



Edition 1

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SECTION 1

REFEREES

Minimum Referees required adjudicating at sanctioned events

INTERNATIONAL - Three fully qualified WDFPF International Referees. This may include but not be solely Referees under International assessment¹. Each Platform in use must have a combination of different countries officials where possible.

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. 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.

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 a visual signal to the lifter. 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".
- 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

¹ International referees under assessment must have passed the written exam in order to be included in the registered officials.

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 24 months previous to the championships date.
- c. The lifters weigh-in within the limits of weight and time for their bodyweight category.
- d. *WHEN EQUIPMENT CHECK IS USED:* 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 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 meet costume specifications. 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. If the costume or equipment is seen to be contra to specifications before a lift has commenced the Chief Referee will ask the lifter to retire from the platform and change or adjust as required their personal equipment, this will all be within the 1 minute allowed from bar loaded being announced. Where required any of the three referees or a member of the Technical Jury may then re-examine the lifter's costume and personal equipment. If the lifter is found guilty of wearing anything illegal 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 is 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 (less detailed in Para c below). 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 the lifters head 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 is allowed to raise their hand/arm

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 8(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.

- 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 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 WDFPF badge on left breast, grey skirt or trousers and a white blouse. 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 International levels of competition.

14 JURY AND TECHNICAL COMMITTEE

1. At International Championships, a jury will be appointed whenever practicable to preside over each lifting session. The decision whether or not the appointment of a Jury is feasible shall be left to the discretion of the Head Referee, normally on the advice of members of the WDFPF Executive.
2. Where possible, the Jury shall consist of at least One member of the WDFPF Executive as the President of the Jury, and four other members, one of whom shall be the Chair of the Technical Committee for the event. A reserve member shall be appointed for each jury;
3. The member/s of the Jury **MUST** be International Referees;
4. Where possible, the members of the Jury shall all be from different nations with the exceptions of the WDFPF Executive and the Chair of the Technical Committee;
5. The function of the Jury is to ensure that the technical rules are correctly applied.
6. JURY REPLACEMENT OF A REFEREE: During the competition the Jury may, by a majority vote, replace any referee whose decisions, in its opinion, prove that referee to be ineffectual. The referee concerned will have received a warning prior to any action of dismissal, and must have failed to correct the problem for removal to occur;
7. REFEREE'S OPPORTUNITY FOR EXPLANATION: The impartiality of referees cannot be doubted. It is accepted that Human error in terms of interpretation are not deliberate. In such a case, the referee shall be allowed to give an explanation for making the decision which is the subject of the warning;
8. JURY PROTEST SYSTEM: Each member of the Jury will have three red protest cards, marked respectively 1, 2, and 3. If a Jury member wishes to query a referee's decision, they will place the card relating to that referee in front of the President of the Jury (or a system of lights may be used by the Jury for calling a referee to the Jury table). The President must consult with the rest of the members of the Jury and take appropriate action based upon a majority verdict.
9. JURY AUTHORITY IN CORRECTIVE ACTIONS: If a serious mistake occurs in the refereeing, which is contrary to the technical rules, the Jury may take appropriate action to correct the mistake. They may, at their discretion, grant the lifter a further attempt as well as failing a lift.
10. JURY AUTHORITY CONCERNING REFEREE DECISIONS: The Jury shall not at any time overrule or change the decisions of the referees unless there has been an obvious technical failure that has not been observed by enough referees to fail the lift. Where required referees will be warned are per 6/7 above. Such examples are but not limited to:
 - a. Spotters observed as touching the bar.
 - b. Lifter making attempt before the signal that was not noticed by at least 2 of the referees.
 - c. Lack of depth on squat not appropriately recognised by the referees, this may be as their view was blocked by spotters.
11. POSITIONING OF THE JURY: The members of the Jury will be positioned to ensure an unimpeded view of the competition;
12. DUTIES OF THE JURY PRESIDENT: Before each competition, the President of the Jury must ensure that the members of the Jury have a

perfect knowledge of their role and any new regulations that amend or supplement those contained in the current edition of the WDFPF handbook.

SECTION 2

CONDUCT OF COMPETITION

1. OFFICIALS TO BE APPOINTED:

A. The HEAD REFEREE IN CHARGE: At WDFPF Championships the Head Referee in Charge is appointed on behalf of the WDFPF President on the advice of the Technical Secretary and 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, eg, 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 nation 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 **Marshalls (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, ie, 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. The **Records Keeper** is appointed by the Championships director or Promoter. When a record attempt is announced, the Records Keeper should immediately confirm the weight loaded on the bar, and compare it with the existing record. This position may be undertaken by an official or individual assigned to another role in the competition.

g. **Referees** for each session; for each event and for the Weigh-In.

SECTION 3,4,5 Reserved

SECTION 6

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.

SECTION 7

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.

SECTION 8

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.

SECTION 9

MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS:

1. In WDFPF 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. During a normal 3 lift event a record may only be broken once in fractions. The next attempt must then be a normal multiple of 2.5kgs unless it is a fourth attempt.

- 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; eg:- 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.

SECTION 10

LOADING ERRORS or INCORRECT ANNOUNCEMENTS BY THE SPEAKER/ANNOUNCER:

1. 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.

SECTION 11

DISQUALIFICATION

Three unsuccessful attempts in any event will automatically eliminate the lifter from the rest of the competition.

SECTION 12

SPOTTER AID TO THE LIFTER

Other than initial removal of the bar from the racks in BENCH PRESS ONLY, the lifter will not receive any help from the spotter-loaders in assuming the start position for an attempt.

SECTION 13

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.

SECTION 14

RULES CONCERNING INJURED LIFTERS

If during a competition a lifter suffers injury, the official doctor has the right of examination. If the doctor considers it inadvisable for the lifter to continue, the doctor may, in consultation with the Head Referee or Technical Officer, insist upon the lifter retiring from the competition. The lifter's coach must be officially informed of such a decision. 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.

SECTION 15

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.

SECTION 16

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.

SECTION 17

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.

SECTION 18

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.

SECTION 19

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.

SECTION 20

EQUIPMENT AND SPECIFICATIONS

1. PLATFORM:

Recommended - 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 (for example in the bench press). 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.

Requirement to be used at International competitions

- Powerlifting: 1-4 groups – 1 platform
- 5 and more groups – 2 platforms
- Single events: 1-12 flights - 1 platform
- 13 and more flights – 2 platforms

2. BARS and DISCS:

For all Powerlifting contests organised under the rules of the WDFPF, 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. A test sample of weights will be undertaken by the WDFPF Executive Committee to ensure the Bars, Collars and Weights meet the required tolerances for the event.

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 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 used at national or international levels of competition must weigh within 0.25 percent of their correct face value. 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 and be capable of tilting in to allow for a wide lift off.

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. Bars must have the same dimensions in diameter and length as those on the platform. Discs may be different in size but the bars have to carry at least 300 kg.

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. Lights are MANDATORY at International events.
- 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, ie 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 24 months. Proof of certification must be available for inspection on request.

9. HEALTH AND SAFETY:

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

SECTION 21

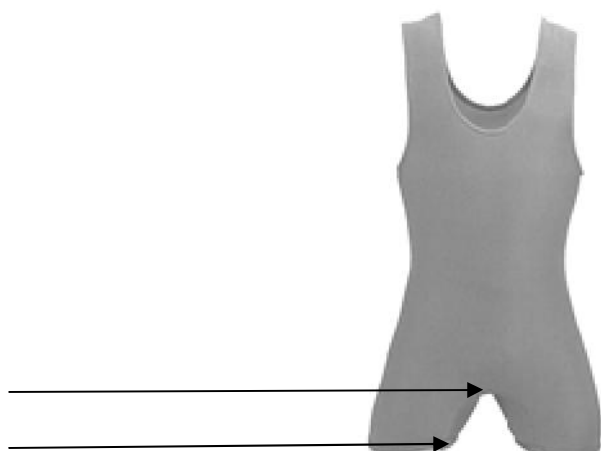
COSTUME AND PERSONAL EQUIPMENT

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, untoned, 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 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. Women may wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described above. Leotards with sleeves that protrude below the elbow or high-cut leg lines are not permitted.

2. T-SHIRT:

A T-Shirt with short sleeves a minimum of 10cm (3.9ins) in length, of any colour or colours, must be worn for the Squat & Bench Press events. The shirt is optional for men during the Deadlift event but MANDATORY for women. The shirt must be worn under the lifting suit.

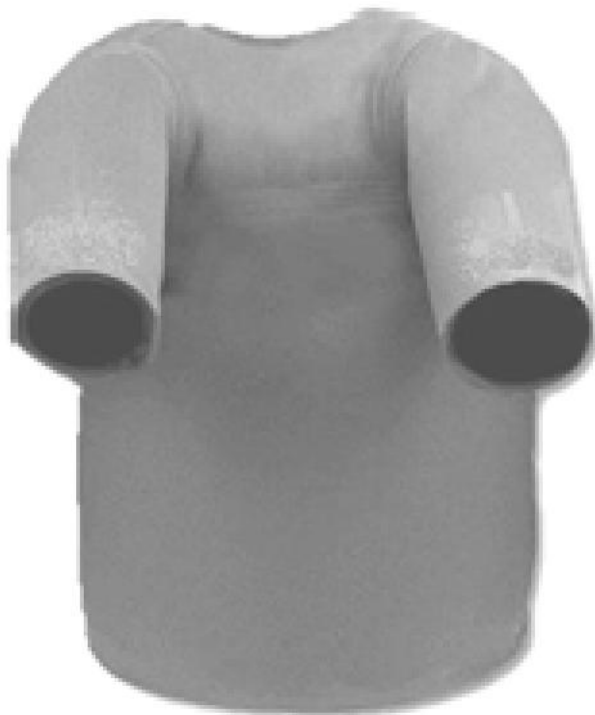
A shirt is legal provided that it:

- a. Is not ribbed.
- b. Does not consist of any stretch materials.
- c. Does not have any pockets, buttons, zippers, or a reinforced collar.
- d. Does not have reinforced seams.
- e. Is not constructed so as to place seams at a position which, in the opinion of the WDFPF, 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 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 indicated in the diagram on page 60.
- c. Conditions (a), (b), (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 shorts 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 may 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 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 women 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 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:

- 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 may 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 and 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).
 3. The use of a wrist wrap is not considered equipped.
- b. Knees. 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. If equipment checks are to be implemented at events:

- 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. A 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 be 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, women competitors are permitted to wear additional items of dress whilst on the platform – specifically: (i) a head covering which will cover the hair only [ie 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. They may also where 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.

12 UNEQUIPPED ('RAW') COMPETITION

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

1. A one-piece lifting suit is to be worn it must be a leotard of the non-supportive type, as defined under 'Costume and Personal Equipment'.
2. A belt, conforming to specifications.
3. Wrist wraps, conforming to specifications.

13 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.

14 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

Men:	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
Women:	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

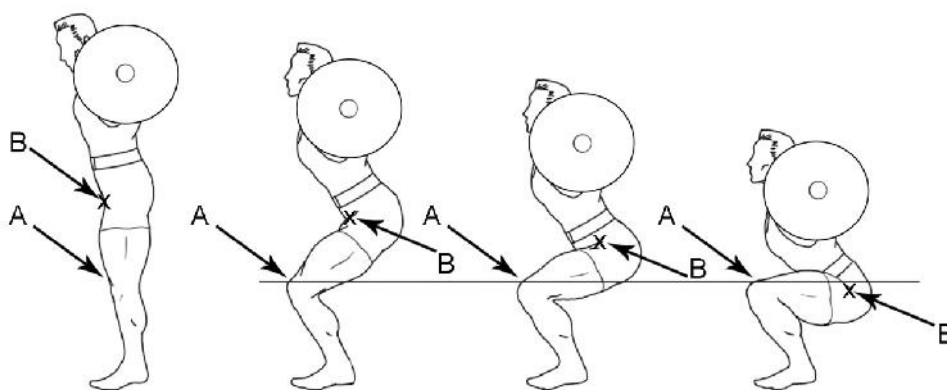
POWERLIFTS - RULES OF PERFORMANCE & CAUSES FOR FAILURE

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. Significantly 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 small 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

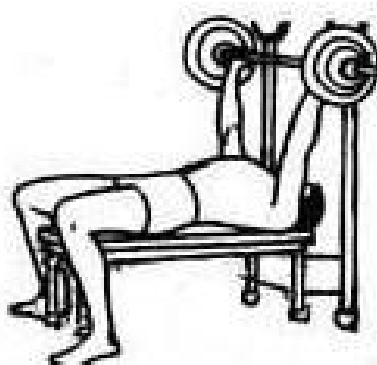
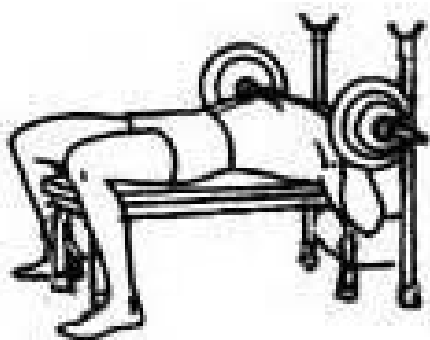
a) Performance:

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. In addition to the Lifter being stationary the Bar must be motionless prior to the start command.

8. The signal to commence the lift, shall be the word of command "start".
9. 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.
10. 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.
11. 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 (ie 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. Uneven lockout 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/both hands or the bar 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. 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:

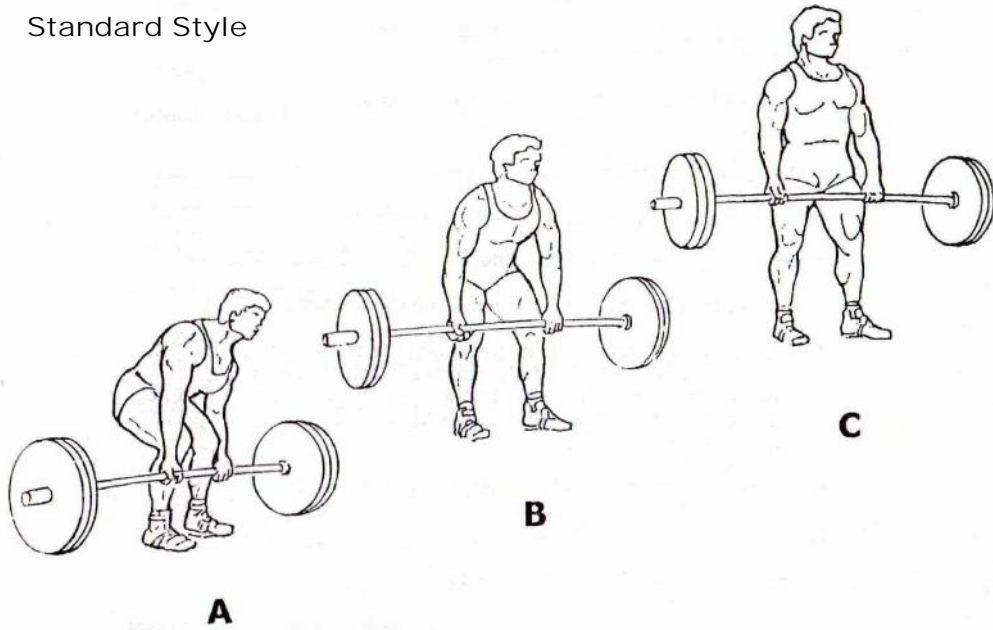
1. Any downward movement of the bar during the upward movement.
2. Failure to stand upright with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. This will be determined by 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.
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

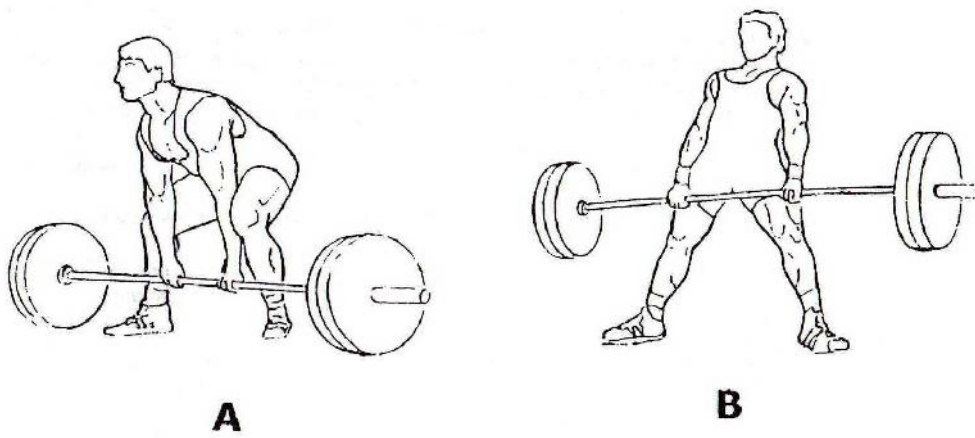
The preceding rules governing the Squat, Bench Press and Deadlift, remain the same for Single Lift events but two weight changes will be allowed on the final attempt as on the Deadlift in Powerlifting competitions.

Deadlift Diagrams

Standard Style



Sumo Style



REFEREES GENERAL

Minimum Referees required to adjudicate at sanctioned events

1. INTERNATIONAL - Three fully qualified WDFPF International Referees. This also applies where international records are broken at National events. Referees who are under assessment for International Status may also be considered within the 3 required Officials at International events only.
2. It is incumbent on all member affiliates to ensure that they consistently promote individuals to undertake Referee exams/training in order to maintain suitable numbers of International Officials.

Examinations for International Referees

1. All individuals who wish to become International referees must undergo examination. The following criteria must be met:
 - a. Have been a National level referee for a 2 year period.
 - b. Be recommended by their National executive to the WDFPF general secretary.
 - c. Submit to undertake a written exam with a pass mark of 90%. These may only be taken at International events and invigilated by the WDFPF.
 - d. Complete a practical assessment, conducted by an International level referee at an International event following completion of the written exam.
2. All candidates must be current members in good standing of their National Association.
3. Candidates must make their own arrangements as regards the date, time and venue for the examination, and for any costs to be incurred.

Registration of International Referees

1. It is incumbent on all International Referees to maintain their currency as an Official. This is achieved as follows:
 - a. Regular referral and review of the WDFPF Rule Book.
 - b. By undertaking a minimum of 1 International event as an official within a 4 year period. Failure to do so will revoke the Official back to National level and require them to re-take the International Referees exam in order to re-qualify.

Equipment required for WDFPF International events

1. PLATFORM EQUIPMENT (Refer to rulebook as required):

- a. Certified scales
- b. Competition platform with non-slip surface
- c. Competition bar(s)
- d. Approved weights (including record discs) and collars
- e. Squat racks
- f. Bench
- g. Weight racks (known as toast racks)
- h. Bar levers for dead lift

2. OTHER EQUIPMENT:

- a. Scoreboards with appropriate markers
- b. Referees' lights or flags
- c. Clapperboards for bench press
- d. PA system (ensure system is adequate for size of hall)
- e. Loading charts
- f. Chalk & chalk box/bucket
- g. Blood cleaning kit
- h. Wire brush
- i. Mop & bucket
- j. Pens for MC/kit check/weigh-in etc.
- k. Stop-watch/clock for MC's table
- l. Clock in main lifting hall

1. WARM-UP ROOM:

1. Normally at least two warm-up stations will be required, so 2 of each item listed below will be needed (three stations will need 3 of each and so on).
 - a. Platform or protective floor covering
 - b. Squat rack
 - c. Bench
 - d. Power bar (no centre knurling)
 - e. Weights - the total dependent on likely final lifts (calibrated weights are not essential in the warm-up room).

4. REFEREES'/OFFICERS' REQUIREMENTS:

- a. Rule book
- b. Competition forms:-Score sheets, weigh-in forms and kit check forms.
- c. List of qualifying totals
- d. Records pertaining to the competition. (NB British, European and World records to be posted at drug tested events [National or International])
- e. Tape measure, stamp and pad for use at Kit Check
- f. Tables for Kit Check, Drug Control and Weigh-in
- g. Referees' chairs
- h. Refreshments for officials, any period less than 8 hours full day (including weigh-in) means refreshments only. Where 8 hours is exceeded meals must be provided. This subsection also refers to all Officials including desk staff and loaders.

- i. Chairs to 'corral' lifters selected for drug testing

5. VARIOUS REQUIREMENTS:

- a. Toilet facilities
- b. Male and female changing facilities and weighing-in room
- c. If appropriate, toilet area where drug testing can take place (incl for women)

The following are not essential, but are recommended for major events.

- a. Equipment for roping off competition area
- b. Banners
- c. Posters
- d. Music
- e. Water for lifters

6. OTHER HELPERS:

- a. Spotter/loaders
- b. Platform manager (can be one of the above)
- c. Marshalls (not always essential, but useful)
- d. MC
- e. Recorder
- f. Scoreboard personnel

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)²

The Schwartz formula (SF)* is presented as a table of co-efficients. Each lifter has a co-efficient determined by body weight (BW). Since the table is graduated in one-tenth kilogram intervals, it may be necessary to interpolate. For example, the co-efficient for lifters with body weights 74.5 and 74.6 are 0.6680 and 0.6673 from the table. Thus for a lifter with a body weight of 74.55 the co-efficient is interpolated as 0.66765.

1. To determine the "Best Lifter" multiply each lifters co-efficient by his total. The resulting factor is his Schwartz Formula total (SFT). The lifter with the highest SFT is considered the "Best Lifter".
2. To determine the winner in a contest between teams of unequal body weights: Determine the SFT for each member of each team. The team with the highest average SFT is the winner.
3. To determine the "Champion of Champions", calculate the SF on the winner of each weight class. The weight class winner with the highest SF is the "Champion of Champions".

*Revised October 1978 by Lyle Schwartz, Professor of Materials Science and Engineering, Northwestern University, USA. Earlier forms are obsolete after that date.

Formula = $(0.488) - ((0.0009) \times (\text{bodyweight} - 155))$

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.3133	1.3092	1.3052	1.3011	1.2971	1.2931	1.2891	1.2851	1.2812	1.2773
41	1.2734	1.2695	1.2656	1.2618	1.2580	1.2542	1.2504	1.2467	1.2429	1.2392
42	1.2355	1.2318	1.2282	1.2245	1.2209	1.2173	1.2138	1.2102	1.2067	1.2032
43	1.1997	1.1962	1.1927	1.1893	1.1858	1.1824	1.1791	1.1757	1.1723	1.1690
44	1.1657	1.1624	1.1591	1.1558	1.1526	1.1494	1.1462	1.1430	1.1398	1.1367
45	1.1335	1.1304	1.1273	1.1242	1.1211	1.1181	1.1150	1.1120	1.1090	1.1060
46	1.1031	1.1001	1.0972	1.0942	1.0913	1.0884	1.0856	1.0827	1.0799	1.0770
47	1.0742	1.0714	1.0686	1.0659	1.0631	1.0604	1.0577	1.0550	1.0523	1.0496
48	1.0469	1.0443	1.0416	1.0390	1.0364	1.0338	1.0312	1.0287	1.0261	1.0236
49	1.0211	1.0186	1.0161	1.0136	1.0111	1.0087	1.0062	1.0038	1.0014	1.9990
50	.9966	.9942	.9919	.9895	.9872	.9849	.9826	.9803	.9780	.9757
51	.9734	.9712	.9690	.9667	.9645	.9623	.9601	.9580	.9558	.9536
52	.9515	.9494	.9473	.9452	.9431	.9410	.9389	.9368	.9348	.9328
53	.9307	.9287	.9267	.9247	.9227	.9208	.9188	.9169	.9149	.9130
54	.9111	.9092	.9073	.9054	.9035	.9016	.8998	.8979	.8961	.8943
55	.8924	.8906	.8888	.8870	.8853	.8835	.8817	.8800	.8782	.8765
56	.8748	.8731	.8714	.8697	.8680	.8663	.8646	.8630	.8613	.8597
57	.8580	.8564	.8548	.8532	.8516	.8500	.8484	.8468	.8453	.8437
58	.8422	.8406	.8391	.8376	.8361	.8345	.8330	.8315	.8301	.8286
59	.8271	.8257	.8242	.8228	.8213	.8199	.8185	.8170	.8156	.8142
60	.8128	.8114	.8101	.8087	.8073	.8060	.8046	.8033	.8019	.8006
61	.7993	.7979	.7966	.7953	.7940	.7927	.7915	.7902	.7889	.7876
62	.7864	.7851	.7839	.7826	.7814	.7802	.7789	.7777	.7765	.7753
63	.7741	.7729	.7717	.7706	.7694	.7682	.7671	.7659	.7647	.7636
64	.7625	.7613	.7602	.7591	.7580	.7568	.7557	.7546	.7535	.7524

² This table has been extracted from the Internet and although from a reliable source does not mean it has been checked for any errors.

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
65	.7514	.7503	.7492	.7481	.7471	.7460	.7450	.7439	.7429	.7418
66	.7408	.7398	.7387	.7377	.7367	.7357	.7347	.7337	.7327	.7317
67	.7307	.7297	.7287	.7278	.7268	.7258	.7249	.7239	.7230	.7220
68	.7211	.7201	.7192	.7183	.7174	.7164	.7155	.7146	.7137	.7128
69	.7119	.7110	.7101	.7092	.7083	.7074	.7066	.7057	.7048	.7040
70	.7031	.7022	.7014	.7005	.6997	.6989	.6980	.6972	.6964	.6955
71	.6947	.6939	.6931	.6923	.6914	.6906	.6898	.6890	.6882	.6874
72	.6867	.6859	.6851	.6843	.6835	.6828	.6820	.6812	.6805	.6797
73	.6789	.6782	.6774	.6767	.6760	.6752	.6745	.6737	.6730	.6723
74	.6716	.6708	.6701	.6694	.6687	.6680	.6673	.6666	.6659	.6652
75	.6645	.6638	.6631	.6624	.6617	.6610	.6603	.6598	.6590	.6583
76	.6577	.6570	.6563	.6557	.6550	.6543	.6537	.6530	.6524	.6517
77	.6511	.6505	.6498	.6492	.6486	.6479	.6473	.6467	.6461	.6454
78	.6448	.6442	.6436	.6430	.6424	.6418	.6412	.6405	.6399	.6394
79	.6388	.6382	.6376	.6370	.6364	.6358	.6352	.6347	.6341	.6335
80	.6329	.6324	.6318	.6312	.6307	.6301	.6295	.6290	.6384	.6279
81	.6273	.6268	.6262	.6257	.6251	.6245	.6241	.6235	.6230	.6224
82	.6319	.6214	.6209	.6203	.6198	.6193	.6188	.6183	.6177	.6172
83	.6167	.6162	.6157	.6152	.6147	.6142	.6137	.6132	.6127	.6122
84	.6117	.6112	.6107	.6102	.6098	.6093	.6088	.6083	.6078	.6074
85	.6069	.6064	.6059	.6055	.6050	.6045	.6041	.6036	.6031	.6027
86	.6022	.6018	.6013	.6009	.6004	.6000	.5995	.5991	.5986	.5982
87	.5978	.5973	.5969	.5965	.5960	.5956	.5952	.5947	.5943	.5939
88	.5935	.5930	.5926	.5922	.5918	.5914	.5910	.5905	.5901	.5897
89	.5893	.5889	.5885	.5881	.5877	.5873	.5869	.5865	.5861	.5857
90	.5853	.5850	.5846	.5842	.5838	.5834	.5830	.5827	.5823	.5819
91	.5815	.5812	.5808	.5804	.5801	.5797	.5793	.5790	.5788	.5782
92	.5779	.5775	.5772	.5768	.5765	.5761	.5758	.5754	.5751	.5747
93	.5744	.5740	.5737	.5734	.5730	.5727	.5723	.5720	.5717	.5714
94	.5710	.5707	.5704	.5701	.5697	.5694	.5691	.5688	.5685	.5681
95	.5678	.5675	.5672	.5669	.5666	.5663	.5660	.5657	.5654	.5651
96	.5648	.5645	.5642	.5639	.5636	.5633	.5630	.5627	.5624	.5622
97	.5619	.5616	.5613	.5610	.5608	.5605	.5602	.5599	.5597	.6694
98	.5591	.5589	.5586	.5583	.5581	.5578	.5575	.5573	.5570	.5568
99	.5565	.5563	.5560	.5558	.5555	.5553	.5550	.5548	.5545	.5543
100	.5540	.5538	.5536	.5533	.5531	.5529	.5526	.5524	.5522	.5519
101	.5517	.5515	.5513	.5510	.5508	.5506	.5504	.5502	.5500	.5497
102	.5495	.5493	.5491	.5489	.5487	.5485	.5483	.5481	.5479	.5477
103	.5475	.5473	.5471	.5469	.5467	.5465	.5463	.5461	.5459	.5457
104	.5455	.5454	.5452	.5450	.5448	.5446	.5444	.5443	.5441	.5439
105	.5437	.5436	.5434	.5432	.5431	.5429	.5427	.5426	.5424	.5422
106	.5421	.5419	.5417	.5416	.5414	.5413	.5411	.5410	.5408	.5407
107	.5405	.5404	.5402	.5401	.5399	.5398	.5396	.5395	.5393	.5392
108	.5391	.5389	.5388	.5386	.5385	.5384	.5382	.5381	.5380	.5378
109	.5377	.5376	.5376	.5373	.5372	.5371	.5370	.5368	.5367	.5366

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
110	.5365	.5364	.5362	.5361	.5360	.5359	.5358	.5357	.5356	.5354
111	.5353	.5352	.5351	.5350	.5349	.5348	.5347	.5346	.5345	.5343
112	.5342	.5341	.5340	.5339	.5338	.5337	.5336	.5335	.5334	.5333
113	.5332	.5331	.5330	.5329	.5328	.5328	.5327	.5326	.5325	.5324
114	.5323	.5322	.5321	.5320	.5319	.5318	.5317	.5316	.5316	.5315
115	.5314	.5313	.5312	.5311	.5310	.5309	.5309	.5308	.5307	.5306
116	.5305	.5304	.5303	.5302	.5302	.5301	.5300	.5300	.5299	.5297
117	.5296	.5296	.5295	.5294	.5293	.5292	.5291	.5290	.5290	.5289
118	.5288	.5287	.5286	.5285	.5284	.5283	.5283	.5282	.5281	.5280
119	.5279	.5278	.5277	.5276	.5275	.5274	.5274	.5273	.5272	.5271
120	.5270	.5269	.5268	.5267	.5266	.5265	.5264	.5263	.5262	.5261
121	.5260	.5259	.5258	.5257	.5256	.5255	.5254	.5253	.5251	.5250
122	.5249	.5248	.5247	.5246	.5245	.5243	.5242	.5241	.5240	.5239
123	.5237	.5236	.5235	.5234	.5232	.5231	.5230	.5228	.5227	.5226
124	.5224	.5223	.5221	.5220	.5219	.5217	.5216	.5214	.5213	.5211
125	.5210	.5209	.5208	.5206	.5205	.5204	.5203	.5202	.5200	.5199
126	.5198	.5197	.5196	.5194	.5193	.5192	.5191	.5190	.5188	.5187
127	.5186	.5185	.5184	.5182	.5181	.5180	.5179	.5178	.5176	.5175
128	.5174	.5173	.5172	.5170	.5169	.5168	.5167	.5166	.5164	.5163
129	.5162	.5161	.5160	.5158	.5157	.5156	.5155	.5154	.5152	.5151
130	.5150	.5149	.5147	.5146	.5145	.5143	.5142	.5141	.5140	.5139
131	.5138	.5137	.5136	.5134	.5133	.5132	.5131	.5130	.5128	.5127
132	.5126	.5125	.5124	.5122	.5121	.5120	.5119	.5118	.5116	.5115
133	.5113	.5113	.5112	.5110	.5109	.5108	.5107	.5106	.5104	.5103
134	.5102	.5101	.5100	.5098	.5097	.5096	.5095	.5094	.5092	.5091
135	.5090	.5089	.5088	.5086	.5085	.5084	.5083	.5082	.5080	.5079
136	.5078	.5077	.5076	.5075	.5073	.5072	.5071	.5070	.5069	.5068
137	.5067	.5066	.5065	.5064	.5062	.5061	.5060	.5059	.5058	.5057
138	.5056	.5055	.5054	.5053	.5051	.5050	.5049	.5048	.5047	.5046
139	.5045	.5044	.5043	.5042	.5040	.5039	.5038	.5037	.5036	.5035
140	.5034	.5033	.5032	.5031	.5029	.5028	.5027	.5026	.5025	.5024
141	.5023	.5022	.5021	.5020	.5018	.5017	.5016	.5015	.5014	.5013
142	.5012	.5011	.5011	.5009	.5007	.5006	.5005	.5004	.5003	.5002
143	.5001	.5000	.4999	.4998	.4997	.4995	.4994	.4993	.4992	.4991
144	.4990	.4989	.4988	.4987	.4986	.4985	.4983	.4982	.4981	.4980
145	.4979	.4978	.4977	.4976	.4975	.4974	.4973	.4972	.4971	.4970
146	.4969	.4968	.4967	.4966	.4965	.4964	.4963	.4962	.4961	.4960
147	.4959	.4958	.4957	.4956	.4955	.4954	.4953	.4952	.4951	.4950
148	.4949	.4948	.4947	.4946	.4945	.4944	.4943	.4942	.4941	.4940
149	.4939	.4938	.4937	.4936	.4935	.4934	.4933	.4932	.4931	.4930
150	.4929	.4928	.4927	.4926	.4925	.4924	.4923	.4922	.4921	.4920
151	.4919	.4918	.4917	.4916	.4915	.4914	.4913	.4912	.4911	.4910
152	.4909	.4908	.4907	.4906	.4905	.4904	.4903	.4902	.4901	.4900
153	.4899	.4898	.4897	.4896	.4895	.4894	.4893	.4892	.4891	.4890
154	.4889	.4888	.4887	.4886	.4885	.4884	.4883	.4882	.4881	.4880

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
155	.4879	.4878	.4877	.4876	.4875	.4874	.4874	.4873	.4872	.4871
156	.4870	.4869	.4868	.4868	.4867	.4866	.4865	.4864	.4863	.4862
157	.4861	.4860	.4859	.4859	.4858	.4857	.4856	.4855	.4854	.4853
158	.4852	.4851	.4850	.4850	.4849	.4848	.4847	.4846	.4845	.4844
159	.4843	.4842	.4841	.4841	.4840	.4839	.4838	.4837	.4836	.4835
160	.4834	.4833	.4832	.4832	.4831	.4830	.4829	.4828	.4827	.4826
161	.4825	.4824	.4823	.4823	.4822	.4821	.4820	.4819	.4818	.4817
162	.4816	.4815	.4814	.4814	.4813	.4812	.4811	.4810	.4809	.4808
163	.4807	.4806	.4805	.4805	.4804	.4803	.4802	.4801	.4800	.4799
164	.4798	.4797	.4796	.4796	.4795	.4794	.4793	.4792	.4791	.4790
165	.4789	.4788	.4787	.4787	.4786	.4785	.4784	.4783	.4782	.4781
166	.4781	.4780	.4779	.4778	.4777	.4776	.4775	.4774	.4773	.4772
167	.4772	.4771	.4770	.4769	.4768	.4767	.4766	.4765	.4764	.4763
168	.4763	.4762	.4761	.4760	.4759	.4758	.4757	.4756	.4755	.4754
169	.4754	.4753	.4752	.4751	.4750	.4749	.4748	.4747	.4746	.4745
170	.4745	.4744	.4743	.4742	.4741	.4740	.4739	.4738	.4737	.4736
171	.4736	.4735	.4734	.4733	.4732	.4731	.4730	.4729	.4728	.4727
172	.4727	.4726	.4725	.4724	.4723	.4722	.4721	.4720	.4719	.4718
173	.4718	.4717	.4716	.4715	.4714	.4713	.4712	.4711	.4710	.4709
174	.4709	.4708	.4707	.4706	.4705	.4704	.4703	.4702	.4701	.4700
175	.4700	.4699	.4698	.4697	.4696	.4695	.4694	.4693	.4692	.4691
176	.4691	.4690	.4689	.4688	.4687	.4686	.4685	.4684	.4683	.4682
177	.4682	.4681	.4680	.4679	.4678	.4677	.4676	.4675	.4674	.4673
178	.4673	.4672	.4671	.4670	.4669	.4668	.4667	.4666	.4665	.4664
179	.4664	.4663	.4662	.4661	.4660	.4659	.4658	.4657	.4656	.4655
180	.4655	.4654	.4653	.4652	.4651	.4650	.4649	.4648	.4647	.4646
181	.4646	.4645	.4644	.4643	.4642	.4641	.4640	.4639	.4638	.4637
182	.4637	.4636	.4635	.4634	.4633	.4632	.4631	.4630	.4629	.4628
183	.4628	.4627	.4626	.4625	.4624	.4623	.4622	.4621	.4620	.4619
184	.4619	.4618	.4617	.4616	.4615	.4614	.4613	.4612	.4611	.4610
185	.4610	.4609	.4608	.4607	.4606	.4605	.4604	.4603	.4602	.4601
186	.4601	.4600	.4599	.4598	.4597	.4596	.4595	.4594	.4593	.4592
187	.4592	.4591	.4590	.4589	.4588	.4587	.4586	.4585	.4584	.4583
188	.4583	.4582	.4581	.4580	.4579	.4578	.4577	.4576	.4575	.4574
189	.4574	.4573	.4572	.4571	.4570	.4569	.4568	.4567	.4566	.4565
190	.4565	.4564	.4563	.4562	.4561	.4560	.4559	.4558	.4557	.4556
191	.4556	.4555	.4553	.4552	.4551	.4550	.4549	.4548	.4548	.4547
192	.4547	.4546	.4545	.4544	.4543	.4542	.4541	.4540	.4539	.4538
193	.4538	.4537	.4536	.4535	.4534	.4533	.4532	.4531	.4530	.4529
194	.4529	.4528	.4527	.4526	.4525	.4524	.4523	.4522	.4521	.4520
195	.4520	.4519	.4518	.4517	.4516	.4515	.4514	.4513	.4512	.4511
196	.4511	.4510	.4509	.4508	.4507	.4506	.4505	.4504	.4503	.4502
197	.4502	.4501	.4500	.4499	.4498	.4497	.4496	.4495	.4494	.4493
198	.4493	.4492	.4491	.4490	.4489	.4488	.4487	.4486	.4485	.4484
199	.4475	.4474	.4473	.4472	.4471	.4470	.4469	.4468	.4467	.4466
200	.4466	.4465	.4464	.4463	.4462	.4461	.4460	.4459	.4458	.4457
201	.4457	.4456	.4455	.4454	.4453	.4452	.4451	.4450	.4449	.4448
202	.4448	.4447	.4446	.4445	.4444	.4443	.4442	.4441	.4440	.4439

MALONE FORMULA TABLES IN KILOS (WOMEN)

The Malone formula is the official formula for use with female lifters and will be used at all contests with women's divisions for Best Lifter and "Champion of Champions".

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.1938	1.1915	1.1892	1.1869	1.1846	1.1823	1.1810	1.1778	1.1756	1.1733
41	1.1711	1.1689	1.1667	1.1645	1.1623	1.1601	1.1579	1.1557	1.1535	1.1514
42	1.1492	1.1471	1.1450	1.1428	1.1407	1.1386	1.1365	1.1344	1.1323	1.1303
43	1.1282	1.1261	1.1241	1.1220	1.1200	1.1180	1.1159	1.1139	1.1119	1.1099
44	1.1079	1.1059	1.1039	1.1020	1.1000	1.0980	1.0961	1.0941	1.0922	1.0903
45	1.0883	1.0864	1.0845	1.0826	1.0807	1.0788	1.0769	1.0750	1.0732	1.8713
46	1.0694	1.0676	1.0657	1.0639	1.0621	1.0602	1.0584	1.0566	1.0548	1.0530
47	1.0512	1.0494	1.0476	1.0458	1.0441	1.0423	1.0405	1.0388	1.0370	1.0353
48	1.0336	1.0318	1.0301	1.0284	1.0267	1.0250	1.0233	1.0216	1.0199	1.0182
49	1.0165	1.0148	1.0132	1.0115	1.0098	1.0082	1.0065	1.0049	1.0033	1.0016
50	1.0000	.9984	.9968	.9952	.9935	.9919	.9904	.9888	.9872	.9856
51	.9840	.9825	.9809	.9793	.9778	.9762	.9747	.9731	.9716	.9701
52	.9686	.9670	.9655	.9640	.9625	.9610	.9595	.9580	.9565	.9550
53	.9536	.9521	.9506	.9492	.9477	.9462	.9448	.9433	.9419	.9405
54	.9390	.9376	.9362	.9348	.9333	.9319	.9305	.9291	.9277	.9263
55	.9249	.9235	.9222	.9208	.9194	.9180	.9167	.9153	.9140	.9126
56	.9122	.9099	.9086	.9072	.9059	.9046	.9032	.9019	.9006	.8993
57	.8980	.8967	.8954	.8941	.8928	.8915	.8902	.8889	.8876	.8863
58	.8851	.8838	.8825	.8814	.8800	.8788	.8775	.8763	.8750	.8738
59	.8725	.8713	.8701	.8688	.8676	.8664	.8653	.8640	.8628	.8615
60	.8603	.8591	.8579	.8568	.8556	.8544	.8532	.8520	.8508	.8497
61	.8485	.8473	.8462	.8450	.8438	.8427	.8415	.8404	.8392	.8381
62	.8370	.8358	.8347	.8336	.8324	.8313	.8302	.8291	.8280	.8269
63	.8257	.8246	.8235	.8224	.8213	.8202	.8192	.8181	.8170	.8159
64	.8148	.8137	.8127	.8116	.8105	.8095	.8084	.8073	.8063	.8052
65	.8042	.8031	.8021	.8010	.8000	.7990	.7979	.7969	.7959	.7948
66	.7938	.7928	.7918	.7908	.7898	.7887	.7877	.7867	.7857	.7847
67	.7837	.7827	.7817	.7807	.7798	.7777	.7769	.7761	.7753	.7745
68	.7737	.7729	.7721	.7713	.7705	.7697	.7689	.7682	.7674	.7666
69	.7658	.7650	.7642	.7635	.7627	.7619	.7611	.7604	.7596	.7588
70	.7581	.7573	.7565	.7558	.7550	.7543	.7535	.7527	.7520	.7512
71	.7505	.7497	.7490	.7482	.7475	.7468	.7460	.7453	.7445	.7438
72	.7431	.7423	.7416	.7409	.7401	.7394	.7387	.7379	.7372	.7365
73	.7358	.7351	.7343	.7336	.7329	.7322	.7315	.7308	.7301	.7293
74	.7286	.7279	.7272	.7265	.7258	.7251	.7244	.7237	.7230	.7223
75	.7216	.7209	.7202	.7196	.7189	.7182	.7175	.7168	.7161	.7154
76	.7148	.7141	.7134	.7127	.7120	.7114	.7107	.7100	.7094	.7087
77	.7080	.7074	.7067	.7060	.7154	.7047	.7040	.7034	.7027	.7021
78	.7014	.7007	.7001	.6994	.6988	.6981	.6975	.6968	.6962	.6956
79	.6949	.6943	.6936	.6930	.6923	.6917	.6911	.6904	.6898	.6892

MALONE FORMULA TABLES IN KILOS (WOMEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
80	.6885	.6879	.6873	.6866	.6860	.6854	.6848	.6841	.6835	.6829
81	.6823	.6817	.6810	.6804	.6798	.6792	.6786	.6780	.6774	.6767
82	.6761	.6755	.6749	.6743	.6737	.6731	.6725	.6719	.6713	.6707
83	.6701	.6695	.6689	.6683	.6677	.6671	.6665	.6659	.6653	.6648
84	.6642	.6636	.6630	.6624	.6618	.6612	.6607	.6601	.6595	.6589
85	.6583	.6879	.6572	.6566	.6560	.6555	.6549	.6543	.6538	.6532
86	.6526	.6521	.6515	.6509	.6504	.6498	.6492	.6487	.6481	.6476
87	.6470	.6464	.6459	.6453	.6448	.6442	.6437	.6431	.6426	.6420
88	.6415	.6409	.6404	.6398	.6393	.6387	.6382	.6376	.6371	.6366
89	.6360	.6355	.6350	.6344	.6339	.6333	.6328	.6323	.6317	.6312
90	.6310	.6307	.6303	.6300	.6296	.6293	.6290	.6286	.6283	.6280
91	.6276	.6273	.6269	.6266	.6263	.6259	.6256	.6253	.6249	.6246
92	.6243	.6239	.6236	.6233	.6229	.6226	.6223	.6219	.6216	.6213
93	.6209	.6206	.6203	.6200	.6196	.6193	.6190	.6186	.6183	.6180
94	.6177	.6173	.6170	.6167	.6164	.6160	.6157	.6154	.6151	.6147
95	.6144	.6141	.6138	.6134	.6131	.6128	.6125	.6122	.6118	.6115
96	.6112	.6109	.6106	.6102	.6099	.6096	.6093	.6090	.6087	.6083
97	.6080	.6077	.6074	.6071	.6068	.6064	.6061	.6058	.6055	.6052
98	.6049	.6046	.6042	.6039	.6036	.6033	.6030	.6027	.6024	.6021
99	.6018	.6014	.6011	.6008	.6005	.6002	.5999	.5996	.5993	.5990
100	.5987	.5984	.5981	.5977	.5974	.5971	.5968	.5965	.5962	.5959
101	.5956	.5953	.5950	.5947	.5944	.5941	.5938	.5935	.5932	.5929
102	.5926	.5923	.5920	.5917	.5914	.5911	.5908	.5905	.5902	.5988
103	.5896	.5893	.5890	.5887	.5884	.5881	.5878	.5875	.5872	.5869
104	.5866	.5863	.5861	.5858	.5855	.5852	.5849	.5846	.5843	.5840
105	.5837	.6934	.5831	.5828	.5825	.5823	.5820	.5817	.5814	.5811
106	.5808	.5805	.5802	.5799	.5797	.5794	.5791	.5788	.5785	.5782
107	.5779	.5776	.5774	.5771	.5768	.5765	.5762	.5759	.5757	.5754
108	.5751	.5748	.5745	.5742	.5740	.5737	.5734	.5731	.5728	.5725
109	.5723	.5720	.5717	.5714	.5711	.5709	.5706	.5703	.5700	.5698
110	.5696	.5695	.5693	.5692	.5691	.5689	.5688	.5686	.5685	.5684
111	.5682	.5681	.5680	.5678	.5677	.5675	.5674	.5673	.5671	.5670
112	.5669	.5667	.5666	.5664	.5663	.5662	.5660	.5659	.5658	.5656
113	.5655	.5653	.5652	.5651	.5649	.5648	.5647	.5645	.5644	.5643
114	.5641	.5640	.5638	.5637	.5636	.5634	.5633	.5632	.5630	.5629
115	.5628	.5626	.5625	.5623	.5622	.5621	.5619	.5618	.5617	.5615
116	.5614	.5613	.5611	.5610	.5609	.5607	.5606	.5605	.5603	.5602
117	.5601	.5599	.5598	.5597	.5595	.5594	.5593	.5591	.5590	.5589
118	.5587	.5586	.5585	.5583	.5582	.5581	.5579	.5578	.5577	.5575
119	.5574	.5573	.5571	.5570	.5569	.5567	.5566	.5565	.5563	.5562
120	.5561	.5559	.5558	.5557	.5555	.5554	.5553	.5551	.5550	.5549
121	.5547	.5546	.5545	.5543	.5542	.5541	.5539	.5538	.5537	.5536
122	.5534	.5533	.5532	.5530	.5529	.5528	.5526	.5525	.5524	.5522
123	.5521	.5520	.5519	.5517	.5516	.5515	.5513	.5512	.5511	.5509
124	.5508	.5507	.5506	.5504	.5503	.5502	.5500	.5499	.5498	.5496

MALONE FORMULA TABLES IN KILOS (WOMEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
125	.5495	.5494	.5493	.5491	.5490	.5489	.5487	.5486	.5485	.5484
126	.5482	.5481	.5480	.5478	.5477	.5476	.5475	.5473	.5472	.5471
127	.5469	.5468	.5467	.5466	.5464	.5463	.5462	.5460	.5459	.5458
128	.5457	.5455	.5454	.5453	.5452	.5450	.5449	.5448	.5446	.5445
129	.5444	.5443	.5441	.5440	.5439	.5438	.5436	.5435	.5434	.5433
130	.5431	.5430	.5429	.5428	.5426	.5425	.5424	.5422	.5421	.5420
131	.5419	.5417	.5416	.5415	.5414	.5412	.5411	.5410	.5409	.5407
132	.5406	.5405	.5404	.5402	.5401	.5400	.5399	.5397	.5396	.5395
133	.5394	.5392	.5391	.5390	.5389	.5387	.5386	.5385	.5384	.5382
134	.5381	.5380	.5379	.5378	.5376	.5375	.5374	.5373	.5371	.5370
135	.5369	.5368	.5366	.5365	.5364	.5363	.5361	.5360	.5359	.5358
136	.5357	.5355	.5354	.5353	.5353	.5350	.5349	.5348	.5347	.5346
137	.5334	.5343	.5342	.5341	.5339	.5338	.5337	.5336	.5335	.5333
138	.5332	.5331	.5330	.5328	.5327	.5326	.5325	.5324	.5322	.5321
139	.5320	.5319	.5318	.5316	.5315	.5314	.5313	.5312	.5310	.5309

25 KILO LOADING CHARTS IN 2.5 KILO INCREMENTS

	25	20	15	10	5	2.5	1.25		25	20	15	10	5	2.5	1.25	
25	bar & collars only							150	2			1		1		
27.5							1	152.5	2			1		1	1	
30						1		155	2		1					
32.5						1	1	157.5	2		1				1	
35					1			160	2		1			1		
37.5					1		1	162.5	2		1			1	1	
40					1	1		165	2	1						
42.5					1	1	1	167.5	2	1					1	
45				1				170	2	1				1		
47.5				1			1	172.5	2	1				1	1	
50				1		1		175	3							
52.5				1		1	1	177.5	3						1	
55			1					180	3					1		
57.5			1				1	182.5	3					1	1	
60			1			1		185	3				1			
62.5			1			1	1	187.5	3				1		1	
65		1						190	3				1	1		
67.5		1					1	192.5	3				1	1	1	
70		1				1		195	3			1				
72.5		1				1	1	197.5	3			1			1	
75	1							200	3			1		1		
77.5	1						1	202.5	3			1		1	1	
80	1					1		205	3		1					
82.5	1					1	1	207.5	3		1				1	
85	1				1			210	3		1			1		
87.5	1				1		1	212.5	3		1			1	1	
90	1				1	1		215	3	1						
92.5	1				1	1	1	217.5	3	1					1	
95	1			1				220	3	1				1		
97.5	1			1			1	222.5	3	1				1	1	
100	1			1		1		225	4							
102.5	1			1		1	1	227.5	4						1	
105	1		1					230	4					1		
107.5	1		1				1	232.5	4					1	1	
110	1		1			1		235	4				1			
112.5	1		1			1	1	237.5	4				1		1	
115	1	1						240	4				1	1		
117.5	1	1					1	242.5	4				1	1	1	
120	1	1				1		245	4			1				
122.5	1	1				1	1	247.5	4			1			1	
125	2							250	4			1		1		
127.5	2						1	252.5	4			1		1	1	
130	2					1		255	4		1					
132.5	2					1	1	257.5	4		1				1	
135	2				1			260	4		1			1		
137.5	2				1		1	262.5	4		1			1	1	
140	2				1	1		265	4	1						
142.5	2				1	1	1	267.5	4	1					1	
145	2			1				270	4	1				1		
147.5	2			1			1	272.5	4	1				1	1	

25 KILO LOADING CHARTS IN 2.5 KILO INCREMENTS

	25	20	15	10	5	2.5	1.25
275	5						
277.5	5						1
280	5					1	
282.5	5					1	1
285	5				1		
287.5	5				1		1
290	5				1	1	
292.5	5				1	1	1
295	5			1			
297.5	5			1			1
300	5			1		1	
302.5	5			1		1	1
305	5		1				
307.5	5		1				1
310	5		1			1	
312.5	5		1			1	1
315	5	1					
317.5	5	1					1
320	5	1				1	
322.5	5	1				1	1
325	6						
327.5	6						1
330	6					1	
332.5	6					1	1
335	6				1		
337.5	6				1		1
340	6				1	1	
342.5	6				1	1	1
345	6			1			
347.5	6			1			1
350	6			1		1	
352.5	6			1		1	1
355	6		1				
357.5	6		1				1
360	6		1			1	
362.5	6		1			1	1
365	6	1					
367.5	6	1					1
370	6	1				1	
372.5	6	1				1	1
375	7						
377.5	7						1
380	7					1	
382.5	7					1	1
385	7				1		
387.5	7				1		1
390	7				1	1	
392.5	7				1	1	1
395	7			1			
397.5	7			1			1

KILOS TO POUNDS CONVERSION CHART

Kilos	Pounds	Kilos	Pounds	Kilos	Pounds	Kilos	Pounds
25	55	142.5	314	257.5	567.50	375	826.50
27.5	60.50	145	319.50	260	573	377.5	832
30	66	147.5	325	262.5	578.50	380	837.50
32.5	71.50			265	584	382.5	843.25
35	77	150	330.50	267.5	589.50	385	848.75
37.5	82.50	152.5	336	270	595	387.5	854.25
40	88	155	341.50	272.5	600.75	390	859.75
42.5	93.50	157.5	347	275	606.25	392.5	865.25
45	99	160	352.50	277.5	611.75	395	870.75
47.5	104.50	162.5	358	280	617.25	397.5	876.25
		165	363.75	282.5	622.75		
50	110	167.5	369.25	285	628.25	400	881.75
52.5	115.50	170	374.75	287.5	633.75	402.5	887.25
55	121.25	172.5	380.25	290	639.25	405	892.75
57.5	126.75	175	385.75	292.5	644.75	407.5	898.25
60	132.25	177.5	391.25	295	650.25	410	903.75
62.5	137.75	180	396.75	297.5	655.75	412.5	909.25
65	143.25	182.5	402.25			415	914.75
67.5	148.75	185	407.75	300	661.25	417.5	920.25
70	154.25	187.5	413.25	302.5	666.75	420	925.75
72.5	159.75	190	418.75	305	672.25	422.5	931.25
75	165.25	192.5	424.25	307.5	677.75	425	936.75
77.5	170.75	195	429.75	310	683.25	427.5	942.25
80	176.25	197.5	435.25	312.5	688.75	430	947.75
82.5	181.75			315	694.25	432.5	953.25
85	187.25	200	440.75	317.5	699.75	435	959
87.5	192.75	202.5	446.25	320	705.25	437.5	964.50
90	198.25	205	451.75	322.5	710.75	440	970
92.5	203.75	207.5	457.25	325	716.25	442.5	975.50
95	209.25	210	462.75	327.5	722	445	981
97.5	214.75	212.5	468.25	330	727.50	447.5	986.50
		215	473.75	332.5	733		
100	220.25	217.5	479.50	335	738.50	450	992
102.5	225.75	220	485	337.5	744	452.5	997.50
105	231.25	222.5	490.50	340	749.50	455	1003
107.5	236.75	225	496	342.5	755	457.5	1008.50
110	242.50	227.5	501.50	345	760.50	460	1014
112.5	248	230	507	347.5	766	462.5	1019.50
115	253.50	232.5	512.50			465	1025
117.5	259	235	518	350	771.50	467.5	1030.50
120	264.50	237.5	523.50	352.5	777	470	1036
122.5	270	240	529	355	782.50	472.5	1041.50
125	275.50	242.5	534.50	357.5	788	475	1047
127.5	281	245	540	360	793.50	477.5	1052.50
130	286.50	247.5	545.50	362.5	799	480	1058
132.5	292			365	804.50	482.5	1063.50
135	297.50	250	551	367.5	810	485	1069
137.5	303	252.5	556.50	370	815.50	487.5	1074.50
140	308.50	255	562	372.5	821	490	1080.25