

THE WORLD POWERLIFTING FEDERATION

GENERAL RULES

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1 GENERAL

1. The World Powerlifting Federation (WPF) recognises the following lifts, which must be performed in the designated sequence in all, excepting single-lift competitions conducted under WPF rules.

   a. Squat b. Bench Press c. Deadlift = d. Total

   The addition of the heaviest successful lifts shall result in the Total (d).

2. All competitions under WPF rules must be conducted in kilograms.

3. The WPF, through its member affiliate national Federations, recognises the World, International and National competitions of its member Federations.

4. The WPF recognises and registers world records in kilograms for the same lifts within the age and bodyweight categories as follow:

   Age Categories

Men and Women	Open	from 15 years upward
	Teenage	from 15-19 years
	Junior	from 20-23 years
	Master	from 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

5. Competitive lifting shall be restricted to competitors aged minimum 15 years. The lifter's birthday shall restrict the competition age classes where age limits are imposed.

   Bodyweight Categories

Men:	Women:
56kg Class from 0 to 56.0kg	48kg Class from 0 to 48.0kg
60kg Class from 56.01 to 60.0kg	52kg Class from 48.01 to 52.0kg
67.5kg Class from 60.01 to 67.5kg	56kg Class from 52.01 to 56.0kg
75kg Class from 67.51 to 75.0kg	60kg Class from 56.01 to 60.0kg
82.5kg Class from 75.01 to 82.5kg	67.5kg Class from 60.01 to 67.5kg
90kg Class from 82.51 to 90.0kg	75kg class from 67.51 to 75.0kg
100kg Class from 90.01 to 100.0kg	82.5kg Class from 75.01 to 82.5kg
110kg Class from 100.01 to 110.0kg	90kg Class from 82.51 to 90.0kg
125kg Class from 110.01 to 125.0kg	90+kg Class from 90.01 upwards
140kg Class from 125.01 to 140.0kg	
140+kg Class from 140.01 upwards	

6. In international competitions each federation or organisation shall be allowed two competitors per bodyweight class in each of the age classes. Member federations may impose national qualifying standards for their individual team selection.

7. In world Championships all entered athletes shall be declared to the WPF General Secretary 21 days prior to the date of competition.

8. In international and world competitions point scoring shall consist of six team members from each participating federation towards their team total. Teams shall be declared to the Weigh-In

Supervisor by the end of the final weigh-in session preceding competition. Point scoring shall be according to the **"Reshel"** formula.

9. In the eventual case of a tie in the points of national teams, the team having the largest number of first places within the six point scoring competitors will be ranked first. In the case of a tie again, the nation with the most second places, and so on, will rank first.

10. At all competitions where "Best Lifter Awards" are presented, placing will be established by the "Reshel" formula. Scoring the best Master lifter will additionally use the McCullough formula.

2 EQUIPMENT & SPECIFICATIONS

2.1 Platform

All lifts shall be executed on a platform not less than 2.5m x 2.5m. The platform shall be secure enough to insure the safety of the lifter, spotters and loaders. The surface of the platform must be firm, absolutely non-slip and level with no discernible seams in the vicinity of the general lifting area. Loose rubber mats or similar sheeting materials are not permitted. No-one shall be allowed on the platform during lifting sessions except the lifter, designated spotters/loaders, lift-off person for the Bench Press, the three referees on duty and other Meet officials as necessary. Any cleaning, mopping, brushing, or adjusting of the platform or equipment shall be handled solely by these personnel.

2.2 Bars and Discs

For all competitions organised under the rules of the WPF, only disc barbells are permitted. Only bars and discs that meet official specifications may be used for competition. The use of bars and discs that do not conform to specifications will invalidate any records that may have been accomplished. Different bars suited to particular lifts may be utilised providing they conform to specifications and are used for the entirety of the particular lifts in the competing group.

2.2.1 Bars

The bar shall be straight, well knurled, and grooved. It shall be well maintained and not rusty.

It shall conform to the following dimensions, excepting specific bars for the squat and Deadlift.

a) Total overall length shall be 2.2m
b) Distance between the inside collar faces is not to exceed 1.32m or be less than 1.31m.
c) Diameter of the bar is not to exceed 29mm or be less than 28mm.
d) Weight of the bar is to be 20.0kg. All bars must weigh within 0.25% of their correct face value.
e) Diameter of the sleeves is to be between 50-52mm.
f) There shall be a circumferential machine marking so as to measure 81cm between markings, excepting “Olympic weightlifting” bars, which may be used for the Deadlift.

An oversized bar may be used for the squat. Its length may be up to 240cm with a bar diameter of up to 32mm. A normal length and weight bar with a bar diameter of 30mm is allowed.

A specific bar may be used for the Deadlift. Its length may be up to 230cm with a bar diameter of no less than 27mm. Centre knurling is not required.

2.2.2 Discs

a) All discs used in competition must weigh within 0.25% of their correct face value.
b) The bore size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
c) Discs must be of the following range: 1.25, 2.5, 5, 10, 15, 20, 25 and 50kg. for record setting purposes discs of 0.25 and 0.5kg must be available. 1kg discs are optional.
d) All discs must be clearly marked with their weight and loaded in the sequence of heaviest to lightest discs.
e) The diameter of 20, 25 and 50kg discs must be 45 cm
f) Discs shall conform to the following colour coded: 10kg and below – any colour, 15kg-yellow; 20kg-blue; 25kg-red; 50kg-green.

2.2.3 Collars

a) Collars must always be used in competition.
b) They must be securely fastened to prevent any slipping of the discus.
c) They shall weigh 2.5kg each.

2.3 Squat Racks

Squat racks shall be of a sturdy construction and provide maximum stability.

a) The base shall be of such design that it does not impede the lifter or the spotters/loaders.
b) It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
c) The design of the squat racks shall allow adjustments that accommodate all lifters.
d) Height adjustments shall be at increments not exceeding 5cm.
e) Hydraulic racks must be capable of being secured by means of pins for extra safety.
f) The use of machines with retractable arms (Monolift) is permitted.

2.4 Bench

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:

a) Length: not less than 1.22m. It shall be flat and level.
b) Width: 29-32cm
c) Height: 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
d) The height of the uprights on adjustable benches shall be a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position.
e) On non-adjustable benches the height of the uprights must be between 87-100cm from the floor to the bar rest position.
f) The minimum width between the insides of the bar rests shall be 1.10m.

2.5 Lights

A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red lights, representing a successful or failed lift respectively. The lights shall be wired in such a way that they light together and not separately when activated by the referees. The lights shall be arranged horizontally corresponding with the positions of the three referees. For emergency purposes, i.e. breakdown of electricity, the referees shall be provided with small white and red flags to make known their decisions.

3 COSTUME & PERSONAL EQUIPMENT

3.1 Definition of Single Ply

The definition of ply/layer of material as applied to the manufacture of lifting apparel is:

- Single ply – is a thickness, layer of folded, interwoven or laminated material that cannot be separated anywhere within the confines of the material
- Double-ply or multi-ply - is a material separable layers, each typically as thick as single-ply

This is the base definition that will be applied to all materials used in the construction of lifting apparel, with a maximum thickness, excluding seams, of 1.3mm.

Specific equipment requirements are detailed in their relevant descriptive sections below.

3.2 Lifting Suit

A lifting suit of the basic design shall be worn. It must be an individual full-length article of cloth fabric. Its' construction may only consist of single visible ply and must, as a whole, be of single material construction. The maximum overall material thickness must not exceed 1.3mm at any measured point, the seams being an exception. No Velcro or canvas material is permitted anywhere on the suit, this includes any equivalent material using a different generic name. Any modification to the straps requiring the excess material being stitched back down onto the straps must not exceed 50mm. The straps must be worn over the shoulders at all times while on platform. The suit may be of any colour or colours. The length of the leg, when worn may not extend below mid-thigh (medial point between crotch and top of kneecap). Leotards with sleeves or high-cut leg lines are not permitted.

3.3 Undershirt

One undershirt of a design consistent with what is commonly called a T-shirt, with or without sleeves, must be worn under the lifting suit in each of the three disciplines. It may not be worn under a bench press or erector shirt. It must be an individual article of cloth. It shall not have collars, buttons, zips etc. Sleeves may not extend beyond the elbow when worn. It may be of any colour or colours. Any wording or graphic shall not portray indecency or be offensive to the spirit of the competition. Vests are not considered to be a sleeveless T-shirt.

3.4 Bench Press Shirt

A bench press shirt of the basic design may be worn. It must be an individual article of cloth fabric. Its construction may only consist of single visible ply and must, as a whole, be of single material construction. The maximum overall material thickness must not exceed 1.3mm at any measured point, the seams being an exception. No canvas material is permitted anywhere on the suit, this includes any equivalent material using a different generic name. It may be of any colour or colours. Sleeves may not extend beyond the elbow when worn. Velcro is allowed as long as it completely closes the back of the shirt

3.5 Erector Shirts

An "erector" shirt with or without sleeves is permitted. It may be used in place of a T-shirt. Its construction stipulations are the same as with the bench press shirt. No Velcro or canvas material is permitted anywhere on the suit, this includes any equivalent material using a different generic name.

3.6 Patches

Patches may not be applied anywhere on the lifting suit, bench press or erector shirt.

3.7 Briefs

A pair of briefs of any design may be worn under the lifting suit and shall be an individual article of cloth fabric. Canvas material is not permitted. Their construction may only consist of single ply material and must, as a whole, be a singular component with no legs, i.e. groove briefs only, power briefs are not allowed. The waist may not extend above the navel.

3.8 Socks

Socks may be worn. However, they may not extend over the knee or on the leg so they touch any knee wrapping or supporter. Full-length stockings, tights, or hose are not permitted.

3.9 Special Considerations

For hygiene purposes both men and women may wear additional small non-supportive protective cotton briefs/panties. Boxer type shorts or any other material is not permitted. Women may also wear a bra provided it contains no special support. The use of tampons, sanitary napkins, or related articles used for feminine hygiene protection is permitted.

3.10 Lifting Belt

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

3.10.1 Materials and Construction:

a) The main body shall be made of leather in one or more laminations, which may be glued and/or stitched together.
b) It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations.
c) A metal buckle, studs, and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
d) A single leather tongue loop only shall be attached close to the buckle by means of studs and/or stitching. No additional loop is permitted.
e) A one or two prong buckle as well as the “lever action” fastening device may be used.
f) The lifter’s name, nation, state, or club may appear on the outside of the belt.

3.10.2 Dimensions:

a) Width of belt to be a maximum of 10cm.
b) Thickness of belt to be a maximum of 13mm.

3.11 Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear are that no metal cleats or spikes are permitted.

3.12 Wraps

Only wraps of a one-ply construction are permitted. The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination. Wraps of rubber or rubberised substitutes are not permitted.

Wraps may be used as follows:

3.12.1 Wrist-Wraps

a) Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively, elasticised wristbands not exceeding 10cm in width may be worn. A combination of the two is not permitted. Wrist wraps may have a thumb loop and Velcro patch for securing them. The thumb loop may not be worn over the thumb during execution of the lift.
b) A wrist wrap shall not extend beyond 10cm above and 2cm below the centre of the wrist joint, not exceeding a total of 12cm.

3.12.2 Knee-Wraps

a) Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticated type knee supports not exceeding 20cm in length may be worn. A combination of the two is not permitted.
b) A knee wrap shall not extend beyond 15cm above and 15cm below the centre of the knee joint, not exceeding a total of 30cm.
c) Knee wraps shall not touch the socks or lifting suit.
d) Wraps shall not be used elsewhere on the body.
e) Knee wraps are permitted for the squat, Bench Press and Deadlift.

3.12.3 Elbow-Wraps

a) Elbow wraps not exceeding 20cm in length may be worn in the squat. The sleeves of the T-shirt may not extend below the top of the wraps.

3.13 Plasters

3.13.1 Application

Two layers of plasters, Band-Aids, or tape may be worn on the thumbs and shins, but nowhere else on the body without official permission of the referees or appointed WPF Contest Officials. No plasters, Band-Aids, or tape may be utilised as a strap to help the lifter hold the bar. With the permission and supervision of the referees, the appointed WPF Contest Officials, an official doctor or medical supervisor, the lifter may apply spot plasters, bandages, tape, or Band-Aids to injuries on the body. Similarly, strip plasters, tape or Band-Aids may be applied to injuries on the inside of the hand. These applications may not extend around the back of the hand.

3.13.2 Blood Management

Blood and/or open wounds are not allowed on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt. Should blood come in contact with the bar or equipment the lifting shall be stopped and the bar or equipment sterilised with a bleach solution. This shall consist of 1 part bleach to 3 parts water. It is the Promoter's responsibility to have such a solution present at the competition.

3.14 General

3.14.1 The use of oil, grease or other lubricants

The use of oil, grease or other lubricants and liquids on the body, costume, or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic attempts. Only chalk (magnesium carbonate) may be used on the hands, bar-resting position in the squat and buttocks and shoulders in the bench press. Only powder in compressed block form (pool-style chalk) may be used on the thighs in the Deadlift. The Promoter may determine its application in a designated area only.

Nothing may be purposely applied to the platform, bench, or bars.

3.14.2 Lifters Apparel and Personal Equipment

All articles of a lifter's costume and personal equipment shall be clean and generally neat and presentable.

3.14.3 Shin Pads

The use of soccer style shin guards is permitted on the lifter's shins in the Deadlift.

3.15 Approved List of Lifting Apparel

Please refer to Appendix A of these general rules

4 INSPECTION OF COSTUME AND PERSONAL EQUIPMENT

1. There will be no official inspection of costume and personal equipment prior to lifting.

2. It will be the lifter's responsibility to be present on the platform outfitted in accordance with the rules governing costume and personal equipment.

3. Any item mentioned previously under costume and personal equipment may be inspected prior to the competition if the lifter has any doubt as to the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to the WPF referees present. Such inspections may also be made at any time prior to lifting by one of the appointed WPF Contest Officials or WPF referee. Any conjecture or doubt about the legality of any such items shall be referred to the WPF Contest Officials or Technical Officer.

4. Items or personal attire not covered in the rules governing costume and personal equipment such as: headbands, mouthpieces, ribbons, costume jewellery, eyewear and feminine hygiene articles are permitted. However, hats and scarves shall not to be worn on the platform during lifting.

5. Any items worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent or offensive to the spirit of the competition will be rejected before the lifter is permitted to proceed.

6. If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift and may be disqualified from the competition. Any minor oversights, or items covered in (5) above, notice before the lifter performs should be indicated to the lifter and rectified prior to continuing.

7. Any lifter performing on the platform may be inspected before or after the lift if any of the referees doubt the legality of the costume or personal equipment being used.

8. Any lifter successful in a record attempt must be inspected. Inspection may be solely visual when the legality of the lifter's costume and personal equipment is obvious, or otherwise more thorough. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or official's delegates by the referees in cases where the lifter is of the opposite sex. In all cases the head referee shall make an announcement to the speaker and records processor that the record has been verified.

5 POWERLIFTS AND RULES OF PERFORMANCE

5.1 Squat

1. The lifter shall face the front of the platform. After removing the bar from the racks, the lifter shall establish an upright position with the top of the bar not more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/or fingers gripping the bar and the feet flat on the platform with the knees locked.

2. The lifter shall not hold the collars or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.

3. The lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and the audible command "Squat".

4. Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.

5. The lifter must recover at will without double bouncing to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery. As soon as the lifter demonstrates a controlled final position the head referee will give the signal indicating completion of the lift and to replace the bar.

6. The signal to replace the bar will consist of backward motion of the arm and the audible command "Rack". The lifter must then make a bona fide attempt to return the bar to the racks.

7. Not more than five and not less than two loaders/spotters shall be on the platform at any time.

8. The lifter may enlist the help of the spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any eventual instability.

9. The lifter may be given an additional attempt at the same weight at the head referee's discretion, if failure in an attempt was due to an error by one or more of the spotters.

5.1.1 Causes for Disqualification of a Squat

a) Failure to observe the head referee's signals at the commencement or completion of a lift.
b) Double bouncing or more than one recovery attempt at the bottom of the lift.
c) Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
d) Movement of the feet laterally, backward or forward after the referee's commencement or before the completion signal.
e) Failure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
f) Changing the general position of the bar across the shoulders after the commencement of the lift.
g) Contact with the bar by the spotters between the referee's signals.
h) Contact of elbows or upper arms with the legs.
i) Failure to make a bona fide attempt to return the bar to the racks.
j) Any intentional dropping or dumping of the bar.

5.2 Bench Press

1. The front of the bench must be placed on the platform facing the head referee.

2. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The sole of the shoes must be in solid contact with the platform surface. The position of the shoulders, buttocks, and feet must be maintained throughout the attempt. Raising the head off the bench during the attempt is optional.

3. To achieve firm footing the lifter may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.

4. Not more than five and not less than two spotters/loaders shall be in attendance. The lifter may enlist the help of one or more of the designated spotters, or enlist one personal spotter, in removing the bar from the racks. Only designated spotters may remain on the platform during the lift. The lift off must be to arm's length and not down to the chest. A designated spotter, having provided a centre lift off, must immediately clear the area in front of the head referee and move away from the immediate lifting platform. Spotting the actual press and completion shall be from the sides.

5. A personal spotter must be dressed with a minimum of a T-shirt and track shorts.

6. The spacing of the hands shall not exceed 81cm, measuring between the forefingers with a conventional grip or between the little fingers using a reverse grip. The bar shall have circumferential machine markings indicating the maximum grip allowance. If the lifter should use an offset or unequal grip, whereby one hand is placed outside the marking, it is the lifter's responsibility to explain this to the head referee and allow inspection of the intended grip prior to making an attempt.

7. After receiving the bar at arm's length, the lifter shall lower the bar to the chest and await the head referee's signal.

8. The head referee's signal shall consist of the audible command of "Press" and given as soon as the bar is motionless on the lifter's chest.

9. The lifter will be allowed only one commencement signal per attempt.

10. After the signal to commence the lift has been given, the bar is then pressed upward to straight arms length and held motionless until the audible command "Rack" is given.

5.2.1 Causes for Disqualification of a Bench Press

a) Failure to observe the referee's signals at the commencement or completion of the lift.
b) Any change in the elected lifting position of the shoulders or feet, raising of the buttocks, or lateral movement of the hands during the lift (between the referee's signals).
c) Heaving or bouncing the bar off the chest.
d) Allowing the bar to sink into the chest after receiving the referee's commencement signal.
e) Pronounced uneven extension of the arms during or at the completion of the lift.
f) Any downward motion of the bar during the execution of the lift.
g) Contact with the bar by the spotters between the referee's signals.
h) Any contact of the lifter's shoes with the bench or its' supports.
i) Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.
j) It is the responsibility of the lifter to inform any personally enlisted spotter to leave the platform as soon as the bar is secured at arm's length. Such spotters shall not return to

the platform upon completion or failure of the attempt. It is especially important for a spotter providing a centre lift off to leave the platform quickly, so as not to impair the head referee's view. Failure of any personal spotter to leave the platform may cause disqualification of the lift.

5.3 Deadlift

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be no downward motion of the bar during the lift.

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

3. On completion of the lift, the knees, hips and shoulders should be locked in a straight position and the lifter shall be standing erect.

4. The head referee's signal shall consist of a downward movement of the arm and audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in an apparent finished position.

5. Upon receiving the head referee's signal the lifter shall lower the bar under control to the platform. Dumping or dropping the bar is not permitted.

6. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

5.3.1 Causes for Disqualification of a Deadlift

a) Any downward motion of the bar before it reaches the final position.
b) Failure to stand erect.
c) Failure to lock the knees and hips straight at the completion of the lift.
d) Supporting the bar on the thighs during the performance of the lift. 'Supporting' is defined as a body position adopted by the lifter that could not be maintained without the counter-balance of the weight being lifted.
e) Movement of the feet laterally, backward or forward during execution of the lift.
f) Lowering the bar before receiving the head referee's signal.
g) Dumping or allowing the bar to return to the platform without maintaining control with both hands.

6 WEIGHING-IN

1. Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular lifting session. The initial weigh-in session shall be of a minimum duration of one and half-hours. There shall be another weigh-in session commencing two hours before and ending a half-hour before the start of the competition for a particular lifting session. These two weigh-in sessions are mandatory. Additional interim weigh-in sessions may be provided at the discretion of the Promoter and WPF Contest Officials. All weigh-in sessions and their duration must be posted and communicated to all lifters. No weigh-in sessions additional to those posted shall be permitted.

2. All lifters must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence of authority of at least to WPF referees.

3. The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials are present. The lifter's recorded bodyweight must not be made public until all lifters competing in that particular category have been weighed in.

4. Lifters must be weighed nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure must ensure lifters are weighed only in the presence of officials of their own sex. Additional officials may be appointed for this purpose.

5. During the weigh-in sessions lifters must present those items of costume or personal equipment that will be used for inspection and verification by the weigh-in officer.

6. Each lifter may only be weighed once. Only those, whose bodyweight is heavier or lighter than the category limits of the category entered, are allowed to return to the scales. They must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in session, otherwise they will be eliminated from the competition for that bodyweight category. Lifters being weighed in for the first time take precedence over lifters being re-weighed. Lifters trying to make weight may be re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule.

7. A lifter who is too heavy may move up one weight category than that listed on his entry form or nominated by his country, providing there is an open position for that organisation in that weight class. The lifter must again be weighed during the weigh-in sessions scheduled for the new category.

   If scales with 1/100kg divisions are used bodyweights shall be recorded as follows:

   01-04 shall be recorded "down" to the next lower 1/10kg.
   05-09 shall be recorded "up" to the next higher 1/10kg.

8. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, they will be re-weighed immediately at the end of the competition. The lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receive any award that is being presented. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so forth.

9. Lifters should, if required, check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition. Additionally, first attempts will be requested from the lifters at the time of weigh-in.

10. For any age related class, proof of age must be provided. Documents unsupported by photographic proof i.e., birth certificates are not acceptable. Only official documents giving photographic evidence with corresponding personal details will be acceptable, i.e., Passport etc. This shall also apply to Master lifters competing in the open class in support of any record attempt.

11. A lifter who is too light may not move down a weight category but must achieve the required weight as listed on their entry form. Please refer to item 6, this section.

7 RULES OF COMPETITION

7.1 The 'Round System'

1. At the weigh-in, the lifter must declare a first attempt for all three lifts.

2. 10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two Flights, although one Flight is preferable. Over 15 lifters must be split into appropriate Flights. The appointed WPF Contest Officials in conjunction shall make decisions on such divisions with the competition Organising Committee. Wherever possible, lifters in the same bodyweight category should compete in the same Flight. Flights should be classified '1'. '2', '3', etc. Flight '1' will normally consist of lifters in one bodyweight category, Flight '2' the next higher bodyweight category, etc. Should the amount of lifters in any particular category necessitate that category being split into more than one Flight, then first Flight should consist of lifters with lower totals than the second flight, etc., based on previous best total results. Competitions combining men and women lifters may take different determinations. Where there are multiple Flights, Flight '1' will complete all three rounds of the Squat (all three attempts), then Flight '2' will make all three rounds of the Squat, etc., repeating the same process for the Bench Press and Deadlift.

3. Each lifter will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.

4. The bar must be loaded progressively during a round on the principle of a rising bar. At no time will be bar be reduced within a round except for errors as described in item h, and then only at the end of the round.

5. Lifting order in a round will be determined by the lifter's choice of weight per attempt. The use of lot numbers shall be used to determine what lifter will go first if the same weight is being attempted. (A lot number will be allocated to each athlete on or after weigh-in)

6. A lifter will not be allowed to call for a weight lower than that attempted in the previous round.

7. If unsuccessful with an attempt, the lifter does not follow themselves, but will wait until the next round before attempting that weight again.

8. All attempts taken over due to a scorekeeper's or loader's error or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in a round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt over within four minutes of the bar being loaded. Also, if such an error occurs to the first lifter in a round, the attempt is repeated at the end of the round with the lifter again the first lifter in the next round. Four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the next round. These are two of the rare occasions when a lifter will follow themselves.

9. A lifter is permitted one change of weight on the first attempt of each lift. If the lifter is in the first Flight, this change may take place at any time up to five minutes before the start of the first round of that lift. Lifters in the following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. The speaker will announce prior notice of these deadlines. Oversights in making these announcements should not be at the jeopardy of the lifter. The three platform referees of WPF Contest Officials shall rule on any such discrepancies that arise.

10. Lifters must submit their second or third attempts within one minute of completing the preceding attempts. The same applies for eventual fourth attempts for record making purposes. If no weight

is submitted within the one-minute time allowance they will repeat the same weight for a failed attempt or be increased by 2.5 kg for a successful attempt.

11. Weights submitted for second and third attempts on the Squat and Bench Press cannot be changed, except in single-lift competitions. Here, the same rule will apply as in the Deadlift in (l2).

12. In the second round Deadlift one change of weight is permitted, and in the third round of the Deadlift two weight changes are permitted up to the time the lifter is announced on platform for his attempt.

13. The lifter must be successful with his third attempt if he wishes to call for a fourth record breaking attempt.

14. To avoid any doubt or confusion with regards to submitting attempts attempt cards may be used.

15. If a lifting session consists of single Flight a minimum 15-minute interval will be taken between lifts in order to ensure adequate warm-up time.

16. When there is more than one flight in a session the lifting will be organised on an alternating Flight basis. Consequently, a time interval between Flights is not required other than the time necessary for arranging the platform. Lifters not in the first Flight will be able to warm up while the first Flight is being conducted.

17. When a Flight consists of less than 10 lifters, compensatory time allowances shall be added at the end of each round as follows: for 9 lifters add 1 minute; 8 lifters add 2 minutes; 7 lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round.

7.2 Appointed Officials and Duties

The competition Organising Committee will appoint the following officials:

- Speaker-Announcer
- Time Keeper
- Marshall's/Expeditors
- Scorekeepers
- Record Processor
- Loaders/Spotters

Additional officials may be appointed as required, e.g. doctors, paramedics, etc.

7.2.1 Speaker

The Speaker is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion dictated by weight and announces the weight required for the next attempt along with the name of the lifter. Additionally, the speaker announces, in order, the three lifters succeeding the lifter called to the platform. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce the bar is loaded and call the lifter to the platform.

Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the 'Round System' – the approach of the time limit for changing first attempts.

7.2.2 Time Keeper

The Time keeper is responsible for accurately recording the time lapse between the announcement the bar is loaded and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required, e.g., after an attempt the lifter shall leave the platform within 30 seconds. (See item 7.4 section 9).

Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of a lift, or at the discretion of the head referee, who shall inform the time keeper immediately.

Consequently, it is of great importance that the lifter or lifter's coach check the height of the Squat racks and any bench pressing requirements, if details have not been previously collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one-minute allowance. The definition of the start of an attempt depends upon the particular lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Deadlift, the start is determined when the lifter makes a determined attempt to raise the bar. It is the timekeeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

7.2.3 Marshall's/Expeditors

The Marshall's/Expeditors are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to the scorers table and speaker. The Marshall/Expeditor and lifter must communicate immediately after an attempt to record the weight required for the next attempt. The lifter is allowed one minute between completion of an attempt and submitting to the Marshall/Expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the Marshall/Expeditor, under the auspices of the head referee.

7.2.4 Scorers

The Scorers are responsible for accurately recording the progress of the competition, and on completion, ensuring the three referees sign the official score sheets.

7.2.5 Records Processor

The Records Processor is accountable for all records broken. Note: Record attempts outside 2.5 kg increments and 4th attempts may only be requested for that particular level of competition, e.g., only World Records may be requested at world or National championships, etc.

7.2.6 Loaders/Spotters

The Loaders/Spotters are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring the platform is well maintained and of a neat and tidy appearance at all times.

At no time shall there be less than two or more than five loaders/spotters attending to the platform. When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during period of time between commencement and completion signals from the head referee. The exception being, the lifter has obviously failed with the attempt, is in jeopardy of

injury, or the head referee or lifter has requested intervention. Then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back into the racks.

A sixth person will be allowed on the platform when using a monolift or equivalent to control the swinging arm lever and pin.

7.3 Competition Officials

The Officers of the WPF shall appoint three Contest Officials to oversee the World Championships and rule on any contentions that may arise. These three officials shall be from three countries. At international competitions less than the World Championships the officers of the WPF will appoint three Contest Officials for the same purposes. These three officials shall be from a minimum of two countries.

7.4 Competition Rules

1. During a competition taking, only the lifter, his coach, the three referees on duty, other meet officials recognised by need, and the loaders/spotters will be allowed around the platform or stage. During the execution of a lift, designated spotters/loaders and the three referees on duty are permitted to be present on the platform. Coaches shall remain back from the platform. The appointed Contest Officials should define a coaching area. Personal, non-designated spotters are not permitted on the platform for the Squat or Deadlift. One personal, non-designated spotter is permitted to lift-off on the Bench Press. However, once the bar has been positioned at the lifters, full arms length, the personal spotter must quickly leave the platform area to a discrete position.

2. Lifters shall wrap and ready themselves for the lifting platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, etc., should be utilised with propriety on and around the platform area.

3. All competitions under WPF jurisdiction must use weights in kilograms and the barbell must be multiple of 2.5 kg. The weights shall be announced in kilograms. They may additionally be announced in pounds.

   Exceptions to this rule are:

   a) For a record attempt, the weight of the barbell must be a minimum of 500 grams in excess of the current record. The 4th attempts for record-breaking purposes will be made at the end of the third round of the lifting flight.
   b) In record attempts made within the prescribed attempts of the competition, a lifter may request on any attempt, a weight that exceeds the current record by a minimum of 500 grams. The actual weight will be recorded on the score sheet. (Totals will count the actual weight lifted and not a multiple of 2.5 kg rounded down if record attempts made within the three prescribed were successful).

4. In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.

5. The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter's errors, or other platform altercations to the speaker to make the appropriate announcements. Such decisions shall first be discussed with the other platform referees.

   Examples of Errors in Loading:

   a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted, or elect to take the attempt again at the originally requested weight.
   b) If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
   c) If the loading is not the same on each side of the bar and the lift is successful, rules for over- and under loaded bars, as above, apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not multiple of 2.5 kg (i.e., a 1.25 kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5 kg. The exception to this rule is if the weight of the miss-loaded bar exceeded the current record at that particular level of competition. In this case, the actual weight of the bar, rounded down to the nearest 500 grams, will be recorded. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.
   d) If any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.
   e) Should the platform or equipment become disarranged during an attempt and the attempt is successful the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight at the discretion of the referees on duty.
   f) If the speaker makes a mistake by announcing a weight heavier or lighter than requested by the lifter, the referees will make the same decisions as for loading errors.
   g) All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.
   h) If a lifter misses an attempt because the speaker failed to announce the lifter's name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again. This shall be at the discretion of the referees on duty.

6. The minimum increase between any attempts, excepting record attempts, shall be 2.5 kg.

7. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.

8. Other than initial removal of the bar from the racks, the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat the spotters should assist in steadying the lifter until control has been regained.

9. On the completion of an attempt, the lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

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, and explained to, the appointed Contest Officials. This should be in advance of the start of the lifter's Flight. The lifter, Contest

Officials, and the platform referees for the particular lifter 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.

11. If a lifter missing a minimum of 50% of the total fingers, including thumb, that are responsible for gripping the bar in the Deadlift the use of a strap, attaching only at the wrist, may be used on that hand only.

12. If, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed Contest Officials, together with the referees on duty, have the authority to disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both warning and disqualification.

13. Banging the head on the bar (e.g., before squatting) will not be permitted. The lifter will be warned as above.

14. All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behaviour of any person or persons taking part in the competition will be made to the appointed Contest Officials. This must be done immediately following the action of which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.

15. The appointed contest Officials will consider all such complaints. If deemed necessary, the appointed Contest Officials may temporarily suspend the progress of the competition to consider the situation fully. After due consideration the complainant will be informed of any appropriate measures that may be taken. The verdict of the Contest Officials will be considered final and there will be no right of appeal to any other body.

8 REFEREES

1. The referees shall be three in number, the head referee, and two side referees.

2. The head referee is responsible for giving necessary signals for all three lifts, for indicating to the speaker and timekeeper when the bar is ready, for communicating to the speaker the verification of records, and any special decisions upon performance decided by the referees.

3. Signals required for the three lifts are as follows:-

Lift	Commencement	Completion
Squat	A visual signal consisting of a downward movement of the arm together with the audible command "Squat"	A visual signal consisting of a backward movement of the arm together with the audible command "Rack".
Bench Press	An audible command of "Press" when the bar is motionless on the lifter's chest.	An audible command of "Rack" when bar has been pressed to straight arms length.
Deadlift	No signal required.	A visual signal consisting of a downward movement of the arm together with the audible command "Down".

4. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decision by means of the lights: white for a successful and red for an unsuccessful lift.

5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform, and should remain seated during the execution of the lift. The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Deadlift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless between signals. The side referees should not impose upon the spotters duties but should make adjustments to their own seating position, and may lean sideways or forward during a lift to obtain the best viewing advantage. If possible, the side referees should be seated directly to the side of the lifter in the squat.

6. Before the competition, the appointed Contest Officials, referees or additionally appointed officials shall have ascertained that:-

    a) The platform and competition equipment complies in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
    b) Scales work correctly and are accurate.
    c) The lifters weigh-in within the limits of the bodyweight categories, and within the time frame of the posted weigh-in sessions.
    d) Any lifter's costume or personal equipment, if requested, is inspected and approved or rejected.
    e) That the speaker/announcer, timekeeper, marshals/expeditors, scorers, record processor, and loaders/spotters understand their duties and the rules that pertain to them.

7. During the competition the three referees on duty must jointly ascertain that:-

    a) The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued with loading charts for this purpose.
    b) Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.
    c) On the platform the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.

8. Deleted.

9. Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the set up of the lifter, they will call attention to that fault. If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee seeing a fault that may not be visible to the side referees, e.g., hands holding the collars or discs on the squat or a grip in excess of 81 cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter has the remainder of any time allowance to repeat the attempt with the fault corrected, and receive the commencement signal. Note: for the above reasons it is important that the time keeper stop timing attempts on the Squat and Bench Press only when the lifter has received the commencement signal.

    <u>Aspects of the set up for the Squat regarded as faults are as follows:</u>

    a) Holding the collars or discs.
    b) Not grasping the bar with the hands. (Bar against the wrists or forearms).
    c) Failure to assume an upright position.
    d) Failure to have knees locked.
    e) Top of the bar more than 3 cm below the top of the anterior deltoids.

    <u>The aspect of the set up for the Bench Press that should be regarded as a fault is as follows:</u>

    a) Hand spacing exceeding 81 cm.

    <u>Aspects of the set up for the Bench Press that, if maintained beyond the referee's signal, will be regarded as faults are as follows:</u>

    a) The lifter's shoes not being in solid contact with the platform or the surface of any discs or blocks that may have been requested.
    b) Contact of the lifter's shoes with the bench or its' supports.
    c) Shoulders or buttocks not in contact with the flat surface of the bench.

    Any of these potential faults should be drawn to the attention of the lifter by any of the referees observing them without the necessity of "racking" the bar. The lifter then has the chance of rectifying the potential fault without jeopardising the success of the attempt.

10. Prior to the commencement of a lift, if either of the side referees observes an obvious infraction of the rules regarding costume and personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either case the referees will be called together to inspect the lifter. If the fault is considered a purposeful intention to cheat, the lifter shall be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered and the action taken will be at the discretion of the referees on duty.

Faults that should be considered as a purposeful intention to cheat are:

a) The use of more than one lifting suit or illegal lifting suits.
b) The use of more than one, or illegal supportive briefs.
c) The use of more than one, or illegal supportive shirt or illegal undershirt.
d) The use of more than one pair of wraps, and of more than one-ply, wraps sewn together or wraps substantially over regulation length.
e) Any additions in excess of the prescribed costume and personal equipment rules e.g. body wraps, towel inserts and bracings, etc.
f) Presence's of oil, grease, liquids, or lubricants other than chalk or approved powder.
g) Other infractions of similar gravity.

Faults that should be considered as oversights or genuine mistakes are:

a) Socks overlaid by, or touching, knee wraps.
b) Wraps applied as to obviously exceed with width dimensions allowed for the wrist (12 cm) or knee (30cm).
c) Items forgotten to be removed that may have been worn for warm ups or to maintain warmth, e.g. hats, rubber elbow bands, etc.
d) Other infractions of similar consequence.

11. If any of the referees suspect without certainty an infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified. For infractions deemed a purposeful intention to cheat the lifter shall be disqualified from the competition.

12. Referees shall, if requested, explain to the lifter or coach the reason or reasons why the lift was judged "no lift". All that is required of such an explanation is an accurate statement. Debates will not be entered into and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal account concerning the progress of the competition.

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

14. The head referee may consult with the side referees, the appointed contest Officials, or other official as necessary in order to expedite or facilitate the running of the competition.

15. After the competition the three referees shall sign the official score sheets and any other documents requiring their signatures.

16. At World and International Championships only WPF Referees will adjudicate the lifting. At World Championships the three referees for each session should not be of the same nationality. For international competitions no more than two of the session referees should be of the same nationality. The appointed Contest Officials shall make the selection of referees for World Championships and International competitions.

17. The selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another session.

18. All referees in World and International competitions will be dressed as follows:

    It is suggested referees wear their national referee's colours. The blazer must have the WPF Referee Badge sewn on the left breast (pocket).

If national colours are not worn referees will be dressed to include the following:

Men	Dark blue blazer with WPF Referee Badge on the left breast (pocket) and grey trousers with a white shirt and WPF Referees Tie. Black shoes. White polo shirts with WPF patch are allowed. Baggie style sport pants and sport shoes are not permitted. It is optional for Nations to still wear blazer and tie
Women	Same as men. However, women may wear a grey skirt.

In summer, blazers are optional. In winter, blazers may be removed if the hall or venue becomes too warm. In this case, all referees should wear or not wear their blazers uniformly. It is preferable white shirts have the WPF Referee Badge sewn on the left breast (pocket) in cases where blazers are not worn.

19. WPF Referees may have their refereeing status revoked upon consideration of their performance and abilities by the officers of the WPF.

9 WPF CONTEST OFFICIALS

1. At World championships and International competitions WPF Contest Officials will be appointed to preside over all aspects of the competition. They shall ensure that the technical rules are correctly applied, consider and rule upon any appeals, and generally oversee the competition and refereeing. Three such Contest Officials shall be appointed for world championships, a minimum of three of which must be from different countries; and three for other International competitions, at least two of which must be from different countries. A reserve member will also be appointed to act in the case of another's absence.

2. These Contest Officials will be appointed prior to the competition by the officers of the WPF – the President, Vice President, General Secretary, Technical Officer and other appointed Officers-At-Large. The Contest Officials should include as many of the officers of the WPF as possible or appropriate.

3. In World and International Championships all Contest Officials must be WPF Referees.

4. During the competition the Contest Officials may, by majority opinion, replace any referee whose decisions, in their opinion, prove the referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal.

5. If a serious mistake occurs in the refereeing, which is contrary to the technical rules, the Contest Officials may take appropriate action to correct the mistake. They may, in certain instances of necessity, overrule or change the decisions of the referees, and may, at their discretion, grant the lifter a repeat attempt.

6. The Contest Officials shall be present at all lifting sessions

10 RECORDS

1. At any competition recognised by the WPF, World records will be accepted provided that:

    a) The competition must adhere to WPF rules.

    b) Records are set only at International and National Championships under WPF sanction.

    c) The lifter setting or breaking a world record must be a current member of a National Federation affiliated to the WPF or be affiliated directly to the WPF in the case he/she is from a country not organised with a national federation affiliated to the WPF.

    d) A minimum of two International WPF referees must adjudicate the lift and vouch that all conditions at the competition met the technical standards required. The third referee must be at least a current national referee of a national federation affiliated to the WPF.

    e) The competition equipment is in accordance with the WPF rulebook, all weights lifted accurately recorded and able to be verified by the referees or appointed Contest Officials.

    f) The lifter weighed in correctly before the competition.

    g) The scales were certified accurate by a recognised authority within the last 6 months. A scale test slip must be able to be presented if requested.

    h) The lifter's costume and personal equipment was in accordance with the rules.

2. A copy of the official score sheet, signed by the referees on duty, must be sent to the WPF headquarters within 2 weeks of the date of competition where the record was set. For age classes other than the Open division, proof of age must be satisfactorily established and attested by the adjudicating WPF referees. If such proof was not available when the record was established it is the lifter's responsibility to furnish such proof as detailed in section 6.10, to the WPF headquarters before the record can be ratified.

3. If, in any competition recognised by the WPF, a lifter is successful with a third attempt that falls within 20 kg of the current record, the lifter may request a fourth attempt that exceeds that record. Such an attempt will be registered outside the competition. Additional attempts will not be permitted.

4. Only lifter actually competing in a competition may attempt records.

5. In no circumstances may lifters not taking part in the full competition be permitted to attempt records on individual lifts.

6. In the event of two lifters requesting the same weight for setting a new record, the first lifter succeeding with the attempt will hold the new record. The next lifter must exceed that weight by a minimum of 500 grams. In the event two lifters request a weight outside a multiple of 2.5 kg for the "first" attempt, and the first lifter is successful with his/her attempt, the second lifter may take his/her attempt at 500 grams higher, as he/she requested a breaking attempt. This will not count as a "change of attempt". Otherwise they may lower their attempt to the next lower multiple of 2.5 kg.

7. Records are only valid for the bodyweight category of the lifter as determined at the official weigh-in.

8. Records will be recorded for the actual age class of the lifter regardless of the division in which the athlete competes. However, the lifter may not take record attempts outside a 2.5kg increment for a division in which he is not actually competing.

9. There is an official record for the "Total" of the three lifts. It will be recognised subject to the following additional stipulations:

    a) A total record will be the summation of the face value of the individual best lifts. It must exceed the current record by 2.5 kg.

    Exception to this rule is:
    In the case a lifter sets a record in an individual lift outside a multiple of 2.5 kg, the actual weight lifted will be recorded towards the total. Therefore, the new total record must exceed the current total record by a minimum of 500 grams.

    b) Attempts within the three attempts counting towards the total may not be taken outside a multiple of 2.5 kg solely for setting a record Total.

    c) No fourth attempts may be included in the total.

10. Records set on individual lifts will only be valid if the lifter makes a total in the competition.

11. Lifters will only be granted a fourth attempt if successful on their third attempt, if it is for a record and approved by the Chief Referee. The record has to be for level of the championships participating in and above, not below. For example, at World Championships you cannot have a fourth attempt for a European or National record. At European Championships you cannot have a fourth attempt for a National record. But you could request a world record attempt.

12. Open class lifters only, will be allowed to claim Master records if of age. (Master, Junior and Teenager classes can not break an open record). See section 8.

13. WPF/EPC record certificates - Athletes requiring record certificates will now need to provide the Records Registrar 5 euro for the first certificate and 3 euro for each subsequent certificate from the championships the records were broken, before they are distributed to cover administration, printing and postage costs.
    (Athletes to process their applications, through their respective National Organisation)

11 AMENDMENTS HISTORY

Date:	Brief Description
25-10-2002	Update according to Congress 2002 agreements. Page 26: World records can be set at National Championships providing, rule 10.1 sub-section (d), is strictly adhered to.
17-11-2003	Update according to Congress 2003 agreements. Page 14: Proof of age in all age related classes, Rule 6.10.
25-11-2004	Update according to Congress 2003 agreements. Page 1: Competitive lifting restricted to a minimum of 15 years, rule 1.5. Page 1: Teenage classes consolidated into a single 15 to 19 years class, rule 1.4. Page 6: A single leather tongue loop is permitted, rule 3.9.1 sub-section (d). Page 3: Olympic weightlifting bars used for deadlifting, with the exception of circumferential machine marking, are to comply with the standard as specified bar, rule 2.2.1. Page 17: A sixth person will be allowed on the platform when using a monolift or equivalent to control the swinging arm lever and retention pin, rule 7.2.6. Page 22: Rule 8.8 has been deleted.
23-12-2006	Update according to Congress 2006 resolutions. Section 3 –Costume and Personal Equipment Sections relating to lifting apparel amended. Section 12, appendix A added
23-12-2006	Update according to Congress 2007 Resolutions See Sections: 3.4, 3.7, 7.1.10, 7.1.17, 7.5, 8.18, 10.11, 10.12 and 10.13

12 APPENDIX A

Approved List of Lifting Apparel for use at WPF/EPC Sanctioned Competitions.

INZER:	"Z-Suit" "Champion Suit" "Hard Core Suit" "MAX DL" Deadlift suit "Iron Wraps A and Z" "Erector Shirt" "Sleeveless Erector Shirt" "Heavy Duty Erector Shirt" "Sleeveless Heavy Duty Erector Shirt" "Blast Shirt" "Heavy Duty Blast Shirt (HD)" "High Performance Heavy Duty Blast Shirt (HPHD)" "Extra High Performance Heavy Duty Blast Shirt (EHPHD)" "Phenom shirt" "The Wrath bench shirt" "The Rage bench shirt" "Rage-X bench shirt"
TITAN:	"Squat Suits" "Centurion Suits" "BOSS Squat Suit" (See section 3 for specific requirements when using this suit) "Red Devil" wraps "Signature Gold" wraps "Titanium" wraps "Deadlift Suit" "Titan Fury Shirts" "Knee Wraps T.H.P." "Wrist Wraps T.H.P." "F6 Tornado Shirt" "Fury NXG Plus SHP Bench Shirt" "Katana Shirts"
METAL:	"Metal Squatter" "Metal Viking Squatter" "Metal Squatter v-type" "Metal Viking Squatter v-type" "Metal Bencher" "Metal Viking Bencher" "Metal Viking Bencher X Type" "Metal Viking Presser" "Metal Presser" "Metal Deadlifter" "Metal Viking Deadlifter" "Metal Blackline Wraps" "Metal Black Wraps" "Metal Triple Blackline Wraps"
CRAIN:	"Power Bench Press Shirt" "Mega Power Bench Press Shirt" "Power Suit" "Genesis Power Suit" "Genesis Deadlift Suit" "Redline Power Wrap" "Redline Power Wrist Wrap" "Genesis Power Wrap" "Genesis Power Wrist Wrap"
PRO WRIST STRAPS:	"APTs Pro Wrist Straps" "ZRV - Pro Wraps Wrist and Knees"