

WORLD EQUIPPED  
POWERLIFTING FEDERATION

# Technical Rules Book WEPF

Edited October 14, 2024

**WEPF**

Current Rules Book is an official publication of the rules of WEPF powerlifting competitions approved by the Presidium of the WEPF Russia and its President.

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# Contents

I.	General rules of powerlifting .....	4
II.	Equipment and specification.....	13
III.	Personal equipment .....	18
IV.	Power lifts and rules of performance .....	28
V.	Weighing in.....	34
VI.	Order of competition.....	36
VII.	Referee, jury and technical committee.....	44

# I. General rules of powerlifting

## 1.1. GENERAL

- 1.1.1. World Equipped Powerlifting Federation, hereinafter will be called as «WEPF».
- 1.1.2. WEPF Technical Rules book is the main document, which identifies basic principles of organizing and running WEPF championships. The athletes, who are performing at the competitions according to WEPF, coaches, all the officials of the competitions must know and abide by these rules.
- 1.1.3. The WEPF recognizes the following lifts in all competitions run under WEPF rules:
- Powerlifting Single Ply (Full power: Squat, Bench press and Deadlift);
  - Powerlifting Multi Ply (Full power: Squat, Bench press and Deadlift);
  - Push Pull Equipped (Bench press and Deadlift);
  - Squat Single Ply;
  - Squat Multi Ply;
  - Bench Press Single Ply;
  - Bench Press Multi Ply;
  - Bench press Unlimited;
  - Bench Press Soft equipment (1 loop);
  - Bench Press Soft equipment (2-3 loops);
  - Deadlift Equipped.
- No lifter may compete in WEPF competition without equipment (single or multi ply, soft).
- 1.1.4. You can find the technical rules of the "Bench Press Soft equipment" on the official website of the federation: <http://WEPF.pro/en/pravila/>.
- 1.1.5. Three lifts in powerlifting must be taken in the same sequence in all competitions conducted by WEPF rules: Squat, Bench Press and Deadlift. Two lifts in Push-pull must be taken in the same sequence in all competitions: Bench Press and Deadlift.
- 1.1.6. The main document of the competitions, along with the rules, is the statement of competition, hereinafter the "Statement". Other changes, which are not reflected in the rules, may be changed and must be stated in the statement.
- 1.1.7. Permissible deviations from the rules, which may be stated in the statement:
- uniting age categories in accordance with the statements of the current rules. The following age categories could be united for awards and the overall scores: "Masters M1, M2, M3, M4 and M5, into category "Masters"; «Teenagers 14-16» and «Teenagers 17-19» into «Teenagers»; uniting all age categories into the one «Open»;

- uniting all weight classes, within the rules registered in the current Rules;
- uniting «Amateurs Drug Tested» and «Amateurs» divisions into the one division – «Amateurs»;
- defining the other order of counting Team Championship Scores.

1.1.8. Competitive results and records are determined in kilograms.

## 1.2. DIVISIONS

1.2.1. Competitions are held among athletes in the divisions:

- «Amateurs Drug Tested», hereinafter «Amateurs-D»;
- «Amateurs non Drug Tested», hereinafter – «Amateurs»;
- «Professionals»,

taking into account classification of the athletes into different divisions by weight categories, age categories and sex.

1.2.2. Every participant in the «Amateurs» and «Professionals» divisions is given three attempts to complete each competitive movement.

## 1.3. AGE CATEGORIES

1.3.1. Competitive lifting shall be restricted to competitors who are already aged 14 years and older. The athlete must be at the minimum age on the day of the competition. The athlete who hasn't attained the minimum age on the day of the competition can take part in the competition only with the written permission of his parents or the child's legal representative, made in the prescribed form.

1.3.2. There is a special rule about the age categories:

- the day a Teenager turns 20 years he or she is no longer a Teenager.
- the day a Junior turns 24 years he or she is no longer a Junior.

1.3.3. The following age categories for men and women, which recognized in WEPF, in the divisions "Amateurs with DC" and "Amateurs", are divided into the age groups:

MEN / WOMEN
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- Teenage: from 14 to and including 16;
- Sub-Junior: from 17 to and including 19;
- Junior: from 20 to and including 23;
- Open: from 24 to and including 39;
- Masters M1: from 40 to and including 49;
- Masters M2: from 50 to and including 59;
- Masters M3: from 60 to and including 69;
- Masters M4: from 70 to and including 79;
- Masters M5: from 80 years and older.

1.3.4. Athletes of «Professionals» are competing in the Open age category without age classification but with sex classification.

1.3.5. It is allowed to count the successful attempts from the following age categories Teenagers 14-16, Sub-Juniors 17-19, Juniors, Masters M1, Masters M2, Masters M3, Masters M4, Masters M5 into Open age class.

#### 1.4. BODYWEIGHT CATEGORY

MEN	WOMEN
<ul style="list-style-type: none"> <li>• 52,0 kg: Class up to 52,00 kg;</li> <li>• 56,0 kg: Class from 52,01 to 56,00 kg;</li> <li>• 60,0 kg: Class from 56,01 to 60,00 kg;</li> <li>• 67,5 kg: Class from 60,01 to 67,50 kg;</li> <li>• 75,0 kg: Class from 67,51 to 75,00 kg;</li> <li>• 82,5 kg: Class from 75,01 to 82,50 kg;</li> <li>• 90,0 kg: Class from 82,51 to 90,00 kg;</li> <li>• 100,0 kg: Class from 90,01 to 100,00 kg;</li> <li>• 110,0 kg: Class from 100,01 to 110,00 kg;</li> <li>• 125,0 kg: Class from 110,01 to 125,00 kg;</li> <li>• 140,0 kg: Class from 125,01 to 140,00 kg;</li> <li>• 140,0+ kg: Class from 140,01 kg to unlimited.</li> </ul>	<ul style="list-style-type: none"> <li>• 44,0 kg: Class up to 44,00 kg;</li> <li>• 48,0 kg: Class from 44,01 to 48,00 kg;</li> <li>• 52,0 kg: Class from 48,01 to 52,00 kg;</li> <li>• 56,0 kg: Class from 52,01 to 56,00 kg;</li> <li>• 60,0 kg: Class from 56,01 to 60,00 kg;</li> <li>• 67,5 kg: Class from 60,01 to 67,50 kg;</li> <li>• 75,0 kg: Class from 67,51 to 75,00 kg;</li> <li>• 82,5 kg: Class from 75,01 to 82,50 kg;</li> <li>• 90,0 kg: Class from 82,51 to 90,00 kg;</li> <li>• 90,0+ kg: Class from 90,01 kg to unlimited.</li> </ul>

#### 1.5. DEFINING WINNERS, REWARDING COMPETITORS

1.5.1. The athlete, who has finished the competition with the largest total is titled as the winner in Powerlifting, following the results of three competitive lifts. The lifted total includes the best results of all attempts performed by the athlete on the platform and taken into the account by the referees. Other athletes are determined in descending order based on the lifted total. The athletes, who lifted a zero result in all three attempts of the one lift, are excluded from further Powerlifting competition.

1.5.2. The athlete, who has made the largest total, is the winner in Push-pull, following the results of two competitive lifts. The lifted total includes the best results of all attempts performed by the athlete on the platform and taken into the account by the referees. Other athletes are determined in descending order based on the lifted total. The athletes, who lifted a zero result in all two attempts of the one lift, are excluded from further Push-pull competition.

1.5.3. The athlete, who has collected the largest result is the winner in single lift (Bench Press or Deadlift), following the results of this lift. The result includes the best result from all three attempts by the athlete on the platform and taken into the account by the referees. Other athletes are determined in descending order based on the lifted result.

1.5.4. If the results of two or more athletes are the same, the preference is given to the athlete with the lighter bodyweight. If two athletes in the weight-in were registered with the same body weight and by the end of the competition set the same amount, the procedure of re-weighting will

take place. The higher place will take the athlete whose body weight will be lighter. If the bodyweight of the athletes will be the same, then both athletes are given the same place and the next place is not occupied.

- 1.5.5. There are places in every age category, and there are places inside them in every weight category.
- 1.5.6. Best Lifters are defined by the Wilks coefficient in age group “Teenagers”, “Junior”, “Open” and “Masters”. While calculating points in “Masters” age category the McCullough formula is additionally applied. The final result (total) of the participant is multiplied by the coefficient, and this result (point) became a criterion for comparing athletes and ranging them among absolute winners. Athlete who got the maximum amount of points became a winner. Other places ranging in decreasing order of number of winner’s points. Table of coefficients are in official web-site of federation, both for men and women.
- 1.5.7. Rewarding athletes.

The awarding of WEPF Championships participants and winners in the personal, absolute and team scores is led in accordance with the Statement of the competition.

The allowed uniform of the athletes for the Awards ceremony at WEPF tournaments, Championships, etc.

is the following: full tracksuit, t-shirt, sports shoes.

Every piece of athlete appearance must be clean and tidy.

It is not allowed to use the emblems and logos on uniform of the athletes with offensive content.

## **1.6. TEAM CHAMPIONSHIP**

- 1.6.1. The team championship can be held at the tournament, according to Statement. The amount and team composition is determined by the Statement.
- 1.6.2. The system of point scoring for team championship is also regulated by the Statement.
- 1.6.3. The main rule for point scoring is the following: team points are get for first ten places and are allocated in the following order:  
12 points – for the 1 place, 9 points – for the 2 place, 8 points – for the 3 place, 7 points – for the 4 place, 6 points – for the 5 place, 5 points – for the 6 place, 4 points – for the 7 place, 3 points – for the 8 place, 2 points –for the 9 place and 1 points – for the 10 place.  
All the participants of the competition ranked below the 10th place earn 1 point for command superiority. The team which gets the maximum number of points becomes a winner in the command superiority. If the number of team points are equal for two teams, the command which has more taken 1st places becomes a winner. In case of having the same

amount of 1st places in the command and the same scores amount the winner is determined by the number of 2d, 3d, 4th and so on places.

- 1.6.4. There could be Increasing coefficients for team scores which could be attained according to the athletes level in Sports standard (NB: in Russia there is a system of Sports standard which is based on the bodyweight, lifted total, type of powerlifting usage of equipment and other parameters).
- 1.6.5. Team entry form should be sent by the Captain of the Team accordingly to deadline announced in the Statement. Changes and additions after the deadline could be made only with the approval of the Organizing committee of the tournament.
- 1.6.6. There can be run several team championships during the competition. For example, the championship between teams of different countries, between teams of different regions or between teams of different clubs.
- 1.6.7. Other questions about team championship are regulated by the Competition Rules.

## **1.7. TOURNAMENT RANKING**

1.7.1. WEPF identifies the following classification of tournaments:

- Gym or sports club;
- City or district;
- Subject of the country/ Master's Sports Category;
- Regional;
- International, National or All-Russian.

1.7.2. Requirements for the technical equipment of tournaments are listed in the current Rule Book. Obeying these requirements is an absolute must for all the competitions which are sanctioned or held under WEPF. Requirements for the referees and the process of fixing records are described in the relevant paragraphs.

1.7.3. International, National or All-Russian tournament. These are championships and cups of the world/ continent/ country or All-Russian tournaments. Assignment of sports categories up to and including the WEPF PRO. Registration of national, continental and world records.

1.7.4. Territorial or All-Russian master tournament. These are championships and cups of the territorial districts of the country or All-Russian master tournaments. Assignment of categories up to and including WEPF International Class Master of Sports. Registration of national records.

1.7.5. The tournament of the subject of the country and/ or the master tournament. These are championships and cups of regions/ subjects of countries and/ or master tournaments. Assignment of sports categories up to and including WEPF Master of Sports. Registration of regional (subject of the country) and national records.

1.7.6. City or district tournament. These are championships and cups of the city or district. Assignment of sports categories up to and including WEPF

Candidate for Master of Sports. Registration of regional (subject of the country), district or city records. These tournaments are held without testing for the use of banned substances.

1.7.7. Club tournament. These are championships and cups of sports clubs. Assignment up to and including WEPF first sports category. Registration of district or city records. These tournaments are held without testing for the use of banned substances.

1.7.8. There could be done another classification of Tournaments for WEPF national departments according to the features of the country. Usage of the other classification must be approved by the WEPF President.

## **1.8. DRUG TESTING**

1.8.1. During WEPF competitions there is testing for the use of banned substances which is conducted in accordance with the «WEPF Anti-doping rules».

1.8.2. Banned substances list and rules: <http://wrpf.pro/en/doping-kontrol/dokumenty/>.

## **1.9. WEPF RECORDS**

1.9.1. WEPF registers the following records:

- World;
- Continental;
- National.

World and continental records are registered exclusively by the official WEPF record speaker. Continental records can only be set by the citizens of the continent.

National records can only be set by citizens of the country. For example, Russian records can only be set by citizens of the Russian Federation, USA records can only be set by USA citizens, and so on.

In case of the establishment of continental or world records on tournaments holding by national departments of WEPF, the Officials of national departments are responsible for providing in 7-days deadline a protocol of tournament in established form and information about records to the governance of WEPF.

Regional records can also be registered in the regional offices of the WEPF (subject of the country, city). Regional records can only be set by athletes who have registered their residence in the region. Management and accounting falls entirely on the regional representative and is not a mandatory requirement of the WEPF.

1.9.2. The level of records depends on classification of the tournament. The approved status of records depends on the rank of the referees at these competitions.

- 1.9.3. All records which could be set at WEPF Championships are possible to be made in the following movements:
- Powerlifting SP Total;
  - Powerlifting MP Total;
  - Powerlifting SP Squat;
  - Powerlifting MP Squat;
  - Powerlifting SP Bench Press;
  - Powerlifting MP Bench Press;
  - Powerlifting Deadlift Equipment;
  - Push Pull Equipment Total;
  - Push Pull Equipment Bench Press;
  - Push Pull Equipment Deadlift;
  - Bench Press SP;
  - Bench Press MP;
  - Bench Press Soft equipment;
  - Deadlift Equipment.
- 1.9.4. All records are registered in each age category, weight category and have difference by sex. In «Professionals» records are registered only in Open age class with separation by weight and sex.
- 1.9.5. Registration of records only takes place in the tournament sanctioned by WEPF and in full compliance with the rules of this federation and with the full accordance of the equipment, referees qualification to the rules.
- 1.9.6. Record attempts can be made at any attempt. In case when during one competition, and in one category there were implemented several successful record-setting attempts, the attempt with the last, the heaviest weight would be recognized as new record.
- 1.9.7. If two lifters both set the same new record in the same competition, registering exactly the same weight lifted, the lifter that first set the record will be recognized as the official record holder.
- 1.9.8. New WEPF Records are only valid if they exceed the previous record by at least 0.5 kg.
- 1.9.9. Records in age categories have to be counted even if there is only one participant at this age class.
- 1.9.10. In case of absence of the record chart results, records are defined by the results set by Presidium of WEPF as a «record standard» and are accepted as records of all levels. Only athlete who exceeds «record standard» becomes a record-holder.

"Standard of Record" in the age class is equated to Sports category (please see the "Classification Standards WEPF" document on the official website – <https://wrpf.pro/normativ/>):

- Teens 14-16 – there is no "Standard of Record";
- Teens 17-19 – "I sport category"
- Junior 20-23 – "Candidate Master of Sports";
- Open – "Master of Sports";

- Masters 40-49 – "Master of Sports";
  - Masters 50-59 – "Candidate Master of Sports";
  - Masters 60-69; 70-79 – there is no "Standard of Record".
- 1.9.11. Additional record attempt may be given for athlete only in case of successful (approved by the referees on the platform) third attempt.
- 1.9.12. Only those athletes who applied and participated at the tournament may try to set a record in an additional attempt (i.e. an athlete with a zero result in the first three attempts but remaining in the tournament, as a guest cannot set a record in the fourth attempt). If the athlete wants to set the record in single movement, he or she must be applied in advance to the division before the start of the competition. It could also take place with the approval of the organizing committee 30 minutes before the beginning of the competition.
- 1.9.13. Athletes can set the record only in the division (or divisions) in which they were applied before the end of the last weigh-in.
- 1.9.14. The records could be counted by age categories depending on whether the athlete applied for the tournament – "Junior" could set a record as "Junior" and in the Open age class, «Teenagers» could set a record as «Teenagers» and in the «Open» age class, athletes from «Open» age class could set a record only in «Open» age class, «Masters» could set a record among «Masters» as well as in «Open» age class.
- 1.9.15. In case if the class of the tournament determines that all athletes can compete only in the Open category, despite their actual age (Teenagers, Juniors or Masters), the athletes can set a record in their actual age class.
- 1.9.16. A new record was set an athlete is obligated to be completely checked in terms of clothing and equipment by Chief Referee right away on the platform. The procedure should be done immediately after the record attempt and before the athlete will leave the platform.

## **1.10. WEPF SPORTS CATEGORIES AND RANKS**

- 1.10.1. The WEPF has developed and approved a unified system of sports categories and ranks, which can be found on the official website: <https://wrpf.pro/normativy/>. WEPF branches must use a unified system of WEPF sports categories and ranks. Sports categories and ranks are assigned by the branch in which the standard is fulfilled.

## **1.11. MEMBERSHIPS IN NATIONAL WEPF**

- 1.11.1. All athletes, referees, and other officials of the competition have to be active members of their national WRP Federation on the day of the tournament.
- 1.11.2. Heads of national offices could set annual Federation membership fee (the "Fee"). The fee amount could be specified in the Competition Rules. The payment should be made by athletes at the registration (during the weighing procedure). Payment by the referees is made after the initial

assignment of judicial category, or during the at the registration of the participants, before the referee will start doing his obligations at the competition.

- 1.11.3. Fee is made once a year and valid through 12 months from the date of the payment. After this period the fee has to be paid again.
- 1.11.4. During the international competitions all the athletes and referees should be members of the national WEPF departments. If WEPF department in the current country does not exist, they should pay a membership of the national federation of the country which holds the tournament by paying the annual membership fee. The same rule applies to foreign participants, referees at any tournament of national WRP Federation.
- 1.11.5. All members of the WEPF must be entered into a one database. This database is available in every tournament at weighing secretary. Secretary have to conduct verification of participants in this database in registering participants. If athlete from other country participates in competitions and if it is necessary, organizers can request the member's database of the national department WEPF from this country.
- 1.11.6. In order to obtain the status of a national affiliated branch of WEPF, a potential representative must submit an application in the form on the website: <https://wrpf.pro/en/zayavka-na-otkrytie-novogo-regionalnogo-otdeleniya/>.
- 1.11.7. The President of WEPF one and the only makes the decision to open a National Office.

## **1.12. INTERNATIONAL AFFILIATION**

- 1.12.1. Rules and requirements of the International affiliation WRP/WEP/WAF/WSF – are regulated by the document "International affiliation of national WRP/WEP/WAF/WSF". The document is available on the official website of the federation: <https://wrpf.pro/en/dokumenty/>.

## II. Equipment and specification

Every tournament in each level has different requirements of presence and quantity of equipment. These requirements are listed in Appendix in the official website of federation «Technical requirements for holding WEPF/WEPF competition». The fulfillment of these requirements is a must. However, all of the equipment described in them, must comply with the following items:

### 2.1. SCALES

2.1.1. Scales for weighing the athletes have to be digital electronic, showing weight with two decimal signs after a comma and a measuring range of at least 180 kg. A scales certificate to accompany the scales must be current to within one year of the date of the competition.

### 2.2. PLATFORM

2.2.1. All lifts shall be carried out on a platform measuring between 2,5 m x 2,5 m minimum and 4,0 m x 4,0 m maximum. It must not exceed 15 cm in height from the surrounding stage or floor. The surface of the platform must be flat and non-slip.

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

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

2.2.4. Loose mats or similar sheeting materials (thickness of more than 1 cm) are not permitted.

### 2.3. BARS AND COLLARS

2.3.1. At the WEPF competitions only those collars and bars are allowed which provide safety while making movements.

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

- standard bar for powerlifting (stiff);
- a special bar for squat;
- special deadlift bar (flexible/soft).

2.3.3. All bars used in competition must be created on the factory, shall be straight, clean of rust, has a well knurled and grooved. To fix weight on the bar it is necessary to use fixing collars. They have to provide a secure fix of the plates on the bar. Bar and collars must fit the following general requirements: total overall length should be from 2,2 and should not exceed 2,45 m;

- distance between the collar faces is less than 1,31 m and no more than 1,48 m;
- diameter of the bar is not to exceed 32 mm or be less than 27 mm;
- weight of the bar and collars are to be 25 or 30 kg (for special squat bar);
- collars must weigh 2.5 kg each;
- all bars used in competition must weigh within 0,25 percent of their face value;
- diameter of the sleeve not to exceed 52 mm or be less than 50 mm.
- there shall be a diameter machined marking or the bar taped so as to measure 81 cm between marking or tape.

2.3.4. It is prohibited to change the bar during the one performing group except the case when the bar is damaged what makes the usage of this bar dangerous to the health of athletes. The decision to change the bar could be taken by Technical committee, jury or referee. Changing the bar is provided accordingly to which exercise the bar was used.

2.3.5. Bar usage during the tournament is regulated in Annex in the official website of federation « Technical requirements for holding WEPF/WEPF competition».

## **2.4. DISCS**

Discs used in competitions WEPF must meet the following requirements:

- 2.4.1. All discs used in competition must be created on factory production, there shouldn't be no chips, cracks and other defects which can affect on their safe usage;
- 2.4.2. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.
- 2.4.3. The hole size in the middle of the disc must not exceed 53 mm or be less than 51 mm.
- 2.4.4. Discs must be within the following range: 0,25 kg, 0,5 kg, 1 kg, 1,25 kg, 2,5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25 kg. Disks 50 kg are permitted for use.
- 2.4.5. Discs weighing 25 kg and under must not exceed 6 cm in thickness. Discs weighing 20 kg and under must not exceed 5 cm in thickness. Discs weighing 50 kg must not exceed 12 cm in thickness. These are the rules for metal discs, not rubber-coated.
- 2.4.6. Discs must be colored as the following: 0,25 kg; 0,5 kg; 1,25 kg; 2,5 kg; – any monochromatic color; 5 kg – white; 10 kg - green, 15 kg - yellow, 20 kg - blue, 25 kg - red, 50 kg - green. Acceptable to use disks of other color only in agreement with the head of the national branch of the federation.
- 2.4.7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.

- 2.4.8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
- 2.4.9. The diameter of the largest discs shall not be more than 45 cm. The diameter of the discs of 50 kg, 25 kg and 20 kg must be strictly 45cm.
- 2.4.10. Rubber discs are acceptable provided there is a minimum of 5 cm from the outside of the collars to the end of the bar, for spotter grip outside of the discs.

## **2.5. SQUAT RACKS**

- 2.5.1. In WEPF tournaments can be used two types of squat racks: «monolift» with a hydraulic system of changing height of racks and discharging level-arms from which the athlete takes off the bar and standard rack for powerlifting with a lever arm system of changing height of the rack.
- 2.5.2. Squat racks must be a unitary structure, durable, easy to assistants' work and ensuring safety of making attempts by the athlete.
- 2.5.3. The racks type "monolift" must be capable of being secured at the required height by means ribbons or chains. To avoid falling on the floor of the bar, in the case if athlete dropping her with themselves.
- 2.5.4. In international and national tournaments to perform squat attempts "Monolift" must be used with mechanically, hydraulically or otherwise mechanism of changing height of the rack. In other levels tournaments it is allowed the use standard squat racks.
- 2.5.5. The squat racks shall be designed to adjust from a minimum height of 1,00 m in the lowest position to extend to a height of at least 1,70 m in 5 cm increments. The width between the outer edges of the arms which hold the bar must not exceed 1,2 meters.
- 2.5.6. "Monolift" racks have to have levers holding the bar that can move inwardly so that the distance between is adjusted up to 60 cm and at any of the intermediate positions the levers must be securely fixed with special clamps or wedges.
- 2.5.7. Standard squat racks should be able to tilt and bring together two vertical levers to securely fix levers in position is necessary to use clamps or wedges.
- 2.5.8. To fix the required height of racks should be used special pins.

## **2.6. BENCH**

- 2.6.1. The bench, which used in WEPF competitions shall be a single and has a sturdy construction, be safe to participate athletes and assistants.
- 2.6.2. The bench shall conform to the following dimensions:
  - length – not less than 1,22 m;
  - width – not less than 29 cm and not exceeding 32 cm;

- height – not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench;
- the height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position;
- minimum width between insides of bar rests shall be 1,1 m;
- the head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.

2.6.3. The bench must be equipped with special limiters with adjustable height.

2.6.4. The head of the bench must be equipped with pads for the legs of the assistant, which should not hinder the athlete to perform the powerlifting movement.

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

2.6.6. For fixing the height of vertical uprights and safety uprights pins have to be used.

## **2.7. LIGHTS**

2.7.1. A system of lights shall be provided for the referees to make known their decisions of good lift or no lift. A system of lights should have an information board with three white signals and three red signals located in a horizontal row and also one panel for each of the three referees on the platform. Also judicial board should have a two-tone alarm sound. Alarms and evaluation have to be visible to the referees on the platform, to the jury, to the secretary, athlete speaking on the platform and to the audience.

2.7.2. When a referee detects an infraction he activates his control. Each referee will control a white and a red light. These two colors represent a “Good lift” and “No lift” respectively. Additionally, in case of «No lift», when referees give signals they have to use error information card, more about this see at chapter 2.9 of the Rules.

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

2.7.4. The referees are obliged to monitor the correct completion of the athlete’s competitive movement. In case of breaking the rules the referee has the right to enable the remote optical signal before completing the lift. When most of referees turn on the remote control, there is an alarm that informs the athlete that his attempt is failed.

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

decisions by hand gestures. The thumb lifted upwards – «Good lift», thumbs down – «No lift».

## **2.8. CLOCKS**

- 2.8.1. The timer (stopwatch) is used to set a time limit, after calling the athlete on the platform, and before the start of the lift.
- 2.8.2. The timer must be placed within the overall visibility of the referees on the platform, secretary, jury, spectators and athletes in the exit area on to platform. There should be an information board on which is visible countdown allotted for athlete output.

# III. Personal equipment

Any items of clothing and personal equipment that do not meet the requirements or are not permitted by these rules are considered prohibited for use in competitions. Offensive inscriptions contrary to the spirit of a sporting event are prohibited on any item of personal equipment.

## 3.1. SUIT

- 3.1.1. The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- 3.1.2. Any seams, trims or other details which, in the opinion of the members of the Technical Committee, the jury and in case of their absence, referees, applied in suits exclusively to enhance or consolidate are cause for prohibiting the use of such suit at the competition.
- 3.1.3. The suit shall be one-piece and form fitting without any looseness when worn.
- 3.1.4. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
- 3.1.5. The lifting suit must conform to the following specifications:
  - can be created in any color, be monochrome or multicolored;
  - the suit may bear the logos or emblems of the lifter's nation, of the lifter's name, of the lifter's club or individual sponsor;
  - it is prohibited to have prints or labels with offensive or discrediting the sport slogans.
- 3.1.6. Seams and hems must not be wider than 3 cm and a thickness of 0,5 cm. The seams may be covered or reinforced narrow band of stretchable fabric material is not more than 2 cm in width and 0,5 cm in thickness. Only weightlifting or wrestling suits may have seams and hems exceeding 3 cm in width. Also in suits in the crotch area may be two layers of the same with itself suits material no larger than 12 x 24 cm.
- 3.1.7. The suit must have legs, the length of the outer side of which may reach 25 cm, but the length along the inner side of leg from middle of crotch shall not be less than 5 cm and not more than 15 cm. Measurement is made from passing through the top of the crotch seam along the inside of the leg.
- 3.1.8. Do not use suites with:
  - sleeves of any length;
  - any fasteners or other parts from metal, plastic or other materials that may cause injury or damage during the completing the powerlifting movement;

- it is forbidden to sew on material residues, if the straps of suit was stitched.

3.1.9. Others suits, that are not accepted by these Rules, are not allowed for use in competitions.

### **3.2. T-SHIRT**

3.2.1. A t-shirt must be worn under the lifting suit by all lifters in the Squat; men and women do not need to wear a t-shirt in the Deadlift. Also women can be worn under the t-shirt the bra or top, with no additional support. You can wear only one a T-shirt at the same time.

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

- t-shirt must be made only of cotton and / or polyester. T-shirts consist of any rubberized stretch material use is prohibited. Also, denim and canvas prohibited.
- the shirt must not have any reinforced seams or pockets, buttons, zippers or V-neck collar.
- the shirt must not have reinforced seam.
- the shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- t-shirt can be an officially branded t-shirt of a competition, or may bear the logo or emblem of the lifter's nation, the lifter's club or individual sponsor.
- t-shirt must be to sit free on the athlete what is guaranteed not to give him any physical support.
- t-shirt is not allowed to be worn under a bench shirt.
- the t-shirt may be the official t-shirt of the contest in which the lifter is competing or have any design that is not offensive or likely to bring the sport into disrepute.

### **3.3. UNDERWEAR**

3.3.1. A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit during completing all the tree lifts.

3.3.2. Women may also wear a commercial or sports bra.

3.3.3. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume.

3.3.4. Any supportive undergarment is not legal for use in competition. Evaluation of this parameter left to the discretion of referees, the jury and the technical committee.

### 3.4. SOCKS

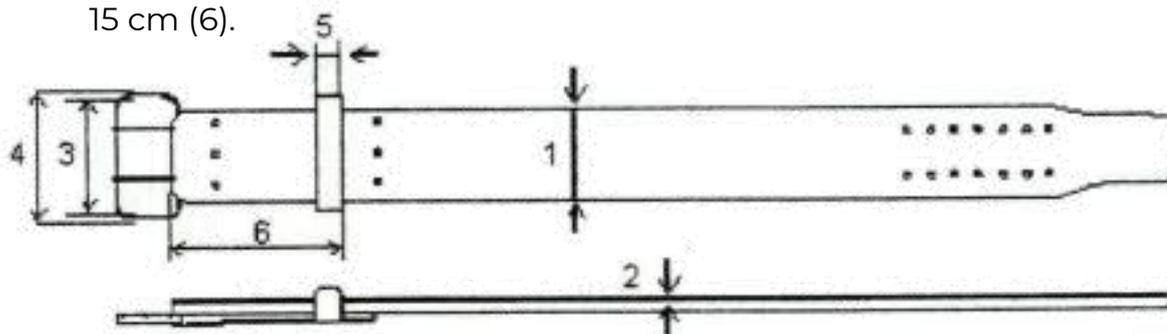
- 3.4.1. Only one pair of socks is allowed to be worn.
- 3.4.2. Socks may be of any colour or colours.
- 3.4.3. They shall not be of such length on the leg that they come into contact with the knee wraps or knee sleeves.
- 3.4.4. Full length leg stockings, tights or hose are strictly forbidden.
- 3.4.5. During deadlift is required to use gaiters. Their length should be such that gaiters end of 5 cm from the patella.
- 3.4.6. During deadlift is allowed to use special guards and overlays. They are allowed to wear under gaiters. They must be put on in such a manner that the top of guards does not protrude from the gaiters.

### 3.5. BELT

- 3.5.1. Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit.
- 3.5.2. The belt shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.
- 3.5.3. It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- 3.5.4. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 3.5.5. The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever.) A tongue loop shall be attached close to the buckle by means of studs/or stitching.
- 3.5.6. Permissible to place on the belt any inscriptions or drawings that are not abusive and did not discredit the sport.

Dimensions:

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



### **3.6. SHOES OR BOOTS**

- 3.6.1. Shoes or boots must be worn while during completing the lifts.
- 3.6.2. Shoes shall be taken to include only sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball/ gymnastics.
- 3.6.3. No part of the underside shall be higher than 5 cm.
- 3.6.4. The thickness of the inner soles if they are not part of the factory made shoes must not exceed 1 cm.
- 3.6.5. It is forbidden to use shoes with open heel (slippers, shale).
- 3.6.6. It is forbidden to use shoes with metal spikes or strips, pads.

### **3.7. WRIST WRAPS**

- 3.7.1. It is allowed to use bandages or wraps of elastic single-layer only factory-produced materials: medical crepe, polyester, cotton or combinations thereof.
- 3.7.2. Wrists wraps shall not exceed 1 m in length and 8 cm in width. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
- 3.7.3. Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
- 3.7.4. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.
- 3.7.5. Using more than one wrap on one hand at the same time is prohibited.

### **3.8. KNEE WRAPS AND KNEE SLEEVES.**

- 3.8.1. Only knee wraps of one ply which are not exceeding 2,5 m in length and 8cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15cm below the center of the knee joint and shall not exceed a total covered width of 30 cm.
- 3.8.2. Alternatively, a one ply knee sleeve or knee cap made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials of not more than 30 cm in length, and not exceeding 7 mm in thickness. Knee sleeves cannot have any crisscross seams that allow additional support. The placement of the sleeve is the same as in 3.8.1.
- 3.8.3. Knee wraps shall not be in contact with the socks or lifting suit.
- 3.8.4. Wraps shall not be used elsewhere on the body.
- 3.8.5. A combination of a knee wrap and knee sleeve is strictly forbidden.

3.8.6. Using more than one wrap on one knee at the same time is prohibited.

### **3.9. ELBOW SLEEVES**

- 3.9.1. Elbow sleeves made from commercially available neoprene or woven elastic that is covered with polyester, cotton, or combinations of either material not exceeding 20 cm in length and 7 mm in thickness may only be worn in the squat and deadlift. Lifters may only use the optional Single Ply elbow sleeve during their lift. It may not have any Velcro on it and must be both non-adjustable and non-fastening.
- 3.9.2. The placement of the sleeve shall be approximately 10 cm above, and 10 cm below the elbow joint. The t-shirt sleeve may overlap the elbow sleeve if it does not extend below the lifter's elbow.
- 3.9.3. Elbow cuffs may only be worn directly centered on the lifter's elbow when the arm is bent at a 90-degree angle. They may not be worn as tendonitis bands on the lifter's forearm.

### **3.10. MEDICAL TAPE / BANDAGES**

- 3.10.1. As part of these "Rules" the wraps of medical crepe or conventional medical bandages and special wristbands require approval for usage in competitions.
- 3.10.2. Athletes can apply to the thumbs two layers of medical tape. However, plasters and bandages cannot be used by an athlete as aids in the performance of the exercises or for the hold the bar.
- 3.10.3. Completing "Squat" and "Deadlift" it is allowed to use bandages, elbow pads or bandages.
- 3.10.4. With the permission of the jury, official doctor or paramedic on duty medical tape may be applied on the injured body part. However, it may not be used as aids to the lifter in holding the bar.
- 3.10.5. Medical tape or it's like may not be worn anywhere else on the body without official permission of the Jury, or Chief Referee. Medical tape may not be used as aids to the lifter in holding the bar.
- 3.10.6. All medical reports in support of the athlete's request for permission to use medical wraps and bandages during exercise should be submitted to the Chief Referee before the event to determine their validity under the rules.
- 3.10.7. It is forbidden to use any wraps or bandages on the elbow joints completing "Bench press".
- 3.10.8. If a lifter missing some parts of fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, he is permitted to use the strap. However, this strap may be used only on that hand and attached at the wrist only. The strap can only be used in agreement with the WEPF Head Referee.

### **3.11. LIFTING COSTUME (BENCH SHIRT, SQUAT OR DEADLIFT SUIT)**

- 3.11.1. The lifting costume (commonly known as a bench shirt, squat or deadlift suit) shall consist of one-piece costume of single-ply material. The construction of the suit must be without any patches or padding, and have a maximum overall material thickness not exceeding 1.3mm at any measured point, except at any seam. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The straps must be worn over the shoulders at all times while lifting in competition.
- 3.11.2. Only costumes officially registered and approved shall be permitted for use in powerlifting competitions. The lifting costume shall also be subject to the following requirements:
- 3.11.3. It may be of any color or colors.
- 3.11.4. The lifting costume may bear the badge, emblem, and/or inscription of the lifter's nation, national association, manufacturer's logo or sponsor. It is not allowed to have logos of offensive character.
- 3.11.5. Seams and hems must not exceed 3 cm in width and 0,5 cm in thickness.
- 3.11.6. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0,5 cm in thickness.
- 3.11.7. Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.
- 3.11.8. Any lifting costume which straps have been shortened in any fashion that may leave the excessive material intact, may not stitch or reattach the excess material back down to the suit itself. The maximum amount the excess fabric (a.k.a. "tabs") may extend is 5 cm above the new seam. Velcro is not allowed on the straps or any part of any lifting costume in the Single Ply division also.

### **3.12. BENCH SHIRT**

- 3.12.1. Single-ply bench shirts that have been approved by the Technical Chairman, and noted in the list of approved equipment and clothing within this rulebook, may be worn for the bench press only. Its' construction may only consist of a single-ply and must, as a whole, be of single material construction. The shirt cannot have an open back. The multi-ply bench shirt may be open back and consist of multiple layers.
- 3.12.2. These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt shall be worn during the squat and optionally in the deadlift.
- 3.12.3. It should not be ribbed and should not consist of any rubberized or similar stretch material or threading. It is made either exclusively of

cotton or polyester, or a mixture of cotton and polyester. Denim is allowed, however canvas material is not permitted.

- 3.12.4. The t-shirt should not be constructed so as it might tend to assist the lifter in powerlifting competition.
- 3.12.5. The t-shirt shall not have sleeves that terminate below the elbow while worn and the lifters arms are extended down. Note: Sleeves that extend below the elbow cannot be rolled up above the elbow for that would be considered multi-ply.
- 3.12.6. Velcro is allowed to fasten the t-shirt on the lifter. Velcro can only be placed on the back of the shirt and must close the back of the shirt completely. It cannot go around the lifter otherwise it would be considered as multi-ply.
- 3.12.7. Patches or stitching may not be added anywhere on the lifters shirt so that they could give the lifter an unfair advantage.
- 3.12.8. Information about all other material, construction, seams, and specifications apply found in 3.11.
- 3.12.9. The t-shirt worn by the lifter, must cover the deltoids, and the lowest point of the front neckline cannot be below the nipple line. The collar on the front of the shirt cannot be wider than 3 cm.
- 3.12.10. The bench shirt may have additional non-supportive loops designed to facilitate securing the sleeves in place. They are sewn into the reverse side of the bench shirt directly behind the triceps. The loops are constructed of polyester material or nylon webbing and are not to exceed a width of 4cm and an-over length of 9 cm. The loop must consist of single-ply material and be attached in a loose fashion so as to permit the use of a hand or mechanical hook. Constructed of a single-ply material, the loop thickness may not exceed 0.3 cm.

### **3.13. MULTI-PLY DIVISION**

#### **3.13.1. Lifting Suit**

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

#### **3.13.2. Erector shirt**

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

### **3.13.3. Support Briefs**

One pair of Support Briefs of any design may be worn and may extend below the bottom of the lifting suit leg, provided that the length of the legs do not exceed mid-thigh, and that the waist does not extend beyond approximately mid-torso.

The Support Briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole, be a singular component.

### **3.13.4. Bench Shirt**

Only one bench shirt may be worn under the lifting suit. It must be an individual article of cloth fabric, polyester, denim or canvas. Its construction may consist of multiple plies but must be a singular component. Sleeves must remain above the elbow when worn and must cover the armpits. Velcro or open back is permitted.

If the bench shirt is open-backed the athlete can wear one simple white T-shirt that meets all the requirements specified in paragraphs 3.6.1-3.6.2.

## **3.14. UNLIMITED BENCH SHIRT**

3.14.1. Only one bench shirt can be worn under under the lifting suit. It should be a full-fledged factory-made bench shirt made of polyester, rubberized fabric, coarse cotton fabric or tarpaulin. The bench shirt should cover the abdomen and ensure fixation on the athlete's body. The bench shirt can consist of an unlimited number of plies, but them must be one component. It is allowed to use a special insert to strengthen the bench shirt, but it must also be factory-made. It is forbidden to manually improve, supplement, or make changes of the bench shirt and its insert. The sleeves should not cover the elbows, the armpits should be closed. Velcro or open back are allowed.

3.14.2. If the bench shirt is open-backed the athlete can wear one simple white T-shirt that meets all the requirements specified in paragraphs 3.2.1-3.2.2.

## **3.15. INSPECTION OF PERSONAL EQUIPMENT**

3.15.1. During the competition the inspection of personal equipment for every lifter may take place at any time. It is not a mandatory procedure. Any athlete in case of doubt of any of the referees may be checked for permissible use of equipment, both before and after the competition.

3.15.2. The athlete can provide the form for review during his weigh-in, but no later than 20 minutes prior to his flight.

3.15.3. Only the referees, the jury, the members of the Technical Committee may check the equipment of the athlete.

- 3.15.4. Equipment that does not comply with these rules is not allowed to use. But there could be exceptions. For example: the length of the bandages or trouser-leg can be cut off for the conformity to the rules.
- 3.15.5. Equipment or form that has an unkempt appearance or damaged is forbidden to use during the competition. The offensive inscriptions or images on the form or equipment are prohibited.
- 3.15.6. If the referee made a mistake when checking the equipment, it does not entitle to use this equipment during the competition. If such an error is detected, all the approaches that the athlete has fulfilled with its use, are not counted.
- 3.15.7. Items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.
- 3.15.8. Before attempting a world, regional, continental record the lifter will be inspected by the Technical Controller.

### **3.16. USAGE OF OTHER SUPPORTIVE THINGS**

- 3.16.1. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden. Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
- 3.16.2. The use of any form of adhesive on the underside of footwear is strictly forbidden (this applies to any kind of ratchet inserts in the sole, steel or other teeth, the lining of the sandpaper, etc.).
- 3.16.3. The use of any form of adhesive, or any other substance on the underside of shoes or boots is strictly forbidden. A spray of water is acceptable.
- 3.16.4. No substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

### **3.17. BLOOD MANAGEMENT**

- 3.17.1. Blood or open wounds are not allowed while on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt. If there is blood on the bar, or equipment, and the lifting must be performed, so the bar and the equipment should be sterilized with a disinfectant solution. Competition organizers are responsible for the availability of such a solution during the competition.
- 3.17.2. In the presence of a bleeding or open wound the athlete is obliged to resort to medical assistance for proper inspection and take the necessary measures for the treatment of wounds and to stop bleeding in order to be admitted to lift on the platform. The time allotted for the attempt does not stop, and in case of impossibility of solving this problem in a set time the athlete loses his attempt.

### **3.18. RELIGIOUS CONSIDERATIONS**

3.18.1. WEPF welcomes all athletes and will always do everything possible to accommodate any special attire associated with religious or cultural needs. Please contact us by Email: [info@russia-powerlifting.ru](mailto:info@russia-powerlifting.ru) prior to the meet so we may assist you, ensuring your having a pleasurable meet.

# IV. Power lifts and rules of performance

## 4.1. SQUAT

- 4.1.1. The lifter shall face the front of the platform.
- 4.1.2. After removing the bar from the racks while facing the front of the platform, the lifter may move forward or backward to establish the lifting position. If the squats are performed on the "monolift", then it is not necessary to move away from the racks. The lifter may be aided in removal of the bar from the racks by the assistants / loaders.
- 4.1.3. The bar shall be held horizontally across the shoulders with the hands and fingers should wrap around the bar from the outside. The hands may be positioned anywhere. The maximum width of the grip is until the hand touches in contact with the inner collars of bar. Do not touch discs or bushings. Any kind of grip is allowed.
- 4.1.4. Starting position - this is the position of the athlete in which: the feet flat upon the platform with the knees locked and the corpus is located vertically (slight deviation is allowable). The top of the bar not more than 3cm below the top of the anterior deltoids.
- 4.1.5. Immediately, after the setting of the starting position, the Chief Referee will give the signal to begin the lift. The Chief Referee's signal shall consist of a downward movement of the arm and audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift.
- 4.1.6. Upon receiving the Chief Referee's signal "Squat", the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- 4.1.7. Only one attempt is allowed to make a movement. The attempt is deemed to have commenced when the lifters knees have unlocked. Completing the lift it is allowed to get some the movement of the bar from a starting position down along the back of the athlete (the slide), but not more than thickness (diameter) of the bar.
- 4.1.8. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
- 4.1.9. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to

the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

- 4.1.10. No more than six and no less than three spotter/loaders shall be on the platform at any time.
- 4.1.11. If a lifter inadvertently begins the lift prior to the Head Referee giving the "Squat" command, and the lifter has not continued the lift to the point they have hit the bottom of the lift and has begun the ascent of the bar, the lifter may return to the correct starting position with knees locked, or even re-rack the bar, and then begin the lift again once the Head Referee gives the "Squat" command, without penalty.

### **CAUSES FOR DISQUALIFICATION OF A SQUAT:**

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
6. Any movement of the bar from the starting position down along the back of the athlete (slipping) more than the thickness (diameter) of the bar itself.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
8. Contact of the elbows with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
9. Any dropping or dumping of the bar after completion of the lift.
10. If the athlete could not remove the bar from the racks during the allotted minute.
11. Unintentional or intentional contact of bar and racks during the execution attempt. However, unintentional contact that did not help the athlete is not a reason not to count attempt.
12. Failure to comply with any of the items outlined under Rules of Performance for the squat.

## **4.2. BENCH PRESS**

- 4.2.1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees, which will give the opportunity for Jury and the crowd to see the movement.
- 4.2.2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. This position shall be maintained throughout the lift.
- 4.2.3. The athlete's feet should be in a convenient position, in contact with the platform, plates or blocks installed under the feet. It is allowed to touch the sharp of the foot, as well as toe of foot touching the floor behind.
- 4.2.4. Hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. One-way or reverse grips are prohibited.
- 4.2.5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). In case when an athlete has an old injury or anatomically cannot grab the bar at the same distance with both hands, he must inform the referees before every attempt. If necessary, the bar may accordingly be marked before every attempt of the athlete.
- 4.2.6. To achieve firm footing the lifter may use blocks not exceeding 20 cm in total height. Blocks in the range of 5 cm, 10 cm, 15 cm should be made available for foot placement at all international competitions. Foot movement is permissible but must remain flat on the platform or blocks.
- 4.2.7. Not more than five and not less than two spotter/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off if assisted by the spotter/loaders must be at arms' length.
- 4.2.8. A personal assistant of the athlete can be on the platform as a spotter per the request of the athlete. In this case, an assistant needs to go on the platform in a neat sport suit only, which doesn't impede movements and doesn't have inscriptions and drawings with provocative or offensive sense. A spotter after providing a lift off, must immediately clear the area in front of the head referee.
- 4.2.9. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with straight arms elbows locked and hips and shoulders on the bench for the Chief Referee's signal.
- 4.2.10. The signal shall be given as soon as the lifter is motionless and the bar is properly positioned. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given. Also, the "Return" or "Help" command can be given by the senior referee on the platform to prevent injuries, in the case of an error committed by an athlete which prevents the attempt to be counted. If

the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referees responsibilities, the referees may determine that the lift is unacceptable, and it will be signaled "no lift" by the referees and given three red lights.

- 4.2.11. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".
- 4.2.12. After receiving the signal, the lifter must lower the bar to the chest or abdominal area; hold it motionless, after which the Chief referee will signal the audible command "Press".
- 4.2.13. After the "Press" command the lifter must then return the bar to straight arms' length elbows locked, non-accepting significant distortions in the movement of the hands. When the position would be motionless the audible command "Rack" shall be given together with a backward motion of the arm.
- 4.2.14. If right after receiving the start command, the lifter draws in a big breath to fill his lungs while still in the upright position prior to beginning the attempt, and the bar rises as a result of this breath, this should not be assumed as a reason for disqualification. While still in the upright position, the lifter was unlocking, and then relocking his knees, or pumping the bar up with body movement, in this case it would run against the Rules. If an athlete inadvertently begins to lower the barbell before the command of the central judges "Start" ("Start"), but does not touch the chest, he can return it to the original position on straightened elbows or even return to the racks, and then try again, after the central referee will give a command "Start" ("Start").
- 4.2.15. In case when both hands anatomically cannot be straightened entirely, the athlete should provide a relevant medical report when registering or weighting in. It is the lifter's responsibility to explain the issue to all the three referees, and allow making inspection of the intended grip prior to making an attempt.

### **CAUSES FOR DISQUALIFICATION OF A BENCH PRESS:**

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, or buttocks, from the bench, or lateral movement of hands on the bar. Movement of the head couldn't be the cause of disqualification.
3. Heaving, bouncing, or sinking the bar after it has been motionless on the chest or abdominal area, and the "PRESS" command has been given.
4. Any pronounced uneven lockout of the arms during the completion of the lift.
5. Any downward movement of the bar in the course of being pressed out.

6. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.
7. Failure to press the bar to full extension of the arms at the completion of the lift.
8. Deliberate or intentional contact between the bar and the bar-rest supports during the lift. However, unintentional contact that did not assist the lifter is not reason to turn down the lift.
9. Any contact of the lifter's feet with the bench or its supports.
10. Failure to comply with any of the items outlined under the Rules of Performance.

### **4.3. DEADLIFT**

- 4.3.1. The lifter shall face the front of the platform.
- 4.3.2. The bar shall lie horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- 4.3.3. The movement is made without any signal. The movement is made till the moment until the bar is held motionless and the lifter is in the apparent finished position.
- 4.3.4. On completion of the lift the knees shall be locked in a straight position and the shoulders should be back.
- 4.3.5. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position. The command "Down" is not a criterion that the athlete has taken the necessary vertical position in order for the good lift. The "Down" command can also be given by the Chief Referee if it is dictated by safety considerations of the exercise.
- 4.3.6. Any rising of the bar or any deliberate attempt to do so will count as an attempt. However, the jerk of the bar by a sportsman is possible, as a reception of a psychological mood. In case of doubt, the decision must be made in favor of the athlete.
- 4.3.7. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

### **CAUSES FOR DISQUALIFICATION OF A DEADLIFT:**

1. Any downward movement of the bar before it reaches the final position. and the command "Down" of the Chief Referee.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.

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

## V. Weighing in

- 5.1.** Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. The meet director may schedule regular weigh in times during the 24 hour period. The first weighing in session lasts an hour and a half minimum. Second weighing in session is held two hours before and is completed a half of an hour before the start competing appropriate weight class. These two sessions are mandatory. Additional sessions are possible by decision of Organizing committee. Information about all sessions should be brought to the attention of athletes and coaches.
- 5.2.** All athletes in the category/categories must be weighed during one of two mandatory or additional (if so provided) sessions, which are carried out in the presence of at least one certified WEPF referee.
- 5.3.** Schedule of weighing in is established in the regulations and it is a mandatory part of it.
- 5.4.** Weighing in of each participant held in separate room behind closed doors or a screen, where the participant is, his coach or manager and referee or appointed official.
- 5.5.** Athletes should be weighed naked or in underwear (briefs for men; bra and panties for women). Weighing in must be conducted by officials of the same sex as the athlete. In this case can be appointed additional officials having a corresponding category of referees.
- 5.6.** To establish the order a draw must be conducted on the weighing in. A draw determines the order of the access to the platform during the competition, when athletes order in their attempts the same weight. In the case of an automated system of the competitions conduct (program) is using, a draw determines the program.
- 5.7.** Each athlete is weighed only once. Re-weighing is allowed only to those athletes, whose own weight was less or more than the permissible limits of the weight category. These athletes must return to weigh-in and be weighed again on one of two mandatory sessions, before the end of the last weighing session for the one and a half hours for this category, otherwise they will be excluded from the competition in this weight class. Athlete, who trying to make weight, can weighing many times, but in time for this weight class.
- 5.8.** If weight of athlete exceeds the allowed for the weight class, he can go to the next, heavier weight class. This athlete must weigh-in in time for next weight class, if it establishes by the regulations. Athlete must match for all established qualification standards of this competition. Qualification check is performed in the presence of the athlete. If weight of athlete is lower than the minimum of weight class, he can go to the previous, lower weight class, provided that the procedure for weighing this weight class is

not over yet. Qualification check is performed in the presence of the athlete.

- 5.9.** Official weight of athlete, which is recorded in the protocol, will be fixed with rounding up to 100 grams.
- 5.10.** Participants of age categories “Teenagers”, “Juniors” and “Masters” may declare their participation or reconsider in “Open” category without additional weigh-in, or be weighed again if they wish.
- 5.11.** At the weigh-in the athlete's data are entered in the participant's cards or in tournament program. It is required to include the following information:
- name and surname of an athlete;
  - division;
  - birth date, age and age category;
  - country, region and city;
  - weight of athlete after weigh-in and weight class;
  - first attempts in all lifts;
  - Wilks coefficient value;
  - team;
  - name and surname of coach;
  - draw number;
  - a signed form about accepting responsibility in the event of injury or an accident that occurred due to the fault of the athlete;
  - contacts of an athlete (telephone number, post address and e-mail);
  - date of Filling in and signature of athlete.

The secretary at weigh-in should correctly enter the information, and athlete should check correctness of all entered data. After signing of the participant's card an athlete assumes responsibility for the reliability of all data in it. The participant's card is an official document of tournament.

- 5.12.** Registration and weighing of participants is made only upon presentation of a document certifying the identity of an athlete.
- 5.13.** During any session of weigh-in mandatory equipment check can be appointed. This information must be published in the statement of the tournament. In other way equipment check is not mandatory on weigh-in, but athlete may ask referee to check his equipment.
- 5.14.** In the case when participants of several weight categories or divisions are weighted on the same time, priority in the order is given to those athletes whose performance will begin no more than 2 hours from the current time. Otherwise, the sequence of weighing is determined by the athletes themselves waiting their turn.
- 5.15.** In case of severe weather or emergency situations in the competition area, time of weigh-in may be extended by decision of technical secretary or jury member.

# VI. Order of competition

## 6.1. THE ROUND SYSTEM

Before start of competition in Bench press and Squat, athletes must measure height of the racks and face savers. Information about rack height and, if necessary, about blocks, is sent by himself, his coach or representative person to the attention of secretary, assistants or judges.

- 6.1.1. All competitors are distributed by round according to the rules of the tournament. Every round consists of three attempts for each athlete in each lifts. Creating the rounds and setting the attempts queue must comply with the rules given in this chapter.
- 6.1.2. A round must be formed in such a way that all competitors do the same lift.
- 6.1.3. If there are more than 20 athletes at the competition or round, then they must be divided into several flights consisting of an approximate equal number of participants. One stream should consist of no more than 20 participants.
- 6.1.4. The round may include one or several weight classes, by the opinion of organizer. Rounds must be classified by numbers or letters.
- 6.1.5. Rounds forming by weight and age classes by increasing the declared weight in the first attempt. Athletes of the lightest weight classes with the lowest first attempts are forming first round (Round 1). Next rounds forming by ascending weight classes and weights of first attempts.
- 6.1.6. Arrangement of rounds, which included two or more lifts (powerlifting or push-pull), must implemented as follows: Round 1 performing three attempts of first lift, then Round 2 performing three attempts of first lift. At this time Round 1 warmed up to second lift. After Round 2 first lift ends, Round 1 start second lift, and Round 2 warmed up to next lift. If stream of division with several lifts is only one, must be another divisions lifts or 30 minutes between to warm up.
- 6.1.7. If number of participants in one round less than 10, an added time should be provided in the end of each round: 9 athletes – 1 minute, 8 athletes – 2 minute, 7 athletes – 3 minutes and so on: 1 minute more for 1 athlete less. Tournament secretary must make an announcement about that breaks and turn on a timer after the last athlete in the round.
- 6.1.8. In each round a bar weight is set from smallest to largest (in accordance with the existing applications of athletes). Weight can be lowered less only by mistakes. Each athlete makes first lift in the first round, second lift in the second round and third lift in the third round. All record lifts will be after the third round for each lifts.
- 6.1.9. The athlete is allowed only one weight change in the first attempt in each exercise. Weight can be increased or decreased from the original

order and then the order of lifts should be changed accordingly. The change of weight at the first attempt is possible no later than 5 minutes before the start of the first attempt, at which the athlete performs. The same rule applies to the third or fourth round of the deadlift, two changes are permitted. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight by the speaker.

- 6.1.10. If two athletes declared the same weight, athlete who have less draw number lifts first.
- 6.1.11. Time to attempt in Amateurs and Professionals is one minute. Time to attempt starts after a signal of a referee "the bar is loaded".
- 6.1.12. If attempt failed by a bar loading mistake, should be given an additional attempt with declared weight in the end of round. If wrong weight loaded and it checked by athlete before he start to lift, he can continue a lift after mistake fix or take additional attempt in the end of a round. If an athlete is the last in this round, 5 minutes adds to his next attempt.
- 6.1.13. An athlete must declare the second and the third attempts in one minute after his lift. If the next attempt is not declared, 2,5 kg automatically added to last attempt weight. If last attempt was no lift and athlete haven't declared a next attempt weight, he will lift the same weight in next attempt. Responsibility for weight declaring is fully on the athlete.
- 6.1.14. Weights of the second, the third attempts cannot be changed in powerlifting and push-pull in squat and bench press lifts. Weight can be changed in the third and the fourth attempts in deadlift.
- 6.1.15. In the compete of single lifts (bench press and deadlift) weight of the third and the fourth attempts can be changed.
- 6.1.16. Minimal weight change is 2,5 kg.

## **6.2. THE OFFICIALS**

- Speaker/Announcer - a national or International referee (preferably) who is fluent in English and in the language of the hosting nation;
- Technical Secretary - an International Referee preferably who is fluent in speaking and writing English and in the language of the hosting nation;
- Time Keeper (a qualified referee);
- Marshals/Expeditors;
- Secretaries;
- Spotter/Loaders;
- Additional officials may be appointed as required, e.g. doctors, paramedics etc

## **RESPONSIBILITIES OF THE OFFICIALS ARE:**

### **6.2.1. Speaker/Announcer:**

The speaker is responsible for qualified competition management. He must perform the following duties:

- declares the approaches by athletes in the established in these rules order. Works with protocol or member cards;
- announces the weight required for the next attempt, the name and surname of the athlete;
- announces the order of lifts of the next following three athletes, so that they are to enter the platform;
- when the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate this fact to the Speaker. When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin. To clarify, when the Speaker announces that the bar is “ready/loaded”, then the lifter is committed to the attempt. Attempts announced by the speaker must be displayed on the scoreboard in a prominent position, with the lifter's name and his bodyweight.

### **6.2.2. Technical Secretary:**

- the Technical Secretary is responsible for forming the composition of the officials – jury, judges and other officials of the competition, the schedule of their work;
- if there is no need in a full jury of three people, he can be the only one responsible for enforcing WEPF rules. If the technical secretary is absent from the competition, then the official with the highest status must fulfill his duties;
- he is responsible to interact with all the personnel of the competition, with the referees and athletes, resolve any disputable issues, referring to the technical rules;
- he is responsible check and monitor compliance with the technical requirements for hosting WEPF tournaments, the availability of all necessary documentation in the tournament;
- he is responsible for registering the new records and collecting information for the preparation of documents.

### **6.2.3. Time Keeper:**

- the time keeper is responsible for accurately recording the lapse between the announcement that the bar is ready and the lifter starting his attempt;
- he is also responsible for recording time allowances whenever required, e.g. after the attempt the lifter shall leave the platform within 30 seconds. The only exception could take place in case when the referee checks the equipment of the athlete after setting a new record. Once the timer is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is very important to check the height of the racks before being called on the platform, because after the call, the timer starts. Any changes in rack height must be made within the time allotted to the athlete to complete the attempt. After the command "The bar is loaded" the athlete is given one minute to start the attempt. During squat and bench

press the beginning of the exercise is considered as unracking the bar from the racks, and for the deadlift - explicit or deliberate attempt to lift the bar from the platform. If the athlete does not fulfill these requirements during the allotted time, the timekeeper announces "Time" and the main referee gives a loud command "Rack" ("Rack"). In this case it is "No lift" attempt. The chief referee makes the final decision after the "Time" command, by the reason that the athlete violated the time limit.

#### **6.2.4. Marshals/Expeditors:**

- they are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, about the weight required for his next attempt. They are responsible for monitoring compliance with the rules of equipment in the warm-up zone. When identifying attempts to violate the requirements for equipment, for example: use both knee wraps and sleeves, or use a couple of knee wraps, etc., immediately point this out to the participant who violates the rules or his representative. If this is not possible, he reports it to the head judge or senior judge on the platform.

#### **6.2.5. Secretaries:**

- they are responsible for the weighing and registering participants, competitions, recording all results and providing signatures of three judges on the records of the competitions, records of new records and other documents requiring signatures;
- they are responsible for prepare the award ceremony. Also they print the diplomas for winners of personal, absolute and team championships. As far as possible, the functions of the Speaker and the Secretary should be distributed among several official representatives. And, they are responsible for admission of the referees to the WEPF competitions.

#### **6.2.6. Spotter/Loaders:**

- they are responsible for the safety of the athlete, and provide him with immediate assistance in case if he cannot lift the weight during the attempt;
- spotters/loaders are responsible for loading and unloading the bar, adjusting squat racks and benches as required, cleaning the bar or platform;
- all the spotters should work together as a team, and should be neatly dressed in a clean uniform, in tournament T-shirts;
- all the spotters must inform the chief referee of any malfunctions in the equipment so that they can assess the problem and take the necessary measures to solve it;
- at no time shall there be less than two or more than six spotters/loaders on the platform;
- when the lifter prepares for his attempt, the spotters/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals. The only exception to this rule

could happen if the lift is predictable “No lift” and likely to result in injury to the lifter. In this case the spotters/loaders may, either at the request of the Chief Referee or the lifter himself, step in and help the lifter to put the bar back to the racks. If the lifter himself has failed the attempt by the error of a spotter/loader and has no fault of his own, he shall be guaranteed with another attempt at the discretion of the Referees and Jury at the end of the round;

- any additional spotter that an athlete may need must be selected before the competition and be instructed by the spotter 30 minutes before the start of the competition. Additional spotter should be available to all athletes in all types of lifts.

### **6.3. GENERAL RULES**

- 6.3.1. During any competition taking place, only the lifter and his coach, members of the Jury, officiating referees and spotter/loaders will be allowed to be around the platform or on the stage. Performing the lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Chief Referee in charge. The selection of a zone for coaches should be made in such a way that each coach can choose within this zone a convenient place to observe the performance of the lifting and provide instructions and signals to the athlete regarding technical details (for example: squat depth). At the same time, it must not interfere with the work of referees, juries, secretaries and spotters. Photo/video reporters also can be admitted on the platform by agreement.
- 6.3.2. The form of coaches' clothes at international competitions consists of a national team's sports suit, a national team's T-shirt or T-shirt, approved by WEPF. In case of violation of the established form of clothing, the Chief Referee or the jury may prohibit the coach from being at the venue of the competition.
- 6.3.3. A lifter shall not wrap or adjust any part of his costume or equipment while on the platform. The only exception to this rule is that he may adjust his belt. Items such as inhalants, ammonia caps, etc. cannot be utilized on the platform.
- 6.3.4. In all WEPF recognized competitions, the weight of the barbell must always be a multiple of 2.5kg. The progression must be at least 2.5kg between all attempts. The weight shall always be announced in kilograms.
- 6.3.5. In a record attempt, the weight of the barbell must be at least 500 grams in excess of the current record.
- 6.3.6. During the course of the competition, a lifter may request a record attempt that is not a multiple of 2.5kg, but is to be attempted within his prescribed attempts.

- 6.3.7. Record attempts may be taken on any or all of a lifter's prescribed attempts provided that they maintain a minimum increase of 500 grams.
- 6.3.8. The athlete can make permitted additions to the weight of the bar less than 2,5 kg for attempts to set a record, only speaking at competitions corresponding to the planned record for the division and the weight class. However, if the athlete performs in an open age category, but by age is a teenager, junior or veteran, he can set a record in only his age category.
- 6.3.9. In the case where one athlete has ordered a weight that is not a multiple of 2,5 kg for the next round, in order to establish a new record, and another one performing in the same age and weight category after that shows a higher result, then the weight declared by the first athlete must be Changed to the nearest weight, a multiple of 2,5 kg.
- 6.3.10. The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.

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

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

omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.

- 6.3.11. Three unsuccessful attempts in any exercise automatically exclude the athlete from the competition in the total of powerlifting or push pull.
- 6.3.12. The spotters should not help the athlete in taking the starting position in any of the lifts, their assistance is allowed only with the initial removal of the bar from the racks.
- 6.3.13. On the completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. The only exception to this rule is if a lifter's equipment is being inspected after a record attempt. The lifter is required not to leave the platform for this inspection to certify the records attempt.
- 6.3.14. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well-being, the official doctor, Meet Director, or Chief Referee has the right to examination. If considered inadvisable for the lifter to continue, the lifter and / or their coach will be notified of the decision and the lifter will be removed from the meet.
- 6.3.15. If a lifter missing a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, is permitted the use of a strap. However, this strap may be used only on that hand and attached at the wrist only.
- 6.3.16. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed Contest Officials. This should be in advance of the start of the lifter's Flight. The lifter, Contest Officials, and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb, or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations.
- 6.3.17. It is considered a verbal warning if any official contacts and corrects a lifter prior to, or after a lift, about a technical portion of their lift, a rules violation, or about any equipment violations they may have. If the lifter repeats the violation it is mandatory that their lift will be turned down by all three officials. If an official gives any lifter a verbal warning to a lifter, they must immediately inform all other officials on the platform that an official warning was given, and the reason for it, so the three officials can work together as a team at all times. A repeated violation by a lifter will result in a mandatory red light by all officials
- 6.3.18. Blood or particles of skin on the bar or platform should be cleaned off with the solution of antiseptic or alcohol to avoid infection.

- 6.3.19. Any lifter or coach, who by reason of his misconduct before, during, or after the competition is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Meet Director or Head Referee may disqualify the lifter and order the coach to leave the venue. This includes any lifter, coach, or the lifters support personal, from arguing, using foul language, or becoming abusive with any Referee or official about the outcome of any lifts, or the legality of equipment determinations.
- 6.3.20. The jury or referees may by their majority decision immediately disqualify an athlete or official if they believe that the violation of the rules is serious enough to entail an immediate disqualification rather than a warning.
- 6.3.21. In the case of a decision "2 to 1" referees, the athlete or his representative has the right to appeal to the jury within one minute (if there is a video recording of his attempt of appropriate quality, on which you can determine the error of the referees). Together with the video material, the sportsman or his representative will give the jury a deposit amount of 1,000 Russian rubles (about 25 \$). If the jury recognizes the mistake decision of the judges, the security deposit immediately returns to the athlete or his representative, and the athlete is given additional attempt at the end of the current round (if by the end this round, there are three performances of other athletes or less, as well as the appellant was the last to lift in the attempt, then before his an attempt he is given a 3 minutes break). Decision of the referees in a controversial attempt is not subject to change.

In the case that the jury recognizes the referees' assessment is correct, or the video cannot unambiguously and unmistakably determine the correctness of the athlete's approach, an additional attempt is not given to the athlete, the deposit is not returned to the athlete and transferred to the cashier for further expenditure at the discretion of the Chief Referee of the competition.

- 6.3.22. Within a 30 day period of all WEPF sanctioned meets should clear and credible video of any record lift become available to the WEPF that demonstrates a lift was misloaded it will be reviewed by the Executive Committee. If the bar was determined to be under loaded the correct weight will be credited. If this amount is still a new record, the record will be awarded at the new lower amount. If the bar was determined to be overloaded the correct weight will be credited and the new record will stand at the correct amount of weight as determined by the Committee.

# VII. Referee, jury and technical committee

## 7.1. REFEREES

- 7.1.1. There should be 3 referees -- the Chief Referee or Center Referee and two side referees.
- 7.1.2. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift. Side referees should not sit strictly from on each side from the athlete, during the deadlift, because the discs on the bar will close the view on the athlete's knees.
- 7.1.3. The referees are responsible for the qualitative and timely evaluation of attempts.
- 7.1.4. The referees supervise observance of rules of competitions and performance of lift.
- 7.1.5. The Chief Referee is responsible for giving the necessary signals for all three lifts. The side referees can give a signal to the Chief Referee if they see from their point a violation in taking the starting position by the athlete in squats or bench press.
- 7.1.6. Before the contest, the three referees shall jointly ascertain that:
  - the platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second bar and collars should be readied and put aside in case of damage to the original bar or collars;
  - the scales work correctly and are accurate;
  - the lifters weigh in within the limits of weight and time for their body weight category;
  - the lifters costumes and personal equipment comply with the rules in all respects.
- 7.1.7. During the contest the three referees must jointly ascertain that:
  - the weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with bar loading charts for this purpose or a computer generated bar loading software may also be used and projected on a screen that is in a clear and visible location, from the platform, for the three referees;
  - the lifter's personal equipment should comply with the rules while on the platform. If any referee has the reason to doubt a lifter's integrity in this respect he must inform of his suspicions the Chief.

Referee after completion of the lift . The president of the Jury may then examine the lifter's personal equipment. If the lifter is found to be

wearing or using any illegal item other than that which may have inadvertently been passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round. In cases of minor disruption in the equipment, the athlete's attempt may be counted. In this case, he is issued a warning so that this violation has been eliminated to the next approach. If such a violation is found before the approach begins, the judge should ask to correct this violation. However, the time allotted to the athlete does not stop at the approach.

- 7.1.8. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a "Good lift" and red for "No lift".
- 7.1.9. The lifter or his coach may request the reason for a "No lift" decision from any of the Referees immediately following their lifters attempt. Such request must be made before the next lifters attempt begins, so as not to interfere with the progression of the competition.
- 7.1.10. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
- 7.1.11. A referee shall not attempt to influence the decisions of the other referees.
- 7.1.12. The referees decide on the legitimacy of record attempts, conduct re-checks of equipment of athletes who have made a record attempts, directly on the platform (not allowing the athlete to leave the competition zone, until the end of the check).
- 7.1.13. The Chief Referee may consult with the side referees, the jury or any other official as necessary in order to expedite the competition.
- 7.1.14. The Chief Referee may, at his own discretion, instruct to clean the bar or platform. If the athlete or coach to ask to clean the bar or platform, that this request should be directed to the Chief Referee, and not to the spotters on the platform.
- 7.1.15. Change the referee team in the process of competing one Round is forbidden. Except when the qualifications of the referees are not sufficient to register a record attempt. It is desirable that worked one referee team at the one and the same lift in different categories.
- 7.1.16. The selection of a referee to act as Chief Referee in one category does not preclude his selection as a side referee in another category.
- 7.1.17. Cell phones or other similar electronic devices are not allowed to be in use while judging.
- 7.1.18. Referees will be uniformly dressed as follows:
  - **men, winter:** Black/Dark blue blazer and black/dark blue trousers with a white shirt;

- **men, summer:** Black/Dark blue trousers with a white shirt;
- **women, winter:** Dark blue blazer and black/dark blue skirt or trousers and a white blouse or shirt;
- **women, summer:** Black/Dark blue skirt or trousers and a white blouse or shirt.

The referees of tournaments WEPF must have the appropriate distinctive signs, chevrons. Only black shoes, boots, or tennis shoes (no sandals or open toed shoes) are allowed. All apparel items will be neat and clean at all times.

7.1.19. Examples of faults that should be considered a minor oversight are:

- socks overlaid or touching the knee wraps;
- thumb loops not being removed prior to the lift;
- the leg length of the singlet exceeding proper requirements;
- deadlift socks not completely covering the top of the calves.

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

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

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

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

7.1.22. The referees of WEPF tournaments whose activities will be deemed unsatisfactory must be suspended from the performance of judicial functions until the moment of re-certification. The conditions for the removal of referees are:

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

## **7.2. QUALIFICATIONS OF REFEREES**

### **7.2.1. Referee of regional category**

1. Must be a member of the sports federation «WEPF / World Equipped Powerlifting Federation».
2. Must be recommended by his regional representative and approved by the President of the sports federation «WEPF / World Equipped Powerlifting Federation».
3. He should be at least 18 years old and must have a minimum of 1 year experience as an athlete competing in powerlifting and single lifts.
4. Must pass a written test on the form adopted in the sports federation «WEPF / World Equipped Powerlifting Federation» and a practical test under the supervision of the chairman of the referees committee (or candidate for his position) at the time of full competition, sanctioned sports federation «WEPF / World Equipped Powerlifting Federation».
5. He must pass the test on the 90% and higher.
6. Must pass a practical test within 30 days after delivery of a written test.
7. Should officiate as a referee for at least at the 2 competitions, status is not below those which are assigned to the title of Master of Sport, throughout the year in sport federation «WEPF / World Equipped Powerlifting Federation» to maintain accreditation.
8. He must follow all the updates and changes in the rules of the sport federation «WEPF / World Equipped Powerlifting Federation».
9. The referee, who is not running for 2 years, loses its title.

### **7.2.2. Referee of national category**

1. Must be a member of the sports federation «WEPF / World Equipped Powerlifting Federation».
2. It must be recommended by a regional representative, a referee of a national or international category in the his region, and approved by the president of the sports federation «WEPF / World Equipped Powerlifting Federation».
3. Must be a referee of regional category for at least 2 years.
4. During this period must be in referee for at least on 6 events, status is not below those which are assigned to the title of Master of Sport, with an average experience of the five flight on a single event.
5. Must pass a written test on the form adopted in the sports federation «WEPF / World Equipped Powerlifting Federation» under the supervision of the chairman of the referees committee.
6. He must pass the test on the 90% and higher.

7. Should officiate as a referee for at least at the 2 competitions, status is not below those which are assigned to the title of Master of Sport, throughout the year in sport federation «WEPF / World Equipped Powerlifting Federation» to maintain accreditation.
8. He must follow all the updates and changes in the rules of the sport federation «WEPF / World Equipped Powerlifting Federation».
9. The referee, who is not running for 2 years, loses its title.

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

1. Must be a member of the sports federation «WEPF / World Equipped Powerlifting Federation».
2. Must be recommended by the chairman committee of the referees «WEPF / World Federation of powerlifting without equipment" and approved by the President of the sports federation «WEPF / World Equipped Powerlifting Federation» from among the judges of a national category.
3. Must running a referee of national category for at least 3 years.
4. During this period must be in referee for at least on 9 events, with an average experience of the five flight on a single event. During this period must be running a referee by at least on three national and three international tournaments.
5. Must pass a written test on the form adopted in the sports federation «WEPF / World Equipped Powerlifting Federation» under the supervision of the chairman of the referees committee.
6. He must pass the test on the 90% and higher.
7. If not passed the test, the candidate must wait 6 months to retake the test.
8. Should officiate as a referee for at least at the 2 competitions, status is not below those which are assigned to the title of Master of Sport, throughout the year in sport federation «WEPF / World Equipped Powerlifting Federation» to maintain accreditation.
9. He must follow all the updates and changes in the rules of the sport federation «WEPF / World Equipped Powerlifting Federation».
10. The referee, who is not running for 2 years, loses its title.

### **7.3. JURY**

- 7.3.1. A jury will be appointed to preside over each lifting session. The jury must be present during the international tournaments. In the absence of a jury at the tournament, these functions are performed by the head referee of the competition.
- 7.3.2. The jury shall consist of three referees, the highest ranking shall be designated president of the jury.
- 7.3.3. The function of the jury is to ensure that the technical rules are correctly applied.

- 7.3.4. During the competition the jury may, by a majority vote, replace any referee whose decisions in their opinion, prove him to be incompetent. The referee concerned must have received a warning prior to any action of dismissal. If a protest is made to the Jury against a referee, then the referee may be informed of the protest. The Jury should not put unnecessary stress on platform referees.
- 7.3.5. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his receiving a warning.
- 7.3.6. If a serious mistake occurs in the refereeing which is contrary to the technical rules, the jury may take appropriate action to correct the mistake. They may at their discretion, grant the lifter a further attempt.
- 7.3.7. The jury shall not at any time overrule or change the decisions of the referees.
- 7.3.8. The members of the jury will be positioned to ensure an unimpeded view of the competition.
- 7.3.9. Before each competition, the President of the jury must be sure that the members of the jury have a complete knowledge of their role and are warned about new rules which are described in the most current edition of the WEPF rulebook.