

WRPF AMERICAS

TECHNICAL RULEBOOK

VERSION 24.1



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I. COMPETITION FRAMEWORK

1.1 GENERAL

1.1.1 The WRPF recognizes the following lifts in all competitions:

- Full Power: Squat, Bench Press, Deadlift;
- Push-pull (Bench Press and Deadlift);
- Bench Press Only
- Deadlift Only

1.1.2 The WRPF recognizes the following equipment categories in all competitions:

- Raw
- Raw With Wraps
- Single-Ply
- Multi-Ply
- Unlimited

1.1.3 The 3 lifts must be taken in the same sequence in all competitions:

Squat, bench press then deadlift. Push-Pull must be taken in the same sequence in all competitions: bench press then deadlift.

1.2 DIVISIONS

1.2.1 Competitions in the WRPF can be sanctioned as Drug Tested, Non-Tested, or Both.

1.2.2 Drug Tested events must adhere to the following policies:

- A. For any competition under the WRPF that is drug tested, the LiftingCast event title must include the acronym “DT”, as well as the calendar listing on the WRPF website. However, neither “Drug Tested” nor “DT” are required to appear in the actual name of the event nor the promotional material.
- B. Immediately following the conclusion of the competition, drugs tests will be conducted on the top 10% of lifters, categorized by gender and coefficient.
- C. A meet director also has the option of testing additional athletes past the top 10%.
- D. All drug tests must be given by a WRPF referee of the same gender.
- E. Lifters under the age of 18 will require two WRPF officials to be present along with the lifter’s parent/guardian for the duration of the drug test.
- F. The WRPF does not allow any Therapeutic Use Exemptions (TUEs). Please reference the banned substance list.
- G. Should a lifter fail a drug test, refuse to take a drug test, or leave the venue before submitting to a drug test, they will be banned for life from WRPF drug tested competitions. Their established records and totals from the event will be declared null and void and their membership will be revoked.
- H. Lifters cannot be reinstated into the drug tested division following a failed drug test. Lifters can pay a \$500 fee to be reinstated in the WRPF non-tested division.
- I.** Drug tested records can only be established at a drug tested competition or a mixed competition where drug testing is an option.
- J. In addition to all the penalties and rules above, if any WRPF representative fails a drug test in a WRPF drug tested competition they will be handed a one-year suspension on their credentials.
- K. In the event of a failed drug test, the lifter has the option to submit an appeal request in writing within 14 days following the notification of their failed result. The written request must be sent to our Drug Testing Chairman via email at: albert@thewrpf.com The appeal will consist of a re-test of the urinalysis sample and will be done at the lifter’s expense.

The complete list of banned substances is available on Pages 75-76.

1.3 AGE GROUPS

1.3.1 To compete the athlete must be at least 13 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. Guest lifters are not eligible for records or competition placing.

1.3.2 The following age groups for men and women are recognized by the WRPf:

- Junior: 13-15, 16-17, 18-19, 20-23
- Open: 13+
- Sub-Masters: 35-39
- Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

1.3.3 Athletes may enter multiple age categories as a crossover. e.g. Junior and Open, Masters and Open etc. Age categories are always optional, but lifters must enter in at least one.

1.4 WEIGHT CLASSES

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

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

MEN:

52.0 kg Class up to 52.0 kg

56.0 kg 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 75.0 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

1.5 DEFINING WINNERS

- 1.5.1** The athlete who has finished the competition with the largest total in their division, equipment category, weight class, and age group 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.” Athletes who fail to turn in a total (a.k.a bombs out) shall be considered a guest lifter. Per the Meet Director’s discretion, a lifter may pay a crossover fee to enter a single lift category barring it has not commenced. The ability to guest lift after bombing out is subject to the discretion of the Meet Director.
- 1.5.2** If the total of two or more athletes are the same, the higher placing is given to the athlete with the lighter body weight. If two athletes have been weighed-in with the same body weight, and by the end of the competition got the same total, the lifter with the lower lot number will be awarded the higher placing.
- 1.5.3** There are placings in every division, age group, equipment category and weight class unless the competition is an “open only” competition. This is to be announced by the Meet Director on the registration form.
- 1.5.4** The best lifter is defined by the DOTS coefficient in age groups: Juniors, Open, and Sub-Masters. Calculating points for Masters will be by McCulloch formula. The Athlete who earned the highest coefficient is the best lifter. There must be 5 lifters in the age group, gender and equipment categories to receive a best lifter medal.
- 1.5.5** Lifters who place 1-3rd in their respective weight classes will receive a medal that is approved by the WRPF HQ. If the competition placing is determined by overall DOTS and not weight/age categories, the awards will go to the top 5 placing DOTS scores.

1.6 TEAMS

- 1.6.1** All competitions may host a team event. Prior disclosure of the inclusion of a team event and the subsequent awards is mandatory on the registration forms.
- 1.6.2** Teams should comprise no fewer than 4 and no more than 15 lifters registered under a unified team name.
- 1.6.3** A team shall have no more than 3 lifters in the same gender and weight category. This prevents a setup where 4 female lifters, for example, belong to the 60kg class. However, a team may consist of 3 females and 3 males within the 60kg class (or any other class).

- 1.6.4** Scoring for teams will be determined by the overall average DOTS coefficient from the team's top 5 DOTS scores. In instances where a team consists of only 4 or 5 members, the average DOTS of all team members will be taken into account for scoring.
- 1.6.5** Only the DOTS coefficient is permissible for team scoring. The use of any other coefficients, including McCullough and Glossbrenner, is prohibited.
- 1.6.6** Teams should be uniform in terms of the equipment category. This includes Raw, Raw with Wraps, Single Ply, or Multi-ply. Mixing equipment categories within a team, or comparing teams from different equipment categories, is not allowed.
- 1.6.7** All team members should register in the open category for their scores to contribute towards the team score. However, crossovers are permissible for individual scoring purposes.
- 1.6.8** Team events should be exclusively full power. Single lift or push/pull team events can only be conducted if explicitly approved by the meet director.
- 1.6.9** A minimum of 3 teams, each having at least 4 members, is required for team scoring and award distribution.
- 1.6.10** If a team consists of only 4 members and one member fails to achieve a score (“bomb out”), the team will be disqualified from team scoring. If this results in only 2 remaining teams, these teams will still be eligible for team awards.

1.7 RECORDS

RECORD RULES, REGULATIONS AND REPORTING

- 1.7.1** All Records will be registered by the Official Records Chair of the WRPF. Questions concerning records can be directed to the records chair at records@thewrpf.com.
- 1.7.2** WRPF recognizes the following records:
- **National**
 - o National records can only be set at Regionals, Nationals, and Pro sanctioned events.
 - o A minimum of two Level 2 (National) referees must be seated at the platform to officiate a National record attempt.

- State
 - o Breaking or setting State records can take place at any level of contest sanctioned by WRPF and in full compliance with the rules of the Federation.
 - o Records may only be set for the state that the lifter resides in regardless of the state of which the competition is held. A lifter may not attempt records for another state that is not their primary residence.

1.7.3 The records that can be set during WRPF Competitions are:

- Full Power Total
- Squat, Bench Press, Deadlift in Full Power
- Bench Press Only & Deadlift Only
- Push-pull Total
- Push-pull Bench Press
- Push-pull Deadlift

1.7.4 New WRPF Records are only valid if they exceed the previous record by at least 0.5 kg (500g).

1.7.5 In the case of an absence of a record; a number is set by the Records Chair of the WRPF. Only an athlete who exceeds the preset becomes the record holder.

1.7.6 All records are registered by division, equipment category, age group, weight class and sex.

1.7.7 Record attempts can be made during any attempt. The lifter must announce to the head table at the time the attempt is given that it is a record attempt. The attempt with the heaviest successful weight will be recognized as the new record.

- A. Records are approved even if there is only one participant competing in said category.
- B. If the athlete wants to set a record in a single lift event (bench press or deadlift only), the athlete must be registered for that event prior to the competition starting.
- C. Athletes can only set records in the division (or divisions) in which they are entered. This includes non-tested and drug tested divisions.
- D. In order for records to be valid, completion of the lifter's chosen event is required. Ex: If you set a state record in the squat (full power), and then do not successfully complete a deadlift or bench ("bomb out") that record is no longer applicable.

- E.** After successful completion of a new record the lifter is required to have their equipment inspected by a side referee. The equipment check should be performed immediately after the attempt and before the athlete leaves the platform. Once the equipment check is completed and approved by the referee, the lifter may exit the platform area.

1.7.8 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, the athlete who was the first to beat the existing record will be the new record holder.

1.7.9 Records may also be allowed by age category crossovers. Juniors can set a record as Juniors and in the Open age class, athletes from Open class can only set a record in Open age class, Masters can set records in Masters as well as in Open provided the athlete signed up for and is confirmed as a crossover.

1.7.10 Meet Directors are responsible to provide a strict 7-day-deadline of meet results to the appropriate office of WRPF. The results will be posted into the records database. Once the record has been recorded, a Certificate of Exceptional Performance will be issued to the lifter by the Meet Director within 14 days of the records chair receiving the data.

- A. If a Meet Director fails to provide the record results in a timely manner, the lifter may petition to have the record entered and recorded with a formal records request, barring gear check at weigh in and on platform have been performed. See appendix A for petition form.

1.8 MEMBERSHIP IN WRPF

1.8.1 All athletes, referees, and other officials must be active members of their respective WRPF body at weigh-ins before the day of the competition. All members must abide by Code of Conduct in Appendix B.

1.8.2 WRPF Management shall set annual membership dues. The amount shall be specified on the WRPF website. The payment must be made by the lifter before weigh-ins at the competition. Membership dues for referees are made upon taking the referee exam.

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

1.8.4 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 by having athletes pull up their confirmation page online. If an athlete from another country participates in the competition, organizers can request the member's database from their country. Please see the member Code of Conduct in Appendix B.

II. COMPETITION PROCEDURES

2.1 THE ROUND SYSTEM

- 2.1.1** During the competition, athletes shall be split into flights. Lifters in each flight may have three attempts for each lift that the athlete is registered for. The order of the lifts will be squat, then bench, then deadlift.
- A. Attempts must be conducted in ascending weight order in each round of attempts.
 - B. During a round of attempts, the weight on the bar should never decrease.
- 2.1.2** All squat attempts must be completed prior to the commencement of the bench press. All bench press attempts must be completed prior to the commencement of the deadlift.
- 2.1.3** Each flight must consist of a maximum of 15 lifters. Competitions with more than 15 lifters must separate the athletes into multiple flights.
- 2.1.4** The flight may include one or several weight classes. Flights must be classified by numbers or letters. E.g. Flight A, B, C or Flight 1, 2, 3
- 2.1.5** While it is common to assign flights based on factors like gender, weight class, and equipment category, this is merely a suggested format. The final decision on flight order rests entirely with the Meet Director.
- A. A competition is able to run both non-tested and drug tested divisions.
 - B. It is not mandatory that the divisions, whether drug tested or non-tested, are separated by sessions. It is highly recommended that flights are organized separating the two divisions as best as possible, however it is not a requirement.
- 2.1.6** If the number of lifters in one flight is less than 10 lifters, a 'rest timer' shall be added at the end of the round of attempts within the flight. This is to be seen as a rest period and no lifting shall take place on that platform.
- A. The 'rest timer' will be adjusted based on the number of lifters. If there are fewer than 10 lifters, an additional minute will be added per lifter, up to a maximum rest time of 3 minutes.

- B. 9 lifters add 1 minute, 8 lifters add 2 minutes, 7 lifters add 3 minutes. No more than 3 minutes shall be added between rounds.
- C. The competition emcee or Meet Director must make an announcement regarding the use of the 'rest timer'.
- D. The bar must be loaded for the first lifter in the next round of attempts before the 'rest timer' starts.
- E. In the case of a misload, the 'rest timer' can be adjusted up to 5 minutes.

2.1.7 Each athlete is permitted a single weight change for their first attempt in each lift, whether it be an increase or decrease from the original order, necessitating an adjustment in the flight order. Any changes to the first attempt's weight must be made no later than 5 minutes prior to the start of the athlete's flight's first attempt. Both weight increases and decreases are allowed for this change. The contest emcee/Meet Director is obligated to notify the athletes one minute prior to the end of this 5-minute change period.

2.1.8 If two athletes declared the same weight, the athlete who has the lower lot number lifts first.

2.1.9 The time allowed for each attempt is one minute. This is to be referred to as the 'attempt timer'. The 'attempt timer' begins once the Chief Referee signals 'Bar is Loaded'.

2.1.10 If an attempt is failed due to a misload, the athlete shall be given the option to accept attempt failure 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.

- A. If an athlete's position in the flight is near the end of the round, the Meet Director will use their discretion to allot the athlete added time that does not exceed 5 minutes.
- B. In cases where a flight utilizes a 'rest timer', the Meet Director still holds discretionary power for added time in the event of a misload. The 'rest timer' only commences after a retaken attempt due to a misload.

2.1.11 An athlete (or coach/handler) must declare their next attempt within one minute after completing the lift. This will be known as the next attempt 'submission timer'.

- A. If the preceding attempt is ruled a 'good lift' and the weight for the next attempt isn't declared before the 'submission timer' expires, an automatic increase of 2.5 kg will be added to the weight of the last successful attempt.
- B. If the preceding attempt is ruled a 'no lift' and the weight for the next attempt isn't declared before the 'submission timer' expires, the attempt will automatically default and be repeated.

- C. Responsibility for declaring next attempts lies solely on the athlete, coach, or handler.

2.1.12 Weights of the second and third attempts cannot be changed once given. Exceptions to this rule are listed below:

- A. The third attempt in the bench press may be changed for lifters competing in Bench Press Only and no additional events.
 - a. The weight of the attempts may be changed up to 2 times. The weight of the attempt may not be lower than a previously attempted weight by the lifter. The attempt change cannot be lower than a previously attempted weight within the round by any lifter. The weight attempt change must be declared prior to “Bar is Loaded” being announced for said lifter’s attempt.
- B.** Third attempt deadlift changes (Full Power, Push/Pull, and Deadlift Only)
 - a. Reference 2.1.12 Section A. a.

2.1.13 Minimum weight change is 2.5 kg

- A. Athletes are able to utilize minimum weight changes of 0.5kg (500g) if the attempt is for a declared state or national record. This can be done in any amount of 0.5kg changes (1kg, 1.5kg, 2kg).

2.1.14 4th attempts are not recognized.

2.2 THE OFFICIALS

- A. Emcee/Announcer - A WRPF Official or an appointed individual with knowledge of powerlifting.
- B. Scorer’s/Head Table - A WRPF Official.
- C. Expeditors - A WRPF Official or an individual trained on the expeditor process.
- D. Spotters/Loaders - Individuals over the age of 18 physically able to perform the responsibilities of spotting and loading, and are trained in proper technique.
- E. Additional officials may be appointed by the meet director as required.

RESPONSIBILITIES OF THE OFFICIALS ARE:

2.2.1 The emcee/announcer is responsible for competition management.
The emcee/announcer must perform the following duties:

- A. Announce the lifter flight order for the active round of attempts.
- B. Announce when the Chief Referee declares “Bar is Loaded” to ensure the lifter is aware that the ‘attempt clock’ has begun. The Chief Referees declaration is the official start of the attempt clock, not the emcee announcement.
- C. Announce ‘rest timer’ or other added time, as well as when the next events (bench press/deadlift/awards) will be starting.

2.2.2 Meet Director:

- A. The Meet Director is responsible for scheduling and organizing officials and staff members for the competition.
- B. The Meet Director may NOT perform any responsibilities outside of running the competition or refereeing (e.g handling an athlete).
- C. The Meet Director is expected to interact with all the personnel of the competition, with the referees and athletes, and resolve any disputable issues where a jury panel is not present (i.e. National and Pro level meets)
- D. The Meet Director must be present for the entirety of the event. In the case of an emergency where the Meet Director will not be present for the event, a capable Meet Director or WRPF Official must be appointed to assume the responsibilities of the Meet Director during the competition.
- E. The Meet Director is responsible for enforcing and complying with the WRPF Meet Director Handbook and Official Rulebook.

2.2.3 Jury Panel

- A. There will be a jury panel present at Nationals and Pro level events.
 - a. If there are not enough qualified referees or WRPF Staff members available where a jury panel cannot be appointed, the jury panel may be waived by the Meet Director with approval from the WRPF Staff. This decision must be made at least 10 days prior to competition. Lifters registered for the meet must be notified 7 days prior to competition via email.

- B. The jury panel will consist of 3 individuals made up of all or a combination of WRPF staff or tenured Level 2 referees. Under no circumstances may a jury panel be composed of fewer than 3 individuals per platform. The Meet Director may nominate the 3 individuals to preside on the jury panel for the event however the final approval will come from the WRPF Staff.
- C. Of the three individuals selected as jury members for the competition, one will be deemed Chief Juror and will be responsible for all communication of appeals and decisions between the jury panel and all parties involved.
- D. Only 2-1 platform decisions are eligible to be overturned.
- E. The jury panel may temporarily suspend the progress of the competition to discuss the verdict. During the deliberation, the jury panel will not be consulted or influenced by any party including current referees on the platform. Only the Chief Juror may request additional information from involved parties in order to make the best informed decision. Once the jury panel comes to a verdict, the Chief Juror will communicate the decision and any resulting actions to scoring that need to be taken to all parties involved including the score table.
- F. Only a unanimous jury panel verdict may overturn the initial platform referee's decision. All three members of the jury panel must have witnessed the attempt in question.
- G. The jury's verdict is considered final and there will be no further appeals relating to that specific decision.
- H. If competition was suspended during this process, the next lifter will be given up to 3 minutes in which to commence their attempt. The lifter may take less time if needed and is communicated to the Chief Referee.
- I. If a decision by the platform referees is overturned by the jury panel, the affected lifter is given an additional 60 seconds to make an attempt selection. If their attempt selection was made prior to the challenge, they will be allowed to adjust their original attempt choice if needed.
- J. Each lifter will be awarded 1 challenge attempt at the start of the competition. If their challenge is used and is successful, they will be given that challenge attempt back. If the challenge attempt is used and not successful, they will not have any challenges remaining for the duration of the competition. A lifter may use their challenge a max of 3 times if continuously successful.

- K. The jury panel will be required to document their verdict and reasoning for it on the WRPF Appeals and Decisions form. Reasoning for granting a new attempt, overturning the decision of the platform referees, replacing a referee, and/or disqualifying/removing a lifter or coach must be documented on this form. The WRPF Appeals and Decisions form will be collected at the end of the meet and is to remain with the official lifting score cards for record keeping by State Chair or WRPF Staff if State Chair is vacant.

2.2.4 Time Keeper:

- A. It is important to note that the Chief Referee will usually be the time keeper.
- B. The time keeper is responsible for ensuring the ‘attempt clock’ begins after the Chief Referee announces “Bar is Loaded” and that the lifter begins their attempt before the ‘attempt clock’ expires.
- C. The time keeper is responsible for calling “Time” if the lifter does not initiate the attempt before the ‘attempt clock’ expires.
- D. The time keeper is responsible for ensuring the lifter exits the platform within 30 seconds after their attempt is completed, with the exception of any health related emergencies or concerns.

2.2.5 Expeditors:

- A. Expeditors are responsible for collecting and verifying a lifter’s next attempt in kilos, and relaying the next attempt to the head table/scores table within the 60 second ‘submission timer’. The expeditor may receive the next attempt from the lifter or the lifter’s coach/handler. The expeditor may also assume responsibility for handling cards at the head/scores table.

2.2.6 Official Scorekeepers:

- A. WRPF Official Scorekeeper refers to individuals that are fulfilling the duties of managing scorecards or the LiftingCast system ONLY. These individuals cannot preside over lifts on the platform and may only work at the judges table or as expeditors.
- B. In order to be an Official Scorekeeper you must meet the following requirements:
- Must be granted approval by the State Chair. If the State Chair is not available, the WRPF Referee Chairperson will reach out to the meet directors in the state of which the scorekeeper applicant is intending to work in.
 - Must complete WRPF officials application and pass a background check.
 - Must pass a WRPF Scorekeeper online exam.
 - Must pass a LiftingCast online exam.

- Must have competed in 1 sanctioned powerlifting event.
- Must be 18 years of age or older.
- Must scorekeep at least 2 sessions per year.
- Must stay up-to-date and informed with WRPf rule changes pertaining to attempts and scorekeeping.

2.2.7 Spotters/Loaders:

- A. Spotters/Loaders are responsible for the safety of the lifter and must provide the lifter with immediate assistance in the case that they cannot lift the weight during their attempt.
- B. Spotters/loaders are responsible for loading and unloading the bar, adjusting squat and bench rack heights, and adjusting face saver as required. This is in addition to cleaning the bar and platform.
- C. All spotters should work together as a team, and should be neatly dressed in clean clothes and appropriate meet T-shirt or WRPf T-shirt.
- D. 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.
- E. No less than three spotters shall be on the platform at any time. A minimum of five spotters must be on the platform on attempts that are 225 kg or more. When using a monolift, one extra spotter/loader must be on the platform to operate the mono arms.
- F. The spotters/loaders may assist a lifter in the removal of the bar from the racks, and with the replacement of the bar to the racks after the lift is completed. The spotters/loaders may not touch the lifter, the bar, or the plates after the “start” command and before the “rack” command with the exceptions being a failed lift or a safety concern. If the lifter fails an attempt by the error of a spotter/loader coming in contact with the lifter, bar, or plates, the lifter may be granted another attempt at the discretion of the Chief Referee and/or Meet Director at the end of the round. This will be done in the same format outlined for misloads in 2.1.10.
- G. If the lifter fails an attempt by the error of a spotter/loader coming in contact with the lifter, bar, or plates, the lifter may be granted another attempt at the discretion of the Chief Referee, Meet Director, and/or Jury Panel if applicable. This will be done in the same format outlined for misloads in 2.1.10.
- H. If the lifter is accidentally aided in a lift by any spotter and the completion of the lift is successful, this will be deemed a no lift. The lifter will have the option to accept the failed lift or retake the attempt as done in the same format outlined for misloads in 2.1.10.

2.3 GENERAL RULES

- 2.3.1** The 'platform area' is, at the very least, the space that includes the lifting platform and the chairs for the referees. The Meet Director retains the discretion to extend the boundaries of the platform area as necessary.
- 2.3.2** During the competition, the lifter, the lifter's coach/handler, WRPF Officials, and spotters/loaders will be allowed within the platform area. Coaches/handlers may not be within the platform area during the performance of the lift. Coaches/handlers must conduct themselves in a professional manner.
- 2.3.3** On the platform, an athlete is not permitted to adjust or wrap any part of their outfit or equipment, with the sole exception of their belt. Should any other adjustments be required, the lifter must step off the platform to make them. The use of items like inhalants or ammonia capsules is strictly prohibited on the platform.
- 2.3.4** The weight of the barbell, including competition collars, must always be a multiple of 2.5 kg. The progression of the bar weight must be at least 2.5 kg between attempts. The exception of this rule is for records. (Reference 2.1.13 A and 1.7.4)
- 2.3.5** The Chief Referee is responsible for ensuring the bar is loaded correctly. Examples of errors of proper bar load are as follows:
- A. Should the bar be loaded to a weight lighter than initially requested and the lifter successfully completes the attempt, they have two choices: accept the successful attempt or opt to reattempt at the originally requested weight. If the attempt proves unsuccessful, the lifter will be allowed another try at the initially requested weight. In both scenarios, any additional attempts can only be made at the conclusion of the round during which the error took place. (Reference 2.1.10)
 - B. Should the bar be loaded to a weight heavier than initially requested and the lifter successfully completes the attempt, the achievement will be recognized. Nevertheless, the weight can be adjusted downward if needed for subsequent lifters. If the heavier-weight attempt is unsuccessful, the lifter will be offered another try at their originally requested weight once the current round concludes. (Reference 2.1.10)
 - C. If there are unequal loads on each end of the bar, changes occur to the bar or discs during the lift, or the platform is disrupted, yet the lift is still successful, the lifter has the option to accept the result or choose to reattempt. Should the successful lift not correspond to a multiple of 2.5 kg, the score sheet will record the next lowest multiple of 2.5 kg. If the attempt is unsuccessful under these circumstances, the lifter will be granted another attempt. These additional attempts can only be performed at the conclusion of the round in which the error occurred. (Reference 2.1.10)

2.3.6 Three failed attempts in any lift, often referred to as ‘bombing out,’ will automatically disqualify a lifter from the competition. However, if a lifter is also registered for a single lift event (i.e. Bench Press Only, Deadlift Only) alongside the full power competition, bombing out will only eliminate them from the full power category. Should a lifter wish to continue after bombing out (assuming they are not also registered in a single lift category), they may proceed in the competition in the capacity of a ‘guest lifter,’ granted they have received approval from the Meet Director.

A. A lifter may not register for any additional events once the meet begins.

2.3.7 On the completion of an attempt, a lifter shall leave the platform within the 30 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 in the case of a pressing health or safety issue and gear checks for records.

2.3.8 Should a lifter show signs of a potentially harmful condition or injury during warm-ups or the competition, the Meet Director or Chief Referee reserves the right to conduct an examination. If it’s deemed unsafe for the lifter to continue, the lifter and/or their coach/handler will be informed of this decision, and the lifter will be withdrawn from the meet. It’s important to note that the Meet Director or Chief Referee is not dispensing medical advice; rather, they are prioritizing the lifter’s safety and acting in an abundance of caution.

2.3.9 Should a lifter lack at least 50% of their total digits, including the thumb, or have a developmental disorder/disability affecting the functionality, size, or capabilities of their hand, they are allowed to use a strap for the deadlift. The strap is permitted solely on the hand with the missing digits or impairment and must only be fastened at the wrist. Refer to Adaptive Lifting (Section 9).

2.3.10 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, Meet Director 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. For all information regarding adaptive lifters, please reference Section 9.

2.3.11 A verbal warning is issued when an official addresses and rectifies a lifter’s technical error, rules breach, or equipment violation either before or after a lift. Should the lifter repeat the offense, it is mandatory for all three officials to reject their lift.

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

2.3.13 At the discretion of the Meet Director, misconduct by any lifter or coach/handler may warrant an official warning. If the misconduct continues, the Meet Director may disqualify the lifter and/or order the coach/handler to leave the venue. This includes any lifter, coach/handler, or the lifter's support personnel committing misconduct such as aggressive arguing, using foul language, or becoming abusive with any WRPF Official or other parties at the competition regarding an outcome of a lift, legality of equipment determinations, or other issues. Meet directors should report any misconduct resulting in disqualification to issues@thewrpf.com upon results submission.

2.3.14 2.3.14 Video review is not allowed to dispute the result of any lift with the exception of pointing out a misload. If a misload is found, it must be brought to the attention of the Chief Referee and Meet Director immediately before the round of attempts has been completed for that lift.

- A. The only exception where a video may be used to dispute the result of any lift is at a National or Pro level competition where a jury panel is present. Refer to section 2.2.3

2.3.15 At the discretion of the Meet Director, the WRPF Officials may by their majority decision immediately disqualify an athlete or official if they believe that the violation of the rules is serious enough to justify an immediate disqualification rather than a warning. Meet Directors should report any misconduct resulting in disqualification to issues@thewrpf.com upon results submission.

2.4 MINOR OVERSIGHT, INFRACTIONS, AND CHEATING

2.4.1 Examples of infractions that should be considered a minor oversight where a warning will be given after the completion of the lift:

- A. Socks touching the knee wraps/sleeves.
- B. Thumb loops on wrist wraps not being removed from the lifter's thumb prior to the lift.
- C. Any part of a wrist wrap touching the bar.
- D. The length of the singlet reaches below the mid-thigh.
- E. Deadlift socks not completely covering the top of the calves.

Minor oversight infractions shall not be a reason for the disqualification of the lift prior to the lifter receiving an initial warning. Once a warning is given, if the lifter repeats the offense, it is mandatory for all three officials to reject their attempt.

2.4.2 Examples of infractions that must be corrected prior to the lifter making their attempt (these adjustments will not stop the 'attempt clock':

- A. The lifters suit/singlet straps not being worn over their shoulders.
- B. 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.)
- C. Raw lifters not wearing a t-shirt while squatting or benching.
- D. No socks or ankle socks being worn during the deadlift.

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

- A. The use of more than one singlet or any suit/singlet that has been altered beyond the specs within the rulebook.
- B. Wearing more than one pair of underwear or illegal support briefs.
- C. The use of more than one shirt or an illegal supportive shirt or illegal undershirt.
- D. The use of more than one pair of wraps, more than one ply (wraps sewn together) or wraps over regulation length.
- E. Any additions such as body wraps, towel inserts, bracing, etc. Presence of oil, grease, liquids, or lubricants are not allowed. Chalk, a spray of water and approved powders (i.e. baby powder, talc powder, etc) are allowed.

Cheating will be an automatic disqualification from the meet. Any instance of cheating should be reported to issues@thewrpf.com upon results submission.

III. EQUIPMENT AND SPECIFICATIONS

Every competition has specific technical requirements for competition. All Meet Directors must comply with the following items:

3.1 SCALES

- 3.1.1** Scales for weighing the athletes must be calibrated in kilograms, digital, and certified recalibrated every 2 years.
- 3.1.2** There must be one scale for males and one scale for females.

3.2 PLATFORM

- 3.2.1** All lifts shall be carried out on a platform measuring 8ft x 8ft minimum and 12ft x 12ft maximum. The platform must not exceed 3 inches in height from the surrounding stage or floor.
- 3.2.2** The platform should comprise of interconnected segments with no detached parts.
- 3.2.3** The platform's surface must be outfitted with a single-piece carpet with thick backing, made from a densely woven, tight-loop material.
- 3.2.4** The platform construction must include a minimum of two layers of plywood, and it may further feature stall mats or a rubber top, which should be placed atop the plywood and beneath the carpet.

3.3 BARS AND COLLARS

- 3.3.1** During WRPF competitions, competition collars and powerlifting bars are required as detailed below.

3.3.2 All bars utilized in competition must originate from factory production, be straight, free from rust, and feature a properly knurled and grooved surface. In order to safely secure the weight, it's essential to use competition-grade kilogram collars that ensure a snug fit for the plates on the bar. Both the bar and collars must adhere to the following stipulations:

- A. Total overall bar length should be from 2.2m and should not exceed 2.5m.
- B. Distance between the collar faces is less than 1.31 m and no more than 1.48m.
- C. Diameter of the bar should not exceed 32 mm or be less than 27 mm.
- D. Weight of the bar and collars could be 25 kg or 30 kg (for special squat or bench bar).
- E. Collars must weigh 2.5 kg each.
- F. Collars must have a spin lock mechanism and lever handle to tighten.
- G. All bars used during the competition must weigh within 0.25 percent of their face value.
- H. Diameter of the sleeve should not exceed 53 mm or be less than 50 mm.
- I. There shall be a machined ring on the bar so as to measure 81 cm between rings.
- J. Cerakote bars are not allowed for use in competition.

3.3.3 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.

3.4 COMPETITION DISCS/PLATES

3.4.1 Discs used in competitions WRPf must meet the following requirements:

- A. All discs used in competition must be created by factory production, and without chips, cracks and other defects that may have an affect on their safe usage;
- B. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.

- C. The hole size in the middle of the disc must not exceed 53 mm or be less than 51 mm.
- D. 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. 50 kg discs are also allowed for use.
- E. Discs weighing 25 kg must not exceed 5 cm in thickness. Discs weighing 20 kg and under must not exceed 2.5 cm in thickness. Discs weighing 50 kg must not exceed 12 cm in thickness.
- F. Discs may 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 or black.
- G. 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.
- H. The first and heaviest discs loaded on the bar must be loaded face in; the rest of the discs are loaded face out.
- I. 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.

3.5 SQUAT RACKS

3.5.1 WRPF competitions permit the use of two types of squat racks:

- A. Mono lift with a hydraulic system of changing height of racks and discharging lever-arms.
 - a. When using a monolift on the platform, meet directors are required to have at least one monolift in the warm up room.
 - b. Power rack monolift attachments are not considered a monolift and are not permitted in lieu, but can be used in the warm up room.
- B. Standard combo rack for powerlifting with a lever-arm system of changing height of the rack.

3.5.2 Squat racks must be without defects that potentially could put athlete and spotter/loader safety at risk.

- 3.5.3** A monolift safety strap of strong material or chains may be used at the Meet Director's discretion.
- 3.5.4** 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.
- 3.5.5** "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.
- 3.5.6** Standard combo racks should be able to tilt and bring together two vertical levers. To securely fix levers in position it is necessary to use clamps or wedges.

3.6 BENCH

- 3.6.1** The bench shall be of sturdy construction and safe for athletes and spotter/loaders.
- 3.6.2** The bench shall conform to the following dimensions:
- A. Length - Minimum 1.22m.
 - B. Width - not less than 29 cm and not exceeding 32 cm.
 - C. 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.
 - D. 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.
 - E. Minimum width between insides of bar rests shall be 1.1 m.
 - F. The head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.
 - G.** The overall thickness of the padding material shall not exceed 7cm (approximatley 2 ¾ inches).
- 3.6.3** The bench must be equipped with adjustable "face savers".
- 3.6.4** The head of the bench must be equipped with a step or box for the lift off assistant, which shall not prevent the athlete from performing the powerlifting movement.

- 3.6.5** Bench height should be adjustable via a lever mechanism or jacks.
- 3.6.6** Pins will be used to fix the height of all racks and safety catches.
- 3.6.7** Benches may be placed diagonally on the platform during a competition but it is not required.

3.7 JUDGING LIGHTS

- 3.7.1** The Meet Director shall provide a system of lights 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.
- 3.7.2** The two colors within the light system will consist of a white light (good lift) and a red light (no lift).
- 3.7.3** The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired/programmed in such a way that they light up together and not separately when activated by the three referees.
- 3.7.4** 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.
- 3.7.5** 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". Hand gestures such as thumbs up and thumbs down are disallowed in competition.

3.8 CLOCKS AND TIMERS

- 3.8.1** Attempt Clock
 - A. This timer is set at a 60 second time limit and is to be utilized after announcing "the bar is loaded", and before the start of the lift. The Chief Referee **MUST** activate the attempt clock immediately upon announcing "the bar is loaded". Use of the attempt clock is required for ALL levels of competitions and must be enforced by the Meet Director.

- B. The attempt clock must be placed within the overall visibility of the referees on the platform, spectators, and the athletes on the platform.
- C. Athletes that fail to initiate the lift (unrack the bar on squat and bench, and begin the deadlift) before the end of the attempt clock will receive a “no lift”. The Chief Referee will exercise their judgment, prioritizing safety, to prevent the lifter from initiating the lift if necessary. (Reference 6.1.10)
- D. The Emcee or Chief Referee must consistently announce the countdown when the athlete is yet to approach the platform. The remaining time should be communicated in 15-second increments until the final 30 seconds. Thereafter, the updates should shift to 10-second intervals until the end.

3.8.2 Rest Timer

- A. The ‘rest timer’ is a conditional timer meant to give athletes adequate rest time if their flight is not a full flight.
- B. The ‘rest timer’ will only be used if a flight has less than 10 lifters. (Reference 2.1.6)
- C. The ‘rest timer’ is never to exceed 3 minutes. (For exceptions, reference 2.1.6.E)

3.8.3 Submission Timer

- A. The ‘submission timer’ is a 60 second timer. It shall never be extended. (Reference 2.1.11)
- B. The WRPF representative at the scorer’s/head table must consistently announce the countdown of the submission timer. The remaining time should be communicated in 15-second increments until the final 30 seconds. Thereafter, the updates should shift to 10-second intervals until the end of the timer.

IV. ATHLETE EQUIPMENT

4.1 SINGLET

Section 4.1 applies to raw and raw with wraps lifters only. For personal equipment pertaining to equipped lifters, please see Section 8.

- 4.1.1** The singlet must be constructed entirely of fabric or a synthetic textile material, so that no support should be given to the lifter by the singlet while lifting.
- 4.1.2** Any singlet that has been modified after factory production to provide additional support to the lifter will be prohibited in competition.
- 4.1.3** The singlet shall be one-piece and form fitting without any looseness when worn.
- 4.1.4** The singlet straps must be worn over the lifter's shoulders at all times in all lifts during competition.
- 4.1.5** The singlet must conform to the following specifications:
 - A. Can be of any color.
 - B. May have the logos or emblems of the lifter's nation, name, club or sponsor.
 - C. T-shirts may feature explicit language, provided it is appropriately censored. However, images of an offensive or vulgar nature are strictly prohibited.
 - D.** Singlets cannot have the logo or emblem of any powerlifting federation other than WRPF.
- 4.1.6** 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 no 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 x 24 cm.
- 4.1.7** The singlet should be appropriately worn to adequately cover sensitive areas, and its length must not extend beyond mid-thigh.

4.1.8 Non approved singlet specifications:

- A. Sleeves of any length.
- B. Any fasteners or other parts from metal, plastic or other materials that may cause injury or damage during the completing of the powerlifting movement.
- C. It is forbidden to sew on or add material to any singlet.

4.2 T-SHIRT

4.2.1 A T-shirt must be worn under the singlet 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.

4.2.2 The T-shirt must conform to the following specifications:

- A. T-shirt must be made only of cotton, polyester or blend. T-shirts may not have any rubberized material. Denim, compression material and canvas are prohibited.
- B. The shirt must not have any buttons or zippers.
- C. The shirt must not have any reinforced seams.
- D. The shirt must have sleeves that extend below the lifter's deltoid, and above the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- E. 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.
- F. T-shirts may feature explicit language, provided it is appropriately censored. However, images of an offensive or vulgar nature are strictly prohibited.
- G. T-shirts must fit on the athlete so as to not give any physical support.

4.3 BRIEFS/UNDERWEAR

4.3.1 Underwear must be legless style briefs (not boxer shorts) of any mixture of cotton, nylon or polyester and shall be worn under the singlet during completing all the three lifts. Underwear is not required to compete.

- 4.3.2** Women may wear a commercially available sports bra.
- 4.3.3** Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband are prohibited.
- 4.3.4** Any supportive undergarment is not legal for use in competition. Evaluation of this is left to the discretion of referees and the Meet Director.

4.4 SOCKS

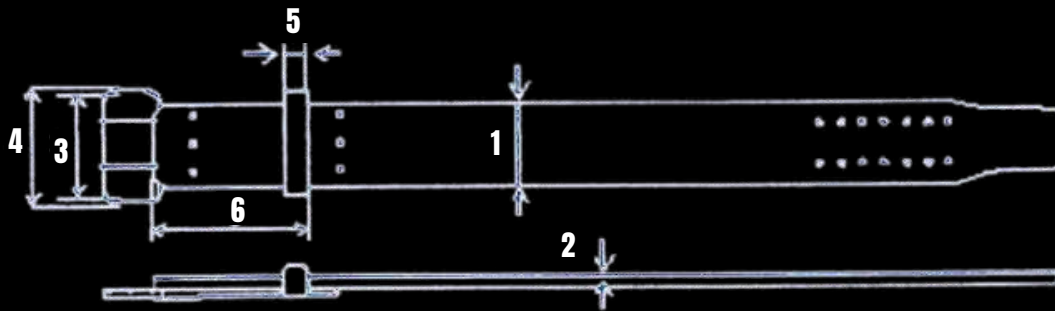
- 4.4.1** Lifters may only wear one pair of socks at a time. Socks for the deadlift must cover the length of the shin up to, but not covering the knee.
- 4.4.2** Socks may be of any color or multicolored and may have logos on them.
- 4.4.3** Socks cannot come in contact with knee sleeves or knee wraps that are worn around the knee. (see 4.8.4).
- 4.4.4** Full length leg stockings, tights, compression socks or hose are not allowed.
- 4.4.5** Shin guards, knee sleeves, neoprene covers and tape during the deadlift are allowed to be worn under the socks only and must be put on in such a manner that the top of guards or other protective material do not protrude from the sock.

4.5 BELT

- 4.5.1** Athletes must wear their belt on the outside of the singlet.
- 4.5.2** 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. Velcro belts are not allowed at regional, national or pro events. They may be used at local events.
- 4.5.3** The belt shall not have supports of any material either on the surface or concealed within the belt.
- 4.5.4** The buckle shall be attached at one end of the belt by means of fasteners and/or stitching.
- 4.5.5** The belt may have a buckle. The buckle is one prong, two prongs or a lever. A tongue loop shall be attached close to the buckle by means of fasteners/or stitching. A “ratchet” style belt is also allowed.

4.5.6 Dimensions:

- A. Maximum belt width allowed is approximately 10 cm. (#1 Below)
- B. With regard to the main length of the belt, the maximum belt thickness is 13mm, excluding any components used with the ratchet mechanism. (#2 Below)
- C. Maximum 11 cm for buckle interior width. (#3 Below)



- D. The buckle's exterior width may be a maximum of 13 cm. (#4 Above)
- E. Maximum width of the tongue loop is 5 cm. (#5 Above)
- F. Distance between the far end of the tongue loop and the end of the belt can only be a maximum of 15 cm. (#6 Above)

4.6 FOOTWEAR

4.6.1 Shoes must be worn during competition. Indoor sporting shoes such as deadlifting boots and slippers, tennis shoes, and skateboarding shoes are permissible. Five Finger shoes are also allowed to use during competition so long as they meet the specifications listed below.

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

4.6.3 The thickness of the inner soles, if not part of the original factory-made shoe, must not exceed 1 cm. Orthotics are allowed and must be shown at weigh ins.

4.6.4 It is forbidden to use shoes with open heels/toes (sandals or crocs).

4.7 WRIST WRAPS

4.7.1 Wrist Wraps must adhere to the following specifications:

- A. Material: Wraps of elastic single-layer, only factory-produced materials: polyester, cotton or combinations thereof.
- B. Length: Not exceeding 1 meter in length and 8 cm in width, this includes any velcro or securing material.
- C. Design: A thumb loop or belt style loop are allowed.

4.7.2 Thumb loops must not be worn on the fingers or thumbs while performing the lift. Furthermore, the wrist wrap should not come into direct contact with the barbell.

4.7.3 Standard commercial sweat bands may be worn, but they should not exceed 12 cm in width.

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

4.7.5 Using more than one wrap/or sweat band on one wrist/hand at the same time is prohibited.

4.8 KNEE WRAPS/KNEE SLEEVES

4.8.1 Knee Sleeves must adhere to the following specifications:

- A. Material: Neoprene or woven elastic, can be covered with polyester, cotton or their combinations.
- B. Length: Not exceeding 30cm
- C. Thickness: Up to 7mm
- D. Restrictions: No velcro or zippers, cannot be adjustable in size.

4.8.2 Knee Wraps must adhere to the following specifications:

- A. Material: single layer, elastic factory materials including polyester, cotton or their combinations. Gripper materials are allowed.

- B. Length: 2.5m in raw with wraps and single-ply. 3m in multi-ply.
- C. Width: Up to 8cm for all equipment categories.
- D. Coverage: No more than 15cm above or below the knee center, and can only have a total coverage of 30cm.
- E. Restrictions: Velcro knee wraps are only to be used at local competitions. They may not be used at regional, national, or pro events.

- 4.8.3** No matter the equipment category, knee sleeves are universally permitted in all three competition lifts and must be worn solely around the knee. Conversely, knee wraps can only be used in the 'raw with wraps', 'single-ply', and 'multi-ply' categories for all three lifts, and they too should only be applied around the knee. (exception see 4.4.5)
- 4.8.4** Knee sleeves or wraps must not come in contact with socks, singlet, or suit. (exception see 4.4.5)
- 4.8.5** Using more than one wrap or sleeve on one knee at the same time is prohibited. (exception see 4.4.5)

4.9 NON-SUPPORTIVE BANDAGES

- 4.9.1** Medical tape may not be worn without being pre-approved by Meet Director or Chief Referee and only due to injury as outlined in 4.9.2. No athletic tape may be worn under circumstances.
- 4.9.2** Should an injury cause bleeding, medical tape can be used on the affected area (i.e. thumb or shin), but only after approval from the Meet Director or Chief Referee.
- 4.9.3** Therapeutic Kinesiology Tape (e.g. KT Tape) or its equivalent may not be worn anywhere on the body.

4.10 INSPECTION OF PERSONAL EQUIPMENT

- 4.10.1** Personal equipment for lifters can be inspected at any point before or during the competition, on competition day itself. Should a lifter employ unapproved equipment during the competition, and it's detected post equipment check/weigh ins, they will be disqualified.
- 4.10.2** Only the referees and Meet Director may check the equipment of an athlete.

- 4.10.3** Items such as watches, costume jewelry, mouthpieces, eye wear, and feminine hygiene articles need not be inspected barring they do not interfere with lifter attire.
- 4.10.4** The following items are not allowed: bandanas, durags, scarves, hats, beanies or caps of any kind. Headbands, eyeglasses and religious headwear are always permitted. Sunglasses are permitted for outdoor competitions only.
- 4.10.5** Following all successful records, the lifter will be immediately inspected by a referee on the platform (see 7.1.9)

4.11 USAGE OF OTHER SUPPORTIVE ITEMS

- 4.11.1** The use of oil, grease or other lubricants on the body or personal equipment is strictly forbidden. Baby powder, talc, magnesium carbonate or chalk are the only substances that may be added to the body and attire.
- 4.11.2** 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.).
- 4.11.3** It is forbidden to apply any adhesives to the body, e.g. glass paper, emery cloth, etc. A spray of water is acceptable.
- 4.11.4** 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 (see 4.12.1)

4.12 BODILY FLUID MANAGEMENT ON THE PLATFORM

- 4.12.1** For safety considerations, any bleeding or open wound on an athlete must be treated and bandaged before they step on to the platform. If any bodily fluids, such as blood or urine, are found on the bar, equipment, or platform, they must be immediately disinfected. It is the Meet Director's responsibility to provide a disinfectant solution during the competition. In this instance, it is okay to use chalk and a towel to dry the bar after disinfectant use. Lifters will not incur a time penalty for platform cleaning or preparation.

5.1 WEIGH-IN PROCESS

- 5.1.1** The weigh-in of the lifters shall be conducted as early as 24 hours from the start of the competition. Registration and gear check may be conducted prior to the 24 hour time period; however, official weigh-ins may not commence prior to the 24 hour time period. The Meet Director may provide options for athletes to weigh-in within the 24 hour time period; however, it is not required (e.g. evening weigh-ins and morning of competition weigh-ins).
- 5.1.2** Competitions with multiple sessions are required to have individual weigh-ins that directly coincide with each session and must follow the weigh-in policies described in Section 5.1.1.
- 5.1.3** Weighing in of each athlete must be held in a separate room behind closed doors or a privacy screen. Athletes must be weighed in naked, wearing undergarments, or wearing a singlet. Weigh-ins must be conducted by WRPf officials of the same sex as the athlete. In the case of an absence of same sex officials, the Meet Director may appoint a representative of the same sex to act as a temporary official for the weigh-in.
- A. Only in the instance where a same sex representative is not available, the athlete **MUST** weigh in in their singlet. The official will then deduct .2kg (200g) from the weight given by the scale and this will be their official weight. This is to be the only circumstance in which any value is deducted from the official weigh-in weight.
- 5.1.4** In the case of a minor (under 18 years of age), the athlete, legal guardian, and two WRPf officials of the same sex must be present. In the case of an absence of same sex officials, the Meet Director may appoint a representative of the same sex to act as a temporary official for the weigh-in.
- 5.1.5** The sequence for weigh-ins will be determined either on a first-come, first-served basis, or by assigned lot numbers. The chosen method must be clearly communicated by the Meet Director, through either registration forms or direct athlete emails.

- 5.1.6** Each competitor is permitted a single weigh-in attempt. Only those who do not fall within the upper or lower limits of their declared weight class may be given the opportunity to re-weigh. It's important to note that any such re-weighing must take place within the designated timeframe of the official weigh-ins.
- 5.1.7** Should an athlete's weight fall outside the boundaries of their declared weight class at local meets, they may have the option to move one weight class up or down. However, at regional, national, or pro level meets, any deviation from the declared weight class necessitates approval from the Meet Director, and the athlete must fulfill the qualifying criteria of the requested weight class. The Meet Director's decisions on such changes must adhere to a consistent standard, without any favoritism towards particular athletes. Essentially, any ruling to either permit or disallow one athlete must be uniformly applied to all competitors.
- A. If the Meet Director chooses to disallow competitors for this reason, the Meet Director may permit that they lift as a guest lifter.
- 5.1.8** The official weight of the athlete must be recorded on the athlete's card in pen, and initialed by the athlete and the weigh-in official. In case(s) of a minor being weighed in, the official card must be initialed by both officials, the athlete, and the guardian that is present.
- 5.1.9** At the weigh-in, the athlete's data is entered onto the athlete's card and then entered into the LiftingCast software. It is required to include the following information:
- A. Full name of the athlete
- B. Division and equipment category
- C. Birth date, weight class, and age group
- D. Country, region, and city
- E. Official athlete weight (in pen) and weight class
- F. First attempts of all lifts in pencil and initialed by the Lifter or Coach
- G. Squat and bench press rack heights, squat uprights in or out, bench face saver height, and optional use of bench foot block.
- H. Team
- I. Lot number
- J. A signed form about accepting responsibility in the event of injury or an accident that could occur due to the fault of the athlete

- K. Contacts of an athlete (telephone number, post address and email)
- L. Both the referee's name and athlete's initials on the equipment inspection.
- M. WRPF membership expiration date

The officials and Meet Director shall correctly enter the information, and the athlete must initial to verify the information is correct. After signing the athlete's card, the athlete is taking responsibility for the reliability of all data put in it. The athlete's card is an official document of the competition and therefore, the athlete is never to handle or write on their card without permission.

- 5.1.10** Participant registration and weigh-in procedures will be conducted strictly after confirming the athlete's identity and birth date via state ID, school ID, passport or driver's license. Officials must also verify the expiration date of WRPF membership, which should then be noted on the athlete's scorecard.
- 5.1.11** Before or after the weigh-in—depending on the order established by the Meet Director—athletes are required to undergo a comprehensive equipment check conducted by a WRPF official. This check, which is mandatory, ensures that all equipment aligns with the approved specifications as stipulated in Section 4.
- 5.1.12** In case of severe weather or emergency situations in the competition area, time of weigh-in may be extended by the Meet Director.

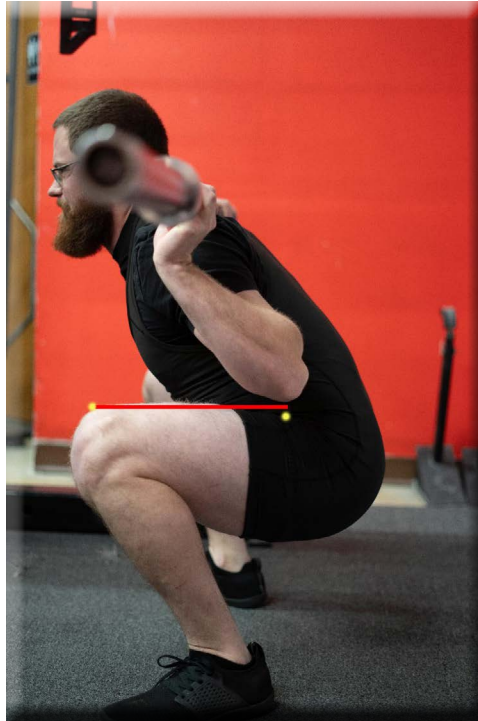
VI. RULES OF COMPETITION



6.1 SQUAT

- 6.1.1** The lifter shall orient themselves towards the front of the platform facing the crowd and the Chief Referee. For alignment purposes, a lifter is permitted to bring a handler or coach onto the platform, who may then physically adjust the lifter's position. The coach or handler must exit the platform prior to the unracking of the bar.
- 6.1.2** After removing the bar from the rack, the lifter may move backward to establish their starting position. The bar must be unracked prior to the 'attempt clock' expiring. In competitions using a monolift, the lifter may step backwards to establish their starting position, but are not required to. The lifter may be aided in removal of the bar from the rack by the spotter/loaders if necessary.
- 6.1.3** The lifter should hold the bar horizontally across their back, gripping it firmly with their hands and/or fingers to maintain optimal control. The extent of the grip width is determined by the point where the athlete's hand meets the inner collar of the bar. Any contact with the discs or bushings is strictly disallowed. Utilization of an open grip, where the thumb is on the same side as the remaining fingers, is permissible. A minimum of two fingers must be around the shaft.
- 6.1.4** The athlete shall set their starting position. The starting position requires the athlete's feet to be flat upon the platform with the knees locked, the torso vertical and the hips in a forward or "locked" position. Slight deviation is allowable.
- 6.1.5** Immediately, after obtaining 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.
- A. For safety reasons, if after a period of five seconds, the lifter is not in the correct starting position, the Chief Referee may have the lifter re-rack the bar. This will be done with a backward movement of the arm and an audible "Rack" command.

- 6.1.6** Once the Chief Referee gives the signal to begin the lift, the lifter is required to flex their knees and hips, lowering their body until the uppermost part of the hip joint is positioned beneath the top of the knee (achieving proper depth) see example below. Following this, the lifter needs to revert to their initial stance, often referred to as the final position (or lock out). When this position is successfully achieved, the Chief Referee will announce the command “Rack”, accentuated by a backward arm gesture.



- 6.1.7** The lifter must end in the same position as they started in. Once they are in this position they will receive the “Rack” command, accentuated by a backward arm gesture.
- 6.1.8** Upon receiving the “Rack” command the lifter must then return the bar to the rack. Foot movement after the “Rack” command 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.
- 6.1.9** No less than three spotters shall be on the platform at any time. A minimum of five spotters must be on the platform on attempts that are 225 kg or more. When using a monolift, one extra spotter/loader may be on the platform to operate the mono arms.
- 6.1.10** Barring the “Squat” command has not been given, a lifter may re-rack the bar up to 2 times for adjustment purposes. Once the bar is re-racked, the lifter receives an extra 30 seconds on their ‘attempt clock’. After the initial 60-second ‘attempt clock’ concludes, it restarts. However, as the timer is always set to 60 seconds, a time penalty arises if the second timer reaches 30 seconds, resulting in a no-lift.

CAUSES FOR DISQUALIFICATION OF A SQUAT:

- 1** Failure to adhere to Chief Referees commands.
- 2** Any downward movement during the ascent of the lift.
- 3** Failure to end in the same position as the athlete's starting position. This includes an identifiable change in the "lock of the knees", vertical positioning of the torso, and the forward or "locked" position of the hips.
- 4** Stepping backward or forward, or moving the feet laterally after the squat command and before the rack command.
- 5** Failure to flex the knees and hips to lower the body until the uppermost part of the hip joint is positioned beneath the top of the knee (achieving proper depth).
- 6** Unintentional or intentional contact of the bar and rack during the attempt that assists the lifter in performance.
- 7** Intentional contact with the bar or the lifter by a spotter after the start command and before the rack command that assists performance. Unintentional contact by a spotter will result in an option for the lifter to retake the attempt at the end of that round of attempts.
- 8** Contact of the elbows with the legs if the contact supports or aids the lifter in performance.
- 9** Dropping or dumping of the bar at any time. This may result in disqualification at the discretion of the Meet Director.
- 10** The bar is not unracked prior to the 'attempt clock' expiring.
- 11** Failure to comply with any of the items outlined under Section (reference Section 6.1-Squat)

6.2 BENCH PRESS



- 6.2.1** The bench shall be placed on the platform with the head facing the Chief Referee or angled up to 45 degrees.
- 6.2.2** The lifter must lie on their back with shoulders and buttocks in contact with the bench surface. This starting position shall be maintained throughout the lift. Movement of the head is allowed.
- 6.2.3** The athlete's feet must remain in contact with the platform, or optional plates or blocks installed under the feet.
- A.** Plates or blocks may not exceed 30cm in total height, or 45cm length by 45cm width.
- 6.2.4** Hands and fingers must grip the bar. This position must be maintained throughout the lift. Thumbless (suicide grip), reverse grip, and bulldog grip are allowed.
- 6.2.5** The lifter may not grip outside of the 81cm mark (ring on bar). The index finger may cover the mark but not extend past it. The distance between the lifter's index fingers must not exceed 81cm.
- A.** If a lifter is needing to use an offset or uneven grip, this must be brought to the attention of the Chief Referee before the attempt is taken. In this case, the maximum distance between the two index fingers must not exceed 81cm.
- 6.2.6** After setting up the starting position, the lifter may receive a hand-off. The lift-off assistant may be either a spotter/loader or a coach/handler. The lift off assistant may not touch the lifter.
- 6.2.7** The lift-off assistant must exit the platform in order for the start command to be given. The bar must be unracked prior to the attempt clock expiring.
- 6.2.8** After removing the bar from the rack either with assistance or on their own, the lifter must show a fully locked out starting position in order to receive the "Start" command from the Chief Referee. A fully locked out starting position requires both arms being extended with no bend in the elbows. If the lifter cannot physically extend both arms out in a locked out position due to medical reasoning they must notify the Chief Referee prior to the start of the lift. Regardless, rule 6.2.11 applies.
- 6.2.9** For safety reasons, if after a period of five seconds, the lifter is not in the correct starting position, the Chief Referee may have the lifter re-rack the bar. This will be done with a backward movement of the arm and an audible "Rack" command.

- 6.2.10** Upon receiving the Chief Referee's signal, "Start" and a downward movement of the arm, the lifter must lower the bar making contact with the chest or abdominal area. Once the bar is motionless on the chest or abdominal area, the Chief Referee will give an audible "Press" command accompanied by a vertical motion of the arm. The lifter must then return to their starting position (also referred to as the final or "locked out" position). Once the final position is achieved, the Chief Referee will give an audible rack command "Rack" accompanied by a backward motion of the arm.
- 6.2.11** The lifter must end in the same position as they started in. Once they are in this position they will receive the "Rack" command, accentuated by a backward arm gesture.
- 6.2.12** No less than two spotters shall be on the platform at any time. A minimum of four spotters must be on the platform on attempts that are 225 kg or more.

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS:

- 1** Not following the Chief Referee's commands (start, press, and rack) during the lift.
- 2** Any downward movement after the "Press" command including heaving or sinking the bar into the chest or abdominal area.
- 3** Failure to end in the same position as the athlete's starting position.
- 4** The buttocks not remaining in contact with the bench pad, the feet not remaining in contact with the platform (plates and blocks included), and lateral movement of the hands on the bar. The lifter may have slight movement of the feet as long as the foot does not lift off the platform. Movement of the head is permitted.
- 5** Unintentional or intentional contact of the bar and rack during the attempt that assists the lifter to perform the lift.
- 6** Intentional contact with the bar or the lifter by a spotter after the start command and before the rack command to make the lift easier for the athlete. Unintentional contact by a spotter will result in an option for the lifter to retake the attempt at the end of the flight.
- 7** The bar is not unracked prior to the 'attempt clock' expiring.
- 8** Uneven straightening of the arms that assists the lifter in completing the lift, this is at the referees discretion. A "slight" uneven lockout is not means for disqualification.
- 9** The bar is not lowered to the chest or abdominal area.
- 10** The bar comes in contact with a lifter's belt.
- 11** Contact of the lifter's feet with the bench or its supports.
- 12** Failure to comply with any of the items outlined under Section (reference Section 6.2-Bench).

6.3 DEADLIFT



- 6.3.1** The lifter shall face towards the front of the platform towards the crowd and the Chief Referee.
- 6.3.2** The bar shall be positioned horizontally in front of the lifter.
- 6.3.3** There is no “Start” command given. The lifter is required to initiate a valid attempt at the lift prior to the attempt clock expiring.
 - A.** If a lifter pulls the slack out of the bar and all plates leave the ground, that will be considered a valid attempt.
- 6.3.4** The lifter must reach a final position. The final position requires the athlete’s shoulders, hips, and knees to be fully “locked out”.
- 6.3.5** Once the lifter has achieved their final position, the Chief Referee will give a “Down” command that shall consist of the audible command “Down” accompanied by a downward motion of the hand. The lifter must maintain control and contact with the bar throughout the entirety of the lift including returning the bar to the initial position.

CAUSES FOR DISQUALIFICATION OF A DEADLIFT:

- 1** Not following the Chief Referee's command (Down) during the lift.
- 2** Any downward movement after the initiation of the valid attempt of the lift. Downward bar movement as a result of the athlete's shoulders settling while achieving the final position is not a reason for disqualification of the lift.
- 3** Failure to fully lock out the shoulders (e.g. forward rounding of the shoulders).
- 4** Failure to fully lock out the hips (e.g. any flexion of the hip is not permissible).
- 5** Failure to fully lock out the knees (e.g. any flexion of the knee is not permissible).
- 6** Supporting the bar on the thighs during the lift (e.g. hitching or ramping). The bar may come in contact with the thigh as long as the bar is not being supported by the thigh.
- 7** Stepping backward or forward or moving the feet laterally during the performance of the lift. Movement of the feet is permitted only after the "down" command has been given by the Chief Referee. The rocking of the feet between the ball and heel of the foot is permitted.
- 8** Lowering the bar to the bar's initial position from the athlete's final position before receiving the Chief Referee's "down" command.
- 9** Allowing the bar to return to the bar's initial position without maintaining control with both hands (e.g. releasing/dropping the bar from the hands, a perceived "punching" or "throwing" downward with the barbell).
- 10** Failure to initiate a valid attempt prior to the 'attempt clock' expiring.
- 11** Failure to comply with any of the items outlined under Section (reference Section 6.3-Deadlift).

VII. REFEREES

7.1 REFEREES

7.11 There should be 3 referees on the platform during a lift.

- A. The Chief Referee (Center)
- B. Side Referee (Left)
- C. Side Referee (Right)

7.12 The three referees may seat themselves in what they consider to be the best viewing positions around their side of the platform for each of the three lifts. The official is allowed to leave their chair for an attempt if needing to get a better angle to view depth on squats or to verify if a lifter's buttocks do not lose contact with the bench. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift as well as heard by the lifter on bench.

- A. In the case of squats, if the referee encounters obstruction to their view of the lifter's depth due to a spotter, despite their efforts to attain the optimal viewing angle, the lifter should be afforded the benefit of the doubt. The referee is responsible for finding the most suitable angle, ensuring the safety of the lifter remains the top priority.
- B. While officiating a bench press, a side referee is not restricted to staying seated for assessing the lift. Nevertheless, it is not permissible for them to remain seated on the floor for the entire duration of the flight.
- C. In the context of deadlifts, side referees have the flexibility to position themselves either behind or in front of the bar, selecting the option that provides the optimal view of the lift. It is advised against sitting strictly to the side of the athlete as the discs on the bar may obstruct the view of the lifter's knees. The key is to ensure the chosen position allows for a clear and accurate assessment of the deadlift attempt.

7.13 The referees will enforce observance of the Rules of Competition and the performance of lifts.

- 7.1.4** The Chief Referee is responsible for giving the designated commands for the squat, bench, and deadlift.
- 7.1.5** During the competition, the referees shall verify that the platform, lifter's equipment, and competition equipment comply with the appropriate specifications outlined in Sections 3 and 4.
- 7.1.6** During the competition, the referees on the platform must verify that the weight on bar matches the weight on LiftingCast. It is required that LiftingCast is displayed to be visible, at minimum, by the referees and spotters/loaders on the platform.
- 7.1.7** The lifter or their coach/handler may request the reason/explanation for a red light/'no lift' decision from any of the three platform referees immediately following the attempt. The request must be made before the following lifter's attempt begins, to not interfere with the progression of the competition.
- 7.1.8** A referee shall not attempt to influence the decisions of the other referees. This includes discussion of calls during the flight amongst the other referees on the platform. Each referee should confidently make their own call immediately after the lift has concluded. Any hesitation in calls should defer to a white light in favor of the lifter. Should consistent discussion of calls occur on the platform amongst referees, the Meet Director may remove a referee from the platform to be replaced with a different referee. Meet Directors should also report such instances to issues@thewrpf.com upon results submission.
- 7.1.9** One platform referee will conduct a re-checking of a lifter's equipment immediately following a successful record attempt. The equipment check consists of the removal of the wrist wraps, knee wraps and belt. The knee sleeves should be checked while remaining on the lifter. Additionally, the referee will use the back of their hand to inspect from the lifter's obliques to the middle of their thigh to see that undergarments are within compliance.
- 7.1.10** The Chief Referee may, at their own discretion, instruct to clean the bar or platform. If the athlete or coach/handler requests that the bar or platform is to be cleaned, the request should be directed to the Chief Referee. This should be done before the 'attempt clock' is started and will not invoke a time penalty.
- 7.1.11** Any change to the platform referees during a flight is not allowed with the exception of the following circumstances:
- A.** When the qualifications of the referees are not sufficient to register a National record attempt.
 - B.** When a referee urgently needs to excuse themselves to the restroom and a replacement referee of equivalent qualification can substitute.

- C. If a referee is removed from the platform by the Meet Director or Jury Panel for conditions deemed necessary to maintain the integrity of the competition. These conditions are outlined in section 7.1.13.

7.1.12 Referees will be dressed as follows:

- A. Black or grey shorts (dress shorts or docker style), black or gray dress slacks (khakis, chinos, or dress styles), and black leggings or skorts for women are allowed. At Regionals, Nationals, or Pro level meets, referees must wear black or gray dress slacks. The option for shorts is not available at the higher level of competition.
- B. Neutral shoes (black, white, or a combination of black and white). Open-toed shoes are not allowed; this includes “Croc” style shoes.
- C. WRPF Referee Polo must be worn tucked in at all times during competitions.
- D. Levi jeans, ripped or frayed slacks or shorts, skirts, spandex-style shorts, fishnets or pantyhose, leggings with prints and patterns are not allowed.
- E. Hats are not allowed to be worn on the platform by referees.

7.1.13 Unsatisfactory behavior of WRPF referees or staff at competitions may result in suspension as a WRPF referee or staff pending investigation by the Human Resources.. All WRPF Officials, Meet Directors, and Staff shall not display or consume alcoholic beverages or other substances that may impair their judgment or negatively portray the WRPF’s reputation during weigh-ins, competitions, and during the award ceremonies.

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 Level 1 Referee Requirements:

- A** Must be granted approval by the State Chair. If the State Chair is not available, the WRPF Referee Chairperson will reach out to the meet directors in the state of which the referee applicant is intending to referee in.
- B** Must complete and pass a background check.
- C** Must pass the WRPF online exam.
- D** Must pass an in-person practical exam.
- E** Must have competed in a minimum of 3 sanctioned powerlifting events.
- F** Must be 18 years of age or older.
- G** Must referee a minimum of 2 meets per year.
- H** Must stay up-to-date and informed with WRPF rule changes.

7.2.2**Level 2 (National) Referee Requirements:**

- A** Must be granted approval by the State Chair. If the State Chair is not available, the WRPF Referee Chairperson will reach out to the Meet Directors in the state of which the referee applicant is intending to referee in.
Must complete and pass a background check.
- B** Must have a minimum 1 year of officiating experience.
- C** Completion of Meet Catalog documenting a minimum of the following:
 - a. 20 sessions with requirements met and verified (2 sessions must be at a Regional, National, or Pro level event)
 - b. 4 flights at computer working with LiftingCast
 - c. 4 flights at scorecards
 - d. Served as spotter/loader at a minimum of 2 sessions
 - e. Worked at least 3 weigh in sessions
- D** Take Level 2 Referee Exam with a passing score of 90% or above.

VIII. EQUIPPED DIVISION

8.1 SINGLE PLY

8.1.1 Lifting suit (squat suit or briefs & deadlift suit) must adhere to the following specifications:

- A. A lifting suit of basic design must be worn. Its construction must consist of a single ply polyester and be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. Velcro is not permitted. The lifting suit may be of any color or colors. The length of the leg, when worn, must not extend beyond the mid-thigh. Leotards with sleeves or high cut leg lines are not permitted. Single Ply Briefs cannot be worn with anything else (e.g. suit on top). A pair of briefs may be worn, provided that the length of the legs does not exceed midthigh, and that the waist does not extend beyond the natural waist line approximately 4” from top of groin (e.g. briefs must be an individual article of polyester cloth fabric. Athletic supporters or standard underwear are permitted under the briefs. If a lifter chooses to wear briefs instead of the single-ply lifting suit, a regulation singlet must be worn over the briefs.
- B. The lifting suit may have a visible logo or badge of a non-offensive nature.
- C. 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.
- D. Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.
- E. 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.

8.1.2 Bench shirts must adhere to the following specifications:

- A. Single Ply bench shirts may be 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 and must be closed back.
- B. T-shirts are not allowed to be worn under a bench shirt. The lifter is required to wear a singlet over their bench shirt.
- C. Velcro is allowed to fasten the bench shirt on the lifter. Velcro can only be placed on the back of the shirt and must close the back of the shirt completely. It cannot go around the lifter.
- D. Patches or stitching may not be added anywhere on the lifter's shirt so that they could give the lifter an unfair advantage.
- E. The single ply bench shirt worn by the lifter, must cover at least half the deltoid and can not go below elbows. 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.
- F. 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.

8.2 MULTI-PLY

8.2.1 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). The use of lace up suits is permitted. Laces must be tucked away into the suit and not dangling off the lifter.

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

- 8.2.3** Support briefs of any design may be worn and may be worn and may extend below the bottom of the lifting suit leg, provided that the length of the legs do not exceed mid-thigh, and 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.
- 8.2.4** 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. Lifter is required to wear a singlet over their bench shirt.
- 8.2.5** A ‘three man lift off’ is allowed for only multi-ply and unlimited equipment categories. Not raw, raw with wraps, or single-ply. The lifter may only use their handler for the main barbell lift off. They may also use their own side spotters however, any contact by the outside spotters between the start and rack commands will be deemed a no lift.

8.3 UNLIMITED

- 8.3.1** The unlimited division is a new division that allows the use of bench shirts that are constructed of elastic material. Single-ply and multi-ply equipment consists of single or multiple layers of fabric i.e. canvas, polyester, or denim. Unlimited bench shirts are made up of knee wrap like material with elasticity and stretch reflex.
- 8.3.2** The unlimited bench shirt must be an individual article. Its construction may consist of multiple plies but must be a singular component. The use of band inserts is permitted as long as the insert is affixed to the shirt. Sleeves must terminate above the elbow when worn and must cover the armpits. Velcro or open back is permitted. There is no limit to the number of layers in this division.
- 8.3.3** Lifters are not required to wear a t-shirt under their bench shirt.
- 8.3.4** All other rules regarding equipment standards stated earlier in the rulebook still stand in the unlimited category. Ex. Knee wrap length, wrist wrap length, belt specifications as referenced in Section 3.
- 8.3.5** If a lifter is registered in full power and elects to bench in an unlimited band shirt, their total will be recorded as an “unlimited total”

IX. ADAPTIVE LIFTING

At the WRPF-Americas, we believe that powerlifting is a sport for everyone, regardless of ability or disability. We recognize that there are many lifters who require adaptations or modifications to their lifting techniques in order to compete at their highest level, and we are committed to creating a policy that is inclusive and supportive to the needs of all lifters, including those who require adaptations for lifting.

9.1 DEFINITION OF ADAPTIVE LIFTING

Adaptive lifting refers to the practice of modifying or adapting lifting techniques or equipment to accommodate individuals with disabilities or other limitations. This can include modifications to lifting equipment, such as wheelchair-friendly benches or prosthetic hooks, or modifications to lifting techniques, such as changing the grip on the barbell or adjusting the range of motion for a lift. This can also include visual or auditory impairments that require hand signaling or microphone needs. Adaptive lifting allows individuals with disabilities or other limitations to participate in powerlifting and other weightlifting sports, and promotes inclusivity and diversity in the sport.

9.2 ELIGIBILITY CRITERIA

To accommodate the needs of adaptive lifters on the platform, please send a request for accommodation to adaptive@thewrpf.com. We will review each request and connect with the athlete to evaluate the athlete's necessity and provide a certification for the adaptive equipment that is eligible to be used on the platform. This certification can be presented to meet directors or WRPF officials during competition to ensure that adaptive needs are met and upheld.

9.3 COMPETITION CATEGORIES

As long as adaptive equipment has been certified by the WRPF, the athletes are eligible to compete in all categories, divisions, classes, and lifts with the adaptive equipment. There are no category restrictions.

9.4 EQUIPMENT AND FACILITY REQUIREMENTS

The lifter is solely responsible for providing their respective WRPF certified adaptive equipment. Anything that has not been certified will not be allowed.

9.5 SAFETY CONSIDERATIONS

To ensure the safety of lifters with adaptive needs, assistance is allowed on the platform for transferring, setting up, and centering for all lifts. However, there is no allowable assistance for initiating or completing the lift. To ensure fairness, there will not be an attempt clock for a lifter with assistance needs on the platform.

9.6 RESPONSIBILITIES OF LIFTERS, COACHES, AND MEET DIRECTORS

- 9.6.1** To ensure that adaptive lifters are accommodated appropriately during competitions, the following responsibilities have been established:
- A. Lifters: It is the responsibility of the lifter to obtain their certification a minimum of 2 weeks prior to a competition. The lifter must bring their certification to the meet and alert the Meet Director of their adaptive needs. Please see Appendix C.
 - B. Meet directors: Meet directors are responsible for accommodating all certified adaptive needs for lifters during competitions. This includes following any attempt clock requirements and platform assistance, if applicable.
 - C. Coaches/handlers: Coaches/handlers must be ready and available to assist the lifter, without attempting to aid or assist the lifter in any other way than transferring, setting up, and centering for all lifts. They should also be familiar with the lifter's adaptive needs and be prepared to assist in any necessary adjustments or accommodations during the competition.

ANTI-DISCRIMINATION POLICY

The WRPF-Americas has a zero-tolerance policy for discrimination or harassment based on disability or impairment. Any instances of discrimination or harassment will be dealt with swiftly and appropriately. This includes WRPF officials as well as members.

Complaints and appeals process: If you feel that you have been subjected to unfair behavior or decisions, please report them to issues@thewrpf.com. We take all complaints seriously and will respond within 5 business days to address your concerns.

BACKGROUND CHECKS

The WRPF-Americas conducts criminal background checks on all staff members, Meet Directors and officials. We may request individuals not directly affiliated with the WRPF to undergo a background check. The purpose of this screening is for the safety of our organization. Having a criminal background does not automatically disqualify an individual. Some offenses, such as disorderly conduct, motor vehicle offenses, drug / paraphernalia possession charges, and DUI are minor and of little relevance to the WRPF. These instances and the severity of the crimes will be reviewed on a case by case basis. Any screenings that result in convictions for crimes against children, pedophilia, violent crimes / sex crimes is an automatic termination regardless of how much time has passed since the crime. We value the safety of our members and failure to comply with our background check procedures will result in automatic termination.

The following are included in the background check:

- Identity verification
- National Criminal Database search
- OFAC terrorist database search
- Sex Offender registry search of all available states County search of residency within the last five years

The background check criteria is based on the following:

- Any felony including an element of violence or of a sexual nature regardless of the amount of time since the offense.
- Any lesser crime in which sexual relations is an element, including “victimless” crimes of a sexual nature (including but not limited to lewd conduct, solicitation, harassment, stalking) regardless of the time since the offense.
- Any lesser crime involving cruelty to animals within the last ten (10) years.
- Any criminal offense which causes harm / abuse to a child regardless of the amount of time since the offense.
- Any sex offender registrant.
- Any criminal offense involving aggravated assault / sexual assault, child pornography, trafficking, pedophilia, fraud, embezzlement, regardless of the amount of time since the offense.

WRPF reserves the right to review and evaluate the report with the applicant to identify any incorrect information or provide relevant context. Only persons authorized will have access.

BANNED SUBSTANCES LIST

The information provided below is solely for educational purposes. The WRPF Americas and its officials, employees, Meet Directors, or representatives are not qualified medical professionals and will not provide medical advice or respond to athlete inquiries about whether or not to use a specific medication or supplement that is not listed below. All athletes planning to compete in a WRPF Americas drug tested tournament must consult their own physician or medical professional to determine whether any prescription medications or other supplements they are currently taking may result in a positive test result and/or contain any substances on this banned substance list. We do not have an exception process or therapeutic use exception policy (TUE).

- Anabolic Steroids and Agents
- 1-Androstendiol, 1-Androstendione or 1-Testosterone metabolite(s)
- 4-Hydroxytestosterone, Formestane &/or metabolite(s)
6a-Methylandrostendione metabolite
- Androstendiol, Androstendione or Testosterone (T/E 4:1 Ratio) Bolasterone metabolite Boldenone metabolite(s)
- Calusterone metabolite(s) Clenbuterol (anabolic agent) Clostebol metabolite(s) Danazol metabolite(s)
- Dehydrochlormethyltestosterone metabolite(s) Desoxymethyltestosterone metabolite(s) Drostanolone &/or metabolites Epi-testosterone (masking agent)
- Estra-4,9-dien-3,17-dione metabolite(s) Fluoxymesterone metabolite(s) Formebolone metabolite(s)
- Furazabol metabolite Halodrol metabolite Mestanolone metabolite Mesterolone metabolite(s) Methandriol metabolite(s) Methandrostenolone metabolite(s) Methasterone &/or metabolite Methenolone &/or metabolite(s)
- Methyl-1-testosterone &/or metabolite(s) L Methyltestosterone metabolite(s) Mibolerone metabolite
- Nandrolone , 19-Norandrostenedione or 19-Norandrost metabolite(s) Norclostebol metabolite(s)
- Norethandrolone metabolite(s) Oxabolone &/or metabolite(s) Oxandrolone &/or metabolite Oxymesterone
- Cocaine

- Oxymetholone metabolite(s) Probenecid (masking agent) Prostanazol metabolite(s) Stanozolol metabolite(s) Stenbolone &/or metabolite(s)
- Testolactone (anti-estrogen) metabolite Trenbolone metabolite
- Amphetamines
- Amphetamine Methamphetamine (L and/or D)
- Methylenedioxyamphetamine (MDA) Methylenedioxymethamphetamine (MDMA)
- Ecgonine Methyl Ester (EME) (Cocaine Metabolite)
- Designer Stimulants Benzylpiperazine (BZP)
- Diuretics
- Acetazolamide Amiloride Bendroflumethiazide Bumetanide Canrenone Chlorothiazide Chlorthalidone Clopamide Cyclothiazide Dichlorphenamide Ethacrynic acid Furosemide Hydrochlorothiazide Hydroflumethiazide Spironolactone Triamterene
- Methylphenidate Methylphenidate
- Miscellaneous Stimulants 4-Phenylpiracetam Adrafinil
- Amfepramone (Diethylpropion) Amiphenazole
- Amphetaminil Benzphetamine
- Cathine (Norpseudoephedrine) Clobenzorex Dimethylamphetamine Ethamivan (Etamivan)
- Ethylamphetamine (Etilamphetamine) Famprofazone
- Fencamfamine Fenethylamine (Fenethylamine) Fenfluramine Fenproporex
- Furfenorex Heptaminol Mefenorex Mephentermine Methylephedrine Modafinil Nikethamide Norfenfluramine Octopamine Parahydroxyamphetamine Phendimetrazine Propylhexedrine
- Selegiline
- Sibutramine
- Strychnine
- Other Ephedrine Phenmetrazine Phentermine

APPENDIX A

Records Submission Petition Form

Please fill out this form if you would like to request the submission of a record(s). This form may only be used if more than 30 days has passed since your competition date and the record has not been posted to the WRPf records Database.

Name:

Address:

Phone Number:

Email:

Competition date & location:

Meet Director name:

What record(s) are you requesting? Please list: age, division, category, lift(s).

By submitting this petition, you acknowledge that you have read and understand the records submission policies and procedures. You understand that submitting this form does not guarantee the submission of records and that you may be required to provide additional information or documentation to support your request.

APPENDIX B

Member Code of Conduct Policy: WRPF Americas

The WRPF-Americas values respect, integrity, and inclusivity among its members. We believe that every member deserves to be treated with dignity and respect. We are committed to creating an environment that is free from harassment, bullying, defaming others in the federation or the federation itself, anti-inclusion or hate speech, and other forms of misconduct. This policy sets forth the standards of conduct that all members of the WRPF Americas must follow, whether in person or on social media.

- 1** Harassment and Bullying: Harassment and bullying of any kind will not be tolerated. This includes verbal, physical, and cyber harassment or bullying of any individual, including other members, officials, or volunteers. Members are expected to respect the boundaries of others and to refrain from behavior that may cause harm or discomfort.
- 2** Defamation: Members are expected to refrain from making defamatory statements about others in the federation or the federation itself. Members should avoid making false or misleading statements about individuals, events, or the federation.
- 3** Encouraging Non-Participation: Members are expected to refrain from discouraging others from participating in the federation or competitions held by other organizations. Members should respect the right of others to choose their own participation in powerlifting events.
- 4** Anti-Inclusion and Hate Speech: Members are expected to refrain from using language that is discriminatory or hateful towards others. Discrimination based on age, gender, sexual orientation, race, religion, or other factors will not be tolerated.

All members of the WRPF-Americas must abide by this policy for the duration of their membership. By registering as a member, individuals agree to adhere to these standards of conduct.

Disciplinary action may be taken against any member who violates this policy. Disciplinary action may include a warning, suspension, termination of membership, or banning from any and all WRPF events. The severity of the disciplinary action will be determined by senior management and the HR department, based on the results of a thorough investigation into the matter.

This policy applies to all members of the WRPF-Americas and can be retroactively applied to any investigations of misconduct brought forward that have occurred in the past within the WRPF. The WRPF-Americas is committed to creating a safe and respectful environment for all members, and we take any violations of this policy very seriously.

APPENDIX C

WRPF-Americas Adaptive Lifter Certification Form

Lifter's Name: _____

Type of Impairment: _____

Classification (circle all applicable): Assistance needed/Equipment required/visual/auditory
Description of Adaptive Equipment Needs: _____

Certification Requirements:

To be certified as an adaptive lifter in the WRPF, you must provide the following information:

1. Description of the adaptive equipment needed to compete, including brand and model numbers if applicable.
2. Video or other evidence demonstrating how the adaptive equipment is used in competition.

By signing below, I certify that the above information is accurate and complete to the best of my knowledge.

Lifter's Signature: _____

Date: _____

Official's Signature: _____

Date: _____

FOR QUESTIONS OR CONCERNS PLEASE CONTACT US:

CONTACT@THEWRPF.COM

