



UNITED STATES POWERLIFTING FEDERATION ~ SWP

TECHNICAL RULES & REGULATIONS

(Revised May 24, 2025)



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(High School Competition Divisions added as of April 21, 2025. See Part 3 for gear updates.)

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USPF TECHNICAL RULES ~ ALL DIVISIONS

Throughout this rulebook, wherever personal and possessive pronouns (he, she, his, or hers) occur, such reference is deemed to apply to either sex.

Part 1.

GENERAL RULES:

1. The United States Powerlifting Federation recognizes the following:
 - 1.1. All lifts which must be taken in the same sequence in all "three-lift competitions" conducted under USPF rules:
 - 1.1.1. Squat
 - 1.1.2. Bench Press
 - 1.1.3. Deadlift.
 - 1.2. Competition takes place between lifters in categories defined by biological sex (male or female), bodyweight and age.
The Men and Women's Open Championships permit lifters of any age more than 13 years.
 - 1.3. The rules apply to all levels of competition whether it is World and International or any competition that states that it is conducted under USPF Rules.
 - 1.4. Each competitor is allowed three attempts on each lift. Any exceptions are explained in the appropriate section of the rulebook. The lifter's best valid attempt on each lift, disregarding any fourth attempts for record purposes, counts toward his competition total. The winner of a category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order of total. Lifters failing to achieve a total are eliminated from the competition. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
2. The USPF through its member federations conducts and sanctions the following World and National Championships:
 - 2.1. Men's Open World and National Championships
 - 2.2. Women's Open World and National Championships
 - 2.3. Men's and Women's Combined Junior World and National Championships
 - 2.4. Men's and Women's Combined Master's World and National Championships
 - 2.5. Squat, Bench Press, and/or Deadlift World and National Championships
 - 2.6. Any other World or National Championships approved by the USPF and/or the World affiliate.
3. The USPF only recognizes sanctioned competitions as described in the Bylaws, Article VII.
4. The USPF also recognizes and registers records for the same lifts within the categories described in Part 1.
5. **AGE CATEGORIES**
 - 4.1. Competitive lifting shall be restricted to competitors aged 13 years and over. The lifter must have attained minimum age on the day of the competition where age limits

are imposed. Proof of age must be provided as detailed in Part 4, #10. Age grouping for sections 5.1.1-5.1.6 is determined by the lifter's actual birth date.

5.1.1. Men - Open: from 13 years of age and upward.

5.1.2. Women - Open: from 13 years of age and upward.

5.1.3. Teens - from 13 years to and including 19 years of age with divisions of 13 to 15, 16 to 17, 18 to 19.

5.1.4. Juniors: from 20 years to and including 23 years of age.

5.1.5. Sub-Masters: 35 to and including 39 years of age,

5.1.6. Masters: 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, and 80 & over.

6. BODYWEIGHT CATEGORIES

6.1. Men: kg/lbs

52.0 kg/114 lb class from 52.0 kg/114.5 lbs and below

56.0 kg/123 lb class from 52.01 to 56.0 kg/114.75 to 123.5 lbs

60.0 kg/132 lb class from 56.01 to 60.0 kg/123.75 to 132.25 lbs

67.5 kg/148 lb class from 60.01 to 67.5 kg/132.5 to 148.75 lbs

75.0 kg/165 lb class from 67.51 to 75.0 kg/149.0 to 165.25 lbs

82.5 kg/181 lb class from 75.01 to 82.5 kg/165.5 to 181.75 lbs

90.0 kg/198 lb class from 82.51 to 90.0 kg/182.0 to 198.25 lbs

100.0 kg/220 lb class from 90.01 to 100.0 kg/198.5 to 220.25 lbs

110.0 kg/242 lb class from 100.01 to 110.0 kg/220.5 to 242.5 lbs

125.0 kg/275 lb class from 110.01 to 125.0 kg/242.75 to 275.5 lbs

140.0 kg/308 lb class from 125.01 to 140.0 kg/275.75 to 308.25 lbs

SHW class from 140.01 kg/308.75 lbs to unlimited

6.2. Women: kg/lbs

44.0 kg/97 lb class from 44.0 kg/97.0 lbs and below

48.0 kg/105 lb class from 44.01 to 48.0 kg/97.25 to 105.75 lbs

52.0 kg/114 lb class from 48.01 to 52.0 kg/106.0 to 114.5 lbs

56.0 kg/123 lb class from 52.01 to 56.0 kg/114.75 to 123.5 lbs

60.0 kg/132 lb class from 56.01 to 60.0 kg/123.75 to 132.25 lbs

67.5 kg/148 lb class from 60.01 to 67.5 kg/132.5 to 148.75 lbs

75.0 kg/165 lb class from 67.51 to 75.0 kg/149.0 to 165.25 lbs

82.5 kg/181 lb class from 75.01 to 82.5 kg/165.5 to 181.75 lbs

90.0 kg/198 lb class from 82.51 to 90.0 kg/182.0 to 198.25 lbs

SHW class from 90.01 kg/198.5 lbs to unlimited

7. COMPOSITION OF A TEAM

7.1. National, State, or Local Teams are structured as follows:

7.1.1 Each team is allowed a maximum of twelve competitors spread throughout the range of the twelve-bodyweight categories for men and ten competitors throughout the range of ten bodyweight categories for women. There must not be more than two competitors from any one team in any particular bodyweight category.

7.1.2. Each team is allowed a maximum of two alternates or reserves. These alternates or reserves may be substituted at any time before the commencement of the weigh in for a particular bodyweight category. Each team must submit a team roster giving the name of each lifter, bodyweight category and best total achieved during the previous twelve months. The date and title of the

competition in which the best total was achieved must also be stated. These details must be submitted to the responsible official before the commencement of the weigh in for the lowest weight category, i.e. 52.0-kg/114 lb for men and 44.0 kg/97 lb for women. The names of the alternates or reserves with their bodyweight categories and best totals must also be submitted at this time.

- 7.1.3. Teams shall be nominated to the Secretary of the USPF and/or the Meet Director at least twenty-one (21) days before the date of the championships. Failure to comply with this requirement may result in disqualification of the offending team.
- 7.2. World Teams are structured as follows:
 - 7.2.1. All lifters who lift and post a total at the annual USPF Nationals and/or completes at any eligible single-lift USPF Nationals shall be able to attend and lift in the Worlds. If a lifter qualifies #3 or lower, he will be eligible as a guest lifter and will be required to pay the additional fees as described in Item 6.2.5 below, in order to be allowed entrance to the competition.
 - 7.2.2. All lifters who qualify, regardless of qualifying position, will be eligible for USA Team selection by the Board of Directors. This provision will allow the USA Coach who will be appointed by a majority of the Board of Directors to have assets available should injury or other causes limit a higher qualified lifters ability to best represent the interests of the USA Team. Qualifying order will be based on the "Wilk's" Formula for all classes except Master's Classes. All Master lifters will be ordered based on a combination of the "Wilk's" Formula and the "Revised McCulloch" Formula. This is only to assist the US National Team Coach in selecting lifters for the USA Team Entry. Note: This will be done at the World Meet based on lifters that qualified and entered the World competition.
 - 7.2.3. In World competitions each federation or organization shall be allowed two competitors per bodyweight class in each of the age classes. Member federations may impose national qualifying standards for their individual team selection.
 - 7.2.4. In World Championships all entered athletes shall be declared to the World Federation General Secretary 14 days prior to the date of competition.
 - 7.2.5. Guest Lifters may only participate in World Competition if they are authorized to do so by the respective country Affiliate of the World federation. Guest lifters must submit an additional 50% entry fee.
 - 7.2.6. At all competitions where "Best Lifter Awards" are presented, placing will be established by the "Wilk's" formula. Scoring the best Masters lifters will additionally entail the use of the "Revised" McCulloch formula.

8. POINT SCORING IN TEAM CHAMPIONSHIPS

- 8.1. State or Local competition team scoring will be as follows:
 - 8.1.1. A team must consist of a minimum of 4 lifters. Teams shall be declared to the Weigh-In Supervisor by the end of the final weigh-in session preceding competition.
 - 8.1.2. Point scoring shall be: 7, 5, 3, 2, and 1 for the first five placing on a team.
 - 8.1.3. Team awards shall be given to the first three places.
 - 8.1.4. In the case of a tie in the points of National teams, the team having the largest number of first places will be ranked first. In the case of a tie between two teams having the same number of first places, the one having the most second places will be classified first, and so on through the placing of the scoring lifters.
- 8.2. World team scoring will be as follows:

- 8.2.1. Point scoring for all World Championships shall be: 12, 9, 8, 7, 6, 5, 4, 3, and 2, for the first nine placing in any bodyweight category. Thereafter, each lifter who makes a total in the competition shall be awarded one point. Point scoring for all national competitions shall be at the discretion of the national federation.
- 8.2.2. In International and World competitions, point scoring shall consist of six team members from each participating federation towards their team total. Teams shall be declared to the Weigh-In Supervisor by the end of the final weigh-in session preceding competition. Point scoring shall be according to the “Wilk’s” formula. Master's team Scoring will entail the additional use of the “Revised” McCulloch formula.
- 8.2.3. In the case of a tie in the points of National teams, the team having the largest number of first places within the six-point scoring competitors will be ranked first. In the case of a tie again, the nation with the most second places, and so on, will rank first.
- 8.3. At all competitions where “Best Lifter Awards” are presented, placing will be established by the “Wilk’s” formula. Scoring the best Masters lifters will additionally entail the use of the “Revised” McCulloch formula.

Part 2

EQUIPMENT AND SPECIFICATIONS



1. Platform - All lifts shall be carried out on a platform measuring between 1.8 m x 1.8 m (8 ft x 8 ft) minimum and 4.0 m x 4.0 m (12ft x 12ft) maximum. The surface of the platform must be flat, firm, non-slip and level. It must not exceed 10 cm (4 inches) in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to, or inserts incorporated in either the platform or its surface unless it is a specially constructed weightlifting platform. This type of platform is subject to the approval of the referees. If a lifter cannot reach the squat racks, it is permissible to build up the height

- of the platform.
2. Bars - For all powerlifting contests organized under the rules of the USPF, only disc barbells are permitted. The use of bars, which do not meet the current specifications, will invalidate the contest and any records accomplished. Only those bars that meet all specifications may be used throughout the entire competition and for all lifts. Bars to be used in World Championships shall not be chromed on the knurling between the inside collars. Only bars discs that have official USPF approval may be used at World Championships.
 - 2.1. Bars – They shall be straight and well knurled and grooved and shall conform to the following dimensions:
 - 2.1.1. Total overall length not to exceed 2.4 m. (7.9 ft.)
 - 2.1.2. Distance between the collar faces is not to exceed 1.48 m (4.9 ft.) or be less than 1.31 m. (4.3 ft.)
 - 2.1.3. Diameter of the bar is not to exceed 32 mm (1.3 in.) or be less than 27 mm. (1 in.)
 - 2.1.4. Weight of the bar and collars are not to exceed 30kg (66 lbs.).
 - 2.1.5. Diameter of the sleeve not to exceed 53 mm (2.1 in.) or be less than 50 mm (1.9 in.)
 - 2.1.6. There shall be a diameter-machined marking or the bar taped to measure 81 cm (32 in.) between marking and tape.
 - 2.1.7. For Multi Ply only: The F8 Magnum bench bar by F8 Customs can be used for the bench press in accordance with the use of band shirts.
 3. Discs - The use of discs, which do not meet the current specifications, will invalidate the contest and any records accomplished. Only discs that meet all specifications may be used throughout the entire competition and for all lifts. No bumper or rubberized discs allowed. Only kilo discs that have official USPF approval may be used at World Championships
 - 3.1. Discs – They shall conform as follows:
 - 3.1.1. All discs used in competition must weigh within 0.25 percent of their correct face value.
 - 3.1.2. The hole size in the middle of the disc may not exceed 53 mm or be less than 51 mm. (2 in. for non-kilo discs).
 - 3.1.3. 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.
 - 3.1.4. The first and heaviest discs loaded on the bar must be loaded faced in; with the rest of the discs loaded face out.
 - 3.1.5. The diameter of the largest disc shall not be more than 45 cm (17.7 in.).
 - 3.2. For American Records – Either (not mixed) discs in kilogram weights or Calibrated York Olympic Standard discs can be used and must be approved by the USPF Technical Chair.
For Record purposes the discs must be weighed in concordance with Part 8.
Discs shall conform as follows:
 - 3.2.1. All requirements in Part 2, 3.1. Discs.
 - 3.2.2. Discs in kilogram weights are to be within 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 in pound weights are to be within the following range: 2.5 lb, 5 lb, 10 lb, 25 lb, 35 lb, 45 lb, 55 lb, 100 lb, and 110 lb.
 - 3.2.3. Lighter discs may be used to achieve a weight of at least 500 gr. or 1 pound more than the existing record.
 - 3.2.4. Discs in kilogram weights weighing 25 kg and over must not exceed

- 6 cm (2.4 in.) in thickness. Discs weighing 20 kg and under must not exceed 3 cm (1.2 in.) in thickness.
- 3.2.5. Discs in pound weights weighing 35 lb and over must not exceed 2" in thickness. Discs weighing 25 lbs. and under must not exceed 1.5" in thickness.
- 3.2.6. Discs in kilogram weights must conform to the following color code:
 10kg and under - any color, 15 kg - yellow, 20kg - blue, 25 kg - red, 45 kg.- gold, 50 kg - green.
 Discs in pound weights must conform to the following color code:
 10 lb and under – black or grey, 25 lb – black, 35 lb – yellow, 45 lb – blue, 55 lb – red, 100 lb – gold, 110 lb – green. All black calibrated York discs 25 pounds or more must be approved by the USPF Technical Chair before use.
- 3.2. For State Records and Local Meets - no American Records allowed using non calibrated discs (For High School, College, Military, Police & Fire Categories **only**, American Records are allowed using the following but must be approved by the USPF Technical Chair.)
 Either (not mixed) discs in kilogram weights or Olympic Standard discs can be used.
 Discs shall conform as follows:
- 3.2.1. All requirements in Part 2, 3.1. and 3.2. with the exception of the following:
 3.2.1.1. Calibration in Olympic Standard discs is not required. For State Records purposes, discs must be weighed if they are not calibrated (also refer to Part 8). If they do not meet the weight requirements in Part 2, 3.1.1., they must mark with their actual weight. This adjustment must reflect in scoring and Record weight amounts.
4. Collars
 4.1. Shall always be used in competition.
 4.2. Bar and collar combination must not exceed 30kg (66.1 lb).
5. Squat Racks
 5.1. Squat racks shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter loaders. It may consist of a one-unit construction or two separate stands designed to hold the bar in a horizontal position.
 5.2. The squat racks shall be designed to adjust from a minimum height of 1.00 m (39.4 in.) in the lowest position to extend to a height of at least 1.70 m (66.9 in.) in 5 cm (2 in.) increments.
 5.3. All hydraulic racks must be capable of being secured at the required height by means of pins.
6. Mono-lifts
 6.1. The use of machines with swing arm levers (a.k.a. Mono-lift) is permitted. However, the swing arm lever pin must be in and swing arm lever cannot be used. The lifter must still un-rack the weight and move backwards to establish his position.
 6.2. Mono-lifts shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter loaders. It may consist of a multi piece unit designed to hold the bar in a horizontal position.
 6.3. The mono-lifts shall be designed to adjust from a minimum height of 1.00 m (3.3

ft) in the lowest position to extend to a height of at least 1.70 m (5 ft 7 in) in 5 cm (2 in) increments.

6.4. All hydraulic racks and swing arm levers must be capable of being secured at the required height by means of pins.

7. Bench

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

7.1.1. Length - not less than 1.22 m (approx. 4 ft) and shall be flat and level.

7.1.2. Width - not less than 29 cm (11.3 in) and not exceeding 32 cm (12.5 in).

7.1.3. Height - not less than 42 cm (16.4 in) and not exceeding 45 cm (17.6 in) 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 on both adjustable and non-adjustable benches shall be a minimum of 82 cm (32 in) to a maximum of 100 cm (39 in) measured from the floor to the bar rest position.

7.1.4. Minimum width between insides of bar rests shall be 110 cm (43 in).

7.1.5. The head of the bench shall extend 22 cm (8.6 in) beyond the center of the uprights with a tolerance of 5 cm (2 in) either way.

8. Judging Lights

8.1. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light. These two colors represent a "good lift" and "no lift" respectively.

8.2. 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 Chief Referees.

8.3. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white and red flags with which to make known their decisions on the Chief Referee's audible command "flags" or a "thumbs up" and "thumbs down".

Part 3

COSTUME AND PERSONAL EQUIPMENT (Refer to APPENDIX A for Approved Gear)

Quick Reference Charts (See USPF Rules for actual specifications.)

Division	Non-Supportive Single Ply Singlet	Supportive Single Ply Singlet	Multi Ply Singlet	Belt	Knee Sleeves	Knee Wraps	Wrist Wraps	Elbow Wraps	Bench Shirt	Undershorts aka "Groove Briefs"
Raw KS Division 3 (Original Raw)	Yes	No	No	Yes	Yes	No	Yes	No	No	No
**Raw KW Division 4	Yes	No	No	Yes	No	Yes *Must Wear	Yes	No	No	No
Single Ply (Division 1)	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes
Multi Ply (Division 2)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes Squat Only	Yes	Yes
Preteen Raw	Yes	No	No	Yes	Yes	No	Yes	No	No	No

***NO** Headgear, Hats, or any type of gloves allowed in **ANY** Divisions.

Raw KW (Knee Wraps) Division 4 is **ONLY available for Full Power and Single Lift Squat.
Knee Wraps MUST be worn.

~For High School Competitions Only~

Division	Non-Supportive Single Ply Singlet	T-Shirt Shorts (P.E. Attire)	Supportive Single Ply Singlet	Multi Ply Singlet	Belt	Knee Sleeves	Knee Wraps	Wrist Wraps	Elbow Wraps	Bench Shirt	Undershorts aka "Groove Briefs"
HS Raw Division A (See Division 3)	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	No
HS Single Ply Division B (See Division 1)	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes
HS Multi Ply Division C (See Division 2)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes Squat Only	Yes	Yes

***NO** Headgear, Hats, or any type of gloves allowed in **ANY** Divisions.

**T-Shirts & Shorts allowed in all High School Divisions.

1. Costume – Only costumes officially registered and approved by the USPF Technical Committee shall be permitted for use in powerlifting competitions.

High School Competitions: Division A Raw, Division B Single Ply, and Division C Multi-Ply

***Note:** The only exception is a “Special Attire” exception for lifters in High School meets. High School lifters shall have the option of lifting in a one-piece lifting suit, or in shorts (see Part 3, section 6) and a T-shirt, along as the shorts comply with material and length described in the Items within the Division they are lifting along with their T-shirt.*

1.1. For Both Raw Divisions

The lifting costume shall consist of a one-piece non-supportive weightlifting/wrestling singlet made of single-ply stretch material in which no support or aid is given to the lifter. Note: Single-Ply is defined as a thickness, layer of folded, interwoven or laminated material that cannot be separated anywhere within the confines of the material. The construction of the singlet must be without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Technical Chairman or Chief Referee are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The costume must be form fitting without any looseness when worn by the lifter but not so tight as to aid the lifter. The straps must be worn over the shoulders at all times while lifting in competition. Only costumes officially approved by the USPF Technical Committee shall be permitted for use in powerlifting competitions.

- 1.1.1. The non-supportive weightlifting/wrestling singlet type suits may have seams and hems not exceeding 3 cm (1.2 in) in width. The non-supportive weightlifting/wrestling type suits will have a single thickness of the same material in the area of the crotch.
- 1.1.2. The non-supportive weightlifting/wrestling singlet must have legs. The minimum length of the leg is to be 3cm (1.2 in) and cannot exceed 25 cm (10 in). The measurement of the leg will be taken on a line from the top seam of the crotch down the inside of the leg to the center of the knee (See diagram).

For Single Ply Division 1

The lifting costume shall consist of a one-piece full length-lifting suit of one or single ply stretch material. (Non-supportive singlets as allowed in Raw may also be worn.) Note: Single-Ply is defined as a thickness, layer of folded, interwoven or laminated material that cannot be separated anywhere within the confines of the material. The construction of the suit must be without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume 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 costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. Only costumes officially approved by the USPF Technical Committee shall be permitted for use in powerlifting competitions.

- 1.1.3. Seams and hems must not exceed 3 cm (1.2 in) in width and 0.5 cm (.2 in) in thickness.

The non-supportive weightlifting/wrestling type suits may also have a double

thickness of the same material size 12 cm x 24 cm (4.7 in x 9.4 in) in the area of the crotch.

- 1.1.4. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm (.8 in) in width and 0.5 cm (.2 in) in thickness.
- 1.1.5. It must have legs and the length of the leg must not exceed 15 cm (6 in) from the middle of the crotch. Measurements to be taken on a line from the top seam of the crotch down the inside of the leg.

For Multi Ply Division 2

The lifting costume shall consist of a one-piece full length-lifting suit of two or double-ply stretch material. Note: Double-Ply is defined as a thickness or layer of two pieces of material, interwoven or laminated together. The construction of the suit must be without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. The costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. Velcro shoulder straps are permitted. Only costumes officially approved by the USPF Technical Committee shall be permitted for use in powerlifting competitions.

- 1.1.6. It must have legs and the length of the leg must be a minimum of 3 cm (1.2 in) to a maximum of 15 cm (6 in) in length.

1.2. Measuring the leg length of the costume:



Measurements to be taken on a line from the top seam of the crotch down the bottom of the leg (inseam).

- 1.3. It may be of any color or combination of colors.
- 1.4. The non-supportive weightlifting/wrestling singlet may bear the badge, emblem, logo and/or inscription of the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed. (Refer to Part 3, Item 13.9 regarding sponsor's logos) Other powerlifting organizations logos or advertising are not allowed.
- 1.5. Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.

2. Undershirt

- 2.1. An undershirt (commonly known as a "T-shirt") with or without sleeves must be worn under the lifting suit during the performance in each of the three disciplines (squat, bench & deadlift). Only one T-shirt can be worn at a time. The undershirt is subject to the following provisions:

- 2.1.1. It can be of any color or combination of colors and must not have any pockets, buttons, zippers or a reinforced collar or seams (See picture below).

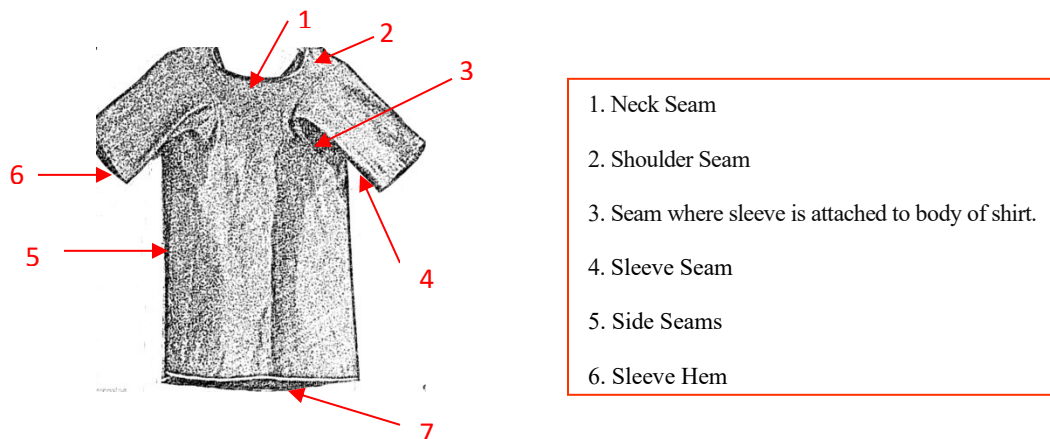


- 2.1.2. It is not ribbed and does not consist of any rubberized or similar stretch material or threading. The T-shirt must be made either exclusively of cotton or polyester, or a mixture of cotton and polyester.
- 2.1.3. **For Multi Ply Division 2 only:** The T-shirt may consist of 2-plies but must, as a whole, be a singular component. It must be made either exclusively of cotton or polyester, or a mixture of cotton and polyester. The thickness shall not be designed to increase, enlarge, or enhance the body's natural musculature.
- 2.1.4. Is not constructed so as to place seams in a position, which, in the opinion of the USPF, might tend to assist the lifter in powerlifting competition.
- 2.1.5. It shall not have sleeves, which terminate either below the elbow or above the upper deltoid.
Note: Lifters may not push the sleeves of such an undershirt up to the deltoid when competing in competitions.
- 2.1.6. Fits loosely enough on the lifter's body to ensure that it does not afford the lifter any physical support.
- 2.1.7. It may not be worn under a bench press or erector shirt. It must be an individual article of cloth.
- 2.1.8. The T-shirt must be plain or the official T-shirt of the contest in which the lifter is competing or only bears the badge and/or inscription of the lifter's sponsor. That which is offensive, obscene or likely to bring the sport into disrepute is not allowed. Other powerlifting organization logos or advertising is prohibited.

3. Bench Shirt

- 3.1. Special bench shirts that have been approved by the technical committee and noted in the list of approved equipment and clothing issued periodically by the Technical Committee Chairman may be worn for the bench press in the Divisions as stated in Items 3.1.1. - 3.1.3.
- 3.1.1. **Bench shirt is not allowed in any Raw Divisions.**

- 3.1.2. **For Single Ply Division 1:** The shirt's construction may only consist of single visible ply and must, as a whole, be of single material construction. The shirt cannot have an open back design. The neck must be of a closed neck design with a minimum of 10 cm (3.9 in.).
- 3.1.3. For **Multi Ply Division 2:** The shirt's construction may consist of double ply material and must, as a whole, be of singular component.
- 3.1.4. For **Multi Ply Division 2:** All F8 band shirts, including single ply band shirts, are allowed in **Multi Ply Division 2** only. They are prohibited in any other Division.
- 3.2. These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt as defined in the rules may be worn during the squat and deadlift.
- 3.3. It is not ribbed and does 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.
- 3.4. No Velcro is allowed to fasten the lifter's shirt to their body, along with no open backed shirts are allowed.
- 3.5. Is not constructed so as to place seams in a position, which, in the opinion of the USPF, might tend to assist the lifter in powerlifting competition.
- 3.6. It shall not have sleeves that terminate below the elbow when worn. Note: Sleeves that extend below the elbow cannot be rolled up above the elbow for that would be considered more plies than allowed.
- 3.7. In addition, seams may only be placed in the positions indicated in the diagram below:



- 3.8. It may be of any color or colors.
4. Erector Shirts
- 4.1. **Erector shirt is not allowed in any Raw Division.**
- 4.2. An "erector" shirt with or without sleeves is permitted. It may be of any color or colors. It may be used in place of a T-shirt. Its construction stipulations are the same as with the bench press shirt as specified in Item 3 above. No Velcro or canvas material is permitted anywhere on the shirt, this includes any equivalent material using a different generic name. The "erector" shirt can only be used during the deadlift.
5. Undershorts
- 5.1. Undershorts - A standard commercial "athletic supporter" or standard commercial

undershorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment consisting of rubberized or similar stretch material except in the waistband) may be worn under the lifting suit provided that:

- 5.1.1. Any support to the body of the lifter, which may be provided by the “athletic supporter” or undershorts, is limited to the lifter’s lower abdominal wall.

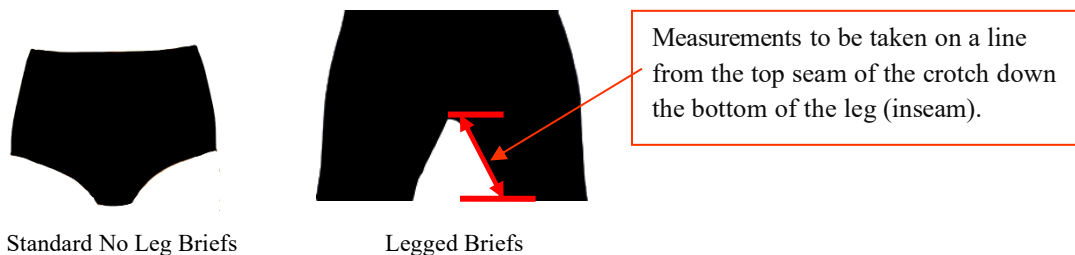
Only non-supportive undershorts are allowed in Raw Divisions.

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

- 5.1.3 For Single Ply Division 1 only: Specialized supportive undershorts (a.k.a. Groove Briefs) can be worn and cannot have legs. If briefs with legs are used, they must be non-supportive and the legs cannot extend below nor be seen below the opening of the squat suit on the lifter’s thigh. The waist band of either type of briefs cannot extend over the lifter’s naval (a.k.a. the belly button). Examples of both types are pictured below.

- 5.1.2. For Multi Ply Division 2 only: Lifting briefs (a.k.a. groove briefs or power pants) may be worn. The garment can have legs with a minimum of 3 cm (1.2 in) to a maximum of 15 cm (6 in) in length. Measurements to be taken on a line from the top seam of the crotch down the bottom of the leg. See example below. The waist line of the briefs cannot extend beyond approximately the mid-torso of the lifter’s body. The construction may consist of 2-ply of any thickness, but must, as a whole, be an individual article of cloth fabric. The leg of the brief cannot extend below the leg of the squat suit. (See examples below.)

Examples of the two styles of briefs:



6. Shorts

- 6.1. Shorts – A “Special Attire” exception is only for lifters in a high school meet which allows for high school lifters to wear any standard commercial shorts instead of the lifting costume. The shorts can be constructed of any mixture of cotton, nylon or polyester. No garments consisting of rubberized or similar stretch material (except in the waistband) may be worn. Personal Equipment, t-shirts and shorts must comply with material and length described in the Items within the Division they are lifting.

- 6.1.1. The garment’s legs cannot extend down over the lifter’s knees.

- 6.1.2. The garment’s legs cannot be of such length on the thighs that they meet any knee wrapping or kneecap supporter when in use. (Note: Knee wraps are not allowed in Raw KS Division 3 nor in High School Raw Division A.)

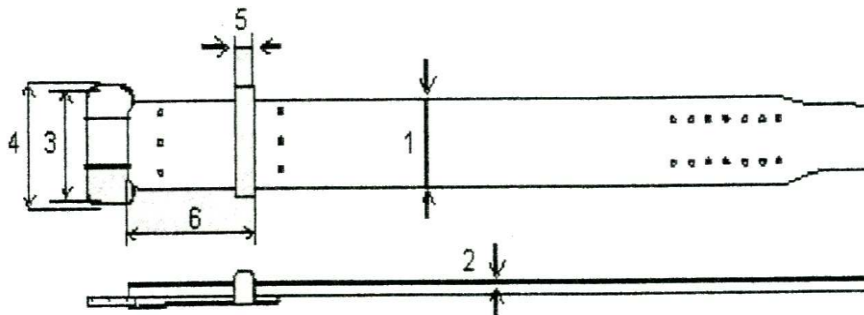
- 6.1.3. It may be of any color or colors.

7. Socks

- 7.1. Socks may be worn, however only one pair of socks at a time.
- 7.2. They may be of any color or colors.
- 7.3. They shall not be of such length on the leg that they meet any knee wrapping or kneecap supporter when in use.
- 7.4. Full-length leg stockings, tights or hose are strictly forbidden.
- 7.5. During the execution of the deadlift, one pair of knee length socks must be worn.

8. Belt

- 8.1. Competitors may wear a belt. If worn it shall be on the outside of the lifting suit with the buckle in the front or rear of the lifter's body. However, the lifter cannot wear the buckle of his belt at his back during the bench press.
- 8.2. Materials and Construction are as follows:
 - 8.2.1. The main body shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together.
 - 8.2.2. It either shall not have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.
 - 8.2.3. A standard metal buckle and studs are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
 - 8.2.4. The belt may have a buckle with one or two prongs, "quick release" type or ratchet style. No Velcro allowed.
 - 8.2.5. A leather or vinyl tongue loop shall be attached close to the buckle by means of studs and/or stitching.
 - 8.2.6. The names of the lifter, the lifter's nation, state or club may appear on the outside of the belt.
 - 8.2.7. Dimensions:
 - 8.2.7.1. Width of belt maximum 10 cm (4 in).
 - 8.2.7.2. Thickness of belt maximum 13 mm (.5 in) along the main length.
 - 8.2.7.3. Inside width of buckle maximum 11 cm (4.3 in).
 - 8.2.7.4. Outside width of buckle maximum 13 cm (5 in).
 - 8.2.7.5. Tongue loop maximum width 5 mm (.2 in).
 - 8.2.7.6. Distance between end of belt and far end of tongue loop maximum 15 cm (6 in).



9. Supportive & Non-Supportive Wraps, Knee Sleeves, Wristbands & Plasters

9.1. Wrist Wraps

- 9.1.1. Non-supportive wraps made of medical crepe or bandages are permitted and do not require Jury or Technical Committee Chairman approval. They can be any color or combination of colors
- 9.1.2. Only wraps or bandages of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either material. Bandages of rubber or rubberized substitutes are strictly forbidden. Wrist Wraps can be of any color or combination of colors.
- 9.1.3. Wraps not exceeding 1 meter in length and 8 cm (3.1 in) in width may be worn.
- 9.1.4. If wrist wraps are of the wrap around style, with or without stitching to form a sleeve, they may have Velcro patches/tabs to secure the wrap. These patches/tabs must be incorporated in the 1-meter (3.3 ft) length specified. A thumb loop may be attached to the wrap, but will not be measured regarding the 1-meter length specified. The thumb loop shall not be over the thumb during the actual lift.
- 9.1.5. A wrist wrap shall not extend beyond 10 cm (4 in) above and 2 cm (.8 in) below the center of the wrist joint and shall not exceed a total covered width of 12 cm (4.7 in).
- 9.1.6. The combination of wrist wraps and wristbands is not permitted.

9.2. Wristbands:

- 9.2.1. Standard commercial wristbands (a.k.a. sweatbands) may be worn and cannot exceed 12 cm (4.7 in) in width and can be of any color or combination of colors. They do not require the Technical Chairman's approval.
- 9.2.2. A wrist covering shall not extend beyond 10 cm (4 in) above and 2 cm (.8 in) below the center of the wrist joint and shall not exceed a covering width of 12 cm (4.7 in).
- 9.2.3. **For Single Ply Division 1 and Multi Ply Division 2:**
If wristbands are of the wrap around style, with or without stitching to form a sleeve, they may have Velcro patches not exceeding 30 cm (11.7 in) in total length and 8 cm (3.1 in) wide for securing them as well as a thumb loop. The total length of the wristband shall not exceed 50 cm (19.5 in). The Velcro patches must be incorporated within the 50 cm total length. The thumb loop shall not be over the thumb during the actual lift.
- 9.2.3. The combination of wrist wraps and wristbands is not permitted.

9.3. Knee Sleeves

- 9.3.1. One-ply elasticized neoprene knee sleeves not exceeding 30 cm in length or 7mm in thickness may be worn. No Velcro or any other type of straps are allowed on knee sleeves. Knee sleeves can be of any color or combination of colors.
- 9.3.2. Knee sleeves shall not be in contact with the lifter's socks or singlet.
- 9.3.3. Knee sleeves shall not be used elsewhere on the body.
- 9.3.4. The combination of the two types of knee sleeves is strictly forbidden.

9.4. Knees Wraps:

- 9.4.1. Knee Wraps are only allowed in **Raw KW Division 4, Single Ply Division 1 and Multi Ply Division 2.**
- 9.4.2. Wraps not exceeding 2.5 m for **Raw KW Division 4 and Single Ply**

Division 1 in length and 8 cm (3.1 in) in width may be used. Wraps not exceeding 3 meters for Multi Ply Division 2 in length and 8 cm (3.1 in) in width may be used. A knee wrap shall not extend beyond 15 cm (6 in) above and 15 cm (6 in) below the center of the knee joint and shall not exceed a total covered width of 30 cm (11.7 in). Alternatively, an elasticized kneecap supporter not exceeding 20 cm (7.8 in) in length may be worn. A combination of the two is strictly forbidden.

9.4.3. Wraps shall not be in contact with the socks or lifting suit.

9.4.4. Wraps shall not be used elsewhere on the body. Exception: See Part 3 - 9.2 & 9.6.

9.5. Elbow wraps:

9.5.1. Elbow wraps are only allowed in **Multi Ply Division 2**. They are not to exceed 20 cm (7.8 in) in length and may only be worn in the squat. The sleeves of the T-shirt may not extend below the top of the wraps.

9.6. Plasters:

9.6.1. Two layers of plasters, bandages or band-aids may be worn on the thumbs. These items may not be worn anywhere else on the body without official permission of the Technical Chairman. Plasters, bandages or band-aids may not be used as aids to the lifter in holding the bar.

9.6.2. Contingent upon prior approval by the Technical Chairman, the official doctor, paramedic or paramedical personnel on duty, may apply bandages to bodily injuries in a fashion that would not grant the lifter an undue advantage.

9.6.3. At all competitions where the Technical Chairman may not be present and no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

10. Shoes or Boots

10.1. Lifting shoes or boots shall be worn. They may be of any color or colors.

10.2. Shoes include boots, sport shoes, trainer's gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole.

10.3. Shoes with metal spikes or cleats are not permitted.

10.4. Boot height cannot exceed mid-calf.

11. Shin Pads/Guards

11.1. The use of soccer style shin guards is permitted over the lifter's shin during the deadlift only. The shin guards must be placed under the lifter's sock that are required during the deadlift.

12. Blood Management

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

13. Inspection of Costume and Personal Equipment

13.1. In large competitions when the allotted weigh in time is likely to be insufficient to allow for the inspection of costume and personal equipment, the Technical Chairman or the Chief Referee, at his discretion, may fix a separate time for the equipment inspection.

In normal circumstances this shall take place one hour before the official weigh in, but may be varied as required by the Technical Chairman or Chief Referee.

- 13.2. The Technical Chairman or a minimum of two referees shall be appointed to fulfill this duty. All items shall be examined and approved before being officially stamped or marked.
- 13.3. Wrist wraps over permitted length shall be rejected, but may be cut to correct length and resubmitted within the specified inspection time. It is the lifters responsibility to cut the wrist wraps. The examining referee is not permitted to perform this service.
- 13.4. Any item considered unclean or torn shall be rejected.
- 13.5. The referees shall record each item on the official inspection sheet. The inspection sheet shall be handed to the Technical Chairman or the Chief Referee at the end of the inspection period.
- 13.6. If after the inspection, a lifter appears on the platform wearing or using any illegal item or article not recorded on the inspection sheet, the lifter shall immediately be disqualified from the competition.
- 13.7. All items mentioned previously under Costume and Personal Equipment shall be inspected prior to the competition together with any other items that the lifter may wish to wear on the platform. Head gear, hats, and any gloves are strictly forbidden and may not be worn on the platform during lifting. Items such as watches, costume jewelry, mouthpieces, eyewear and feminine hygiene articles need not be inspected.
- 13.8. Any lifter successful in an American or world record attempt must immediately present himself to one of the three referees for inspection. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition.
- 13.9. Nations or lifters wishing to take advantage of the rules regarding sponsor's logos being worn on articles of costume and personal equipment must apply for permission to the Technical Chairman.
 - 13.9.1. Upon permission being granted, the logo may be suitably displayed in a position agreed between the USPF and the nation or lifter. It may be worn for the remainder of that calendar year and the following calendar year.
 - 13.9.2. The USPF reserves the right to refuse permission if it considers that a logo falls below the required standard of good taste or contravenes any prior commitment under taken by the USPF with any other contractor such as television or championship promoter. The USPF Board of Directors reserves the right to limit the size of the logo. Nations or lifters may display national emblems or badges.

14. General

- 14.1. The use of baby powder, oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- 14.2. The use of any form of adhesive on the underside of shoes or boots is strictly forbidden.
- 14.3. Pool hall chalk, liquid chalk, resin, or magnesium carbonates are the only substances that may be added to the body and attire. The Meet Director may determine its application in a designated area only.
- 14.4. No foreign substances may be applied to the equipment or wraps. Nothing may be purposely applied to the platform, bench, or bars.
- 14.5. The uses of substance like ammonia snaps, smelling salt, etc. cannot be used anywhere near the lifting platform. Lifter is responsible for disposing these substances after his attempt.

Part 4.

WEIGHING IN

1. Weighing in of the competitors must take place no earlier than two hours before the start of the competition for particular category/categories. All lifters in the category/categories must attend the weigh in, which will be carried out in the presence of appointed referees for those category/categories. (Note that if necessary, weight categories may be combined in a single lifting session). A 24-hour weigh in is acceptable.
2. The weigh in period will last one and a half hours. During the weigh-ins, a bodyweight class limit sheet should be located near the scale for reference for the officials and the lifters.
3. The weigh in for each competitor will be carried out in a locked room with only the competitor, his coach or manager and the referees present. The lifters agreed body weight must not be made public until all the lifters competing in the particular category have been weighed in.
4. Lifters must be weighed in either their costume (lifting suit or singlet), in their underwear or nude and without shoes or belt, which complies with the specifications, set out in the appropriate section of the rulebook and which does not effectively change the lifter's weight. If a question exists regarding weight of undergarments, a re-weigh in the nude may be requested. In competitions in which women are competitors, the weigh in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
5. If not previously carried out, the inspection of costume and personal equipment will take place during the weigh in period. However, the lifters must be weighed in the priority of the previously determined order of lifting. The equipment will only be checked after all lifters have made their first visit to the scales. The technical officers or the appointed referees will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under "Costume and Personal Equipment". The items shall be approved and marked accordingly. The referee responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform.
6. Each lifter may only officially weigh-in once. Only those whose bodyweights are heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the hour and a half-allowed for the weigh in otherwise; they will be eliminated from the competition for that bodyweight category. Lifters being weighed in for the first time take precedence over lifters being re-weighed. A lifter can only be re-weighed after all lifters in the same bodyweight category have been called to the scales. Lifters trying to make weight may be weighed as often as time and orderly progression by lots allows. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees.

7. A lifter shall be nominated in his normal bodyweight category. However, each lifter will have the option of changing categories up or down from that in which he was originally nominated on the final team nomination form. If the lifter wishes to exercise this option, he must present himself to the Chief Referee at the weigh in room ten minutes before the commencement of the weigh in for his final choice of bodyweight category. If he wishes to move up, the lifter must also report to the Chief Referee of his originally nominated lower category, ten minutes before the commencement of the weigh in for that category in order to be excused. If a lifter changes categories, then the lifter shall be placed at the top of the order for being weighed in that new category. If the lifter's new bodyweight category is to be split into alternating groups because of the number of competitors, then unless he can produce irrefutable evidence of a total made in that new category during the preceding twelve months at a national or international level, he will automatically be placed in the first group to lift.
 - 7.1. Example (a) - A lifter nominated at 90 kg wishes to lift at 82.5 kg. He must present himself to the Chief Referee of the 82.5 kg category ten minutes before the commencement of the weigh in for that category.
 - 7.2. Example (b) - A lifter nominated at 90 kg wishes to lift at 100 kg. He must report to the Chief Referee of the 90 kg category before the weigh in commences and state that he wishes to move up into the 100 kg category and therefore does not wish to weigh in. He must then also present himself to the Chief Referee of the 100 kg category ten minutes before the commencement of the weigh in for that category. It is the responsibility of the lifter to know the body weight category for which he was originally nominated. A claim that an error had been made on the final nomination form will not be accepted.
8. If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receives an award. In such circumstances should two lifters be in first place, and then the next lifter shall be placed third and so forth.
9. Lifters should, if required, check squat and bench press rack heights and foot blocks prior to the start of the competition.
10. For any age-related class, proof of age must be provided. Documents unsupported by photographic proof are not acceptable for proof of age. Only official documents giving photographic evidence with corresponding personal details will be acceptable: i.e., passport, driver's license, state I.D. with photo on it, etc. This shall also apply to Master and Junior lifters competing in the open class in support of any record attempts. A birth certificate with an official document (i.e. passport, driver's license, state I.D., etc.) may also be required for any additional verification.
11. If any lifter fails to achieve a total and is eliminated from any competition (a.k.a. bombing out of the meet), as stated in rule Part 1, Item 1.4, he cannot pay another entry or just re-enter the competition in another weight class and/or division. If a lifter is eliminated from a full power competition, he cannot re-enter into the single lift bench press or deadlift portion of the competition once the meet has commenced. Also, if a competition is held over a number of days and a lifter is eliminated from one days lifting, he cannot pay another entry to re-enter the competition in another higher or lower weight class and/or division on the next day of the competition. As stated in Item 7 above, a lifter cannot re-weigh back into a competition once

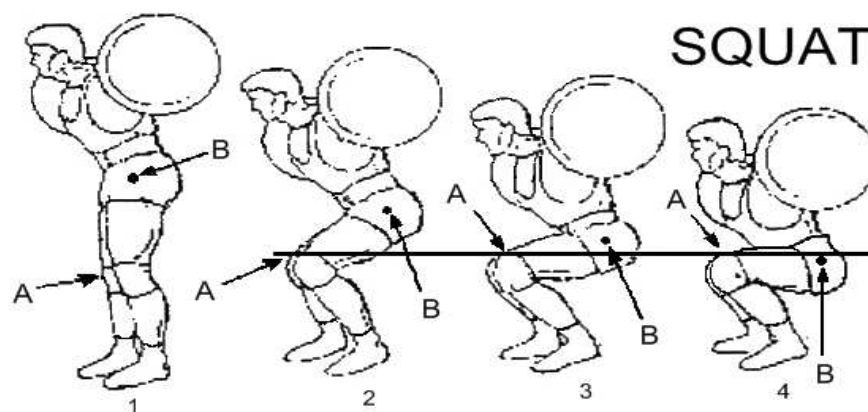
he has been eliminated from it, for he can only officially weigh-in once per competition.

Part 5.

POWERLIFTS AND RULES OF PERFORMANCE

1. Squat

- 1.1. The lifter shall face the front of the platform.
- 1.2. Not more than five and not less than two spotter/loaders shall be on the platform at any time.
- 1.3. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
- 1.4. The lifter shall not hold the collars, sleeves or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collars.
- 1.5. After removing the bar from the squat racks or the mono-lift, the lifter must move backwards to establish his position. The lifter shall assume an upright position with the top of the bar not more than 3 cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.
 - 1.5.1. Where a mono-lift is in place, the swing arm pin and lever cannot be actuated.
The lifter must still un-rack the weight and move backwards to establish his position.
- 1.6. The lifter shall wait in this position for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "SQUAT".
- 1.7. Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.



A: Top of the Knees B: Top surface of the leg at the hip joint

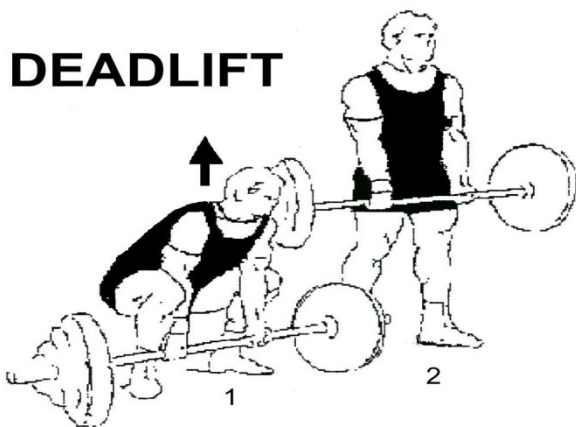
The diagram above shows a lifter just below parallel. Point "B", the top surface of the leg at the hip joint below point "A", the top of the knee. This is a good lift.

- 1.8. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar.
- 1.9. The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK".
 - 1.9.1. The lifter must make a bona fide attempt to return the bar to the rack once the "RACK" command is given.
 - 1.10. The lifter may, at the Chief Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the spotter/loaders.
2. Causes for Disqualification of a Squat
 - 2.1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
 - 2.2. Double bouncing or more than one recovery attempt at the bottom of the lift.
 - 2.3. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
 - 2.4. Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.
 - 2.5. 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 (below parallel).
 - 2.6. Changing the position of the bar across the shoulders after the commencement of the lift.
 - 2.7. Contact with the bar by the spotter/loaders between the referee's signals.
 - 2.8. Contact of elbows or upper arms with the legs.
 - 2.9. Failure to make a bona fide attempt to return the bar to the racks.
 - 2.10. Any dropping or dumping of the bar after completion of the lift.
 - 2.11. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
3. Bench Press
 - 3.1. The head of the bench must be placed on the platform facing the Chief Referee.
 - 3.2. The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. The hands may grip the bar with a "thumbs around" grip, thumbless grip or reverse grip as long as the rings on the bar are covered. He may not grip outside the 81cm mark. The lifter's shoes (including toe portion) must remain flat on the floor maintaining solid contact with the platform or surface. This position shall be maintained throughout the attempt. The head may rise during the lift.
 - 3.3. If the lifter's costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
 - 3.4. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45 cm x 45 cm.
 - 3.5. Not more than four and not less than two spotter/loaders shall attend. 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 to arm's length.
 - 3.6. The spacing of the hands shall not exceed 81 cm (31.6 in). The use of a reverse grip is

allowed, as long as the 81 cm marks are covered.

- 3.7. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait motionless and the bar properly positioned and elbows locked before he can begin to descend the bar to his chest. Note: The lifters elbows must show a definite and visible locked position before the bar can be lowered. No “soft starts” are allowed.
 - 3.8. Once the bar is paused and motionless, the audible command “START” will be given
 - 3.9. The lifter must lower the bar to the chest; hold it motionless on the chest with a definite and visible pause. Note: The chest area is defined as from the bottom of the collarbone to the bottom of the pectoral muscle line as it crosses the sternum.
 - 3.10. Once the bar is paused and motionless on the chest, the audible command “PRESS” will be given. The bar must be pressed upwards with an even extension of the arms to arm’s length with elbows fully locked. Note: If a lifter has any physical abnormality, handicap or incapacity of extending their arm or arms to arm’s length with elbows fully locked, they must inform the Chief Referee prior to the start of their lift.
 - 3.11. When the bar is held motionless in this position the audible command "RACK" is given.
4. Causes for Disqualification of a Bench Press
- 4.1. Failure to observe the Chief Referee’s signals at the start, middle or completion of the lift.
 - 4.2. Any change in the elected lifting position other than the head during the lift i.e. any raising movement of the shoulders, buttocks or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar. Feet must remain flat on the floor, however, incidental movement fore and aft as much as ½ the length of the lifters foot is now permitted.
 - 4.3. Heaving, bouncing, or sinking the bar after it has been motionless on the chest.
 - 4.4. Any uneven extension of the arms during the lift.
 - 4.5. Any downward movement of the bar in the course of being pressed out.
 - 4.6. Failure to press the bar to full extension of the arms at the completion of the lift.
 - 4.7. Contact with the bar by spotter/loaders between the Chief Referee’s signals.
 - 4.8. Any contact of the lifter’s feet with the bench or its supports.
 - 4.9. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
 - 4.10. Placing the bar below the pectoral muscle line as it crosses at the sternum, a.k.a. a “belly bench”. This includes placing the bar so low on the torso that it touches the lifter’s belt which is not acceptable nor is at the point of the lifters naval.
 - 4.11. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
 - 4.12. If a lifter wears the buckle of his belt at his back during the bench presses.
 - 4.13. If a lifters elbows do not show a definite and visible locked position before the bar is lowered, a.k.a. a “soft start”.
5. Deadlift
- 5.1. The lifter shall face the front of the platform.
 - 5.2. The bar must be laid horizontally in front of the lifter’s feet, gripped with an optional grip in both hands. The lifter can start the lift at any time before the one-minute clock expires. Once started, it must be lifted without any downward movement until the lifter is standing erect.
 - 5.3. Upon completion of the lift, the knees shall be locked in a straight position and the shoulders back.

- 5.4. The Chief Referee's signal shall consist of a downward movement of the hand 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.
- 5.5. Any rising of the bar or any deliberate attempt to do so will count as an attempt.



The correct finishing position in the deadlift is shown at position No. 2 above. The lifter must be standing erect with their shoulders back and knees locked.

6. Causes for Disqualification of a Deadlift
 - 6.1. Any downward movement of the bar before it reaches the final position.
 - 6.2. Failure to stand erect with the shoulders back.
 - 6.3. Failure to lock the knees straight at the completion of the lift.
 - 6.4. Supporting the bar on the thighs during the performance of the lift.
 - 6.5. Stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted.
 - 6.6. Lowering the bar before receiving the Chief Referee's signal.
 - 6.7. Allowing the bar to return to the platform without maintaining control with both hands.
 - 6.8. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

Part 6.

ORDER OF COMPETITION

**Early on in the sport of powerlifting; the meet began with the lowest weight attempt and worked its way to the highest weight attempt until all the lifters did their three attempts. This was done for all three lifts: Squat, Bench Press, and Deadlift. Many times, a lifter had to follow himself with all three attempts, only being allowed three minutes to recuperate between attempts. In the 1980's, the format of the meet was changed by adding Flights and the Round System.*

1. Flights

- 1.1. When 15 or more lifters are competing in the competition, flights must be formed consisting of approximately the same number of lifters in each flight. A flight can consist of one bodyweight category or several bodyweights combined. The lower bodyweight lifters will be in Flight 1 and so on. Lifters cannot be separated from their bodyweight category to "equal" the number of lifters in another flight.

2. Round System

- 2.1. A meet consists of 3 rounds: 1st round for 1st attempts, 2nd round for 2nd attempts and the 3rd round for last attempts. Flight 1 lifts first until all lifters in this flight have completed all 3 attempts in the squat. This procedure continues until all flights have completed the 3 attempts in the squat. The same order continues through the bench press and deadlift. Fourth attempts are only allowed for a USPF or World Record and are not added into the lifter's Total. Fourth attempts are done at the end of the flight and are only allowed if the lifter's 3rd attempt was a good lift.
- 2.2. Lifting order for the flights in each round is determined by the lifter's amount of weight he chooses to lift starting with the lowest attempt to the highest attempt consecutively. If two lifters in a flight have the same amount of weight for an attempt, the lower bodyweight lifts first. The weight on the bar is never lowered for any reason except for an official's error in loading. Each lifter receives one attempt in each round. If the bar is loaded higher than what is written on the scorecard or attempt sheet due to an official's error and the lifter doesn't make the lift, he can take that attempt over, with the correct amount of weight on the bar, at the end of that flight's lifting. If the bar is loaded to a lower amount of weight than what is written on the scorecard or attempt sheet due to an official's error and the lifter makes the lift, he has the option of either accepting the lift or taking the attempt over, with the correct amount of weight on the bar, at the end of that flight's lifting.
- 2.3. When the Head Referee says, "Bar is Loaded", the lifter has one minute to begin his lift. If the lifter exceeds one minute, he forfeits that attempt.
- 2.4. If two lifters in the same age category and weight class tie in Total, they will both reweigh and the lighter of the two wins that Place. If they both weigh the same, they share that Place win.
- 2.5. Intervals between the squat and bench press, or bench press and deadlift, should not be less than 10 minutes nor more than 30 minutes.
- 2.6. Most meet directors usually run Full Power Meets but do offer the Single Lift Squat, Single Lift Bench, Single Lift Deadlift and sometimes the Push/Pull on the entry. Lifters that entered Single Lifts or Push Pull will be integrated into the bench and deadlift sessions of the Full Power Meet and what they lift will be applied to those events for awards, records and placement. Full Power lifters, who entered any of these other events, will have their lifts applied to the Single Lifts and/or Push Pull events for awards, records and placement. The only exception is if the Full Power Meet is held on a different day than the other events, in which case, no bench or deadlift lifts from the FP Meet can be applied to those events. Lifters must lift on the designated day of the event(s) they have entered.

3. Attempts

- 3.1. Attempts must be written in accordance with the discs being used; ex. if kilo discs are being used, attempts must be written in kilos.
- 3.2. Lifters must write their first attempts, and initial them, on their scorecard or attempt sheet at Weigh Ins. First attempts may be changed up to 5 minutes before the meet commences. Second attempts on the squat, bench press and deadlift cannot be changed once given nor can third attempts on the squat or bench press. Third attempts can only be changed for the deadlift with an allowance of two weight changes. Once the bar is loaded for the lifter, no changes can be made.
- 3.3. After an attempt is completed, the lifter has one minute to give his next attempt to the

scorekeeper or expeditor. If the lifter fails to do so, the scorekeeper will add 2.5 kilos or 5 pounds to the previous good attempt for the lifter's next attempt or enter the same weight if the lift was no good.

- 3.3. The lifter must make at least one good attempt of the three in a round or he will be eliminated, aka "bombed", from that event and can no longer lift in that event. If the lifter bombed in the squat and had entered one of the Single Lift Bench Press, Single Lift Deadlift, and/or Push Pull events, he may continue to lift for those events. A lifter cannot enter any event once the meet commences, including multiple day meets (example: USPF National Championships).

4. Scorecard and Attempt Sheets

- 4.1. Electronic scoring software may be used.

- 4.2. Scorecards and Attempt Sheets should include the following:

Name and date of meet

Lifter info such as Name, DOB, Age at meet, lifter's sex, Bodyweight, and Weight Class
Area for Weigh In Official's initials.

Rack Heights plus In/Out

Events Offered: Full Power, Single Bench Press, Single Lift Deadlift, and/or Push Pull

Divisions Offered: Raw, Single Ply (Division 1) and/or Multi Ply (Division 2)

Age Categories: Open, Teens, Juniors, Submasters, and/or Masters

"Table" to write down attempts for the three lifts, Best Lifts, Total, and 4th attempts for records.


- 4.3. A lift that is deemed "good", the attempt is circled; "bad", the attempt has a line drawn diagonally through it. The highest weight circled for each lift (squat, bench press, and deadlift) is written in the Best Lift boxes. For a Full Power, add up all three Best Lifts for the Total. For Push Pull, add up the two Best Lifts (bench press and deadlift) for the Total. Calculate 1st-3rd Places from the Totals for each Event, Division, Age Category and Weight Class.

Example of a Scorecard & Instructions

M F										
	RAW			SING-PLY			MULTI			
	FP		SLS		SLB		SLD		PP	
	OPEN		TEEN		JR		SUBM		MAST	
	WT CLS		BWT		PLACE		BEST LIFTER			

				BEST LIFTS
	1st	2nd	3rd	
SQUAT				
BENCH				
DEADLIFT				
KILOS ONLY				
**DO NOT INCLUDE 4TH ATTEMPTS IN TOTAL				TOTAL

4th				RECORDS
	SQUAT	BENCH	DEADLIFT	

	
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<MALE OR FEMALE WHITE BOX FOR LIFTER'S NAME

<RAW SINGLE-PLY MULTI-PLY

<FULL POWER, SINGLE LIFT SQUAT, SINGLE LIFT BENCH, SINGLE LIFT DEADLIFT, PUSH-PULL

<DIVISIONS: OPEN/TEEN/JUNIOR/SUBMASTER/MASTER

<WEIGHT CLASS BODYWEIGHT 1ST 2ND OR 3RD PLACE

<WHITE BOX: ENTER EVENT CHECKED OFF ABOVE

<ALL ATTEMPTS ARE IN KILOS. CIRCLE A GOOD LIFT, PUT A LINE THRU A BAD LIFT. FULL POWER: WHEN ALL ATTEMPTS ARE DONE, PUT THE BEST ATTEMPTS OF THE SQUAT, BENCH & DEADLIFT IN THE BEST LIFT BOXES. ADD ALL BEST LIFTS TOGETHER, THEN ENTER THE TOTAL IN THE TOTAL BOX.

SINGLE-LIFTS: PUT THE BEST ATTEMPT IN THE BEST LIFT BOX & THE TOTAL BOX.

PUSH-PULL: DO THE SAME FOR THE TWO LIFTS, BENCH AND DEADLIFT, AS YOU DO FOR THE FULL POWER.

<THE ONLY WAY A LIFTER GETS A 4TH ATTEMPT: HE/SHE HAS TO HAVE MADE A GOOD 3RD ATTEMPT & THE LIFTER HAS TO SHOW THE ANNOUNCER & HEAD REF THERE IS A RECORD AVAILABLE. 4TH ATTEMPTS ARE NOT INCLUDED IN THE TOTAL.

<NAME, DATE, LOCATION OF MEET

5. Appointed Officials ~ The Meet Director will appoint the following officials:

5.1. Speaker/Announcer ~ Responsibilities are as follows:

5.1.1. The Speaker is responsible for the efficient running of the competition and acts as the Master of Ceremonies. The Speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and flight numbers and announces the weight required for the next attempt with the name of the lifter. If the Scorekeeper arranges the attempts, it is the Speaker's responsibility to check accuracy. When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker, who will in turn announce that the bar is ready and call the lifter by name to the platform. The Speaker will abstain from announcing subjective personal opinions such as "the lift looks good to me." Attempts announced by the Speaker should be displayed upon some form of scoreboard erected in a prominent position. If more than one platform is being used at a meet, this same Speaker is to be the Announcer for all platforms.

5.2. Technical Chair or Chief Referee in the absence of the Technical Chair (Refer to Bylaws, Article IVB, Technical Chair for complete list of duties.)

The Technical Chair should preferably be a qualified International Referee or as knowledgeable of the Rules. In the absence of the Technical Chair, the Chief Referee should be the highest-ranking Referee at the competition with comparable knowledge of the rules.

Responsibilities of the Technical Chair, or Chief Referee in lieu of his absence, are as follows:

- 5.2.1. He is responsible for attending the technical meeting prior to the competition and compiling the referee schedules from the names of those referees declared available for duty throughout the competition.
- 5.2.2. He will complete the necessary Duty Referees and Assignments list for the competition and inform referees of the categories to which they have been allocated. After the technical meeting when the final team nominations have been compiled the Technical Chairman will initiate a score sheet, equipment check sheet, rack height sheet and order of weigh in sheet for each category in the competition, entering the names of all lifters nominated in that category. It is the responsibility of the Meet Director to provide all the necessary blank forms and paperwork to enable the Technical Chairman to carry out his work.
- 5.2.3. He will approve the Speaker's competition/attempt cards for every lifter in the category. If computer scoring software is being used that has computer generated attempt cards/slips, the technical chairman will make sure that these attempt cards/slips have an area for the lifter to initial his attempts. The equipment check sheet and rack height sheet are to be handed to the Head Referee before lifting begins and flight sheets before that lift (squat, bench press, or deadlift) begins.
- 5.2.4. If possible, he will attend each weigh in and advise the duty referees upon procedure and any other matters that may require attention.
- 5.2.6. For World Competitions, The Technical Chair should preferably be from the host nation and able to deal effectively with any problem that may arise due to language difficulties at the venue.
- 5.3. Timekeeper (preferably a qualified referee or Head Referee). Responsibilities are as follows:
 - 5.3.1. The Timekeeper is responsible for accurately recording the time lapse between the announcement that the bar is ready and the lifter starting his attempt.
 - 5.3.2. He is also responsible for recording time allowances, whenever required. Example: after an attempt the lifter shall leave the platform within 30 seconds except if a lifter is having his equipment checked after a record-breaking attempt.
 - 5.3.3. Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, the start of a lift, or at the discretion of the Head Referee. Consequently, it is of great importance that the lifter or his coach check the height of the squat racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one-minute allowance.
 - 5.3.4. The lifter is allowed one minute in which to start his attempt after being called to the platform. If he does not start his attempt within this time allowance, the timekeeper will call time and the Head Referee shall give the audible command "rack". The lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped. The definition of the start of an attempt depends upon the particular lift being performed. In the squat, the start is to coincide with the Head Referee's

commencement signal. In the bench press, the start is when the lifter begins to lower the bar. In the deadlift, the start is when the lifter makes a determined attempt to raise the bar.

5.3.5. If a computer time keeping software is being use, the timekeeper should have full knowledge of the software's function and capabilities.

5.4. Expeditors ~ Responsibilities are as follows:

Expeditors are not required when using the round system, as a Scorekeeper or an official seated at the administration table will be designated to receive attempts.

5.4.1. Expeditors are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the Speaker or the official appointed. The lifter is allowed one minute between completing his last attempt and informing the Speaker, via the Scorekeeper or official appointed, of the weight required for his next attempt.

5.4.2. If computer scoring software is being used, the Expeditors must work in conjunction with the scorekeeper to insure that has computer generated attempt cards/slips are filled out properly and that the lifter initials each ensuing attempt.

5.5. Scorekeeper/Computer Operator ~ Responsibilities are as follows:

2.5.1. Scorekeepers, in conjunction with the meet director, are responsible for accurately recording the progress of the competition and upon the completion of the competition, ensuring that the three referees sign the official score sheets, record certificates or any other document requiring signatures.

2.5.2. If computer score keeping software is being used, the scorekeepers and/or computer operators should have full knowledge of the software's function and capabilities. They are both responsible for accuracy.

2.5.2.1. In conjunction with the score keeping software, the scorekeepers and/or computer operators are responsible for the data input of all the lifters' personal information (weight class, scale weight, age, etc.), the lifters' attempts, creation of attempt cards/slips, the structuring of the lifting flights and the completion and accuracy of the final score sheet.

2.5.2.2. The scorekeepers and/or computer operators are also responsible for the creation of any document, within the software's capabilities, that the meet director requires to post flight listings, contest sub-totals and lifter placing prior to the completion of the competition.

5.6. Spotter/Loaders ~ Responsibilities are as follows:

5.6.1. Spotter/Loaders are responsible for loading and unloading the bar, adjusting squat racks, mono-lift and/or benches as required, cleaning the bar or platform at the request of the Head Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times.

5.6.2. At no time shall there be less than two or more than five Spotter/Loaders on the platform.

5.6.3. When the lifter prepares for his attempt, the Spotter/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, 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 an 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.

5.6.4. If the lifter is deprived of an otherwise successful attempt by the error of a

Spotter/Loader and through no fault of his own, he may be awarded another attempt at the discretion of the referees at the end of the round.

5.6.5. A sixth person will be allowed on the platform, only when a mono-lift or equivalent is in use, to control the swing arms lever and pin.

5.7. Records Processor ~ Responsibilities are as follows:

5.7.1. The Records Processor is accountable for all records broken at sanctioned USPF meets. Upon the completion of the competition, the Records Processor must assure the meet director that all successful record attempts have been verified and noted within the official score sheet. This will allow the meet director to submit the score sheet to the proper Records Chairman as specified in Part 9. Note: Record attempts outside 2.5 kg or 5 lb increments and 4th attempts may only be requested for that particular level of competition, e.g., only World Records may be requested at World or National championships, etc.

5.8. Additional officials may be appointed as needed, i.e. doctors, paramedics, etc.

6. During any competition-taking place on a platform or stage, only the lifter and his coach, officiating referees and spotter/loaders will be allowed around the platform or on the stage. During the execution of a 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 Technical Chairman or Chief Referee in charge.
7. A lifter shall not wrap or adjust any part of his costume or equipment within the vicinity of the platform. The only exception to this rule is that he may adjust his belt. Items such as chalk, inhalants, etc. cannot be utilized within the vicinity of the platform.
8. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
9. Other than the initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.
10. Upon 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.
11. 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 has the right to examination. If the doctor considers it inadvisable for the lifter to continue, he may, in consultation with the Technical Chairman or Chief Referee and referees, insist upon the lifter retiring from the competition. The team manager or a coach must be officially informed of such a decision.
12. Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Technical Chairman or Chief Referee and officiating Officials, may disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both the warning and disqualification.
13. Banging the head on the bar (e.g., before squatting) will not be permitted. The lifter will be warned once. Any further violations will result in the disqualification of the lifter.
14. 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

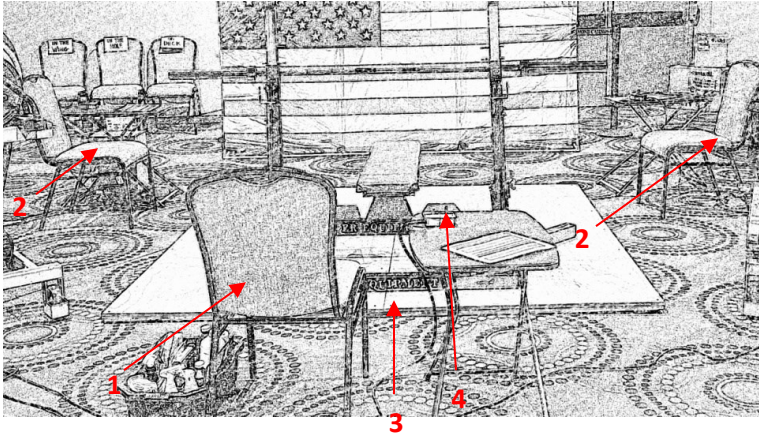
- lifter, Contest Officials, and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb, or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations.
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 on that hand and attached at the wrist only.
 16. In USPF recognized competitions, the weight of the barbell must always be a multiple of 2.5 kg or 5 lb, depending upon the discs being used. The progression must be at least 2.5 kg, or 5 lb for Standard/Olympic discs, between all attempts. The weight shall be announced in kilograms (except when using Standard/Olympic discs). Exceptions to this rule are as follows:
 - 16.1 In a record attempt, the weight of the barbell must be at least 500 grams (.5 kg or 1 lb) in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition.
 - 16.2 During the course of the competition, a lifter may request a record attempt that is not a multiple of 2.5 kg or 5 lb but is to be attempted within his prescribed attempts.
 - 16.3 Record attempts may be taken on any or all of a lifter's prescribed attempts provided that he maintains a minimum increase of 500 grams (.5 kg or 1 lb).
 17. The Head 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 Loading are as follows:
 - 17.1 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.
 - 17.2 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.
 - 17.3 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.
 - 17.4 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.
 - 17.5 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.
 18. Application for participation at a National Championships must include the lifter's qualifying Total or Best Lifts for Single Lifts, along with the USPF competition's name,

- date and location, within 12 months of the National Championships. Only qualifying Totals or Single Lifts achieved at a USPF competition will allow a lifter to be considered eligible or qualified to participate in a National Championships with no exceptions.
19. Application for participation at a World Championships must include the lifter's best total, along with the USPF competition's name, date and location, within 12 months of the World Championships. Only totals achieved at National Championships will allow a lifter to be considered eligible or qualified to participate in a World Championships with no exceptions.
 20. In International matches between two lifters or two Nations contested in different bodyweight categories, the lifters may alternate irrespective of weight required for the attempts. The lifter requiring the lightest weight in his initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular lift.
 21. In International competition, all appeals against referee's decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the Jury. The process is as follows:
 - 21.1. The Jury may require the appeal to be made in writing.
 - 21.2. The appeal or complaint must be lodged with the Chairman of the Jury by the team manager, or in his absence, by the team coach. This must be done immediately following the action upon which the appeal or complaint is based.
 - 21.3. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration, and upon reaching a majority verdict, the Jury will return and the Chairman will inform the complainant of its decision.
 - 21.4. The Jury's verdict will be considered final and there will be no right of appeal to any other body.
 - 21.5. Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lifting.
 22. Jury is as follows:
 - 22.1. To preside over World and National Championships during each lifting session.
 - 22.2. Three Referees, senior Referee will be President of the Jury.
 - 22.3. World Events, Referees shall be selected from different nations with the exception of the USPF President and Technical Chair.
 - 22.4. Ensure that the technical rules are applied correctly.
 - 22.5. Remove a Referee by majority vote whose decisions on calls are incompetent. Referee must be warned prior to dismissal and allowed to give an explanation for his actions.
 - 22.6. To overturn a serious refereeing mistake by granting a lifter another attempt if deemed necessary. A Jury at no time can overrule or change the calls of the referees.
 - 22.7. The Jury President must ensure himself that all the members of the Jury are aware of the current USPF Rules, new rules, amendments and changes.
 - 22.8. If music is allowed, the Jury will determine the volume and shall terminate when a lifter steps on the platform.

Part 7.

REFEREES

1. The referees shall be three in number, the Head (Center) Referee and two side referees.



1. Head Referee: Faces front of platform with back to audience.
2. Side Referees
3. Front of platform.
4. Main switch to light box controlled by the Head Referee.

- 1.1. The same referee must be seated throughout an entire flight once it starts. No referee changes can occur once a flight has begun. However, the only exception to this rule is if a record-breaking attempt is being made and the required referee classifications are not met by the existing seated referees (ex., two National referees are needed for an American record).
2. The Head Referee, preferably the highest-ranking Referee, is responsible for giving the necessary signals for all three lifts.
 - 2.1. Signals required for the three lifts are as follows:
 - 2.1. SQUAT
 - 2.1.1. Commencement: A visual signal consisting of a downward movement of the arm together with the audible command "squat".
 - 2.1.2. Completion: A visual signal consisting of a backward movement of the arm together with the audible command "rack".
 - 2.2. BENCH PRESS
 - 2.2.1. Commencement: An audible command of "start".
 - 2.2.1. Mid (after pause at chest): An audible command of "press".
 - 2.2.3. Completion: A visual signal consisting of a backward movement of the arm together with the audible command "rack".
 - 2.3. DEADLIFT
 - 2.3.1. Commencement: No signal required.
 - 2.3.2. Completion: A visual signal consisting of a downward movement of the arm together with the audible command "down".
3. 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".
4. 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 Head Referee must always bear in mind the need to be easily visible to the lifter performing the squat or dead lift. If possible,

the side referees should not be seated behind the lifter or below the level of the platform.

5. Before the contest, the three referees shall jointly ascertain that:
 - 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.
 - 5.2. The scales work correctly and are accurate.
 - 5.3. The lifters weigh in within the limits of weight and time for their bodyweight category.
 - 5.4. The lifters costumes and personal equipment comply with the rules in all respects.
6. During the contest the three referees must jointly ascertain that:
 - 6.1. 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 generate bar loading software may also be used and projected on to a screen that is in a clear and visible location, from the platform, for the three referees.
 - 6.2. On the platform the lifter's costume and personal equipment are exactly as declared, examined and marked at the weigh in. If any referee has reason to doubt a lifter's integrity in this respect, he must at the completion of the lift, inform the Head Referee of his suspicions. The three referees may then re-examine the lifters costume and personal equipment. If the lifter is found to be wearing or using any illegal item, the lifter will immediately be disqualified from the competition.
7. Prior to the commencement of a lift, if either of the side referees do not accept the bar placement or starting position of the lifter, they will raise a hand to call attention to the fault. If there is a majority opinion among the referees that a fault exists, the Head Referee will not give the signals to commence the lift. The lifter or his coach shall on request be informed of the reason for his not receiving a "start" signal. Similarly, the lifter or his coach may request the reason for a "no lift" decision. Such request must be made before the next lifters attempt. The Technical Chair or Chief Referee shall be responsible for conveying such information to the lifter. The lifter has the remainder of his un-expired time allowance in which to correct the position of the bar or his stance in order to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.
8. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
9. A referee shall not attempt to influence the decisions of the other referees.
10. The Head Referee may consult with the side referees, Technical Chair or any other official as necessary in order to expedite the competition.
11. At his discretion, the Head Referee may order that the bar and or platform be cleaned.
12. After the competition, the three judging referees shall sign the official score sheets, record certificates or any other documents requiring a referee's signature.
13. In a World or National Competition:
 - 13.1. Referees will be selected by the Technical Chairman and must have proven their competence at prior World or National championships.

- 13.2. In a World or International Competition, the Technical Chairman will decide which category the referee will judge. Two referees of the same nationality cannot be selected to adjudicate the same category in a contest of more than two nations.
- 13.3. The selection of a referee to act as Head Referee in one category does not preclude his selection as a side referee in another category.
14. Attire: Colors are solid black for upper and solid tan for lower.
- 14.1. No prints or logos except for USPF approved logo shirts.
- 14.2. No tank tops. Shoulders must be covered to at least the upper deltoids. No cutoff sleeves or any other parts of clothing or torn or ripped clothing allowed.
- 14.3. A current USPF Referee or Official's badge/ID must be worn with a lanyard or it may be clipped to pocket of shirt or outerwear.
15. Qualifications for a Referee are as follows:
(SWP Referees ~ refer to SWP Rules section.)
- 15.1. Must be a member of the USPF in good standings.
- 15.2. Must be recommended by his State Chairman, Technical Chair, or Board of Directors
- 15.3. Refer to Section 16 for testing procedures.
- 15.4. A State Referee or National Referee's booklet (depending upon level appointed) shall be issued upon his passing of both written and practical examinations. This book must be kept up to date and signed by Technical Chair or Chief Referee in charge at each recognized competition. Booklets may be issued in electronic form.
16. Testing Procedures
- All USPF written tests can be obtained from the Technical Chairperson.
- 16.1. Anyone interested in becoming a USPF Referee can contact the State Chairperson in their area or the Technical Chairperson. A brief powerlifting bio is required for State level applicants.
- 16.2. Location of testing:
- State Referee ~ at any USPF sanctioned meet or USPF Referee Clinic.
- National I or II Referee ~ at any USPF sanctioned National level meet or National level USPF Referee Clinic.
- SWP Referee ~ at any sanctioned SWP World meet.
- Any exceptions can be determined by the Technical Chairperson.
- 16.3. **Written Exam**
- State Referee
- A State Chairperson or the Technical Chairperson can administer the state test to an applicant. If none of the aforementioned is available, the Technical Chairperson can make special arrangements for testing. A score of 90% or higher must be obtained to pass. Tests are to be corrected by one of the aforementioned and then forwarded to the Technical Chairperson. If the applicant does not pass, he must wait six months before he can retest.
- National Referee
- An applicant must be a State Referee for one year and has refereed at least five USPF meets. The Technical Chairperson can administer this test or appoint a USPF Official to do so. State Chairpersons cannot appoint or "promote" anyone as a National Referee. A score of 95% or higher must be obtained to pass. Tests are to be corrected by the Technical Chairperson. If the applicant does not pass, he must wait six months before he

can retest.

SWP Referee ~ refer to SWP Rules section.

16.4. **Practical Exam**

State Referee

- 25 An applicant must sit next to a National or SWP/International Referee and “call” at least attempts in each the squat, bench press, and deadlift. If the applicant’s call does not match the testing Referee’s call, they must explain their reasoning for the call. For an applicant to pass, they must call at least 95% of the lifts correctly. This is determined by testing Referee. If the applicant does not pass, he must wait six months before he can retest. The applicant must pass both the written and practical tests before either the State Chairperson or Technical Chairperson can appoint him as a State Referee.

National Referee

An applicant must be a State Referee for one year and has refereed at least five USPF meets. The applicant must sit next to the Technical Chairperson, National or SWP/International Referee and referee the squat, bench press, and deadlift. The testing Official will determine if the applicant qualifies for advancement. If the applicant qualifies, the Technical Chairperson will appoint or promote him as a National Referee. The applicant must pass both the written and practical tests. If not, he must wait one year before he can retest.

SWP Referee ~ refer to affiliate’s World Rules.

17. Registration

- 17.1. All referees must renew their USPF membership annually in order to maintain their current qualifications at an acceptable standard.
- 17.3. A referee who has been inactive for a period of four years or who fails to re-register or renew their USPF membership annually will forfeit his credentials. Refer to Bylaws regarding reinstatement.
- 17.4. SWP/International Referees should referee a minimum of three National Championships or one World Championship during the previous four year period in order to renew at their current International referee status.

Part 8.

RECORDS

1. Records defined:

(World Records ~ Refer to SWP Rules section.)

American Records ~ United States records issued to citizens or residents of the U.S.

State Records ~ Lifters must be a resident within the state to which they are applying. State Records can be made at any USPF sanctioned meet if the rules criteria are met.

Local Records ~ Local meets, special event competitions, etc. can establish USPF Records for the sole purpose of such competition and are to be kept by the meet director, coordinator, or State Chair.

- 2. Records can only be obtained through a USPF or SWP sanctioned competition or event. All USPF rules must be followed and criteria met in the aforementioned rules.
- 3. The lifter must have a current USPF membership.
- 4. The lifter must enter the Event, Division, Category, etc. in order to apply for the corresponding

USPF record, no exceptions.

Example: To apply for a Raw Single Lift Deadlift in Masters 40-44, the lifter must enter the Raw Single Lift Deadlift in Masters 40-44 and complete the competition without “bombing”. If the lifter only entered and completed the Raw Full Power Open, he cannot apply for records in the Masters 40-44 or the Single Lift Deadlift.

5. Records can only be made in the lifter’s bodyweight category entered at the official weigh-ins.
6. Records are only valid if the lifter makes a Total in the competition event(s) entered. He must complete at least one “good lift” in each of the three attempts. The lifter cannot “bomb” and then apply any “good lifts” towards records in the event in which he did not successfully complete. No exceptions.

Example: If a lifter enters a Full Power event and does not make any of his three deadlift attempts, subsequently “bombing”, he cannot apply for any Squat, Bench Press, or Total records even though those lifts were good. If the lifter also entered Single Lift Bench Press, he could only apply for the Single Lift Bench Press record.

7. Fourth attempts ~ attempts allowed outside of the competition for record purposes only and do not count towards the lifter’s competition Total.
 - 7.1. Allowed in any competition in which USPF Records can be obtained.
 - 7.2. The lifter must show the Scorekeeper the documented record he is attempting to break at the time he is giving his fourth attempt. If not, the attempt will not be allowed.
 - 7.3. A lifter can only take a fourth attempt if his third attempt is a successful or “good” lift.
 - 7.4. Only lifters competing in a competition may attempt records as fourth attempts outside the competition.
 - 7.5. Fourth attempts are not valid towards the lifter’s competition scoring, Totals, or meet placement.
 - 7.6. In no case can any further additional attempts be granted.
8. The lifter must advise the Scorekeeper of any American and/or World Record attempts. The Scorekeeper will note it on his scorecard or attempt sheet.
9. The lifter must advise the Head Referee of any American and/or World Record attempts before the lift. The Head Referee will then insure the proper ranked referees are in place.
10. Immediately following a successful record attempt, the lifter shall present himself for inspection by the Head Referee to assure all of his costume and equipment was approved during the equipment check. The lifter’s costume and equipment cannot be substituted with an alternative piece(s) that was not approved.
11. In the event of two lifters breaking either a current individual or Total record of the same weight, the lighter lifter will be declared the new record holder. If both lifters originally weighed in at the same weight, they must be reweighed. If both lifters reweigh at the same bodyweight, both will be declared record holders.
12. New records are only valid if they exceed the previous record by at least 500 grams or 1 pound and are only recorded to the tenth of the weight.

Example: if a weight ended in .25, it would be recorded as .3; if a weight ended in .23 would be recorded as .2.

13. Weighing the barbell or lifter for records:

- 13.1. American and World Records

At a World or National Championship sanctioned and recognized by the USPF, World

and American Records will be accepted without weighing the barbell or lifter provided that the lifter had weighed in correctly before the competition and that the referees or Technical Chair had checked the weight of the barbell and discs before the competition.

13.2. State Records

13.2.1. At a State Championship sanctioned and recognized by the USPF State Records will be accepted without weighing the barbell or lifter provided that the lifter had weighed in correctly before the competition and that the referees or Technical Chair had checked the weight of the barbell and discs before the competition. Only one State Championship is allowed per calendar year.

13.2.2. Refer to Part 2, #3, for non-calibrated discs.

14. The weigh-in Official must certify that the scale has been recalibrated to be accurate within the last six months preceding the record attempt.

15. Referees

15.1. All criteria for USPF Referees must be met.

15. The good faith and competence of all referees is beyond dispute.

15.3. Must have a current USPF Referee Card with rank and current USPF membership.

15.4. Referees needed for records:

State Records ~ All three referees must be ranked at a USPF State level or above.

American Records ~ At least two of the three referees must be ranked at a National level or International level.

World Records ~ At least two of the three referees must be ranked at an International level and the third at a National or International level.

16. Meet Directors

16.1. The Meet Director must supply the necessary Record Chairs (American and State) with a copy of the competition official score sheet or meet results within 14 days of the completion of the competition to verify any record applications submitted. This includes the names and ranks of the judicatory referees. For those states without a State Chair, the meet results are to be sent to the American Records Chair.

16.2. Responsible for noting all record attempts on the official score sheet or meet results sent to Chairs to validate records.

16.3. Responsible for providing a list of all the competitors with their Divisions (Raw, Single Ply Division 1, and/or Multi Ply Division 2) to the Head Referee for inspection.

17. American and State Record Chairs ~ See Bylaws for duties.

18. To Certify & Register Records

18.1. All USPF rules criteria must be met before a record can be certified.

18.2. The Meet Director must supply the relevant USPF Record Chairs with a copy of the official score sheet or meet results within 14 days of the completion of the competition. Failure to so will negate any records from that event. Exceptions will be dealt with on a case-by-case basis by the Records Chair(s).

18.3. Record Applications

18.3.1. The lifter is responsible for his record applications including providing, having the current correct forms, filling it out, and sending it in to the Records Chair(s).

18.3.2. Upon completion of the competition, the lifter must sign his record application(s) along with obtaining the necessary Officials' signatures including the three referees who officiated their record lift(s).

- 18.3.3. The lifter must send his application within 30 days to the USPF Record Chair(s). If the application is not submitted within the 30 days, the record(s) will not be certified nor awarded to the lifter. Exceptions will be dealt with on a case by case basis by the Records Chair(s). State Record Applications are to be sent to the State Chair or State Records Chair of the state in which the lifter resides. If a state does not have a State Chair, the application is to be sent to the American Records Chair. American Record Applications are to be sent to the American Records Chair and World Record Applications are to be sent to the World Records Chair. Contact the Meet Director in regards to any other records such as event records, etc.
- 18.3.4. Records are processed on a first received priority basis.
- 18.3.5. State Record Chairs may not require an application if he is present at a meet in which case he will accept the score sheet or meet results as official as long as all records meet the criteria as specified in the rules.
- 18.3.6. The American Records Chair may not require an application if she is present at a meet in which case she will accept the score sheet or meet results as official as long as all records meet the criteria as specified in the rules.

Part 9.

RULES FOR DISABLED LIFTERS IN SINGLE BENCH PRESS CHAMPIONSHIPS

1. BODYWEIGHT CATEGORIES

1.1. Men: kg/lbs

48.0 kg/105 lb class from 48.0 kg/105.5 lbs and below
 52.0 kg/114 lb class from 48.01 to 52.0 kg/105.75 to 114.5 lbs
 56.0 kg/123 lb class from 52.01 to 56.0 kg/114.75 to 123.5 lbs
 60.0 kg/132 lb class from 56.01 to 60.0 kg/123.75 to 132.25 lbs
 67.5 kg/148 lb class from 60.01 to 67.5 kg/132.5 to 148.75 lbs
 75.0 kg/165 lb class from 67.51 to 75.0 kg/149.0 to 165.25 lbs
 82.5 kg/181 lb class from 75.01 to 82.5 kg/165.5 to 181.75 lbs
 90.0 kg/198 lb class from 82.51 to 90.0 kg/182.0 to 198.25 lbs
 100.0 kg/220 lb class from 90.01 to 100.0 kg/198.5 to 220.25 lbs
 SHW class from 100.01/220.5 lbs to unlimited

1.2. Women: kg/lbs

40.0 kg/88 lb class from 40.0 kg/88.0 lbs and below
 44.0 kg/97 lb class from 40.01 to 44.0 kg/88.25 to 97.0 lbs
 48.0 kg/105 lb class from 44.01 to 48.0 kg/97.25 to 105.75 lbs
 52.0 kg/114 lb class from 48.01 to 52.0 kg/106.0 to 114.5 lbs
 56.0 kg/123 lb class from 52.01 to 56.0 kg/114.75 to 123.5 lbs
 60.0 kg/132 lb class from 56.01 to 60.0 kg/123.75 to 132.25 lbs
 67.5 kg/148 lb class from 60.01 to 67.5 kg/132.5 to 148.75 lbs
 75.0 kg/165 lb class from 67.51 to 75.0 kg/149.0 to 165.25 lbs
 82.5 kg/181 lb class from 75.01 to 82.5 kg/165.5 to 181.75 lbs
 SHW class from 82.51 kg/182 lbs to unlimited

1.3. Additions to the bodyweight will be made for amputees as follows:

- 1.3.1. For each below ankle amputation = +1/54 of bodyweight
- 1.3.2. For each below knee amputation = +1/35 of bodyweight
- 1.3.3. For each above knee amputation = +1/18 of bodyweight
- 1.3.4. For each hip disarticulation = +1/9 of bodyweight

2. BENCH

- 2.1 The bench shall be of sturdy construction and provide maximum stability and conform to the following dimensions:
 - 2.1.1. Length: shall be 2.1 m long overall and be flat and level.
 - 2.1.2. Width: the main body of the bench shall be 61 cm. wide, but for a distance of 70.5 cm. from the head end, the width shall be 30.5 cm. leaving two equal shoulders of 15.25 cm.
 - 2.1.3. Height: the height shall not be less than 45 cm. and not to exceed 50 cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
 - 2.1.4. Stands: the height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 82 cm. to a maximum of 100 cm. measured from the floor to the bar rest position. Minimum width between insides of bar rests shall be 1.10 m.
 - 2.1.5. The lifter must be given the opportunity to use either the bench described above or a standard USPF bench as described in "Equipment and Specifications".

3. COSTUME

- 3.1. Suit is not obligatory.
- 3.2. A T-shirt is obligatory. Use of both a T-shirt and lifting suit is permitted.
- 3.3. Track trousers - Track trousers, which fit tightly to both the buttocks and legs, or snug fitting shorts are the only trousers acceptable. These must be seen on the lifter and approved by the referees at the weigh-in.
- 3.4. Lifting with prosthesis is allowed and orthotics with shoes will be allowed.

4. GENERAL

- 4.1. If the lifter cannot fully stretch the arms resulting from anatomical deformation of the elbow he must report this fact to the three referees before the beginning of each attempt during the competition.
- 4.2. If the lifter cannot fully stretch the legs resulting from anatomical or neurological disease, he must report this fact to the three referees before the beginning of each attempt during the competition.
- 4.3. Any lifter is allowed to be strapped to the bench with the official strapping belt (10cm. wide) or with his personal strapping belt.
 - 4.3.1. Strapping is allowed on the legs from the ankles to the hips.
 - 4.3.2. Strapping of the legs must be done by the lifter, the coach or the loaders under the supervision of the referees.
- 4.4. The coach is allowed to help the lifter on arrival at or upon leaving the platform. Coaches shall remain within the designated coaching area as defined by the Jury or Technical Officer in charge.
- 4.5. The lifter is allowed two minutes in which to start his attempt after being called to the platform. A warning call and time signal will be given at the one-minute remaining stage.

- 4.6. The lifter must lie supine on the bench. His head, shoulders, trunk (including buttocks), legs and both heels extended must remain in contact with the bench throughout the attempt. An exception regarding the heels is granted in the case of lower limb amputees.

Part 10

PRETEEN RAW DIVISION – AGES 9-12

1. **ALL** USPF Rules are to be followed with the following additions/exceptions.
2. Preteen Raw is the only Division available for lifters aged 9-12.
3. AGE CATEGORIES: 9-10 & 11-12
4. WEIGHT CLASSES:
 - **Girls**: 30k/66.1lb, 35k/77.2lb, 40k/88.2lb, 44k/97lb, 48k/105.7lb, 51.7k/114lb, 56k/123.5lb, 60k/132.2lb, 67.5k/148.7lb, 75k/165.2lb, 82.5k/181.7lb, 82.5k+/UNL
 - **Boys**: 30k/66.1lb, 35k/77.2lb, 40k/88.2lb, 44k/97lb, 48k/105.7lb, 51.7k/114lb, 56k/123.5lb, 60k/132.2lb, 67.5k/148.7lb, 75k/165.2lb, 82.5k/181.7lb, 90k/198.2, 100k/220lb, 110k/242lb, 110k+/UNL
5. PRETEEN RAW DIVISION LIFTING ATTIRE & GEAR (unequipped & non-supportive) *See *Part 3, Raw KS Division 3, in the current USPF Rulebook for more details.*
 - Non-supportive singlet (wrestling type)
 - T-Shirt
 - Wrist wraps (optional)
 - Knees Sleeves (optional)
 - No Knee Wraps
 - Lifting Belt (optional)
 - Briefs
 - Knee high socks
 - Shoes/Boots
 - Shin guards (optional)

Note: The only exception is a “Special Attire” exception for lifters in Grade School or Jr. High School meets, which is the same provision as for High School meets. These lifters shall have the option of lifting in a non-supportive singlet, or in shorts and a T-shirt. See Part 3, Section 6.1 for Rules regarding shorts.

6. EQUIPMENT
 - A 5kg, 10kg, and/or 15kg lifting bar must be available for preteens to use in competition.
 - Full size “bumper plates” for 2.5kg, 5kg, and 10kg are allowed for deadlifts.
 - Small plastic or aluminum collars ($\leq .5$ kg wt.) may be used with the weight counted as zero.
7. WEIGH-INS
 - T-Shirt & Singlet must be worn.
 - Preteens must have a parent/guardian or coach accompany them.
8. RECORDS

Preteen Raw Division Records will be available for Age Categories 9-10 & 11-12 with the above stated weight classes for USPF State and American Records along with SWP World Records.

Part 11 SUPERIOR WORLD POWERLIFTING ~ SWP

SWP is a Division of the USPF and is under the same USPF Rules, Regulations, and Bylaws. A detailed set of Rules for setting SWP World Records plus guidelines for SWP events will be added soon.

CURRENT USPF LOGOS



PAST USPF LOGOS

