

# WRPF TECHNICAL RULEBOOK



AMERICAS

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## I. GENERAL RULES OF POWERLIFTING

### 1.1. General

1.1.1. World Raw Powerlifting Federation (WRPF), is an independent sport organization the main aim of which is to popularize and promote RAW powerlifting in the world.

1.1.2. Technical Rules book of the WRPF is the main document, which identifies basic principles of organizing and running WRPF championships. The athletes, who are performing at the competitions, coaches and officials, must know and abide these rules.

1.1.3. The WRPF recognizes the following lifts in all competitions run under WRPF rules:

Full power: Squat, Bench Press, Deadlift;

Push-pull (Bench Press and Deadlift); Bench

Press Only and Deadlift Only;

1.1.4. Raw and Raw w/Wraps Powerlifting Definition:

\*The approved costume and equipment allowed for the RAW division competitions will be defined as a non-supportive, one piece, single-ply singlet, a t-shirt, optional undershorts, socks, optional belt, shoes, and optional single-ply wrist wraps and knee sleeves. Knee wraps are not allowed in the Raw division.

**The Rules of Performance for all three lifts are the same for Raw and Raw w/Wraps competitors.**

\*The approved costume and equipment allowed for the Raw w/Wraps division competitions will be defined as a non-supportive, one piece, single-ply singlet, a t-shirt, optional undershorts, socks, optional belt, shoes, and optional single-ply wrist wraps, knee sleeves and/or knee wraps.

1.1.5. The 3 lifts must be taken in the same sequence in all competitions conducted under WRPF rules: Squat, Bench Press and Deadlift. Push-pull must be taken in the same sequence in all competitions: Bench Press and Deadlift.

1.1.6. Updates to the rulebook may be made yearly.

## **1.2 Divisions**

Competitions are Sanctioned in the following divisions:

- - Drug Tested
- - Untested

## **1.3 Age categories**

1.3.1 To compete the athlete must be at least 14 years of age or older. The athlete must be at the minimum age on the day of the competition. An athlete who has not attained minimum age on the day of the competition can take part in the competition only with the written permission of their parents or legal guardian and will be considered a guest Lifter. They will not be eligible for Records or Competition placing.

1.3.2 The day a Junior turns 24 years old they are no longer a Junior.

1.3.3. The following age categories for men and women are recognized by the WRPF

Junior: 8-9, 10-11, 12-13, 14-16, 17-19, 20-23

Open: ALL AGES

Sub-Masters: 35-39

Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

1.3.4 It is allowed to cross enter age categories; Junior and Open, Masters and Open etc.

## **1.4 Body weight categories**

### **Men:**

52.0 kg Class up to 52.0 kg

56.0 kg Class from 52.01 to 56 kg

60.0 kg Class from 56.01 to 60.0 kg 67.5

kg Class from 60.01 to 67.5 kg 75.0 kg

Class from 67.51 to 75.0 kg 82.5 kg

Class from 75.01 to 82.5 kg

90.0 kg Class from 82.51 to 90.0 kg

100.0 kg Class from 90.01 to 100.0 kg

110.0 kg Class from 100.01 to 110.0 kg

125.0 kg Class from 110.01 to 125.0 kg

140.0 kg Class from 125.01 to 140.0 kg

140.0 kg + Class from 140.01 to unlimited

### **Women:**

44.0 kg Class up to 44.0 kg

48.0 kg Class from 44.01 to 48.0 kg  
52.0 kg Class from 48.01 to 52.0 kg  
56.0kg Class from 52.01 to 56.0 kg  
60.0 kg Class from 56.01 to 60.0 kg  
67.5 kg Class from 60.01 to 67.5 kg  
75.0 kg Class from 67.51 to 75.0kg  
82.5 kg Class from 75.01 to 82.5 kg  
90.0 kg Class from 82.51 to 90.0 kg  
90.0 kg + Class from 90.1 to unlimited

## **1.5 Defining winners**

1.5.1 The athlete, who has finished the competition with the largest total in their category, weight and age class is awarded First Place. The “total” includes the best of all 3 attempts performed by the athlete at that competition. Other placings are determined in descending order based on their “total.” The athlete, who fails to turn in a total (aka Bombs) shall be excluded from further lifting in the competition. An exception can be granted by the Meet Director and the Lifter will be considered a “Guest Lifter.”

1.5.2 The athlete, who has made the largest total, is titled as the winner in Push-pull, following the results of the two competitive lifts. The total includes the highest number of the 3 attempts performed by the athlete. Other athletes are determined in descending order based on the total turned in. The athlete, who fails to turn in a total (aka Bombs) shall be excluded from further lifting in the competition. An exception can be granted by the Meet Director and the Lifter will be considered a “Guest Lifter.”

1.5.3 The athlete, who has turned in the largest total in the Single Lift Division is the winner in single lift (Bench Press or Deadlift). The total includes the highest number from all three attempts by the athlete. Other placings are determined in descending order based on the turned in total.

1.5.4 If the total of two or more athletes are the same, the First Place is given to the athlete with the lighter bodyweight. If two athletes have been weighed-in with the same body weight and by the end of the competition got the same total, a re-weighing will be mandatory, and First Place will be awarded to the lighter Lifter. If the bodyweight of the athletes is the same again, then both athletes are given the same placing and the next place is not occupied.

1.5.3. There are placings in every division, age group, weight class.

1.5.4. The Best Lifter is defined by the Wilks coefficient in age groups: Juniors, Open, Sub-Masters and Masters. Calculating points for Masters will be by McCullough formula. The final result (total) of the participant is multiplied by the coefficient, and the result (point) becomes a criterion for comparing athletes and ranging them among absolute winners. The Athlete who earned the highest of points becomes the Best Lifter.

1.5.5. Awards

The awards (determined by the Meet Director and approved by National office) of WRPF Championships will be in the personal, best lifter and teams, held in accordance with the Rules of Competition.

The dress code for athletes during awards are: shirt/ t-shirt, shorts, pants or sweats, shoes. The Athlete is not allowed to wear anything of offensive content.

## **1.6 Teams**

1.6.1. A Team event may be held at all meets.

1.6.2. The system of point scoring for team championship is the following:

12 points – for the 1 place, 9 points – for the 2 place, 8 points – for the 3 place, 7 points – for the 4 place, 6 points – for the 5 place, 5 points – for the 6 place, 4 points – for the 7 place, 3 points – for the 8 place, 2 points –for the 9 place and 1 points – for the 10 place.

The team that receives the most points becomes the winner. If the number of team points are equal for two teams, the team which has more 1 places becomes the winner. In case of having the same amount of 1st places the winner is determined by the number of 2nd, 3rd, etc.

1.6.3. Team entry form should be sent by the Captain of the Team no later than weigh-ins. Changes and additions after deadline could be made only with the approval of the Meet Director.

1.6.4. There can be several team championships during the competition. For example, the championship between teams of different countries, between teams of different regions or between teams of different sport clubs/gyms.

## **1.7 Tournament Ranking/Sanction**

WRPF identifies the following designations of tournaments:

- International/World Championship/Invitational
- National Championship
- State, city/regionals

1.7.1. International (Worlds) or Nationals may mean any World Championship, World Cup, National Championship, with the ability to set/break National and World Records.

1.7.4. National may mean any Championship and Cup of the country with the ability to set/break National and World Records.

1.7.5. State (town, district, club) tournament may mean any Championship and Cup of the state, city. With the ability to set State and National records only.

1.7.7. There may be other classifications of Tournaments for WRPf. Usage of other classifications must be approved by the North/South America Office of WRPf.

## **1.8 Drug-testing**

1.8.1. There is a drug-tested division which is conducted in accordance with WRPf Anti-doping rules.

1.8.2. 10% of the top Wilks scores will be tested immediately at the end of the competition. They will be an equal mix of men and women as the number of Lifters allow.

1.8.3. Should a lifter refuse or leave without submitting to a drug test they will be banned for life from competition in Drug Tested meets, their records/totals removed, and their Membership will be revoked until a fine of \$500 (five hundred dollars) be paid to the National Office for reinstatement. The Lifter will only be allowed to compete in untested meets from that time on.

## **1.9 Records**

1.9.1. WRPf registers the following records:

World, National, State

All Records will be registered by the Official Records Chair of WRPf.

1.9.2 Officials are responsible to provide a strict 7-day-deadline of meet results to the appropriate office of WRPf. The results will be posted in an established form and represent the required information of the records.

1.9.3 Only citizens of their Country may set National Records. For example, citizens of the Russia can only set Russian National and State records; only U.S. citizens can set American National and State records, and so on.

1.9.4 The level of records available to be set/broken will depend on the sanctioning of the tournament and the level of the Referees present. To set a State Record, any level of Referee may judge. For National Records, there must be at least 2 National Referees or a combination of 1 National and 1 International. For World Records there must be 2 International Referees and one National Referee on the Platform. There are no exceptions. 1.9.5. The Records that may be set during WRPf Sanctioned meets are:

- Total
- Squat, Bench Press, Deadlift
- Bench Press Only & Deadlift Only
- Push-pull Total
- Push-pull Bench Press - Push-pull Deadlift

1.9.6. All records are registered by division, age, weight class and sex.

1.9.7. Breaking or setting records can only take place in a tournament sanctioned by WRPf and in full compliance with the rules of the Federation.

1.9.8. Record attempts can be made during any attempt. The attempt with the heaviest successful weight will be recognized as the new record.

1.9.9. In the case where two athletes exceeded the existing record in separate lifts or in the full power total by lifting the same weight, the record will be awarded to the athlete with the lower body weight. If both athletes during weighing in procedure were recorded with the same bodyweight, as champion would be recognized the athlete who was the first to beat the existing record.

1.9.10. New WRPf Records are only valid if they exceed the previous record by at least 0.5 kg (500 gr).

1.9.11. Records in age categories are approved even if there is only one participant at the age class.

1.9.12. In the case of an absence of a record; a number is set by the President of WRPf as a preset and are accepted records. Only an athlete who exceeds the preset becomes the record holder.

1.9.13. Fourth attempts may be given for an athlete to establish a record in each movement. The only aim of this attempt is to establish a new record. This fourth attempt does NOT count in their total or Wilks score.

1.9.14. A 4<sup>th</sup> attempt may only be granted with the completion of a successful third attempt.

1.9.15. Only athletes who are “active” in the tournament may attempt to break/set a record with a 4<sup>th</sup> attempt (i.e. an athlete with a zero result in the first three attempts but remaining in the tournament as a guest Lifter will not be allowed to break/set any records). If the athlete wants to set the record in single movement, he or she must pay another entry fee to enter into that division before the start of that portion of the competition. The “crossover” may take place with the approval of the Meet Director 30 minutes before the beginning of that part of the competition.

1.9.16. Athletes can only set records in the division (or divisions) in which they are entered.

1.9.17. Records may also be allowed by age category crossovers. Junior can set a record as Junior and in the Open age class, athletes from Open class can only set a record in Open age class, Masters can break/set records in Masters as well as in Open provided the athlete signed up for and is confirmed as a cross over.

1.9.18. If the Sanctioning of the tournament determines that all athletes compete only in the Open category, despite their actual age (Teenagers, Juniors or Masters), the athletes can have their records applied to their appropriate age class.

1.9.19. IMMEDIATELY upon successful completion of a new record the Lifter is required to be “gear checked” in terms of clothing and equipment by the Chief Referee ON THE PLATFORM. The “gear check” should be performed immediately after the attempt and before the athlete

leaves the platform. Once the “gear check” is completed the Referee will turn and raise the hand of the Lifter.

## **1.10 Membership in WRPF**

1.10.1. All athletes, referees, and other officials must be active members of their respective WRPF body on the day of the tournament.

1.10.2. Heads of National offices shall set annual membership dues. The amount shall be specified on the National website. The payment must be made by the Lifter before weigh-in at the competition. Membership dues for referees are made after the initial assignment of judicial category, before the referee shall begin his obligations at the competition.

1.10.3. Membership Dues are paid once a year and valid for 12 months from the date of payment. Membership Dues are nonrefundable and nontransferable.

1.10.4. During National or International competitions all athletes and referees shall be members of the WRPF.

1.10.5. All members of the WRPF will be entered into a database. This database shall be available at every competition’s weigh-in/gear check. Meet Directors must conduct verification of the athlete prior to weighing in. If an athlete from another country participates in the competition, organizers can request the member’s database from their country.

## **II. EQUIPMENT AND SPECIFICATION**

Every tournament has specific Technical requirements for competition. The fulfillment of these requirements is a must. All Meet Directors must comply with the following items:

### **2.1 Scales**

2.1.1. Scales for weighing the athletes must be calibrated and digital.

### **2.2 Platform**

2.2.1. All lifts shall be carried out on a platform measuring 8ft x 8ft minimum and 12ft x 12ft maximum. It must not exceed 2 inches in height from the surrounding stage or floor. The surface of the platform must be flat and non-slip. Regular office style carpet is allowed for the top of the Platform.

2.2.2. It is not allowed to use a platform of multiple segments which are not attached to one another.

2.2.3. The upper surface of the platform must provide good grip of athlete's feet with platform, so it should be of a non-slip material and firm. It is strictly prohibited to have the segments unattached to each other.

2.2.4. Loose mats or similar sheeting materials are not permitted.



## **2.3 Bars and collars**

2.3.1. During WRPF competitions, only those collars and bars are allowed which provide safety during the performance of the movements.

2.3.2. The following types of bars are allowed to use:

- Standard bar for powerlifting (stiff) - A special bar for squat; - Special deadlift bar (flexible/soft).

2.3.3. All bars used in competition must be created on factory production, shall be straight, clean of rust, has a well knurled and grooved. To fix weight on the bar it is necessary to use fixing collars. They must provide a secure fit of the plates on the bar. Bar and collars must fit the following general requirements:

- total overall length should be from 2.2m and should not exceed 2.45 m;
- distance between the collar faces is less than 1.31 m and no more than 1.48m;
- diameter of the bar should not exceed 32 mm or be less than 27 mm;
- weight of the bar and collars could be 25 kg or 30 kg (for special squat bar);
- collars must weigh 2.5 kg each;
- all bars used during the competition must weigh within 0.25 percent of their face value;
- diameter of the sleeve should not exceed 52 mm or be less than 50 mm.
- there shall be a machined ring on the bar so as to measure 81 cm between rings.

2.3.4. It is prohibited to change the bar during the flight except in the case when the bar is damaged which makes the bar unsafe. The decision to change the bar shall be made by the Chief Referee and Meet Director.

## **2.4 Competition Discs/Plates**

Discs used in competitions WRPF must meet the following requirements:

2.4.1. All discs used in competition must be created by factory production, there should be no chips, cracks and other defects which can affect their safe usage;

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

2.4.3. The hole size in the middle of the disc must not exceed 53 mm or be less than 51 mm.

2.4.4. Discs must be within the following range: 0.25 kg, 0.5 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25 kg. and 50 kg are allowed for usage.

2.4.5. Discs weighing 25 kg must not exceed 6 cm in thickness. Discs weighing 20 kg and under must not exceed 5 cm in thickness. Discs weighing 50 kg must not exceed 12 cm in thickness.

2.4.6. Discs must be colored as the following: 0,25 kg; 0,5 kg; 1,25 kg; 2,5 kg; – any monochromatic color; 5 kg – white or black; 10 kg – green or black, 15 kg - yellow, 20 kg - blue, 25 kg - red, 50 kg – green.

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

2.4.8. The first and heaviest discs are loaded on the bar must be loaded face in; the rest of the discs are loaded face out.

2.4.9. The diameter of the largest discs shall not be more than 45 cm. The diameter of the discs of 50 kg, 25 kg and 20 kg must be strictly 45cm.

## **2.5 Squat Racks**

2.5.1. In WRPF tournaments can be used two types of squat racks: mono lift with a hydraulic system of changing height of racks and discharging level-arms from which the athlete takes off the bar and standard combo type rack for powerlifting with a lever arm system of changing height of the rack.

2.5.2. Squat racks must be a unitary structure, durable, easy to work and ensuring the safety of the athlete and spotter/loaders.

2.5.3. The mono lift must be equipped with safety straps of strong material or chains as to avoid the bar from falling to the floor, in the case of an athlete missing or going down.

2.5.4. In International and National tournaments Mono lifts and combo racks may be used with a mechanism of changing the height of the rack.

2.5.5. The squat racks shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m in 5 cm increments. The width between the outer edges of the arms which hold the bar must not exceed 1.2 meters.

2.5.6. "Mono lift" racks must have levers holding the bar that can move inwardly so that the distance between is adjusted up to 60 cm and at any of the intermediate positions the levers must be securely fixed with special clamps or wedges.

2.5.7. Standard combo racks should be able to tilt and bring together two vertical levers to securely fix levers in position is necessary to use clamps or wedges.

2.5.8. Strong pins shall be required to set heights.

## **2.6 Bench**

2.6.1 The bench shall be of sturdy construction and safe for athletes and spotter/loaders.

2.6.2. The bench shall conform to the following dimensions: ○ - length - not less than 1.22m; ○ - width - not less than 29 cm and not exceeding 32 cm; ○ - height - not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench;

- - the height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position;
- - minimum width between insides of bar rests shall be 1.1 m; ○ - the head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.

2.6.3 The bench must be equipped with adjustable heights for bar and “face safety”.

2.6.4 The head of the bench must be equipped with a step or box for the lift off assistant, which shall not prevent the athlete to perform the powerlifting movement.

2.6.5 Bench height should be adjustable via a lever mechanism or jacks.

2.6.6 Pins will be used to fix the height of all racks and safety catches.

## **2.7 Judging Lights**

2.7.1. A system of lights shall be provided for the referees to make known their decision of good lift or no lift. Lights shall be set up with three white signals and three red signals located in a horizontal row. Each of the three lights are representative of the three referees on the platform.

2.7.2. Each referee will control a white and a red light. These two colors represent a “good lift” (white light) and “no lift” (red light) respectively.

2.7.3. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees.

2.7.4. The referees are required to monitor the correct completion of the athlete’s competitive movement and make known their decision as soon as possible. Discussion of the lift before activation of the lights is strictly prohibited.

2.7.5. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”. In case of having no flags, referees show their decisions by hand gestures. The thumbs up - good lift, thumbs down - no lift.

## **2.8 Clocks**

2.8.1. The timer is used to set a time limit, after calling the athlete on the platform, and before the start of the lift.

2.8.2. The timer must be placed within the overall visibility of the referees on the platform, secretary, jury, spectators and athletes in the exit area on to platform. There should be an information board on which is visible countdown allotted for athlete output. If no panel or visible clock is available, the MC shall announce time remaining in 30 second intervals.

## III. PERSONAL EQUIPMENT

### 3.1 Lifting suit/Singlet

3.1.1. The singlet/suit must be constructed entirely of fabric or a synthetic textile material, so that no support should be given to the lifter by the suit while lifting.

3.1.2. Any seams, trim or other details which, in the opinion of the Meet Director or Referees, give an advantage or enhance the Lifter are cause for prohibiting the use of such singlet/suit during competition.

3.1.3. The suit shall be one-piece and form fitting without any looseness when worn.

3.1.4. The suit straps must be worn over the lifter's shoulders at all times in all lifts during competition.

3.1.5. The lifting suit must conform to the following specifications:

- Can be of any color.
- May have the logos or emblems of the lifter's Nation, Name, Club or Sponsor.
- It is prohibited to have printing which is offensive or discredits the sport.

3.1.6. Seams and hems must not be wider than 3 cm and a thickness of 0.5 cm. Seams may be covered or reinforced of stretchable fabric material is not more than 2 cm in width and 0.5 cm in thickness. Only weightlifting or wrestling suits may have seams and hems exceeding 3 cm in width. The crotch area may be two layers of the same material no larger than 12 x24 cm.

3.1.7. The suit must have legs, the length of the outer side of which may reach 25 cm, but the length along the inner side of leg from middle of crotch shall not be less than 5 cm and not more than 15 cm. Measurement is made from passing through the top of the crotch seam along the inside of the leg.

3.1.8. Illegal suits:

- sleeves of any length.
- any fasteners or other parts from metal, plastic or other materials that may cause injury or damage during the completing the powerlifting movement. - it is forbidden to sew on or added material to any suit.

### 3.2 T-Shirt

3.2.1. A t-shirt must be worn under the lifting suit by all lifters during the Squat and Bench Press; men and women may elect to not wear a t-shirt during the Deadlift. Women may wear a sports bra with no additional support. Only one T-shirt is allowed to be worn at a time.

3.2.2. The t-shirt must conform to the following specifications:

- T-shirt must be made only of cotton, polyester or blend. T-shirts may not have any rubberized material. Denim and canvas are prohibited.
- The shirt must not have any pockets, buttons, zippers or V-neck collar.
- The shirt must not have any reinforced seams.

- The shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- T-shirt can be an officially branded t-shirt of a competition or may bear the logo or emblem of the lifter's Nation, Club or Sponsor.
- T-shirt must fit on the athlete as to not give any physical support.

### **3.3 Briefs/Underwear**

3.3.1. A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit during completing all the free lifts. Lifters may elect to go "commando" as underwear is not required to compete.

3.3.2. Women may wear a commercially available sports bra.

3.3.3. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband are prohibited.

3.3.4. Any supportive undergarment is not legal for use in competition. Evaluation of this is left to the discretion of Referees and Meet Director.

### **3.4 Socks**

3.4.1. Only one pair of socks at a time are allowed to be worn.

3.4.2. Socks may be of any color or multicolored.

3.4.3. They shall not be of such length on the leg that they come into contact with the knee wraps or knee sleeves.

3.4.4. Full length leg stockings, tights or hose are forbidden.

3.4.5. It is allowed to use shin guards and tape during the deadlift. They are allowed to wear under the socks only. They must be put on in such a manner that the top of guards does not protrude from the sock.

### **3.5 Belt**

3.5.1. Competitors have the option to wear a belt. If worn, it shall be on the outside of the lifting suit.

3.5.2. The belt shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.

3.5.3. It shall not have any padding, bracing or supports of any material either on the surface or concealed within the belt.

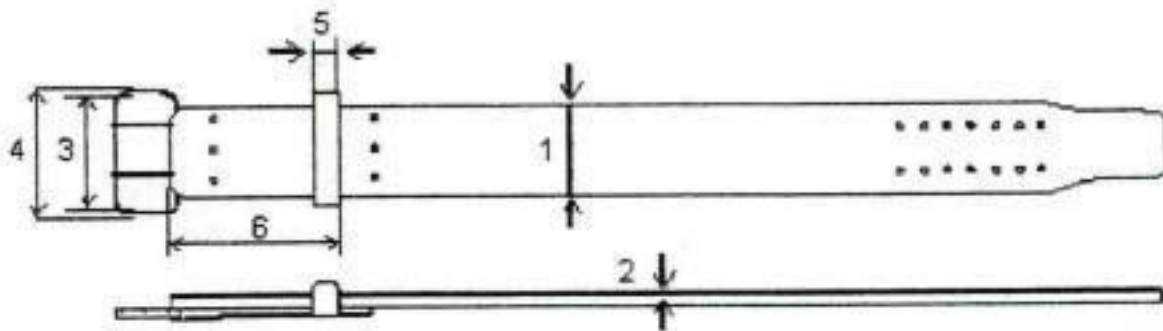
3.5.4. The buckle shall be attached at one end of the belt by means of studs and/or stitching.

3.5.5. The belt may have a buckle with one or two prongs or quick release lever type belt. A tongue loop shall be attached close to the buckle by means of studs/or stitching.

3.5.6. It is permissible to place on the belt any inscriptions or drawings that are not abusive and do not discredit the sport.

Dimensions:

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



### 3.6 Footwear

3.6.1. Shoes, boots or deadlift slippers must be worn while during completing the lifts.

3.6.2. Shoes shall be taken to include only sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball/gymnastics. "Chucks" and Vans type shoes are allowed.

3.6.3. No part of the sole shall be higher than 5 cm.

3.6.4. The thickness of the inner soles if not part of the original factory-made shoe must not exceed 1 cm.

3.6.5. It is forbidden to use shoes with open heel/toes (sandals).

3.6.6. Full length leg stockings, tights or hose are forbidden.

### 3.7 Wrist wraps

3.7.1. Wraps of elastic single-layer, only factory-produced materials: polyester, cotton or combinations thereof.

3.7.2. Wrists wraps shall not exceed 1 m in length and 8 cm in width. Any sleeves and Velcro, patches/tabs for securing must be incorporated within the 1 m length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.

3.7.3. Standard commercial sweat bands may be worn, but they should not exceed 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.

3.7.4. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

3.7.5. Using more than one wrap on one hand at the same time is prohibited.

### **3.8 Knees Wraps/Knee Sleeves**

3.8.1. Knee wraps/sleeves may be worn during all 3 lifts of the competition.

3.8.2. Wraps made only of single-layer elastic factory material: polyester, cotton or combination of them are allowed. “gripper” wraps are also allowed.

3.8.3. Wraps may not exceed 2.5 m in length and 8 cm in width for all weight categories. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering width of 30 cm.

3.8.4. Wraps/Sleeves must not come in contact with socks or lifting suit.

3.8.5. Using more than one wrap/sleeve on one knee at the same time is prohibited.

3.8.6. A knee sleeve made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials can be used. It should not be more than 30cm in length and must be 7mm or less in thickness. Knee sleeves cannot have any crisscross seams that allow additional support (The Yellow Jacket Knee Sleeves are approved only for **RAW with Wraps, not RAW**). The placement of the sleeve is the same as in 3.8.3.

3.8.7. Raw lifters may only use the optional single ply knee sleeve during their lift, and it may not have any Velcro on it, they must be non-adjustable and non-fastening.

### **3.9 Non-supportive bandages**

3.9.1. The use of medical tape or conventional medical bandages and special wristbands require prior approval for use during competitions.

3.9.2. Athletes can apply medical tape as long as it is not used as an aid in the performance of the lift and with prior Meet Director and Chief Referee approval.

3.9.3. During the Squat and Deadlift elbow sleeves or non-supportive bandages are allowed.

3.9.4. With the permission of the Meet Director, medical tape may be applied on the injured body part. However, it may not be used as aids to the lifter in holding the bar. 3.9.5. Physio-tape or its equivalent may not be worn anywhere on the body.

3.9.6. All medical reports in accordance with which the athlete will be able to have a permission to use medical wraps and bandages during lifting should be submitted to the Chief Referee before the event to determine their suitability to the rules i.e. at weigh in/gear check.

3.9.7. It is forbidden to use any wraps or bandages on the elbow joints during the bench press.

### **3.10 Inspection of Personal Equipment**

3.10.1. Before and during competition the inspection of personal equipment/gear for any lifter may take place at any time. It is not an optional procedure. Any athlete may be checked for permissible use of equipment, before, during and after the competition.

3.10.2. Only the Referees and Meet Director may check the equipment of an athlete.

3.10.3. Equipment that does not comply with these rules is not allowed.

3.10.4. Equipment that has been damaged is forbidden for use during the competition. The offensive inscriptions or images on the equipment are prohibited.

3.10.5. If a referee made a mistake when checking the equipment, it does not entitle its use during competition. If such an error is detected, the attempts that the athlete has completed with its use will not be counted. It is the responsibility of the athlete to do their due diligence.

3.10.6. Items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.

3.10.7. All successful Records the lifter will be immediately inspected by the Referee.

### **3.11 Usage of other supportive items**

3.11.1. The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden. Baby powder, talc or magnesium carbonate or chalk are the only substances that may be added to the body and attire.

3.11.2. The use of any form of adhesive on the underside of footwear is strictly forbidden (this applies to any kind of ratchet inserts in the sole, steel or other things, the lining of the sandpaper, etc.).

3.11.3. It is forbidden to apply any adhesives, e.g. glass paper, emery cloth, etc. and to cover the shoes with magnesium carbonate. A spray of water is acceptable.

3.11.4. No substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

### **3.12 Blood Management on the Platform**

3.12.1. An athlete on the platform bleeding or open wounds is unacceptable. Any damage must be treated and bandaged before going on the platform. If there is blood on the bar, or equipment, the bar and the equipment should be sterilized with a disinfectant solution immediately. Meet



Directors are responsible for the availability of such a solution during the competition. Madicide, Cavicide, Bleach are acceptable solutions.

3.12.2. In the presence of a bleeding or open wound the athlete is required to remedy the issue for proper inspection and take the necessary measures for the treatment of wounds and to stop bleeding in order to be admitted to lift on the platform. The time allotted for the attempt does not stop, in case of an impossibility of solving this problem in a set time the athlete loses his attempt.

## **IV. LIFTS AND RULES OF PERFORMANCE**

### **4.1 Squat**

4.1.1. The lifter shall face the front of the platform.

4.1.2. After removing the bar from the rack while facing the front of the platform, the lifter may move forward or backward to establish their lifting position. If the squats are performed on the monolift, it is not necessary to “walk out” the loaded bar. Due to the bend of a loaded bar, the lifter may be aided in removal of the bar from the “rack” by the spotter/loaders.

4.1.3. The bar shall be held horizontally across the back at the shoulders with the hands and/or fingers gripping the bar. The hands may be positioned anywhere. The maximum width of the grip is until the hand touches the inner collar of the bar. Touching the discs or bushings is strictly prohibited. Open grip, in which the thumb grips the bar from the outside, is allowed.

4.1.4. Starting position - this is the position of the athlete in which: the feet flat upon the platform with the knees locked and torso vertical (slight deviation is allowable). The top of the bar not more than 3 cm below the top of the deltoid.

4.1.5. Immediately, after setting in the starting position, the Chief Referee will give the signal to begin the lift. The Chief Referee’s signal shall consist of a downward movement of the arm and audible command "Squat". Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in a position to begin the lift.

4.1.6. Upon receiving the Chief Referee's signal "Squat", the lifter must bend the knees and hips to lower the body until the top surface of the legs at the hip joint is lower than the top of the part of the knee.

4.1.7. Only one attempt is allowed to make the movement. The attempt is deemed to have commenced when the lifters knees have unlocked.

4.1.8 During the lift it is allowed some movement of the bar from a starting position down along the back of the athlete (rolling or sliding), but not more than thickness (diameter) of the bar.

4.1.9. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is in the apparent final position the Chief Referee will give the signal to rack the bar.

4.1.10. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to the racks. Foot movement after the "Rack" signal will not be cause for a failed lift. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to and replacing it in the racks. The lifter must stay with the bar during this process.

4.1.11. No more than six when using a Mono Lift and no less than three spotter/loaders shall be on the platform at any time.

4.1.12. If a lifter inadvertently begins the lift **prior** to the Head Referee giving the "Squat" command, and the lifter has not continued the lift to the point they have hit the bottom of the lift, the lifter may return to the correct starting position with knees locked, or even re-rack the bar, and then begin the lift once again without penalty.

#### **Causes for disqualification of a Squat:**

1. Failure to observe the Chief Referee's signals during the completion of the lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knee.
6. Any movement of the bar from the starting position down along the back of the athlete (slipping) more than the thickness (diameter) of the bar itself.
7. Intentional contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier. Unintentional contact will be reason for the Lifter to retake the lift at the end of the flight.
8. Contact of the elbows with the legs. Slight contact is permitted as long as there is no supporting that might aid the lifter.

9. Any dropping or dumping of the bar at any time before, during or after the lift.
10. If the athlete is unable to safely remove the bar from the racks during the allotted minute.
11. Unintentional or intentional contact of bar and racks during the execution attempt. However, unintentional contact that did not help the athlete is not a reason to turn down the attempt. A
12. Failure to comply with any of the items outlined under Rules of Performance for the squat.

## **4.2 Bench press**

- 4.2.1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees, which will give the opportunity for Jury and the crowd to see the movement.
- 4.2.2. The lifter must lie on his back with shoulders and buttocks in contact with the bench surface. This position shall be maintained throughout the lift. The head may come up with no penalty.
- 4.2.3. The athlete's feet shall be in a convenient position, in contact with the platform, plates or blocks installed under the feet. It is allowed to have a flat footed set up, as well as on the toes of the foot.
- 4.2.4. Hands and fingers must grip the bar positioned in the rack stands with thumbs around the bar. This position shall be maintained throughout the lift. Thumb-less (suicide grip) or reverse grips are allowed knowing the danger these grips provide.
- 4.2.5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). In the case when an athlete has an old injury or anatomically cannot grab the bar at the same distance with both hands, he must inform the referees about it before every attempt. If necessary, the bar may accordingly be marked before every attempt of the athlete.
- 4.2.6. To achieve firm footing the lifter may use blocks which will not exceed 20 cm in total height. Blocks in the range of 5 cm, 10 cm, 15 cm should be made available for foot placement at all international competitions. Foot must remain on the platform or blocks. Plates may be substituted as blocks.
- 4.2.7. Not more than five and not less than two spotters/loaders shall be on the platform at any time. After setting up the starting position, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The "lift off" assistant must be at arm's length.
- 4.2.8. A personal assistant of a Lifter can be on the platform as a spotter per the request of the athlete. In this case the assistant needs to go on the platform in clean, neat clothing that doesn't impede movements and doesn't have inscriptions and drawings which are provocative or offensive. A spotter after providing a lift off, must immediately move to the side and clear the immediate area in front of the head referee.

4.2.9. After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with straight arms elbows locked and buttocks and shoulders on the bench for the Chief Referee's signal.

4.2.10. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given. Also, the "Return" or "Help" command can be given by the senior referee on the platform to prevent injuries, in the case of an error committed by an athlete which prevents the attempt to be counted. If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head Referee's responsibilities, the Referee may determine that the lift is unacceptable, and it will be signaled "no lift" by the Referees and given three red lights.

4.2.11. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".

4.2.12. After receiving the signal, the lifter must lower the bar (under control) making contact with the chest or abdominal area motionless, after which the Chief Referee will signal with the upward movement of the hand and the audible command "Press".

4.2.13. After the "Press" command the lifter must then return the bar to straight arms' length elbows locked. When the bar is held motionless the audible command "Rack" shall be given together with a backward motion of the arm.

4.2.14. If right after receiving the "start" command, the lifter draws in a big breath to fill his lungs while still in the upright position prior to beginning the attempt, and the bar rises as a result of this breath, this should not be a reason for disqualification. While still in the upright position, the lifter was unlocking, and then relocking his elbows, or pumping the bar up and down with body movement, in this case it would run against the Rules.

4.2.15 If an athlete inadvertently begins to lower the barbell before the "Start" command from the Chief Referee, but does not touch the chest, he can return it to the original position on straightened elbows or even return to the racks, and then try again waiting for the "start" command to be given.

4.2.16. In case the arms cannot be straightened entirely, the athlete shall provide a relevant medical report when registering or weighting in. It is the lifter's responsibility to remind the three referees before each attempt and allow for inspection of the intended grip prior to making an attempt.

#### **Causes for Disqualification of a Bench Press:**

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, or buttocks, from the bench, or lateral movement of hands on the bar. Movement of the head will not be a cause for disqualification.

3. A slight displacement or slipping of the feet should not be considered as a cause for disqualification if feet did not become detached from the platform completely.
4. Any obvious (excessive) uneven straightening of the arms during the execution of the bench press. Any downward movement of the whole of the bar in the course of being pressed up.
5. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar comes in contact with the belt.
6. Failure to press the bar to straight/extended arms' length elbows locked at the completion of the lift. Heaving, or sinking the bar into the chest or abdominal area after the "Press" command has been given.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the items outlined under the Rules of Performance.

### **4.3 Deadlift**

- 4.3.1. The lifter shall face the front of the platform.
- 4.3.2. The bar shall lay horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- 4.3.3. The movement is made without any signal. The movement is made until the bar is motionless and the lifter is in the apparent finished position.
- 4.3.4. On completion of the lift the knees shall be extended in a straight position and the shoulders back.
- 4.3.5. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- 4.3.6. Any rising of the bar or any deliberate attempt to do so will count as an attempt. However, an obvious "psych up" jerking/shaking of the bar by an athlete is allowed. In case of doubt, the decision must always be made in favor of the athlete.
- 4.3.7. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees extended. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

#### **Causes for Disqualification of a Deadlift:**

1. Any downward movement of the bar before it reaches the final position and the command "Down" of the Chief Referee.

2. Failure to stand erect with the shoulders back.
3. Failure to finish the lift with knees extended at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e., releasing/dropping the bar from the hands.
8. Failure to comply with any of the items outlined under Rules of Performance.

## V. WEIGH IN

- 5.1. Weigh-in of the competitors shall be initiated 24 hrs. before the start of the competition. The Meet Director shall schedule a regular weigh in any time during the 24-hour period. The first weighing in session lasts an hour and a half at minimum. A second weigh in session is held in the evening and shall last a minimum of an hour and a half. The two sessions are mandatory unless all athletes are accounted for and cleared to lift in the "morning session." Additional sessions can be set by appointment with the Meet Director. Information about all weigh in sessions shall be brought to the attention of athletes during the registration process.
- 5.2. All athletes must be weighed during one of the two mandatory or additional (if so provided) sessions, which are carried out in the presence of certified WRPf Referees.
- 5.3. Schedule of weigh in is established in the regulations and It is a mandatory part of it.
- 5.4. Weighing in of each participant is held in a separate room behind closed doors or behind a screen. When a minor is weighed in there will be present; the athlete, his/her parent or legal guardian or coach and 2 (two) WRPf Referees of the same sex as the Lifter. Should there not be enough Referees of the same sex, the Lifter will be required to weigh in in their singlet.
- 5.5. Athletes should be weighed naked or in underwear (briefs for men; bra and panties for women). Weigh in must be conducted by officials of the same sex as the athlete. In the case of a lack of referees an additional temporary official can be appointed by the Meet Director. The Lifter may also be weighed in in their singlet.
- 5.6. To establish the order for weigh in, it is on a first come, first served basis.
- 5.7. Each athlete shall be weighed only once. Re-weighing is allowed only to those athletes whose own weight was less or more than the permissible limits of the weight class. These athletes must return to weigh-in and be weighed again in one of two mandatory sessions, before the end of the last weighing session. Should they miss the second chance weigh in they will be excluded from the competition in this weight class and moved to the next available weight class.

Athletes who are trying to make weight, can weigh as many times as needed while not interrupting other athlete's weigh in time.

5.8. If weight of athlete exceeds the allowed for the weight class, he can go to the next heavier weight class. The athlete must meet all established qualification standards for National, International, Expo level meets at this higher weight. If weight of athlete is lower than the minimum of weight class, he may go to the lower weight class.

5.9. Official weight of athlete will be recorded in pen on the athlete's card and initialed by the weighing Referee and the Lifter.

5.10. Participants of age categories Juniors and Masters must verify their participation as a "crossover" in the Open class. No additional weigh-in is necessary for cross overs.

5.11. At the weigh-in the athlete's data is entered onto the athlete's card and then entered into the lifting software program. It is required to include the following information: - Full name of the athlete;

- Division;
- Birth date, age and age category;
- Country, region and city;
- Weight of athlete (in ink) after weigh-in and weight class;
- First attempts in all lifts in pencil and initialed by the Lifter or Coach;
- Wilks coefficient value;
- Team;
- Lot number;
- A signed form about accepting responsibility in the event of injury or an accident that could occur due to the fault of the athlete;
- Contacts of an athlete (telephone number, post address and e-mail);
- Date of Filling in and signature of athlete and inspecting referee;

The referees and Meet Director shall correctly enter the information, and athlete should check correctness of all the entered data. After signing the participant's card an athlete assumes taking responsibility for the reliability of all data put in it. The participant's card is an official document of tournament.

5.12. Registration and weighing of participants are made only after and I.D check of the athlete.

5.13. During all sessions of weigh-in mandatory equipment check will be held. This information must be published with the weigh in information. Equipment check is mandatory during weighin. Opening attempts will be taken at this time.

5.14. The order of weighing is determined by the athletes themselves waiting their turn.

5.15. In case of severe weather or emergency situations in the competition area, time of weigh-in may be extended by the Meet Director.

- 5.16. During the weigh in and gear check, athletes will measure height of the racks and face savers for the Squat and Bench Press and record the information on the athlete's card.

## **VI. ORDER OF COMPETITION**

### **6.1 The Round system**

- 6.1.1. All competitors are distributed by round according to the rules of the tournament. Every flight consists of three attempts for each athlete in each lift. Creating the flights and setting the attempts must comply with the rules given in this chapter.
- 6.1.2. A flight must be formed in such a way that all competitors perform the same lift.
- 6.1.3. If there are more than 20 athletes at the competition or round, then they must be divided into several flights consisting of an approximate equal number of participants. Flights should not consist of more than 17 participants.
- 6.1.4. The flight may include one or several weight classes. Flights must be classified by numbers or letters. Ex, 1,2,3 or A, B, C
- 6.1.5. Flights are formed by sex, weight and declared weight of the first attempt. Athletes of the lightest weight classes with the lowest first attempts form the first flight (Flight 1 or Flight A etc.). Next flights are formed by ascending weight classes and weights of first attempts.
- 6.1.6. Structure of flights must be implemented as following: Round 1 performing three attempts of first lift, then Round 2 performing three attempts of first lift and so on.
- 6.1.7. If number of participants in one flight is less than 10, time shall be added to the end of that flight: 9 athletes – 1 minute, 8 athletes – 2 minute, 7 athletes – 3 minutes and so on: 1 minute more for 1 athlete less. Tournament MC or Meet Director must make an announcement about the breaks and turn on a timer after the last athlete in the flight.
- 6.1.8. In each flight, a bar weight is set from smallest to largest (in accordance with the existing applications of athletes).
- 6.1.9. The athlete is allowed only one weight change to the first attempt in each lift. Weight can be increased or decreased from the original order and then the order of lifts should be changed accordingly. The change of weight at the first attempt is possible no later than 5 minutes before the start of the first attempt in the flight of said athlete. Weight changes in the first attempt could be taken both for increase or decrease. The MC/Meet Director must inform the athletes one minute before the 5 mins time period allotted for changes.
- 6.1.10. If two athletes declared the same weight, athlete who has the lower lot number lifts first.
- 6.1.11. Time for the attempt is one minute. Time for attempt starts after a signal from the Chief Referee "Lifter Ready".



6.1.12. If an attempt is failed by a loading mistake, the athlete shall be given the option to take the lift as loaded or retake the lift at the end of that round of attempts. If an athlete is the last in their round, the athlete shall receive 5 minutes more for this retake.

6.1.13. An athlete must declare the next attempt within one minute after completing the lift. If the next attempt is not declared, 2.5 kg will be automatically added to last attempt weight. If last attempt was “no lift” and the Lifter has not declared a next attempt, he will lift the same weight as the missed attempt. *Responsibility for declaring next attempts is fully on the Lifter.*

6.1.14. Weights of the second and third attempts cannot be changed once given. The exception being the third attempt in the Bench Only and for all third attempts in the Deadlift.

6.1.15. In the competition of single lifts (bench press and deadlift) weight of the third attempts can be changed up or down but not in such a way to upset the flow of the meet.

6.1.16. Minimum weight change is 2.5 kg unless the athlete is attempting a record.

## **6.2 The Officials**

- a) MC/Announcer - a National or International referee or professional DJ with knowledge of powerlifting.
- b) Table/computer/cards- a Referee or specially trained lifter.
- c) Expeditors.
- d) Spotters/Loaders.
- e) Additional officials may be appointed as required, e.g. doctors, paramedics etc.

### **Responsibilities of the Officials are:**

#### 6.2.1. MC/Announcer:

- Is responsible for competition management. He must perform the following duties: - announces the order of Lifters of the next following three athletes, so that they are ready to enter the platform
- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate this to the MC who will announce “Lifter Ready” and calls the lifter to the platform, the clock will begin.

To clarify, - when the MC announces “Lifter Ready” the lifter is committed to the attempt. Attempts announced by the speaker must be displayed on the scoreboard in a prominent position, with the lifters name and his bodyweight.

#### 6.2.2. Meet Director:

- The Meet Director is responsible for forming the composition of the officials – judges, other officials of the competition and the schedule of their work.
- The Meet Director is responsible for enforcing WRPf rules. If the Meet Director is absent from the competition, then the official with the highest status must fulfill his duties.

- He is expected to interact with all the personnel of the competition, with the referees and athletes, resolve any disputable issues, referring to the Technical Rules.
- He is responsible to check and monitor compliance with the technical requirements for hosting WRPF tournaments, the availability of all necessary documentation in the tournament.
- He is responsible for registering the new records and collecting information for the preparation of documents.

#### 6.2.3. Time Keeper:

- The time keeper is responsible for accurately recording the lapse between the announcement of "Lifter Ready" and the lifter starting his attempt.
- He is also responsible for recording time allowances whenever required, e.g. after the attempt the lifter shall leave the platform within 30 seconds. The only exception could take place in case when the Chief Referee checks the equipment of the Lifter after setting a new record. Once the timer is running for a Lifter, it can only be stopped by the completion of the time allowance, by the start of the lift, or at the discretion of the Chief Referee. Any changes in rack height must be made within the time allotted to the athlete to complete the attempt.

After the command "Lifter Ready" the athlete is given one minute to start the attempt. During squat and bench press the beginning of the exercise is considered as un-racking the bar from the racks, and for the deadlift - explicit or deliberate attempt to lift the bar from the platform. If the athlete does not fulfill these requirements during the allotted time, the timekeeper announces "Time" and the Chief Referee gives a loud command "Rack". In this case it is a 'No lift'. The Chief referee makes the final decision after the "Time" command, by the reason that the Lifter violated the time limit.

#### 6.2.4. Expeditors:

- Are responsible for collecting the weight of next attempts from the lifters or their coaches and passing the information without delay to the Table. The lifter is allowed one minute between completing of his last attempt and informing the Expeditor about the weight for the next attempt.
- Are responsible for monitoring compliance with the rules of equipment in the warm-up area. When identifying a violation of the rules, for example: use both knee wraps and sleeves, or use a couple of knee wraps, etc., immediately point this out to the Lifter who violates the rules or his representative. If this is not possible, he reports it to the Meet Director or the Chief Referee on the platform.

#### 6.2.5. Spotters/Loaders:

- Responsible for the safety of the athlete, and provide him/her with immediate assistance in case they cannot lift the weight during the attempt.
- Spotters/loaders are responsible for loading and unloading the bar, adjusting squat racks and benches as required, cleaning the bar or platform.
- All spotters should work together as a team, and should be neatly dressed in a clean clothes and meet or WRPF T-shirts.
- All the spotters must inform the Chief Referee of any malfunctions in the equipment so that they can assess the problem and take the necessary measures to solve it.

- At no time shall there be less than two or more than six spotters/loaders on the platform. - When the lifter prepares for his attempt, the spotters/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals. The only exception to this rule could happen if the lift is a predictable “No lift” and likely to result in injury to the lifter. In this case the spotters/loaders may, either at the request of the Chief Referee or the lifter himself, step in and help the lifter. If the lifter himself has failed the attempt by the error of a spotter/loader and has no fault of his own, he shall be granted another attempt at the discretion of the Chief Referee at the end of the round.
- Any additional spotter that an athlete may need must be selected before the competition and be instructed by the spotter 30 minutes before the start of the competition. Additional spotters should be available to all athletes in all types of lifts.

### **6.3 General rules**

6.3.1. During any competition taking place, only the lifter and his coach, officiating referees and spotter/loaders will be allowed to be around the platform or on the stage. Performing the lift, only the lifter, spotter/loaders and the referees are permitted to be present on or around the platform. Coaches shall remain within the designated coaching area as defined by the Chief Referee in charge. The selection of a zone for coaches should be made in such a way that each coach can choose within this zone a convenient place to observe the performance of the lifting and provide instructions and signals to the athlete regarding technical details (for example: squat depth). At the same time, it must not interfere with the work of referees and spotters. Photo/video reporters may be admitted on the platform at the discretion of the Meet Director and are required to stay out of the way of normal flow of business on the Platform.

6.3.2. The coaches' clothes at meets will be clean and have no offensive words or images on them and approved by Meet Director. In case of violation of the dress code, the Chief Referee or Meet Director may prohibit the coach from being at the venue of the competition.

6.3.3. A lifter shall not wrap or adjust any part of his costume or equipment while on the platform. The only exception to this rule is that he may adjust his belt. Items such as inhalants, ammonia caps, etc. cannot be utilized on the platform.

6.3.4. In all WRPF recognized competitions, the weight of the barbell must always be a multiple of 2.5kg. The progression must be at least 2.5kg between all attempts. The weight shall be always announced in kilograms.

6.3.5. In a record attempt, the weight of the barbell must be at least 500 grams in excess of the current record.

6.3.6. During the course of the competition, a lifter may request a record attempt that is not a multiple of 2.5 kg, but is to be attempted within his prescribed attempts.

6.3.7. Record attempts may be taken on any or all of a lifter's prescribed attempts provided that they maintain a minimum increase of 500 grams.

6.3.8. The Chief Referee and Meet Director will be solely responsible for decisions in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.

### **Examples of errors in setting the weight of the bar:**

- If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both cases above, further attempts may only be taken at the end of the round in which the error occurred.
- If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the Lifter will be granted the attempt. However, the weight may be reduced again if required for other Lifters. If the attempt is not successful, the Lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
- If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
- If for any reason it is not possible for the lifter or his coach to remain in the zone close to the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.

6.3.11. Three unsuccessful attempts in any lift (bombing out) automatically excludes the athlete from the competition.

6.3.12. The spotters should not help the athlete in taking the starting position in any of the lifts, their assistance is allowed only with the initial removal of the bar from the racks.

6.3.13. On the completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the Chief Referee and Meet Director. The only exception to this rule is if a Lifter's equipment is being inspected after a record attempt. The lifter is required not to leave the platform for this inspection to certify the records attempt.

6.3.14. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well-being, the Meet Director, or Chief Referee has the right to examination. If considered inadvisable for the lifter to continue, the lifter and/or their coach will be notified of the decision and the lifter will be removed from the meet. The Meet Director or Chief Referee are not giving medical advice, they are erring on the side of caution for the safety of the Lifter.

6.3.15. If a lifter missing a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, he is permitted to use the strap. However, this strap may be used only on that hand and attached at the wrist only.

6.3.16. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of the Chief Referee. This should be in advance of the start of the lifter's Flight. The lifter and Referees will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb, or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations.

6.3.17. It is considered a verbal warning if any official contacts and corrects a lifter prior to, or after a lift, about a technical portion of their lift, a rules violation, or about any equipment violations they may have. If the lifter repeats the violation it is mandatory that their lift will be turned down by all three officials. If an official gives a verbal warning to a lifter, they must immediately inform all other officials on the platform that an official warning has been given, and the reason for it. The three Referee shall work together as a team at all times. A repeated violation by a lifter will result in a mandatory red light by all officials.

6.3.18. Blood or particles of skin on the bar or platform must be cleaned off with the antiseptic to avoid infection.

6.3.19. Any lifter or coach, who by reason of his misconduct before, during, or after the competition is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Meet Director or Head Referee may disqualify the lifter and order the coach to leave the venue. This includes any lifter, coach, or the lifters support personal, from arguing, using foul language, or becoming abusive with any Referee or Official about the outcome of any lifts, or the legality of equipment determinations.

6.3.20. The Referees may by their majority decision immediately disqualify an athlete or official if they believe that the violation of the rules is serious enough to entail an immediate disqualification rather than a warning.

## VII. REFEREES AND TECHNICAL COMMITTEE

### 7.1 Referees

7.1.1. There should be 3 referees -- the Chief Referee or Center Referee and two side referees.

7.1.2. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift. Side referees should not sit strictly on the side from the athlete, especially during the deadlift, because the discs on the bar will close the view on the Lifter's knees.

7.1.3. The Referees are responsible for the qualitative and timely evaluation of attempts.

7.1.4. The Referees will strictly enforce observance of the Rules of Competitions and performance of lifts.

7.1.5. The Chief Referee is responsible for giving the necessary signals for all three lifts. The side referees can give a signal to the Chief Referee if they see from their point a violation in taking the starting position by the athlete in squats or bench press. 7.1.6. Before the contest, the three referees shall jointly ascertain that:

- The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second bar and collars should be ready and put aside in case of damage to the original bar or collars.
- The Lifter's costumes and personal equipment comply with the rules in all respects.

7.1.7. During the contest the three referees must ascertain that:

- The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with bar loading charts for this purpose or a computer-generated bar loading software may also be used and projected on a screen that is in a clear and visible location for the three referees.
- The Lifter's personal equipment should comply with the rules while on the platform. If any Referee has reason to doubt a Lifter's compliance with the rules, he must inform the Chief Referee after completion of the attempt. The Referees may then examine the Lifter's personal equipment. If the Lifter is found to be wearing or using any illegal item, the Lifter may be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected, and the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.

In cases of minor infractions with regard to equipment, the athlete's attempt may be counted. In this case, he is issued a warning so that this violation has been eliminated on the next attempt. If no remedy to the violation is found before the Lifter begins, the Referees are under no obligation to warn the Lifter and would then turn down the lift.

The time allotted to the athlete does not stop.

7.1.8. 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".

7.1.9. The Lifter or his coach may request the reason for a red light/"no lift" decision from any of the Referees immediately following the attempt. Such request must be made before the next Lifter's attempt begins so as not to interfere with the progression of the competition.

7.1.10. Referees shall abstain from public commentary concerning the progress of the competition.

7.1.11. A Referee shall not attempt to influence the decisions of the other Referees. Should this happen, the Chief Referee may ask the Referee to leave the platform.

7.1.12. The Referees decide on the legitimacy of record attempts, conduct re-checking of equipment of athletes who have made a record attempts, directly on the platform (not allowing the athlete to leave the platform, until the end of the check) and ending the inspection by raising the hand of the Lifter.

7.1.13. The Chief Referee may consult with the side referees or any other official as necessary in order to expedite the competition.

7.1.14. The Chief Referee may, at his own discretion, instruct to clean the bar or platform. If the athlete or coach asks to clean the bar or platform, this request should be directed to the Chief Referee and not to the spotters on the platform.

7.1.15. Any change of the Referee team in the process of completing a flight is forbidden. Except when the qualifications of the referees are not sufficient to register a record attempt. It is desirable that Referee team stay intact for the duration of a flight.

7.1.16. The selection of a Referee to act as Chief Referee in one flight does not preclude his selection as a side Referee in another flight.

7.1.17. Cell phones or other similar electronic devices are **not allowed** to be in use while judging.

7.1.18. Referees will be uniformly dressed as follows:

Black shorts or pants (black leggings for women) with dark shoes and the appropriate referee shirt.

The referees of WRP National, Worlds, Expos must wear black long pants, black dress shoes and the appropriate referee shirt.

No sandals or open toed shoes are allowed. All apparel items will be neat and clean at all times.

7.1.19. Examples of faults that should be considered a minor oversight where warnings will be given are:

- Socks overlaid or touching the knee wraps/sleeves.
- Thumb loops not being removed prior to the lift.
- The leg length of the singlet exceeding proper requirements.
- Deadlift socks not completely covering the top of the calves.

7.1.20. Examples of infractions that must be corrected prior to the lifter making their attempt are:

- The lifters suit/singlet straps not being worn over their shoulders.
- Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth (e.g. hats, rubber elbow sleeves, earphones etc.)
- Raw lifters not wearing a t-shirt while squatting or benching. - No socks or ankle socks being worn during the deadlift.

7.1.21. Examples that should be considered a purposeful attempt to cheat are:

- The use of more than one lifting suit or any suit that has been altered beyond the specs within the rulebook.
- Wearing more than one pair of underwear or illegal support briefs.
- The use of more than one shirt or an illegal supportive shirt or illegal undershirt.
- The use of more than one pair of wraps, more than one ply (wraps sewn together) or wraps over regulation length.
- Any additions such as body wraps, towel inserts, bracing, etc. Presence of oil, grease, liquids, or lubricants other than chalk or approved powder. Cheating will be an automatic disqualification from the meet.

7.1.22. The referees of WRPF tournaments whose activities will be deemed unsatisfactory may be suspended from the performance of Refereeing until recertification from the National Office.

The conditions for the removal of referees are:

- Improper adherence to the conditions of refereeing, specified in these rules.
- Biased judging, actions in favor of one or more athletes to the detriment of the rest of the tournament participants.
- Any action or actions discrediting their reputation in relation to any states, nations, races, individuals or legal entities.

## **7.2 Qualifications of referees**

### **7.2.1. State Referee.**

1. Must be a member of “WRPF / World Raw Powerlifting Federation”.
2. Must be recommended by his State Chairman and approved by the President/Head Referee of the federation “WRPF / World Raw Powerlifting Federation”.
3. He should be at least 18 years old and must have a minimum of 1-year experience as an athlete competing in powerlifting.
4. Must pass a written test of the rules of “WRPF / World Raw Powerlifting Federation” and a practical test under the supervision of an International Referee at a Sanctioned WRPf meet.
5. Must pass both written and practical tests with 90% or higher.
6. Must pass a practical test within 30 days after delivery of a written test.
7. Should officiate at least 4 sanctioned competitions with an average of five flights per meet per year to maintain accreditation.
8. Must follow all the updates and changes to the rulebook.



9. The referee, who is inactive for 1 year, loses their title as a State Referee.

#### **7.2.2. National Referee.**

1. Must be a member of “WRPF / World Raw Powerlifting Federation”.
2. Must be recommended by their State Chairman and approved by the President/Head Referee of WRPF.
3. Must be a State referee for at least 2 years.
4. During this period must have refereed at least 10 meets as a State referee with an average of five flights per meet.
5. Must pass a written test on the rules for WRPF.
6. He must pass the test with a score of 90% or higher.
7. Should officiate as a referee at least 4 sanctioned meets per year.
8. Must follow all updates and changes to the rulebook.
9. The referee, who is not active for 1 year, loses their title as a National Referee.

#### **7.2.3. Referee of international category.**

1. Must be a member of WRPF.
2. Must be recommended by their State Chairman and approved by the President of the WRPF.
3. Must be a National Referee for at least 2 years.
4. Must have refereed at least on 9 events, with an average of five flights per meet. During this period must have refereed at least two National and/or International meets.
5. Must pass a written test on the rules for WRPF.
6. He must pass the written test with a score of 90% or higher.
7. If not passed, the candidate may retest 2 more times. If failed, must wait 2 months to retest.
8. Should officiate at least 2 competitions per year to maintain designation as an International Referee.
9. Must follow all updates and changes to the WRPF rulebook
10. The referee, who is not active for 2 years, loses their title as an International Referee.

### **7.3 Jury**

7.3.1. A jury will be appointed to preside over each lifting session. The jury must be present during the International tournaments. In the absence of a jury, these functions are performed by the Chief Referee and Meet Director.

7.3.2. The jury shall consist of three referees, the Meet Director shall be designated President of the jury.

7.3.3. The function of the jury is to ensure that the technical rules are correctly applied.

7.3.4. During the competition the jury may, by a majority vote, replace any referee whose decisions in their opinion, prove him to be incompetent. The concerned referee must have received a warning prior to any action of dismissal. If a protest is made to the Jury against a referee, then the referee may be informed of the protest. The Jury should not put unnecessary stress on platform referees.

7.3.5. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his receiving a warning.

7.3.6. 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.

7.3.7. The jury shall not at any time overrule or change the decisions of the referees.

7.3.8. The members of the jury will be positioned to ensure an unimpeded view of the competition.

7.3.9. Before each competition, the President of the jury must be sure that the members of the jury have a complete knowledge of their role and are warned about new rules which are described in the most current edition of the WRPF rulebook.

## **VIII. EQUIPPED DIVISION**

### **SINGLY PLY**

#### **8.1 LIFTING SUIT (SQUAT SUIT AND DEADLIFT SUIT)**

8.1.1 The lifting suit shall consist of one-piece suit of single-ply material for Single Ply division or more for the Multiply division. The construction of the suit must be without any patches or padding and have a maximum overall material thickness not exceeding 1.3mm at any measured point, except at the seam. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The straps must be worn over the shoulders at all times while lifting in competition.

8.1.2 The suit may be of any color or combination of colors. The lifting costume may bear the badge, emblem, and/or inscription of the lifter's nation, national association, manufacturer's logo or sponsor. Logos of offensive nature are not allowed.

8.1.3 Seams and hems must not exceed 3cm in width and 0.5cm in thickness. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width and 0.5cm in thickness.

8.1.4 Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.

8.1.5 Any lifting suit where the straps have been shortened in any fashion must leave the excessive material intact. The Lifter may not stitch or reattach the excess material back down to the suit itself. The maximum amount the excess fabric (a.k.a. "tabs") may extend is 5cm above the new seam. Velcro is not allowed on the straps or any part of any lifting costume in the Single Ply division but are allowed in the Multiply division.

## **8.2 BENCH SHIRT**

8.2.1 Single-Ply bench shirts maybe worn for the bench press only. Its construction may only consist of a single-ply and must, as a whole, be of single material construction. The sleeves of the Bench Shirt must terminate above the elbows. The Single Ply shirt shall not have an open back.

8.2.2 T-shirts are not allowed under a Bench Shirt.

8.2.3 There is no Velcro allowed for the Single Ply Bench shirt.

8.2.4 Patches or stitching may not be added anywhere on the lifters shirt so that they could give the lifter an unfair advantage.

8.2.5 The bench shirt worn by the lifter, must cover at least half the deltoid, and the lowest point of the front neckline cannot be below the nipple line. The collar on the front of the shirt cannot be wider than 3 cm.

8.2.6 The bench shirt may have additional non-supportive loops designed to facilitate securing the sleeves in place. They are to be sewn into the outside of the bench shirt directly behind the triceps. The loops are constructed of polyester material or nylon webbing and are not to exceed a width of 4cm and an-over length of 9 cm. The loop must consist of single-ply material and be attached in a loose fashion so as to permit the use of a hand or mechanical hook. Constructed of a single-ply material, the loop thickness may not exceed 0.3 cm.

## **MULTI-PLY**

8.3.1 The Squat/Deadlift Suit must be a full length article of cloth fabric, polyester, denim or canvas and may consist of multiple plies of any thickness, but in general remain of singular construction. The straps must be worn over the shoulders at all times while performing the competitive lifts. The use of Velcro material to secure the straps is permitted. The length of the legs must not extend beyond mid-thigh (mid-point between the top of the kneecap and the crotch).

8.3.2 An erector shirt may be worn with either a squat or deadlift suit during the performance of these two lifts.

8.3.3 One pair of Support Briefs of any design may be worn and may extend below the bottom of the lifting suit leg, provided that the length of the legs do not exceed midthigh, and that the waist does not extend beyond approximately mid-torso. The Support Briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole, be a singular component.

8.3.4 The Bench Shirt must be an individual article of cloth fabric, polyester, denim or canvas. Its construction may consist of multiple plies but must be a singular component. Sleeves must terminate above the elbow when worn and must cover the armpits. Velcro or open back is permitted.