

BOOK 3

EDITION 2024

**Records
Weigh-In
Events**

**Order of Competition
Qualification
Opening Lifts
Status for Guests and Injured Lifters**

Section 1

Records

1.1.1 International records may only be set at sanctioned WDFPF competitions, these are defined as:

World Championships
Continental Championships
National Championships

1.1.2. For records to stand, a minimum of 10% of participants must be drug tested using urinalysis. All tests are to be submitted to a WADA recognised laboratory.

1.1.3. In addition to 1.1.1 and 1.1.2 above there must be a Marshall referee present. This can be from the host Nation, in terms of a National Championship, or an invited external Marshall Referee. Where a Marshall referee is present, they are automatically designated as the Chief referee, and they are responsible for the delivery of Refereeing and Testing at the event.

1.1.4. Records are recognised by the Federation in the following events in both the Equipped and Unequipped categories:

Single Lift

Squat
Bench Press
Deadlift

Full Power – (In order for a record to stand in any of the below the lifter must achieve a total)

Squat
Bench Press
Deadlift
Total

1.1.5. World Records are maintained by the WDFPF. Continental records are maintained by a nominated representative of that area. National records are maintained by the affiliate Nation. Continental records maybe displayed on the WDFPF website along with WDFPF records. Continent areas:

Europe
North America
South America
Asia
Australia
Africa

Section 2

Conditions for the establishment or breaking of records.

- 2.1.1. INTERNATIONAL – Lifter must have a minimum of 3 months' National membership prior to the date of the record set.
- 2.1.2. All records and bodyweight must be registered in metric values.
- 2.1.3. Records may only be set at WDFPF sanctioned competitions and National events meeting the required criteria in Section 1.1.1.
- 2.1.4. The lifter must have fulfilled the weigh-in rules by establishing official bodyweight within the 3 hours prior to the start of the competition.
- 2.1.5. The referee(s) or the Technical Officer must have checked that the barbell and discs conform to specifications, prior to the competition and reported so to the Marshall Referee present.
- 2.1.6. Following the successful record setting attempt, the lifter may be subject to inspection by the adjudicating referee(s). Refer to "Costume and Personal Equipment".
- 2.1.7. Each of the adjudicating referees must be a of the appropriate level for the record set.
- 2.1.8. 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 at their National championships or relevant WDFPF Sanctioned event, this includes the designated Marshall Referee.
- 2.1.9. Official score sheet, either electronic or paper, must be submitted to the WDFPF within 5 days of the event completion.
- 2.1.10. Calibrated scales at weigh-in must have been used.
- 2.1.11. Recognised calibrated equipment must have been used.
- 2.1.12. In a three-lift powerlifting competition, records set in individual lifts will only be valid if the lifter makes a total in the competition, which meets or exceeds the qualifying requirements for that event.
- 2.1.13. Individuals may not attempt records for events they are not entered in that. Single Lift records may not be transferred to Full Power and vice versa.
- 2.1.14. In an event that two lifters break either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If bodyweights 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. *This rule only applies where lifters of the same bodyweight category are lifting in simultaneous flights.* Where lifters are in the same flight the individual, who lifts the weight first is the record holder.
- 2.1.15. New records are only valid if they exceed the previous record by a minimum of 500grams. Where the record has been set in this manner the same individual may only lift to the 2.5 kg increment rule thereafter for attempts within the normal 3 attempts. IE if the lifter sets a new record with a jump of 500 grams on his first

or second attempt (e.g. 93 kgs) their next attempt must be 95kg or greater. In Single Lift where 4th attempts are allowed, they can again jump up 500 gram.

- 2.1.16. The record will only be valid for the bodyweight category of the lifter as determined at the official weigh-in.

Single Lifts – Requirements for setting a record on a 4th attempt.

- 2.1.17. Only lifters taking part in a competition may attempt records as fourth attempts.

- 2.1.18. A lifter may be granted a fourth attempt for purposes of setting a record, at the discretion of the Chief Referee, if the third attempt was successful and within 20kg of the current record. In no case, will further additional attempts be granted.

- 2.1.19. No fourth attempts may be included in the results for the purposes of identifying the winner of the class or best lifter.

- 2.1.20. Fourth attempts must be relevant to the level of competition being undertaken. At International events, National records may not be a fourth attempt but may be broken or set in the setting of new European and World records.

- 2.1.21. Forth attempts are not allowed within Full Power events.

- 2.1.22. (RESERVED)

Section 3

Events and Competitions.

- 3.1.1. The WDFPF through its member Federations conducts:

- a. Powerlifting Competition: The sum of the highest successful attempts made in the following order: squat, bench press, deadlift in either the Unequipped or equipped categories.
- b. Single events Competition in either the Unequipped or equipped categories.

- 3.1.2. The WDFPF through its member Federations sanctions the annual International championships listed below:

- a. Men/Women World Powerlifting Championships, Open and all categories and weight classes equipped and unequipped.
- b. Men/Women Continental Powerlifting Championships, Open and all categories and weight classes equipped and unequipped.
- c. Men/Women Regional Powerlifting Championships, Open and all categories and weight classes equipped and unequipped.
- d. Men/Women International Powerlifting Tournaments, Matches etc. Open and all categories and weight classes equipped and unequipped (conditions to apply as for international championships). Subject to WDFPF approval

e. As above, but for competitions in the Single Event Championships equipped and unequipped (Squat; Bench Press; and Deadlift)

f. Highland Games, MPF, Strongman/Strongwomen, other strength-based competitions within the National organisation of the WDFPF member nations. Association with such events must still meet the ethos of the WDFPF.

g. MPF World championships, Full Power and Single Lift, either as one combined event or split as per organisers discretion equipped and unequipped.

h. The WDFPF does not recognise, for qualification purposes, events where personal equipment has been mixed outside of the rules governing equipped and unequipped lifting. Qualification may only be claimed under the correct event type for the equipment used by a lifter.

3.1.3. The Men/Women Open World Powerlifting Championships will be held in either October or November of each year.

3.1.4. Single Event World Championships will be scheduled in May or June.

3.1.5. Only WDFPF Member Nations and/or individuals may compete in WDFPF sanctioned competitions.

3.1.6. All new National members must be registered within their National Organisation 3 months prior to the WDFPF event of choice and must participate in the national championships of affiliated nations to qualify for the World event they intend to enter.

3.1.7. Federations who wish to host a World/European or International competition must be completely and fully registered to the WDFPF at least two years consecutively prior to application for the competition. Where a federation fails to comply with its registration requirements regarding hosting of events the WDFPF may remove the competition from the Nation and accept applications from other Nations to host the event instead. Alternatively it may choose to assist in running/organising the event under the WDFPF in the identified host country.

3.1.8. World Powerlifting Championships must be held over a minimum two days.

3.1.9. The Unequipped will always be before the Equipped in both Full Power and Single Lift events. Where numbers are not sufficient to facilitate a competitive environment or for administrative purposes equipped and Unequipped lifters may lift in the same flight.

3.1.10. The WDFPF World congress will take place on the eve of the World Powerlifting Championships.

3.1.11. Nations can only organise specific events once every 5 years for the same international competition. When there are no bids for events, applications will be accepted at the congress regardless of the 5 year requirement.

Section 4

Bid Information

4.1.1. Bids may be submitted up to 2 years in advance of an event. Where a Nation bids for an event that is not in the following year (i.e. 2 years away) they only

need provide an outline of area, event, accessibility, cost and any other information they may have.

4.1.2. At the congress prior to the event (The year's congress preceding the event) organisers must indicate what the entree fees will be and the hotel accommodations with prices too as to 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. Failure to do so will allow other member Nations the opportunity to place a counter bid that may be considered at the congress.

4.1.3. Where a bid is submitted for an event that has not been previously allocated or under failure of a Nation to provide information, for the following year it is accepted the information may not be available as per para 4.1.1/2 above. The bidding nation is obliged to provide all such information a minimum of 6 months prior to the event in this case.

4.1.4. Entry fees must be paid in the host Nations currency. The normal process will require the National Body to pay the organiser as a complete entry for all lifters. Each lifter may pay on the day of the entry ONLY by previously agreed arrangement, but the Nations are responsible for absent athletes where 50% of the entry is payable to the event organiser.

4.1.5. Meet Directors may not accept Championships Entry Forms LATER than entry deadline of the competition without approval from WDFPF. A copy of each Nation's list of competitors must be sent to the WDFPF Executive Committee.

4.1.6. RESERVED

Section 5

Awards and Prizes

5.1.1. The following awards must be provided and accounted for in the fees for events:

At World and European championships:

- a. Awards for 1 – 2 - 3 place in each weight and age category
- b. Best lifters trophies Single Events: Squat, Bench, Deadlift Unequipped and Equipped Women + Men (up to 12 TROPHIES¹)
- c. Best lifters trophies Powerlifting: Powerlifting Unequipped and Equipped Women + Men (4 TROPHIES)
- d. Best Nation trophy. Minimum 1

5.1.2. Any other trophies are not acceptable that are not part of the WDFPF recognised categories (for example best Master may be presented if the organisers decide). The following also applies in terms of presentations:

- e. Where numbers of participants are low Section 5.1.1.a may be adjusted to ensure a credible competition is maintained.

¹ Where there is only a single competitor in an event then best lifter trophies will not be awarded, this does not include events where individuals fail to register a total resulting in only one competitor registering a result.

- f. Where the best lifter totals ⁷(5.1.1.b) for equipped do not surpass the unequipped score the Equipped Trophy is not to be presented.

Section 6

Competition Status

- 6.1.1. For any competition to be recognised by the WDFPF, it must be sanctioned by the Association. This refers to events of any kind, including all championships, matches, leagues and demonstrations.
- 6.1.2. Championships are awarded to a Nation on submission of a bid to the WDFPF to be considered at either the World congress or outside of congress via electronic means. In either circumstance affiliate nations, will vote to confirm the winning bid. The host nation is then announced, and the event advertised.
- 6.1.3. All championships, competitions and matches involving Powerlifting will be carried out under the By-Laws (rules and regulations concerning the sport of powerlifting) of the WDFPF and its affiliate Nations.
- 6.1.4. No championship, competition or match will be planned or executed without the permission of the WDFPF when executed in its name.
- 6.1.5. Competitors at all WDFPF events must produce proof of identity when requested.
- 6.1.6. In all WDFPF powerlifting or single event competitions, all participants are designated in the 'OPEN' section, as well as 'age group' performances and records being recognised. This is less the Senior Category who will always be termed open in WDFPF events.

Section 7

International Competitions

- 7.1.1. The WDFPF rules of performance and regulations running competitions are the minimum requirement for recognised events. The National Council of any affiliate retains the right to apply its own rules and regulations to competitive powerlifting of its own events even if not consistent with international rules and regulations, but restrictions may apply to the claiming of records or qualification of lifters for international events should the changes not meet the minimum WDFPF criteria.
- 7.1.2. No member may compete in or take part in any international/national competition of organisations that do not share the WDFPF ethos. Where an individual does participate in such organisations the WDFPF or a member affiliate has the right to review membership and participation rights of that lifter.
- 7.1.3. Selection of lifters from each Nation for International event is governed by the limits as defined in QUALIFICATION OF LIFTERS – Section 10 of this book.

Section 8

Weigh-in

- 8.1. All lifters are required to be members in order to take part in sanctioned events. Lifters who are contesting specific age-based categories must also bring proof of age to the weigh-in. All lifters participating in a WDFPF level event must be part of the submitted team list from their Nation.
- 8.2. All lifters must attend the scheduled weigh-in. The timings for **ALL** International events will be 0700-0800, unless otherwise stated in the event schedule and only with the express permission of the WDFPF may it be changed.
- 8.3. Once the weigh-in has closed any lifter having not presented themselves during the standard time will **NOT** be allowed to lift. Individuals are expected and required to ensure adequate travel time to venues, and they take full responsibility for any failure to meet the standard time due to their travel arrangements failing to meet the weigh-in timings.
- 8.4. The event start time, the time at which the first lift on any platform will be undertaken, is up to 3 hours but no less than 2 hours from the start of the Standard weigh-in. Therefore, the scheduled start time of all WDFPF events is 1000hrs. The WDFPF may start the event at any point between the 2 or 3 hour period having given the athletes at least 30 mins notice of the new start time.
- 8.5. The weigh-in period is a 60-minute period indicated as the **standard time**. An additional 30 mins, after the standard time has closed, is specifically for re-weighs **only**. Where a lifter has failed to make their weight category and opted to re-weigh priority is given to those who have not attempted to weigh-in yet within the standard time, re-weighs will be conducted in the following 30 mins unless there are no remaining waiting competitors to weigh in in the first hour.
- 8.6. Referees are preferred to conduct the weigh-in. These may be of any level in terms of qualification. Where there are not enough referees to facilitate the weigh-in other officials may be allocated to undertake the task as designated by the WDFPF representative.
- 8.7. The weigh-in for each competitor will be carried out in a suitable room with only the competitor, his/her coach or manager and the referee(s) present at the scales. The lifter's agreed bodyweight must not be made public until all lifters competing in the category have been weighed in.
- 8.8. Lifters may be weighed nude or wearing underwear. The briefs being worn at the event must be worn at the weigh in or presented for those weighing- in nude. This includes sports tops/bra for female category lifters. Excessive clothing may not be worn in order to move up a category. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
- 8.9. The lifters may be weighed in the priority of the previously determined order of lifting or on arrival as queued.
- 8.10. The inspection of costume and personal equipment is no longer mandatory at International events. It is incumbent on National Technical Secretaries and individuals to ensure their equipment meets specifications within the WDFPF rules. Where a host chooses to undertake, equipment checks they may take place either;
- a During the weigh-in period
 - b After weigh in, before the lifters flight commencement

c Prior to weigh –in, including the day before if scheduled. The technical officers or appointed referee(s) will be responsible for inspecting. 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.

8.11. Lots will be drawn to establish the order of lifting throughout the competition when lifters require the same weights for their attempts⁴. The drawing of lots is mandatory at international levels of competition. Lots may be drawn to establish the order of the weigh-in with large numbers of lifters in each category, the drawing of lots and referees` inspection of costume and personal equipment, may commence any time before the start of the weigh-in, although this may be varied as required by the Head Referee or Technical Officer. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the 60-90 minutes allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. A lifter can 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 allows. A lifter may only be weighed outside the time limit of 90 minutes if they present themselves within the time limit, but due to the number of lifters trying to make weight, they is denied the opportunity of mounting the scales. They may then be allowed one re-weigh at the discretion of the referees.

8.12. A lifter who is too heavy may move into the next higher category, provided that he/she has met all the qualifying criteria required for the higher bodyweight category if one has been set for the competition. Additionally, this may only happen if the lifter does not then exceed the national team limits of their nation, if so the team manager must decide which lifter is to represent their national team prior to the competition and the other lifter will be declared a “guest”. The lifter must be present for the weigh-in at the time scheduled for his new category.

8.13. A lifter who weighs lighter than the lower limit for his category, may drop into the next lower category, provided (i) it has not already taken place (ii) that he/she has achieved the necessary qualifying total for the lighter category at the **lower bodyweight** previously. If this is not the case the lifter must try to make the heavier weight (their original qualification category) to be allowed to participate or will be declared a “guest”.

8.14. Where a lifter weighs in and is within their class they have qualified to enter they may not re-weigh to change category by going up a weight class unless they have been directed to do so by their executive committee due to team allocations and only when they can still meet the qualification critiera as per 8.12 or 8.13.

8.15. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total or lift at the end of the competition, they will be re-weighed, and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receives an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so on. In the event of a full power record being set in similar circumstances, the same procedure will be adopted to determine the record holder.

8.16. Starting weights for all lifts shall be declared by all lifters at the weigh-in.

Changes on first attempts may occur before each flight of first attempts (see 'Order of Competition - The Rounds System'). There are **NO** changes permitted in the second and third attempts in Full Power events - with the exception made for the **third attempt deadlift** which may be changed twice. Single lift events allow 2 changes of the third attempt in the specific discipline.

8.17. Where applicable, lifters must check squat and bench press rack heights and foot blocks prior to the start of the competition and provide these when requested.

8.18. RESERVED

Section 9

Order of competition, the rounds system

9.1. The Rounds System is mandatory at all WDFPF Sanctioned Competitions.

9.2. Notification of attempts: At the weigh-in, the lifter or his/her coach must declare starting weights for all three disciplines in Full Power and each discipline entered for single lift events. The starting attempt is allowed to be changed **ONLY ONCE**. Lifters in all flights may only change their lifts when called prior to the start of the flight they are competing in. At International level events the starting weights in a competition **MUST** be the minimum of the qualifying standard unless the lifter is declaring themselves injured in which they may only make one attempt. Any lifts below the qualifying standard will not be registered with a finishing position but will still be included in the results. Any drop in opening weights of more than 20KGs will be considered a declaration of injury and the injured lifter scenario is activated. In the World Full Power event the first attempts **MUST** be the value of the WDFPF qualifying standard for the lifters age and weight class. Where weights are reduced due to injury the same rule applies in that of single lift results and placing

9.3. If applicable, opening attempts must be entered on the appropriate 'first attempt' card and retained by the official conducting the weigh-in.

9.4. The lifter will complete additional blank attempt cards during the competition or provide direct to the desk official as dictated by the event.

9.5. 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 marshal 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 in single lift events. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. The attempt card must be handed directly to the designated marshal or official. (The official should have extra attempt cards available for emergency purposes). If no weight is submitted within the one-minute time allowance, if the lifter has failed to declare the next attempt, the weight will either be the same as previous for a failed lift or an automatic increase of 2.5kg to the previous successful weight and they will be warned.

9.6. 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 in single lift events, 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. If there is only one flight of lifters in a session, that flight would move into a warm-up area to prepare for the next event. Each event would follow the format explained above.

9.7. The bar must be loaded on a progressive basis during a round, from lightest to heaviest. Lifters will not be allowed to take a lower weight in a following round for an attempt in any event. 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 Speaker/Announcer who may have inadvertently missed a lifter's attempt. If this is the case, the Chief Referee will reduce the load on the bar and then continue with the progress of that flight.

9.8. 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) will lift first. The use of lot numbers is mandatory at all WDFPF International events.

9.10. A lifter is permitted one change of weight on the first attempt of each lift prior to the start of the flight. The change of weight may be higher or lower than that originally submitted, and the order of lifting in the first round will be changed accordingly. If the lifter is in the first flight, this change may take place at any time up to within five minutes before the start of the first attempt in that event.

9.11. If during a round, a lifter misses an attempt due to a misloaded bar or to a spotter error, the lifter will be granted another attempt at the same weight at the discretion of the Chief Referee or Technical Officer. The "repeated attempt" would be taken at the end of the current round. If the error occurs for the last lifter of a round, that lifter will be allowed a three (3) minute rest before repeating the attempt.

9.12. In Full Power event, In the third round of the deadlift, two weight changes are permitted. 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 or a heavier weight has not already been attempted (NB these procedures also apply in the case of all Single Lift events).

9.13. Flights are to be formed in competition order with the first flights consisting of the women progressing in weights classes followed by the Men in the same manner. Where 10 or more lifters are competing in a session, groups/flights may be formed consisting of approximately equal numbers of lifters whilst maintaining a competitive element in terms of age and weight classes.

9.14. 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 or ages at the discretion of the organiser for purposes of presentation.

9.15. If unsuccessful with an attempt, the lifter does not follow him/her, but must wait until the next round before he/she can attempt that weight again.

9.16. When two or more groups take part in a session upon a single platform, lifting will be organised on a group repetition basis. For example: -if there are two groups/flights taking part in a session, the first group will complete all three

squat attempts. They will be followed immediately by the second group who will complete their three squat attempts. The platform will then be set for the bench press and the first group will complete their three bench press attempts, immediately followed by the second group who will similarly complete their three attempts on the bench press. The platform will then be set up for the deadlift and the first group will complete their three deadlift attempts.

9.17. RESERVED



Section 10

Qualification of Lifters

10.1. All lifters participating in WDFPF sanctioned events must be a current member of an affiliate Nation.

10.2. Any participant must have made the qualification total for the event they are entered into at a bone-fide recognised sanctioned event where a qualification level is required noting the below:

- a. Qualification standards are displayed on the WDFPF website. It is an individual responsibility to identify their correct standard and it is a member nations responsibility to ensure that where required all lifters attending World events have met the required standard. Continental championships have no set standard but may choose to adopt criteria for participation.

10.3. Lifters must have been members of an affiliate Nation for a minimum of 3 months prior to the WDFPF event entered as per records.

10.4. Each Nation may select a maximum of 3 individuals per age and weight class as part of a national team as long as:

- a. Regardless of finishing position in the respective qualifying event the required qualification criteria **MUST** have been achieved.
- b. Membership criteria must be followed.

10.5. Lifters must have been members of an affiliate Nation for a minimum of 3 months prior to the WDFPF event entered as per records. Periods of suspension may not be considered part of the membership year.

10.6. The WDFPF have the right to limit numbers at events to ensure both safety and reasonable competition timings are recognised. Where limits are to be imposed all member Nations will be informed well in advance of the way numbers will be allocated to the event. The WDFPF also makes allowances for events where travel is limited due to external factors for foreign lifters. Where the potential for travel limitations is recognised the WDFPF will allow the host nation the opportunity to exceed the normal 3 persons per age and weight class rule to allow for a competitive event.

Additional aspects for qualification of lifters

10.7. The totals of Master lifters who qualify at their given age group, but who will be in the next age group at the date of Championships, will be considered valid in the next age group. This also applies to OPEN lifters taking part in the M1 category. Team allocations are the responsibility of Nations in the case of lifters moving age categories.

10.8. Where Junior and All Teen Lifters are scheduled to move up a category in age before the next event they **MUST** have obtained the minimum standard of that class in order to lift.

10.9. Lifters who qualify in the Unequipped section will automatically be eligible for participation in the Equipped section only if they have achieved the required total and do not exceed the team allocation limitations. An equipped lifter may

not participate in the unequipped section unless they have set a qualification lift in an unequipped event.

- 10.10. WDFPF minimum opening lifts apply to World Championship events both Full Power and Single Lifts. A member Nation may impose additional qualification requirements as it sees fit.
- 10.11. Lifter may only lift in the category in which they qualified in terms of weight class. Where a lifter weighs in heavy they may lift in the heavier category as long as they have made the relevant qualifying total and they do not exceed the maximum of 3 lifters from their Nation in the respective class. Where the qualification has not been reached or there are 3 members within the class from the same Nation the lifter may not participate.
- 10.12. Lifters are designated in the following classes:

OPEN: From 14 years upwards (No category restrictions need apply).
 TEENAGE: (T1) from 14-15 years, (T2) 16-17 years, (T3) 18-19 years.
 JUNIOR: From 20 years up to and including 23 years of age.
 MASTER: (Men and Women) (M1) from 40-44 years, (M2) 45-49 years and so on in five-year increments, up to Masters 10. Lifter above Masters 10 will still be listed as Masters 10.

BODYWEIGHT CATEGORIES

Male	52Kg	up to	52.0 Kg		
	56Kg	from	52.01Kg	to	56.0Kg
	60Kg	from	56.01Kg	to	60.0Kg
	67.5Kg	from	60.01Kg	to	67.5Kg
	75Kg	from	67.51Kg	to	75.0Kg
	82.5Kg	from	75.01Kg	to	82.5Kg
	90Kg	from	82.51Kg	to	90.0Kg
	100Kg	from	90.01Kg	to	100.0Kg
	110Kg	from	100.01Kg	to	110.0Kg
	125Kg	from	110.01Kg	to	125.0Kg
	145Kg	from	125.01Kg	to	145.0Kg
	145+Kg	from	145.01Kg	to	unlimited

Female	44Kg	up to	44.0Kg		
	47.5Kg	from	44.01Kg	to	47.5Kg
	50.5Kg	from	47.51Kg	to	50.5Kg
	53Kg	from	50.51Kg	to	53Kg
	55.5Kg	from	53.01Kg	to	55.5Kg
	58.5Kg	from	55.51Kg	to	58.5Kg
	63.0Kg	from	58.51Kg	to	63.0Kg
	70Kg	from	63.01Kg	to	70.0Kg
	80Kg	from	70.01Kg	to	80.0Kg
	90Kg	from	80.01Kg	to	90.0Kg
	110Kg	from	90.01Kg	to	110.0Kg
	110+Kg	from	110.01Kg	to	unlimited

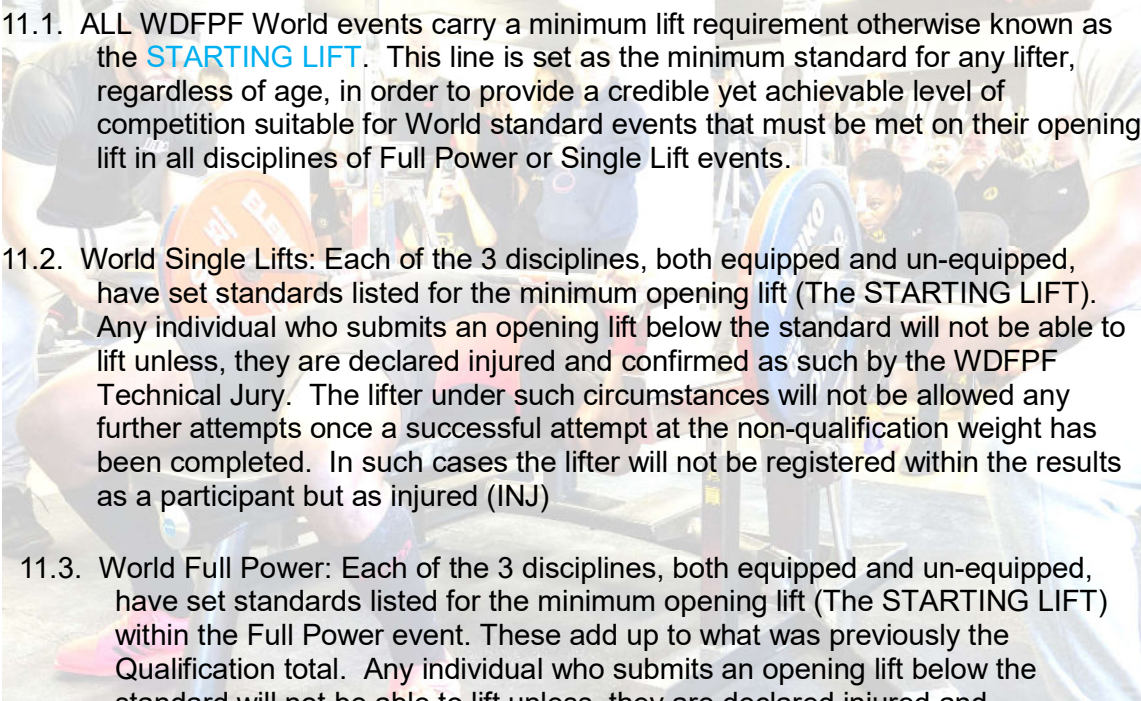
- 10.13. International Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age groups by their specific age on the Reviewed DEC 23

day of the competition. (The lifter must have attained minimum age on the day of the competition where age limits are imposed).

- 10.14. Where a lifter becomes 14 during the competitive year, as long as membership requirements have been fulfilled, waivers maybe applied for to allow for submission of entry into international events at the discretion of the national affiliate and agreement of the WDFPF. This includes qualification wiavers as appropriate.
- 10.15. Individuals who are holders of a Gender recognition Certificate (GRC) must have qualified in the age/weight class they intend to lift in as with any other lifter. This is to be undertaken following the issue of the GRC only and in meeting all other aspects of WDFPF requirements.

Section 11

Opening Lifts

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- 11.1. ALL WDFPF World events carry a minimum lift requirement otherwise known as the **STARTING LIFT**. This line is set as the minimum standard for any lifter, regardless of age, in order to provide a credible yet achievable level of competition suitable for World standard events that must be met on their opening lift in all disciplines of Full Power or Single Lift events.
- 11.2. World Single Lifts: Each of the 3 disciplines, both equipped and un-equipped, have set standards listed for the minimum opening lift (The STARTING LIFT). Any individual who submits an opening lift below the standard will not be able to lift unless, they are declared injured and confirmed as such by the WDFPF Technical Jury. The lifter under such circumstances will not be allowed any further attempts once a successful attempt at the non-qualification weight has been completed. In such cases the lifter will not be registered within the results as a participant but as injured (INJ)
- 11.3. World Full Power: Each of the 3 disciplines, both equipped and un-equipped, have set standards listed for the minimum opening lift (The STARTING LIFT) within the Full Power event. These add up to what was previously the Qualification total. Any individual who submits an opening lift below the standard will not be able to lift unless, they are declared injured and confirmed as such by the WDFPF Technical Jury. The lifter under such circumstances will not be allowed any further attempts, in that discipline once a successful attempt at the non-qualification weight has been completed. In such cases the lifter will not be registered within the results as a participant but as injured (INJ). Additionally, any records set within the Full Power event will not be eligible as the minimum requirements have not been met by the lifter in ALL of the disciplines.

Status of lifters other than participant.

- 11.4. An Injured Lifter: This is defined as an individual who, having previously met the qualification standard in a recognised championship, is unable to continue in the discipline they have declared themselves injured in beyond their opening lift which has been entered below the minimum standard. In a single lift event this limits the individual to one successful lift at the submitted weight. In Full Power events this means the individual may continue in the other disciplines

as normal but with the implications of doing such. Where a lifter is injured but is still able to make the minimum opening lift there is no need for them to declare such to the Technical Jury or scoring table should they choose to take no further attempts in that discipline



11.5. A Guest Lifter: This is defined as an individual who does not meet the minimum requirement to participate in the event and has NOT declared themselves injured. They do not appear in the results as a participant, may not set records nor be awarded prizes within the event. Guest lifters will fall into 2 categories:

1. Those who attend a World event that having previously met the minimum STARTING LIFT criteria to lift at the championship, so by definition have qualified for the event, but who are unable to open at the minimum lift requirement and are not declaring themselves injured.
2. Those who attend the World Full Power event that having met the minimum STARTING LIFT criteria in each discipline to lift at the championship, so have qualified for the event, but who are unable to open at the minimum lift requirement in one or more discipline and are not declaring themselves injured.

3. Those who attend a World event by guest invitation of the WDFPF executive, via its member affiliates, in order to execute a championship where numbers would otherwise be affected. Such lifters may only enter on the express permission of the WDFPF Executive Committee and are limited to a set requirement to be determined on application to the WDFPF Executive committee by the host Nation of the event. Guest lifters in this case may ONLY be requested via the Host affiliate in the first instance and if accepted then distributed by the WDFPF to affiliates who will meet set criteria provided by the WDFPF as required by each application. Guest lifter cannot set records or be listed in the results. Nor may they receive event trophies intended for participants, but host Nations may choose to present recognition as it sees fit to both guests and Injured lifters. All guest lifters must still meet all the requirements of membership.

Section 12

Team points awarding

12.1. 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;
- 2nd place receives 9 points;
- 3rd place receives 8 points
- 4th place receives 7 points;
- 5th place receives 6 points;
- 6th place receives 5 points;
- 7th place receives 4 points;
- 8th place receives 3 points;
- 9th place receives 2 points;
- 10th place receives 1 point;

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