



# **WORLD** **POWERLIFTING**



## **Rules of Competition**

Effective 1st January 2025



## INTRODUCTION

This document establishes the rules of competition for the sport of Powerlifting, as conducted by World Powerlifting Ltd. (hereafter “World Powerlifting”). Competitions involving any two or more Member Nations within World Powerlifting and listed on the World Powerlifting calendar of international events are deemed International and these Rules of Competition apply in full in such events. Competitions conducted by and involving only lifters from, any single Member Nation shall be carried out in substantial compliance with these Rules of Competition.

Changes to these Rules of Competition may be made at any time by resolution of the Board of Directors of World Powerlifting. Such changes will be notified by means of modification of the Rules of Competition document and shall apply as from the publication of that modified document at [www.worldpowerlifting.com](http://www.worldpowerlifting.com)

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# TABLE OF CONTENTS

<b>1.</b>	<b>THE LIFTS</b>	<b>1</b>
1.1	THE LIFTS AND ATTEMPTS	1
1.2	THE SQUAT	1
1.3	THE BENCH PRESS	3
1.4	THE DEADLIFT	5
<b>2.</b>	<b>VENUE &amp; EQUIPMENT</b>	<b>8</b>
2.1	THE VENUE AND ITS EQUIPMENT	8
2.2	PLATFORM	8
2.3	SCALES	8
2.4	SQUAT RACKS	9
2.5	BENCH AND BENCH PRESS RACKS, BENCH PRESS SAFETY RACKS	9
2.6	BENCH PRESS BLOCKS	10
2.7	BAR AND BARBELL	10
2.8	COLLARS	11
2.9	DISCS	12
2.10	REFEREE LIGHTS	13
2.11	TIMERS	13
2.12	SCOREBOARD	13
<b>3.</b>	<b>COMPETITORS</b>	<b>15</b>
3.1	LIFTER PARTICIPANTS	15
3.2	CATEGORIES	15
3.3	AGE GROUPS	16
3.4	BODYWEIGHT CLASSES	16
<b>4.</b>	<b>COMPETITORS APPAREL</b>	<b>18</b>
4.1	REQUIRED APPAREL	18
4.2	SUITS	18
4.3	T-SHIRT	19
4.4	BRIEFS	20
4.5	SHOES	20
4.6	SOCKS	20
4.7	BRA	21
4.8	BELT	21
4.9	KNEE SLEEVES	22
4.10	HEADBAND	22
4.11	WRIST WRAPS	23
4.12	OTHER APPAREL STANDARDS	23

## **5. COACHES \_\_\_\_\_ 25**

5.1	COACH PARTICIPANTS _____	25
5.2	HEAD COACHES AND COACHES _____	25
5.3	COACH IDENTIFICATION _____	25
5.4	COACH ATTIRE _____	26
5.5	COACH DUTIES _____	26
5.6	COACH AREA _____	27

## **6. OFFICIALS \_\_\_\_\_ 28**

6.1	OFFICIALS PARTICIPANTS _____	28
6.2	REFEREES _____	28
6.3	REFEREES ATTIRE _____	28
6.4	REFEREES DUTIES _____	29
6.5	TECHNICAL CONTROLLER _____	30
6.6	JURY _____	31
6.7	SPOTTER-LOADERS _____	31
6.8	SCORERS _____	32
6.9	TIMEKEEPERS _____	33
6.10	SPEAKER _____	33

## **7. THE COMPETITION \_\_\_\_\_ 35**

7.1	COMPETITIONS, EVENTS AND CATEGORIES _____	35
7.2	ENTRIES _____	36
7.3	TEAMS _____	36
7.4	SESSIONS AND GROUPS _____	37
7.5	WEIGH-IN _____	38
7.6	APPAREL CHECK _____	40
7.7	ORDER OF COMPETITION – ONE GROUP _____	40
7.8	ORDER OF COMPETITION – TWO GROUPS _____	44
7.9	FURTHER RULES RE ATTEMPTS _____	45

## **8. WORLD RECORDS \_\_\_\_\_ 48**

8.1	WORLD RECORDS OF POWERLIFTING _____	48
8.2	INTERNATIONAL COMPETITIONS _____	48
8.3	REFEREES AND JURY _____	48
8.4	WEIGHT OF BARBELL _____	48
8.5	ORDER OF LIFTING _____	49
8.6	ANTI-DOPING _____	49

## **APPENDIX 1 \_\_\_\_\_ 50**

COMPETITION DOCUMENTS _____	50
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**APPENDIX 2** \_\_\_\_\_ **53**

**WILKS AGE FORMULA** \_\_\_\_\_ **53**



# 1. THE LIFTS

## 1.1 THE LIFTS AND ATTEMPTS

The lifts recognized by World Powerlifting are the Squat, the Bench Press and the Deadlift. Each execution of a lift by a Competitor (lifter) in accordance with the World Powerlifting Rules of Competition shall be known as an Attempt. The description and directly applicable Rules for the execution of each lift in an Attempt are as per Rules 1.2 (Squat), 1.3 (Bench Press) and 1.4 (Deadlift) following.

## 1.2 THE SQUAT

Attempts on the Squat lift must be performed by the lifter and the relevant Officials in full compliance with the following –

- (i) a Barbell (being a Bar plus Collars plus Discs as per Rules 2.7, 2.8 and 2.9) shall be set up on Squat Racks which conform to Rule 2.4. Those Squat Racks and Barbell shall be on and face the front of a Platform (Rule 2.2), with the Squat Rack uprights set at the height and position requested at their Weigh-In by the lifter or their Coach or nominated for the lifter by the Referees or Jury (Rule 7.5)
- (ii) after the Speaker has called “bar loaded” for the Attempt (Rule 6.10), the lifter shall approach the Barbell and Squat Racks, face the front of the platform and position him or herself such that the Barbell is horizontally across their rear shoulders or rear upper back. In so approaching the Barbell and Squat Racks the lifter may utilize a cane, calipers, wheelchair or Coach assistance upon the ruling of the Chief Referee that such is reasonably required due to the lifter’s physical condition. The lifter shall then stand up with the Barbell and step backwards to establish their starting position. In that starting position the lifter shall --
  - a) retain the Barbell horizontally across their rear shoulders or rear upper back
  - b) have both knees locked to the lifter’s full extension of those joints and be upright through the trunk save for a slight deviation from the vertical
  - c) have both hands grasping the Bar inside the Bar’s internal collars, such that all the fingers of each hand, other than the thumbs, are touching the Bar
- (iii) when the Referees by majority decision (refer Rule 6.4 (v)) have confirmed that the lifter has correctly established their starting position the Chief Referee shall give the signal of

the word “squat” plus a simultaneous upraised to downward movement of the arm for the lifter to commence the lift. If the lifter has failed to so achieve that start signal within 3 seconds of him or her having stepped back from the Squat Racks and become stationary the Chief Referee shall give the signal of the word “replace” plus a simultaneous backwards movement of the arm; in that case the lifter must replace the Barbell on the uprights of the Squat Racks. The lifter may then again attempt the lift from the approach as per Rule 1.2.(ii), subject to the time limit for the commencement of the lift in Rule 7.9 (iv)

- (iv) if receiving the “squat” signal from the Chief Referee within the time allowed for the lift (Rule 7.9 (iv)) the lifter shall bend the knees and lower their body such that on both sides of the lifter’s body the top surface of the hip joint at the junction of the hip and thigh is lower than the knee at the top of the vastus medialis muscle and then from that position return and stand with both knees locked to the lifter’s full extension of those joints and be upright through the trunk save for a slight deviation from the vertical
- (v) when the lifter is motionless in that upright position with the Barbell across their shoulders or upper back the Chief Referee shall give the signal of the word “rack” plus a simultaneous backward motion of the arm. If the Chief Referee is of the opinion that the lifter has completed their effort in the lift but has not attained the required upright position he or she shall allow 3 seconds for the lifter to make further effort to achieve upright and then shall give the signal of the word “rack” plus a simultaneous backward motion of the arm and shall then render his or her decision accordingly as per Rule 1.2 (vii)
- (vi) upon receipt of the “rack” signal the lifter shall return the Barbell to the uprights of the Squat Racks; the Spotter-Loaders may assist the lifter in doing so
- (vii) the Referees shall then each render their decision as to the Attempt being either a Good Lift i.e. valid within all the terms of this Rule 1.2 or a No Lift i.e. not valid within any of the terms of this Rule 1.2. In so rendering their decision as to the validity of the lift a Referee shall No Lift a Squat Attempt if on their ruling –
  - a) the lifter failed to achieve an upright position as per Rule 1.2(ii)b) at the beginning of the Attempt
  - b) the lifter commenced the Attempt prior to having received the “squat” signal from the Chief Referee
  - c) the lifter failed to lower themselves such that on both sides of the body the top surface of the hip joint at the junction of the hip and thigh was lower than the knee at the top of the vastus medialis muscle as per Rule 1.2(iv)
  - d) at any point in the attempt the lifter’s elbows or upper arms made contact with their body in such manner that an advantage in the lift was gained
  - e) at any time in the lift after the lowest point of the lifter’s descent there was a downward movement of the entire Barbell



- f) at any point between the Chief Referee issuing the “squat” and the “rack” signals there was any contact with the Bar or the lifter by the Spotter-Loaders in a manner which assisted the lifter to achieve the lift
- g) at any point between the Chief Referee issuing the “squat” signal and the “rack” signal there was any alteration in the lifter’s grip on the Bar such that any of his or her fingers ceased at any time to be touching the Bar as per Rule 1.2(ii)c
- h) at any point between the Chief Referee issuing the “squat” and the “rack” signals there was any lateral or stepping movement of the lifters feet
- i) the lifter failed to achieve an upright position as per Rule 1.2(iv) at the completion of the lift
- j) the lifter returned the Barbell to the Squat Racks prior to having received the “rack” signal from the Chief Referee
- k) the lifter, after receiving the “rack” signal, dropped the Barbell or failed to make a bona fide attempt to return the Barbell to the Squat Racks.

### 1.3 THE BENCH PRESS

Attempts on the Bench Press lift must be performed by the lifter and relevant Officials in full compliance with the following –

- (i) a Barbell (being a Bar plus Collars plus Discs, as per Rules 2.7, 2.8 and 2.9) shall be set up on the uprights of a Bench And Bench Press Racks plus Bench Press Safety Racks which conform to Rule 2.5. That Bench And Bench Press Racks and Barbell shall be positioned towards and face the rear of the platform, with the Rack uprights set at the heights requested at their Weigh-In by the lifter or their Coach or nominated for them by the Referees or Jury (Rule 7.5)
- (ii) after the Speaker has called “bar loaded” for the Attempt (Rule 6.10) the lifter shall approach the Barbell and Bench And Bench Press Racks and shall position him or herself such that they lie on the Bench with the head, shoulders and buttocks on the upper surface of the Bench and feet on the floor in compliance with b), c), d) and e) below. In so approaching the Barbell and Bench And Bench Press Racks and/or laying on the Bench the lifter may utilize a cane, calipers, wheelchair or Coach assistance upon the ruling of the Chief Referee that such is reasonably required due to the lifter’s physical condition. The lifter shall then take the Barbell off the Bench Press Racks by themselves and/or with assistance from one or more of the Spotter-Loaders according to their declaration at their Weigh-In or subsequently to the Scorers (Rule 7.5), so as to establish their starting position. In that starting position the lifter shall --
  - a) have the Barbell at the lifter’s complete arms’ length

- b) not have either of their hands placed outside the machined ring markings 81cm apart on the Bar (Rule 2.7(vii)) such that any part of the markings are visible
  - c) have the hands both facing forward on the bar and all the fingers and the thumbs of each hand enclosed round the Bar
  - d) have their head flat on the Bench or as flat as the lifter's anatomy will allow
  - e) have their shoulders flat on the Bench or as flat as their anatomy will allow
  - f) have any part of their buttocks in contact with surface of the Bench
  - g) have their feet flat, or as flat as the lifter's anatomy will allow, on the Platform and not in contact with any part of the Bench And Bench Press Rack, or on two Bench Press Blocks placed on the Platform (Rule 2.6) and not in contact with any part of the Bench And Bench Press Rack, if the use of such Bench Press Blocks is requested by the lifter at or subsequent to their Weigh-In (Rule 7.5)
- (iii) when the Referees by majority decision (Rule 6.4(vii)) have confirmed that the lifter has correctly established their starting position as per Rule 1.3 (ii) the Chief Referee shall give the signal of the word "start" plus a simultaneous upraised to downward movement of the arm for the lifter to commence the lift. If the lifter has failed to so achieve the start signal within 3 seconds of him or her having taken the Barbell off the Bench Press Racks and become stationary the Chief Referee shall give the signal of the word "replace" plus a simultaneous backwards movement of the arm; in that case the lifter must replace the Barbell on the uprights of the Bench Press Racks and may then again attempt the lift from the approach as per 1.3 (ii) above, subject to the time limit for the commencement of the lift in Rule 7.9 (iv)
  - (iv) if receiving the "start" signal from the Chief Referee within the time allowed for the lift (Rule 7.9 (iv)) the lifter shall lower the Barbell so that the Bar touches and is held visibly motionless at the centre point of the length of the Bar on the lifter's trunk between the top of the pectorals and the bottom of the abdomen above the hip line and the lifter must then raise the Barbell to their complete arms' length
  - (v) when the lifter is motionless in that completed position the Chief Referee shall give the signal of the word "rack" plus a simultaneous backward motion of the arm. If the Chief Referee is of the opinion that the lifter has completed their effort in the lift but has not attained the required finish position the Chief Referee shall allow 3 seconds for the lifter to make further effort to achieve completion and then shall give the signal of the word "rack" plus a simultaneous backward motion of the arm and shall then render his or her decision accordingly
  - (vi) upon receipt of the "rack" signal the lifter shall return the Barbell onto the uprights of the Bench Press Racks; the Spotter-Loaders may assist the lifter in so doing
  - (vii) the Referees shall then each render their decision as to the Attempt being a Good Lift i.e. valid within all the terms of this Rule 1.3 or a No Lift i.e. not valid within any of the terms of this Rule 1.3. In so rendering their decision as to the validity of the lift a Referee shall No Lift a Bench Press attempt if on their ruling –

- a) the lifter failed to achieve the start position as per Rule 1.3 (ii) at the beginning of the attempt
- b) the lifter commenced the lift prior to having received the “start” signal from the Chief Referee
- c) the lifter failed to hold the Bar visibly motionless at it’s centre point of length on their trunk at the pectoral to abdomen area
- d) the lifter sunk the Bar into their chest at any point after the Bar became motionless on the lifter’s pectoral to abdomen area
- e) at any point between the Chief Referee issuing the “start” and “rack” signals there was any contact of the lifter’s feet or body or of the Barbell with the Bench Press Rack uprights in a manner that assisted the lifter to achieve the lift
- f) at any point between the Chief Referee issuing the “start” and “rack” signals there was any contact by the Spotter-Loaders with any part of the Barbell or with the lifter in a manner which assisted the lifter to achieve the lift
- g) at any point between the Chief Referee issuing the “start” and “rack” signals there was any alteration in the lifter’s grip on the Bar such that any of his or her fingers or thumbs ceased to be enclosed around the Bar or either of his or her forefingers moved outwards or upwards so as to make visible either or both of the machined ring marking or markings 81cm apart on the Bar (Rule 2.7 (v))
- h) at any point between the Chief Referee issuing the “start” and the “rack” signals the lifter raised his or her head, shoulder or shoulders or buttock or buttocks fully off the Bench or their foot or feet partially or fully off the Platform
- i) the entirety of the Bar descended during the portion of the lift subsequent to the Bar becoming motionless on the lifter’s pectoral to abdomen area
- j) the lifter failed to raise the Barbell to their complete arms’ length subsequent to the Bar becoming motionless on the lifter’s pectoral to abdomen area
- k) the lifter returned the Barbell to the rack prior to them having received the “rack” signal.

## 1.4 THE DEADLIFT

Attempts on the Deadlift must be performed by the lifter and the relevant Officials in full compliance with the following –

- (i) a Barbell (being a Bar plus Collars plus discs as per Rules 2.7, 2.8 and 2.9) shall be set up horizontally across the lifting platform

- (ii) after the Speaker has called “bar loaded” for the Attempt (Rule 6.10), the lifter shall approach the Barbell, face the front of the Platform with the Barbell on the Platform and in front of or touching the lifter’s shins and shall grip the Bar with both hands on the Bar itself. In so approaching the Barbell the lifter may utilize a cane, calipers, wheelchair or Coach assistance upon the ruling of the Chief Referee that such is reasonably required due to the lifter’s physical condition. The lifter shall then raise the Barbell to a completed position in which the lifter has their –
  - a) trunk and hips fully upright
  - b) knees locked to the lifter’s full extension of those joints
  - c) shoulders at the top centre of each side deltoid vertically aligned with or behind the centre line of each same side of the lifter’s trunk.

The Bar may stop on the ascent but otherwise must move upwards in a continuous movement until the completed position is attained. The lifter’s feet must stay in place throughout the upraising of the Barbell, aside from any rocking back and forward in place

- (iii) when the lifter is motionless in their finished position the Chief Referee shall give the signal of the word “down” plus a simultaneous upraised to downward movement of the arm. If the lifter is motionless but the Chief Referee is of the opinion that the lifter has not attained the required trunk and hips fully upright, knees locked, shoulders held back position as per Rule 1.4 (ii), he or she shall allow 3 seconds for the lifter to make further effort to achieve the required completed position and then shall give the signal of the word “down” plus a simultaneous upraised to downward motion of the arm and shall then render his or her decision accordingly
- (iv) the lifter must control the downward movement of the Barbell and keep both hands on the Bar until the Barbell is resting on the platform.
- (v) the Referees shall then each render their decision as to the Attempt being a Good Lift i.e. valid as within all the terms of this Rule 1.4 or a No Lift i.e. not valid within any of the terms of this Rule 1.4. In so rendering their decision as to the validity of the lift a Referee shall No Lift a Deadlift Attempt if on their ruling –
  - a) the lifer failed to commence the attempt within the time allowed under Rule 7.9 (iv)
  - b) the lifter made more than one deliberate attempt to commence the raising of the Barbell
  - c) the lifter failed to reach the fully upright, knees locked, shoulders held back position as per 1.4 (ii)
  - d) the entire Bar descended at any point prior to the Chief Referee issuing the “down” signal
  - e) the Bar was supported on the lifter’s thighs at any point prior to the Chief Referee issuing the “down” signal

- f) the lifter raised his or her foot or feet, or moved his or her foot or feet laterally, at any time after the commencement of the lift and the issuing of the “down” signal by the Chief Referee
- g) the lifter took their hand or hands off the Bar, or failed to control the Barbell’s downward movement, after receipt of the “down” signal from the Chief Referee.

## 2. VENUE & EQUIPMENT

### 2.1 THE VENUE AND ITS EQUIPMENT

Powerlifting Competitions must be held in a secure auditorium, stadium or equivalent. Within that venue there must be set out an area for lifters' warmup, a stage or stages and/or lifting Platform(s), a lifters' preparation area not visible from the audience area but adjacent to and behind each such stage or Platform, a Coach Area immediately adjacent to each Platform (Rule 5.6), an audience area with seating and a doping control facility in compliance with the World Powerlifting Anti-Doping Policy. The essential items of equipment for the conduct of the Competition are a Platform or Platforms, Scales, Squat Racks, Bench And Bench Press Racks, Bench Press Blocks, Barbells (being Bars, Collars and Discs), Referee Lights, Timer Clocks and a Scoreboard or Scoreboards. The venue and its elements plus all items of equipment shall be supplied by the entity authorized by the World Powerlifting Board as the organizer of the Competition.

### 2.2 PLATFORM

All competitive lifts shall be executed on a square or rectangular Platform provided as per Rule 2.1, with no side of the Platform measuring less than 2.5 meters and no side measuring more than 4.0 meters. The Platform may be of any construction but must be completely level and firm and have a top surface of polypropylene non-slip carpet or rubber of density 1000kg/m<sup>3</sup> or more and slip resistance rating of P5 or R13 or V or equivalent.

### 2.3 SCALES

Electronic weighing Scales shall be provided (Rule 2.1) and used for weighing the lifter at Weigh-In (Rule 7.5) so as to classify them for the purposes of Rule 3.4. Those Scales must have a weighing range of up to at least 180kg and must be accurate to at least .05kg. That accuracy is established by certification from a weighing authority of legal standing in the State, Province or Nation in which the Competition is being held, dated within 12 months prior to the date of the first day of the Competition and presented to the World Powerlifting Board or its delegate prior to the commencement of the Competition.

## 2.4 SQUAT RACKS

A set of Squat Racks shall be provided (Rule 2.1) and used to allow each lifter to execute Squat Attempts. To be allowed for use in a Powerlifting Competition, Squat Racks must be constructed of metal and be sufficiently sturdy to securely support Barbell weights of up to 500kg, in a design in which the lifter is able to step between two uprights holding the Barbell, position the Barbell on his or her shoulders and step back without impediment as per Rule 1.2(ii). The uprights shall be-

- (i) adjustable such that the barbell can be positioned as low as 85cms. above the platform and as high as 170cm above the platform, with increments of the adjustment of Barbell height each being 3cm or less
- (ii) have a minimum width between bar-rests of 110cm., as measured between the insides of the bar rests but shall also be adjustable from the vertical to a minimum of 15 degrees inwards and a maximum of 30 degrees inwards.

In addition to the requirements of this Rule, to be allowed for use in a Powerlifting competition a set of Squat Racks must be of a brand and model cited on the World Powerlifting Approved List of International Powerlifting Competition Equipment as is current at the time of the Competition in which those Squat Racks are to be used.

## 2.5 BENCH AND BENCH PRESS RACKS, BENCH PRESS SAFETY RACKS

A Bench And Bench Press Racks shall be provided (Rule 2.1) and used to allow the lifter to execute Bench Press Attempts. To be allowed for use in a Powerlifting Competition a Bench And Bench Press Racks must be constructed of metal, with only on the Bench itself padding plus vinyl or like surfacing and must be sufficiently sturdy to support Barbell weights of up to 300kg, in a design such that the lifter is able to lay on the Bench between uprights, reach up and grab the Barbell and take it out to arm's length without impediment. The Bench must be –

- (i) flat and level and capable of remaining so when compressed by a lifter laying on the Bench
- (ii) not less than 29cm wide and not more than 31cm wide
- (iii) not less than 120cm long
- (iv) not less than 40cm in height and not more than 45cm in height, as measured from the platform to the top of the Bench surfacing

- (v) affixed to the Bench Press Racks such that the entire unit of Bench And Bench Press Racks is stable and secure.

The Bench Press Racks must –

- (i) have uprights which are adjustable such that the Barbell can be positioned as low as 75cm above the platform and at least 110cm above the platform, with increments of the adjustment of Barbell height each being 3cm or less
- (ii) have uprights with a minimum width between bar-rests on those uprights of 110cm, as measured between the insides of the bar-rests
- (iii) allow for the head of the Bench to extend between 15cm and 30cm beyond the centre point of the uprights
- (iv) include Safety Racks attached to the uprights and to each side of the Bench, which are adjustable such that the Barbell, if placed on the Safety Racks, can be held as low as 50cm above the Platform and can be held at least 75cm above the Platform, with the increments of adjustment of height of the Safety Racks each being 3cm or less
- (v) include a platform at the base of and between the uprights of height at least 15cm. and at most 20cm., width at least 30cm. and which extends at least 10cm. each way forwards and rearwards from the centre point of the uprights.

In addition to the other requirements of this Rule, to be allowed for use in a Powerlifting competition, a Bench And Bench Press Racks must be of a brand and model cited on the World Powerlifting Approved List of International Powerlifting Competition Equipment current at the time of the Competition in which the Bench And Bench Press Racks are to be used.

## 2.6 BENCH PRESS BLOCKS

For the Bench Press lift a set of Bench Press Blocks must be provided. There must be four pairs of Blocks, one pair each being 5cm, 10cm, 20cm and 30cm in height; each such Block shall be at least 60cm. long and at least 40cm wide. Each Bench Press Block must be completely level and firm and have a top surface of polypropylene non-slip carpet or rubber of density 1000kg/m<sup>3</sup> or more and slip resistance rating of P5 or R13 or V or equivalent.

## 2.7 BAR AND BARBELL

A steel bar must be provided (Rule 2.1) and used for all Attempts on all lifts to establish the weight to be lifted. To be allowed for use in a Powerlifting Competition, the Bar shall be --



- (i) straight and rigid to the standard of at least 200,000 pound-force per square inch (psi)
- (ii) unchromed on the Bar length inside the Bar's fixed sleeves
- (iii) be of total overall length no greater than 220cm
- (iv) have a distance between the internal collar faces of no less than 131cm and no more than 132cm
- (v) be of diameter no less than 28mm or more than 29mm
- (vi) have a sleeve diameter of no less than 50mm or more than 52mm
- (vii) have a sleeve length of no less than 40cm
- (viii) have two 5mm wide machined markings on the Bar which are 81cm apart as centred on the Bar
- (ix) have knurling into the Bar from the inside edge of each internal collar for 44cm (including the 5mm wide machined marking as per 2.7(vii) above and knurling around the centre points of the bar of no less than 12cm width and no more than 16cm width; the spaces between the bands of knurling shall be smooth
- (x) weigh 20kg, subject to a tolerance of plus or minus 0.15%.

In addition to the other requirements of this Rule, to be allowed for use in a Powerlifting Competition, a Bar must be of a brand and model cited on the World Powerlifting Approved List of International Powerlifting Competition Equipment as is current at the time of the Competition in which that Bar is to be used.

The same Bar must be used throughout a Session of lifting unless needing to be replaced due to damage. The Bar with, where necessary, a Disc or Discs (Rule 2.9) affixed on each end of it by means of Collars (Rule 2.8) shall constitute the weight to be lifted in an Attempt and shall be known as a Barbell. In each Attempt of the Competition the Barbell shall be loaded only to a weight which is a multiple of 1kg. and the minimum number of Discs from the array of Discs available shall be used for that purpose.

## 2.8 COLLARS

Collars must be provided (Rule 2.1) and used on all Attempts for all lifts of 25kg or more and positioned on each end of the Bar so as to secure any one or more Discs onto each end of the Bar to thereby constitute the Barbell (as per 2.7 above). To be allowed for use in a Powerlifting Competition, Collars must be of metal and have a lever or screw-on construction such that they can be tightened to secure the Discs onto the Bar's sleeve and firmly against the Bar's internal collars. Each Collar must weigh 2.5kg, subject to a tolerance of plus or minus 0.15%.

In addition to the other requirements of this Rule, to be allowed for use in a Powerlifting Competition a Collar must of a brand and model cited on the World Powerlifting Approved List of International Powerlifting Competition Equipment as is current at the time of competition in which the Collar is to be used.

## 2.9 DISCS

To establish the required weight of a Barbell for each Attempt by a lifter, any necessary weight Discs shall be provided (Rule 2.1) and if so used shall be affixed to the Bar by means of the Collars for all Attempts of 26kg or more. Discs must be loaded with the first Disc face-in on the Bar and other Discs face-outwards. To be allowed for use in a Powerlifting Competition, Discs must –

- (i) be made of only metal or rubber plus metal or polyurethane plus metal
- (ii) be completely circular
- (iii) each be of any of the following weights, subject to a tolerance of plus or minus 0.15% for any one Disc and shall be coloured as described –

25kg	red
20kg	blue
15kg	yellow
10kg	green
5kg	any colour
2.5kg	any colour
2kg	any colour
1.5kg	any colour
1kg	any colour
0.5kg	any colour

- (iv) have a diameter of 45cm in the case of 25kg and 20kg Discs and up to 45cm in the case of other Discs
- (v) have a hole in its centre of no less than 52mm diameter and no more than 53mm diameter
- (vi) be no thicker than 65mm
- (vii) have a marking on its face of that Disc's weight as manufactured.

In addition to the other requirements of this Rule, to be allowed for use in a Powerlifting Competition, a Disc must be of a brand and model cited on the World Powerlifting Approved List of International Powerlifting Competition Equipment as is current at the time of the Competition in which that Disc is to be used.

## 2.10 REFEREE LIGHTS

There shall be provided (Rule 2.1) Referees Lights, being a system of electronic plus televisual devices by which each Referee can indicate his or her decision as to Good Lift or No Lift (Rule 6.4(viii)) that will be relayed instantly to a public display. That display for each Referee shall be a white light to indicate a Good Lift decision for that Referee and a red light to indicate a No Lift decision for that Referee. The controls of the Referee Lights shall be set such that all three Referee signals display simultaneously, with each Referee's signalling position on the display being the same from attempt to attempt. In addition to the Referee Lights system each Referee shall be provided with red and white paddles which may be used so as to indicate their decision in the case of failure of the Referee Lights.

## 2.11 TIMERS

There must be two digital Timers with displays provided (Rule 2.1) in the venue, positioned so as to be operable by the Timekeepers in complete accordance with Rule 6.9 and also readily visible to the Referees, Coaches and others in the Platform area. One Timer shall be capable of, during all Rounds of lifting, displaying the countdown of 60 seconds of time from the final declaration of "bar loaded" for a particular Attempt through to the point that the lifter commences the lift (Rule 7.9 (iv)) and another Timer shall be capable of displaying the countdown of 60 seconds of time from the Referees decision as to Good Lift or No Lift for a lifter and the submission of that lifter's next attempt via placement with the Scorer of a card as issued at the Weigh-In showing the weight of that next Attempt (Rule 7.7 (ii)). One or both of the Timers must also be capable of displaying the times required to be allowed under Rules 7.9 (vii), (ix) and (x).

## 2.12 SCOREBOARD

There must be provided (Rule 2.1) and used a Scoreboard oriented towards the audience of sufficient size and detail such that the audience is presented with the details of at least the

name, bodyweight, weight and success or failure for each Attempt for every lifter in the Session.

# 3. COMPETITORS

## 3.1 LIFTER PARTICIPANTS

Participation as a Competitor (“lifter”) in World Powerlifting Competitions is open to all persons meeting the World Powerlifting Rules of Competition regardless of gender, race, religion or political affiliation, subject to the application of these rules of Competition and their nomination by a World Powerlifting Member Nation or by a ruling of the World Powerlifting Board. Competitors in a competition shall be identified and recorded in the competition documentation as per the name recorded on their passport or equivalent document.

## 3.2 CATEGORIES

Competitors in Powerlifting Competitions shall be classified as to gender, age and bodyweight and Events within the those Competitions shall be conducted in Categories according to the lifter’s classifications on all of those variables e.g. Women’s 40-44 Years 53kg Category. Gender classification shall be into Men and Women, on the basis of the lifters passport identification. Age and bodyweight classifications shall be as per Rules 3.3 and 3.4.

### 3.3 AGE GROUPS

Age classifications shall be as follows-

Youth	under 18 years of age on 1st January in the year of competition and 14 years or more on the day of competition
Junior	under 23 years and over 18 years of age on 1st January in the year of competition
Open	over 14 years on the day of competition
Masters 40 - 44	aged 40 to 44 as at 31st December in the year of competition
Masters 45 - 49	aged 45 to 49 as at 31st December in the year of competition
Masters 50 - 54	aged 50 to 54 as at 31st December in the year of competition
Masters 55 – 59	aged 55 to 59 as at 31st December in the year of competition
Masters 60 – 64	aged 60 to 64 as at 31st December in the year of competition
Masters 65 – 69	aged 65 to 69 as at 31st December in the year of competition
Masters 70 – 74	aged 70 to 74 as at 31st December in the year of competition
Masters 75 – 79	aged 75 to 79 as at 31st December in the year of competition
Masters 80+	age 80 or more as at 31st December in the year of competition

### 3.4 BODYWEIGHT CLASSES

Bodyweight classifications shall be as follows, on the basis of the weight recorded by the Referees for lifter at the lifter's Weigh-In (Rule 7.5) –

### *Men*

62kg Class	up to 62.00 kg
69kg Class	from 62.05kg up to 69.00 kg
77kg Class	from 69.05kg up to 77.00 kg
85kg Class	from 77.05kg up to 85.00 kg
94kg Class	from 85.05kg up to 94.00 kg
105kg Class	from 94.05kg up to 105.00 kg
120kg Class	from 105.05kg up to 120.00 kg
120+kg Class	120.05kg and over

### *Women*

48kg Class	up to 48.00 kg
53kg Class	from 48.05kg up to 53.00 kg
58kg Class	from 53.05kg up to 58.00 kg
64kg Class	from 58.05kg up to 64.00 kg
72 kg Class	from 64.05kg up to 72.00 kg
84 kg Class	from 72.05kg up to 84.00 kg
100 kg Class	from 84.05kg up to 100.00kg
100+kg Class	100.05kg and over

Youth events shall vary from the above in that there shall be a Men's 56kg Class (up to 56.00 kg) and Men's 105+kg class (over 105.00 kg) but no 120kg Class or 120+ kg Class and a Women's 44kg Class (up to 44.00 kg) and a 84+ kg Class (over 84.00 kg) but no 100 kg Class or 100+ kg Class.

# 4. COMPETITORS APPAREL

## 4.1 REQUIRED APPAREL

A Competitor (lifter) in a Powerlifting Competition shall wear as Apparel only items which are in full compliance with Rules 4.1 to 4.12. Of those items the lifter must wear –

(i) in the Squat and Bench Press a Suit, T-Shirt, Briefs and Shoes

(ii) in the Deadlift a Suit, Briefs, Socks and Shoes

and the lifter may wear –

(iii) in the Squat and Bench Press a Headband, Belt, Knee Sleeves, Wrist Wraps, Socks and/or a Bra

(iv) in the Deadlift a T-Shirt, Headband, Belt, Knee Sleeves, Wrist Wraps and/or a Bra

Caps, hats, gloves or hand straps may not be worn when the lifter is on the Platform.

All items of Apparel that are worn by a lifter must be worn with the outer side facing outwards.

Only items of Apparel that have been examined and accepted by the Referees at the Apparel Check conducted at the Competition may be worn by the lifter in their Event at that Competition, unless a substitution is required on the ruling of a Technical Controller or Referees as per Rules 4.2 (i) and (ii) and 6.5 (iii). Irrespective of any acceptance at the Apparel Check items of Apparel may be rejected by the Technical Controller or Referees adjudicating at a Session, as per Rules 4.12 (i) and (ii) and/or 6.5 (iii).

All items of Apparel worn by the lifter for any Attempt by that lifter must be completely donned or applied prior to their exiting the lifter preparation area (Rule 2.1) to go to the Platform for that Attempt and no adjustment to the bodily location, positioning or securing of any of those items of Apparel may be made after that point of exit; the only exception to that shall be that the lifter may finally secure their belt buckle or lever on the Platform or in the Platform area.

## 4.2 SUITS

To be allowed for use in a Powerlifting Competition, a Suit –



- (i) must be one-piece and form fitting from the upper legs to the shoulders, without any looseness when worn
- (ii) must be substantially constructed of fabric or a synthetic textile material and shall not consist, in whole or any substantial part, of any rubberized or similar stretch material nor be of any other construction such that support is given to the lifter by the Suit in the execution of any lift
- (iii) must be substantially constructed of material of a single thickness, other than for a second thickness of material in the crotch area only of up to 12cm x 24cm
- (iv) must have legs to the Suit, extending a minimum of 3cm and a maximum of 25cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position with the suit legs fully extended
- (v) must have straps to the suit, of at least 3cm width, which must be worn over the lifter's shoulders at all times when they are on the Platform to lift
- (vi) must be either plain i.e. of a single colour and with no logos or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or logos or emblems of the lifter's nation and/or the logo or emblem of commercial entities as approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of the Suit, all save as to Rule 4.12.

## 4.3 T-SHIRT

To be allowed for use in a Powerlifting Competition, a T-Shirt --

- (i) must be constructed substantially of a single layer of fabric or a synthetic textile material and shall not consist, in whole or substantial part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers or other than a round neck collar
- (ii) must have sleeves. Those sleeves must extend below the lifter's deltoid and must not extend on to or below the lifter's elbow. The sleeves may not be pushed or rolled up on to the deltoid when the lifter is competing
- (iii) must have a length such that when worn both sides of the trunk of the T-Shirt extend below the sides of the Suit being worn by the lifter (Rule 4.2)
- (iv) must be either plain i.e. of a single colour with no logos or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or the logo or emblem of the lifter's nation and/or the logo or emblem of commercial entities as approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of

the T-Shirt where that logo does not exceed 15 sq cm in total size, all save as to Rule 4.12.

## 4.4 BRIEFS

To be allowed for use in a Powerlifting Competition, Briefs shall be briefs, athletic supporters, jocks or boxer shorts, constructed of any combination of nylon, cotton or polyester that they are not compressive. They must be worn under the Suit, around the lifter's hips and shall not extend below the legs of the Suit nor otherwise be visible outside the Suit.

## 4.5 SHOES

To be allowed for use in a Powerlifting Competition, Shoes –

- (i) must be sports shoes, sports boots or sport slippers
- (ii) must have no protrusions or irregularities on the sole, other than a heel
- (iii) may have a heel of no greater height than 5cm
- (iv) may have an insole of up to 1cm thickness
- (v) must be either plain i.e. of a single colour with no logos or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or the logo or emblem of the lifter's nation and/or the logo or emblem of commercial entities as approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of the Shoes, all save as to Rule 4.12.

## 4.6 SOCKS

To be allowed for use in a Powerlifting Competition, Socks –

- (i) if worn shall not extend up the lifter's shin such that either sock is in contact with any Knee Sleeves the lifter may be wearing, nor is either sock in contact with the lifter's knee or knees
- (ii) when worn in the Deadlift must extend up to at least the lifter's upper shin

- (iii) when worn in the Deadlift may have a shin guard of plastic or similar material placed under the front of one or both socks; such shin guards must not extend above either sock or be otherwise visible outside either sock
- (iv) must be either plain i.e. of a single colour with no logos or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or the logo or emblem of the lifter's nation and/or the logo or emblem of commercial entities approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of the Socks where that logo does not exceed 5cm in size in any one direction, all save as to Rule 4.12

## 4.7 BRA

To be allowed for use in a Powerlifting competition, a Bra shall be sports bra or similar, constructed of any combination of nylon, cotton, polyester or plastic or wiring. The Bra must be worn under the Suit and not extend out from the Suit or otherwise be visible outside the Suit.

## 4.8 BELT

To be allowed for use in a Powerlifting Competition, a Belt –

- (i) can only be worn on the outside of the lifter's Suit and at least in part between the lifter's ribcage and hips
- (ii) shall be a single band of leather, of maximum width 10cm and maximum thickness 13mm
- (iii) may not have any padding or supports attached to or within any part of the Belt
- (iv) shall have a metal buckle, lever or ratchet attached by studs or stitching to one end of the band of leather so as to affix the belt closed around the lifter's ribcage to hip area
- (v) shall, if a belt with a pronged buckle, have one only loop around the band of leather so as to affix any part of the band of leather which protrudes past the buckle onto the Belt; no more than 20cm of the band of leather may extend past that loop
- (vi) must be either plain i.e. of a single colour with no logo or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or the logo or emblem of the lifter's nation and /or the logo or emblem of commercial entities approved by the World Powerlifting Board and declared on the

World Powerlifting website and/or logos or emblems of the direct manufacturer of the Belt, all save as to Rule 4.12.

## 4.9 KNEE SLEEVES

To be allowed for use in a Powerlifting Competition, Knee Sleeves –

- (i) must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. The entire construction of the sleeve shall not be such as to provide any mechanical rebound to the lifter's knees
- (ii) shall be of a maximum thickness of 7mm and a maximum length of 30cm. shall not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices in or on them and shall be continuous cylinders, without holes in the neoprene or in any covering material
- (iii) must, when worn by the lifter in the execution of an Attempt not be in contact with the lifter's Suit or Socks and must be centered over the knee joint
- (iv) must be either plain i.e. of a single colour with no logo or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or the logo/emblem of the lifter's nation and/or the logo or emblem of commercial entities approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of the knee sleeves, all save as to Rule 4.12.

## 4.10 HEADBAND

To be allowed for use in a Powerlifting Competition, a Headband –

- (i) must be a single piece of cloth no wider than 10cm
- (ii) can only be worn around the lifter's upper forehead
- (iii) must either be plain i.e. of a single colour with no logo or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may be patterned and may bear the lifter's name and/or the logo or emblem of the lifter's nation and/or the logo or emblem of commercial entities approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of the Headband, all save as to Rule 4.12.

## 4.11 WRIST WRAPS

To be allowed for use in a Powerlifting Competition, Wrist Wraps –

- (i) must be a single ply piece of woven material of elastic and/or polyester and/or cotton and/or crepe, which may have attachments of Velcro or a loop of elastic
- (ii) can only be worn around the wrists or wrists, such that the Wrap does not extend beyond 10cm above (i.e. onto the forearm) and 3cm below (i.e. onto the hand) the centre of the wrist joint. Any loop on the wrist wrap cannot be over the thumb or fingers at any time when the lifter is on the Platform for an Attempt
- (iii) cannot exceed 100cm in length or 8cm in width, those measurements including any Velcro attachments to the Wrist wrap but excluding any loop
- (iv) must be either plain i.e. of a single colour with no logo or emblems, or patterned i.e. covered in total or part with a pattern but with no logos or emblems and may bear the lifter's name and/or the logo or emblem of the lifter's nation and/or the logo or emblem of commercial entities approved by the World Powerlifting Board and declared on the World Powerlifting website and/or the logo or emblem of the direct manufacturer of the Wrist Wraps, all save as to Rule 4.12.

## 4.12 OTHER APPAREL STANDARDS

Over and above Rules 4.1 to 4.11, the Referees at Apparel Check or during the conduct of an Event, or the Technical Controller during the conduct of an Event -

- (i) shall require a lifter to not use during an Event, cease the use of during an Event or remove any item of Apparel which on the ruling of the Technical Controller or the majority of Referees for that Event is torn, unclean or is offensive or brings the sport of Powerlifting into disrepute
- (ii) shall require a lifter to not use during an Event, to cease the use of during an Event or to remove any item of Apparel which via a breach of Rules 4.2 to 4.11, or by some other means, afforded, on the ruling of the Technical Controller or the majority of Referees for that Event, the lifter a competitive advantage. If it is determined by the Referees that the lifter wore the offending item of Apparel during any lifting Attempts in the Event all such Attempts shall be disqualified
- (iii) may allow a lifter to wear Apparel at variance to Rules 4.1 to 4.11 if such variation reflects that lifter's genuinely held religious beliefs and does not afford the lifter any competitive advantage

- (iv) shall preclude a lifter during any Attempt using or having on their person or on any item of Apparel they are wearing during that Attempt, any lubricant or adhesive other than talcum powder or magnesium carbonate
- (v) may require a lifter to, in their Bench Press Attempts, use a band, ribbon or cord to affix their hair in to a pony tail
- (vi) shall preclude a lifter during any Attempt using or having on their person any type of tape other than –
  - a) up to two thicknesses of medical tape worn around the thumb or thumbs, without covering the thumb joint
  - b) medical taping which is deemed, after taking medical advice where appropriate, necessary to ameliorate the effects on that lifter's performance of a bodily injury but does not afford the lifter any competitive advantage
- (vii) shall require any lifter taking part in a medal or victory ceremony to be attired in their Member Nation or nation tracksuit plus sports shoes (Rule 6.5 (v)); if a lifter presents at such a ceremony attired otherwise they shall be precluded from the ceremony and any medal or trophy they may be due shall be forfeit.

# 5. COACHES

## 5.1 COACH PARTICIPANTS

Participation as a Coach in World Powerlifting Competitions is open to all persons nominated on the entry form from a Member Nation as a Coach for Teams in one or more Categories of that Competition. By so entering as a Coach into a Competition the Member Nation is taken by World Powerlifting as warranting that the Coach is competent to execute that role and that the Coach will adhere to the Rules and policies of World Powerlifting. In addition, a Coach may be nominated for a Competition by the World Powerlifting Board, in instances where a lifter has been nominated as a Competitor in that Competition by a ruling of the World Powerlifting Board rather than by entry by a Member Nation (Rule 3.1).

## 5.2 HEAD COACHES AND COACHES

If so entering a Coach or Coaches to a Competition a Member Nation must categorize each of those Coaches as either --

- (i) a Head Coach, of which there shall be only one per Member Nation, who shall be responsible for the conduct of all Coaches from that Member Nation in meeting the World Powerlifting Rules of Competition as applicable to Coaches
- (ii) a Coach, who shall be under the direction of the Head Coach of their Member Nation.

## 5.3 COACH IDENTIFICATION

All Coaches nominated for a Competition must attend the Weigh-In of any lifter they are to coach in a Session or Event and there shall confirm their identity to the Referees conducting that Weigh-In (Rule 7.5) and also shall present their attire and establish that as being compliant with Rule 5.4. In any Session of a Competition, aside from Competitors in that Session and Officials acting in accordance with Rules 6.1 to 6.10, the only persons permitted in the warmup area, lifter preparation area or Platform area for that Session shall be Coaches entered or nominated as per Rules 5.1 and 5.2 and who have attended the Weigh-In for that Session. This applies from the time of conclusion of the Weigh-In for that Session through to the final Attempt of that Session or to the conclusion of any doping control associated with

that Session, whichever is the latter and the event organizer shall ensure adequate security to enforce this requirement. Such identified Coaches shall be limited according to the number of Competitor lifters that Member Nation has participating in the Session, as follows –

1 lifter	2 coaches
2 lifters	3 coaches
3 lifters	5 coaches
4 or more lifters	7 coaches

## 5.4 COACH ATTIRE

Coaches must be attired, for all of the time they are present in the warmup area, lifter preparation area or Platform area, as follows –

- (i) a t-shirt or polo shirt signifying and/or a tracksuit top signifying their Member Nation
- (ii) shorts or tracksuit pants signifying their Member Nation or of neutral colour and design
- (iii) sports shoes
- (iv) plain socks.

The provisions of this Rule shall be applied by the Technical Controller for the Session the Coach is acting in, as per Rule 6.6(iii).

Coaches shall attend the weigh-in for any lifter they are coaching (Rules 7.5) and at that weigh-in shall present their passport or equivalent document to establish their identity and shall present their coaching attire as in accordance with (i) –(v).

## 5.5 COACH DUTIES

A Coach allocated to a Session of lifting may act to assist lifters they have been identified as allocated to as per Rule 5.3 in general accordance with the World Powerlifting Rules of Competition and in particular as allowed under Rules 7.5 (Weigh-In), 7.6 (Apparel Check), 7.7 and 7.8 (Order Of Competition) and 7.9 (Further Rules Re Attempts). In so acting to assist a lifter the Coach at all times remains under the direction of the Referees or the Jury for the Session in which the Coach is acting.



## 5.6 COACH AREA

As a requirement for the venue (Rule 2.1) the Competition organizer shall identify by marking or colouring a Coach Area adjacent to the side of the Platform closest to the lifter preparation area. That Coach Area shall at its closest point to the Platform be within 3 meters of the Platform, shall be of minimum 3 meters and maximum 5 meters length and within that length shall extend for at least 2 meters past the line of the front edge of the Platform. For any Attempt only one Coach from those Coaches allocated to the lifter taking that Attempt (Rule 5.3) shall be allowed to exit the lifter preparation area and to position themselves in the Coach Area for the time of that Attempt, as regulated by the Technical Controller for the Session, as per Rule 6.5(iv).

# 6. OFFICIALS

## 6.1 OFFICIALS PARTICIPANTS

Participation as an Official in World Powerlifting Competition, is open to persons nominated as such on the entry form from a Member Nation, or appointed by the Competition organizer, or appointed by the World Powerlifting Board or its delegate, each as the case may be under Rules 6.2 to 6.10.

## 6.2 REFEREES

Referees may be nominated for a Competition via the Competition entry form received from a Member Nation as per Rule 7.2 or may be nominated by the World Powerlifting Board or its delegate. To be accepted for duty at a Competition Referees must be accredited as World Referee 1 or World Referee 2 as per the Referee Accreditation Scheme of World Powerlifting. From the pool of nominated Referees the World Powerlifting Board or its delegate shall allocate Referees across the Sessions of the Competition such that for each Session there will be three Referees on duty, from at least two Member Nations, one selected as Chief Referee and two selected as Side Referees.

## 6.3 REFEREES ATTIRE

The attire of Referees when on duty shall be –

- (i) navy blue trousers or navy blue skirt (women)
- (ii) navy blue blazer with World Powerlifting insignia on a pocket over the right breast
- (iii) white shirt (men) or white blouse (women)
- (iv) World Powerlifting Referee tie or scarf (women) for the Referee's level of accreditation
- (v) black leather dress shoes
- (vi) black socks (men)

On the ruling of the Jury, all Referees at a Session may remove blazers and store those out of sight of the audience.

## 6.4 REFEREES DUTIES

The duties of the Referees in relation to a Session they have been allocated to shall be to –

- (i) randomly allocate Lot Numbers to each lifter in that Session and to publicly display those Lot Numbers by at least 30 minutes prior to the commencement of the Weigh-In by means of a Lot Draw Sheet as per Appendix 1. Those Lot Numbers shall determine Weigh-In order (Rule 7.5) and Attempt order where two or more lifters have nominated the same weight for their attempts in a Round (Rule 7.9 (ii))
- (ii) ascertain that the Scales used for the Weigh-In are accurate and that all other items of Equipment are in accordance with Rules 2.2 to 2.12
- (iii) conduct the Weigh-In for the Session they are allocated to in accordance with Rule 7.5
- (iv) during the conduct of the Session's lifting seat themselves around the Platform in the formation of Chief Referee at the front of the platform and the Side Referees to each side of the platform
- (v) ensure the conduct of the session according to Rules 7.7, 7.8, and 7.9
- (vi) on each Attempt check the accuracy of the weight of the Barbell and of the height of the Squat Racks in Squat Attempts or Bench Press Racks and Safety Racks in Bench Press Attempts and in the case of the Chief Referee only give the signal "bar loaded" to the Speaker when he or she is satisfied that the Barbell is correctly loaded and the Racks are at correct and safe heights. If the lifter or their Coach has submitted Rack heights which on the ruling of the Referees are not safe the Rack heights shall be set as the Referees rule. If the time for an Attempt to commence has begun to expire (Rule 7.9 (iv)) and the Referees then detect a Barbell loading or Rack height error or require a Rack height change, the Chief Referee only shall instruct the Timekeeper to stop timing the Attempt, the lifter to leave the Platform and the Spotter-Loaders to rectify the error or complete the change and when the Barbell and/or Racks are correct the Attempt shall be commenced afresh
- (vii) on each Attempt in the Squat and the Bench Press check that the lifter has achieved the required starting position (Rules 1.2(ii) and 1.3(ii)) and in the case of Side Referees signal their decision in that regard by the Referee by lowering their upraised arm; the Chief Referee shall add their decision as to whether the required starting position has been achieved and then shall proceed as per Rule 1.2(iii) for Squat Attempts or Rule 1.3(iii) for Bench Press Attempts
- (viii) adjudicate each Attempt in the manner described in Rules 1.2, 1.3 and 1.4 and render their decision as to Good Lift or No Lift accordingly by use of the Referee Lights. If the Referee Lights fail to function on any Attempt each Referee shall render their decision by means of the decision red and white paddles provided to them as per Rule 2.10, simultaneously on the signal "cards" from the Chief Referee
- (ix) on each Attempt in the Squat and the Bench Press the Chief Referee only may issue the signal "rack" at any point in the lift where on his or her ruling the lift has failed under

Rule 1.2 (Squat) or Rule 1.3 (Bench Press) and the lifter, with the assistance of the Spotter-Loaders, shall immediately return the Barbell to the Racks

- (x) the Chief Referee only may verbally advise any lifter as to the reason for their failure to receive the “squat” signal in the Squat lift or the “start” signal in the Bench Press and may advise the Speaker of the reason for any Attempt receiving a majority No Lift decision
- (xi) the Chief Referee only may order the cleaning of the Bar on any Attempt
- (xii) at the conclusion of the Session attend with the Scorers and check the accuracy of the scoresheet that has been kept (Rule 6.8). If the scoresheet is accurate the Referees shall each sign that scoresheet; if the Referees detect an error or errors they shall act to rectify such errors and if need be refer matters to the Jury (Rule 6.6).

## 6.5 TECHNICAL CONTROLLER

One Technical Controller for each Session of lifting in a Competition shall be allocated by the World Powerlifting Board or its delegate from the pool of Referees nominated for the Competition (Rule 6.2). The Technical Controller when on duty shall be attired as per Rule 6.3. The duties of the Technical Controller shall be to –

- (i) position themselves, for the duration of the Session, at the exit to the Platform of the lifter preparation area
- (ii) ensure that each lifter is ready and on time for their Attempts as called
- (iii) check that each lifter when due for their Attempt is wearing Apparel in accordance with Rules 4.1 to 4.11. If prior to an Attempt the Technical Controller observes that a lifter is wearing, or not wearing, any Apparel such as to breach any of Rules 4.1 to 4.11, or if on the Technical Controller’s decision Rule 4.12 (i) or 4.12 (ii) applies, then the Technical Controller shall order that lifter to remove and if need be replace any offending item of Apparel, or add any missing required item of Apparel and then proceed with the Attempt. The lifter’s time requirement for commencing an Attempt under Rule 7.9 (iv) shall not be varied due to the operation of this Rule
- (iv) check that only one Coach proceeds out of the lifter’s preparation area to the Coaches Box with any lifter and that the Coach is attired as per Rule 5.4. If a Coach is not attired as per Rule 5.4 the Technical Controller shall preclude the Coach from exiting the preparation area and also order that Coach to replace any offending item with a complying item or add any missing required item. If the Coach on a second occasion in the Session presents with a non-complying item of Apparel, or is not wearing any required item of Apparel, on the ruling of the Technical Controller, that Coach shall be disqualified from the Session and shall exit the lifter preparation area and warmup area

- (v) ensure that lifters presented at victory or medal ceremonies are attired in the tracksuit of their Member Nation or nation (Rule 4.12(vii)).

## 6.6 JURY

A Jury shall be nominated for each Session of lifting by the World Powerlifting Board or its delegate from the pool of Referees nominated for the Competition (Rule 6.2). All such Jury members must be accredited as World Referee 1 within the Referee Accreditation Scheme of World Powerlifting. There shall be three members of each Jury, from at least two Member Nations and they shall be seated together at a single table to one side of the Platform, behind the Side Referee on that side. One of the three Jury members shall be nominated as Chief of the Jury. The attire of Jury members when on duty shall be as per Rule 6.3. The duties of the Jury shall be to –

- (i) oversee and enforce compliance by the Referees for that Session with the requirements and duties set out in Rules 6.3 and 6.4
- (ii) as per Rule 7.9 (xiii), overrule any decision of the Referees as to Good Lift or No Lift on any Attempt if the majority decision of the Jury members is that a significant error has been made by those Referees on that Attempt
- (iii) hear any Appeals against any decision of the Referees, as per Rule 7.9 (xiv)
- (iv) make such other decisions as necessary to ensure the conduct of the Competition is in accord with the World Powerlifting Rules Of Competition.

## 6.7 SPOTTER-LOADERS

The Competition organizer or the World Powerlifting Board or its delegate shall nominate a panel of Spotter-Loaders for each Session of a Competition. Those Spotter-Loaders shall be positioned on or around the Platform. In its establishment of a Spotter-Loader panel for each Session the Competition organizer or the World Powerlifting Board or its delegate shall ensure that there are sufficient Spotter-Loaders such that for any Squat at or over 200kg there are 5 Spotter-Loaders spotting the Attempt and for any Bench Press at or over 200kg there are 4 Spotter-Loaders spotting the Attempt; for any Deadlift Attempt one only Spotter-Loader may, on the ruling of the Chief Referee, be placed to the rear of the lifter. The attire of the Spotter-Loaders shall be completely uniform one with the other and shall consist only of a t-shirt consistent with Rule 4.3, shorts or tracksuit pants, plain white or black socks and sports shoes; no caps, hats, gloves or hand straps may be worn. The duties of the Spotter-Loaders shall be to –

- (i) for each Attempt, load Discs and Collars on to the Bar to create a Barbell of the required weight, using for that purpose the minimum number of Discs from the array of Discs available (Rule 2.7) and to inform the Chief Referee when that process is complete
- (ii) spot lifters in each Attempt in the Squat and if requested by the lifter or commanded to by the Chief Referee at any time during the Attempt (Rule 6.4 (ix)) to assist the lifter to safely return the Barbell to the Squat Racks. In so spotting the Squat lift any Spotter-Loader positioned behind the lifter shall maintain their hands above the height and behind the line of the Bar and clear of the lifter's body and if assisting the lifter to safely return the Barbell to the Squat Racks shall use their best endeavours to limit contact with the lifter's body
- (iii) spot lifters in each Attempt in the Bench Press by, if requested by the lifter or their Coach as per Rule 7.5, assisting the lifter to take the Barbell off the Bench Press Racks and to the required starting position as per Rule 1.3(ii) and if requested by the lifter or commanded to by the Chief Referee at any time during the Attempt (Rule 6.4(ix)), to assist the lifter to safely return the Barbell to the Bench Press Racks
- (iv) if engaged to spot in Attempts in the Deadlift to stand to the direct rear of the lifter and to contact the lifter only in the case of the lifter stumbling or falling in the course of their Attempt
- (v) clean the Bar when directed to do so by the Chief Referee
- (vi) keep the Platform clear of any item other than the Barbell, Squat Racks and Bench and Bench Press Racks as needed for each Attempt
- (vii) keep any Discs not on the Bar secured in storage racks adjacent to each side of the Platform.

## 6.8 SCORERS

The Competition organizer or World Powerlifting Board or its delegate shall nominate one or more Scorers for each Session of the Competition. The Scorers shall be seated at a table adjacent to one side of the Platform and between the Platform and the lifter's preparation area. The attire of the Scorers shall be white shirt (men) or blouse (women), tie (men or women) or scarf (women), dark colour trousers (men or women) or skirt (women), black dress shoes. The duties of the Scorers shall be –

- (i) before the commencement of a Session setting out on a computer screen, on a paper Scoresheet as per Appendix 1 and on the Scoreboard (Rule 2.12) the names, lot number, bodyweight at Weigh-In and nominated first Attempt weights for each lifter in that Session

- (ii) during the conduct of the Session recording the nomination of each Attempt weight by the lifter or Coach as per Rules 7.7 and 7.8 and the Good Lift or No Lift status of each such Attempt after it is completed (Rule 6.4 (vii))
- (iii) at the end of the Session recording on the scoresheets the final best weight for each lifter in the Squat only or Bench Press only or Deadlift only Events or part Events, or the Total for each lifter in Powerlifting Events or part Events; those Totals shall be the aggregate of the Barbell weights on each of the lifter's highest weight successful Attempts on the Squat, the Bench Press and the Deadlift (Rules 2.7, 8.4(i)).

## 6.9 TIMEKEEPERS

The Competition organizer or the World Powerlifting Board or its delegate shall nominate one or more Timekeepers for each Session of the Competition. The Timekeepers shall be seated with the Scorers at a table adjacent to one side of the Platform and between the Platform and the lifter's preparation area. The attire of the Timekeepers shall be as for Scorers (Rule 6.8). The duties of a Timekeeper shall be to –

- (i) monitor, by means of publicly displayed running times on digital Timers (Rule 2.11) --
  - a) the time of one minute for a lifter to commence an Attempt (Rule 7.9 (iv)) and to advise the Chief Referee if any such time limit is not met by means of a verbal signal "time"
  - b) the time of one minute for a lifter or Coach to nominate the weight for a second or third Attempt (Rule 7.7 (ii)) and to advise that lifter or Coach and the Scorers if that time limit is not met
  - c) any times required to be allowed under 7.9 (vii), (ix) and (x) and advise the Chief Referee and the Speaker of the completion of such times
  - d) the times between Squat lifts and Bench Presses and between Bench Presses and Deadlifts as per Rules 7.7 (ii)h) and 7.7 (ii)i) and between Groups as per Rule 7.8 (iii) and (vi) and shall advise the Chief Referee and Speaker of the completion of such time
- (ii) monitor the time of 30 seconds for the lifter to leave the Platform after an Attempt (Rule 7. (xii)) and advise the Chief Referee if that time limit is not met.

## 6.10 SPEAKER

The Competition organizer or World Powerlifting Board or its delegate shall nominate a Speaker for each Session of the Competition. The Speaker shall publicly announce before

each Attempt the lifter's name, nation and weight attempted and the signal "bar loaded" when so instructed by the Chief Referee (Rule 6.4 (v)) and after each Attempt the reason for any No-Lift decision on that Attempt, as advised to the Speaker by the Chief Referee (Rule 6.4(x)).



# 7. THE COMPETITION

## 7.1 COMPETITIONS, EVENTS AND CATEGORIES

A Powerlifting Competition is one or more Powerlifting Events conducted at one location over a continuous period of time, under the authority of World Powerlifting. Each Event may be –

- (i) Powerlifting, being all of the Squat, the Bench Press and the Deadlift lifts
- (ii) Squat, being the Squat only lift
- (iii) Bench Press, being the Bench Press only lift
- (iv) Deadlift, being the Deadlift only lift
- (v) Push Pull, being the Bench Press and the Deadlift.

Each Event in the Competition shall be conducted in Categories, which reflect all of the lifters' classifications as to gender, Age Group and Bodyweight Class (as per Rules 3.2, 3.3 and 3.4). A lifter may only compete in one gender and bodyweight class in any Event but may compete in more than one Event in a Competition. In any Squat only, Bench Press only or Deadlift only Event the lifter may take up to three Attempts on the lift that is being contested and their result will be the weight of their heaviest successful Attempt. In any Push Pull Event the lifter may take up to three Attempts on each of the Bench Press and Deadlift. In any Powerlifting Event the lifter may take up to three Attempts on each of the Squat, the Bench Press and the Deadlift. In Push Pull and Powerlifting the lifter's result will be the sum of the weights of their heaviest achieved Attempt in each of the lifts i.e. their Total. The lifter with the highest lift or Total in each Category shall be placed 1<sup>st</sup>, the lifter with the second highest lift or Total shall be placed 2<sup>nd</sup> and so on through to the last place in the Category. If a lifter fails on all three Attempts of any lift that lifter's final result is recorded as nil and their placing in the Category is nullified. If two lifters in a Category achieve the same result the higher placing shall go to the lifter of lighter bodyweight as recorded at Weigh-In. If two lifters record the same result and were of the same recorded bodyweight at Weigh-In the higher placing shall go to the lifter who first achieved the lift or Total that determined their placing. Medallions or other awards shall be presented to lifters placing 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in each Category of each Event. There shall also be an award of a trophy for each of the overall Mens and Womens Best Lifter in each Event, as determined by the Wilks Formula as applied to each bodyweight class winner. There may be an award of a trophy for each of the overall Youth Mens and Womens and Junior Mens and Womens Best Lifter in each Event, as determined by the Wilks Formula as applied to each bodyweight class winner for the applicable age group and gender. There may be an award of a trophy for the overall Mens and Womens Masters Best Lifter in each Event as determined by the combined Wilks Formula and Wilks Age Formula as per Appendix 2 as applied to each bodyweight class winner in each gender and age group.

## 7.2 ENTRIES

Powerlifting Competitions can only be engaged in by Competitors (lifters), Coaches and Officials who have been entered for that Competition by a Member Nation of World Powerlifting and are individual members of that Member Nation or have been nominated for the Competition by the Board of World Powerlifting. Entries from Member Nations can only be accepted if submitted to and received by the organizing entity for the Competition as authorized by the World Powerlifting Board by midnight in the time zone in which the Competition is to be held on the 21st day prior to the first day of the Competition. The entry document for a Competition shall present each lifter's proposed Category as to gender, Age Group and Bodyweight Class. No more than 8 lifters may be so entered for any one Category by any one Member Nation and there can be no more than 2 lifters entered in any one Bodyweight Class in any Category by any one Member Nation. Where an entry for a lifter is lodged more than 21 days prior to the commencement of the Competition, the declarations on the entry as to Age Group and Bodyweight Class may be changed by means of a re-entry from the Member Nation which is submitted to and received by the organizing entity at any point up to midnight in the time zone in which the Competition is to be held on the 21<sup>st</sup> day prior to the first day of the Competition.

## 7.3 TEAMS

If entered for a Category in a Competition by a Member Nation that lifter shall be regarded as part of a Team representing that Member Nation in that Category. If nominated for a Competition by a ruling of the Board of World Powerlifting the lifter shall participate in the Competition as an individual and shall not be regarded as a member of any Team. In addition to the determination of individual placings (Rule 7.1) the Competition shall include a Team award for first placed Team in each Category. That Team award shall be determined by the allocation of points for each Team for the placings of its lifters in each Category, as follows –

1st Place	12 points
2nd Place	9 points
3rd Place	8 points
4th Place	7 points
5th Place	6 points
6th Place	5 points
7th Place	4 points
8th Place	3 points
9th Place	2 points
10th and subsequent placings	1 point

If one or more Teams tie on points for a placing, the Team with the greatest number of 1<sup>st</sup> places shall be awarded the higher Team placing. If that does not resolve the tie then the Team with the greatest number of 2<sup>nd</sup> places shall be awarded the higher placing. If that does not resolve the tie then the Team with the greatest number of 3<sup>rd</sup> places shall be awarded the higher placing. If the tie still remains after 3<sup>rd</sup> placings are taken into account then the tie shall stand.

## 7.4 SESSIONS AND GROUPS

After the close of entries the Board of World Powerlifting or its delegate shall categorize all entries for the Competition into Sessions and Groups of lifters. Events and Categories may be split across Sessions and/or Groups. A Session is a timetabled block of lifting of up to 24 lifters from any number of Categories; a Group is a subdivision of lifters within a Session. There may be one or two Groups of lifters within a Session. If there is one Group that is known as Group A. If there are two Groups one is known as Group B and one is known as Group A. The lifters with known lesser performances in absolute kilograms are placed in Group B, the lifters with known higher performances in absolute kilograms are placed in Group A. No later than 14 days prior to the first day of the Competition the World Powerlifting Board or its delegate shall release a timetable for the Competition, listing the times of Weigh-In and lifting for each Session, the Events and Categories, or parts thereof, to be conducted within each Session and the names of the lifters in each Group or Groups within each Session. In so categorizing times, Sessions and Groups, the Board or its delegates shall structure the Competition such that –

- (i) no Session has more than 24 lifters
- (ii) no Group shall have more than 15 lifters
- (iii) if a Session has 11 or less lifters there shall be one Group in that Session
- (iv) if a Session has 12 to 15 lifters there can be either one or two Groups in that Session
- (v) if a Session has 16 to 24 lifters there must be two Groups in that Session.

## 7.5 WEIGH-IN

A final confirmation of each lifter's eligibility for a Category shall be made by determining their bodyweight and age at a Weigh-In. In any Competition a separate Weigh-In shall be conducted for the lifters in each Session. Each such Weigh-In shall be conducted from two hours to one half hour prior to the scheduled start time for the Session. The Weigh-In facilities and process must –

- (i) be carried out using Scales fully compliant with Rule 2.3
- (ii) be conducted by at least two Referees of the gender of the lifter being weighed in
- (iii) be carried out in a room which is sealed for the duration of the weighing-in process for each lifter; in that period only the lifter, the lifter's Coach and the Referees may be present in the weigh-in room and in the case of a Youth lifter the Coach or a parent or guardian of the lifter must be present in the weigh-in room for that lifter's weighing
- (iv) require the lifter to establish their true identification and age by presentation of their passport or equivalent document
- (v) require the lifter's Coach, if any, to present themselves and establish their identity by presentation of their passport or equivalent document and present their attire as being in accordance with Rule 5.4
- (vi) involve the placement of a fresh paper towel or cloth on the Scales platform for each lifter to stand on
- (vii) require the lifter to weigh-in naked or to wear only undergarments consistent with their culture, nationality or genuinely held religious beliefs, subject to the Referee's assessment that such garments do not alter the lifters recorded bodyweight by .05kg or more
- (viii) the weighing of lifters shall be conducted in the order of the Lot Numbers which have been randomly drawn by the Referees or their delegate prior to the Weigh-In, assigned to each lifter in the Session and made public at least 30 minutes prior to the commencement time of the Weigh-In (Rule 6.4(i)). In a Session where there are two Groups, Group B will have its lifter's Lot Numbers determined within that Group and those numbers shall be lower than the Lot Numbers for Group A i.e. Group B lifters shall

have their initial attempt at weighing-in before any Group A lifters have their initial attempt at weighing-in

- (ix) once weighed and established as being of a body weight within the limits of the body weight class they have entered, the lifter cannot be re-weighed. A Lifter can be re-weighed any number of times during their Weigh-In period if their first weighing showed a bodyweight outside the limits for the Weight Class for which they have entered. If a lifter so returns for second or subsequent weighings those re-weighings for him or her can only be conducted after all lifters in the Session have completed their initial weighings. If a lifter fails, within the time of the Weigh-In for their Session in the Competition, to achieve a bodyweight within the limits of the bodyweight class for which they have entered as at 21 days prior to the Competition (Rule 7.2) then they are disqualified from the Competition.

Where the lifter has successfully weighed in, the lifter's bodyweight as measured by the Scales shall be recorded by the Referees and transmitted by the Referees to a Scorer for the Session.

Any lifter in a World Powerlifting Competition who holds an International Paralympic Committee Classification requiring, by the rules of World Para Powerlifting in force at the time of the Competition, an add-back to their Scale bodyweight shall have that add-back amount added to their bodyweight as recorded at their Weigh-In for their Event and that combined weight shall be regarded as their bodyweight for the purpose of classification under Rule 1.4 Bodyweight Classes.

During the time of each lifter's Weigh-In that lifter or their Coach shall advise the Referees at that Weigh-In, by means of written completion of a Scorers Card as per Appendix 1 provided by World Powerlifting or its delegate, of the Barbell weight of their first Attempts in each of the lift(s) they will be contesting in their Event (as per Rule 7.7 (i)), in each case in a multiple of 1kg (Rule 2.7).

The lifter or their Coach shall also advise the Referees at their Weigh-In of their requested height, as numbered on the rack uprights, for Squat Racks and Bench Press Racks and Bench Press Safety Racks and in the case of Squat Racks whether they request those Racks' uprights to be angled in or vertical. Any such nominations of Rack heights are provisional only and may be changed by the lifter or their Coach at any time during the Session by advice to the Scorers, other than during the time allowed for the execution of any of the lifter's Attempts (Rule 7.9 (iv)), or may be overridden by a decision of the Referees or Jury in the Session the lifter is taking part in, as per Rules 6.4 (v) and 6.6 (iv).

The lifter or their Coach shall further advise the Referees at their Weigh-In as to whether they require a Spotter-Loader liftoff in the Bench Press from the centre of the Barbell using one Spotter-Loader or a liftoff in the Bench Press from both ends of the Barbell using one Spotter-Loader at each end of the Barbell or they require no liftoff by Spotter-Loaders and whether they elect to use Bench Press Blocks in their Bench Press Attempts and if so the height thereof (Rule 2.6) and such advises shall be recorded by the Referees on the Scorer Card for that lifter. Any decision by the lifter or their Coach to use or not use Spotter-Loader lift-offs or to use or

not use Bench Press Blocks, are provisional only and may be altered at any time in the Session by the lifter or their Coach by means of submission of an Attempt Card to the Scorers, other than during the time allowed for the execution of any of the lifter's Attempts (Rule 7.9 (iv)).

The Referees shall provide the lifter with a series of Attempt Cards as per Appendix 1 by which the lifter or their Coach can prior to or during the Session nominate to the Scorers, if in time as per Rule 7.7 (i), one change to their first Attempt(s) and/or the weight for their second and third Attempts in each lift (Rules 7.7(ii)a),e)

## 7.6 APPAREL CHECK

An Apparel Check shall be conducted for all lifters in a Powerlifting Competition. At any point in time up to the conclusion of the Weigh-In for a Session any lifter who is to compete in that Session shall present themselves to a facility to be manned by two Referees and there the lifter shall present to the Referees any Suit, Belt, Knee Sleeves, Wrist Wraps, T-Shirt, Briefs, Bra, Shoes and Socks they will wear in the Competition. The Referees shall advise the lifter of the acceptance or rejection, on the basis of Rules 4.1 to 4.12, of those items for use in the Competition and shall record the lifters attendance at and completion or otherwise of the Apparel Check by means of signed notation on an Apparel Check Sheet as per Appendix 1. If the lifter does not attend the Apparel Check by the time of the end of the Weigh-In time for the Session they are lifting in, on the ruling of the Chief Referee they are disqualified from the Competition. Any advice of acceptance of items of Apparel at the Apparel Check is provisional only and may be overridden by decisions of the Referees or the Technical Controller at the Session in which they are lifting (Rules 4.12 and 6.6(ii)).

## 7.7 ORDER OF COMPETITION – ONE GROUP

The Events or part Events in a Session where there is one Group shall commence at the previously announced start time for that Session (Rule 7.4). That Session will proceed as follows –

- (i) lifters shall each in turn execute a first Attempt in the Squat lift in a Powerlifting Event or Squat only Event, or Bench Press in a Bench Press only Event or Deadlift in a Deadlift only Event, in order of ascending Barbell weight, from the lightest such attempt up to the heaviest, according to the Barbell weights each has submitted at the Weigh-In (Rule 7.5) or subsequently changed once only via submission by the lifter or their Coach of a new Attempt Card showing that altered weight prior to the Speaker's announcement of "bar loaded" for their originally nominated Attempt (Rule 6.10). That change may take the originally nominated weight up or down, but a change downwards cannot take the

re-nominated weight to less than a weight announced by the Speaker as “bar loaded” (Rule 6.10) for any other lifter in that Round, nor to the same weight as for an Attempt announced by the Speaker as “bar loaded” for any other lifter in that Round if that other lifter has a higher lot number than the lifter making the change. The Referees will immediately after each Attempt render their decision as to No Lift or Good Lift for that Attempt. That succession of all lifters in the Group through their first Attempts shall be known as Round 1 of the Squat or Bench Press or Deadlift as the case may be

- (ii) after the Referee’s decision is rendered for an Attempt by the display of lights on the Referees Lights (Rule 2.10) in Round 1 then –
  - a) the lifter or their Coach shall within 1 minute submit that lifter’s nominated second Attempt weight by means of writing that weight on one of the Attempt Cards provided for that purpose to the lifter at the Weigh-In (Rule 7.5, Appendix 1) and submitting that card to a Scorer for the Session. The Timekeeper for the Session shall, according to a public display of the time available for submission of that second Attempt, determine compliance or otherwise with that submission time limit (Rule 6.9 (i)b)) and can only be overruled on his or her ruling by a decision of the Jury (Rule 6.6 (iii), (iv))
  - b) the weight nominated by lifter or their Coach for a second Attempt must be a multiple of 1kg, must be at least 1kg greater than the weight taken on their first Attempt if that first attempt was successful, or may be the same weight or 1kg or more greater weight if the first Attempt was unsuccessful
  - c) if any two or more lifters submit identical weights which would be Records and the lifter taking the Attempt on that weight first is successful in that Attempt then the second or subsequent lifter may adjust their Attempt weight to 1kg above that new Record, as elected by the lifter or their Coach by means of writing the new weight on one of the Attempt Cards provided for that purpose to the lifter at the Weigh-In (Rule 7.5) and submitting that card to a Scorer for the Session within one minute of the Referee’s decision being displayed for the Attempt for the lifter who set the Record (Rule 8.5 (i))
  - d) if the lifter or their Coach does not, on the Scorer’s ruling, submit their second Attempt within one minute of the Referee’s decision on their first Attempt (Rule 7.7 (ii) (a)) then if that first attempt was a No Lift the lifter shall be allocated by the Scorers for their second attempt the same weight as on the lifter’s first Attempt; if the lifter’s first Attempt was a Good Lift then the lifter shall be allocated by the Scorer’s for their second attempt a weight 1kg greater than that first Attempt weight
  - e) once a second Attempt weight is successfully nominated or is allocated that weight can be changed once only via submission by the lifter or their Coach of a new Attempt Card showing that altered weight prior to the Speaker’s announcement of “bar loaded” for that Attempt (rule 6.10). That change may take the nominated weight up or down, but a change downwards cannot take the re-nominated weight to less than the weight attempted by the lifter on their first Attempt, nor to a weight less than a

weight announced by the Speaker as “bar loaded” (Rule 6.10) for any other lifter in that Round, nor to the same weight as for an Attempt announced by the Speaker as “bar loaded” for any other lifter in that Round if that other lifter has a higher lot number than the lifter making the change

- f) after all lifters have completed their first Attempts then the Session shall continue immediately via lifters, each in turn, executing their second Attempt in the Squat or Bench Press or Deadlift as the case may be, in the order of ascending Barbell weight from the lightest weight up to the heaviest weight according to the lifter’s nominated or allocated weight as per Rule 7.7 (ii). The Referees will immediately after each Attempt render their decision as to No Lift or Good Lift for that Attempt as per Rule 6.4(viii). That succession of all lifters in the Group through their second Attempts shall be known as Round 2 of the Squat or Bench Press or Deadlift, as the case may be. In that Round 2 of the lift Rule 7.7 (ii)a)b)c)e) shall apply equally to each lifter, Coach and Attempt as those Rules apply in Round 1, save that references in those Rules to “first Attempts” shall be taken as applying to second Attempts and references to those Rules to “second Attempts” shall be taken as applying to third Attempts
- g) after all lifters have completed their second Attempts then the Session shall continue immediately via lifters, each in turn, executing a third Attempt in the Squat or Bench Press or Deadlift as the case may be, in the order of ascending Barbell weight from the lightest weight up to the heaviest, according to the lifters nominated weight, as per Rule 7.7 (ii)a)f) The Referees will immediately after each Attempt render their decision as to No Lift or Good Lift for that Attempt as per Rule 6.4(viii). That succession of all lifters in the Group through their third Attempts shall be known as Round 3 of the Squat or Bench Press or Deadlift as the case may be. In that Round 3 lift Rule 7.7 (ii)a)b)c)e) shall apply equally to each lifter and Attempt as that Rule applied in Round 1, save that the reference in that Rule to “second Attempt” shall be taken to apply to third Attempts, except that in the case of Squat only, Bench Press only and Deadlift only Events 7.7 (ii)e) does not apply and a lifter’s nominated third Attempt weight may be changed by that lifter or Coach up to two times; any such changes for the lifter must be submitted via an Attempt Card to the Scorers prior to the announcement “bar loaded” by the Speaker. That change may take the nominated weight up or down, but a change downwards cannot take the re-nominated weight to less than the weight attempted by the lifter on their second Attempt, nor to a weight less than the weight announced by the Speaker as “bar loaded” (Rule 6.10) for any other lifter in that Round, nor to the same weight as for an Attempt announced by the Speaker as “bar loaded” for any other lifter in that Round if that lifter has a higher lot number than the lifter making the change
- h) at the completion of Round 3 in the case of Squat only, Bench Press only and Deadlift only Events that Event or part Event is concluded and Scorers and Referees shall complete their duties as to the verification or otherwise of results (Rule 6.8 (iii)). At the completion of Round 3 in the case of the Squat lift within a Powerlifting Event there shall be a break in the Session of 20 minutes from the time of the Referee’s decision on the last lift of Round 3 through to the commencement of the first lift of



the Bench Press in that Powerlifting event via the Speaker's "bar loaded" signal for that first third Attempt. The Timekeeper shall effect a public display of the elapse of that 20 minute time period, shall determine the completion or otherwise of that time span (Rule 6.9 (i)d)) and can only be overruled on his or her ruling by a ruling of the Jury (Rule 6.6 (iii), (iv)). At any time up to the Speaker's announcement of "bar loaded" for the Attempt the lifter or their Coach may change the weight for their first Attempt in the Bench Press by submission of a new Attempt Card showing that altered weight

- i) in Powerlifting Events, within a Session, at the conclusion of the 20 minute break after Round 3 of the Squat lift, the Bench Press lift within the Powerlifting Event shall be conducted. That shall be via progression through three Rounds of Bench Press lifting in the manner set out in Rules 7.7 (i) and (ii)a)b)c)d)e)f)g)h) in that references in those Rules to "Squat" shall be taken as applying to the Bench Press and references in those Rules to the Squat only, the Bench Press only and the Deadlift only and Attempts within those Events shall be taken as deleted. At the conclusion of Round 3 of the Bench Press in a Powerlifting Event or part Event within a Session there shall be a break in the Session of 20 minutes from the time of the Referees decision on the last lift of that Round through to the commencement of the first lift of the Deadlift in that Powerlifting Event or part Event within the Session. The Timekeeper shall effect a public display of the elapse of that 20 minute time period, shall determine the completion or otherwise of that time span (Rule 6.9 (i) (d)) and can only be overruled on his or her ruling by a ruling of the Jury (Rule 6.6 (iii), (iv)). At any time up to the Speaker's announcement of "bar loaded" for the Attempt the lifter or their Coach may change the weight for their first Attempt in the Deadlift by submission of a new Attempt Card showing that altered weight
- j) in Powerlifting Events, within a Session, at the conclusion of the 20 minute break after Round 3 of the Bench Press lift, the Deadlift within the Powerlifting Event shall be conducted. That shall be via progression through three Rounds of Deadlift lifting in the manner set out in Rules 7.7 (i) and 7.7 (ii)a)b)c)d)e)f)g) in that references in those Rules to "Squat" shall be taken as applying to the Deadlift and references in those Rules to Squat only, Bench Press only and Deadlift only and lifts within such Events or part Events shall be taken as deleted. The exception to this is that in Round 3 of the Powerlifting Deadlift Rule 7.7 (ii)e) does not apply in that a lifter's nominated third Attempt weight may be changed by that lifter or Coach up to two times; any such changes for the lifter must be submitted via a completed Attempt Card to the Scorer's prior to the Speaker's announcement "bar loaded" for that Attempt (Rule 6.10). The change may take the nominated weight up or down, but a change downwards cannot take the nominated weight to less than the weight attempted by the lifter on their second Attempt nor to a weight less than a weight less than a weight announced by the Speaker as "bar loaded" for any other lifter in that Round, nor to the same weight as for an Attempt announced by the Speaker as "bar loaded" for any other lifter in that Round if that lifter has a higher lot number than the lifter making the change. At the conclusion of Round 3 of the Deadlift in a Powerlifting Event or part Event within

a Session that Event or part Event is concluded and the Scorers and Referees shall complete their duties as to the verification or otherwise of results (Rule 6.8 (iii)).

## 7.8 ORDER OF COMPETITION – TWO GROUPS

The Event or part Event in a Session in which there are two Groups as per Rule 7.4 shall be conducted as follows –

- (i) Group B lifting shall proceed as per Rules 7.7 (i) and 7.7 (ii)a)b)c)d)e)f)g) for the Powerlifting Squat or the Squat only or the Bench Press only or the Deadlift only
- (ii) Group A lifting shall then immediately follow Group B for the conduct of the Powerlifting Squat or the Squat only or the Bench Press only or the Deadlift only and shall proceed as per Rule 7.7 (i)a)b)c)d)e)f)g). At the conclusion of Group A lifting in the Squat only, the Bench Press only or the Deadlift only that event or part Event is concluded and Scorers and Referees shall complete their duties as to verification or otherwise of the scoresheet (Rule 6.4 (iii))
- (iii) in the case of a Powerlifting Event or Part Event conducted in a Session with two Groups, there shall then be a 10 minute break from the time of the Referees displayed decision for the last Squat lift of Group A through to the “bar loaded” signal for the first Bench Press lift for Group B. That time shall be adjudicated by the Timekeeper as per Rule 6.9 (i) (d)
- (iv) Group B lifting on the Powerlifting Bench Press shall then proceed as described in Rule 7.7 (i) and 7.7 (ii)a)b)c)d)e)f)g)
- (v) Group A lifting of the Powerlifting Bench Press shall then immediately follow the conclusion of Group B lifting on the Bench Press and shall proceed as described in Rule 7.7 (i) and 7.8 (ii)a)b)c)d)e)f)g)
- (vi) there shall then be a 10 minute break from the time of the Referees displayed decision for the last Bench Press lift of Group A through to the “bar loaded” signal for the first Deadlift lift for Group B. That time shall be adjudicated by the Timekeeper as per Rule 6.9 (i) (d)
- (vii) Group B lifting on the Powerlifting Deadlift shall then proceed as described in Rules 7.7(i) and 7.7 (ii)a)b)c)d)e)f)g)
- (viii) Group A lifting on the Powerlifting Deadlift shall then immediately follow and shall proceed as described in Rules 7.7 (i) and 7.7 (ii)a)b)c)d)e)f)g)
- (ix) at the completion of Round 3 of the Deadlifts for Group A the Event or part Event and the Session is concluded and Scorers and Referees shall complete their duties as to the verification or otherwise of the Results (Rule 6.8 (iii)).

## 7.9 FURTHER RULES RE ATTEMPTS

In the conduct of lifting as per Rules 7.7 and 7.8 the following shall also apply --

- (i) during a Session the only persons allowed on or in the immediate vicinity of the Platform are the lifter for the Attempt at hand, one Coach for that lifter who shall remain in the designated Coaches Area (Rule 5.6), the Referees, the Technical Controller and the Spotter Loaders
- (ii) if two lifters in a Group nominate the same weight for an Attempt in the same Round, the lifter with the lower lot number shall take their Attempt first
- (iii) within sight of the audience, the lifer and/or their Coach or Coaches may not adjust any item of Apparel other than the lifter's Belt, shall not use any inhalant nor apply any substance to themselves other than chalk
- (iv) when called to execute an Attempt by the Speaker announcing "bar loaded" the lifter shall have 1 minute to commence that Attempt. Commencement shall be determined as receipt of the "squat" signal from the Chief Referee in the Squat (Rule 1.2(iii)), receipt of the "start" signal from the Chief Referee in the Bench Press (Rule 1.3(iii)) and an upraising of the Bar, or deliberate attempt by the lifter to do so, in the Deadlift. If a lifter does not so commence a lift within 1 minute of the Speaker announcing "bar loaded" then the Referees shall rule that Attempt to be a No Lift (Rule 6.4 (vii))
- (v) the Referees or Technical Controller for a Session may at any time within that Session act in accordance with Rule 4.12(i) and 4.12(ii) regarding incorrect Apparel
- (vi) if in any Attempt a lifter receives a Referee's decision of No-Lift due to the operation of Rule 1.2(vii)(f), being the Spotter-Loader contacting the Barbell or lifter in a manner such as to assist the lifter, or due to equipment failure or other extraordinary circumstances, then on the ruling of the Jury that No Lift decision shall be stayed and the lifter shall be allowed to repeat that Attempt as the last Attempt in the Round in which the affected Attempt occurred
- (vii) if on any Attempt in the Squat or Bench Press, in the time after the Speaker has signalled "bar loaded" for that Attempt (Rule 6.10) and before the lifter has commenced that Attempt (Rule 7.9 (iv)), it is found by the Chief Referee or Jury that the Squat Racks are set at a height and/or angle, or the Bench Press Racks and/or Bench Press Safety Racks are set at a height, other than as requested by the lifter or their Coach or as set by the Referees or Jury (Rule 7.5) then the Chief Referee shall order the lifter to leave the Platform if they are already on the Platform, the running time for that Attempt (Rule 7.9 (iv)) to be halted, the Spotter-Loaders to adjust the Racks concerned to the correct height and/or angle and then the Attempt and the time for that Attempt to re-commence once the correct Rack height and/or angle is established and the Chief Referee gives the signal "bar loaded" (Rules 1.2 (iii), 1.3 (iii))
- (viii) if any Attempt by a lifter is completed and it is subsequently established to the satisfaction of the Jury that the Barbell was incorrectly loaded as to weight, then --

- a) if the Attempt was adjudicated as a Good Lift by the Referees then the lifter may elect to either accept the actual weight of the Barbell to the nearest 1kg at or below the actual weight of the misloaded Barbell as being as the recorded weight for them for that Attempt or to repeat the Attempt on the originally nominated weight as the last Attempt in the Round in which the affected Attempt took place
  - b) if the Attempt was adjudicated as No Lift by the Referees and the Barbell was misloaded to a weight other than the weight the lifter correctly nominated then the lifter may elect to either accept the No Lift decision for that Attempt or to be allowed to repeat the Attempt, on the originally nominated weight, as the last Attempt in the Round in which the effected Attempt took place
- (ix) if due to the operation of Rule 7.9 (vi) or Rule 7.9 (viii), or due to any other extraordinary circumstances as ruled on by the Jury and a lifter –
- a) follows immediately after him or herself from Attempt to Attempt, then Rule 7.9 (iv) shall be varied such that he or she has 4 minutes to start their repeat Attempt from the Speaker’s announcement of “bar loaded” for that Attempt
  - b) follows one lifter after him or herself from Attempt to Attempt, then Rule 7.9 (iv) shall be varied such that he or she has 3 minutes to start their repeat Attempt from the Speaker’s announcement of “bar loaded” for that Attempt
  - c) follows two lifters after him or herself from Attempt to Attempt, then Rule 7.9 (iv) shall be varied such that he or she has 2 minutes to start their repeat Attempt from the Speaker’s announcement of “bar loaded” for that Attempt
- (x) if any Group consists of five lifters or less then compensatory rest time shall be allowed at the end of Round 1 and Round 2 in each lift for that Group, as follows --
- a) if there are 5 lifters in the Group 1 minute
  - b) if there are 4 lifters in the Group 2 minutes
  - c) if there are 3 lifters in the Group 3 minutes
  - d) if there are 2 lifters in the Group 4 minutes
  - e) if there is 1 lifter in the Group 5 minutes

That compensatory rest time shall commence at the moment of the Referee Lights being displayed for the last Attempt in the Round and shall involve all officials except the Timekeeper standing down and there being no activity as to lifting, loading of the Barbell or the like during that rest time. The Timekeeper shall control the commencement and completion of the rest time, shall advise the Chief Referee and Speaker thereof and the Speaker shall announce the commencement and completion of the rest time accordingly

- (xi) having nominated the weight for an Attempt as per Rules 7.5, 7.7 or 7.8 the lifter or their Coach may completely cancel the Attempt at any time up to the expiration of the time allowed for the execution of that Attempt by means of verbal or written advice to the Scorer for the Session in which the Attempt was to occur. The Scorer and other Officials

shall then immediately withdraw the Attempt or cease activity or the elapsing of any time relating to the withdrawn Attempt

- (xii) when a lifter has completed an Attempt, by virtue of the Referee's Lights having been displayed as to Good Lift or No Lift for that Attempt, he or she has 30 seconds from that time to leave the Platform. If the lifter so fails to leave the Platform in time and their Attempt has been decided as a Good Lift by the Referees, on the ruling of the Jury that decision may be reversed to No Lift. If the lifter so fails to leave the Platform in time and their Attempt has been decided as a No Lift by the Referees, the Jury may warn or disqualify the lifter by virtue of their authority under Rule 6.6(iv)
- (xiii) once the Referee's decision as to Good Lift or No Lift regarding an Attempt is given, the Jury on its own initiative may overrule that decision and institute an alternative decision, be that No Lift, Good Lift, Attempt to be taken again or other, in regard to that Attempt and that decision of the Jury shall be final (Rule 6.6 (ii))
- (xiv) once the Referee's decision as to Good Lift or No Lift regarding an Attempt is given, the lifter in that decision or their Coach, or another lifter in the Event or part Event in that Session may appeal to the Jury against the Referees decision. To be heard that appeal must be lodged with the Jury prior to the commencement of the Attempt following the Attempt being appealed and must be accompanied by the cash amount of USD20, or equivalent in another currency; that amount may be forfeited and transferred to the consolidated revenue of World Powerlifting if on the ruling of the Jury the appeal is determined to be vexatious or frivolous. If the appeal is deemed by the Jury to be duly lodged then the Jury shall consider the Appeal and may suspend the lifting in the Session to allow themselves to do so. The Jury will render its decision re the Attempt which is the subject of the Appeal, be that No Lift, Good Lift, Attempt to be taken again or other and that decision of the Jury shall be final. If the Session has been suspended, on the ruling of the Jury Rule 7.9 (iv) shall be overridden and the lifter taking the next due Attempt shall be allowed 3 minutes from the Speaker's announcement of "bar loaded" to commence that Attempt
- (xv) the Jury may also at any time in a Session, on its own initiative and/or on the basis of information received, act to withdraw or disqualify a lifter, Coach or Official from an Event, given the medical or behavioural condition of that lifter Coach or Official and in that regard the Jury's decision shall be final

# 8. WORLD RECORDS

## 8.1 WORLD RECORDS OF POWERLIFTING

World Powerlifting shall maintain a register of the highest ever performances achieved, within the terms of the World Powerlifting Rules of Competition, in the Squat, Bench Press, Deadlift and Total within each Category as per Rule 3.2 and that register shall be deemed to constitute the World Records of Powerlifting.

## 8.2 INTERNATIONAL COMPETITIONS

World Records can only be considered from successful Attempts achieved at International Competitions (Introduction) or at a national event approved by the World Powerlifting Board as an event substantially meeting the requirements of Rules 8.1 to 8.4 and 8.6.

## 8.3 REFEREES AND JURY

World Records can only be considered from successful Attempts achieved where –

- (i) the adjudicating Referees were all of World 2 or World 1 Referee standing and were from at least two Member Nations (Rule 6.2)
- (ii) the presiding Jury Members were all of World 1 Referee standing and were from at least two Member Nations (Rule 6.6).

## 8.4 WEIGHT OF BARBELL

World Records in the case of the Squat, the Bench Press or the Deadlift can only be considered from successful Attempts in which the weight of the Barbell on that Attempt was in a multiple of 1kg and exceeded the previous World Record for the lifter's Category (Rule 3.2), or in the case of Total World Records where the sum of the lifter's best Squat lift plus best Bench Press

lift plus best Deadlift from their three Attempts in each of those lifts in an Event exceeded the previous World Record for the lifter's Category.

## 8.5 ORDER OF LIFTING

The order of lifting (Rules 7.7 and 7.8) shall not be varied due to lifters taking weights to attempt World Records other than -

- (i) where two or more lifters each nominate the same Attempt weights in the same Round so as to each attempt World Records in that Round of the Squat or Bench Press or Deadlift, and the first lifter is successful on their Attempt, any subsequent lifter who has elected not to increase their Attempt by 1kg as per Rule 7.7(ii)c) shall proceed with their Attempt. However, even if that subsequent lifter or lifters is or are successful on their Attempt then, subject to all other requirements being met, the Record shall go to the lifter who first succeeded on the weight
- (ii) where two or more lifters each nominate Attempt weights in the Deadlift in a Powerlifting Event so as to achieve a Total World Record of the same weight there shall be no variation of the Rules for nomination of Attempts (Rules 7.7, 7.7 and 7.9) and the World Record for the Total shall go, subject to all other requirements for a World Record being met, to the lifter who first achieved the World Record Total.

## 8.6 ANTI-DOPING

Performances can only be entered on the register of World Records where the relevant terms of the World Powerlifting Anti-Doping Policy were met.









# Appendix 2

## WILKS AGE FORMULA

40	1.000
41	1.009
42	1.018
43	1.027
44	1.037
45	1.047
46	1.057
47	1.067
48	1.078
49	1.089
50	1.100

61	1.234
62	1.249
63	1.264
64	1.279
65	1.295
66	1.311
67	1.327
68	1.344
69	1.361
70	1.388

81	1.588
82	1.609
83	1.630
84	1.651
85	1.673
86	1.695
87	1.717
88	1.740
89	1.763
90	1.786

51	1.112
52	1.124
53	1.136
54	1.148
55	1.161
56	1.174
57	1.177
58	1.191
59	1.205
60	1.219

71	1.406
72	1.414
73	1.432
74	1.450
75	1.469
76	1.488
77	1.507
78	1.527
79	1.547
80	1.567

91	1.810
92	1.834
93	1.853
94	1.877
95	1.902
96	1.927
97	1.953
98	1.979
99	2.005
100	2.031