8450	.8438	.8427	.8415	.8404	.8392	.8381
62	.8370	.8358	.8347	.8336	.8324	.8313	.8302	.8291	.8280	.8269
63	.8257	.8246	.8235	.8224	.8213	.8202	.8192	.8181	.8170	.8159
64	.8148	.8137	.8127	.8116	.8105	.8095	.8084	.8073	.8063	.8052
65	.8042	.8031	.8021	.8010	.8000	.7990	.7979	.7969	.7959	.7948
66	.7938	.7928	.7918	.7908	.7898	.7887	.7877	.7867	.7857	.7847
67	.7837	.7827	.7817	.7807	.7798	.7777	.7769	.7761	.7753	.7745
68	.7737	.7729	.7721	.7713	.7705	.7697	.7689	.7682	.7674	.7666
69	.7658	.7650	.7642	.7635	.7627	.7619	.7611	.7604	.7596	.7588
70	.7581	.7573	.7565	.7558	.7550	.7543	.7535	.7527	.7520	.7512
71	.7505	.7497	.7490	.7482	.7475	.7468	.7460	.7453	.7445	.7438
72	.7431	.7423	.7416	.7409	.7401	.7394	.7387	.7379	.7372	.7365
73	.7358	.7351	.7343	.7336	.7329	.7322	.7315	.7308	.7301	.7293
74	.7286	.7279	.7272	.7265	.7258	.7251	.7244	.7237	.7230	.7223
75	.7216	.7209	.7202	.7196	.7189	.7182	.7175	.7168	.7161	.7154
76	.7148	.7141	.7134	.7127	.7120	.7114	.7107	.7100	.7094	.7087
77	.7080	.7074	.7067	.7060	.7154	.7047	.7040	.7034	.7027	.7021
78	.7014	.7007	.7001	.6994	.6988	.6981	.6975	.6968	.6962	.6956
79	.6949	.6943	.6936	.6930	.6923	.6917	.6911	.6904	.6898	.6892

Malone Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
80	.6885	.6879	.6873	.6866	.6860	.6854	.6848	.6841	.6835	.6829
81	.6823	.6817	.6810	.6804	.6798	.6792	.6786	.6780	.6774	.6767
82	.6761	.6755	.6749	.6743	.6737	.6731	.6725	.6719	.6713	.6707
83	.6701	.6695	.6689	.6683	.6677	.6671	.6665	.6659	.6653	.6648
84	.6642	.6636	.6630	.6624	.6618	.6612	.6607	.6601	.6595	.6589
85	.6583	.6879	.6572	.6566	.6560	.6555	.6549	.6543	.6538	.6532
86	.6526	.6521	.6515	.6509	.6504	.6498	.6492	.6487	.6481	.6476
87	.6470	.6464	.6459	.6453	.6448	.6442	.6437	.6431	.6426	.6420
88	.6415	.6409	.6404	.6398	.6393	.6387	.6382	.6376	.6371	.6366
89	.6360	.6355	.6350	.6344	.6339	.6333	.6328	.6323	.6317	.6312
90	.6310	.6307	.6303	.6300	.6296	.6293	.6290	.6286	.6283	.6280
91	.6276	.6273	.6269	.6266	.6263	.6259	.6256	.6253	.6249	.6246
92	.6243	.6239	.6236	.6233	.6229	.6226	.6223	.6219	.6216	.6213
93	.6209	.6206	.6203	.6200	.6196	.6193	.6190	.6186	.6183	.6180
94	.6177	.6173	.6170	.6167	.6164	.6160	.6157	.6154	.6151	.6147
95	.6144	.6141	.6138	.6134	.6131	.6128	.6125	.6122	.6118	.6115
96	.6112	.6109	.6106	.6102	.6099	.6096	.6093	.6090	.6087	.6083
97	.6080	.6077	.6074	.6071	.6068	.6064	.6061	.6058	.6055	.6052
98	.6049	.6046	.6042	.6039	.6036	.6033	.6030	.6027	.6024	.6021
99	.6018	.6014	.6011	.6008	.6005	.6002	.5999	.5996	.5993	.5990
100	.5987	.5984	.5981	.5977	.5974	.5971	.5968	.5965	.5962	.5959
101	.5956	.5953	.5950	.5947	.5944	.5941	.5938	.5935	.5932	.5929
102	.5926	.5923	.5920	.5917	.5914	.5911	.5908	.5905	.5902	.5898
103	.5896	.5893	.5890	.5887	.5884	.5881	.5878	.5875	.5872	.5869
104	.5866	.5863	.5861	.5858	.5855	.5852	.5849	.5846	.5843	.5840
105	.5837	.6934	.5831	.5828	.5825	.5823	.5820	.5817	.5814	.5811
106	.5808	.5805	.5802	.5799	.5797	.5794	.5791	.5788	.5785	.5782
107	.5779	.5776	.5774	.5771	.5768	.5765	.5762	.5759	.5757	.5754
108	.5751	.5748	.5745	.5742	.5740	.5737	.5734	.5731	.5728	.5725
109	.5723	.5720	.5717	.5714	.5711	.5709	.5706	.5703	.5700	.5698
110	.5696	.5695	.5693	.5692	.5691	.5689	.5688	.5686	.5685	.5684
111	.5682	.5681	.5680	.5678	.5677	.5675	.5674	.5673	.5671	.5670
112	.5669	.5667	.5666	.5664	.5663	.5662	.5660	.5659	.5658	.5656
113	.5655	.5653	.5652	.5651	.5649	.5648	.5647	.5645	.5644	.5643
114	.5641	.5640	.5638	.5637	.5636	.5634	.5633	.5632	.5630	.5629
115	.5628	.5626	.5625	.5623	.5622	.5621	.5619	.5618	.5617	.5615
116	.5614	.5613	.5611	.5610	.5609	.5607	.5606	.5605	.5603	.5602
117	.5601	.5599	.5598	.5597	.5595	.5594	.5593	.5591	.5590	.5589
118	.5587	.5586	.5585	.5583	.5582	.5581	.5579	.5578	.5577	.5575
119	.5574	.5573	.5571	.5570	.5569	.5567	.5566	.5565	.5563	.5562

Malone Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
120	.5561	.5559	.5558	.5557	.5555	.5554	.5553	.5551	.5550	.5549
121	.5547	.5546	.5545	.5543	.5542	.5541	.5539	.5538	.5537	.5536
122	.5534	.5533	.5532	.5530	.5529	.5528	.5526	.5525	.5524	.5522
123	.5521	.5520	.5519	.5517	.5516	.5515	.5513	.5512	.5511	.5509
124	.5508	.5507	.5506	.5504	.5503	.5502	.5500	.5499	.5498	.5496
125	.5495	.5494	.5493	.5491	.5490	.5489	.5487	.5486	.5485	.5484
126	.5482	.5481	.5480	.5478	.5477	.5476	.5475	.5473	.5472	.5471
127	.5469	.5468	.5467	.5466	.5464	.5463	.5462	.5460	.5459	.5458
128	.5457	.5455	.5454	.5453	.5452	.5450	.5449	.5448	.5446	.5445
129	.5444	.5443	.5441	.5440	.5439	.5438	.5436	.5435	.5434	.5433
130	.5431	.5430	.5429	.5428	.5426	.5425	.5424	.5422	.5421	.5420
131	.5419	.5417	.5416	.5415	.5414	.5412	.5411	.5410	.5409	.5407
132	.5406	.5405	.5404	.5402	.5401	.5400	.5399	.5397	.5396	.5395
133	.5394	.5392	.5391	.5390	.5389	.5387	.5386	.5385	.5384	.5382
134	.5381	.5380	.5379	.5378	.5376	.5375	.5374	.5373	.5371	.5370
135	.5369	.5368	.5366	.5365	.5364	.5363	.5361	.5360	.5359	.5358
136	.5357	.5355	.5354	.5353	.5353	.5350	.5349	.5348	.5347	.5346
137	.5334	.5343	.5342	.5341	.5339	.5338	.5337	.5336	.5335	.5333
138	.5332	.5331	.5330	.5328	.5327	.5326	.5325	.5324	.5322	.5321
139	.5320	.5319	.5318	.5316	.5315	.5314	.5313	.5312	.5310	.5309

APPENDIX B
WOMEN'S UNEQUIPPED Division POWERLIFTING QUALIFICATION TOTALS
QUALIFICATION TOTALS to be used in all W.D.F.P.F. WORLD CHAMPIONSHIPS:

BODY WEIGHT	OPEN (14-up)	TEEN 1 (14-15)	TEEN 2 (16-17)	TEEN 3 (18-19)	JUNIOR (20-23)	Masters' 1 (40-44)	Masters' 2 (45-49)	Masters' 3 (50-54)	Masters' 4 (55-59)	Masters' 5 (60-64)	Masters' 6 (65-69)	Masters' 7 (70-74)	Masters' 8 (75-79)	Masters' 9 (80-84)
44.0	155.0	102.5	112.5	125.0	140.0	147.5	140.0	132.5	125.0	120.0	115.0	110.0	105.0	100.0
47.5	175.0	115.0	127.5	142.5	157.5	167.5	160.0	152.5	145.0	137.5	130.0	122.5	117.5	112.5
50.5	190.0	125.0	137.5	152.5	170.0	180.0	170.0	162.5	155.0	147.5	140.0	132.5	125.0	120.0
53.5	200.0	132.5	147.5	162.5	180.0	190.0	180.0	170.0	162.5	155.0	147.5	140.0	132.5	125.0
55.5	215.0	140.0	155.0	172.5	192.5	205.0	195.0	185.0	175.0	167.5	160.0	152.5	145.0	137.5
58.5	217.5	150.0	167.5	185.0	205.0	215.0	205.0	195.0	185.0	175.0	167.5	160.0	152.5	145.0
63.0	240.0	155.0	172.5	192.5	215.0	227.5	215.0	205.0	195.0	185.0	175.0	167.5	160.0	152.5
70.0	255.0	170.0	187.5	207.5	230.0	242.5	230.0	217.5	207.5	197.5	187.5	177.5	167.5	160.0
80.0	272.5	177.5	197.5	220.0	245.0	260.0	247.5	235.0	222.5	212.5	202.5	192.5	182.5	172.5
90.0	297.5	192.5	215.0	240.0	267.5	282.5	267.5	255.0	242.5	230.0	217.5	207.5	197.5	187.5

+90.0	315.0	207.5	230.0	255.0	282.5	300.0	285.0	270.0	257.5	245.0	232.5	220.0	210.0	200.0
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WOMEN'S EQUIPPED Division POWERLIFTING QUALIFICATION TOTALS
QUALIFICATION TOTALS to be used in all W.D.F.P.F. WORLD CHAMPIONSHIPS:

BODY WEIGHT	OPEN (14-up)	TEEN 1 (14-15)	TEEN 2 (16-17)	TEEN 3 (18-19)	JUNIOR (20-23)	Masters' 1 (40-44)	Masters' 2 (45-49)	Masters' 3 (50-54)	Masters' 4 (55-59)	Masters' 5 (60-64)	Masters' 6 (65-69)	Masters' 7 (70-74)	Masters' 8 (75-79)	Masters' 9 (80-84)
44.0	177.5	117.5	130.0	145.0	160.0	167.5	160.0	152.5	145.0	137.5	130.0	122.5	117.5	112.5
47.5	200.0	132.5	147.5	162.5	180.0	190.0	180.0	170.0	162.5	155.0	147.5	140.0	132.5	125.0
50.5	215.0	140.0	155.0	172.5	192.5	205.0	195.0	185.0	175.0	167.5	160.0	152.5	145.0	137.5
53.5	227.5	150.0	167.5	185.0	205.0	215.0	205.0	195.0	185.0	175.0	167.5	160.0	152.5	145.0
55.5	245.0	160.0	177.5	197.5	220.0	232.5	220.0	210.0	200.0	190.0	180.0	170.0	162.5	155.0
58.5	260.0	172.5	192.5	212.5	235.0	247.5	235.0	222.5	212.5	202.5	192.5	182.5	172.5	165.0
63.0	272.5	177.5	197.5	220.0	245.0	260.0	247.5	235.0	222.5	212.5	202.5	192.5	182.5	172.5
70.0	290.0	192.5	212.5	235.0	260.0	275.0	262.5	250.0	237.5	225.0	215.0	205.0	195.0	185.0
80.0	310.0	205.0	227.5	252.5	280.0	295.0	280.0	265.0	252.5	240.0	227.5	215.0	205.0	195.0
90.0	337.5	222.5	247.5	275.0	305.0	320.0	305.0	290.0	275.0	262.5	250.0	237.5	225.0	215.0

+90.0	360.0	237.5	262.5	292.5	325.0	342.5	325.0	310.0	295.0	280.0	265.0	252.5	240.0	227.5
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MEN'S UNEQUIPPED Division POWERLIFTING QUALIFICATION TOTALS:
QUALIFICATION TOTALS to be used in all W.D.F.P.F. WORLD CHAMPIONSHIPS

BODY WEIGHT	OPEN (14-up)	TEEN 1 (14-15)	TEEN 2 (16-17)	TEEN 3 (18-19)	JUNIOR (20-23)	Masters' 1 (40-44)	Masters' 2 (45-49)	Masters' 3 (50-54)	Masters' 4 (55-59)	Masters' 5 (60-64)	Masters' 6 (65-69)	Masters' 7 (70-74)	Masters' 8 (75-79)	Masters' 9 (80-84)
52.0	320.0	212.5	235.0	260.0	287.5	305.0	290.0	275.0	262.5	250.0	237.5	225.0	215.0	205.0
56.0	347.5	230.0	255.0	282.5	312.5	330.0	312.5	297.5	282.5	267.5	255.0	242.5	230.0	217.5
60.0	375.0	247.5	275.0	305.0	337.5	357.5	340.0	322.5	307.5	292.5	277.5	262.5	250.0	237.5
67.5	417.5	275.0	305.0	337.5	375.0	397.5	377.5	357.5	340.0	322.5	307.5	292.5	277.5	262.5
75.0	457.5	302.5	335.0	372.5	412.5	435.0	412.5	392.5	372.5	355.0	337.5	320.0	305.0	290.0
82.5	490.0	320.0	355.0	395.0	440.0	465.0	442.5	420.0	400.0	380.0	360.0	342.5	325.0	310.0
90.0	520.0	340.0	377.5	420.0	467.5	495.0	470.0	447.5	425.0	405.0	385.0	365.0	347.5	330.0
100.0	550.0	360.0	400.0	445.0	495.0	522.5	497.5	472.5	450.0	427.5	405.0	385.0	365.0	347.5
110.0	567.5	372.5	415.0	460.0	510.0	540.0	512.5	487.5	462.5	440.0	417.5	397.5	377.5	357.5
125.0	582.5	382.5	425.0	472.5	525.0	552.5	525.0	500.0	475.0	452.5	430.0	407.5	387.5	367.5
145.0	610.0	400.0	445.0	495.0	550.0	580.0	550.0	522.5	497.5	472.5	450.0	427.5	405.0	385.0

+145.0	632.5	417.5	462.5	512.5	570.0	600.0	570.0	542.5	515.0	490.0	465.0	442.5	420.0	400.0

MEN'S EQUIPPED Division POWERLIFTING QUALIFICATION TOTALS:
QUALIFICATION TOTALS to be used in all W.D.F.P.F. WORLD CHAMPIONSHIPS

BOD Y WEIG HT	OP EN (14- up)	TE EN 1 (14- 15)	TE EN 2 (16- 17)	TE EN 3 (18- 19)	JUNI OR (20-23)	Maste rs' 1 (40- 44)	Maste rs' 2 (45- 49)	Maste rs' 3 (50- 54)	Maste rs' 4 (55- 59)	Maste rs' 5 (60- 64)	Maste rs' 6 (65- 69)	Maste rs' 7 (70- 74)	Maste rs' 8 (75- 79)	Maste rs' 9 (80- 84)
52.0	362.5	237.5	265.0	295.0	327.5	345.0	327.5	310.0	295.0	280.0	265.0	252.5	240.0	227.5
56.0	395.0	260.0	287.5	320.0	355.0	375.0	357.5	340.0	322.5	307.5	292.5	277.5	262.5	250.0
60.0	425.0	280.0	310.0	345.0	382.5	405.0	385.0	365.0	347.5	330.0	312.5	297.5	282.5	267.5
67.5	475.0	312.5	347.5	385.0	427.5	452.5	430.0	407.5	387.5	367.5	350.0	332.5	315.0	300.0
75.0	520.0	340.0	377.5	420.0	467.5	495.0	470.0	447.5	425.0	405.0	385.0	365.0	347.5	330.0
82.5	557.5	367.5	407.5	452.5	502.5	530.0	502.5	477.5	452.5	430.0	407.5	387.5	367.5	350.0
90.0	590.0	387.5	430.0	477.5	530.0	560.0	532.5	505.0	480.0	455.0	432.5	410.0	390.0	370.0
100.0	625.0	412.5	457.5	507.5	562.5	595.0	565.0	537.5	510.0	485.0	460.0	437.5	415.0	395.0
110.0	645.0	422.5	470.0	522.5	580.0	612.5	582.5	552.5	525.0	500.0	475.0	452.5	430.0	407.5
125.0	662.5	437.5	485.0	537.5	597.5	630.0	597.5	567.5	540.0	512.5	487.5	462.5	440.0	417.5
145.0	695.0	457.5	507.5	562.5	625.0	660.0	627.5	595.0	565.0	537.5	510.0	485.0	460.0	437.5
+145.0	720.0	472.5	525.0	582.5	647.5	685.0	650.0	617.5	587.5	557.5	530.0	502.5	477.5	452.5