



**Edition  
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**Book 2 of 2  
The Official B.D.F.P.A.  
Rule Book for Referees and Support  
Staff**

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## EVENTS AND RECORDS

### Records are recognised by the Association in the following events:-

	SQUAT BENCH PRESS DEAD LIFT POWERLIFTING TOTAL	} As combined events
ALSO	SQUAT BENCH PRESS DEAD LIFT	} As individual disciplines or 'Single Lift' events

### **Men & Women/All bodyweight classes/All age classes EQUIPPED AND UNEQUIPPED CATEGORIES**

Registers of British Records for both Equipped and Unequipped categories of lifting are kept by the BDFPA National Records Registrar.

(See 'Costume and Personal Equipment' for technical specifications of both EQUIPPED & UNEQUIPPED categories).

### Conditions for the Establishment or Breaking of Records

**DIVISIONAL** – Must be a current member, there are no restrictions on length on membership. Divisional records may also be broken at national competitions, but in such cases lifters must claim formally by notifying their Divisional Records Registrar.

Lifters claiming divisional records must have their permanent address in the division concerned at the time of breaking the record.

**NATIONAL** – Must have been a member for at least 3 months unless the National Championship has fallen within the first 3 months of the membership year, additionally the member must have joined before the 31<sup>st</sup> Jan of the membership year in order to be eligible under this condition. **National records may only be set at events outside of the designated BDFPA National Championships by express permission of the President of the BDFPA. Any such authority must be granted prior to the event where permission has be sought to set National Records (AGM 2019).** These events still require that appropriate referees adjudicate (iaw Rule book 2, General conditions, para 6) and that manufacturer certified weights, bars and collars to within 0.25% tolerance are used (NC Ballot 63). In this case lifters must claim formally by notifying the national records registrar.

National records may also be broken at international competitions (NC Ballot March 2004).

New British records setup in “blank spaces” must be at least equal to the figures set down as National qualifying standards (NC Ballot Nov 2004).

**INTERNATIONAL** – As per National records regarding membership. International records may also be broken at national competitions, providing these are held strictly under WDFPF international rules (incl. minimum 10% testing requirement). **International records may only be broken at National championships when a Marshall Referee is present.** They may not be set at Divisional events regardless of referees present.

Lifters must claim formally by notifying the WDFPF General Secretary.

### **General Conditions**

1. All records and bodyweight must be registered in metric values.
2. Records may only be set at BDFPA sanctioned competitions.
3. The lifter must have fulfilled the weigh-in rules by establishing official bodyweight within the 3 hours (2018 AGM) prior to the start of the competition.
4. The referee(s) or the Technical Officer must have checked that the barbell and discs conform to BDFPA specifications, prior to the competition.
5. Following the successful record setting attempt, the lifter must be subject to inspection by the adjudicating referee(s). Refer to "Costume and Personal Equipment".
6. Each of the adjudicating referees must be a current BDFPA Referee of the correct level. (Divisional records 1 Referee, National records 3 national Referees, International records 3 International referees)
7. For international records - The good faith and competence of referees of all member Nations is beyond dispute. Consequently, an International record can be assured by referees of the same nation at their National championships or relevant WDFPF Sanctioned event.
8. The official Score Sheet signed by the adjudicating Referee(s), a copy of the current scales certificate and age verification where necessary, must be submitted to the BDFPA General Secretary within one calendar month of the date of the record setting competition.
9. In a three-lift powerlifting competition, records set in individual lifts will only be valid if the lifter makes a total in the competition i.e. completes at least one lift in all three disciplines. For British records the total must meet or exceed the British qualifying total for any record to be valid (NC Ballot 63).
10. In an event that two lifters break either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If bodyweights are identical, the lifters are to be re-weighed immediately following the competition. If during the re-weigh, both lifters weigh the same, both will be record holders. *This rule only applies where lifters of the same bodyweight category are lifting in simultaneous flights.* Where lifters are in the same flight the individual who lifts the weight first is the record holder.
11. New records are only valid if they exceed the previous record by a minimum of 500grams. Where the record has been set in this manner the same individual may only lift to the 2.5 kg increment rule thereafter for attempts within the normal 3 attempts. IE if the lifter sets a new record with an jump of 500 grams on his first or second attempt (e.g. 93 kgs) their next attempt must be 95kg or greater unless it is a 4<sup>th</sup> attempt where they can again jump up 500 grams)
12. The record will only be valid for the bodyweight category of the lifter as determined at the official weigh-in.

### **Requirements for setting a record on a fourth attempt:**

1. From the 1 Jan 2020 4<sup>th</sup> attempts will not be permitted during a full power event (WDFPF Congress 2019).
2. Only lifters actually taking part in a competition may attempt records as fourth attempts outside the competition. At a national championships only national or international records may be broken on a fourth attempt.
3. A lifter may be granted a fourth attempt for purposes of setting a record, at the discretion of the Chief Referee, if the third attempt was successful and within 20kg of the current record. In no case will further additional attempts be granted.

### **Claiming a Record**

4. DIVISIONAL RECORD at a DIVISIONAL COMPETITION - Inform your divisional records registrar.
5. NATIONAL RECORD at a DIVISIONAL COMPETITION - Inform the British records registrar within 30 days.
6. NATIONAL RECORD at a NATIONAL COMPETITION - these will be checked automatically and highlighted on the results. However it is the lifters responsibility to check the results. If the record is not shown as a record the lifter must inform the British records registrar within 30 days.
7. NATIONAL RECORD at an INTERNATIONAL COMPETITION - these will be checked automatically. However it is the lifters responsibility to check the records when they are updated. If the record is not shown as a record the lifter must inform the British records registrar within 30 days of the records update being published.
8. INTERNATIONAL RECORD at an INTERNATIONAL COMPETITION - these will be checked automatically and highlighted on the results. However it is the lifters responsibility to check the results. If the record is not shown as a record the lifter must inform the British records registrar within 15 days.

### **Minimum Referees required to adjudicate at sanctioned events**

DIVISIONAL Championships (including special events such as memorials and 4 Nations) - Minimum 1 divisional referee. There need only be one divisional level referee in order to set a divisional record.

NATIONAL - Three referees, of whom at least ONE must be a fully qualified National Referee. The centre referee must at all times be of National grade or above. For setting records see Book 2, General Conditions para 6.

INTERNATIONAL - Three fully qualified WDFPF International Referees. For international records there must be a Marshall referee present.

## **DUTIES OF REFEREES**

### **1. DUTIES OF REFEREES**

- a. DESIGNATION OF PLATFORM REFEREES: The referees shall be three in number, the Chief or Centre Referee and two side referees (except possibly at Divisional competitions, where one referee alone

may adjudicate). The selection of a referee to act as Chief Referee in one category does not preclude their selection as a side referee in another category.

- b. **DUTIES OF THE CHIEF REFEREE:** The Chief (Centre) Referee is responsible for giving the necessary signals for all three lifts, and for any decisions regarding loading errors or incorrect announcements by the Speaker/Announcer.
- c. **DUTIES OF THE SIDE REFEREE:** The side Referee is responsible for ensuring that the bar on their side is correctly loaded to the weight called. Additionally, they are to check the correct records discs are being fitted when required.
- d. **DUTIES OF THE MARSHALL REFEREE:** They are responsible for ensuring that all standards are maintained in terms of officiating and the conduct of the event that are attending. Where more than one Marshall is present aspects may be assumed by each to support the event. Their duties include but are not limited to:
  - i. Assessment of Officials undertaking International upgrade.
  - ii. Examination of lifters equipment following the breaking of records
  - iii. Auditing of Drugs testing being undertaken at the event.
  - iv. Continuous assessment of International referees during the event.

## 2. SIGNALS REQUIRED FOR THE LIFTING EVENTS:

- a. **The Squat:** At the commencement of the lift - a visual signal consisting of a downward movement of the arm together with the audible signal of the command "Squat". At the completion of the lift a visual signal consisting of a backward movement of the arm together with the audible signal of the command "Rack".
- b. **The Bench Press:** At the commencement of the lift - An audible signal of "Start", the Chief Referee will give a hand clap or the command "press" when the bar is motionless on the lifters chest (a clapperboard may be used if preferred). If the lifter is hearing impaired, the Chief Referee may give visual signals to the lifter. At the completion of the lift- The audible signal of the command "Rack".
- c. **The Deadlift:** At the commencement of the deadlift no signal is required. At the completion of the lift a visual signal consisting of a downward movement of the arm together with the audible signal of the command "Down".

3. **COMMUNICATION ANNOUNCING THE PLATFORM REFEREES' DECISION:** 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 a "no lift". In the event that hand signals or flags have to be used instead of lights, such signals will be made immediately after the Chief Referee has called "show".

4. **POSITIONING OF THE REFEREES ON THE PLATFORM:** The referees may seat themselves in what they consider to be the best viewing positions around the

platform for each of the three lifts. However, the Chief (Centre) Referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.

5. DUTIES OF THE REFEREES PRIOR TO THE COMPETITION: Before the competition, the referees shall jointly ascertain that:
  - a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies, and defective equipment discarded.
  - b. The scales work correctly and are accurate. Certification of the scales must have been within 12 months previous to the championships date.
  - c. The lifters weigh-in within the limits of weight and time for their bodyweight category.
  - d. The lifters' costumes and personal equipment comply with the rules in all respects. The equipment should be checked, and recorded on the lifters' score (attempt) card, or on the official BDFPA kit check form issued for that competition.
6. DUTIES OF THE REFEREES DURING THE COMPETITION: During the competition the referees must jointly ascertain that:
  - a. The weight of the loaded bar agrees with that announced by the MC/Announcer (Referees may be issued with loading charts for this purpose).
  - b. On the platform the lifter's costume and personal equipment are exactly as declared, examined and marked at the equipment check. If any referee has reason to doubt a lifter's integrity in this respect, they must, after completion of the lift, inform the Chief Referee of their suspicions. The three referees may then re-examine the lifter's costume and personal equipment. If the lifter is found guilty of wearing anything illegal that was not checked in during the equipment check, the lifter will have the attempt failed. Should the lifter do this for a second time during the event they will be immediately be disqualified without appeal.
7. PROCEDURE OF A REFEREE OBSERVING LIFTING FAULTS: If during the execution of a lift, a referee observes a fault sufficient to give cause for disqualification of the lift, the procedure is as follows:
  - a. If the observer is a side referee, they shall raise their arm to call attention to the fault. If the Chief Referee or the other side referee are in agreement, this constitutes a majority opinion and the Chief Referee shall stop the lift at a discretionary safe point. A visual signal and an audible command will be given to the lifter.
  - b. If the observer is the Chief Referee, the arm will not be raised. The Chief Referee must check to see if either of the side referees are in agreement. If one or both agree, the Chief Referee will stop the lift as previously described in (a).
  - c. If the Chief Referee observes that the lifters head is no longer in contact with the bench, they shall raise their arm indicating to the side referees that the head has come off the bench. In such case the side referees will automatically give a no lift. This is the ONLY occasion during the bench press the Chief Referee can raise their hand/arm (WDFPF Congress 2016). **Before giving the result of the lift either by light systems or paddles the centre referee is to ensure that both side referees have seen and understand that the lifter has lifted their head and the lift is to be failed.**

8. PROCEDURES FOR INCORRECT STARTING POSITION OR BAR PLACEMENT DURING THE SQUAT: Prior to the commencement of the squat, if any of the referees do not accept the bar placement or the starting position of the lifter, they will call attention to the fault as previously described in 7(a). If there is a majority opinion among the referees that the fault exists, the Chief Referee will not give the signals to commence the lift. It is not required of the Chief Referee to explain the fault to the lifter but they may do so if they wish. The lifter has the remainder of the unexpired time allowance in which to correct the position of the bar or the stance in order to receive the commencement signal.
9. REFEREE COMMENTARY FOLLOWING A LIFT: A lifter receiving a red light(s) for a lift may go to or send their coach to the Chief Referee, and request a rationale for the red light. The Chief Referee will investigate, determine, and inform the lifter or spokesman why a red light was given. A lifter requiring further debate or knowledge, must leave the lifting area immediately and if appropriate, go to the Head Referee in charge of the competition for further clarification or ruling. At Divisional events the appointed Technical Officer may be approached if this is appropriate. Referees may not receive any document or verbal account concerning the progress of the competition.
10. A referee shall not attempt to influence the decisions of the other referees.
11. The Chief Referee may consult with the side referees or any other official as necessary in order to expedite the competition.
12. DUTIES OF THE REFEREES AFTER THE COMPETITION: After the competition, the three referees shall sign the official score sheets, record certificates or any other documents requiring a signature.
13. REFEREES' DRESS CODES: Referees will be uniformly dressed as follows:
  - Men:** Winter:-Dark blue blazer with appropriate BDFPA/WDFPF badge on left breast and grey trousers with a white shirt and tie. Summer:- White shirt and grey trousers, tie optional.
  - Women:** Winter:-Dark blue blazer with appropriate BDFPA/WDFPF badge on left breast, grey skirt or trousers and a white shirt with tie. Summer:- Grey skirt or trousers and a white blouse.

The Head Referee or Technical Officer shall determine whether winter or summer dress will be worn.

The above dress code is mandatory at National or International levels of competition. At Divisional competitions, the minimum dress code consists of:-Trousers or skirt and white shirt. (2018 AGM)



## WEIGHING - IN

1. All lifters are required to be members in order to take part in sanctioned BDFPA events. Lifters who are contesting specific age-based categories must also bring proof of age to the weigh-in.
2. Weighing in of the competitors must take place no earlier than three hours before the start of the **competition; i.e. NOT the flight the individual is participating in.** All lifters must attend the weigh-in.
3. The weigh-in period will last one and a half hours. **All lifters must be present within the first hour of weigh in advertised times.** The first hour of the scheduled weigh-in is indicated as the standard time, the next 30 mins is registered specifically for re-weighs. Where a lifter has failed to make their weight category and opted to re-weigh priority is given to those who have not attempted to weigh-in yet within the first hour, re-weighs will be conducted in the following 30 mins unless there are no remaining waiting competitors to weigh in in the first hour. The remaining half (1/2) hour prior to the commencement of the lifting will be used for the purpose of final competition preparation only.
4. From the 2019 Nationals; weigh in will commence at 0700 and complete at 0800. Re-weighs will run from 0800-0830. Lifting will commence promptly at 1000. These timings will be the same for every national level event. (2018 AGM).
5. The weigh-in for each competitor will be carried out in a suitable room with only the competitor, his/her coach or manager and the referee(s) present at the scales. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category have been weighed in.
6. Lifters may be weighed nude or wearing underpants or briefs. The briefs being worn at the event must be worn at the weigh in or presented to the officials at the weigh in for those weighing-in nude. Excessive clothing may not be worn in order to move up a category. 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.
7. The lifters must be weighed in the priority of the previously determined order of lifting.
8. The inspection of costume and personal equipment will take place either; **A** during the weigh-in period **B** after weigh in, before the lifters flight commencement **C** Prior to weigh -in, including the day before if scheduled. The technical officers or appointed referee(s) will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under Costume and Personal Equipment. The referees 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.
9. Lots may be drawn to establish the order of the weigh-in with large numbers of lifters in each category, the drawing of lots and referees` inspection of costume and personal equipment, may commence any time before the start of the weigh-in, although this may be varied as required by the Head Referee or Technical Officer. Lots will be drawn to establish the order of lifting throughout the competition when lifters require the same weights for their attempts. The drawing of lots is mandatory at national and international levels of competition. It is optional at divisional level.

10. Each lifter may only be weighed once. Only those whose bodyweight is 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 one half allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. 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 re-weighed as often as time and orderly progression allows. A lifter may only be weighed outside the time limit of one and one 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.
11. From the 2018 season at National & International competitions, a lifter can only compete at the body weight they qualified at (NC ballot 63). For the 2017 season the previous rules still apply i.e. you can move up a weight category if you lifted the higher body weight total at the lower body weight, but you cannot move down a body weight category.
12. At tournaments, galas, festivals or friendly internationals, the weigh-in may, by mutual consent, take place earlier than two hours before the start of the competition. However, if a lifter declares an intention to attempt a record, that lifter must re-weigh two hours before the start of the competition.
13. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total or lift 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 receive an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so on. In the event of a full power record being set in similar circumstances, the same procedure will be adopted to determine the record holder.
14. Starting weights for all lifts shall be declared by all lifters at the weigh-in. Changes on first attempts may occur before each flight of first attempts (see 'Order of Competition - The Rounds System' - [2]). There are **NO** changes permitted in the second and third attempts - with the exception made for the **third attempt deadlift** which may be changed twice.
15. Where applicable, lifters must check squat and bench press rack heights and foot blocks prior to the start of the competition.

## ORDER OF COMPETITION - THE ROUNDS SYSTEM

1. The Rounds System is mandatory at all BDFPA Sanctioned Competitions.
2. Notification of attempts: At the weigh-in, the lifter or his/her coach must declare starting weights for all three events. The starting attempt is allowed to be changed **ONLY ONCE**. First flight lifters may change the opening lift up to five [5] minutes before the first round for that lift. At National level events and above the starting weights in a single lift competition **MUST** be the minimum of the qualifying standard unless the lifter is declaring themselves injured in which they may only make one attempt. Any lifts below the qualifying standard will not be registered with a finishing position but will still be included in the results. In a Full Power event for National level the total of the first attempts **MUST** add up to the value of the qualifying standard for the lifters class. Any reduction in opening weights **MUST** be reflected in an increase in the remaining lifts to meet the minimum standard of that class. Where weights are reduced due to injury the same rule applies in that of single lift results and placing.

If applicable, opening attempts must be entered on the appropriate 'first attempt' card, signed by the lifter or coach and retained by the official conducting the weigh-in.

The lifter will complete additional blank attempt cards during the competition.

Following the first attempt in an event, the lifter or coach must decide upon the weight required for the second attempt. This weight must be recorded where indicated on the card, and submitted to the marshal or other appointed official within the one minute time allowance. The same procedure is to be used for third attempts in all three events; also for record setting fourth attempts. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. The attempt card must be handed directly to the designated marshal or official. (The official should have extra attempt cards available for emergency purposes). If no weight is submitted within the one minute time allowance, the lifter will be warned. After five [5] minutes have elapsed, if the lifter has failed to declare the next attempt, in the case of a second attempt the weight will either be the same as previous for a failed lift or an automatic increase of 2.5kg to the previous weight and they will be warned. Where the lifter fails to provide any further attempts for the rest of the competition the attempt will be forfeited and not automatically raised or entered as previous.

The use of attempt cards is mandatory at national and international levels of competition

Each lifter in the assigned flight will take their first attempt in the first round of the event. Regardless of the success/failure of the first attempt, all lifters in the assigned flight will then take their second attempt in that event. Regardless of the success/failure of the second attempt, all lifters in that same flight will then take their third attempt in that event. Lifters who wish to take a fourth attempt for the purpose of setting international records, would follow the third attempt rotation. The flight would then vacate the platform, allowing the next flight of lifters to compete in that event. If there is only one flight of lifters in a session, that flight would move into a warm-up area to prepare for the next event. Each event would follow the format explained above.

3. The bar must be loaded on a progressive basis during a round, from lightest to heaviest. Lifters will not be allowed to take a lower weight in a following round for an attempt in any event.

The bar cannot be reduced in weight once a lift has been performed with the announced weight. The only exception to this would be due to an error on the part of the Speaker/Announcer who may have inadvertently missed a lifter's attempt. If this is the case, the Chief Referee will reduce the load on the bar and then continue with the progress of that flight.

4. Lifting order will be determined by the weight on the bar and Lot numbers (if applicable). The lifter requiring the lightest weights lifts first; in the case of similar calls for weight, the lifter with the lowest Lot number (drawn at the weigh-in) will lift first. The use of Lot numbers to establish the order of lifting may be used at competitions below National level, but is not mandatory.
5. A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted, and the order of lifting in the first round will be changed accordingly. If the lifter is in the first flight, this change may take place at any time up to within five minutes before the start of the first attempt in that event. The following flights are accorded a similar privilege up to within five attempts from the end of the previous flight's last attempt in that event. Prior notice of these deadlines shall be announced by the Speaker/Announcer.
6. Weights submitted for second and third round attempts in the squat and bench press may not be changed.
7. If during a round, a lifter misses an attempt due to a misloaded bar or to a spotter error, the lifter will be granted another attempt at the same weight at the discretion of the Chief Referee or Technical Officer. The "repeated attempt" would be taken at the end of the current round. If the error occurs for the last lifter of a round, that lifter will be allowed a three (3) minute rest before repeating the attempt.
8. In the third round of the deadlift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to the previously submitted weight. (NB these procedures also apply in the case of Single Lift events).
9. Flight Formation:
  - a. Where 10 or more lifters are competing in a session, groups called flights, may be formed consisting of approximately equal numbers of lifters. (Flights MUST be formed when 15 or more lifters are competing in the same session). A session can be composed of a single bodyweight class or any combination of bodyweight classes or ages at the discretion of the organiser for purposes of presentation.
  - b. Flights should be determined by examining the lifters' best totals achieved at national or international level during the previous 12 months or their opening lifts. The lifters with the lowest totals will form the first group/flight to lift, with progressively higher totals forming further flights as necessary.
  - c. If unsuccessful with an attempt, the lifter does not follow them self, but must wait until the next round before they can attempt that weight again.
  - d. When two or more flights take part in a session upon a single platform, lifting will be organised on a flight repetition basis. No time interval will be allowed between rounds other than that necessary for preparing the platform for the next event.

- e. For example:-if there are two flights taking part in a session, the first flight will complete all three squat attempts. They will be followed immediately by the second flight who will complete their three squat attempts. The platform will then be set for the bench press and the first flight will complete their three bench press attempts, immediately followed by the second flight who will similarly complete their three attempts on the bench press. The platform will then be set up for the deadlift and the first flight will complete their three deadlift attempts.

## CONDUCT OF COMPETITION

### 1. OFFICIALS TO BE APPOINTED:

- A. The HEAD REFEREE IN CHARGE: At National Championships the Head Referee in Charge is appointed by the BDFPA President on the advice of the Technical Secretary and the Championships director or promoter.  
At Divisional events the Referee in Charge is appointed by the Divisional Secretary on the advice of the Championships director or promoter.

### B. THE CHAMPIONSHIPS DIRECTOR OR PROMOTER APPOINTS THE FOLLOWING:

1. Speaker/Announcer.
2. Time Keeper (preferably a qualified referee).
3. Marshalls.
4. Spotter-loaders.
5. Records keepers.
6. Scorers (table/scoreboard).
7. Other positions such as an additional set of Marshalls and scorekeepers at the overhead projectors, personnel to run the weight-on-the bar signs, platform managers etc.
8. Additional officials may be appointed as required, e.g., doctors, paramedics, etc.

### C. THE HEAD REFEREE IN CHARGE APPOINTS THE FOLLOWING:

1. Referees for each session and each event.
2. Officials in charge of the Equipment Check.
3. Officials in charge of the Weigh-in.

### 2. RESPONSIBILITIES OF APPOINTED OFFICIALS:

a. The **Speaker/Announcer** is responsible for the efficient running of the competition. The Speaker/Announcer acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and if necessary, lot number. This official announces the weight (in kilograms) required for the next attempt and the name of the lifter.

When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker/Announcer, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should then be displayed upon some type of scoreboard erected in a prominent position. Minimum information should include:

1. Lifter's name (lifter's division/club is optional)
2. Bodyweight class of the lifter
3. Attempt number
4. Attempt weight in kilos

b. The **Time Keeper** is responsible for accurately recording the time lapse between the announcement that the bar is ready, and the lifter starting the attempt. Other responsibilities include recording and announcing the three minute rest period [warning given with one (1) minute remaining]; noticing that the lifters leave the platform within 30 seconds following their attempt (failure of the lifter to comply with this rule may result in disqualification of the attempt at the discretion of the Chief Referee); and indication to the expediter that one minute has elapsed following the attempt.

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 Chief Referee shall give the audible command "Rack" or "Down" depending on the lift. 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.

Once a clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of a lift, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or coach check the height of the squat racks prior to being called, as once the bar is announced as loaded, the clock will be started. Any further adjustments of the equipment must be made within the lifter's one minute allowance.

The definition of the start of an attempt depends upon the particular lift being performed. In the Squat and the Bench Press, the start is to coincide with the referee's commencement signal. Refer to "Duties of Referees" - Item 3. In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar from the platform.

c. The **Admin assistants (if used)** are responsible for collecting each attempt weight from the lifter or coach and passing the information without delay to the Speaker/Announcer. The lifter is allowed one minute between completing the last attempt and informing the Speaker/Announcer, via the Marshall, of the weight required for the next attempt.\* After the one minute has elapsed, the lifter will be warned. After five (5) minutes have elapsed, if the lifter has failed to declare the next attempt, that attempt can be forfeited.

\*This time will be monitored by the Marshall.

d. The **Spotter-Loaders** are responsible for loading and unloading the bar, adjusting equipment as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. They will also have undertaken familiarisation and training prior to the commencement of the event.

At no time shall there be less than two or more than five spotter-loaders on the platform. When the lifter prepares for the attempt, the Spotter-Loaders may assist in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e., during the period of time that elapses between commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the Spotter-Loaders may, either at the request of the Chief Referee or the lifter, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a Spotter-Loader and through no fault of their own, they may be awarded another attempt at the discretion of the referees at the end of the round.

e. The **Scorers** are responsible for accurately recording the progress of the competition, and on completion, ensuring that the referees for each event sign the official score sheets, record certificates or any other document requiring signatures.

f. **Referees** for each session; for each event; for the Equipment Check and for the Weigh-In.

**3. PERSONS ALLOWED ON THE PLATFORM:** During any competition taking place on a platform or stage, only the lifter, coach, officiating referees, Technical Officer or 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 Officer, or Referee in charge. **The only exception to this rule is on the Bench Press event where the lifter may select anyone to assist with the lift-off of the bar from the rack.**

**4. ADJUSTING EQUIPMENT WHILE ON THE PLATFORM:** A lifter shall not wrap or adjust his costume within the vicinity of the platform. The only exception to this rule is that the belt may be adjusted while on the platform. If the lifter needs to adjust their belt whilst undertaking equipped lifting this may be completed by the coach.

**5. LIFTING ORDER EXCEPTIONS:** 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 the initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular event.

**6. MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS:** In BDFPA sanctioned competitions, the weight of the barbell must always be a multiple of 2.5kg. (The weight shall be announced in kilograms).

**Exceptions to this rule:**

- a. In a record attempt the weight of the barbell must be at least 500grams in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition.
- b. During the course of the competition, if a record attempt is requested that is not a multiple of 2.5kg, and it is requested within prescribed attempts, and the lifter performs a "Good Lift", then only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will appear on the record application; e.g.: - 233kg requested for a squat lift on the lifter's second attempt - the lift is a "Good Lift" - 232.5kg will be entered on the score sheet and 233kg will be entered on the record application.

**7. LOADING ERRORS or INCORRECT ANNOUNCEMENTS BY THE SPEAKER/ANNOUNCER:** The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. This decision will be given to the speaker who will make the appropriate announcement.

**Examples of Errors in Loading:**

- a. 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 at the end of the round in which the error occurred.

- b. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. 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.
  - c. If by error the loading is not the same on each side of the bar; or if any change occurs on the bar or discs during the execution of the lift; or if the platform is disarranged - and the lift is successful, the lifter may accept the attempt or elect to take the attempt again at the end of the round. If the attempt is not successful, the lifter will be granted a further attempt, but only at the end of the round.
  - d. If the speaker/announcer makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the correction according to the procedures as for errors in loading.
  - e. If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses an attempt because the speaker omitted to announce that lifter's appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take the attempt, but only at the end of the round.
- 8. DISQUALIFICATION:** Three unsuccessful attempts in any event will automatically eliminate the lifter from the rest of the competition.
- 9. SPOTTER AID TO THE LIFTER:** Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter-loaders in assuming the start position for an attempt.
- 10. DISQUALIFICATION OF THE LIFTER DUE TO PLATFORM TIME LIMITS:** On 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.
- 11. RULES CONCERNING INJURED LIFTERS:** If during a competition a lifter suffers injury, the official Doctor / Medic will request to examine the lifter. If the Doctor / Medic considers it inadvisable to continue, they may, in consultation with the Head referee or Technical officer, insist upon the lifter retiring from competition. If the lifter declines consent to examination then the Head referee or Technical officer may insist the lifter retires from the competition for their own safety. Those declaring themselves injured may ,prior to the start of an event, enter an opening weight below the qualification standards, if applicable, but may not take further lifts in that event if successful.
- 12. BLOOD BORNE PATHOGENS/INFECTIONS:** In an effort to protect against the possibility of blood borne pathogens/infections, athletes will NOT be allowed to strike their heads on the bar during competition.
- 13. RULES CONCERNING DISQUALIFICATION DUE TO MISCONDUCT:** Any lifter or coach, who by reason of misconduct on or near the competition platform which is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Head Referee or Technical Officer may disqualify the lifter and order the coach to leave the venue.

The lifter's coach must be officially informed of both warning and disqualification.



**14. BREAK TIME BETWEEN EACH CONTESTED EVENT:** Brief breaks between events are suggested for the convenience of the referees. If a single flight is lifting in a round, a break of 30 minutes is suggested for warm-up between events.

**15. RECOMMENDED ALLOWANCE OF ADDITIONAL REST BETWEEN ATTEMPTS:** When small numbers of lifters compose a flight, it may be necessary to increase the time between rounds in order for the lifters to adequately prepare for their next attempts. If less than 10 lifters compose a flight the additional rest period should be similar to the time which would be taken by 10 lifters competing.

**16. COMMUNICATION OF DECISIONS CONCERNING SPECIAL PROBLEMS:** Any decisions concerning an attempt, the removal of a lifter or coach, or the granting of another attempt must be made known to the speaker/announcer, scorekeeper, coach and lifter as soon as such a decision is reached. The communication is made by the Chief Referee.

## **EQUIPMENT AND SPECIFICATIONS**

### **1. PLATFORM:**

Preferably - All lifts shall be carried out on a platform measuring between 2.5m x 2.5m (8ft x 8ft) minimum and 4.0m x 4.0m (13ft x 13ft) maximum. This aspect may be changed at the discretion of the Chief referee in that as long as the platform is large enough for the conduct of the event without restrictions to the lifter or concerns of safety to the spotters any suitably sized platform may be used. The surface of any platform must be flat, firm, non-slip and level, and must not exceed 10cms (3.95ins) 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.

### **2. BARS and DISCS:**

For all Powerlifting contests organised under the rules of the BDFPA, only disc barbells are permitted and these must be calibrated in Kilograms. The use of discs that do not meet the correct specifications will invalidate the contest and any records accomplished.

Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. A different bar which need not have centre knurling, may be used for the Deadlift only. The bar or bars shall not be changed during the competition unless bent or damaged in some way as determined by the referees.

Bars used at national or international levels of competition shall not be chromed between the inside collars.

- a. The bar shall be straight and well knurled and grooved, and shall conform to the following dimensions:
  1. Total overall length not to exceed 2.2m (7ft 2.6ins).
  2. Distance between the collar faces is not to exceed 1.32m or be less than 1.31m.
  3. Diameter of the bar is not to exceed 29mm or be less than 28mm.
  4. Weight of the bar and collars is to be manufacturer certified at 25kg, plus or minus 0.25% only (see b[1] below).
  5. Diameter of the sleeve 50-52mm.

6. There shall be a diameter machine marking or the bar taped so as to measure 81cm between machining or tape.

b. Discs shall conform as follows:

1. All discs bars & collars used at national or international levels of competition, or at divisional competitions where National records are set, must weigh within 0.25 percent of their correct face value and be certified by the manufacturer to meet these tolerances (NC Ballot 63). Divisional competitions may be held with non-calibrated weights, but no records above divisional level can be claimed. In all cases scales must be calibrated. At Divisional competitions and below, it is permissible to claim records, up to and including Divisional records, on non-calibrated equipment, providing 1) All bars, weights and collars have been previously weighed on calibrated scales accurate to 0.25kg 2) That the total weight lifted is at least 0.5kg more than the current record. Where a complete set (bar, collars and additional discs) is pre-weighed at each denomination from 25kgs upwards, all discs comprising each weighed amount must be marked for purposes of identification, in addition to the bar and collars (1998 AGM).
2. The hole size in the middle of the disc may be a maximum of 53mm to 51mm minimum.

3. Discs must be in the following range:

1.25kg	=	from	1.24690	to	1.25310kg
2.50kg	=	from	2.49375	to	2.50625kg
5.00kg	=	from	4.98750	to	5.01250kg
10.00kg	=	from	9.97500	to	10.02500kg
15.00kg	=	from	14.96250	to	15.03750kg
20.00kg	=	from	19.95000	to	20.05000kg
25.00kg	=	from	24.93750	to	25.06250kg
45.00kg	=	from	44.88750	to	45.11250kg
50.00kg	=	from	49.87500	to	50.12500kg

4. For record purposes, lighter discs may be used to achieve a weight of at least 500grams more than the existing record. These should be in the following range:

0.25kg	=	from	0.249375	to	0.250625kg
0.50kg	=	from	0.498750	to	0.501250kg

5. Discs weighing 25kg and over must not exceed 6cm (2.36ins.) in thickness. Discs weighing 20kg and under which exceed 3cm (1.18ins) in thickness will be limited to one pair of each denomination on any given load. No disc will exceed 6cm. in thickness (2.36ins).
6. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the small discs in descending weight arranged so that the referees can read the weight on each disc.
7. The first and heaviest discs loaded on the bar must be loaded face in: with the rest of the discs loaded face out.
8. The diameter of the largest disc shall be no more than 45cm (17.9ins).

**3. COLLARS:**

- a. Shall always be used in competition.
- b. Must weigh 2.5kg each, plus or minus 0.25% (see 2[b]1 above).

#### **4. SQUAT RACKS:**

- a. Squat racks shall be of a 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 piece unit or two separate stands designed to hold the bar in a horizontal position.
- b. The squat racks shall be designed to adjust from a minimum height of 1.00m (3ft 3.4ins) in the lowest position - to extend to a height of at least 1.70m (5ft 6.93ins) in 5cm (1.98ins) increments.
- c. All hydraulic racks must be capable of being secured at the required height by means of pins.

#### **5. BENCH:**

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

- a. Length - not less than 1.22m (4ft 0.03ins) and shall be flat and level.
- b. Width - 29-32cm (11.4ins- 12.6ins)
- c. Height - 42-47.5cm (16.54ins-18.81ins) measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- d. Height of the uprights - on adjustable benches shall be a minimum of 82cm (32.3ins) to a maximum of 100cm (39.38ins), measured from the floor to the bar rest position. On non-adjustable benches, the height of the uprights must be between 87cm (34.25ins) and 100cm (39.38ins) from the floor to the bar rest position.
- e. Minimum width between insides of bar rests - 1.10m (43.3ins)

#### **6. WARM-UP AREA:**

All equipment provided for the warm-up area must be the same as or comparable to the platform equipment.

#### **7. LIGHTS:**

- a. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light, representing a "good lift" or "no lift" respectively.
- b. 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 referees.
- c. 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 upon the Chief Referee's command: "show".

**8. SCALES:**

Any type of scale is acceptable as long as it can be calibrated to 0.1kg (100gms) and has been certified within the previous twelve months. Proof of calibration must be available for inspection and submitted to the permit secretary with the permit application.

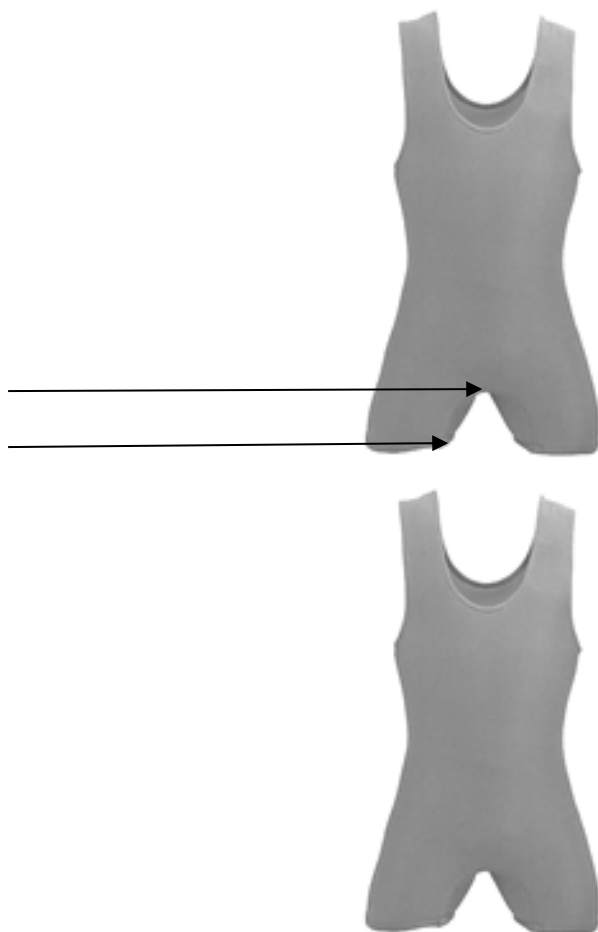
**9. HEALTH AND SAFETY:**

The provision and use of equipment and substances to protect against the possibility of blood-borne pathogens/infections, is mandatory.

**COSTUME AND PERSONAL EQUIPMENT****1. COSTUME (SUIT):**

The lifting costume shall consist of a one-piece full length lifting suit of one-ply stretch material without any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition. The supportive type lifting suit shall also be subject to the following requirements:

1. It may be of any colour or colours.
2. The crotch panel must be of one ply.
3. The lifting suit may bear the badge, emblem, logo or inscription of the lifter's nation, national or divisional association, club, current championship or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.
4. A suit that has a piece of the same colour and similar material added to the strap to lengthen the suit, is a legal suit.
5. Where a strap has been folded and seamed to meet seam requirements, the suit is legal. The folded strap may not be stitched down to the suit and must meet the requirements of Para 6 below.
6. Seams and hems may not exceed 3cm (1.18ins) in width and 0.5cm (0.2ins) in thickness.
7. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width or 0.5cm in thickness.
8. All items worn on the platform must be clean, unorn, and in a good state of repair.
9. Length of the leg must not exceed 15cm (5.9ins) from the middle of the crotch for equipped suits. Measurement is to be taken by making a line from the top seam of the crotch and measuring down the leg from this line as shown. For un-equipped suits or singlets the bottom of the leg must be at least 15cm above the patella.



10. Only one suit may be worn at a time on the platform (2 suits are not allowed).
11. Any alterations to the costume which exceed the established widths, lengths or thicknesses previously mentioned shall make a suit illegal for competition.
- a. Non-supportive type lifting suits shall be subject to the following as stated above: 1, 3, & 8.
  - b. Leotards with sleeves that protrude below the elbow or high-cut leg lines are not permitted.
  - c. At Divisional levels of competition, it is permissible for lifters to wear loose-fitting PE shorts, together with a T-shirt which conforms to BDFPA regulations. In this case the shorts must not be of a type which obscures the referees' view. For National Records at appropriately sanctioned Divisional event the lifter must be dressed in Leotard and T-shirt as they would for a National event (2018 AGM)

## 2. SHIRT:

A T-Shirt with short sleeves a minimum of 10cm (3.9ins) in length (but may not pass the elbow), of any colour or colours, must be worn for the Squat & Bench Press events. For females in deadlift see point j. The shirt is optional for men during the Deadlift event but mandatory for women. The shirt must be worn under the lifting suit.

A shirt is legal provided that it:

- a. Is not ribbed.
- b. Does not consist of any stretch materials (WDFPF congress 2016).
- c. Does not have any pockets, buttons, or zippers.
- d. Does not have reinforced seams or collar.
- e. Is not constructed so as to place seams at a position which, in the opinion of the BDFPA, might tend to assist the athlete in powerlifting competition.
- f. Is made either exclusively of cotton or of polyester, or a combination of cotton and polyester.
- g. Does not have sleeves which terminate either below the athlete's elbow or up at the athlete's deltoid. (Athletes may not push the sleeves of such an undershirt up the deltoid when competing in BDFPA competitions).
- h. The garment does not give the athlete physical support.
- i. In an effort to protect against the possibility of blood-borne pathogens/infections, all athletes participating in BDFPA championships must wear T-Shirts with sleeves (as per Rulebook description) during competition on the Squat and Bench Press events.
- j. During the Dead Lift event only - women may wear a sleeveless T-shirt or singlet in line with all the preceding and following undershirt requirements.
- k. Shirts may not be turned inside-out to hide inscriptions.
- l. Emblems on shirts may include but are not limited to: the National or Divisional Association, the current championships, the lifter's club, or the name of the sponsor for the competition.

### **Bench Shirt**

- a. Special bench shirts as approved by the WDFPF World Committee may be worn for the bench press ('Equipped' section only). 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.
- b. Seams may only be placed in the positions required to complete the construction of the garment.
- c. Conditions (a), (c) and (g) as defined for "Shirt" (item 2 above), also apply to the bench shirt.
- d. In connection with (f) it is permissible for the bench shirt to be made of denim material.
- e. Bench shirts may be of one-ply only.

f. Shirts may not have fasteners or straps.



### 3. ATHLETIC SUPPORTER:

- a. A standard commercial "athletic supporter" or standard commercial under pants of any combination of cotton, nylon or polyester (but not swimming trunks or any other garment consisting of rubberised or similar stretch material except in the waistband) shall be worn under the lifting suit. The garment shall **not have legs**; the garment may not act as a girdle and may not be supportive or extend past the **hips or navel**. Power briefs are not permitted.

CORRECT



INCORRECT



- b. Women shall wear protective briefs or panties as long as they shall not be deemed supportive in any way and are in keeping with the male equivalent. Women may also wear a bra as long as the bra cup does not maintain its shape when placed upright on a flat surface and does not contain any wire or supportive devices. The uses of tampons, sanitary napkins or related articles used for feminine hygiene protection are permitted.

### 4. SOCKS:

- They may be of any colour or colours.
- They shall not be of such length on the leg that they touch any knee wrapping or one piece knee cap supporter when in use or with the lifters suit.
- It is acceptable for lifters to wear more than one pair of socks at the same time.
- Full length leg stockings, tights or hose are strictly forbidden.
- All lifters must wear knee length socks/soccer socks during the deadlift event.

### 5. HEADBANDS:

A professionally made elastic headband may be worn by the lifter to keep hair out of the eyes. No handkerchiefs, bandanas, hats or other head gear will be allowed on the platform unless required for religious reasons. Where required individuals may for religious reasons wear non supportive garments under their singlet in line with modesty as required in their culture. **Within the Muslim culture** it is traditional for a woman to wear clothes that DO NOT hug the body shape, however this will prevent accurate refereeing during certain disciplines. In such cases women are permitted to wear an item of clothing that does not provide additional support such as leggings and a long sleeve top under their singlet in order to meet the requirement to cover the ankles and the arms. There are no restriction when weighing in within the culture but it is not uncommon for the women to cover themselves from navel to knee around non family females. In all instances the referees must be satisfied there is no advantage in the clothing selected.

### 6. BELTS:

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.

#### a) Materials and Construction:



1. The main body shall be made of non-elastic material in one or more laminations which may be glued and/or stitched together.
2. It shall not have any additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
3. Any type of metal buckle or fastener is permitted including the quick release type, providing the under loop of the two ends of the belt does not exceed 10cms (3.95ins).
4. A Velcro fastener on a belt is permitted as long as it does not extend the full length of the belt and wrap around its start point.
5. The metal buckle may consist of one or two prongs.
6. The buckle and studs are the only non-leather/vinyl components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
7. A leather tongue loop shall be attached close to the buckle by means of studs and/or stitching.
8. The name of the lifter, their nation, division or club may appear on the outside of the belt.
9. Any other fastener or method of closing the belt is allowed such as Buckle, Quick Release or Ratchet. This list is not exhaustive, any type of fixing may be presented to the Technical Officer for inspection if unsure.

**b) Dimensions:**

1. Width of belt maximum of 10cm (3.95ins).
2. Thickness of belt maximum of 13mm (0.5ins) along the main length.
3. Inside width of buckle maximum of 11cm (4.35ins)
4. Outside width of buckle maximum of 13cm (5.13ins).
5. Tongue loop maximum width of 5cm (1.98ins).
6. Distance between end of belt and the far end of tongue loop 15cm maximum (5.9ins).

**BELT: Correct Points of Measurement:**



## 7. SHOES:

Lifting shoes or boots shall be worn by the lifter for each of the events.

- a. Shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers or any foot covering that has a patterned moulding or foot type outline that provides an inner sole.
- b. Shoes with metal cleats or spikes are not permitted.

## 8. WRAPS:

Only wraps or bandages of one-ply commercially woven elastic that is covered with polyester, cotton, a combination of both materials or medical crepe are permitted. Bandages of rubber or rubberised substitutes are strictly forbidden. Wraps may be used as follows:

- a. Wrists. Wraps not exceeding 1m (3ft 3.8ins) in length and 8cm (3.15ins) in width may be worn. Alternatively, wrist 'bands' not exceeding 10cm (3.937ins) in width may be worn. A combination of the two is forbidden.
  1. If wrist bands are 'wrap around' style, they may have a thumb loop and Velcro patch for securing them. However, the thumb loop shall not be over the thumb during the actual lift. The Velcro may not totally surround the wrist.
  2. A wrist wrap shall not extend beyond 10cm (3.937ins) above and 2cm (0.8ins) below the centre of the wrist joint, not exceeding a covered width of 12cm (4.72ins).
- b. Knees. (revised WDFPF congress 2016) The use of any wrap or sleeve on the Knee constitutes equipped. Wraps not exceeding 2m (6ft 6.72ins) in length and 8cm (3.15ins) in width may be used.
- c. Alternatively, an elasticated knee cap supporter not exceeding 20cm (7.87ins) in length may be worn. A combination of the two is forbidden.
- d. Knee sleeves may be worn in the EQUIPPED Division only. They must not more than 30cm in total length. They must be made of a 1 Ply material.
  1. A knee wrap shall not exceed beyond 15cm (5.9ins) above and 15cm (5.9ins) below the centre of the knee joint, and not to exceed a total covered width of 30cm (11.81ins).
  2. They are allowed to be 7mm thickness maximum.
  3. Wraps/Sleeves shall not touch the socks or lifting suit.
- e. Wraps shall not be used elsewhere on the body.

## 9. PLASTERS (BAND-AIDS):

- a. Two layers of plasters, bandages or Band-Aids may be worn on the thumbs, **but nowhere else without official permission of the Chief Referee or Technical Officer**. No plaster, bandage or Band-Aid may be used as a strap to help the lifter hold the bar.
- b. With permission of the Chief Referee or Technical Officer, the official doctor or paramedic on duty may apply spot plasters, bandages or Band-Aids to muscle injuries on the body. Similarly, he/she may apply strip plasters, bandages or Band-

Aids to injuries on the inside of the hand, but in no circumstances may the plaster, bandage or Band-Aid continue around the back of the hand.

- c. The official doctor or paramedic on duty shall inform the Chief Referee (and Technical Officer if applicable) immediately after applying plasters, bandages or Band-Aids to injuries. He/she may also give advice regarding additional bandages, Band-Aids or plasters that he/she may consider necessary. However, these may only be applied with permission of the Chief Referee or Technical Officer.
- d. At all competitions where no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

#### 10. INSPECTION OF PERSONAL EQUIPMENT:

At International events the inspection of kit is not mandatory. It is the responsibility of the National Technical Secretary of all Nations to ensure that their lifters are wearing suitable equipment prior to or at International events. Where lifters are unsure if an item meets the required criteria, there will be a Technical Officer who will inspect as required. Where a lifter is found to enter the event with equipment that would otherwise fail to meet the required criteria action will be as at Para f below. (WDFPF congress 2016):

- a. 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 Head Referee or Technical Officer may authorise a separate time for the inspection and drawing of lots (if applicable). In normal circumstances this should take place one hour before the official weigh-in, but may be varied as required.

- b. Referees shall be appointed to fulfil this duty.

- c. Wraps over length shall be rejected, but may be resubmitted within the specified inspection time after cutting to regulation length. It is the lifter's responsibility to cut wraps. The examining referee is not permitted to perform this service.

- d. Any item considered unclean or torn shall be rejected.

- e. The referees shall record each item on the official inspection sheet. The inspection sheet shall be handed to the Head Referee or Technical Officer at the end of the inspection period.

- f. If a lifter appears on the platform wearing or using any illegal item that fails to meet the required criteria, the lifter shall have the attempt failed, any further uses of equipment not allowed by the same lifter in subsequent attempts will result in them immediately being disqualified from the competition.

- g. All items mentioned previously under Costume and Personal Equipment must meet the required specifications. Items such as watches, costume jewellery, eyewear and feminine hygiene articles need not be inspected.

- h. Any lifter successful in a record attempt must immediately present him/herself to the referee(s) for inspection in a place decided by the Chief Referee. 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 in line with para f above.

- i. The lifter will be warned of minor attire infractions which must be cleared up before the lifter reaches the platform. Failure to do so will result in the loss of that specific attempt.

## **11. GENERAL – INCLUDING RELIGIOUS CONSIDERATIONS:**

- a. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- b. Baby powder, pool hall chalk, liquid chalk, resin, talc, or magnesium carbonates are the only substances that may be added to the body and attire.
- c. No foreign substances may be applied to the equipment or wraps.
- d. The costume, with the exception of the belt, may not be adjusted on the lifting platform.
- e. Prosthetic devices are considered to be approved equipment providing that they are not performance enhancing.

Under conditions pertaining strictly to religious beliefs only, competitors are permitted to wear additional items of dress whilst on the platform – specifically: (i) a head covering which will cover the hair only [i.e. a bandana, hat etc] (ii) a piece of cloth or wrap-around or even loose shorts, worn with the aim of covering the posterior and upper leg (above the knee) so as not to show the shape of the lower body in the mentioned area. (NB: any garment worn under this concession must not obscure the referees' view of body position or any other aspect of judging of a lift (NC Ballot - Jan 2004). Women, for religious reasons, may also wear clothing that will cover the arms and legs in general but it must not be considered supportive. The use of base layers are permitted as long as they meet the criteria mentioned previously. Where a record has been set by an individual wearing additional items under this particular rule they must be inspected in line with the Records criteria.

### **UNEQUIPPED ('RAW') COMPETITION**

The following items of costume are permitted within this category of competition:

1. If a one-piece lifting suit is worn (mandatory at National level or above) it must be a leotard of the non-supportive type, as defined under 'Costume and Personal Equipment'.
2. A belt, conforming to BDFPA specifications.
3. Wrist wraps, conforming to specifications..

NB Knee wraps of any description are not permitted.

All other conditions relating to costume and personal equipment apply in the case of Unequipped competition.

### **EQUIPPED COMPETITION**

The following items of costume are permitted within this category of competition:-

4. A one-piece lifting suit is to be worn. It may be a leotard of the non-supportive or recognised supportive type, as defined under 'Costume and Personal Equipment'.
5. A belt, conforming to specifications.
6. Wrist wraps, conforming to specifications.
7. Knees wraps or sleeves, conforming to specifications.
8. Bench Shirt, conforming to specifications.

NOTE – A lifter MUST be equipped to enter an equipped event. In full power this may be one or more of the disciplines. In single lifts the lifter must be equipped as defined above in Para 13 relevant to the event (WDFPF congress 2016).

### AGE CATEGORIES

OPEN: From 14 years upwards (No category restrictions need apply).  
 TEENAGE: (T1) from 14-15 years, (T2) 16-17 years, (T3) 18-19 years.  
 JUNIOR: From 20 years up to and including 23 years of age.  
 MASTER: (Men and Women) (M1) from 40-44 years, (M2) 45-49 years and so on in five year increments, ad infinitum.

Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age groups by their specific age on the day of the competition. (The lifter must have attained minimum age on the day of the competition where age limits are imposed).

### BODYWEIGHT CATEGORIES

<b>Men:</b>	52.0kg	Class up to	52.0kg		
	56.0kg	Class from	52.01kg	to	56.0kg
	60.0kg	Class from	56.01kg	to	60.0kg
	67.5kg	Class from	60.01kg	to	67.5kg
	75.0kg	Class from	67.51kg	to	75.0kg
	82.5kg	Class from	75.01kg	to	82.5kg
	90.0kg	Class from	82.51kg	to	90.0kg
	100.0kg	Class from	90.01kg	to	100.0kg
	110.0kg	Class from	100.01kg	to	110.0kg
	125.0kg	Class from	110.01kg	to	125.0kg
	145.0kg	Class from	125.01kg	to	145.0kg
	+145.0kg	Class from	145.01kg	to	unlimited
<b>Women:</b>	44.0kg	Class up to	44.0kg		
	47.5kg	Class from	44.01kg	to	47.5kg
	50.5kg	Class from	47.51kg	to	50.5kg
	53.0kg	Class from	50.51kg	to	53.0kg
	55.5kg	Class from	53.01kg	to	55.5kg
	58.5kg	Class from	55.51kg	to	58.5kg
	63.0kg	Class from	58.51kg	to	63.0kg
	70.0kg	Class from	63.01kg	to	70.0kg
	80.0kg	Class from	70.01kg	to	80.0kg
	90.0kg	Class from	80.01kg	to	90.0kg
	+90.0kg	Class from	90.01kg	to	unlimited

**3. REFEREES'/OFFICERS' REQUIREMENTS:**

1. Rule book
2. Competition forms:-Score sheets, weigh-in forms and kit check forms are normally provided by the Championships Secretary when a permit is obtained. (See Tech. Sec. for card system)
3. List of national qualifying totals (for use at divisional events)
4. Records pertaining to the competition. (NB British, European and World records to be posted at drug tested events [National or International])
5. Tape measure, stamp and pad for use at Kit Check
6. Tables for Kit Check, Drug Control and Weigh-in
7. Referees' chairs
8. Refreshments for officials
9. Chairs to 'corral' lifters selected for drug testing

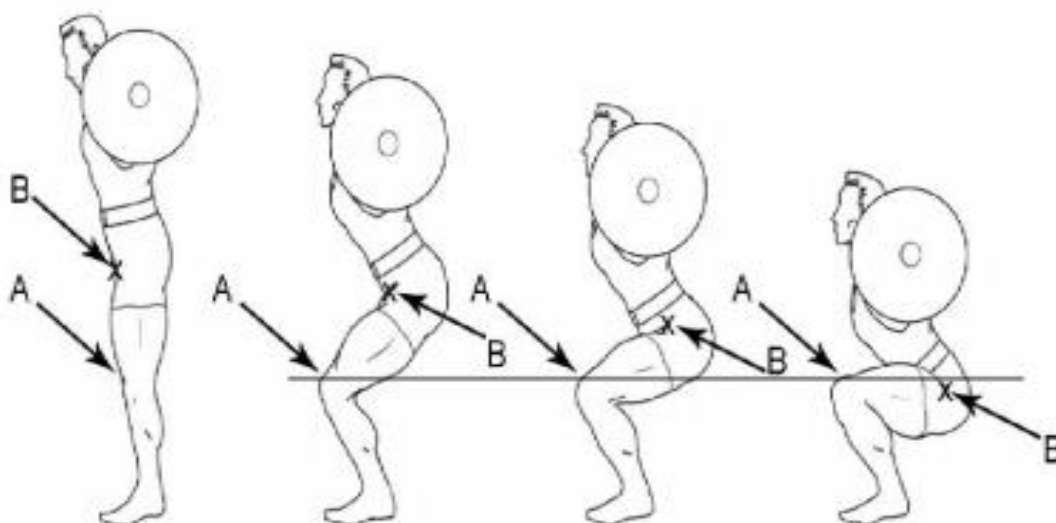
## POWERLIFTS - RULES OF PERFORMANCE & CAUSES FOR FAILURE

### 1. THE SQUAT

#### a) Performance:

1. The lifter shall assume an upright position with the top of the bar not more than 3cm (1.8ins) below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (hands may also be in contact with the inside collars), and the feet flat on the platform with the knees locked (see Diagram 1).
2. After removing the bar from the racks, the lifter must move backwards to establish a starting position. The lifter shall wait in this position for the Chief Referee's signal. The signal will be given as soon as the lifter is motionless, **erect with knees locked** and the bar properly positioned. If mechanical racks that withdraw are used, the lifter must remove the weights from the racks before they are withdrawn and wait motionless for the Chief Referee's signal. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the starting signal the lifter may make position adjustments within the rules without penalty.
3. In addition to the Lifter being stationary the Bar must be motionless prior to the start command.
4. 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 are lower than the top of the knees (see Diagrams 2, 3, & 4).

**Squat Diagram**



A: Top of the Knees.

B: The TOP surface of the legs at the hip joint.

Diagram 4 shows a lifter just below parallel. Point 'B' (the TOP surface of the legs at the hip joint) is below point 'A' (the top of the knees) a legal lift.

5. The lifter must recover at will, from the deepest point of the squat, without double bouncing or any downward movement once the upward motion has started (stopping is permitted) - to an upright position with the knees locked. When the lifter is motionless, the referee will give the signal to replace the bar. This signal will be given when the lifter is in the apparent final position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The signal to replace the bar will consist of a backward motion of the hand and the audible command "Rack".
6. Upon receiving the "Rack" signal, the lifter must make a bona fide attempt to return the bar to the racks. This attempt is indicated by a minimum of one step toward the racks, the lifter may then request aid to rack the bar if necessary.
7. The lifter shall face the front of the platform.
8. The lifter shall not hold the collars, sleeves or plates 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 inside collars.
9. Not more than five and not less than two spotter/loaders shall be on the platform at any time. Designated meet spotter/loaders may not be replaced unless approval is secured from the Chief Referee.
10. 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 any further with regards to proper positioning, foot placement, bar positioning, etc.
11. The lifter may be given an additional attempt at the same weight at the Chief Referee's or the Technical Officer's discretion if failure in an attempt was due to an error by one or more of the spotter/loaders.

**b) Causes for Disqualification of a Squat:**

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Changing the position of the hands laterally in or out on the bar after receiving the signal to commence the lift. (Opening & closing of the fingers is allowed).
3. Double bouncing or more than one recovery attempt at the bottom of the lift.
4. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
5. Any shifting of the feet laterally, backward, or forward, during the performance of the lift. The toes and/or heels may come up off the platform, but must return to the same position.
6. Failure to bend the knees and lower the body until the TOP surface of the legs at the hip joint are lower than the tops of the knees. (Refer to Diagrams 2, 3, & 4).
7. Changing the position of the bar across the shoulders after the commencement of the lift. This applies to the intentional or unintentional rolling of the bar to aid the performance of the lift - not to a minute amount of position change which would not aid the lifter.
8. Contact with the bar, plates or lifter by the spotter/loaders between the referee's signals.



9. Contact of elbows or upper arms with the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the racks.
11. Any intentional dropping or 'dumping' of the bar.
12. Any downward movement of the bar after the lifter has begun to move up from the bottom position. This includes any uneven aspect of the bar where one side drops as the other raises.

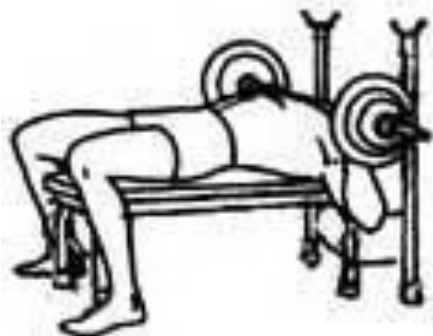
## **2. THE BENCH PRESS**

### **a) Performance:**

1. The front of the bench must be placed on the platform facing the Chief Referee.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. The shoes must be flat on the floor, or flat on the built up surface. This position shall be maintained throughout the attempt once the command signal has been given.
3. If the lifter's costume and the bench surface are not of a sufficient colour contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing the lifter may use plates or blocks, not exceeding 30cm (11.81ins) in 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 45cm x 45cm (17.7ins x 17.7ins.) in length and width.
5. Not more than four and not less than two spotter/loaders shall be in attendance. The lifter may lift to self, or enlist the help of either the spotter/loaders or the personal coach in removing the bar from the racks. The lift-off must be to arms' length and not down at the chest.
6. The spacing of the hands shall not exceed 81cm (31.9ins) measured between the forefingers. A reverse grip is permitted provided that the distance between the little fingers does not exceed 81cm.
7. After receiving the bar at arms' length, the lifter shall hold the bar with arms locked out. On receipt of the command "Start" the bar is lowered to the chest and await the referee's signal to press. Before receiving the starting signal, the lifter may make any position adjustments without penalty. The signal to commence the lift, shall be the word of command "start".
8. After the signal to commence the lift has been given, the bar is lowered to the chest where it must become motionless. The centre referee then gives the word of command "Press" or a clap of hands or a clapper board. On receipt the bar is pressed upwards to straight arms' length and held motionless until the audible command "Rack" is given.
9. The bar is allowed to stop during the upward movement; the bar is not allowed any downward movement during this phase of the lift. Downward movement of the bar will be determined by downward movement of either or both hands and or the bar itself.
10. See #11, 'Rules of Performance' for the Squat.

### b) Causes for Disqualification of a Bench Press:

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e. any movement of the head, shoulders, buttocks from their original points of contact with the bench or **excessive** movement of the feet, floor or blocks, or lateral movement of the hands on the bar once the "Start" signal has been given.
3. Heaving or bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after receiving the referee's signal.
5. Any uneven extension of the arms at the completion of the lift.
6. Uneven press that results in one end of the bar dropping as the other raises.
7. Any downward movement of one or both hands during the upward movement.
8. Contact with the bar by spotter/loaders between the referee's signals.
9. Any contact of the lifter's feet with the bench or its supports.
10. **Deliberate** contact between the bar and the bar rest uprights during the lift to make the press easier.



## 3. THE DEADLIFT

### a) Performance:

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted upward until the lifter is standing erect with knees locked. The bar may stop, but may not go down during the upward movement.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders do not have to be thrust back past an erect position, but if they are thrust back in that manner and all other criteria have been satisfied, the lift is legal. Note: In each finished position the shoulders are in the erect position, not rounded or forward. The legs are straight, with the knees locked.

4. **There is no start command other than the lifter's name being called.** 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. Any rising of the bar from the platform - or any deliberate attempt to do so - will count as an attempt.
6. See #11, 'Rules of Performance' for the Squat.

**b) Causes for Disqualification of a Deadlift:**

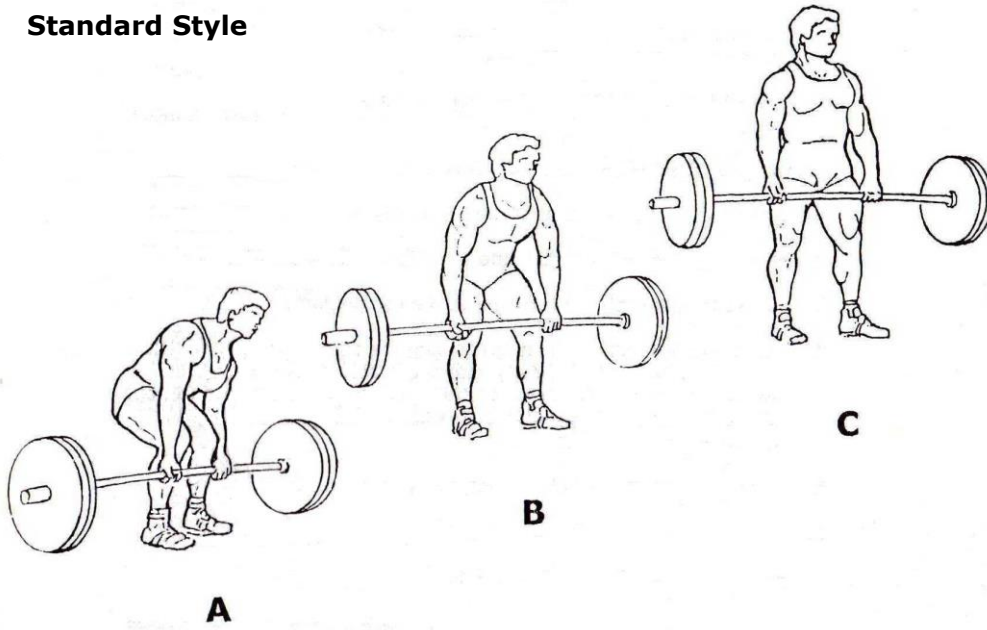
1. Any downward movement of the bar during the upward movement.
2. Failure to stand upright with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. This will be determined by any attempt at secondary knee flexion. (As the bar is raised from the platform, the legs must extend without additional flexion taking place at the knees at any time during the upward movement of the bar.)
5. **Any lateral movement of the feet, or stepping backward or forward during the upward movement of the bar to the locked position prior to being given the word of command "Down". (Sumo lifters are allowed to turn their toes/feet inwards after the "down" command has been given in order to prevent their toes being under the plates when the bar is returned to the floor)**
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.

**Reminder: Single Lift Championships**

The preceding rules governing the Squat, Bench Press and Deadlift, remain the same for Single Lift events but two weight changes will be allowed on the final attempt as on the Deadlift in Powerlifting competitions.

### Deadlift Diagrams

#### Standard Style



#### Sumo Style

