



WORLD RAW
POWERLIFTING FEDERATION

WRPF Rule Book Folk Bench Press and Military bench press to many reps

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WRPF



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

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I. General

WRPF recognizes the following exercises in the multi-rep barbell press:

- "Folk Bench Press";
- "Military bench press to many reps" 1 bodyweight.

Competitions between athletes are held in divisions:

- National bench press 1 weight;
- People's half-weight bench press;
- Military multi-rep bench press 1 weight.

"Folk Bench Press" is a raw bench press on a barbell of a certain weight equal to the athlete's body weight or half of his body weight, in accordance with the established rules, for the maximum number of repetitions.

"Military multi-rep bench press" is a raw bench press on a barbell of a certain weight equal to the athlete's body weight, in accordance with the established rules, the maximum number of repetitions.

The barbell weight is determined in kilograms at all competitions.

1.1. AGE CATEGORIES

MEN / WOMEN

- Sub-Junior: from 13 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.
- 1.1.1. Persons from 13 years of age and older are allowed to compete. On the day of the competition, the athlete must have reached the minimum age allowed. Athletes who have not reached the age of 18 at the time of the competition can take part in them only with the written consent of the parents or legal representative of the child, in the prescribed form.
- 1.1.2. In relation to athletes who have reached the age of 13, the following condition applies:
- 1.1.2.1. The athlete must be at least 13 years of age by the day of the competition.
- 1.1.2.2. On the day a youngster turns 20, he is no longer eligible to compete in the Teenagers.
- 1.1.2.3. On the day a junior turns 24, they are no longer eligible to compete in the Juniors.

- 1.1.3. In the Folk Bench Press division with own body weight, athletes of any gender, all age and weight categories can take part. Athletes can take part in the Folk Bench Press division with half their own body weight: women - all weight and age categories, men - only boys aged 13-19, as well as veterans aged 60 and older.

1.2. BODYWEIGHT CATEGORIES

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

1.3. TEAM CHAMPIONSHIP

- 1.3.1. At international tournaments, a team championship must be among the countries participating in the tournament, provided that each country has the required number of participants indicated in the tournament rules, all applications are submitted in accordance with the deadlines specified in the tournament regulations and properly filled.
- 1.3.2. The main rule for point scoring is the following: team points could be got 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.
- 1.3.3. All the participants of the competition ranked below the 10th place earn 1 point for command superiority.
- 1.3.4. 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 the winner is determined by the number of taken 2d, 3d, 4th and so on places.

1.3.5. In the event of an equal number of points of two or more teams, the team with the most first places is recognized as the best. In case of the same number of first places, the coefficients of all team members are summed up. The team whose total coefficient is higher takes a higher place.

1.4. WEIGHT OF THE BAR

1.4.1. The weight set on the bar should be equal to athlete's own body weight, which was recorded at the weighing. Weight should be a multiple of 2.5 kg. If the athlete's weight is not a multiple of 2.5, then it is rounded to the nearest weight, a multiple of 2.5 kilograms.

1.4.2. For the "Folk Bench Press" Discipline, for women, boys under 19 years of age and veterans over 60 years of age, the weight of the barbell can be equal to ½ of its own weight, also a multiple of 2.5 kilograms. Such women and boys compete in a separate division from women and boys, respectively, who compete with a barbell weight equal to their own weight.

1.5. TOURNAMENT RANKING

1.5.1. WRPf 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.

1.5.2. 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 WRPf. Requirements for the referees and the process of records registration described in the relevant paragraphs.

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

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

1.5.5. 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 WRPf Master of Sports. Registration of regional (subject of the country) and national records.

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

WRPF 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.

- 1.5.7. Club tournament. These are championships and cups of sports clubs. Assignment up to and including WRPF first sports category. Registration of district or city records. These tournaments are held without testing for the use of banned substances.
- 1.5.8. There could be done another classification of Tournaments for WRPF national departments according to the features of the country. Usage of the other classification must be approved by the WRPF President.

1.6. DRUG TESTING

- 1.6.1. During WRPF competitions there is testing for the use of banned substances which is conducted in accordance with the «WRPF Anti-doping rules».
- 1.6.2. Banned substances list and rules: <http://wrpf.pro/en/doping-kontrol/dokumenty/>.

1.7. DEFINITION OF THE WINNER

- 1.7.1. The winners are identified in each weight category, separately by age categories (see item "Age categories") and separately for men and for women.
- 1.7.2. The winner is the athlete who is making in his category the greatest number of good repetitions. The remaining participants take places as the number of repetitions decreases.
- 1.7.3. In the case of equality of repetitions among several athletes - the highest place is awarded to the athlete, who collected the largest tonnage (the multiplying of the weight of the bar by the number of good repetitions). In the case of equality of tonnage, the highest place is awarded to all these athletes.
- 1.7.4. The absolute winner is determined in the age groups of "Sub-junior", "Junior", "Open" and "masters". The absolute winner is the athlete, who has the highest of the Glossbrenner coefficient (counted from the result of tonnage) among all participants in his age group. In calculating points in "Masters" age category additionally applies McCullough formula.

1.8. RECORDS

Requirements for recognition a records are as follows:

- 1.8.1. Competitions are held under these Rules of the Folk Bench Press.
- 1.8.2. The referees must confirm that all technical requirements have been met and all necessary procedures have been completed.
- 1.8.3. The barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or

appointed WRPF Contest Officials or weighed immediately after the successful attempt by the referees.

- 1.8.4. The lifter weighed in correctly before the competition.
- 1.8.5. The scales were certified accurate by a recognized authority within the last 12 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, is available.
- 1.8.6. The lifter's costume and personal equipment was in accordance with the rules.
- 1.8.7. 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.
- 1.8.8. New Records are only valid if they exceed the previous record by at least one repetition.
- 1.8.9. Records are only valid for the body weight category of the lifter as determined at the official weigh-in.
- 1.8.10. Records are recorded if the "Record Standard" is fulfilled and the athlete makes a good lift attempt at the competitions, provided that the athlete has performed at least 8 repetitions (for any age and weight category) that were counted by the referees on the platform. Only athlete who exceeds «record standard» becomes a record-holder.
 - 1.8.10.1. In the "Folk" Bench Press with own body weight, "Standard of Record" in the age class is equated to Sports category (please see the "Classification Standards WRPF" document on the official website - <https://wrpf.pro/normativy/>):
 - Teens 13-19 – "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; 80+ – there is no "Standard of Record".
 - 1.8.10.2. In the "Folk" Bench Press with ½ of own body weight, "Standard of Record" in the age class is equated to Sports category (please see the "Classification Standards WRPF" document on the official website - <https://wrpf.pro/normativy/>):
 - Teens 13-19 – "I sport category";
 - Junior 20-23 – "Candidate Master of Sports";
 - Open – "Candidate Master of Sports";
 - Masters 40-49 – "Candidate Master of Sports";
 - Masters 50-59 – "Candidate Master of Sports";
 - Masters 60-69; 70-79; 80+ – there is no "Standard of Record".
- 1.8.11. World and continental records are registered exclusively by the official WRPF record speaker. Continental records can only be set by the citizens of the continent.

- 1.8.12. 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.
- 1.8.13. Regional records can also be registered in the regional offices of the WRPf (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 WRPf.

1.9. WRPf SPORTS CATEGORIES AND RANKS

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

II. Equipment & Specifications

2.1. PLATFORM

- 2.1.1. All lifts shall be carried out on a platform not less than 2,46 m x 2,46 m (8 ft x 8 ft). The surface of the platform must be firm, non-slip and absolutely flat.
- 2.1.2. The surface of the platform can be covered with Rubber mats or similar sheeting materials.
- 2.1.3. No one is allowed on the platform during lifting sessions except the lifter, the designated spotters, the three referees on duty and any other meet officials as designated if the need arises. Solely assistants will handle any cleaning, mopping, brushing or adjusting of the platform or equipment.
- 2.1.4. At all Championships and Cups of Russia, in Master level tournament and international competitions, there must be a pedestal for rewarding athletes.

2.2. BARS AND DISCS

For all Folk Bench Press competitions under the rules of the WRPF, only disc barbells are permitted. Only bars and discs that meet all specifications can be used throughout the entire competition.

The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished.

Specifications:

- 2.2.1. The bar shall be straight and well knurled and grooved and shall conform to the following dimensions:
 - total overall length not to exceed 2,2 m;
 - distance between the collar faces is not to exceed 1,32 m or be less than 1,31 m;
 - diameter of the bar is not to exceed 29 mm or be less than 28 mm;
 - weight of the bar and collars are to be 25 kg;
 - diameter of the sleeve not to exceed 52 mm or be less than 49.5 mm;
 - there shall be a diameter machined marking or the bar taped so as to measure 81 cm between marking or tape.
- 2.2.2. Discs shall conform as follows:
 - all discs used in competition must weigh within 0,25% of their correct face value;
 - the diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play;
 - discs must be of the following range 1,25 kg, 2,5 kg, 5 kg, 10 kg, 15 kg, 20 kg, 25 kg, 45 kg and 50 kg;
 - discs must be clearly marked with their weight and loaded in the sequence of heavier disc innermost with the small discs in descending

weight. The first and heaviest discs loaded on the bar must be loaded faces in; with the rest of the discs loaded face out as weight is loaded;

- the diameter of the largest disc shall be no more 45 cm;
- discs conform to the following color-coding 10 kg and below any color; 15 kg – yellow; 20 kg – blue; 25 kg – red; 45 kg – gold; 50 kg – green.

2.2.3. Collars:

- shall be always used;
- must weigh 2,5 kg each.

2.2.4. Other:

- blood or particles of skin on the bar or platform should be cleaned off with the solution of antiseptic or alcohol to avoid infection.

2.3. BENCH

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

- length – not less than 1,22 m and shall be flat and level;
- 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 without it being depressed or compacted;
- the height of the uprights, which must be adjustable, shall be a minimum of 82 cm to a maximum of 110 cm measured from the floor to the bar rest position. The height of the uprights, which must be not adjustable, shall be a minimum of 87 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 1,10 m;
- attached safety stands must be used in all events.

2.3.2. The bench must be equipped with special safety racks with (face-saver) the possibility of adjusting their height. Safety racks must provide protection against the fall of the barbell on the athlete during the exercise. And be structurally sound and able to withstand the load corresponding to the weights on the bar.

2.3.3. The safety racks must be so adjacent to the vertical posts of the bench structure that there is no gap between them, or no more than 10 mm. Such a gap should not increase during the exercise.

2.3.4. The safety racks in the front part (closest to the vertical posts of the bench structure) must have a smooth rise to protect the athlete's head. The lift zone must be at least 100 mm long and not more than 150 mm long. The angle of elevation must be at least 30 degrees.

2.3.5. The total length of the safety racks must be at least 500 mm. The height from the platform to the upper part of the horizontal (working) surface of the safety racks must be at least 650 mm and adjustable in height, upwards in increments of 30 mm to 50 mm.

2.3.6. Pins must be used to fix the height of uprights, as well as safety racks.

- 2.3.7. The bench should have height adjustment using a lever mechanism or jacks.
- 2.3.8. The bench on the head side must be equipped with platforms for the feet of the assistant, which should not interfere with the athlete to perform the exercise.

2.4. SAFETY TECHNIQUE

- 2.4.1. Blood or particles of skin on the bar or platform should be cleaned off with the solution of antiseptic or alcohol to avoid infection. The bar or equipment must be dried and verified as clean.
- 2.4.2. Blood or particles of skin on the bar or platform should be cleaned off with the solution of antiseptic or alcohol to avoid infection. The wound must be cleaned and a patch or bandage applied so as to prevent further contamination of the bar or equipment.

III. Costume & 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.

3.1. LIFTING SUIT

- 3.1.1. A non-supportive lifting suit shall be worn. The suit shall be one-piece and form fitting.
- 3.1.2. The straps must be worn over the shoulders at all times while lifting in competition.
- 3.1.3. It may be of any color or colors.
- 3.1.4. The length of the leg, when worn must not exceed beyond mid-thigh (medial point between crotch and top of kneecap).
- 3.1.5. Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.
- 3.1.6. Only one lifting suit may be worn.

3.2. T-SHIRT

- 3.2.1. One shirt (of a design consistent with what is commonly called a T-shirt) with sleeves may be worn under the lifting suit. It must be an individual article of fabric and consisting of one ply of cotton or a cotton blend of cloth material.
- 3.2.2. The t-shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow.
- 3.2.3. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

3.3. BELT

Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit. Materials and Construction:

- 3.3.1. The main body 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.
- 3.3.2. It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations of the belt.
- 3.3.3. A metal buckle, studs and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs or stitching.

- 3.3.4. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 3.3.5. The lifter's name, the name of the lifters nation or club may appear on the outside of the belt.
- 3.3.6. The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever).

3.4. SOCKS

- 3.4.1. Socks may be worn.
- 3.4.2. Socks can be any color or colors.
- 3.4.3. Only one pair of socks may be worn.

3.5. FOOTWEAR

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

3.6. WRISTS WRAPS

- 3.6.1. Wraps not exceeding 1m in length and 8 cm in width may be worn.
- 3.6.2. Alternatively elasticized wristbands not exceeding 10 cm in width may be worn. A combination of the two is not permitted.
- 3.6.3. If wristbands are of the wrap-around style, they may have a thumb loop and Velcro patch for securing them. The loop shall not be over the thumb or fingers during the actual lift.
- 3.6.4. A wrist wrap shall not exceed beyond 10 cm above and 2 cm below the center of the wrist joint, not exceeding a total of 12 cm in both directions.

3.7. PLASTERS

- 3.7.1. Two layers of plasters may be worn on the thumbs.
- 3.7.2. It is forbidden to use tapes, medical tape or its equivalent anywhere on the body without the official permission of the judge or specially appointed by the WRPf competition officials.
- 3.7.3. No plasters or tape may be utilized as to help the lifters hold the bar.
- 3.7.4. With the permission and supervision of the referees, the appointed WRPf Contest Officials, the official doctor, or assigned paramedic, the lifter may apply spot plasters to injuries on the body.
- 3.7.5. Similarly strip plasters may be applied to injuries on the inside of the hand, but in no circumstances must these applications extend around the back of the hand.

3.8. GENERAL

- 3.8.1. The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden. This does not preclude the advanced therapeutic use of liniments, or rubs. However, such items must not be in evidence during platform attempts. Only powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Liquid chalk may not be used in the competition. Spray may be used, but only on the lifter, not on the weight equipment.
- 3.8.2. No substances may be applied to the powerlifting equipment.
- 3.8.3. All articles of lifters costumes and personal equipment shall be clean and generally neat and presentable. In the discretion of the referee, a lifter will not continue in the competition if this provision is not met.
- 3.8.4. The permitted form of clothing for athletes for the awards ceremony is a sports suit or competitive suit, T-shirt, sports shoes. All elements of the athlete's costume must be clean and tidy. It is not allowed to use inscriptions, emblems and logos, offensive content on the athlete's suit.
- 3.8.5. Excessive psyching up techniques (i.e. swearing, hitting) may be limited at the referee's discretion.

3.9. RELIGIOUS CONSIDERATIONS

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

IV. Inspection of costume & personal equipment

- 4.1.1. At all competitions there will be no official inspection of costume and personal equipment.
- 4.1.2. It will be the lifter responsibility to present the costume/equipment in accordance with the rules.
- 4.1.3. Any item mentioned previously under costume and personal equipment may be inspected prior to the competition if the lifter has any doubt as to the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to one of the WRPF referees present, not an appointed weigh-in official. The inspection of personal equipment for each and every lifter in the competition may take place at any time throughout the meet prior of the start for their particular body weight category.
- 4.1.4. Items of personal attire not covered in the rules governing costumes and personal equipment such as: Headbands, mouthpieces, ribbons, watches, costume jewelry, eyewear and feminine hygiene articles are permitted.
- 4.1.5. Any items worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent or offensive to the spirit of the competition should be rejected before the lifter is permitted to proceed. If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift, and may be disqualified from the competition. Any minor oversights, or items covered above, noticed before the lifter performs, should be indicated to the lifter and rectified prior to continuing.
- 4.1.6. Any lifter performing on the platform may be inspected before or after a lift if any of the referees doubt the legality of the costume or personal equipment being used.
- 4.1.7. Any athlete who has set a new record should be immediately checked. The check can be only visual if the compliance of the athlete's personal outfit with the rules does not cause doubts, or, in the opposite case, more thorough. A more thorough check is carried out outside the platform, preferably in a separate room, by three judges, or by officials, if the athlete has the opposite gender. In all cases, the decision that the record is considered recognized is reported by the chief referee to the speaker and the secretary for technical issues.

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 any time during the 24 hour period. The first weighing in session lasts an hour and a half at minimum. Second weighing in session is held two hours before and is completed a half of an hour before the start of competing of appropriate weight class. This two sessions are mandatory. Additional sessions could be possibly set 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 WRPf referee.
- 5.3. The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials could present.
- 5.4. Lifters may be weighed nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex. Additional officials may be appointed for this purpose.
- 5.5. To establish the order a draw must be conducted during the weighing in. A draw determines the order of the lifts on the platform during the competition, when athletes set the same weight on the bar in their attempts. In the case of using an automated system for running the competitions a draw is determined by the program.
- 5.6. Each lifter may only be weighed once. Only those whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to the scale. They must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in sessions, otherwise they will be eliminated from the competition for that body weight category. Lifters trying to make weight may be re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule.
- 5.7. A lifter who is too heavy may move into the next higher category. The lifter must again be weighed during the weigh-in sessions scheduled for the new category. All qualifying standards must be met. Proof of qualifications resides with the lifter.
- 5.8. A lifter who weighs lighter than the lower limit of the category, may drop into the next lower category, provided it has not already taken place. All qualifying standards must be met. Proof of qualification resides with the lifter.

- 5.9. Official body weights shall be recorded to the nearest tenth of a kilogram. The athlete must meet all the established qualification standards of these competitions.
- 5.10. Participants in the age categories of "Sub-Junior", "Junior" and «Master" have the right to declare participation or counted in the "Open" category without additional re-weighing, or to undergo a re-weighing procedure of one's own free will.
- 5.11. The time allotted for the weighing procedure can be extended, in case of severe weather conditions or emergencies in the area of the competition.
- 5.12. Lifters have the right to check and order bench press rack heights prior to the start of the competition.

VI. Rules of performance

FOR DISCIPLINES "FOLK BENCH PRESS" 1 AND 1/2 BODYWEIGHT:

- 6.1. The head of the bench must be placed on the platform facing the head referee.
- 6.2. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.
- 6.3. To achieve firm footing, a lifter of any height may use discs or blocks to build up the surface of the platform. If blocks are used, they shall not exceed 45 cm x 45 cm.
- 6.4. Not more than four and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designate spotters or enlist personal spotters, in removing the bar from the racks. Only spotters may remain on the platform during the lift. The lift off must be to arm's length. A spotter, having provided a center lift off, must immediately clear the area in front of the head referee and move to either side of the bar. If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referee's responsibilities, the referees may determine that the lift is unacceptable, and be declared "Rack". After clarification by the chief judge of the reasons for the submission of such a team, the athlete continues to perform within the time allotted for the beginning of the exercise. Per the request of the athlete an assistant (a personal assistant of the athlete) can be on the platform as a spotter. 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 designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee.
- 6.5. The spacing of the hands shall not exceed 81 cm, measured between the forefingers. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee, and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt. The reverse or underhand grip is permitted.
- 6.6. The athlete performs only one attempt (except for errors in setting the weight of the bar and others).
- 6.7. After receiving the bar at arm's length, the lifter shall wait for the audible command "Start" to begin the exercise. After receiving the command, the athlete must make the first repetition in the lift: lower the bar to the chest

or abdominal area and then return the bar to straight arms' length elbows locked. After this, the head referee on the platform immediately announces the ordinal account of the performed repetition, after which the athlete performs the following repetition and so on.

- 6.8. The athlete's goal is to perform the maximum number of repetitions with the bar of the established weight, within the limits of one attempt, performed in accordance with these Rules.
- 6.9. A referee's score means a good lift attempt.
- 6.10. If the referee's command sounds or the repeat of number, instead of the score, then the athlete has made a mistake.
- 6.11. The athlete can make stops during the lift and rest in the upper position "bar on straight arms", but not more than 5 seconds for "Folk Bench Press own bw" and not more than 1 second for "Folk Bench Press ½ bw". The head referee mark the rest time and after its completion gives the "Press" command to continue the lift. If the athlete does not execute the command, then the following next command is heard: "Rack", indicating on the completion of the lift and debriefing with the announcement of the number of repetitions.
- 6.12. The competition secretary consistently summons athletes to the platform. After a call within 1 minute, the athlete must begin the lift by receiving the "Press" command from the head referee.
- 6.13. It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arm's length. Such spotters shall not return to the platform upon completion or failure of the attempt. It is especially important for a spotter providing a center lift off to leave the platform quickly so as not to impair the head referee's view. Failure of any personal spotters to leave the platform may cause disqualification of the lift.
- 6.14. The attempt is considered successful if the number counted by the head referee is equal to or more than eight repetitions.

CAUSES FOR THE COMMAND "RACK":

1. If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referees responsibilities. After clarification by the chief referee of the reasons for the submission of such a team, the athlete continues to perform within the time allotted for the beginning of the exercise.
2. If the athlete begin the lift without the command "Press" of the head referee. After clarification by the head referee of the reasons for the submission of such a team, the athlete continues to perform within the time allotted for the beginning of the exercise.
3. The raising of the buttocks (as long as some portion of the buttocks remain on the bench and a referee cannot see straight through. the lift is permissible) after the command "Press".

4. In the case of a complete raising of the foot from the surface of the platform (or blocks under the legs) during the lift after the command "Press".
5. Any contact of the lifter's foot with the bench or its supports after the command "Press".
6. If an athlete is resting with a barbell on his chest more than 1 second.
7. If the bar is in the "Straightened hands" position in order to rest for more than 5 seconds for "Folk Bench Press own bw" and more than 1 second for "Folk Bench Press ½ bw" and ignore the "Press" command for the timely continuation of the lift.

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS:

1. In the case of the command "Rack" during the lifting of the bar to the position "Straightened hands".
2. In the case of the failure to press the bar to straight arms' length elbows locked at the completion of the lift
3. In the case if the bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area
4. In the case of deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press, (contact in order to make the lift easier).

EXPLANATION:

1. Moving the feet on the platform (or on the blocks under the legs), without completely losing contact with its surface, is allowed and it is not a mistake.
2. The slant of the bar, heaving, or sinking the bar into the chest or abdominal area and any downward movement of the whole of the bar is permitted and is not an error, in any case, the position of "straightened hands" is considered a good lift for an attempt.
3. The referee gives the command "Stop" and / or instructs the athlete that he to independently restore the previous width of the grip by the "Grip" command, under a significant change in the allowed width of the grip that occurred during the performance of the competitive attempt.
4. The position of "Bar on the chest" is defined as the location of the bar on the chest with the apparent purpose of resting at the lowest point of the amplitude of the bar's movement.

FOR DISCIPLINE " MILITARY BENCH PRESS TO MANY REPS":

For the "Military Bench Press" division, the rules of the "Folk Bench Press" are valid, but with mandatory compliance with the points of the rules, as well as additions:

Starting position:

The athlete should lie on his back, with his shoulders and buttocks touching the surface of the bench. The buttocks should not leave the bench during the exercise, the athlete's legs should be overhanging, bent at the knees, crossed with each other and should not touch the soles of the shoes of the platform, special supports for increasing height, as well as any of the bench elements, throughout the exercise.

If the athlete's feet touch any element of the bench press or platform, the referee must give the command "Legs".

If such a mistake is made before the start of the movement, the athlete can adjust the position of the legs in accordance with the rules.

If an error occurred at the time of performing a multi-rep bench press, the athlete is given the command "Legs" by the side referee. At the same time, the athlete must correct the position of the legs in accordance with the rules and can continue performing the exercise. These repetitions will not be counted.

The final result includes any number of repetitions performed by athletes on the platform during a competitive attempt and counted by the referees.

VII. Referees

There should be 3 referees - the head referee and 2 side referees. The head referee on the platform manages the progress of the athletes' lifts and he trace that it is was in strict accordance with the rules of the competition. The head referee on the platform, together with the competition secretary, hold the draw before entry in a protocol.

7.1. THE HEAD REFEREE ON THE PLATFORM:

- 7.1.1. He seat behind the head of the athlete, who is in the starting position for the bench press, so as not to disturb the spectators.
- 7.1.2. He look after the weight of the loaded bar agrees with the weight announced by the speaker.
- 7.1.3. He look after that on the platform, the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.
- 7.1.4. The head referee, prior to the submission of the team to start the "Press" exercise, must make sure that the violations in taking the starting position are not fixed by the side referee.
- 7.1.5. He keeps an score and marks the mistakes of the competitor during the lift attempt.
- 7.1.6. He announces the end of the lift and its results.

7.2. THE HEAD REFEREE ON THE PLATFORM STOPS THE LIFT IF:

- 7.2.1. The participant violated the rules, and he needs to make an official warning.
- 7.2.2. Participant is injured during the lift.
- 7.2.3. This is required by the chief referee of the competition.

7.3. THE SIDE REFEREES ON THE PLATFORM:

- 7.3.1. Side referees are located in such a way as to have a full view of the athlete and the equipment they need to do their job.
- 7.3.2. One of the side referee during the exercise only controls the time allowed for the athlete to stop in the upper position. For the accuracy of time control in division with own body weight, the referee must use a stopwatch. The duty of this referee immediately, after the end of the time allotted for rest in the upper position, is to give the athlete the command "Bench" / "Press".
- 7.3.3. The second side referee controls over the position of the buttocks and the position of the legs of the athlete during the acceptance of the starting position and during the lift after the command "Press". In case of

violation, he informs the head referee of the discrepancy of the starting position, the separation of the buttocks from the bench, the separation of the feet from the surface of the platform (or blocks under the feet), or touching the bench and its supports with the feet. In case of violation of the rules of the lift, the side judge on the platform gives a signal to the head referee on the platform with a put up hand and with the command which a corresponding to violation: "Buttocks" or "Legs".

7.3.4. In addition, both side judges are responsible for the correct weight setting on the bar. Ensure that the suit and personal belongings of the athlete on the platform comply with the requirements of the Rules.

7.4. SIGNALS (AND HIS REASONS) REQUIRED FOR THE LIFT ARE AS FOLLOWS:

7.4.1. The head referee:

- “Press” – this is a command that is given to begin the lift. Also, the head referee can duplicate the “Bench” command of the side referee, who is responsible for controlling the time allotted for stopping at the top point of the amplitude.
- “Stop” – this is a command that is given in the case of the athlete performing repeated (more than two) frequent repetitions without properly fixing the bar at the upper point of the amplitude or other error, which the judge articulates in addition, giving commands "Chest", "Elbows" or "Grip".
- “Chest” – this is a command that is given in the case when bar not touching the chest.
- “Elbows” - this is a command that is given in the case when arms are not straightened in the elbow joints at the upper point of the movement amplitude (less than when the starting position is taken). And also with incorrect acceptance of the starting position "straightened hands" to the team "Press".
- “Grip” – this is a command that is given in the case of mismatch or change in the allowed width of the grip.
- “Rack” – this is a command that is given by the head referee to return the bar to the racks.
- “Help” – this is a command that is given by a head referee to assist the athlete from the assistants to control the bar and return it to the racks.

7.4.2. The side referee:

- “Press” - the command is given by the side judge, who controls the time allotted for a stop at the top point of the amplitude.
- “Buttocks” and a put up hand – this is a command that is given in case of separation of buttocks from the bench during the lift after the command "Press".

- “Legs” and a put up hand – this is a command that is given in case when the foot are detached from the surface of the platform (or blocks) and when the foot are touched by the bench or her support. For the Military bench press to many reps, when the athlete's feet touch the elements of the rack, bench press or platform.

7.5. BEFORE THE EVENT, THE REFEREES, JURY OR OFFICIAL PERSONS SHALL JOINTLY ASCERTAIN THAT:

- 7.5.1. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
- 7.5.2. The scales work correctly and are accurate.
- 7.5.3. The lifters weigh in within the limits of weight and time for their body weight category.
- 7.5.4. The lifter’s personal equipment has been inspected to comply with the rules in all respects.
- 7.5.5. Speaker, time controller/timekeeper (if a referee does not perform his function), referees, participants, secretaries, world records secretary and assistants / insurers are familiar with their duties and rules.
- 7.5.6. If the side referee finds an obvious violation of the rules regarding the costume and personal equipment of athlete, before the lift begins, he should turn the attention of the head referee to this. The senior judge, having discovered such violations, can take independent actions. In both cases, the judges must check the athlete's costume and equipment together. If such a violation is recognized as a minor error or oversight, the athlete will be given the opportunity to implement the attempt after eliminating this mistake. The time allotted for the lift will not be suspended to correct such a mistake.

VIOLATIONS THAT ARE CONSIDERED A DELIBERATE ATTEMPT TO VIOLATE THE RULES:

- use of professional Bench Shirts;
- use of more than one pair of wrist wraps, or wraps which significantly exceeding the specified length;
- any additions, to over of those listed in the items of this rules about costume and personal equipment, i.e., for example, bandaging of torso, bandaging, etc.
- Other violations of similar nature.

VIOLATIONS THAT ARE CONSIDERED A BLUNDER OR A MINOR MISTAKE:

- use of wrist wraps, not a significantly exceeding the specified length;
- articles of clothing used to warm up or to maintain body heat (rubber elbow sleeve, etc.), which the athlete forgot to remove before going to the platform;
- other violations of similar nature.

- 7.6. The decision on the qualification of a violation on the part of the athlete and the execution of sanctions to him remain at the discretion of the referee. In the event that any of the referees after the "Press" command noticed that the costume and items of the athlete's personal equipment do not comply with the established rules, he must wait for the completion of the lift. After that, the costume of athlete can be checked. In the event that this violation is recognized as a mistake or a minor mistake, the athlete should be informed about this and issued a warning. According to the decision of the referee, the attempt may take not be good lift.
- 7.7. Referees shall, if requested, explain to a lifter or coach the reason or reasons why a lift was judged "no lift". All that is required of such an explanation is an accurate statement, debates will not be entered into, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal account concerning the progress of the competition.
- 7.8. A referee shall not attempt to influence the decision of other referees.
- 7.9. The head referee may consult with the side referees, the appointed Contest Officials or other official as necessary in order to expedite or facilitate the running of the competition.
- 7.10. After the competition, the referees shall sign the official score sheets, record applications, and any other documents requiring their signatures.
- 7.11. In International Competition, two referees of the same nationality cannot be selected to adjudicate the same category in a contest of more than two nations. The jury will select referees.
- 7.12. The selection of a referee to act as head referee in one category does not preclude his selection as side referee in another category.
- 7.13. All referees will be uniformly dressed to include the following:
- **Men, winter:** dark blue blazer or cardigan with the corresponding emblem of the WRPF sports federation on the left breast (pocket) and trousers with a white shirt and tie of the WRPF sports federation.
 - **Men, summer:** white shirt and grey trousers, ties optional. Possible white polo shirt.
 - **Women, winter:** dark blue blazer or cardigan with the corresponding emblem of the WRPF on the left breast (pocket) and skirt or trousers with a white shirt or top and tie of the. Possible white polo shirt.
 - **Women, summer:** dress, skirt or trousers and a white blouse or top. Possible white polo shirt.
- 7.13.1. Referees of WRPF tournaments must have the appropriate decals, chevrons.
- 7.13.2. Only black or solid color shoes, boots or tennis shoes are allowed (sandals or peep toe shoes are not allowed).
- 7.13.3. All details of clothing must be neat and clean throughout the referee's work.

VIII. Order of competition

8.1. COMPETITION OFFICIALS

The Technical Committee with the co-operation and assistance of the organizer will appoint the following officials:

- Speaker/Announcer.
- Timekeeper.
- Referees.
- Secretaries.
- Technical secretaries.
- Assistants / Spotter / Loaders.
- Additional officials may be appointed as required, e.g. doctors, paramedics etc.

RESPONSIBILITIES OF THE OFFICIALS ARE:

- 8.2. The speaker – is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in order dictated by weight, and if necessary, lot number, and announces the weight required for the next attempt along with the name of the lifter. Additionally the speaker announces, in order, the three lifters succeeding the lifter on the platform. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position.
- 8.3. The timekeeper – is responsible for accurately recording the time lapse between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required.
- 8.4. The secretaries – are responsible for the efficient running of the competition and ensure the signatures of the two referees in the protocol of the competitions at the end of the competition.
- 8.5. The technical secretaries – are responsible for the registration of new records, the collection of necessary information and the preparation of documents.
- 8.6. An assistants / spotter / loaders – are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring that the platform is well maintained and of a neat and tidy appearance at all times. At no time shall there be less than two or more than five loaders/spotters attending to the platform. When the lifter prepares for his attempt, the

spotter/loaders may assist him in removing the bar from the racks. 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 being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the head referee or the lifter himself, step in and relieve the lifter of the bar.

- 8.7. Officials of the WRPF - the President, the Secretary General, the Head of the Technical Committee, the Vice-Presidents, the persons in charge, may appoint three (3) jury members to oversee for the efficient running of the competition. In the event that the competitions are international, at least two members of the jury must represent the different countries participating in the competition.
- 8.8. During a competition taking place on a platform or lifting area, only the lifter, the lifter's coach, the two referees on duty, other meet officials recognized by need, and the loaders/spotters will be allowed around the platform and lifting area. During the execution of a lift, only the lifter, designated loaders/spotters and the two referees on duty are permitted to be present on the platform. Coaches shall remain back from the platform. The appointed Contest Officials should define a coaching area. Personal non-designated spotters are permitted to lift-off on the Bench Press, however, once the bar has been correctly positioned at the lifter's arms length, any personal spotter must quickly leave the platform area to a discreet position.
- 8.9. Lifters shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.
- 8.10. All discs must be 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.
- 8.11. The head referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decisions will be given to the speaker who will make the appropriate announcement. Such decisions must first be

IX. Jury

- 9.1. In all international championships, championships and cups of Russia and tournaments qualifier with Master level the juries are appointed to resolve all issues during the competition. Their duties include monitoring compliance with technical regulations, reviewing and resolving disputes and complaints, and general supervision over the course of competitions and the work of referees. Three members of the jury are appointed, no less than two of them shall be from different nations. In case of possible absence of one of them, an additional member of the jury is appointed.
- 9.2. Jury members are appointed before the start of the competition by the decision of the official representatives of the WRPf sports federation - the President, the General Secretary, the head of the Technical Committee, vice presidents and other official representatives. The number of members of the jury must include the number of official representatives of the WRPf Federation, which will be considered the most possible (preferred).
- 9.3. All jury members must have the status of a referee of the WRPf. During the competition the Jury may, by a majority vote, replace any referee whose decisions in its opinion, prove him to be incompetent. The referee concerned must have received a warning prior to any action of dismissal.
- 9.4. 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.
- 9.5. 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.
- 9.6. The members of the jury must attend the performances of all the flights of the competition.