



WORLD RAW
POWERLIFTING FEDERATION

WRPF Technical Rules Book of "Powersport", "Standing press" and "Biceps curl"

Edited February 02, 2026

WRPF

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

The entry of force of the current Rules Book is February 02, 2026.

Copying and publishing is prohibited without written permission of the copyright holders – WRPf Russia.

Contents

| | |
|---|----|
| I. General rules | 4 |
| II. Equipment and specification | 13 |
| III. Personal equipment | 19 |
| IV. Competitive exercises and rules of performance | 24 |
| 4.1. Army standing press..... | 24 |
| 4.2. Strict biceps curl | 26 |
| 4.3. Classic biceps curl. Apollo's axle biceps curl | 27 |
| 4.4. Extreme biceps curl..... | 29 |
| 4.5. Multi-rep biceps curl | 30 |
| V. Weighing in | 33 |
| VI. Order of competition..... | 35 |
| VII. Referee, jury..... | 39 |
| VIII. Responsibilities of the competition organizers..... | 43 |

I. General rules

1.1. GENERAL

The World Federation (Association, Organization) of Powerlifting without equipment (accepted abbreviations WRPF/ WRPA/ WRPO), hereinafter "WRPF" recognizes the following exercises in competitions in powersports, bench press and bicep lifting:

- "Army standing press";
- "Strict biceps curl";
- "Classic biceps curl";
- "Extreme biceps curl";
- "Apollo's Axle biceps curl";
- "Multi-rep bicep curl".

Competitions between athletes are held in the following divisions:

- WRPF Powersport ("Army standing press" and "Strict biceps curl");
- WRPF Biceps triathlon ("Strict biceps curl", "Classic biceps curl" and "Extreme biceps curl");
- WRPF Biceps biathlon ("Strict biceps curl" and "Extreme biceps curl");
- WRPF Army standing press;
- WRPF Strict biceps curl;
- WRPF Classic biceps curl;
- WRPF Extreme biceps curl;
- WRPF Apollo's Axle biceps curl;
- WRPF Multi-rep biceps curl with 20 kg weight (women only);
- WRPF Multi-rep biceps curl with 25 kg weight (women only);
- WRPF Multi-rep biceps curl with 35 kg weight (men only);
- WRPF Multi-rep biceps curl with 50 kg weight (men only);
- WRPF People's biceps curl ½ weight (men only).

Two competitive exercises in "Powersports" must be performed and only in this sequence: "Army standing press", then "Strict biceps curl".

Three competitive exercises in the Biceps triathlon must be performed and only in this sequence: "Strict biceps curl", then "Classic biceps curl", then "Extreme biceps curl".

Two competitive exercises in the Biceps biathlon must be performed and only in the following sequence: "Strict biceps curl", followed by "Extreme Biceps curl".

WRPF recognizes only those results that were performed in accordance with these Technical Rules at competitions officially sanctioned by this organization.

The determination of the weight on the bar at all competitions is carried out:

- in maximum exercises – in kilograms;
- in multi-rep biceps curl – in repetitions.

1.2. AGE CATEGORIES

MEN / WOMEN

- Teenage: from 13 to and including 19;
- Junior: from 20 to and including 23;
- Open: from 24 to and including 39;
- Masters M1: from 40 to and including 49;
- Masters M2: from 50 to and including 59;
- Masters M3: from 60 to and including 69;
- Masters M4: from 70 to and including 79;
- Masters M5: from 80 years and older.

1.2.1. The following condition applies to athletes who have reached the age of 13: an athlete must have reached the age of 13 by the day of the competition. On the day when a young man (girl) turns 20, he (she) is no longer eligible to compete in the "Boys (Girls)" age category. On the day when a junior turns 24, he/she is no longer eligible to compete in the "Juniors" age category.

Note: It is at the discretion of the competition organizers to combine age and weight categories in order to increase the value of competitive titles.

1.3. WEIGHT CATEGORIES

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

Note: It is at the discretion of the competition organizers to combine age and weight categories in order to increase the value of competitive titles.

1.4. DETERMINATION OF THE WINNERS, AWARDING OF THE PARTICIPANTS OF THE COMPETITION

1.4.1. The winner in the disciplines of "Powersport", "Biceps triathlon", "Biceps biathlon" is the athlete who collected the largest amount based on the total of all competitive movements. The sum includes the best weight

attempts shown by the athlete on the platform and counted by the judges. The rest of the athletes go in descending order based on their collected amount. Athletes who show a zero result in one of the exercises are excluded from further competitions.

- 1.4.2. The winner in a particular movement is the athlete who has shown the highest result in this movement. The rest of the athletes go in descending order based on their result. The best result shown by the athlete on the platform and counted by the judges is counted.
- 1.4.3. The winner of the "Multi-rep bicepc curl" is the athlete with the highest number of repetitions in this movement. The rest of the athletes go in descending order based on their result. The best result shown by the athlete on the platform and counted by the judges is counted. In case of equality of repetitions among several athletes in the same weight category, the highest place is awarded to the athlete with the highest tonnage (the product of the weight of the lifted barbell by the number of scoring repetitions). In case of equal tonnage, the highest place is awarded to all these athletes.
- 1.4.4. If two or more athletes score the same amount or show the same result, the lighter one is classified higher than the heavier one. If the registered athletes find themselves with the same body weight during the weigh-in, and at the end of the competition they show the same amount or result, a procedure is carried out to outweigh the participants, and the athlete whose weight will be lighter will take the higher place. If the athlete's weight is the same, then both participants are assigned the same place, and the next place remains unoccupied.
- 1.4.5. The occupied places are distributed in each age category, and within them in each weight category.
- 1.4.6. The absolute winner is determined using the Wilks coefficient in the age groups "Teenage", "Juniors", "Open", "Masters", taking into account the gender of the participants. When calculating points in the "Masters" age category, the McCullouch formula is additionally applied. The final result (sum) of the participant is multiplied by this coefficient, the result (points) is a criterion for comparing athletes and allocating places in the overall standings. The winner is the athlete who scored the most points. The remaining places are allocated in descending order of this value.
- 1.4.7. At WRPF tournaments, participants are awarded in individual, absolute and team competitions in accordance with the Competition Regulations.
- 1.4.8. The permitted form of athletes' clothing for the award ceremony is a tracksuit or competition tights, T-shirt, athletic shoes. All elements of the athlete's costume must be clean and tidy. It is not allowed to use inscriptions, emblems and logos, offensive content on the athlete's costume.

1.5. TEAM CHAMPIONSHIP

- 1.5.1. According to the Competition Regulations, a team championship may be played at WRPF tournaments. The number of participants, the composition of the teams, as well as the system of calculating team points is regulated by the document "The procedure for the formation of the WRPF/WEPF/WAF/WSF/SPR/CAP/FZHD team standings". This document can be found at the link: <https://wrpf.pro/dokumenty/>.

1.6. TOURNAMENT RANKING

- 1.6.1. WRPF identifies the following classification of tournaments:

For WRPF tournaments in different countries:

- Gym or sports club;
- City or district;
- National;
- Territorial;
- International, National.

For tournaments within the Russian Federation:

- Gym or sports club;
- City or district;
- Subject of the country/ Master's Sports Category;
- Territorial or all-Russian master;
- International, national, or all-Russian.

- 1.6.2. Requirements for the technical equipment of tournaments are listed in «Technical requirements for running WRPF competition». Obeying these requirements is an absolute must for all the competitions which are sanctioned or held under WRPF. Requirements for the referees and the process of records registration described in the relevant paragraphs of the current Rule Book.
- 1.6.3. International, National or All-Russian tournament. These are championships or cups of the world/ continent/ country or All-Russian tournaments. Assignment of sports categories up to and including the WRPF PRO/ Elite. Registration of national, continental and world records.
- 1.6.4. Territorial or All-Russian master tournament. These are championships or cups of the territorial districts of the country or All-Russian master tournaments. Assignment of categories up to and including WRPF International Class Master of Sports. Registration of national records.
- 1.6.5. The tournament of the subject of the country and/ or the master tournament. These are championships and cups of regions/ subjects of countries and/ or master tournaments. Assignment of sports categories up to and including WRPF Master of Sports. Registration of regional (subject of the country) and national records.
- 1.6.6. City or district tournament. These are championships and cups of the city or district. Assignment of sports categories up to and including WRPF Candidate for Master of Sports. Registration of regional (subject of

the country), district or city records. These tournaments are held without testing for the use of banned substances.

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

1.7. WRPf RECORDS

- 1.7.1. The WRPf Federation registers the following types of records:
 - world records;
 - Continental;
 - National.
- 1.7.2. World and continental records are registered exclusively by the official WRPf record tracker. Continental records can only be set by citizens of the countries that make up this continent.
- 1.7.3. National records can only be set by citizens of the country. For example, Russian records can only be set by citizens of the Russian Federation, US records can only be set by US citizens, and so on.
- 1.7.4. In case of setting continental or world records at their tournaments, the national offices must provide the WRPf management with the protocol of the established sample and information about the records within 7 days from the end date of the tournament.
- 1.7.5. Regional WRPf offices may also register regional records (subject of the country, urban). Regional records can only be set by athletes who have registered their place of residence in the region. The work on their management and accounting falls entirely on the regional representative and is not a mandatory requirement of the WRPf.
- 1.7.6. The level of records recorded in the competition depends on the classification of the tournament. As well as the classification of the referees serving this tournament.
- 1.7.7. Records are recorded in each age and weight category, with a difference in the gender of athletes.
- 1.7.8. Records are registered only at tournaments sanctioned by the WRPf and in full compliance with the WRPf rules and the equipment and qualifications of the referees.
- 1.7.9. Record attempts can be made by athletes in any approach. If two athletes set the same record in the same competition, the athlete who first completed the record attempt is the official record holder.

- 1.7.10. WRPf records are recorded with an excess of 0.5 kg relative to the existing record result in exercises for maximum and 1 repetition in the multi-rep bicep lift.
- 1.7.11. Records in age groups must be counted even if one participant participates in the weight and age group.
- 1.7.12. If there are no results in the record grid, the results defined as the "Record Standard" are accepted by the records of all levels. Only an athlete who exceeds this result becomes a record holder.

The "Standard of record" is equivalent to the following standards:

- Teenage 13-19 – there is no «Standard of Record»;
 - Junior 20-23 – «Candidate Master of Sports»;
 - Open – «Master of Sports»;
 - Masters 40-49 – «Master of Sports»;
 - Masters 50-59 – «Candidate Master of Sports»;
 - Masters 60-69; 70-79; 80+ – there is no «Standard of Record».
- 1.7.13. An additional record attempt is given to an athlete only if the third attempt is successful (counted by the judges on the platform).
- 1.7.14. Only athletes who have entered the tournament may attempt to set a record in an additional attempt (i.e., an athlete with a zero result after three attempts, but remaining at the tournament as a guest, cannot set a record in the fourth attempt).
- 1.7.15. If an athlete wants to set a record in a particular movement, he must apply to this division before the start of the tournament or, in agreement with the organizing committee, 30 minutes before the start of the stream.
- 1.7.16. Record sets are allowed by age category as follows: depending on how the athlete entered the tournament, "Junior (Junior)" can set a record in both "Juniors (Juniors)" and "Open" age categories, "Boys (girls)" can set a record in both their own athletes from the "Open" age category can set a record only in the "Open" age category, "Masters" can set records both among the "Masters" and in the "Open" age category.
- 1.7.17. If the format of the tournament determines that all athletes can compete only in the "Open" age category, regardless of their actual age ("Boys (Girls)", "Juniors (Juniors)" or "Masters"), then they will be able to set records in their actual age category.
- 1.7.18. Each time an athlete sets a new record, he must undergo a full equipment check by the senior judge on the platform. It must be done immediately after the attempt is completed, before the athlete leaves the platform.

1.8. DRUG TESTING

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

1.9. INSURANCE

- 1.9.1. WRPf does not provide athletes, spectators, and competition officials with accident, medical, or compulsory insurance policies. This is the responsibility of the competition organizers. WRPf assumes no liability for damage, injury, or individual injury, including fatalities, during the competition.
- 1.9.2. Proof of insurance is the insurance policy received for the duration of the competition.
- 1.9.3. WRPf recommends that the organizers of the competition provide an opportunity to insure for the duration of the competition in the amount of \$ 500 for each day of the competition.

1.10. SANCTIONING OF COMPETITIONS

- 1.10.1. In order to receive approval for the WRPf version of the competition, the organizer of the competition must submit an application for the competition to the WRPf in writing or by e-mail no later than three (3) months in advance. The WRPf President must respond within five (5) days.
- 1.10.2. At the discretion of the WRPf President, the competition organizers must reimburse the WRPf representative's expenses for accommodation and travel to the competition venue until the WRPf representative leaves the competition venue.

1.11. WRPf SPORTS CATEGORIES AND RANKS

- 1.11.1. The WRPf has developed and approved a unified system of sports categories and ranks, which can be found on the official website: <https://wrpf.pro/normativy/>. WRPf branches must use a unified system of WRPf sports categories and ranks. Sports categories and ranks are assigned by the branch in which the standard is fulfilled.
- 1.11.2. When calculating the standard for an athlete's performance, apply increasing coefficients for entry into the ranks and titles up to Master of Sports of International Class (MSIC) exclusively for athletes:
- 50-54 year olds: +10%;
 - 55-59 year olds: +15%;
 - 60-64 year olds: +20%;
 - 65-69 year olds: +25%;
 - 70 year olds and older: +30%.

In disciplines where the result is determined in kilograms, the value obtained by increasing by the corresponding percentage is rounded down to 2.5 kg.

In disciplines in which the result is determined by the number of repetitions, the value obtained by increasing by the corresponding percentage is rounded down to the nearest whole number.

This adjustment is made regardless of the age group in which the athlete is participating in the tournament. It is based on the athlete's actual age on the day of participation in the tournament.

1.12. MEMBERSHIPS IN WRPF

- 1.12.1. All athletes, referees, and other officials of the competition have to be active members of their national/local WRP Federation on the day of the tournament.
- 1.12.2. Heads of national offices could set annual Federation membership fee (the "Fee"). The fee amount could be specified in the Competition Rules. The payment should be made by athletes at the registration (during the weighing procedure). Payment by the referees is made after the initial assignment of judicial category, or during the at the registration of the participants, before the referee will start doing his obligations at the competition.
- 1.12.3. Fee is made once a year and valid through 12 months from the date of the payment. After this period the fee has to be paid again.
- 1.12.4. During the international competitions all the athletes and referees should be members of the national WRPF departments. If WRPF department in the current country does not exist, they should pay a membership of the national federation of the country which holds the tournament by paying the annual membership fee. The same rule applies to foreign participants, referees at any tournament of national WRP Federation.
- 1.12.5. All members of the WRPF must be entered into a one database. This database is available in every tournament at weighing secretary. Secretary have to conduct verification of participants in this database while registering participants. If athlete from other country participates in the competition, organizers can request the member's information from database of the national department WRPF from this country.
- 1.12.6. In order to obtain the status of a national affiliated branch of WRPF, a potential representative must submit an application in the form on the website: <https://wrpf.pro/en/zayavka-na-otkrytie-novogo-regionalnogo-otdeleniya/>.
- 1.12.7. The President of WRPF is the only person who is eligible to make the decision to open a National Office.

1.13. INTERNATIONAL AFFILIATION

1.13.1. Rules and requirements of the International affiliation

WRPF/WEPF/WAF/WSF – are regulated by the document «International affiliation of national WRPF/WEPF/WAF/WSF». The document is available on the official website of the federation: <https://wrpf.pro/en/dokumenty/>.

II. Equipment and specification

2.1. PLATFORM AND RACKS

1.1. Army standing press

Combined racks for powerlifting, which are used to perform squats, or other racks of a single or combined design that meet the following requirements should be used:

- racks should be a solid structure with maximum stability.;
- the racks must ensure the safe and reliable placement of the projectile with its weight in a horizontal position relative to the platform on special hooks;
- the racks must have a stable structure and the ability to adjust the height of the projectile position in the range from 1.3 m in the lower position to 1.9 m in the upper position, every 3 cm (at least).

2.1.2. Strict biceps curl

The exercise should be performed on special racks that ensure that the athlete's back and pelvis rest on a solid vertical surface during the exercise.

The racks should be a prefabricated structure that ensures the safe performance of the exercise. All structural elements must be rigidly fastened together, except for an additional rack on which a projectile with a weight for performing the exercise is located.

The surface on which the athlete stands during the exercise should ensure a good grip of the athlete's feet with it, be non-slip, firm, smooth, without tearing. Loose top coverings on it are prohibited. A special marking is made on the surface to determine the position of the athlete's legs relative to the vertical support for the back, this position is specified in paragraph 5.9 of these Rules. It is forbidden to cover with soft, kneading material, for example, compressed rubber crumbs with a thickness of more than 10 mm.

The vertical back of the rack is a board or plywood covered with a fabric with a soft lining inside. The lining inside such an upholstery should not be thicker than 20 mm. The backrest must match the parameters: the height from the floor level is not less than 1800 mm, the width is not less than 700 mm. It is allowed that the lower edge of the backrest does not start from the platform on which the athlete stands, but at a height not higher than 600 mm from it. The back of the backrest should be reinforced with a stop that connects it to the bed, ensuring its stationary position during the exercise.

The machine for "Strict biceps curl" can be supplemented with racks for placing the projectile (neck with discs). Such racks can be either integrated with the machine, or a separate structure.



2.1.3. Racks for projectile placement

For the convenience of performing the exercises "Strict biceps curl", "Classic biceps curl", "Extreme biceps curl", "Multi-ple biceps curl", as well as "Apollo's Axle biceps curl", projectile racks (bar with discs) can additionally be used.

The racks can have either a fixed height or be height-adjustable. They should be a solid structure with maximum stability. The racks must ensure the safe and reliable placement of the projectile with its weight in a horizontal position relative to the platform on special hooks.

2.1.4. The platform

All competition equipment during the exercises can be installed both on the platform and on any flat floor surface located within the technical area of the competition platform. If the exercise is performed on a platform, the following requirements apply to it: a minimum size of 2.46 m x 2.46 m (8 x 8 ft). The platform must not rise more than 15 cm from the stage or the floor. The surface of the platform must be flat and non-slip. It is not allowed to use a platform consisting of several segments that are not fastened together.

During competitive exercises, the presence of persons other than the athlete, assistants, three referees and other officials on the platform is prohibited, if necessary. During the exercise, the presence of other persons on the platform is prohibited, except for the athlete, assistants and three judges.

Any cleaning or installation of the platform should be carried out only by assistants.

It is mandatory to have a podium for awarding athletes at all national, workshops and international competitions.

For the safety of competitors and spectators who are present at the competition, the competition area can be separated along the perimeter by rope/tape, etc.

2.2. BARS AND COLLARS

In all competitions it is allowed to use only barbells with impaled discs. Only bars and discs that meet the specifications of the WRPF sports federation can be used in competitions in all types of exercises. When using discs and vultures that do not meet the specifications, the results and records set in the competition are not counted.

The "Army standing press" exercise should use a standard powerlifting bar that meets the following parameters:

- the total length of the neck should be between 2.2 m and 2.45 m;
- the distance between the inner ends of the neck bushings should not be less than 1.31 m and not more than 1.48 m;
- the neck diameter must not exceed 32 mm or be less than 27 mm;
- the weight of the neck with locks should be 25 kg;
- the weight of the locks should be 2.5 kg;
- the permissible weight error of the neck and locks is +/- 0.25% of their permissible weight;
- the diameter of the sleeve on which the discs are hung should not be more than 52 mm or less than 50 mm;
- the neck must have risks located symmetrically relative to the center of the neck, applied by machine. The distance between the marks is 81 cm.

In the exercise "Apollo's Axle biceps curl", a bar corresponding to the parameters is used:

- neck diameter – 50 mm;
- the total length of the neck is at least 1500 mm;
- the distance between the inner ends of the neck bushings must be at least 800 mm;
- the weight of the neck with locks must be a multiple of 2.5 kg;
- the permissible weight error of the neck and locks is +/- 0.25% of their permissible weight.

The exercises "Strict biceps curl", "Classic biceps curl", "Extreme biceps curl", "Multi-rep biceps curl" use the standard EZ WRPF bar.



If a different neck is used, it must meet the following technical parameters:

- the neck must be factory-made;
- type EZ or WZ;
- rust-free;
- have a good notch, knurling.

Locking locks must be used to fix the weight on the neck. They must ensure that the discs are securely fixed to the neck.

The neck and locks must meet the following general requirements:

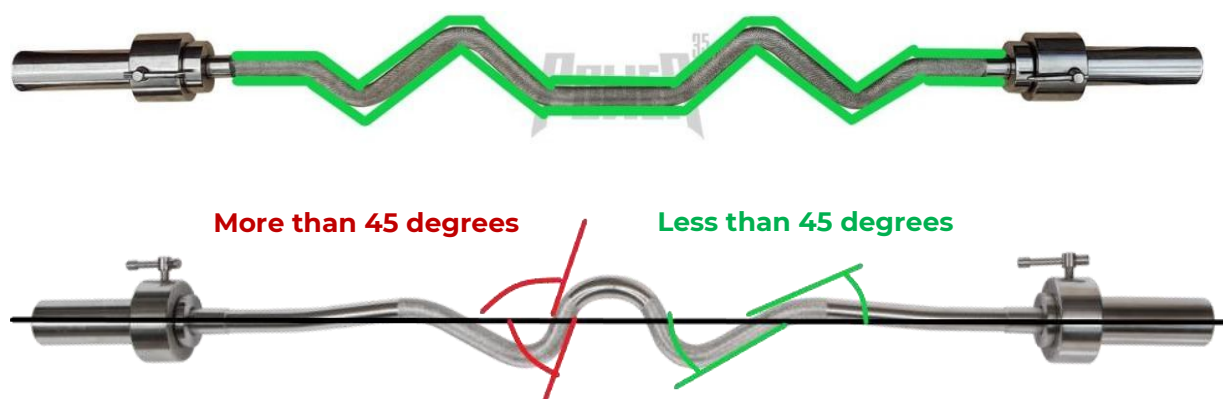
- the total length of the neck must be between 1200 and 1600 mm;
- the distance between the inner ends of the neck bushings must be at least 800 mm;
- the neck diameter should not exceed 30 mm or be less than 25 mm;
- the weight of the neck with locks must be a multiple of 2.5 kg. It is acceptable to adjust the weight of the neck with record discs to a multiple of 2.5 kg;
- the permissible weight error of the neck and locks is +/- 0.25% of their permissible weight.



Places on the bar where the athlete can grab during the exercise:

- the neck can be gripped anywhere on the neck where its bends do not exceed an angle of deviation of more than 45 degrees from the horizontal axis of the neck;
- if there are areas of the neck with a large bending angle, then it is unacceptable for the athlete to grab the neck during a competitive exercise in these places.

Acceptable angles are shown in the photo:



2.3. DISCS

Discs used in competitions WRPF must meet the following requirements:

- 2.3.1. All discs used in competition must be created on factory production, there shouldn't be no chips, cracks and other defects which can affect on their safe usage.

- 2.3.2. All discs used in competition must weigh within 0,25 percent or 10 grams of their face value.
- 2.3.3. The hole size in the middle of the disc must not exceed 53 mm or be less than 51 mm.
- 2.3.4. Discs must be within the following range: 0,25 kg; 0,5 kg; 1 kg; 1,25 kg; 2,5 kg; 5 kg; 10 kg; 15 kg; 20 kg and 25 kg. Discs 50 kg are permitted for use.
- 2.3.5. Discs weighing 25 kg must not exceed 6 cm in thickness. Discs weighing 20 kg and under must not exceed 5 cm in thickness. These are the rules for metal discs, not rubber-coated.
- 2.3.6. Discs must be colored as the following: 0,25 kg; 0,5 kg; 1,25 kg; 2,5 kg – any monochromatic color; 5 kg – white; 10 kg – green, 15 kg – yellow, 20 kg – blue, 25 kg – red, 45 kg – gold, 50 kg – green. Acceptable to use disks of other color only in agreement with the head of the national branch of the federation.
- 2.3.7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
- 2.3.8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
- 2.3.9. The diameter of the largest discs shall not be more than 45 cm. The diameter of the discs of 50 kg, 25 kg and 20 kg must be strictly 45cm.
- 2.3.10. Rubber discs are acceptable provided there is a minimum of 5 cm from the outside of the collars to the end of the bar, for spotter grip outside of the discs.

2.4. LIGHTS

- 2.4.1. A system of lights shall be provided to let the referees make known their decisions. A system of lights should have an information board with three white signals and three red signals located in a horizontal row and also one panel for each of the three referees on the platform. Also judicial board should have a two-tone alarm sound. Alarms and evaluation have to be visible to the referees on the platform, to the jury, to the secretary, athlete speaking on the platform and to the audience.
- 2.4.2. When a referee detects an infraction he activates his control. Each referee will control a white and a red light. These two colors represent a “Good lift” and “No lift” respectively. Additionally, in case of «No lift», when referees give signals they have to use error information card, more about this see at chapter 2.9 of the Rules.
- 2.4.3. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees.

- 2.4.4. The referees are obliged to monitor the correct completion of the athlete's competitive movement. In case of breaking the rules the referee has the right to enable the remote optical signal before completing the lift. When most of referees turn on the remote control, there is an alarm that informs the athlete that his attempt is failed.
- 2.4.5. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee's audible command "Flags". In case of having no flags referees show their decisions by hand gestures. The thumb lifted upwards – «Good lift», thumbs down – «No lift».

2.5. CLOCKS

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

III. Personal equipment

Any items of clothing and personal equipment that do not meet the requirements or are not permitted by these Rules are considered prohibited for use in competitions.

Organizers do not make equipment check. It is fully under the athlete and his coach responsibility to show the costume/equipment in accordance with the rules. Any item, which is worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent or offensive to the spirit of the competition must be rejected before the athlete is permitted to lift. Informing athletes about acceptable equipment (if any) begins within one hour, but no later than half an hour before the start of the competition. If the athlete was successful in a new record, the Head referee have to check personal equipment, device etc. immediately. If referees or organizers find out the use illegal wraps or clothing, the lift shall be declared as “no lift” and the athlete may be disqualified from the competition.

3.1. SUIT

- 3.1.1. It is mandatory to wear non-supportive suit. It should be made of a single-layer stretchable material (for example, 20% lycra) or cotton-elastic (maximum 10% elastic) without patches or linings and worn over a T-shirt.
- 3.1.2. Any patches, linings or strips connected to each other by means of seams are prohibited, except for factory ones. Any seams, linings, inserts or other details that, in the opinion of the members of the technical committee, the jury or the judges, are used in suit solely to enhance rigidity, serve as a reason to prohibit the use of such a suit in competitions.
- 3.1.3. The suit worn by the athlete must fit (hug) the body without any sagging.
- 3.1.4. The straps of the suit must be worn on the athlete's shoulders during all competition exercises.
- 3.1.5. Suit can be of any color, monochrome or multicolored.
- 3.1.6. It must have pant legs, the length of which should not exceed the middle of the thigh (the median line defined between the crotch and the upper part of the kneecap).
- 3.1.7. Suit are prohibited:
 - having sleeves of any length;
 - having any fasteners, zippers, fasteners or other parts made of metal, plastic or other materials that may cause injury or damage during competitive exercises;

- if the straps have been sewn, it is forbidden to sew excess material back to the tights.
- 3.1.8. Other costumes that do not meet the above requirements should be considered prohibited for use in competition.
- 3.1.9. It is not allowed to wear more than one suit.

3.2. T-SHIRT

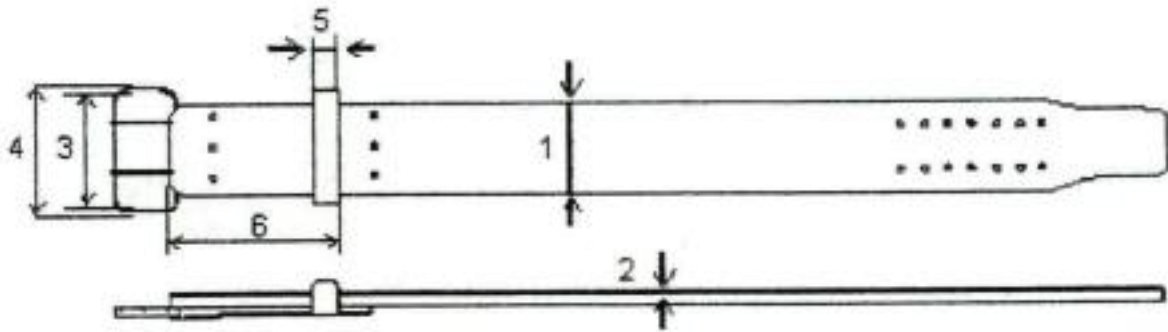
- 3.2.1. During the exercise, the athlete must wear a T-shirt (half-sleeve) under the tights. You can only wear one T-shirt at a time.
- 3.2.2. The T-shirt must meet the following requirements:
- the T-shirt must be made of cotton and/or polyester only. It is forbidden to use T-shirts consisting of any rubberized stretchable material, as well as denim and tarpaulin are prohibited.;
 - the T-shirt must not have pockets, buttons, zippers, collars, or V-necklines.;
 - the T-shirt must not have reinforced seams, inserts made of supporting materials, or foreign elements sewn into it.;
 - a T-shirt should not have sleeves that end below the elbow or on top of the deltoid muscle. During the performance, the athlete should not pull up or roll up the sleeves of the T-shirt above the deltoid muscle.;
 - the T-shirt may have a distinctive sign, an emblem, a coat of arms and (or) the name of the participant's country, national branch or sponsor, the participant's first and last name. It can also be the official jersey of the competitions where the athlete performs.;
 - the T-shirt must fit loosely on the athlete to ensure that it does not provide any physical support.
- 3.2.3. It is not allowed to wear more than one T-shirt.

3.3. BELT

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

3.3.7. Dimensions:

- width of belt maximum 10 cm (1);
- thickness of belt maximum 13 mm along the main length (2);
- inside width of buckle maximum 11 cm (3);
- outside width of buckle maximum 13 cm (4);
- tongue loop maximum width 5 cm (5);
- distance between end of belt and far end of tongue loop maximum 15 cm (6).



3.4. SHOES

- 3.4.1. The athlete must wear shoes during the exercises.
- 3.4.2. It is forbidden to use shoes with metal spikes and straps, as well as sneakers, flip-flops.

3.5. WRIST BANDAGES, KNEE BANDAGES, KNEE PADS, ELBOW PADS

- 3.5.1. Wrist bandages should not exceed 100 cm in length and 8 cm in width. Only one pair of bandages is allowed. It is allowed to use wrist bandages with Velcro and a thumb loop. The loop should not be worn during the exercises.
- 3.5.2. The width of the winding from the middle of the wrist up is no more than 10 cm and down (on the wrist) – no more than 2 cm. The total width of the winding is no more than 12 cm. Alternatively, special wristbands with a width of no more than 12 cm can be used. Combining them with bandages is not allowed.
- 3.5.3. The use of knee bandages is prohibited in all exercises.
- 3.5.4. In the exercise "Extreme biceps curl", it is allowed to use elastic single-layer knee pads or knee orthoses made of neoprene or elastic fabric covered with polyester, cotton or a mixture of any other materials, there should be no Velcro on the knee pads. Their thickness should be no more than 7 mm, and their length should be no more than 30 cm. Knee pads should be positioned so that their length above and below the center of the knee joint does not exceed 15 cm. Cruciform seams are prohibited on knee pads, which can provide additional support. Knee pads should not come into contact with other personal equipment.

- 3.5.5. The use of elbow pads is allowed in the exercise "Extreme biceps curl". Elbow pads should not come into contact with other personal equipment.

3.6. PATCHES

- 3.6.1. Two layers of medical tape can be applied to the thumbs.
- 3.6.2. It is prohibited to use medical tape or its equivalent anywhere on the body without the official permission of the referee or specially appointed WRPF officials for the competition.
- 3.6.3. Medical tape or plasters should not help the athlete to hold the bar in his hands.
- 3.6.4. With the permission of the judges, the official doctor on duty or the paramedic on duty may apply a plaster or bandage to the injured parts of the body. Similarly, medical patches and bandages can be applied in case of palm injuries, but under no circumstances should these patches be wrapped around the palm.

3.7. GENERAL REQUIREMENTS

- 3.7.1. The presence of foreign substances on the platform or equipment is not allowed. It is allowed to use spray glue only on athlete's clothes.
- 3.7.2. The use of oil, grease or other lubricants on the body, suit, or personal equipment is prohibited. Powders are allowed, including dry and liquid magnesia, dry and liquid chalk, talc, rosin, or baby powder. The powder should only be used in the platform area.
- 3.7.3. It is forbidden to use any bandages or bandages on the elbow joints during exercise.
- 3.7.4. All attributes of the athlete's uniform and personal equipment must be clean and tidy. In case of non-compliance with this requirement, the athlete may not be allowed to continue participating in the competition by decision of the judges.
- 3.7.5. It is strictly forbidden to enter the platform wearing a headdress (hat, hat, headscarf). Headbands no more than 10 cm wide are allowed.
- 3.7.6. For the athlete's safety, it is prohibited to use a telephone headset or headphones during the exercise.
- 3.7.7. Judges may request that excessive "psychostimulation" techniques (swearing, prayers, slaps and punches) be limited. athletes.

3.8. ADDITIONAL REQUIREMENTS FOR WOMEN

- 3.8.1. Women can wear factory-made underwear (swimming trunks or briefs, or panties), as well as a bra, provided that it does not provide additional advantages.
- 3.8.2. It is allowed to use tampons, pads and other feminine hygiene products.

3.9. CULTURAL AND RELIGIOUS ATTRIBUTES IN EQUIPMENT

3.9.1. The WRPF welcomes all athletes and will always do everything possible to ensure that the performance can match the form of clothing associated with religious or cultural beliefs or requirements. Please contact us by Email: info@russia-powerlifting.ru well in advance of the competition so that we can ensure a comfortable performance.

IV. Competitive exercises and rules of performance

4.1. ARMY STANDING PRESS

- 4.1.1. The stands must be positioned on the platform evenly, without distortion, so that the athlete performs the exercise facing the audience and the chief judge relative to the front of the platform, providing them with a convenient view. After the lifting is completed, the athlete is not allowed to exit through the front of the racks. In case of a single violation of this rule, the athlete receives a warning, in case of a repeated violation, the attempt is canceled.
- 4.1.2. The athlete removes the barbell from the racks and takes steps back or remains in the same place and assumes the starting position. The main thing is that the barbell does not come into contact with the posts at the time of the start of movement.
- 4.1.3. Starting position:
- the athlete is facing the front of the platform;
 - legs are straight at the knees;
 - the feet are in full contact with the floor;
 - the barbell is in the athlete's hands, the arms are bent at the elbows, the bar is at throat level – below the chin;
 - hands can wrap around the neck with a "lock" grip, "open grip", reverse grip is prohibited;
 - the distance between the hands on the fingerboard, which is measured between the index fingers, should not exceed 81 cm (both index fingers should be inside the 81 cm marks). In the event that an athlete has an old injury or is anatomically unable to grasp the bar at the same distance with both hands, he must warn the judges about this in advance before each approach. If necessary, the barbell bar can be marked accordingly before each athlete's approach.
- 4.1.4. When the athlete has taken the starting position, the chief judge gives the command "Press" and makes an upward movement with his hand to indicate the beginning of the exercise. If the athlete is unable to take the correct starting position within 5 seconds, the chief judge gives the command "Rack" with a simultaneous movement of his hand back. After that, the chief judge informs the reason why the signal was not given to start the exercise. During the allotted one minute to enter the platform, the athlete has the right to try again for this weight, if no command has been given to start the movement. Also, the command "Rack" or "Remove" can be given by the senior judge on the platform to prevent injury to the athlete. In case of a gross mistake made by the athlete, in which this approach will not be counted.

- 4.1.5. After the "Press" command of the chief judge, the athlete must press the barbell up over his head, onto his arms fully extended at the elbows, and fix the weight in this position.
- 4.1.6. As soon as the weight is fixed, the chief judge gives the command "Down". After this command, the athlete must return the bar to the starting position and then place it on the racks. The barbell must be accompanied with both hands to the racks, without throwing or losing contact with the athlete's hands.
- 4.1.7. During the exercise, the athlete is prohibited from bending his legs at the knees or making any other movements that contribute to pushing the weight up (schwung).
- 4.1.8. During the exercise, the athlete may bend his back, but the angle of inclination may not exceed 30 degrees. The angle of deviation of the back is fixed along the scapula –heel line, determined by the side judge.
- 4.1.9. Complete or partial separation of the feet, rocking from heel to toe, any steps at the time of the exercise, between the commands of the senior judge "Press" and "Down" is not allowed.
- 4.1.10. During the bench press, there should be no more than five and no less than two safety guards (assistants) on the platform.
- 4.1.11. If an athlete is unable to fully straighten his legs and/or arms (both or one) as a result of an old injury, anatomical or neurological disease, he must present an appropriate medical report to the chief judge of the competition. The athlete is also obliged, before each approach of each exercise, to show visible physical evidence to all judges on the platform before the start of the exercise and, at the request of the central judge, to provide an opportunity to check the degree of limb extension restriction.

THE REASONS WHY WEIGHT IS IN THE DISCIPLINE THE "ARMY STANDING PRESS" DOES NOT COUNT:

1. Bending back during the exercise in order to facilitate weight lifting beyond the angle of deviation established by these Rules. The implementation of this rule is supervised by a side judge.
2. Bending the knees during the exercise.
3. Press the barbell and place the barbell on the rack until receiving the commands of the chief judge.
4. Downward movement during the lifting phase and after the command of the chief judge "Press" until reaching the upper fixation point of the projectile.
5. Partial or complete separation of the foot (toes, heels), as well as steps on the platform.
6. Lowering the barbell onto the racks without control with both hands, i.e. releasing the barbell from your hands.

7. Failure to comply with any of the requirements contained in the description of the rules of the exercise.

4.2. STRICT BICEPS CURL

- 4.2.1. The athlete stands facing the front of the platform. The barbell is removed from the racks. After removing the barbell from the rack, the athlete must move back to the stop to take up the starting position.
- 4.2.2. Starting position:
 - the barbell must be held horizontally at hip height;
 - palms facing up, fingers should wrap around the neck, thumbs wrap around the neck from above with a lock grip;
 - the legs should stand straight, the full foot should stand on the platform, the arms should be fully extended at the elbows, the legs should be fully extended at the knees;
 - the back of the heel should be no further than 25 centimeters (12 inches). from the stop;
 - the athlete's upper back and buttocks should be pressed close to the stop.
- 4.2.3. The athlete must wait in the starting position for the chief referee's signal. The signal will be given as soon as the athlete takes a fixed position and the barbell is positioned correctly. The chief referee's signal consists of an upward movement of the hand and the voice command "Curl".
- 4.2.4. As soon as the command is given, the athlete must lift the barbell until the arms are fully bent at the elbow joints (the barbell is at chin or throat level, palms facing back). The knees should remain straight, the shoulders aligned (at right angles) or pulled back throughout the exercise.
- 4.2.5. The legs and hips should not be used in any way to create a push to complete the exercise. The athlete should not lean back to facilitate weight lifting. Any thrusting with the legs or hips is prohibited. It is forbidden to touch the neck of the abdomen and / or chest, as well as the belt (belt), if any.
- 4.2.6. Upon reaching the final position, the chief referee gives a signal with a downward movement of his hand along with a clear command "Down". The signal is not given until the barbell is fixed and the athlete has reached the final upper position. After the "Down" command, the barbell must be accompanied with both hands to the racks or, in their absence, to the platform, without throwing and losing contact with the athlete's hands.
- 4.2.7. Any upward movement of the barbell or any deliberate attempt to lift the barbell is considered a used attempt.
- 4.2.8. The athlete is given an additional attempt with the same weight of the barbell if the error is caused by the fault of the assistants setting the weight.

THE REASONS WHY WEIGHT IS IN THE DISCIPLINE "STRICT BICEPS CURL" DOES NOT COUNT:

1. Any downward movement of the barbell until it reaches the final position.
2. An error in assuming an upright position with the shoulders turned or pulled back.
3. Error: Knees are not straightened during the exercise.
4. Steps back, forward, or rocking the foot from heel to toe.
5. The upper back or buttocks move away from the stop during the exercise.
6. Bounce the barbell off your hips to start lifting the barbell.
7. Touching the neck of the abdomen and / or chest, as well as the belt (belt), if any.
8. Lowering the barbell onto the racks or, in their absence, onto the platform without control with both hands, i.e. releasing the barbell from your hands.
9. Failure to follow the signals of the central referee regarding the beginning and end of the exercise.
10. Using your legs and hips to create a push to complete the exercise.
11. Apparent uneven flexion of the arms during the exercise.
12. Failure to comply with any of the requirements contained in the description of the rules of the exercise.

4.3. CLASSIC BICEPS CURL. APOLLO'S AXLE BICEPS CURL

- 4.3.1. The athlete stands facing the front of the platform. The barbell is lifted from the platform or removed from the racks. The athlete can take steps back to take the starting position.
- 4.3.2. Starting position:
 - the barbell must be held horizontally at hip height;
 - palms facing up, fingers should wrap around the neck, thumbs wrap around the neck from above with a lock grip;
 - the legs should stand straight, stand with the full foot on the platform, the arms should be fully extended at the elbows, the legs should be fully extended at the knees;
 - one leg may be in front of the other (legs in a step arrangement, in a different position).
- 4.3.3. The athlete is in the starting position waiting for the command of the chief judge. The command is given as soon as the athlete has taken the starting position and demonstrates readiness to perform the exercise. The chief judge's command to start the movement is an upward movement of the hand along with the distinct command "Curl" ("Curl").

- 4.3.4. As soon as the "Curl" command is given, the athlete must lift the barbell to the upper position by bending his arms at the elbows.
- 4.3.5. The upper position is the end of the lifting phase: the arms are fully bent at the elbows (the barbell is at the level of the chin or throat, palms facing back). The knees should remain straight, the feet are fully on the platform, the shoulders are aligned (at right angles) or pulled back throughout the exercise. The rod is fixed and motionless.
- 4.3.6. During the lifting, the body may be tilted back, but the athlete must not bend his knees or lift his feet (partially or completely) from the platform.
- 4.3.7. The legs and hips should not be used in any way to create a push to complete the exercise. The athlete should not lean forward to facilitate weight lifting or barbell throwing. Any thrusting with the legs or hips is prohibited, as well as pressing the bar into the hips in order to create additional momentum for lifting. It is forbidden to touch the neck of the abdomen and / or chest, as well as the belt (belt), if any.
- 4.3.8. Upon reaching the final position, the chief referee gives a signal with a downward movement of his hand along with a clear command "Down". The signal is not given until the barbell is fixed and the athlete has reached the final upper position. After the "Down" command, the barbell must be accompanied with both hands to the racks or, in their absence, to the platform, without throwing and losing contact with the athlete's hands.
- 4.3.9. Any upward movement of the barbell or any deliberate attempt to lift the barbell is considered a used attempt.
- 4.3.10. The athlete is given an additional attempt with the same weight of the bar if the error is caused by the fault of the assistants setting the weight.

THE REASONS WHY WEIGHT IS NOT COUNTED IN THE "CLASSIC BICEPS CURL" DISCIPLINE:

1. Any downward movement of the bar until it reaches the final upper position, until the senior referee commands "Down".
2. An error in accepting the starting position.
3. Error: The knees are not straightened or bent during the exercise.
4. Steps back, forward, or rocking the foot from heel to toe.
5. Rebounding the barbell from the hips, tilting the body forward to create additional momentum in order to facilitate lifting the barbell.
6. Touching the neck of the abdomen and / or chest, as well as the belt (belt), if any.
7. Lowering the barbell onto the racks or, in their absence, onto the platform without control with both hands, i.e. releasing the barbell from your hands.
8. Failure to follow the signals of the central referee regarding the beginning and end of the exercise.

9. Using your legs and hips to create a push to complete the exercise.
10. Apparent uneven flexion of the arms during the exercise.
11. Failure to comply with any of the requirements contained in the description of the rules of the exercise.

4.4. EXTREME BICEPS CURL

4.4.1. The athlete stands facing the front of the platform. The barbell is lifted from the platform or removed from the racks. The athlete can take steps back to take the starting position. The exercise is performed without emphasis.

4.4.2. Starting position:

- the barbell must be held horizontally at hip height;
- palms facing up, fingers should wrap around the neck, thumbs wrap around the neck from above with a lock grip;
- the legs should stand straight, with the full foot on the platform, the arms fully extended at the elbows, the legs should be fully extended at the knees;
- one leg may be in front of the other (legs in a step arrangement, in a different position).

4.4.3. The athlete in the starting position is waiting for the command of the chief judge. The command is given as soon as the athlete has taken the starting position and demonstrates readiness to perform the exercise. The chief judge's command to start the movement is an upward movement of the hand along with the distinct command "Curl" ("Curl").

4.4.4. As soon as the "Curl" command is given, the athlete must lift the barbell to the upper position by bending his arms at the elbows. Asynchronous movement of the arms is allowed during lifting of the barbell.

4.4.5. The upper position is the end of the lifting phase: the arms are fully bent at the elbows (the barbell is at the level of the chin or throat, palms facing back). The barbell is fixed and motionless, the shoulders are aligned (at right angles) or pulled back. Slight bending of the knees is allowed, without a squat. Backward or forward steps are prohibited, although lateral horizontal movement of the sole or swinging of the feet between the toe and heel are allowed.

4.4.6. Bending forward is allowed, as well as hip assistance after the "Curl" command before bending the arms to give the initial impulse to the bar, while it is prohibited to lose contact of the bar with the groin area (moving the bar along the torso and hips) before the body begins to move backwards.

4.4.7. It is allowed to tilt the athlete's body both forward and backward. Moving the barbell down during the exercise is prohibited until the "Down" command is given. It is forbidden to touch the neck of the abdomen and / or chest, as well as the belt (belt), if any.

- 4.4.8. Upon reaching the final position, the chief referee gives a signal with a downward movement of his hand along with a clear command "Down". The signal is not given until the barbell is fixed and the athlete has reached the final upper position. After the "Down" command, the barbell must be accompanied with both hands to the racks or, in their absence, to the platform, without throwing or losing contact with the athlete's hands.
- 4.4.9. Any upward movement of the barbell or any deliberate attempt to lift the barbell is considered a used attempt.
- 4.4.10. The athlete is given an additional attempt with the same weight of the barbell if the error is caused by the fault of the assistants setting the weight.

THE REASONS WHY THE WEIGHT IN THE DISCIPLINE "EXTREME BICEPS CURL" IS NOT COUNTED:

1. Any downward movement of the bar until it reaches the final upper position, until the senior referee commands "Down".
2. An error in accepting the starting position.
3. Steps back, forward.
4. Touching the neck of the abdomen and / or chest, as well as the belt (belt), if any.
5. Lowering the barbell onto the racks or, in their absence, onto the platform without control with both hands, i.e. releasing the barbell from your hands.
6. Failure to follow the signals of the central referee regarding the beginning and end of the exercise.
7. Failure to comply with any of the requirements contained in the description of the rules of the exercise.

4.5. MULTI-REP BICEPS CURL

- 4.5.1. The athlete stands facing the front of the platform. The barbell is lifted from the platform or removed from the racks. The athlete can take steps back to take the starting position. The exercise is performed without emphasis.
- 4.5.2. Starting position:
 - the barbell must be held horizontally at hip height;
 - palms facing up, fingers should wrap around the neck, thumbs wrap around the neck from above with a lock grip;
 - the legs should stand straight, stand with the full foot on the platform, the arms should be fully extended at the elbows, the legs should be fully extended at the knees;
 - one leg can be in front of the other (legs in a step arrangement, in a step position).

- 4.5.3. The athlete is in the starting position waiting for the command of the chief judge. The command is given as soon as the athlete has taken the starting position and demonstrates readiness to perform the exercise. The chief judge's command to start the movement is an upward movement of the hand along with the distinct command "Curl" ("Curl"). The athlete receives only one command to start the exercise. After receiving the command, the athlete must perform the first repetition of the exercise by bending his arms at the elbows. Asynchronous movement of the arms is allowed during lifting of the barbell.
- 4.5.4. Each repetition, the barbell must be raised to the upper position, then returned to the starting position and fixed in it. The upper position is the end of the lifting phase: the arms are fully bent at the elbows (the barbell is at the level of the chin or throat, palms facing back). After that, the chief judge on the platform immediately announces the ordinal count of the completed repetition or indicates an error during the repetition, after which the athlete performs the next repetition and so on.
- 4.5.5. Bending forward is allowed, as well as hip assistance after the "Curl" command before bending the arms to give the initial impulse to the barbell, while it is prohibited to lose contact of the bar with the groin area (moving the barbell along the torso and hips) before the body begins to move backwards.
- 4.5.6. It is allowed to tilt the athlete's body both forward and backward. It is allowed to lift the foot from the platform.
- 4.5.7. Steps backwards or forwards are prohibited, although lateral horizontal movement of the sole or swinging of the feet between the toe and heel are allowed during the lifting of the barbell.
- 4.5.8. It is forbidden to touch the neck of the abdomen and / or chest, as well as the belt (belt), if any.
- 4.5.9. Each new repetition should be started by stopping the neck in the starting position described at the beginning of the chapter. It is forbidden to move "into the chop" without fixing each repetition in the starting position.
- 4.5.10. It is allowed to rest in the starting or upper position for no more than 5 seconds. Double movement is allowed.
- 4.5.11. The participant is given 4 minutes to complete the exercise. The countdown of this time begins with the command "Start" of the chief judge. Time control is assigned to the side judge. After 4 minutes, the side judge must give the command "Stop-time", after which the senior judge must stop the approach and order the barbell to be returned to the racks.
- 4.5.12. The referee's score means a counted repetition. If a different referee's command sounds instead of the score, it means that the athlete has made a mistake, and this repetition will not be counted. If a side judge notices an error, he must immediately, loudly and clearly announce it in such a way that the senior judge on the platform repeats this command by voice about the error made by the athlete, instead of the next

sequential repetition count, even if the subsequent repetition was performed by the athlete within the rules.

THE JUDGES' COMMANDS MEAN AN ERROR IN PERFORMING THE EXERCISE " MULTI-REP BICEPS CURL", IN WHICH THE REPETITION IS NOT COUNTED

1. "Fixation" is given if the athlete does not reach the upper position required for the repetition.
2. "Elbows" is given if the athlete does not straighten his elbows in the starting position.
3. "Touch" is given if the athlete touches the body or belt with the barbell while lifting.
4. "Step" is given if the athlete has completed a step in any direction.
5. "Breakaway" is given if the athlete in the starting position has lost contact with the groin area at the beginning of the lift (moving the bar along the torso and hips down).
6. "Start" is given if the athlete rests in the starting or upper position for more than 5 seconds.

THE REASONS WHY THE REPETITION IN THE EXERCISE "MULTI-REP BICEPS CURL" IT WILL NOT BE COUNTED:

1. The athlete does not reach the upper position required for the repetition to be counted.
2. The athlete does not straighten his elbows in the starting position and begins performing the next repetition.
3. The athlete touched the body or belt with the barbell while lifting.
4. The athlete performed a step in any direction.
5. An athlete in the starting position has lost contact of the bar with the groin area at the beginning of the ascent (moving the bar along the trunk and hips down).
6. The athlete allows rest in the starting or upper position for more than 5 seconds.

WEIGHTS FOR DIVISIONS MULTI-REP BICEPS CURL:

1. WRPF Multi-*rep* biceps curl with a weight of 20 kg – only for women.
2. WRPF Multi-*rep* biceps curl with a weight of 25 kg – only for women.
3. WRPF Multi-*rep* biceps curl with a weight of 35 kg – only for men.
4. WRPF Multi-*rep* biceps curl with a weight of 50 kg – only for men.
5. WRPF Multi-*rep* biceps curl is for men only. Athletes perform an exercise with a weight equal to ½ of their own weight, rounded up to 2.5 kg.

V. Weighing in

- 5.1. Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. The meet director may schedule regular weigh in times during the 24 hour period. The first weighing in session lasts an hour and a half minimum. Second weighing in session is held two hours before and is completed a half of an hour before the start competing appropriate weight class. These two sessions are mandatory. Additional sessions are possible by decision of Organizing committee. Information about all sessions should be brought to the attention of athletes and coaches.
- 5.2. All athletes in the category/categories must be weighed during one of two mandatory or additional (if so provided) sessions, which are carried out in the presence of at least one certified WRPf referee.
- 5.3. Schedule of weighing in is established in the regulations and it is a mandatory part of it.
- 5.4. Weighing in of each participant held in separate room behind closed doors or a screen, where the participant is, his coach or manager and referee or appointed official.
- 5.5. Athletes should be weighed naked or in underwear (briefs for men; bra and panties for women). Weighing in must be conducted by officials of the same sex as the athlete. In this case can be appointed additional officials having a corresponding category of referees.
- 5.6. To establish the order a draw must be conducted on the weighing in. A draw determines the order of the access to the platform during the competition, when athletes order in their attempts the same weight. In the case of an automated system of the competitions conduct (program) is using, a draw determines the program.
- 5.7. Each athlete is weighed only once. Re-weighing is allowed only to those athletes, whose own weight was less or more than the permissible limits of the weight category. These athletes must return to weigh-in and be weighed again on one of two mandatory sessions, before the end of the last weighing session for the one and a half hours for this category, other way they will be excluded from the competition in this weight class. Athlete, who trying to correct weight, can weighing many times, but in time for this weight class.
- 5.8. If weight of athlete exceeds border of weight class, he can go to the next, heavier weight class. This athlete must weigh-in in time for next weight class, if it establishes by the regulations. Athlete must match for all established qualification standards of this competition. Qualification check is performed in the presence of the athlete. If weight of athlete is lower of border of weight class, he can go to the next, lower weight class, provided that the procedure for weighing this weight class is not over yet. Qualification check is performed in the presence of the athlete.

- 5.9. Official weight of athlete, which is recorded in the protocol, will be fixed with rounding up to 100 grams.
- 5.10. Participants of age categories “Teenagers”, “Juniors” and “Masters” may declare their participation or reconsider in “Open” category without additional weigh-in, or be weighed again if they wish.
- 5.11. At the weigh-in the athlete's data are entered in the participant's cards or in tournament program.

Required to include following information:

- name and surname of an athlete;
 - division, which athlete competing;
 - birth date, age and age category;
 - country, region and city;
 - weight of athlete after weigh-in and weight class;
 - first tries in all lifts;
 - Wilks coefficient value;
 - team;
 - name and surname of coach;
 - draw number;
 - a form about accepting responsibility in the event of injury or an accident that occurred due to the fault of the athlete;
 - contacts of an athlete (telephone number, post address and e-mail);
 - date of Filling in and signature of athlete.
- 5.12. The secretary at weigh-in should correctly enter the information, and athlete should check correctness of all entered data. After signing of the participant's card an athlete assumes responsibility for the reliability of all data in it. The participant's card is an official document of tournament.
 - 5.13. Registration and weighing of participants are made only upon presentation of a document certifying the identity of an athlete.
 - 5.14. On any session of weigh-in can be appointed mandatory equipment check. This information must be published in the statement of the tournament. In other way equipment check is not mandatory on weigh-in, but athlete may ask referee to check his equipment.
 - 5.15. When athletes from different weight classes weighing on one session, athletes, who compete after 2 hours of current time, have priority. Other way, athletes determine queue.
 - 5.16. In case of severe weather or emergency situations in the competition area, time of weigh-in may be extended by decision of technical secretary or jury member.

VI. Order of competition

6.1. THE ORGANIZERS OF THE COMPETITION

6.1.1. The following officials are appointed as organizers of the competition: speaker (informant judge); time controller (timekeeper); judges; secretaries; assistants on the platform; other persons, if necessary.

6.2. THE RULE OF APPROACHES

6.2.1. The athlete who makes an attempt with a lower weight gets the right to compete first. The weight of the barbell cannot be changed after the announcement of its installation on the barbell, and it is also prohibited to set a weight less than the weight that the previous athlete approached in one approach, except in rare cases – if the athlete or coach discovered the incorrect weight and the attempt failed.

6.2.2. If athletes have ordered the same weight for an attempt in the same flow and approach, then the participant with the lower own weight will be the first.

6.2.3. Weight changes are accepted only for the first and third sets of any exercise. Applications for the first approach are accepted no later than 5 minutes before the start of the first approach of the exercise in which these athletes are declared. The weight claimed for the third approach can be changed in the direction of both increasing and decreasing. However, this is allowed only on condition that the athlete has not yet been called to the podium at the previously announced weight. The number of re-applications is unlimited.

6.3. THE PROCEDURE FOR COMPLETING ATTEMPTS

6.3.1. In maximum exercises, an athlete cannot complete the second approach without completing the first approach first; the third approach must be preceded by the second approach. All first attempts must be completed in the first round, all second attempts in the second, and all third attempts in the third.

6.3.2. The fourth, record-breaking approach is allowed, but only after completing the previous three, of which the third approach must be effective (positive). A fourth attempt can only be given to an athlete to set a record and with a successful third attempt.

6.3.3. In repetitive biceps lifts, the athlete performs only one competitive approach.

6.4. ERRORS WHEN SETTING THE WEIGHT ON THE BAR

- 6.4.1. If the weight of the barbell is less than the ordered weight, and the attempt is successful, the athlete can agree with the result of this approach or repeat the attempt for the ordered weight. If the athlete wants to try again, this can be done at the end of the round.
- 6.4.2. If the weight of the bar was greater than the ordered weight and the approach was successful, this approach is counted. However, after that, the weight of the barbell can be reduced if necessary for other athletes. If the attempt is unsuccessful, the athlete must be given an additional attempt.
- 6.4.3. If there is an uneven weight at the ends of the barbell, or if there has been any weight change on the barbell or discs during the exercise, or if the platform has been damaged and the attempt has failed, the athlete must be given an additional attempt.
- 6.4.4. If the speaker makes a mistake by declaring the weight of the barbell to be more than necessary for the athlete, the weight on the barbell must be reduced to the ordered weight and the athlete is allowed to attempt.

6.5. AWARD PROCEDURE

- 6.5.1. All athletes are required to attend the award ceremony, in the event of the athlete's absence, the award is not guaranteed.
- 6.5.2. The winner in the individual competition in each weight category is determined by the highest weight lifted or by the highest number of repetitions. In the multi-rep bicep lift, if the repetitions are equal among several athletes in the same weight category, the highest place is awarded to the athlete with the highest tonnage (the product of the weight of the barbell being lifted by the number of repetitions scored). In case of equal tonnage, the highest place is awarded to all these athletes.
- 6.5.3. If two or more athletes show the same result, the lighter athlete is classified higher than the heavier one. If the registered athletes find themselves with the same body weight during the weigh-in, and they show the same result at the end of the competition, the procedure for reweighing the participants is carried out, and the athlete whose weight will be lighter will take the higher place.

6.6. VIOLATIONS ACCORDING TO WHICH AN ATHLETE MAY BE DISQUALIFIED

- 6.6.1. All competitions held by the WRPF sports organization are governed by the provisions of its disciplinary code.
- 6.6.2. Any athlete and representative who discredit the sport by their defiant behavior at competitions or on the platform must be officially warned. If the violation continues, the chief judge of the competition disqualifies the athlete/representative from these competitions and obliges the athlete /representative to leave the competition venue. This rule is valid

even if the athlete has finished competing. Any athlete/representative who intentionally causes physical harm to a judge, a competition official, or an official of the WRPF sports organization will be immediately, permanently banned from participating in all competitions of this organization. Any athlete/representative who causes significant damage to the equipment on which competitions are held or interferes with the performance of other athletes at these competitions will be suspended from participating in competitions for a period determined by the President of the WRPF sports organization.

- 6.6.3. Any valid judge of the WRPF sports organization may be permanently suspended for actions that are directed against or for any athlete.
- 6.6.4. If an Athlete/representative causes physical harm to a competition official, competitors, or spectators, the organizers of the competition must notify the WRPF President in writing no later than three days after the incident, indicating the names of the participants in the incident.

6.7. APPEAL

- 6.7.1. Appeal – an appeal against the decision of a sports competition judge to a higher judicial body in the form of a protest.
- 6.7.2. If the judges score 2:1, the athlete and/or his representative have the right to appeal to the appeal jury within one minute. If there is no appeal jury at the tournament, the appeal is submitted to the chief judge of the competition.
- 6.7.3. An appeal can only be filed if there is a video recording of his approach. The video must be of proper quality, shot in close proximity to the platform; employees, spectators and assistants should not block the view (it is the responsibility of the representative or the athlete himself to choose the appropriate angle for the video).
- 6.7.4. Together with the video, the athlete and/or his representative shall provide the jury or the chief Judge with a deposit amount of 1,000 Russian rubles. In case of recognition of a violation of technical rules or serious judicial errors, the deposit amount is immediately refunded to the athlete or his representative, and the athlete is given an additional attempt at the end of the current stream. If there are three or fewer performances of other athletes left before the end of this stream, as well as the athlete who filed the appeal was the last in the approach, then a three-minute break is given before his additional attempt.
- 6.7.5. The judges' assessment in a disputed attempt is not subject to change.
- 6.7.6. If the jury or the chief judge of the competition recognizes the judges' assessment as correct, or the video clearly and unmistakably cannot determine the correctness of the athlete's approach, the athlete will not be given an additional attempt, the deposit amount will not be refunded to the athlete and will be transferred to the cashier for further spending at the discretion of the chief judge of the competition.
- 6.7.7. Untimely protests are not considered.

- 6.7.8. Videos of poor quality and/or made from an inappropriate angle are not accepted.
- 6.7.9. The impartiality of judges cannot be questioned, but honest mistakes in judging may be made. In case of such errors, the judge is allowed to give an explanation of his assessment.
- 6.7.10. If a serious error is made in the judging that contradicts the technical rules, the jury or the chief judge of the competition may make an appropriate decision to correct the error. The jury or the chief judge of the competition cannot change the referee's decision, but may, at its discretion, provide the athlete with an additional approach.
- 6.7.11. Appeals from an Athlete or a representative regarding the judges' assessment to another participant will not be accepted or considered.
- 6.7.12. The decision of the appeal jury or the chief judge of the competition is final and cannot be appealed.

VII. Referee, jury

7.1. JUDGES ON THE PLATFORM

7.1.1. There should be three judges on the platform: the central judge and two side judges. All judges are equal among themselves. The judges' decision cannot be changed.

7.2. DUTIES OF THE CENTRAL JUDGE

7.2.1. The central referee is responsible for giving all the necessary commands to complete the exercise.

7.3. THE POSITION OF THE JUDGES ON THE PLATFORM

7.3.1. The judges are placed in a place near the platform, which they consider the most convenient for viewing.

7.4. INTERACTION BETWEEN REFEREES AND ASSISTANTS

7.4.1. Judges should be positioned near a platform with a convenient viewing position without having to bend over, move around, or leave their place (chair). The referee should not ask the assistants to move so that he (the referee) can clearly see the athlete performing the exercise, so as not to endanger the athlete's safety. The safety of the athlete on the platform is put first, but the hands of the assistants (insurers) should not block the view.

7.5. THE SPECIFICS OF REFEREEING

7.5.1. All three judges are responsible for the actions that take place on the platform and for the actions of the athlete. However, the central judge, unlike the side judges, does not have an advantage regarding some aspects of determining the correctness of the exercise. Therefore, each judge is responsible for his own viewing area.

7.6. IF THE REFEREE'S VIEW IS BLOCKED BY AN ASSISTANT

7.6.1. If the assistant unintentionally blocks the referee's review of the athlete's performance of the exercise, the referee evaluates the exercise in the athlete's favor. In this case, a warning is issued to the assistant.

7.7. DUTIES OF JUDGES BEFORE THE COMPETITION

7.7.1. Check the platform and equipment for compliance with the rules.

- 7.7.2. Discs, fingerboard and locks must meet the weight requirements and must be checked for compliance with the rules within 12 months prior to the start of the competition.
- 7.7.3. Make sure that the weigh-in takes place within the allotted time and properly.
- 7.7.4. Make sure that all information regarding the current rules is communicated to all participants of the competition and the participants are informed about the time of the competition.

7.8. DUTIES OF JUDGES DURING THE COMPETITION

- 7.8.1. Check the weight set on the bar, whether it is equal to the weight that was announced by the speaker. At least one referee must have a weight table on the bar.
- 7.8.2. During the competition, any judge who has doubts about the integrity of the equipment (if this may provide advantages to some athletes over others) should draw the attention of the other judges, and together they should check the athlete's equipment.
- 7.8.3. If a violation is found regarding the athlete's equipment, the athlete will be removed from the competition. If the violation is not significant, the athlete receives a warning.

7.9. ACTIONS OF THE REFEREE IF HE SEES MISTAKES DURING THE EXERCISE

- 7.9.1. A judge who notices an error in the exercise may give a signal or, if required by the Rules, give an appropriate command during the exercise. He cannot influence the decision of other judges, except in the case where an error endangers the athlete or assistants.
- 7.9.2. Any athlete has the right to file a written complaint with the WRPF President regarding violations that he noticed, incompetent refereeing of competitions that were sanctioned by the WRPF. The WRPF management is obliged to provide an official response to each complaint received in writing within two weeks.

7.10. ACTIONS OF THE ATHLETE REGARDING THE CLARIFICATION OF VIOLATIONS COMMITTED BY HIM

- 7.10.1. The athlete or his coach has the right to approach the referee in order to find out the reason why the approach was not counted, only at the end of his approach (before the athlete following him on the list is invited to the platform), and not at any other time. The referee must comment on the violation clearly and briefly, in order to avoid delaying the competition.
- 7.10.2. The impartiality of the judges cannot be questioned, but honest mistakes in judging may be made. In case of such errors, the judge is

allowed to give an explanation of his assessment, which was the reason for issuing the warning.

7.10.3. If a serious mistake is made in the judging that contradicts the technical rules, the jury may make an appropriate decision to correct the error. The jury cannot change the referee's decision, but may, at its discretion, provide the athlete with an additional approach.

7.11. THE INFLUENCE OF ONE JUDGE ON THE DECISION OF ANOTHER JUDGE

7.11.1. No judge should influence the decision-making of another judge. No circumstances should influence decision-making for all athletes. All athletes must be in the same conditions.

7.12. COMMUNICATION BETWEEN THE JUDGES

7.12.1. The judges may consult with each other or with any official of the competition in order to speed up the competition or correct errors.

7.12.2. Consultations should be short and general so as not to interfere with the competition.

7.12.3. The Athlete is not responsible for the mistakes of the competition officials. All misunderstandings are interpreted in his favor.

7.12.4. It is strictly forbidden for judges to argue with each other during the competition, with the exception of specially designated places (judges' room).

7.13. APPEARANCE OF WRPF SPORTS ORGANIZATION REFEREES

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

WRPF tournament referees must have appropriate insignia, chevrons.

Only black or plain shoes, boots, or tennis shoes are allowed (sandals or open-toed shoes are prohibited).

All details of clothing must be neat and clean throughout the judge's work.

7.14. RIGHTS OF WRPF OFFICIALS

7.14.1. The WRPF President has the right to change and supplement the technical rules, if necessary. He also decides on the competence of the

Supervisory Board in the performance of its duties, and has the right to dissolve and approve the Supervisory Board. The Supervisory Board makes final decisions in all areas of WRPF's activities.

- 7.14.2. The Judging Panel is responsible for testing new judges and makes final decisions regarding the results of the competition, provided that the responsible person of the supervisory Board is not present. The judging panel, together with the organizers of the competitions, conducts briefings for the judges appointed to judge the powersports competitions.
- 7.14.3. The organizers of the competition are responsible for the conduct of the competition, the appointment of judges and other personnel for the competition. The competition organizer is also a member of any competition committee. The competition organizers are responsible for sending the competition results to the relevant organizations, in particular to the WRPF President.

7.15. THE JURY

- 7.15.1. At all international championships, national championships and cups, master tournaments, a jury is appointed to resolve all issues arising during the competition. Their duties include monitoring the proper observance of technical rules, reviewing and resolving disputes and complaints, and general supervision of the competition and the work of the judges. Three members of the jury are appointed, at least two of them must represent different countries. In case of possible absence of one of them, an additional member of the jury is appointed.
- 7.15.2. Such members of the jury are appointed before the start of the competition by the decision of the WRPF official representatives – the President, the General Secretary, the head of the technical committee, the Vice-presidents and other official representatives. The number of members of the jury should include as many official representatives of the WRPF as is considered most possible (preferred).
- 7.15.3. All members of the jury must have the status of WRPF judges.
- 7.15.4. During the competition, the jury may, by a majority vote, remove any judge from judging if, in the opinion of the jury, he is incompetent or judges biased. This judge must be warned before being suspended.
- 7.15.5. If a serious error is made in the judging that contradicts the technical rules, the jury may take an appropriate decision to correct the error. The jury cannot change the referee's decision, but may, at its discretion, provide the athlete with an additional approach.
- 7.15.6. The jury members must be present at the performances of all streams of the competition.

VIII. Responsibilities of the competition organizers

- 8.1. The organizers of the competition are obliged to be polite and helpful to all athletes.
- 8.2. The organizers of the competitions may participate in the competitions as athletes and athletes' representatives.
- 8.3. Maximum number of athletes per day:
 - one platform, powerlifting competition: maximum 70 athletes per day. If 50 or more athletes participate per day, the participants must be divided into two sessions.: morning and afternoon, or three sessions: morning, afternoon, and evening;
 - two platforms, powerlifting competitions can accommodate a maximum of 140 athletes per day. If 100 or more athletes participate per day, the participants must be divided into two sessions.: morning and afternoon, or three sessions: morning, afternoon, and evening.
- 8.4. At the discretion of the organizers, three or more platforms may be used at the competition.
- 8.5. Competitions in individual exercises on one platform: a maximum of 150 athletes per day. If 50 or more athletes participate per day, the participants must be divided into two sessions.: morning and afternoon, or three sessions: morning, afternoon, and evening. Competitions in individual exercises on two or more platforms may be held at the discretion of the organizers.
- 8.6. The organizers of the competition cannot use their position to influence the decision of the judges.
- 8.7. The organizers of the competition may not use offensive language or speak rudely to any of the officials of the competition, athletes or spectators.
- 8.8. The organizers of the competition must send a copy of the competition protocol by mail or e-mail to the WRPF President within 30 days.
- 8.9. The organizers of the competition may provide video footage of the competition, in particular, so that the judges' light signals are clearly visible.
- 8.10. The organizers of the competition should not provide advantages to any athlete, team or coach. They must make all decisions regardless of their relationships with athletes, teams, and coaches.
- 8.11. Sound accompaniment should not interfere with the performances of athletes and the work of judges. No athlete is allowed to warm up on the competition equipment installed on the platform. An athlete who fails to comply with this requirement may be disqualified.

- 8.12. At the discretion of the WRPF President, the organizers of the competition are obliged to reimburse the expenses of the WRPF representative(s) for accommodation and travel to the competition venue until the WRPF representative leaves the competition venue.
- 8.13. All results of the weigh-ins and the sequence of athletes' performances must be announced immediately after the end of the weigh-in. It is also advisable to provide the rules / schedule of the competition to the head coaches / team representatives.
- 8.14. The organizers of the competition are required to make a list of the equipment that will be used during the competition on the platform and in the warm-up room.
- 8.15. The organizers of the competition must provide athletes with magnesium in the warm-up hall and on the platform.
- 8.16. At the discretion of the organizers, at national and regional competitions, teams of judges may be replaced by similar teams in the national language. The following similar commands may be used on the territory of the Russian Federation:
- the "Curl" command is the "Bend" command;
 - the "Press" command is the "Press" command;
 - the "Down" team is the "Down" team.
- 8.17. Failure to comply with any of these requirements leads to the imposition of sanctions on the organizers of the competition, including the refusal to hold the competition for one year.