



**RULE BOOK 4**

**2024 EDITION**

**Referees and Support Staff  
Conduct of Competition  
Rules of Performance  
Formulas  
Loading Charts  
Competition Requirements**

## SECTION 1

### REFEREES

1.1. Minimum Referees required adjudicating at sanctioned events where international records maybe set:

- a. Three fully qualified WDFPF International Referees. This may include but not be solely Referees under International assessment. A Platform in use must have a combination of different countries officials where possible. The following status of referees are endorsed to officiate at events where international records are to be claimed:
  - Marshall Referee
  - International Referee – qualified
  - International Referee under assessment for upgrading.

### 1.2. Duties and designation of referees:

- a. DESIGNATION OF PLATFORM REFEREES: The referees shall be three in number, the Centre Referee and two side referees. The selection of a referee to act as Centre Referee in one category does not preclude their selection as a side referee in another category.
- b. DUTIES OF THE CENTRE REFEREE: The Centre Referee is responsible for giving the necessary signals for all three lifts, and for any decisions regarding loading errors or incorrect announcements by the Speaker/Announcer.
- c. DUTIES OF THE SIDE REFEREE: The side Referee is responsible for ensuring that the bar on their side is correctly loaded to the weight called. Additionally, they are to check the correct records discs are being fitted when required.

### 1.3. Signals and Commands required:

- a. **The Squat:** At the commencement of the lift - a visual signal consisting of a downward movement of the arm together with the audible signal of the command "Squat". At the completion of the lift a visual signal consisting of a backward movement of the arm together with the audible signal of the command "Rack".
- b. **The Bench Press:** At the commencement of the lift - An audible signal of "Start", the Centre Referee will give the command "press" when the bar is motionless on the lifter's chest. If the lifter is hearing impaired, the Centre Referee may give a visual signal to the lifter. At the completion of the lift the command "Rack".
- c. **The Deadlift:** At the commencement of the deadlift no signal is required. At the completion of the lift a visual signal consisting of a

downward movement of the arm together with the audible signal of the command "Down".

**1.4. Communicating the Referees 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 "no lift". In the event of a light failure hand signals or flags are to be employed. If this measure is in use the referees will signal the lift after the centre referee calls "show"

**1.5. Positioning of the referees on the platform.** The referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. A side referee must be able to suitably adjust their position on the platform to be able to view the attempt. The Centre Referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.

**1.6. Duties of the referees prior to the competition:**

- a. The platform and competition equipment comply in all respects with the rules.  
Bars and discs are checked for weight discrepancies, and defective equipment discarded.
- b. The scales work correctly and are accurate. Certification of the scales must have been within 12 months previous to the championships date.
- c. The lifters weigh-in within the limits of weight and time for their bodyweight category.
- d. *WHEN EQUIPMENT CHECK IS USED:* The lifters' costumes and personal equipment comply with the rules in all respects. The equipment should be checked, and recorded on the lifters' score (attempt) card or on the official kit check form issued for that competition.

**1.7. Duties of the referees during the competition:**

- a. The weight of the loaded bar agrees with that announced by the MC/Announcer (Referees may be issued with loading charts for this purpose).
- b. On the platform the lifter's costume and personal equipment meet costume specifications. If any referee has reason to doubt a lifter's integrity in this respect, they must, after completion of the lift, inform the Chief Referee of their suspicions. If the costume or equipment is seen to be contra to specifications before a lift has commenced the Chief Referee will ask the lifter to retire from the platform and change or adjust as required their personal equipment, this will all be within the 1 minute allowed from bar loaded being announced. Where required any of the three referees or a member of the Technical Jury may then re-examine the lifter's costume and personal equipment. If the lifter is found guilty of wearing anything illegal the lifter will have the attempt failed. Should the lifter do this for a second time during the event they will immediately be disqualified without appeal.

**1.8. Procedure of a Referee observing lifting faults:** If during the execution of a lift, a referee observes a fault sufficient to give cause for disqualification of the lift, the procedure is as follows:

- a. If the observer is a side referee, they shall raise their arm to call attention to the fault. If the Centre Referee or the other side referee is in

agreement, this constitutes a majority opinion, and the Centre Referee shall stop the lift at a discretionary safe point. A visual signal and an audible command will be given to the lifter.

- b. If the observer is the Centre Referee, the arm will not be raised (less detailed in Para c below). The Centre Referee must check to see if either of the side referees agree. If one or both agree, the Centre Referee will stop the lift as previously described in (a).
- c. If the Centre Referee observes the lifters head no longer in contact with the bench, they shall raise their arm indicating to the side referees that the head has come off the bench. In such case the side referees will automatically give a no lift. This is the **ONLY** occasion during the bench press the Centre Referee is allowed to raise their hand/arm and the only occasion where the side referees follow the centre referee decision unconditionally.
- d. The start of a lift is designated as to when the bar has begun to move in performance of the lift. An individual may adjust their position after the Start command as long as the bar does not start to go down on the squat or bench or is lifted from the floor then returned prior to lifting again in the deadlift.

**1.9. 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 1.8a. If there is a majority opinion among the referees that the fault exists, the Centre Referee will not give the signals to commence the lift. It may be necessary for the Centre Referee to explain the fault to the lifter. The lifter has the remainder of the unexpired time allowance in which to correct the position of the bar or the stance to receive the commencement signal. Examples include but are not limited to:

- a. Bar placement too low down the back – below the level of the rear deltoid or more than 3cm/30mm below the nape of the neck.
- b. Thumb loops still fitted on wrist wraps.
- c. Touching the inner surface of the plates.
- d. Sleeves or wraps touching the costume.
- e. Singlet incorrectly fitted.
- f. No footwear worn.
- g. Neckless or similar jewelry being worn where there is risk of injury.

**1.10. Referee commentary following a lift:** A lifter receiving a red light(s) for a lift may go to or send their coach to the Centre Referee and request a rationale for the red light. The Centre Referee will investigate, determine, and inform the lifter or spokesman why a red light was given. This must take place immediately after their lift and must not interrupt the competition prior to the next lifter following the lifter in question i.e. when the bar is being prepared for the next lifter. A lifter requiring further debate or knowledge must leave the lifting area immediately and if appropriate, go to the Chief Referee in charge of the competition for further clarification or ruling.

**1.11. Referee conduct during the event:**

- a. A referee shall not attempt to influence the decisions of the other referees.

- b. The Centre Referee may consult with the side referees or any other official as necessary in order to expedite the competition.
- c. A referee may not leave the platform unless appropriately relieved.

1.12. **Referee dress code:** Referees must always stand out from the public, lifters, and coaches. The following dress code is to be always observed when practical:

- a. Winter: Dark blue blazer with appropriate WDFPF badge on left breast and grey trousers or skirt with a white shirt and tie.
- b. Summer: White shirt and grey trousers or skirt, tie optional.

1.13. **Jury/Technical committee:** The decision whether 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. The function is to ensure technical rules are applied and review challenges as required. When appointed the follow applies:

- a. Where possible the jury shall consist of at least one member of the WDFPF Executive Committee or a Marshall referee who shall be the Chair of the technical Committee. The committee will then be completed by two other members.
- b. The member/s of the Jury **MUST** be International Referees.
- c. Where possible, the members of the Jury shall all be from different nations.
- d. During a competition the Jury may, by a majority vote, replace any referee whose decisions, in its opinion, prove that referee to be ineffectual. 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.
- e. The impartiality of referees cannot be doubted. It is accepted that Human error in terms of interpretation are not deliberate. In such a case, the referee shall be allowed to explain making the decision which is the subject of the warning.
- f. 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 as well as failing a lift.
- g. The members of the Jury will be positioned to ensure an unimpeded view of the competition.

## SECTION 2

### CONDCUT OF COMPETITION

2.1. The officials to be appointed for an event are:

- a. At WDFPF Championships the Head Referee in Charge is appointed on behalf of the WDFPF President on the advice of the Technical Secretary and the Championships director or promoter. At any event where a Marshall Referee is present, they are automatically the Head/Chief for the event. Where there are more than 1 Marshall Referees present the Head/Chief referee will be by mutual consent.
- b. The Championship organiser appoints the following:
  1. Speaker/Announcer.
  2. Time Keeper (preferably a qualified referee).
  3. Table Co-Ordinator.
  4. Spotter-loaders.
  5. Records keepers.
  6. Scorers (table/scoreboard).
  7. Other positions such as an additional set of desk staff and scorekeepers at the overhead projectors, personnel to run the weight-on-the bar signs, platform managers etc.
  8. Additional officials may be appointed as required, eg, doctors, paramedics, etc.
- c. The Head or Chief Referee appoints:
  1. Referees for each session.
  2. Officials in charge of weigh-in.
  3. Officials in charge of equipment check

2.2 Responsibilities of officials:

- a. 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.
- b. When the bar is loaded and the platform cleared for lifting, the Centre 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.
- c. Attempts announced by the speaker should then be displayed upon some type of scoreboard erected in a prominent position. Minimum information should include:
  1. Lifter's name (lifter's nation is optional)
  2. Bodyweight class of the lifter
  3. Attempt number
  4. Attempt weight in kilos
- d. The **Time Keeper** is responsible for accurately recording the time lapse for:
  1. Between the announcement that the bar is ready, and the lifter starting the attempt. 1 minute allowed.
  2. The three minute rest period should a lifter be following themselves.
  3. Noticing lifters leave the platform after 30 seconds following their attempt.

Note:

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 Centre Referee shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped.

Once a clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of a lift, or at the discretion of the Centre 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.

The definition of the start of an attempt depends upon the lift being performed. In the Squat and the Bench Press, the start is to coincide with the referee's commencement signal. Refer to "Duties of Referees". In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar from the platform.

- e. The **Table Co-Ordinator (If used)** 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 Table Co-Ordinator, of the weight required for the next attempt. After the one minute has elapsed, the lifter will be automatically listed the same weight in the event of a previously failed lift or a raise of 2.5kgs, they will also be warned. Should they not submit a subsequent lift, the lift will be forfeit and no further lifts in that discipline will be allowed.
- f. The **Spotter-Loaders** are responsible for loading and unloading the bar, adjusting equipment as required, cleaning the bar or platform at the request of a Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. They will also have undertaken familiarisation and training prior to the commencement of the event.
- g. At no time shall there be less than two or more than five spotter-loaders on the platform. When the lifter prepares for the attempt, the Spotter-Loaders may assist in removing the bar from the racks for bench press only. They may assist in replacing the bar after the attempt for Squat and Bench Press. However, they shall not touch the lifter or the bar during the actual attempt, ie, during the period of time that elapses between commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the Spotter-Loaders may, either at the request of the Centre 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.

- h. The **Scorers** are responsible for accurately recording the progress of the competition, and on completion, ensuring that the referees for each event sign the official score sheets, record certificates or any other document requiring signatures.
  
- i. The **Records Keeper** is appointed by the Championships director or Promoter. 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. This position may be undertaken by an official or individual assigned to another role in the competition.

## **SECTION 3**

### **Persons allowed on the platform**

3.1 During any competition taking place on a platform or stage, only the lifter, coach, officiating referees, Technical Officer or spotter-loaders will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter-loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Technical Officer, or 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.

### **Adjusting equipment while on the platform**

3.2. A lifter shall not wrap or adjust his costume within the vicinity of the platform. The only exception to this rule is that the belt may be adjusted while on the platform. If the lifter needs to adjust their belt whilst undertaking equipped lifting this may be completed by the coach.

### **Minimum amount of weight increase between attempts**

3.3 In WDFPF sanctioned competitions, the weight of the barbell must always be a generic multiple of 2.5kg. (The weight shall be announced in kilograms).

3.4. Exceptions to this rule are:

- a. In a record attempt the weight of the barbell must be at least 500 grams more than the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition. During a normal 3 lift event a record may only be broken once in fractions. The next attempt must then be a normal multiple of 2.5kgs unless it is a fourth attempt in single lift events only.
- b. 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; eg:- 233kg requested for a squat lift on the lifter's second attempt - the lift is a "Good Lift" - 232.5kg will be entered on the score sheet and 233kg will be entered on the record application.

### **Loading errors or incorrect announcements**

3.5. The Centre 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.

3.6. Examples in errors in loading:

- a. If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
- b. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. 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.
- c. 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.
- d. If the speaker/announcer makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Centre Referee will make the correction according to the procedures as for errors in loading.
- e. 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, but only at the end of the round.

### **Disqualification of lifters**

3.7. A lifter will be disqualified or excluded from a competition for the following reasons:

- a. Failure to register a lift in a discipline will exclude the lifter from the results of a single lift event and additionally prevent a lifter from continuing in a full power event from the discipline they failed to register a lift in.
- b. Acting in an unsafe manner whilst lifting.
- c. Conduct contra to the ethos of the WDFPF.
- d. Unacceptable behaviour directed to wards officials, assistants, competitors or members of the public.
- e. Failure to leave the platform after 30 seconds following an attempt.

### **Spotter aid to the lifter**

3.8. Other than initial removal of the bar from the racks in BENCH PRESS ONLY, the lifter will not receive any help from the spotter-loaders in assuming the start position for an attempt.

3.9. Spotters are allowed to assist the lifter in the return of the bar to the racks during Squat and Bench Press.

### **Injured Lifters**

3.10. 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 Head/Chief Referee or Technical Officer, insist upon the lifter retiring from the competition. The lifter's coach must be officially informed of such a decision.

3.11. Those declaring themselves injured may, prior to the start of an event, enter an opening weight below the qualification standards, if applicable, but may not take further lifts in that event if successful. In an event where there is a minimum standard the lifter is also excluded from the positioning in terms of awards having failed to meet the minimum standard. Additionally an individual who drops any opening lift by more than 20Kgs will be considered injured.

### **Blood borne pathogens/infections.**

3.12. To protect against the possibility of blood borne pathogens/infections, athletes will NOT be allowed to strike their heads on the bar during competition.

### **Breaktime between each contested event**

3.13. Brief breaks between events are suggested for the convenience of the referees. If a single flight is lifting in a round, a break of 30 minutes is suggested for warm-up between events.

### **Recommended allowance of additional rest between attempts.**

3.14. When small numbers of lifters compose a flight, it may be necessary to increase the time between rounds for the lifters to adequately prepare for their next attempts. If less than 10 lifters compose a flight the additional rest period should be like the time which would be taken by 10 lifters competing. Other consideration may include referee breaks and spotter and loader change-over.

### **Communication of decisions concerning special problems.**

3.15. 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 is made by the Chief Referee.

## SECTION 4

### Equipment and specifications

- 4.1. **The Platform.** All lifts should be carried out on a platform measuring between 2.5m x 2.5m (2500mm x 2500mm) minimum and 4.0m x 4.0m (4000mm x 4000mm) maximum.
- 4.2. This aspect may be changed at the discretion of the Head/Chief referee in that as long as the platform is large enough for the conduct of the event without restrictions to the lifter or concerns of safety to the spotters any suitably sized platform may be used (for example in the bench press).
- 4.3. The surface of any platform must be flat, firm, non-slip and level, and should not exceed 10cms (100mm) in height from the surrounding stage or floor.
- 4.4. For World events the following number of platforms are required:
- a. Full Power: 1-4 Groups (Flights) 1 Platform
  - b. Full Power: 5+ Groups (Flights) 2 Platforms
  - c. Single Lift: 1-12 Flights – 1 Platform
  - d. Single Lift: 13+ Flights – 2 Platforms
- 4.5. **Bars and Discs** for all Powerlifting contests organised under the rules of the WDFPF, must be calibrated in Kilograms. The use of discs that do not meet the correct specifications will invalidate the contest and any records accomplished. A test sample of weights will be undertaken by the WDFPF Executive Committee to ensure the Bars, Collars and Weights meet the required tolerances for the event.
- 4.6. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. A different bar which need not have centre knurling, may be used for the Deadlift only.
- 4.7. The bar or bars shall not be changed during the competition unless bent or damaged in some way as determined by the referees.
- 4.8. Bars used at national or international levels of competition shall not be chromed between the inside collars.
- 4.9. The bar shall be straight and well knurled and grooved, and shall conform to the following dimensions:
- a. Total overall length not to exceed 2.2m (7ft 2.6ins).
  - b. Distance between the collar faces is not to exceed 1.32m or be less than 1.31m.
  - c. Diameter of the bar is not to exceed 29mm or be less than 28mm.
  - d. Weight of the bar and collars is to be 25kg, plus or minus 0.25% only (see 4.10 below).
  - e. Diameter of the sleeve 50-52mm.
  - f. There shall be a diameter machine marking or the bar taped so as to measure 81cm between machining or tape.
- 4.10. All discs used at national or international levels of competition must weigh within 0.25 percent of their correct face value. Divisional competitions may be

held with non-calibrated weights, but no records above divisional level can be claimed. In all cases scales must be calibrated. At Divisional competitions and below, it is permissible to claim records, up to and including Divisional records, on non-calibrated equipment, providing:

a. All bars, weights and collars have been previously weighed on calibrated scales accurate to 0.25kg.

b. That the total weight lifted is at least 0.5kg more than the current record. Where a complete set (bar, collars and additional discs) is pre-weighed at each denomination from 25kgs upwards, all discs comprising each weighed amount must be marked for purposes of identification, in addition to the bar and collars

4.11. The hole size in the middle of the disc may be a maximum of 53mm to 51mm minimum.

4.12. Discs must be in the following range:

1.25kg	=	from	1.24690	to	1.25310k
2.50kg	=	from	2.49375	to	2.50625k
5.00kg	=	from	4.98750	to	5.01250k
10.00kg	=	from	9.97500	to	10.02500k
15.00kg	=	from	14.96250	to	15.03750k
20.00kg	=	from	19.95000	to	20.05000k
25.00kg	=	from	24.93750	to	25.06250k
45.00kg	=	from	44.88750	to	45.11250k
50.00kg	=	from	49.87500	to	50.12500k

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

0.25kg	=	from	0.249375	to	0.250625k
0.50kg	=	from	0.498750	to	0.501250k

4.14. Discs weighing 25kg and over must not exceed 6cm (60mm) in thickness. Discs weighing 20kg and under which exceed 3cm (30mm) in thickness will be limited to one pair of each denomination on any given load. No disc will exceed 6cm in thickness (60mm).

4.15. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the small discs in descending weight arranged so that the referees can read the weight on each disc.

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

4.17. The diameter of the largest disc shall be no more than 45cm (450mm)

4.18. **Collars** must always be used in competition and weigh 2.5kg each and meet the desired calibrated criteria as shown in para 4.12.

4.19. The **Bench** shall be of sturdy construction for maximum stability and conform to the following dimensions:

- a. Length - not less than 1.22m (4ft 0.03ins) and shall be flat and level.
- b. Width - 29-32cm (11.4ins- 12.6ins)

- c. Height - 42-47.5cm (16.54ins-18.81ins) measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- d. Height of the uprights - on adjustable benches shall be a minimum of 82cm (32.3ins) to a maximum of 100cm (39.38ins), measured from the floor to the bar rest position. On non-adjustable benches, the height of the uprights must be between 87cm (34.25ins) and 100cm (39.38ins) from the floor to the bar rest position.
- e. Minimum width between insides of bar rests - 1.10m (43.3ins)

4.20. The **Squat racks** shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter- loaders. It may consist of a one piece unit or two separate stands designed to hold the bar in a horizontal position.

4.21. The squat racks shall be designed to adjust from a minimum height of 100cm (1000mm) in the lowest position, to extend to a height of at least 170cm (1700mm) in 5cm (50mm) increments.

4.22. All hydraulic racks must be capable of being secured at the required height by means of pins and all racks must be capable of tilting in to allow for a wide lift off. MONOLIFTS may NOT be used on the competition platform.

4.23. The **Warm Up** area: all equipment provided for the warm-up area must be the same as 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. The suggested ratio is a minimum of 2 warm Up platforms to each competition platform.

4.24. **Light systems.** 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. Lights are MANDATORY at International events.

4.25. 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.

4.26. For emergency purposes, ie 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 Chief Referee's command: "show".

4.27. **Scales.** Any type of scale is acceptable if it can be calibrated to 0.1kg (100gms) and has been certified within the previous 12 months. Proof of certification must be available for inspection on request.

4.28. **Health and safety.** The provision and use of equipment and substances to protect against the possibility of blood-borne pathogens/infections, is mandatory.

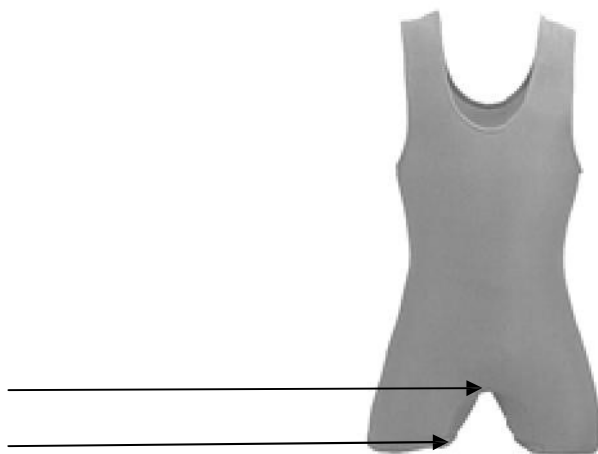
## SECTION 5

### Costume and personal equipment

5.1. The **Costume** (suit/singlet). The lifting costume shall consist of a one-piece full length lifting suit of one-ply stretch material without any additional patches or padding. The straps must be always worn over the shoulders while lifting in competition.

5.2. The supportive type lifting suit shall also be subject to the following requirements:

- a. The lifting suit may bear the badge, emblem, logo or inscription of the lifter's nation, national or divisional association, club, current championship or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.
- b. It may be of any colour or colours
- c. The crotch panel must be of one ply
- d. A suit that has a piece of the same colour and similar material added to the strap to lengthen the suit, is a legal suit.
- e. Where a strap has been folded and seamed to meet seam requirements, the suit is legal. The folded strap may not be stitched down to the suit and must meet the requirements of Para 6 below.
- f. Seams and hems may not exceed 3cm (30mm) in width and 0.5cm (5mm) in thickness.
- g. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width or 0.5cm in thickness.
- h. All items worn on the platform must be clean, untorn, and in a good state of repair.
- i. Length of the leg must not exceed 15cm (150mm) from the middle of the crotch for equipped suits. Measurement is to be taken by making a line from the top seam of the crotch measuring down the leg between the arrows shown.



- j. For un-equipped suits or singlets the bottom of the leg must be 15cm (150mm) above the patella or at a distance when worn that does not obstruct the view of the knee to ensure lockout. Where knee sleeves/wraps are worn with an unequipped singlet the two items must not touch. Where a singlet must be pulled up to allow this it may not be folded, to create a multiple ply garment but must be pulled up.
- k. Only one suit may be worn at a time on the platform (2 suits are not allowed).
- l. There can be no zips on the costume.
- m. Any alterations to the costume which exceed the established widths, lengths or thicknesses previously mentioned shall make a suit illegal for competition.
  - 1. Non-supportive type lifting suits shall be subject to the following as stated above.
  - 2. Women may wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described above. Leotards with sleeves that protrude below the elbow or high-cut leg lines are not permitted.

5.3. A **T-Shirt** with short sleeves a minimum of 10cm (100mm) in length, of any colour or colours, must be worn for the Squat & Bench Press events.

5.4. A T-shirt is optional for men during the Deadlift.

5.5. During the deadlift women must wear a top underneath their costume, this may be sleeveless (Vest type).

5.5. The T-shirt must be always worn under the lifting suit.

5.6. A T-shirt is legal if it conforms to the following:

- a. It is not ribbed.
- b. Does not consist of any stretch materials (unequipped section)
- c. Does not have pockets, zips, buttons, or reinforced collar.
- d. Does not have reinforced seams.
- e. Is not constructed to place seams at a position which, in the opinion of the WDFPF, might tend to assist the athlete in powerlifting competition.
- f. Is made either exclusively of cotton or of polyester, or a combination of cotton and polyester.
- g. For Squat and Bench Press - Does not have sleeves which terminate either below the athlete's elbow or up at the athlete's deltoid. (Athletes may not push the sleeves of such an undershirt up the deltoid when competing in competitions).
- h. The garment does not give the athlete physical support. (unequipped)
- i. Shirts may not be turned inside-out to hide inscriptions.
- j. Emblems on shirts may include but are not limited to: the National or Divisional Association, the current championships, the lifter's club, or the name of the sponsor for the competition.

5.7. **Bench Shirt.** Special bench shirts as approved by the WDFPF World Committee may be worn for the bench press ('Equipped' section only). These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt as defined in the rules may be worn during the squat and deadlift.

5.8. In addition, the following aspects must be observed:

- a. Seams may only be placed in the positions indicated in the diagram below
- b. Conditions (a), (b), (c) and (g) as defined for "Shirt" (item 5.6 above), also apply to the bench shirt.
- c. In connection with (f) it is permissible for the bench shirt to be made of denim material.
- d. Bench shirts may be of one-ply only.
- e. Shirts may not have fasteners or straps.
- f. Shirts may be of a lycra type material.



**5.8. Athletic Supporter.** A standard commercial "athletic supporter" or standard commercial under shorts of any combination of cotton, nylon or polyester (but not swimming trunks or any other garment consisting of rubberised or similar stretch material except in the waistband) shall be worn under the lifting suit. The garment shall **not have legs**; the garment may not act as a girdle and may not be supportive or extend past the **hips or navel**. Power briefs are not permitted.



Correct Style



Incorrect Style

5.9. Women may wear protective briefs or panties as long as they shall not be deemed supportive in any way and are in keeping with the male equivalent. Women may also wear a bra as long as the bra cup does not maintain its shape when placed upright on a flat surface and does not contain any wire or supportive devices. The uses of tampons, sanitary napkins or related articles used for feminine hygiene protection are permitted.

5.10. The following pertains to **socks**:

- a. They may be of any colour/s.
- b. They shall not be of such length on the leg that they touch any knee wrapping or one-piece knee cap supporter when in use or with the lifters suit.
- c. It is acceptable for lifters to wear more than one pair of socks at the same time.
- d. Full length leg stockings, tights or hose are strictly forbidden.
- e. All lifters must wear knee socks/soccer socks during the deadlift event.
- f. May not be of a compression type.

5.11. **Headwear.** A professionally made elastic headband may be worn by the lifter to keep hair out of the eyes. No handkerchiefs, bandanas, hats or other head gear will be allowed on the platform unless required for religious reasons. Where required individuals may for religious reasons wear non supportive garments under their singlet in line with modesty as required in their culture. ***Within the Muslim culture*** it is traditional for a women to wear clothes that DO NOT hug the body shape, however this will prevent accurate refereeing during certain disciplines. In such cases women are permitted to wear an item of clothing that does not provide additional support such as leggings and a long sleeve top in order to meet the requirement to cover the ankles and the arms. There are no restriction when weighing in within the culture but it is not uncommon for the women to cover themselves from navel to knee around non family females. In all instances the referees must be satisfied there is no advantage in the clothing selected.

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

**a) Construction:**

1. The main body shall be made of non-elastic material in one or more laminations which may be glued and/or stitched together.

2. It shall not have any additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
3. Any type of metal buckle or fastener is permitted including the quick release type, providing the under loop of the two ends of the belt does not exceed 10cms (100mm).
4. A Velcro fastened belts are allowed if it does not extend the full length of the belt and wrap around its start point. Velcro attachments are allowed to be fitted to secure belts ends where the excess would otherwise be a hazard. In all circumstance the belts must meet all other criteria in terms of size, design and construction.
5. The metal buckle may consist of one or two prongs.
6. The buckle and studs are the only non-leather/vinyl components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
7. A leather tongue loop may be attached close to the buckle by means of studs and/or stitching.
8. The name of the lifter, their nation, division or club may appear on the outside of the belt.
9. Any other fastener or method of closing the belt is allowed such as Buckle, Quick Release or Ratchet. This list is not exhaustive, any type of fixing may be presented to the Technical Officer for inspection if unsure.

**b) Dimensions:**

1. Width of belt maximum of 10cm (100mm).
2. Thickness of belt maximum of 13mm along the main length.
3. Inside width of buckle maximum of 11cm (110mm)
4. Outside width of buckle maximum of 13cm (130mm).
5. Tongue loop maximum width of 5cm (50mm).
6. Distance between end of belt and the far end of tongue loop 15cm maximum(150mm).



5.13. **Lifting shoes** or boots shall be worn by the lifter for each of the events.

- a. Shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers or any foot covering that has a patterned moulding or foot type outline that provides an inner sole.
- b. Shoes with metal cleats or spikes are not permitted.
- c. Boots where the heel position can't be seen, are not allowed.

5.14. Only **wraps** or bandages of one-ply commercially woven elastic that is covered with polyester, cotton, a combination of both materials and medical crepe are permitted. Bandages of rubber or rubberised substitutes are strictly forbidden. Wraps may be used as follows:

- a. Wrists. Wraps not exceeding 1m (3ft 3.8ins) in length and 8cm (3.15ins) in width may be worn. Alternatively, wrist 'bands' not exceeding 10cm (3.937ins) in width may be worn. A combination of the two is forbidden.
  1. If wrist bands are 'wrap around' style, they may have a thumb loop and Velcro patch for securing them. However, the thumb loop shall not be over the thumb during the actual lift. The Velcro may not totally surround the wrist.
  2. A wrist wrap shall not extend beyond 10cm (100mm) above and 2cm (20mm) below the centre of the wrist joint, not exceeding a covered width of 12cm (4120mm).
  3. The use of a wrist wrap is not considered equipped.
- b. Knees. The use of any **wrap** on the Knee constitutes equipped.
  1. Wraps not exceeding 2m (200cm/2000mm) in length and 8cm (80mm) in width may be used. A knee wrap shall not exceed beyond 15cm (150mm) above and 15cm (150mm) below the center of the knee joint, and not to exceed a total covered width of 30cm (300mm).
  2. Alternatively, an elasticated kneecap supporter not exceeding 20cm (200mm) in length may be worn. A combination of the two is forbidden.
  3. The lifter may choose to wear a knee sleeve in lieu of a Wrap or Supporter in the equipped division but **MUST** in all other circumstances wear apparel to make them equipped eg a suit in this case. A combination of knee systems may not be worn in conjunction with each other.
- c. Knee sleeves may be worn instead of wraps in the EQUIPPED Division. They must not more than 30cm in total length. They must be made of a 1 Ply material.
  1. A knee sleeve shall not exceed beyond 15cm (150mm) above and 15cm (150mm) below the centre of the knee joint, and not to exceed a total covered width of 30cm (300mm).
  2. They are allowed to be 7mm thickness maximum and may not touch the socks or lifting suit.



Knee bandage –  
5.14 b2



Knee Wrap



Knee Sleeve

#### 5.15. Plasters and band aids.

- a. Two layers of plasters, bandages or Band-Aids may be worn on the thumbs, but nowhere else without official permission of the Chief Referee or Technical Officer. No plaster, bandage or Band-Aid may be used as a strap to help the lifter hold the bar.
- b. With permission of the Chief Referee or Technical Officer, the official doctor or paramedic on duty may apply spot plasters, bandages or Band-Aids to muscle injuries on the body. Similarly, he/she may apply strip plasters, bandage, Band-Aids to injuries on the inside of the hand, but in no circumstances may the plaster, bandage or Band-Aid continue around the back of the hand.
- c. The official medical provider on duty shall inform the Chief Referee (and Technical Officer if applicable) immediately after applying plasters, bandages or Band-Aids to injuries. He/she may also give advice regarding additional bandages, Band-Aids or plasters that he/she may consider necessary. However, these may only be applied with permission of the Chief Referee or Technical Officer.
- d. At all competitions where no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

**5.16. Inspection of personal equipment.** At International events the inspection of kit is not mandatory. It is the responsibility of the National Technical Secretary of all Nations to ensure that their lifters are wearing suitable equipment prior to or at International events. Where lifters are unsure if an item meets the required criteria there will be a Technical Officer who will inspect as required. Where a lifter is found to enter the event with equipment that would otherwise fail to meet the required criteria action will be as at Para f below. If equipment checks are to be implemented at events:

- a. In large competitions when the allotted weigh-in time is likely to be insufficient to allow for the inspection of costume and personal equipment, the Head Referee or Technical Officer may authorise a separate time for the inspection and drawing of lots (if applicable). In normal circumstances this should take place one hour before the official weigh-in, but may be varied as required.
- b. A Referee shall be appointed to fulfil this duty.

- c. Wraps over length shall be rejected, but may be resubmitted within the specified inspection time after cutting to regulation length. It is the lifter's responsibility to cut wraps. The examining referee is not permitted to perform this service.
- d. Any item considered unclean or torn shall be rejected.
- e. The referees shall record each item on the official inspection sheet. The inspection sheet shall be handed to the Head Referee or Technical Officer at the end of the inspection period.
- f. If a lifter appears on the platform wearing or using any illegal item that fails to meet the required criteria, the lifter shall have the attempt failed, any further uses of equipment not allowed by the same lifter in subsequent attempts will result in them immediately be disqualified from the competition.
- g. All items mentioned previously under Costume and Personal Equipment must meet the required specifications. Items such as watches, costume jewellery, eyewear and feminine hygiene articles need not be inspected.
- h. Any lifter successful in a record attempt must immediately present him/herself to the referee(s) for inspection in a place decided by the Chief Referee. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition in line with para f above.
- i. The lifter will be warned of minor attire infractions which must be cleared up before the lifter reaches the platform. Failure to do so will result in the loss of that specific attempt if outside of the 1 minute bar loaded call.

#### **5.17. Additional items for use in competition.**

- a. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- b. Baby powder, pool hall chalk, liquid chalk, resin, talc, or magnesium carbonates are the only substances that may be added to the body and attire.
- c. No foreign substances may be applied to the equipment or wraps.
- d. The costume, except for the belt, may not be adjusted on the lifting platform.
- e. Prosthetic devices are approved equipment providing that they are not performance enhancing.

#### **5.18. Unequipped or Raw Competition.** The following items of costume are permitted within this category of competition:

- a. A one-piece lifting suit is to be worn it must be a leotard of the non-supportive type, as defined under 'Costume and Personal Equipment'.
- b. A belt, conforming to specifications.
- c. Wrist wraps, conforming to specifications.

5.19. **Equipped competition.** The following items of costume are permitted within this category of competition:

- a. A one-piece lifting suit is to be worn. It may be a leotard of the non-supportive or recognised supportive type, as defined under 'Costume and Personal Equipment'.
- b. A belt, conforming to specifications.
- c. Wrist wraps, conforming to specifications.
- d. Knees wraps or sleeves, conforming to specifications.
- e. Bench Shirt, conforming to specifications.

NOTE – A lifter **MUST** be equipped to enter an equipped event. In full power this all of the disciplines. In single lifts the lifter must be equipped as defined above in Para 13 relevant to the event.

## SECTION 6

### 6.1. Age Categories.

OPEN: From 14 years upwards (No category restrictions 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 and so on in five year increments, ad infinitum.

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

### **BODYWEIGHT CATEGORIES**

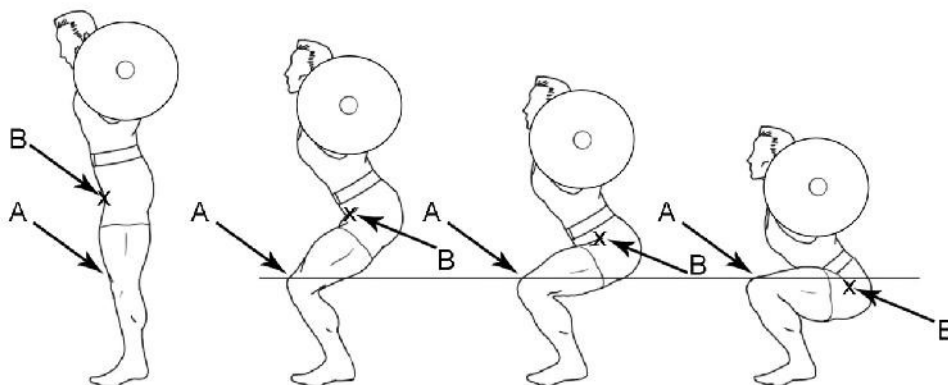
Male	52Kg	up to	52.0 Kg		
	56Kg	from	52.01Kg	to	56.0Kg
	60Kg	from	56.01Kg	to	60.0Kg
	67.5Kg	from	60.01Kg	to	67.5Kg
	75Kg	from	67.51Kg	to	75.0Kg
	82.5Kg	from	75.01Kg	to	82.5Kg
	90Kg	from	82.51Kg	to	90.0Kg
	100Kg	from	90.01Kg	to	100.0Kg
	110Kg	from	100.01Kg	to	110.0Kg
	125Kg	from	110.01Kg	to	125.0Kg
	145Kg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

## SECTION 7

### POWERLIFTS - RULES OF PERFORMANCE & CAUSES FOR FAILURE

#### THE SQUAT

1. The lifter shall assume an upright position with the top of the bar not more than 3cm (30mm) 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), and the feet flat on the platform with the knees locked (see Diagram 1).
2. 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 Centre Referee's signal. The signal will be given as soon as the lifter is motionless, **erect with knees locked** and the bar properly positioned. The Centre 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. Additionally, the lifter may adjust their position after the start command as long as they have not attempted to start the lift ie the bar has not begun to descend in what is considered an attempt.
3. In addition to the Lifter being stationary the bar must be motionless prior to the start command.
4. Upon receiving the Centre 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 (see Diagrams 2, 3, & 4).



A – Top of Knees

B - The TOP surface of the legs at the hip joint

This diagram shows point B below the top surface of the leg joint.

5. 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 Centre 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".
6. 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.
7. The lifter shall face the front of the platform.

8. The lifter shall not hold the collars, sleeves or plates at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the inside collars.
9. 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 Centre Referee.
10. 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.
11. The lifter may be given an additional attempt at the same weight at the Centre Referee's or the Technical Officer's discretion if failure in an attempt was due to an error by one or more of the spotter/loaders.

**b) Causes for Disqualification of a Squat:**

1. Failure to observe the Centre Referee's signals at the commencement or completion of a lift.
2. Significantly changing the position of the hands laterally in or out on the bar after receiving the signal to commence the lift. (Opening & closing of the fingers is allowed).
3. Double bouncing or more than one recovery attempt at the bottom of the lift.
4. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
5. Any shifting of the feet laterally, backward, or forward, during the performance of the lift. The toes and/or heels may come up off the platform, but must return to the same position.
6. Failure to bend the knees and lower the body until the TOP surface of the legs at the hip joint are lower than the tops of the knees. (Refer to Diagrams 2, 3, & 4).
7. 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 small amount of position change that would not aid the lifter.
8. Contact with the bar, plates or lifter by the spotter/loaders between the referee's signals.
9. Contact of elbows or upper arms with the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the racks.
11. Any intentional dropping or 'dumping' of the bar.
12. Any downward movement of the bar after the lifter has begun to move up from the bottom position. This includes any uneven aspect of the bar where one side drops as the other raises.

## THE BENCH PRESS

### a) Performance:

1. The front of the bench must be placed on the platform facing the Centre Referee.
2. The lifter must lie on his 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 command signal has been given.
3. If the lifter's costume and the bench surface are not of a sufficient colour contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing the lifter may use plates or blocks, not exceeding 30cm (300mm) 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 45cm x 45cm (450mm x 450mm) in length and width.
5. 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 arms' length and not down at the chest.
6. The spacing of the hands shall not exceed 81cm (810mm) measured between the forefingers. A reverse grip is permitted provided that the distance between the little fingers does not exceed 81cm (810mm).
7. After receiving the bar at arms' length, the lifter shall hold the bar with arms locked out. On receipt of the command "Start" the bar is lowered to the chest and await the referee's signal to press. Before receiving the starting signal, the lifter may make any position adjustments without penalty. In addition to the Lifter being stationary the Bar must be motionless prior to the start command. Following the start command the lifter may adjust their position again as long as the bar does not begin to descend.
8. The signal to commence the lift, shall be the word of command "start".
9. After the signal to commence the lift has been given, the bar is lowered to the chest where it must become motionless. The Centre Referee then gives the word of command "Press" or a clap of hands or a clapper board. On receipt the bar is pressed upwards to straight arms' length and held motionless until the audible command "Rack" is given.
10. The bar is allowed to stop during the upward movement; the bar is not allowed any downward movement during this phase of the lift. Downward movement of the bar will be determined by downward movement of either or both hands and or the bar itself.
11. See #11, 'Rules of Performance' for the Squat.

**b) Causes for Disqualification of a Bench Press:**

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper (ie any movement of the head, shoulders, buttocks from their original points of contact with the bench or **excessive** movement of the feet, 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 signal.
5. Uneven lockout of the arms at the completion of the lift.
6. Uneven press that results in one end of the bar dropping as the other raises.
7. Any downward movement of one/both hands or the bar during the upward movement.
8. Contact with the bar by spotter/loaders between the referee's signals.
9. Any contact of the lifter's feet with the bench or its supports.
10. **Deliberate** contact between the bar and the bar rest uprights during the lift to make the press easier.

THE DEADLIFT

**a) Performance:**

1. 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 erect with knees locked. The bar may stop, but may not go down during the upward movement.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders do not have to 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. Note: In each finished position the shoulders are in the erect position, not rounded or forward. The legs are straight, with the knees locked.
4. The Centre 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.
5. Any rising of the bar from the platform - or any deliberate attempt to do so - will count as an attempt.
6. See #11, 'Rules of Performance' for the Squat.

**b) Causes for Disqualification of a Deadlift:**

1. Any downward movement of the bar during the upward movement.
2. Failure to stand upright with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of the lift.

4. Supporting the bar on the thighs during the performance of the lift. This will be determined by any attempt at 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 movement of the bar.
5. Any lateral movement of the feet, or stepping backward or forward.
6. Lowering the bar before receiving the Centre Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.

**Reminder: Single Lift Championships**

The preceding rules governing the Squat, Bench Press and Deadlift, remain the same for Single Lift events but two weight changes will be allowed on the final attempt as on the Deadlift in Powerlifting competitions.

## **SECTION 8**

### **8.1. Minimum Referees required to adjudicate at sanctioned events**

1. INTERNATIONAL - Three fully qualified WDFPF International Referees. This also applies where international records are broken at National events. Referees who are under assessment for International Status may also be considered within the 3 required Officials at International events only.
2. It is incumbent on all member affiliates to ensure that they consistently promote individuals to undertake Referee exams/training in order to maintain suitable numbers of International Officials.

### **8.2. Examinations for International Referees**

1. All individuals who wish to become International referees must undergo examination. The following criteria must be met:
  - a. Have been a national level referee for a 2-year period. This may be reviewed based on experience gained by an individual in a period prior to 2 years.
  - b. Be recommended by their National executive to the WDFPF general secretary.
  - c. Submit to undertake a written exam with a pass mark of 90%. These may only be taken at international events and invigilated by the WDFPF.
  - d. Complete a practical assessment, conducted by an international level referee at an International event following completion of the written exam.
2. All candidates must be current members in good standing of their National Association.
3. Candidates must make their own arrangements as regards the date, time and venue for the examination, and for any costs to be incurred.

### **8.3. Registration of International Referees**

1. It is incumbent on all International Referees to maintain their currency as an Official. This is achieved as follows:
  - a. Regular referral and review of the WDFPF Rule Book.
  - b. By undertaking a minimum of 1 International event as an official within a 4 year period. Failure to do so will revoke the Official back to National level and require them to re-take the International Referees exam in order to re-qualify.

### **8.4. Marshall Referees**

1. Marshall referees are selected by the WDFPF executive, they must be an International Referee of good standing and experience and must be able to attend at least 1 international event annually.

## **SECTION 9**

### **Equipment required for WDFPF World events**

#### **1. PLATFORM EQUIPMENT (Refer to rulebook as required):**

- a. Certified scales
- b. Competition platform with non-slip surface
- c. Competition bar(s)
- d. Approved weights (including record discs) and collars
- e. Squat racks
- f. Bench
- g. Weight racks (known as toast racks)
- h. Bar levers for dead lift

#### **2. OTHER EQUIPMENT:**

- a. Scoreboards with appropriate markers
- b. Referees' lights or flags
- c. Clapperboards for bench press
- d. PA system (ensure system is adequate for size of hall)
- e. Loading charts
- f. Chalk & chalk box/bucket
- g. Blood cleaning kit
- h. Wire brush
- i. Mop & bucket
- j. Pens for MC/kit check/weigh-in etc.
- k. Stop-watch/clock for MC's table
- l. Clock in main lifting hall

#### **1. WARM-UP ROOM:**

1. Normally at least two warm-up stations will be required, so 2 of each item listed below will be needed (three stations will need 3 of each and so on).
  - a. Platform or protective floor covering
  - b. Squat rack
  - c. Bench
  - d. Power bar (no centre knurling)
  - e. Weights - the total dependent on likely final lifts (calibrated weights are not essential in the warm-up room).

#### **4. REFEREES'/OFFICERS' REQUIREMENTS:**

- a. Rule book
- b. Competition forms:-Score sheets, weigh-in forms and kit check forms.
- c. List of qualifying totals
- d. Records pertaining to the competition. (NB British, European and World records to be posted at drug tested events [National or International])
- e. Tape measure, stamp and pad for use at Kit Check
- f. Tables for Kit Check, Drug Control and Weigh-in
- g. Referees' chairs
- h. Refreshments for officials, any period less than 8 hours full day (including weigh-in) means refreshments only. Where 8 hours is exceeded meals must be provided. This subsection also refers to all Officials including desk staff and loaders.

- i. Chairs to 'corral' lifters selected for drug testing

**5. VARIOUS REQUIREMENTS:**

- a. Toilet facilities
- b. Male and female changing facilities and weighing-in room
- c. If appropriate, toilet area where drug testing can take place (incl for women)

**The following are not essential, but are recommended for major events.**

- a. Equipment for roping off competition area
- b. Banners
- c. Posters
- d. Music
- e. Water for lifters for testing.

**6. OTHER HELPERS:**

- a. Spotter/loaders
- b. Platform manager (can be one of the above)
- c. Table Co-Ordinator (not always essential, but useful)
- d. MC
- e. Recorder
- f. Scoreboard personnel

## **SECTION 10**

### **SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)<sup>2</sup>**

10.1. The Schwartz formula (SF)\* is presented as a table of co-efficients. Each lifter has a co-efficient determined by body weight (BW). Since the table is graduated in one-tenth kilogram intervals, it may be necessary to interpolate. For example, the co-efficient 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 co-efficient is interpolated as 0.66765.

1. To determine the "Best Lifter" multiply each lifters co-efficient 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, USA. Earlier forms are obsolete after that date.

Formula =  $(0.488) - ((0.0009) \times (\text{bodyweight} - 155))$

### **MALONE FORMULA TABLES IN KILOS (WOMEN)**

10.2 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".

Links to the formulas can be found here:

[845107-Schwartz-Malone Formula1 - Copy-c9f0f.pdf \(bpfitnesscenter.net\)](#)

A hard copy of the formulas will be available at international events.

10.3 - RESERVED

25Kg Loading chart

	25	20	15	10	5	2.5	1.2		25	20	15	10	5	2.5	1.2	
25	bar & collars only							150	2			1		1		
27.5							1	152.	2			1		1	1	
30						1		155	2		1					
32.5						1	1	157.	2		1				1	
35					1			160	2		1			1		
37.5					1		1	162.	2		1			1	1	
40					1	1		165	2	1						
42.5					1	1	1	167.	2	1					1	
45				1				170	2	1				1		
47.5				1			1	172.	2	1				1	1	
50				1		1		175	3							
52.5				1		1	1	177.	3						1	
55			1					180	3					1		
57.5			1				1	182.	3					1	1	
60			1			1		185	3				1			
62.5			1			1	1	187.	3				1		1	
65		1						190	3				1	1		
67.5		1					1	192.	3				1	1	1	
70		1				1		195	3			1				
72.5		1				1	1	197.	3			1			1	
75	1							200	3			1		1		
77.5	1						1	202.	3			1		1	1	
80	1					1		205	3		1					
82.5	1					1	1	207.	3		1				1	
85	1				1			210	3		1			1		
87.5	1				1		1	212.	3		1			1	1	
90	1				1	1		215	3	1						
92.5	1				1	1	1	217.	3	1					1	
95	1			1				220	3	1				1		
97.5	1			1			1	222.	3	1				1	1	
100	1			1		1		225	4							
102.	1			1		1	1	227.	4						1	
105	1		1					230	4					1		
107.	1		1				1	232.	4					1	1	
110	1		1			1		235	4				1			
112.	1		1			1	1	237.	4				1		1	
115	1	1						240	4				1	1		
117.	1	1					1	242.	4				1	1	1	
120	1	1				1		245	4			1				
122.	1	1				1	1	247.	4			1			1	
125	2							250	4			1		1		
127.	2						1	252.	4			1		1	1	
130	2					1		255	4		1					
132.	2					1	1	257.	4		1				1	
135	2				1			260	4		1			1		
137.	2				1		1	262.	4		1			1	1	
140	2				1	1		265	4	1						
142.	2				1	1	1	267.	4	1					1	
145	2			1				270	4	1				1		
147.	2			1			1	272.	4	1				1	1	

	25	20	15	10	5	2.5	1.2
275	5						
277.5	5						1
280	5					1	
282.5	5					1	1
285	5				1		
287.5	5				1		1
290	5				1	1	
292.5	5				1	1	1
295	5			1			
297.5	5			1			1
300	5			1		1	
302.5	5			1		1	1
305	5		1				
307.5	5		1				1
310	5		1			1	
312.5	5		1			1	1
315	5	1					
317.5	5	1					1
320	5	1				1	
322.5	5	1				1	1
325	6						
327.5	6						1
330	6					1	
332.5	6					1	1
335	6				1		
337.5	6				1		1
340	6				1	1	
342.5	6				1	1	1
345	6			1			
347.5	6			1			1
350	6			1		1	
352.5	6			1		1	1
355	6		1				
357.5	6		1				1
360	6		1			1	
362.5	6		1			1	1
365	6	1					
367.5	6	1					1
370	6	1				1	
372.5	6	1				1	1
375	7						
377.5	7						1
380	7					1	
382.5	7					1	1
385	7				1		
387.5	7				1		1
390	7				1	1	
392.5	7				1	1	1
395	7			1			
397.5	7			1			1

Kilo to pounds conversion chart

<b>Kilos</b>	<b>Pounds</b>	<b>Kilos</b>	<b>Pounds</b>	<b>Kilos</b>	<b>Pounds</b>	<b>Kilos</b>	<b>Pounds</b>
25	55	142.5	314	257.5	567.50	375	826.50
27.5	60.50	145	319.50	260	573	377.5	832
30	66	147.5	325	262.5	578.50	380	837.50
32.5	71.50			265	584	382.5	843.25
35	77	<b>150</b>	<b>330.50</b>	267.5	589.50	385	848.75
37.5	82.50	152.5	336	270	595	387.5	854.25
40	88	155	341.50	272.5	600.75	390	859.75
42.5	93.50	157.5	347	275	606.25	392.5	865.25
45	99	160	352.50	277.5	611.75	395	870.75
47.5	104.50	162.5	358	280	617.25	397.5	876.25
		165	363.75	282.5	622.75		
<b>50</b>	<b>110</b>	167.5	369.25	285	628.25	<b>400</b>	<b>881.75</b>
52.5	115.50	170	374.75	287.5	633.75	402.5	887.25
55	121.25	172.5	380.25	290	639.25	405	892.75
57.5	126.75	175	385.75	292.5	644.75	407.5	898.25
60	132.25	177.5	391.25	295	650.25	410	903.75
62.5	137.75	180	396.75	297.5	655.75	412.5	909.25
65	143.25	182.5	402.25			415	914.75
67.5	148.75	185	407.75	<b>300</b>	<b>661.25</b>	417.5	920.25
70	154.25	187.5	413.25	302.5	666.75	420	925.75
72.5	159.75	190	418.75	305	672.25	422.5	931.25
75	165.25	192.5	424.25	307.5	677.75	425	936.75
77.5	170.75	195	429.75	310	683.25	427.5	942.25
80	176.25	197.5	435.25	312.5	688.75	430	947.75
82.5	181.75			315	694.25	432.5	953.25
85	187.25	<b>200</b>	<b>440.75</b>	317.5	699.75	435	959
87.5	192.75	202.5	446.25	320	705.25	437.5	964.50
90	198.25	205	451.75	322.5	710.75	440	970
92.5	203.75	207.5	457.25	325	716.25	442.5	975.50
95	209.25	210	462.75	327.5	722	445	981
97.5	214.75	212.5	468.25	330	727.50	447.5	986.50
		215	473.75	332.5	733		
<b>100</b>	<b>220.25</b>	217.5	479.50	335	738.50	<b>450</b>	<b>992</b>
102.5	225.75	220	485	337.5	744	452.5	997.50
105	231.25	222.5	490.50	340	749.50	455	1003
107.5	236.75	225	496	342.5	755	457.5	1008.50
110	242.50	227.5	501.50	345	760.50	460	1014
112.5	248	230	507	347.5	766	462.5	1019.50
115	253.50	232.5	512.50			465	1025
117.5	259	235	518	<b>350</b>	<b>771.50</b>	467.5	1030.50
120	264.50	237.5	523.50	352.5	777	470	1036
122.5	270	240	529	355	782.50	472.5	1041.50
125	275.50	242.5	534.50	357.5	788	475	1047
127.5	281	245	540	360	793.50	477.5	1052.50
130	286.50	247.5	545.50	362.5	799	480	1058
132.5	292			365	804.50	482.5	1063.50
135	297.50	<b>250</b>	<b>551</b>	367.5	810	485	1069
137.5	303	252.5	556.50	370	815.50	487.5	1074.50
140	308.50	255	562	372.5	821	490	1080.25