

UNITED STATES POWERLIFTING FEDERATION



DIVISION I – SINGLE PLY OFFICIAL RULE BOOK

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USPF DIVISION I RULES

Throughout this rulebook, wherever the words "he" or "his" occur, such reference is deemed to apply to either sex.

Part 1.

GENERAL RULES:

1. The United States Powerlifting Federation recognizes the following:
 - 1.1. All lifts which must be taken in the same sequence in all "three-lift competitions" conducted under USPF rules:
 - 1.1.1. Squat
 - 1.1.2. Bench Press
 - 1.1.3. Deadlift.
 - 1.2. Competition takes place between lifters in categories defined by sex, bodyweight and age. The Men and Women's Open Championships permit lifters of any age more than 13 years.
 - 1.3. The rules apply to all levels of competition whether it is World, Regional, and International or any competition that states that it is conducted under USPF rules.
 - 1.4. Each competitor is allowed three attempts on each lift. Any exceptions are explained in the appropriate section of the rulebook. The lifter's best valid attempt on each lift, disregarding any fourth attempts for record purposes, counts toward his competition total. The winner of a category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order of total. Lifters failing to achieve a total are eliminated from the competition. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
2. The USPF through its member federations conducts and sanctions the following World and National Championships:
 - 2.1. Men's Open World and National Championships
 - 2.2. Women's Open World and National Championships
 - 2.3. Men's and Women's Combined Junior World and National Championships
 - 2.4. Men's and Women's Combined Master's World and National Championships
 - 2.5. Bench Press World and National Championships
 - 2.6. Deadlift World and National Championships
3. The USPF also recognizes and registers records for the same lifts within the categories described hereunder:
 - 3.1. World Records:
 - 3.1.1. Age Categories: Competitive lifting shall be restricted to competitors aged 15 years and over. The lifter must have attained minimum age on the day of the competition where age limits are imposed.
 - 3.1.2. Men - Senior: from 15 years upward.
 - 3.1.3. Women - Senior: from 15 years upward (no category restriction need apply).
 - 3.1.4. Teenage: 15 to 19 years of age, Junior: 20 to 23 years of age. Ages grouping for Teenage and Juniors are determined by their actual birth date.
 - 3.1.5. Master: 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, and over 80. Age grouping for Masters is determined by their actual birth date.
 - 3.2. National Records:
 - 3.2.1. Age Categories: Competitive lifting shall be restricted to competitors aged 13 years and over. The lifter must have attained minimum age on the day of the competition where age limits are imposed Men - Senior: from 13 years upward.
 - 3.2.2. Men - Senior: from 13 years upward.

- 3.2.3. Women - Senior: from 13 years upward (no category restriction need apply).
- 3.2.4. Junior: from 13 years to and including 23 years of age, with age divisions of 13 to 15, 16 & 17, 18 & 19 and 20 to 23. Ages grouping for Juniors are determined by their actual birth date.
- 3.2.5. Sub-Master: 35 to 39 years of age, Master: 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, and over 80. Age grouping for Sub-Master and Masters is determined by their actual birth date.

4. BODYWEIGHT CATEGORIES

4.1. Men: kg/lbs

- 52.0 kg/114 lb class from 52.0 kg/114.5 lbs and below
- 56.0 kg/123 lb class from 52.01 to 56.0 kg/114.75 to 123.5 lbs
- 60.0 kg/132 lb class from 56.01 to 60.0 kg/123.75 to 132.25 lbs
- 67.5 kg/148 lb class from 60.01 to 67.5 kg/132.5 to 148.75 lbs
- 75.0 kg/165 lb class from 67.51 to 75.0 kg/149.0 to 165.25 lbs
- 82.5 kg/181 lb class from 75.01 to 82.5 kg/165.5 to 181.75 lbs
- 90.0 kg/198 lb class from 82.51 to 90.0 kg/182.0 to 198.25 lbs
- 100.0 kg/220 lb class from 90.01 to 100.0 kg/198.5 to 220.25 lbs
- 110.0 kg/242lb class from 100.01 to 110.0 kg/220.5 to 242.5 lbs
- 125.0 kg/275 lb class from 110.01 to 125.0 kg/242.75 to 275.5 lbs
- 140.0 kg/308 lb class from 125.01 kg to 140.0 kg/275.75 to 308.25 lbs
- SHW class from 140.01 kg/308.75 lbs to unlimited

4.2. Women: kg/lbs

- 44.0 kg/97 lb class from 44.0 kg/97.0 lbs and below
- 48.0 kg/105 lb class from 44.01 to 48.0 kg/97.25 to 105.75 lbs
- 52.0 kg/114 lb class from 48.01 to 52.0 kg/106.0 to 114.5 lbs
- 56.0 kg/123 lb class from 52.01 to 56.0 kg/114.75 to 123.5 lbs
- 60.0 kg/132 lb class from 56.01 to 60.0 kg/123.75 to 132.25 lbs
- 67.5 kg/148 lb class from 60.01 to 67.5 kg/132.5 to 148.75 lbs
- 75.0 kg/165 lb class from 67.51 to 75.0 kg/149.0 to 165.25 lbs
- 82.5 kg/181 lb class from 75.01 to 82.5 kg/165.5 to 181.75 lbs
- 90.0 kg/198 lb class from 82.51 to 90.0 kg/182.0 to 198.25 lbs
- SHW class from 90.01 kg/198.5 lbs to unlimited

5. COMPOSITION OF A TEAM

5.1. State, Regional or National Teams are structured as follows:

- 5.1.1 Each team is allowed a maximum of twelve competitors spread throughout the range of the twelve-bodyweight categories for men and ten competitors throughout the range of ten bodyweight categories for women. There must not be more than two competitors from any one team in any particular bodyweight category.
- 5.1.2. Each team is allowed a maximum of two alternates or reserves. These alternates or reserves may be substituted at any time before the commencement of the weigh in for a particular bodyweight category. Each team must submit a team roster giving the name of each lifter, bodyweight category and best total achieved during the previous twelve months. The date and title of the competition in which the best total was achieved must also be stated. These details must be submitted to the responsible official before the commencement of the weigh in for the lowest weight category, i.e. 52.0-kg/114 lb for men and 44.0 kg/97 lb for women. The names of the alternates or reserves with their bodyweight categories and best totals must also be submitted at this time.

5.1.3. Teams shall be nominated to the Secretary of the USPF, Region Chairman and/or the Meet Director at least twenty-one (21) days before the date of the championships. Failure to comply with this requirement may result in disqualification of the offending team.

5.2. World Teams are structured as follows:

- 5.2.1. All lifters who lift and post a total at the annual USPF Nationals and/or completes at any eligible single-lift USPF Nationals shall be able to attend and lift in the WPF Worlds. If a lifter qualifies #3 or lower, you will be eligible as a guest lifter and will be required to pay the additional fees as described in Item 5.2.5 below, in order to be allowed entrance to the competition.
- 5.2.2. All lifters who qualify, regardless of qualifying position, will be eligible for USA Team selection by the Executive Committee. This provision will allow the USA Coach who will be appointed by a majority of the Executive Committee to have assets available should injury or other causes limit a higher qualified lifters ability to best represent the interests of the USA Team. Qualifying order will be based on the "Wilk's" Formula for all classes except Master's Classes. All Master lifters will be ordered based on a combination of the "Wilk's" Formula and the "Revised McCulloch" Formula. This is only to assist the US National Team Coach in selecting lifters for the USA Team Entry. Note: This will be done at the World Meet based on lifters that qualified and entered the World competition.
- 5.2.3. In World competitions each federation or organization shall be allowed two competitors per bodyweight class in each of the age classes. Member federations may impose national qualifying standards for their individual team selection.
- 5.2.4. In World Championships all entered athletes shall be declared to the WPF General Secretary 14 days prior to the date of competition.
- 5.2.5. Guest Lifters may only participate in World Competition if they are authorized to do so by the respective country Affiliate of the WPF. Guest lifters must submit an additional 50% entry fee.
- 5.2.6. At all competitions where "Best Lifter Awards" are presented, placing will be established by the "Wilk's" formula. Scoring the best Masters lifters will additionally entail the use of the "Revised" McCulloch formula.

6. POINT SCORING IN TEAM CHAMPIONSHIPS

6.1. State or Local competition team scoring will be as follows:

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

6.2. World, Continental or Regional team scoring will be as follows:

- 6.2.1. Point scoring for all World, Continental or Regional Championships shall be: 12, 9, 8, 7, 6, 5, 4, 3, and 2, for the first nine placing in any bodyweight category. Thereafter, each lifter who makes a total in the competition shall be awarded one point. Point scoring for all national competitions shall be at the discretion of the national federation.
- 6.2.2. In International and World competitions, point scoring shall consist of six team members from each participating federation towards their team total. Teams shall be declared to the Weigh-In Supervisor by the end of the final weigh-in session preceding competition. Point scoring shall be according to the "Wilk's" formula. Master's team Scoring will entail the additional use of the "Revised" McCulloch formula.

- 6.2.3. In the case of a tie in the points of National teams, the team having the largest number of first places within the six point scoring competitors will be ranked first. In the case of a tie again, the nation with the most second places, and so on, will rank first.
- 6.3. At all competitions where “Best Lifter Awards” are presented, placing will be established by the “Wilk’s” formula. Scoring the best Masters lifters will additionally entail the use of the “Revised” McCulloch formula.

Part 2

EQUIPMENT AND SPECIFICATIONS

1. **Platform** - All lifts shall be carried out on a platform measuring between 1.8 m x 1.8 m (8 ft x 8 ft) minimum and 4.0 m x 4.0 m (12ft x 12ft) maximum. The surface of the platform must be flat, firm, non-slip and level. It must not exceed 10 cm (4 inches) in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to, or inserts incorporated in either the platform or its surface unless it is a specially constructed weightlifting platform. This type of platform is subject to the approval of the referees. If a lifter cannot reach the squat racks, it is permissible to build up the height of the platform.
2. **Bars and Discs** - For all powerlifting contests organized under the rules of the USPF, only disc barbells are permitted. The use of discs, which do not meet the current specifications, will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. Bars to be used in World or Regional Championships shall not be chromed on the knurling between the inside collars. Only bars and discs that have official USPF approval may be used at USPF World Championships.
 - 2.1. Bars – They shall be straight and well knurled and grooved and shall conform to the following dimensions:
 - 2.1.1. Total overall length not to exceed 2.4 m.
 - 2.1.2. Distance between the collar faces is not to exceed 1.48 m or be less than 1.31 m.
 - 2.1.3. Diameter of the bar is not to exceed 32 mm or be less than 27 mm.
 - 2.1.4. Weight of the bar and collars are not to exceed 30kg.
 - 2.1.5. Diameter of the sleeve not to exceed 53 mm or be less than 50 mm
 - 2.1.6. There shall be a diameter-machined marking or the bar taped to measure 81 cm between marking and tape.
 - 2.2. Discs – They shall conform as follows:
 - 2.2.1. All discs used in competition must weigh within 0.25 percent of their correct face value.
 - 2.2.2. The hole size in the middle of the disc may not exceed 53 mm or be less than 51 mm.
 - 2.2.3. Discs must be in kilogram weight and be within in following range: 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, 25 kg, 45 kg and 50 kg.
 - 2.2.4. For record purposes, lighter discs may be used to achieve a weight of at least 500 gr. more than the existing record.
 - 2.2.5. Discs weighing 25 kg and over must not exceed 6 cm in thickness. Discs weighing 20 kg and under must not exceed 3 cm in thickness.
 - 2.2.6. Discs must conform to the following color code: 10kg and under - any color, 15 kg - yellow, 20kg - blue, 25 kg - red, 45 kg. gold, 50 kg -green.
 - 2.2.7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
 - 2.2.8. The first and heaviest discs loaded on the bar must be loaded faced in; with the rest of the discs loaded face out.
 - 2.2.9. The diameter of the largest disc shall not be more than 45 cm.

3. Collars

- 3.1. Shall always be used in competition.
- 3.2. Bar and collar combination must not exceed 30kg.

4. Squat Racks/Mono-lifts

- 4.1. Squat racks/mono-lifts shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
- 4.2. The squat racks/mono-lifts shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m in 5 cm increments.
- 4.3. All hydraulic racks must be capable of being secured at the required height by means of pins.
- 4.4. The use of machines with swing arm levers (a.k.a. Mono-lift) is permitted. However the swing arm lever pin must be in and swing arm lever cannot be actuated.
- 4.5. **The Mono-lift is now mandatory equipment for the squat in the WPF World's and must have support straps in use on the competition platform.**

5. Bench

- 5.1. The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:
 - 5.1.1. Length - not less than 1.22 m and shall be flat and level.
 - 5.1.2. Width - not less than 29 cm and not exceeding 32 cm.
 - 5.1.3. Height - not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. The height of the uprights on both adjustable and non-adjustable benches shall be a minimum of 82 cm to a maximum of 100 cm measured from the floor to the bar rest position.
 - 5.1.4. Minimum width between insides of bar rests shall be 110 cm.
 - 5.1.5. The head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.

6. Judging Lights

- 6.1. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light. These two colors represent a "good lift" and "no lift" respectively.
- 6.2. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the Chief Referees.
- 6.3. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white and red flags with which to make known their decisions on the Chief Referee's audible command "flags".

Part 3

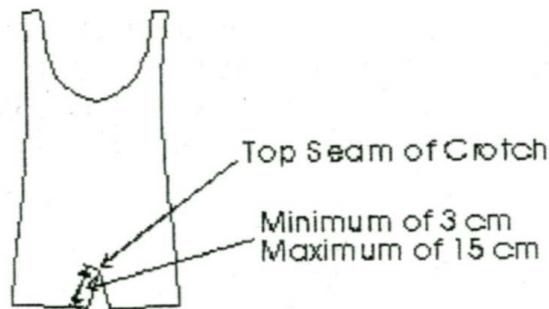
COSTUME AND PERSONAL EQUIPMENT

1. Costume

- 1.1. The lifting costume shall consist of a one-piece full length-lifting suit of one or single-ply stretch material. Note: Single-Ply is defined as a thickness, layer of folded, interwoven or laminated material that cannot be separated anywhere within the confines of the material. The construction of the suit must be without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume and have a maximum overall material thickness not exceeding 1.3mm at any measured point, except at any seam. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The costume must be

form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. Note: The only exception to this rule will be a "Special Attire" exception for lifters in High School meets. High School lifters shall have the option of lifting in a one-piece lifting suit, or in shorts and a T-shirt, along as the shorts and T-shirt comply with Items 2 and 4.2 below. Only costumes officially registered and approved by the USPF Technical Committee shall be permitted for use in powerlifting competitions. The lifting suit shall also be subject to the following requirements:

- 1.1.1. It may be of any color or colors.
- 1.1.2. The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed. (Refer to Part 3, Item 9.8 for sponsor's logos).
- 1.1.3. Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness. Only non-supportive weightlifting/wrestling type suits may have seams and hems exceeding 3cm in width. The non-supportive weightlifting/wrestling type suits may also have a double thickness of the same material size 12 cm x 24 cm in the area of the crotch.
- 1.1.4. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness.
- 1.1.5. It must have legs and the length of the leg must not exceed 15 cm from the middle of the crotch. Measurements to be taken on a line from the top seam of the crotch down the inside of the leg.



1.1.6. Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.

2. Undershirt

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

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

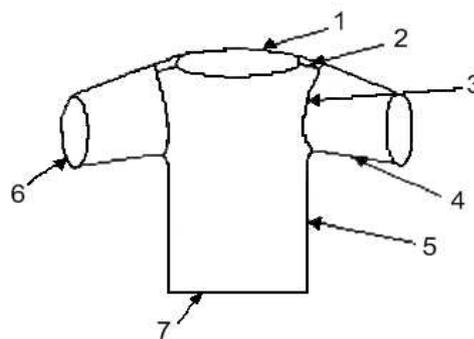


2.1.2. It is not ribbed and does not consist of any rubberized or similar stretch material or threading. The T-shirt must be made either exclusively of cotton or polyester, or a mixture of cotton and polyester.

- 2.1.3. Is not constructed so as to place seams in a position, which, in the opinion of the USPF, might tend to assist the lifter in powerlifting competition.
- 2.1.4. It shall not have sleeves, which terminate either below the elbow or above the upper deltoid.
Note: A T-shirt that is sleeveless must cover the upper deltoid completely. Lifters may not push the sleeves of such an undershirt up to the deltoid when competing in USPF competitions.
- 2.1.5. Fits loosely enough on the lifter's body to ensure that it does not afford the lifter any physical support.
- 2.1.6. It may not be worn under a bench press or erector shirt. It must be an individual article of cloth.
- 2.1.7. The T-shirt must be plain or the official T-shirt of the contest in which the lifter is competing or only bears the badge and/or inscription of the lifter's national or regional federation or sponsor. That which is offensive or likely to bring the sport into disrepute is not allowed. The sponsor's logo must also conform to Part 3, Item 13.8.

3. Bench Shirt

- 3.1. Special bench shirts that have been approved by the technical committee and noted in the list of approved equipment and clothing issued periodically by the Technical Committee Chairman may be worn for the bench press. Its construction may only consist of single visible ply and must, as a whole, be of single material construction. The shirt cannot have an open back design. The neck must be of a closed neck design with a minimum of 10 cm.
- 3.2. These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt as defined in the rules may be worn during the squat and deadlift.
- 3.3. It is not ribbed and does not consist of any rubberized or similar stretch material or threading. It is made either exclusively of cotton or polyester, or a mixture of cotton and polyester. Denim is allowed, however canvas material is not permitted.
- 3.4. Is not constructed so as to place seams in a position, which, in the opinion of the USPF, might tend to assist the lifter in powerlifting competition.
- 3.5. It shall not have sleeves that terminate below the elbow when worn. Note: Sleeves that extend below the elbow cannot be rolled up above the elbow for that would be considered multi-ply.
- 3.6. In addition, seams may only be placed in the positions indicated in the diagram below. **No Velcro is allowed to fasten the lifter's shirt to their body, along with no open backed shirt are allowed.**



4. Erector Shirts

- 4.1. An "erector" shirt with or without sleeves is permitted. It may be of any color or colors. It may be used in place of a T-shirt. Its construction stipulations are the same as with the bench press shirt as specified in Item 3 above. No Velcro or canvas material is permitted anywhere on the shirt, this includes any equivalent material using a different generic name. The "erector" shirt can only be used during the deadlift.

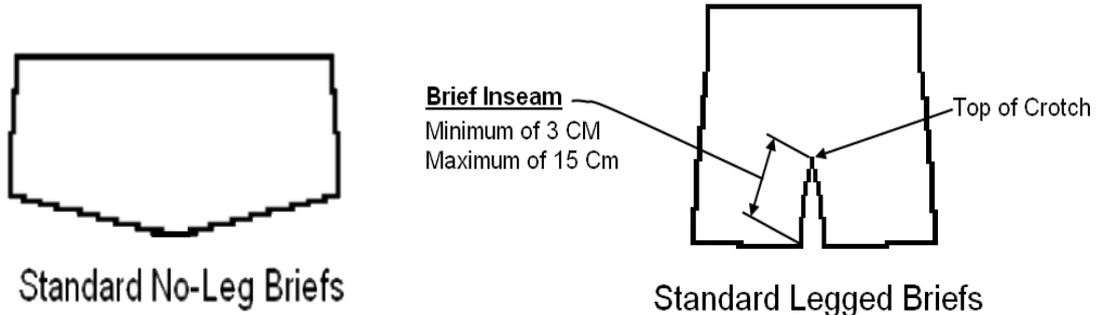
5. Undershorts

- 5.1. Undershorts - A standard commercial "athletic supporter" or standard commercial undershorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment

consisting of rubberized or similar stretch material except in the waistband) may be worn under the lifting suit provided that:

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

5.2. Specialized undershorts (a.k.a. Groove Briefs) can be worn. This garment can or cannot have legs, depending on the style the lifter chooses to wear. The waist band of the briefs cannot extend over the lifter’s naval (a.k.a. the belly button). If briefs with legs are used, the legs cannot extend below or be seen below the opening of the squat suit on the lifter’s thigh. See examples below.



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

6. Shorts

6.1. Shorts – A “Special Attire” exception for lifters in a high school meets will allow for a high school lifters to wear any standard commercial shorts of any mixture of cotton, nylon or polyester (but no short or any other garment consisting of rubberized or similar stretch material except in the waistband) may be worn.

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

6.1.2. The garments legs cannot be of such length on the thighs that they meet any knee wrapping or kneecap supporter when in use.

6.1.3. It may be of any color or colors.

7. Socks

7.1. Socks may be worn, however only one pair of socks at a time.

7.2. They may be of any color or colors.

7.3. They shall not be of such length on the leg that they meet any knee wrapping or kneecap supporter when in use.

7.4. Full-length leg stockings, tights or hose are strictly forbidden.

7.5. During the execution of the deadlift, one pair of knee length socks must be worn.

8. Belt

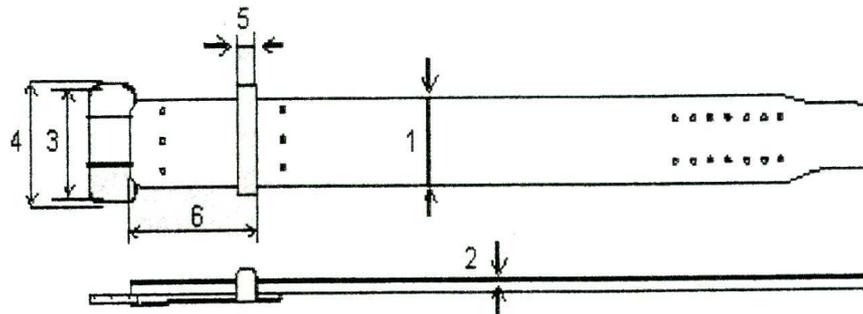
8.1. Competitors may wear a belt. If worn it shall be on the outside of the lifting suit with the buckle in the front or rear of the lifter’s body. However, the lifter cannot wear the buckle of his belt at his back during the bench press.

8.2. Materials and Construction are as follows:

8.2.1. The main body shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together.

8.2.2. It either shall not have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.

- 8.2.3. A standard metal buckle and studs are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 8.2.4. The belt may have a buckle with one or two prongs, "quick release" type or ratchet style.
- 8.2.5. A leather or vinyl tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- 8.2.6. The names of the lifter, the lifter's nation, state or club may appear on the outside of the belt.
- 8.2.7. Dimensions:
- 8.2.7.1. Width of belt maximum 10 cm.
- 8.2.7.2. Thickness of belt maximum 13 mm along the main length.
- 8.2.7.3. Inside width of buckle maximum 11 cm.
- 8.2.7.4. Outside width of buckle maximum 13 cm.
- 8.2.7.5. Tongue loop maximum width 5 mm.
- 8.2.7.6. Distance between end of belt and far end of tongue loop maximum 15 cm.



9. Shoes or Boots

- 9.1. Lifting shoes or boots shall be worn. They may be of any color or colors.
- 9.2. Shoes shall be taken to include boots; sport shoes, trainer's gymnastic slippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
- 9.3. Shoes with metal spikes or cleats are not permitted.

10. Knee, Wrist & Elbow Wraps/Plasters

- 10.1. Only wraps or bandages of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either materials; or medical crepe are permitted. Bandages of rubber or rubberized substitutes are strictly forbidden.
- 10.1.1. Wrists wraps may be used as follows: Wraps not exceeding 1 m in length and 8 cm in width may be worn. Alternatively, wristbands not exceeding 10 cm in width may be worn. A combination of the two is not permitted.
- 10.1.2. If wristbands are of the wrap around style, with or without stitching to form a sleeve, they may have Velcro patches not exceeding 30 cm in total length and 8 cm wide for securing them as well as a thumb loop. The total length of the wristband shall not exceed 50 cm. The Velcro patches must be incorporated within the 50 cm total length. The thumb loop shall not be over the thumb during the actual lift. 3. A wrist wrap shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a total covered width of 12 cm.
- 10.2. Knees wraps may be used as follows:
- 10.2.1 Wraps not exceeding 2.5 m in length and 8 cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covered width of 30 cm. Alternatively an elasticized kneecap supporter not exceeding 20 cm in length may be worn. A combination of the two is strictly forbidden.
- 10.2.2 Wraps shall not be in contact with the socks or lifting suit.
- 10.2.3 Wraps shall not be used elsewhere on the body. Exception: See Part 3 - 10.4

10.3. Plasters may be used as follows:

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

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

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

10.4. Elbow wraps may be used as follows:

10.4.1. Elbow wraps not exceeding 20cm in length may be worn in the squat. The sleeves of the T-shirt may not extend below the top of the wraps.

11. Blood Management

11.1. Blood management and/or open wounds are not allowed on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt, Refer to Part 3, Item 10.3 approve. Should blood come in contact with the bar or equipment the lifting shall be stopped and the bar or equipment sterilized with a bleach solution. This shall consist of 1 part bleach to 3 parts water. It is the Promoter's responsibility to have such a solution present at the competition.

12. Shin Pads/Guards

12.1. The use of soccer style shin guards is permitted over the lifter's shin during the deadlift only. The shin guards must be placed under the lifters sock that are required during the deadlift. Refer to Part 3, Item 5.

13. Inspection of Costume and Personal Equipment

13.1. In large competitions when the allotted weigh in time is likely to be insufficient to allow for the inspection of costume and personal equipment, the Jury, at its discretion, may fix a separate time for the inspection and drawing of lots. In normal circumstances this shall take place one hour before the official weigh in, but may be varied as required by the Jury.

13.2. A minimum of two referees or technical officers shall be appointed to fulfill this duty. All items shall be examined and approved before being officially stamped or marked.

13.3. Knee and/or wrist wraps over permitted length shall be rejected, but may be cut to correct length and resubmitted within the specified inspection time. It is the lifters responsibility to cut knee and/or wrist wraps. The examining referee is not permitted to perform this service.

13.4. Any item considered unclean or torn shall be rejected.

13.5. The referees shall record each item on the official inspection sheet. The inspection sheet shall be handed to the President of the Jury at the end of the inspection period.

13.6. If after the inspection, a lifter appears on the platform wearing or using any illegal item or article not recorded on the inspection sheet, the lifter shall immediately be disqualified from the competition.

13.7. All items mentioned previously under Costume and Personal Equipment shall be inspected prior to the competition together with any other items such as headbands, mouthpieces, ribbons, etc. that the lifter may wish to wear on the platform. Hats are strictly forbidden and may not be worn on the platform during lifting. Items such as watches, costume jewelry, eyewear and feminine hygiene articles need not be inspected.

13.8. Nations or lifters wishing to take advantage of the rules regarding sponsor's logos being worn on articles of costume and personal equipment must apply for permission to the Technical Chairman. The application must be made at least three months prior to the published date of the first competition, and must be accompanied by a fee of US \$100.00 or such sum to be determined by the preceding Congress.

- 13.9. Upon permission being granted, the logo may be suitably displayed in a position agreed between the USPF and the nation or lifter. It may be worn for the remainder of that calendar year and the following calendar year. The fee shall only cover one sponsor and one nation. Additional fees of US \$100.00 each shall be required for other sponsors wishing to add their logo to the costume or equipment.
- 13.10. The USPF reserves the right to refuse permission if it considers that a logo falls below the required standard of good taste or contravenes any prior commitment under taken by the USPF with any other contractor such as television or championship promoter. The USPF Executive Committee reserves the right to limit the size of the logo. Nations or lifters may display national emblems or badges without payment of a fee. Similarly manufacturer's logos displayed upon USPF approved items of equipment for which a sanction has been paid will not require additional fees.
- 13.11. The USPF is to maintain a register of approved logos. Sponsors fees for logos shall be divided 50% to the USPF and 50% to the regional federation of the lifter. If the lifters regional federation does not operate a separate bank account, then 50% of the fee will be paid to the lifters national federation. Lifters wishing to wear sponsors logos must present a current permit or receipt to the referee examining equipment.
- 13.12. Any lifter successful in a world record attempt must immediately present himself to one of the three referees for inspection. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition.

14. General

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

Part 4.

POWERLIFTS AND RULES OF PERFORMANCE

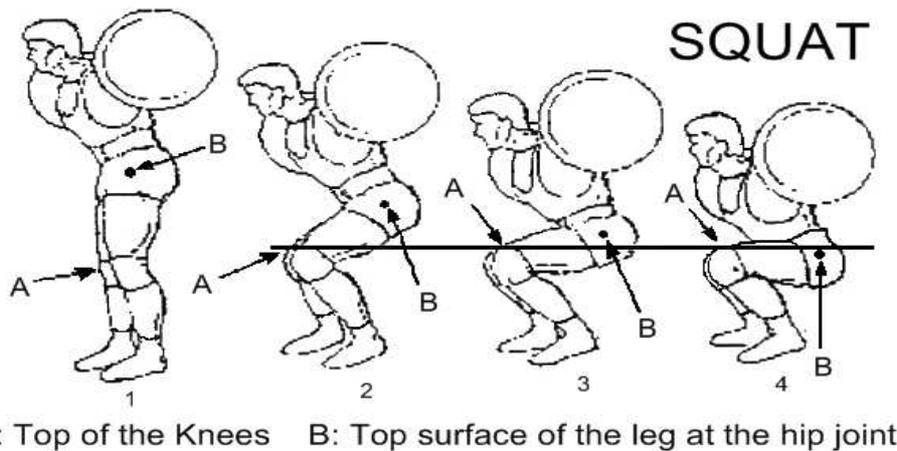
1. Squat

- 1.1. The lifter shall face the front of the platform.
- 1.2. Not more than five and not less than two spotter/loaders shall be on the platform at any time.
- 1.3. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
- 1.4. The lifter shall not hold the collars, sleeves or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collars.
- 1.5. After removing the bar from the squat racks and/or the mono-lift, the lifter must move backwards to establish his position. The lifter shall assume an upright position with the top of the bar not more than 3 cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.

1.5.1. At a local, State, Regional and/or National competition, where a mono-lift is in place, the swing arm pin and lever cannot be actuated. The lifter must still un-rack the weight and move backwards to establish his position.

1.5.2. At a World competition, where a mono-lift is mandatory and the swing arms will be used, the lifter is not required to un-rack the weight and move backwards to establish his position.

- 1.6. The lifter shall wait in this position for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "SQUAT".
- 1.7. Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.



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

- 1.8. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar.
- 1.9. The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK".
- 1.9.1. At a local, State, Regional and/or National competition, where a mono-lift is in place and the swing arms will not be used, the lifter must still make a bona fide attempt to return the bar to the rack once the "RACK" command is given.
- 1.9.2. At a World competition, where a mono-lift is mandatory and the swing arms will be used, the lifter does not have to make a bona fide attempt to return the bar to the rack. Upon the Chief Referees "RACK" command, the swing arms will be actuated back to the starting position for the lifter to rack the weight.
- 1.10. The lifter may, at the Chief Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the spotter/loaders.

2. Causes for Disqualification of a Squat

- 2.1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- 2.2. Double bouncing or more than one recovery attempt at the bottom of the lift.
- 2.3. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- 2.4. Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.
- 2.5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- 2.6. Changing the position of the bar across the shoulders after the commencement of the lift.

- 2.7. Contact with the bar by the spotter/loaders between the referee's signals.
- 2.8. Contact of elbows or upper arms with the legs.
- 2.9. Failure to make a bona fide attempt to return the bar to the racks.
- 2.10. Any dropping or dumping of the bar after completion of the lift.
- 2.11. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- 2.12. If a mono-lift is used at a local, State, Regional and/or National competition where the swing arm pin and lever are not actuated and the lifter does not move backwards to establish his position.
- 2.13. At a World competition where a mono-lift is used and the swing arm pin and lever are actuated and the lifter is unable to establish his position or cannot rack the weight at the completion of the lift.

3. Bench Press

- 3.1. The head of the bench must be placed on the platform facing the Chief Referee.
- 3.2. The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. His hands may grip the bar with a "thumbs around" grip, thumbless grip or reverse grip as long as the rings on the bar are covered. He may not grip outside the 81cm mark. His shoes must be flat on the floor. This position shall be maintained throughout the attempt. The head may rise during the lift.
- 3.3. If the lifter's costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
- 3.4. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45 cm x 45 cm.
- 3.5. Not more than four and not less than two spotter/loaders shall attend. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off, if assisted by the spotter/loaders, must be to arms length.
- 3.6. The spacing of the hands shall not exceed 81 cm. The use of a reverse grip is allowed, as long as the 81 cm marks are covered.
- 3.7. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait motionless and the bar properly positioned and elbows locked before he can begin to descend the bar to his chest. Note: The lifters elbows must show a definite and visible locked position before the bar can be lowered. No "soft starts" are allowed.
- 3.8. The lifter must lower the bar to the chest; hold it motionless on the chest with a definite and visible pause. Note: The chest area is defined as from the bottom of the collarbone to the bottom of the pectoral muscle line as it crosses the sternum.
- 3.9. Once the bar is paused and motionless on the chest, the audible command "PRESS" will be given. The bar must be pressed upwards with an even extension of the arms to arms length with elbows fully locked. Note: If a lifter has any physical abnormality, handicap or incapacity of extending their arm or arms to arms length with elbows fully locked, they must inform the Chief Referee prior to the start of their lift. Please Refer to Part 6, Item 17.
- 3.10. When the bar is held motionless in this position the audible command "RACK" is given.

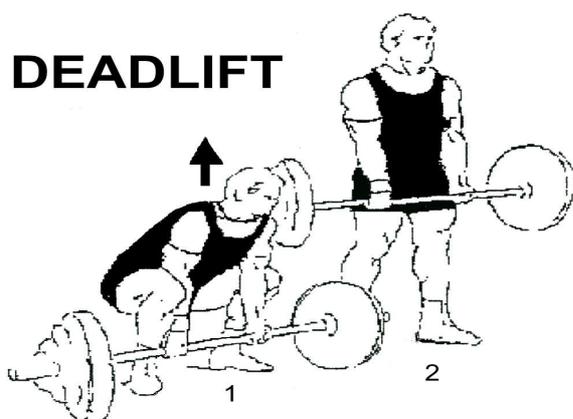
4. Causes for Disqualification of a Bench Press

- 4.1. Failure to observe the Chief Referee's signals at the middle or completion of the lift.
- 4.2. Any change in the elected lifting position other than the head during the lift i.e. any raising movement of the shoulders, buttocks or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar. Feet must remain flat on the floor, however, incidental movement for and aft as much as ½ the length of the lifters foot is now permitted.

- 4.3. Heaving, bouncing, or sinking the bar after it has been motionless on the chest.
- 4.4. Any uneven extension of the arms during the lift. Please Refer to Part 6, Item 17.
- 4.5. Any downward movement of the bar in the course of being pressed out.
- 4.6. Failure to press the bar to full extension of the arms at the completion of the lift.
- 4.7. Contact with the bar by spotter/loaders between the Chief Referee's signals.
- 4.8. Any contact of the lifter's feet with the bench or its supports.
- 4.9. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
- 4.10. Placing the bar below the pectoral muscle line as it crosses at the sternum, a.k.a. a "belly bench".
- 4.11. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- 4.12. If a lifter wears the buckle of his belt at his back during the bench presses.
- 4.13. **If a lifters elbows do not show a definite and visible locked position before the bar is lowered, a.k.a. a "soft start".**

5. Deadlift

- 5.1. The lifter shall face the front of the platform.
- 5.2. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands. The lifter can start the lift at anytime before the one minute clock expires. Once started, it must be lifted without any downward movement until the lifter is standing erect.
- 5.3. On completion of the lift, the knees shall be locked in a straight position and the shoulders back.
- 5.4. The Chief Referee's signal shall consist of a downward movement of the hand and the audible command "down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- 5.5. Any rising of the bar or any deliberate attempt to do so will count as an attempt.



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

6. Causes for Disqualification of a Deadlift

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

Part 5.

WEIGHING IN

1. Weighing in of the competitors must take place no earlier than two hours before the start of the competition for particular category/categories. All lifters in the category/categories must attend the weigh in, which will be carried out in the presence of three appointed referees for those category/categories. (Note that if necessary, weight categories may be combined in a single lifting session). A 24-hour weigh in is acceptable.
2. The weigh in period will last one and a half hours. During the weigh-ins, a bodyweight class limit sheet should be located near the scale for reference for the officials and the lifters.
3. The weigh in for each competitor will be carried out in a locked room with only the competitor, his coach or manager and the three referees present. The lifters agreed body weight must not be made public until all the lifters competing in the particular category have been weighed in.
4. Lifters may be weighed nude or in underwear, which complies with the specifications, set out in the appropriate section of the rulebook and which does not effectively change the lifter's weight. If a question exists regarding weight of undergarments, a re-weigh in the nude may be requested. In competitions in which women are competitors, the weigh in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
5. If not previously carried out, the inspection of costume and personal equipment will take place during the weigh in period. However, the lifters must be weighed in the priority of the previously determined order of lifting. The equipment will only be checked after all lifters have made their first visit to the scales. The technical officers or the appointed referees will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under "Costume and Personal Equipment". The items shall be approved and marked accordingly. The referee responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform.
6. Each lifter may only officially weigh-in once. Only those whose bodyweights are heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the hour and a half-allowed for the weigh in; otherwise, they will be eliminated from the competition for that bodyweight category. Lifters being weighed in for the first time take precedence over lifters being re-weighed. A lifter can only be re-weighed after all lifters in the same bodyweight category have been called to the scales. Lifters trying to make weight may be weighed as often as time and orderly progression by lots allows. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees.
7. A lifter shall be nominated in his normal bodyweight category. However, each lifter will have the option of changing categories up or down from that in which he was originally nominated on the final team nomination form. If the lifter wishes to exercise this option, he must present himself to the Chief Referee at the weigh in room ten minutes before the commencement of the weigh in for his final choice of bodyweight category. If he wishes to move up, the lifter must also report to the chief referee of his originally nominated lower category, ten minutes before the commencement of the weigh in for that category in order to be excused. If a lifter changes categories, then the lifter shall be placed at the top of the order for being weighed in that new category. If the lifter's new bodyweight category is to

be split into alternating groups because of the number of competitors, then unless he can produce irrefutable evidence of a total made in that new category during the preceding twelve months at a national or international level, he will automatically be placed in the first group to lift.

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

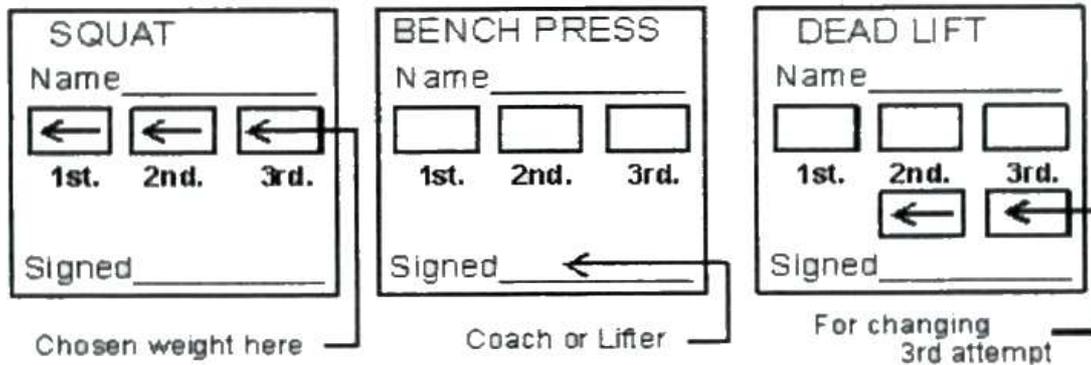
Part 6.

ORDER OF COMPETITION

1. The Round System

- 1.1. At the weigh in, the lifter or his coach must declare a starting weight for all three lifts. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh in. The lifter will then be given eleven blank attempt cards for use during the competition. Three for the squat, three for the bench press and five for the dead lift. Each lift distinguished by using a different colored card. Having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for the second attempt. This weight must be filled in where indicated upon the card and submitted to the competition secretary or other appointed official before the one-minute time allowance has elapsed. The same procedure is to be used for second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach. Under the round

system, the need for numerous marshals is eliminated, the attempt card being handed directly to the designated official. Examples of attempt cards are illustrated below. Remember that the box for first attempts on the cards in the lifter's possession is only to be used for the permitted first attempt change if required. Similarly, the fourth and fifth boxes on the dead lift card are only to be used for the two permitted changes on the third attempt dead lift if required.



- 1.2. Where 15 or more lifters are competing in a competition, flights must be formed consisting of approximately equal numbers of lifters per flight. A flight can have a minimum of 8 lifters or a maximum of 15 lifters competing in the same flight. A flight can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the organizer for purpose of presentation. Flights should be classified as "Flight A", "Flight B", "Flight C", etc.
- 1.3. Flights shall be determined by lifter's bodyweight categories, age group categories and first attempts they listed during the weigh-ins. The lifter grouping with the lowest bodyweight categories, in conjunction with the lowest first attempt numbers will form the first flight (Flight A). The next lifter groupings will be with progressively higher bodyweight categories, in conjunction with the lowest first attempt numbers to forming further flights (Flights B, Flight C, etc.) as necessary.
- 1.4. Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.
- 1.5. When a flight consists of less than 8 lifters, compensatory time allowances shall be added at the end of each round as follows: for 7 lifters add 1 minute; 6 lifters add 2 minutes; 5 lifters add 3 minutes. Three minutes is the maximum time allowance permitted at the end of a round.
- 1.6. The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in Item 1.9, and then only at the end of a round.
- 1.7. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lowest lot number drawn at the weigh in, will lift first.
- 1.8. If unsuccessful with an attempt, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.
- 1.9. If in a round an attempt is unsuccessful due to a wrongly loaded bar or spotter error, the lifter will be granted a further attempt at the correct weight. However, the extra attempt can only be taken at the end of the round in which the error occurred. If the lifter also happened to be the last lifter in the round, he shall be granted a 3 minutes rest prior to making his attempt.
- 1.10. A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will be changed accordingly. If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round of that lift. The following groups are

accorded a similar privilege up to within five attempts from the end of the previous group's last round of that lift. Prior notice of these deadlines shall be announced by the speaker.

- 1.11. A lifter must submit his second and third attempts within one minute of completing his preceding attempt. If no weight is submitted within the one-minute time allowance, and the lifter's preceding attempt was successful, he will automatically be given a 2.5k increase. If the preceding attempt was not successful, he will be given the same attempt over.
 - 1.12. Weights submitted for second round attempts on all three lifts cannot be changed. Similarly third round attempts on the squat and bench press cannot be changed.
 - 1.13. In the third round of the dead lift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight.
 - 1.14. In bench press single lift competitions the rules in general are the same as for three lift competitions. However there are two exceptions to this statement. In the third round, two weight changes are permitted as stated in Item 1.13 above for the deadlift apply equally here. It follows that the attempt card must be as for the normal deadlift attempt card in those provisions is made for the two permitted changes on the third attempt.
 - 1.15. If a lifting session consists of a single group, i.e. up to a maximum of 15 lifters, an interval of not less than 10 and not exceeding 15 minutes shall be allowed between the squat, bench and deadlift. This is to ensure adequate time to change over and organization of the platform for each exercise.
 - 1.16. When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform. For example, if there are two groups taking part in a session, the first group will complete all three rounds of the squat. They will be followed immediately by the second group who will complete their three rounds of the squat. The platform will then be set up for the bench press and the first group will complete their three rounds of the bench press, immediately followed by the second group who will similarly complete their three rounds of the bench press. The platform will then be set up for the dead lift and the first group will complete their three rounds of the dead lift, immediately followed by the second group who will similarly complete their three rounds of the dead lift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts.
2. Appointed Officials: The organizer will appoint the following officials:
- 2.1. Speaker/Announcer. His responsibilities are as follows:
 - 2.1.1. The speaker is responsible for the efficient running of the competition. He acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and flight numbers. He announces the weight 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, who will in turn announce that the bar is ready and call the lifter by name to the platform. The speaker will abstain from announcing that the lift "looks good to me." Attempts announced by the speaker should be displayed upon some form of scoreboard erected in a prominent position.
 - 2.2. Technical Chairman (an international referee preferably from the host nation). His responsibilities are as follows:
 - 2.2.1. The technical chairman is responsible for attending the technical meeting prior to the competition and compiling the referee schedules from the names of those referees declared available for duty throughout the competition
 - 2.2.2. He will complete the necessary "Duty Referees and Jury Members" lists for the competition and inform referees of the categories to which they have been allocated. After the technical meeting when final team nominations have been compiled the technical chairman will initiate a score sheet, equipment check sheet, rack height sheet and order of weigh in sheet

- for each category in the competition, entering the names of all lifters nominated in that category.
- 2.2.3. He will approve the speaker's competition/attempt cards for every lifter in the category. The above paperwork together with an adequate supply of lifters attempt slips will be placed in the appropriate envelope for each bodyweight category in the competition and handed to the chief referee for that category. If computer scoring software is being used that has computer generated attempt cards/slips, the technical chairman will make sure that these attempt cards/slips have an area for the lifter to initial his attempts.
 - 2.2.4. The technical chairman, if possible, will attend each weigh in and advise the duty referees upon procedure and any other matters that may require attention. He should be a qualified international referee, preferably from the host nation and able to deal effectively with any problem that may arise due to language difficulties at the venue. It is the responsibility of the meet director to provide all the necessary blank forms and paperwork to enable the technical chairman to carry out his work.
- 2.3. Timekeeper (preferably a qualified referee). His responsibilities are as follows:
- 2.3.1. The timekeeper is responsible for accurately recording the time lapse between the announcement that the bar is ready and the lifter starting his attempt.
 - 2.3.2. He is also responsible for recording time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. The only exception to this rule is if a lifter is having his equipment checked after a record breaking attempt.
 - 2.3.3. Once the 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 his coach check the height of the squat racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one-minute allowance.
 - 2.3.4. The lifter is allowed one minute in which to start his attempt after being called to the platform. If he does not start his attempt within this time allowance, the timekeeper will call time and the Chief Referee shall give the audible command "rack". The lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped. The definition of the start of an attempt depends upon the particular lift being performed. In the squat and the bench press, the start is to coincide with the Chief Referee's commencement signal. Refer to "Referees" Part 7, Item 3.1 & 3.2. In the dead lift, the start is when the lifter makes a determined attempt to raise the bar.
 - 2.3.5. If a computer time keeping software is being use, the timekeeper should have full knowledge of the software's function and capabilities.
- 2.4. Marshals/Expeditors (not required when using the round system, an official seated at the administration table will be designated to receive attempts). Their responsibilities are as follows:
- 2.4.1. Marshals/Expeditors are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, of the weight required for his next attempt.
 - 2.4.2. If computer scoring software is being used, the marshals/expeditors must work in conjunction with the scorekeeper to insure that has computer generated attempt cards/slips are filled out properly and that the lifter initials each ensuing attempt.
- 2.5 Scorekeeper/Computer Operator. Their responsibilities are as follows:
- 2.5.1 Scorekeepers, in conjunction with the meet director, are responsible for accurately recording the progress of the competition and upon the completion of the competition, ensuring that the three referees sign the official score sheets, record certificates or any other document requiring signatures.
 - 2.5.2 If computer score keeping software is being used, the scorekeepers and/or computer operators should have full knowledge of the software's function and capabilities. The scorekeeper is also responsible

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

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

2.6 Spotter/Loaders. Their responsibilities are as follows:

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

2.6.2 At no time shall there be less than two or more than five spotter/loaders on the platform. When the lifter prepares for his attempt, the spotter/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the Chief Referee or the lifter himself, step in and relieve the lifter of the bar.

2.6.3 If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of his own, he may be awarded another attempt at the discretion of the referees at the end of the round.

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

2.7 Records Processor. His responsibilities are as follows:

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

2.8 Additional officials may be appointed as required, i.e. doctors, paramedics, etc.

3. Application for participation at a World Championships must include the lifter's best total, with date and competition where performed, during the past 12 months. Only totals achieved at National Championships will allow a lifter to be considered eligible or qualified to participate in a World Championships with no exceptions.
4. During any competition-taking place on a platform or stage, only the lifter and his coach, members of the Jury, officiating referees and spotter/loaders will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Jury or technical officer in charge.
5. A lifter shall not wrap or adjust any part of his costume or equipment within the vicinity of the platform. The only exception to this rule is that he may adjust his belt. Items such as chalk, inhalants, etc. cannot be utilized within the vicinity of the platform.

6. In International matches between two lifters or two Nations contested in different bodyweight categories, the lifters may alternate irrespective of weight required for the attempts. The lifter requiring the lightest weight in his initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular lift.
7. In USPF recognized competitions, the weight of the barbell must always be a multiple of 2.5 kg. The progression must be at least 2.5 kg between all attempts. The weight shall be announced in kilograms. Exceptions to this rule are as follows:
 - 7.1 In a record attempt, the weight of the barbell must be at least 500 grams in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition.
 - 7.2 During the course of the competition, a lifter may request a record attempt that is not a multiple of 2.5 kg but is to be attempted within his prescribed attempts. If the attempt is successful, then only the lower closest multiple of 2.5 kg will be recorded on the score sheet, the exact weight will appear on the record application. For example if 333 kg is requested for a squat lift on the lifter's second attempt and the lift is successful, then 332.5 kg will be entered on the score sheet and 333 kg will be entered on the record application.
 - 7.3 Record attempts may be taken on any or all of a lifter's prescribed attempts provided that he maintains a minimum increase of 500 grams. For example if the current record is 100 kg, then a lifter may take the following attempts: 1st - 100.0kg, 2nd - 101.0kg, 3rd - 101.5kg, 4th - 102 kg. Attempts 2, 3, and 4 if successful will all be records irrespective of the fact that he did not increase the weight for competition purposes from 100 kg.
8. The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement. Examples of Errors in Loading are as follows:
 - 8.1 If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.
 - 8.2 If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
 - 8.3 If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
 - 8.4 If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the same decisions as for errors in loading.
 - 8.5 If for any reason it is not possible for the lifter or his coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.
9. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
10. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.

11. On the completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. The only exception to this rule is if a lifter's equipment is being inspected after a record attempt. The lifter is required not to leave the platform for this inspection to certify the records attempt.
12. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well-being, the official doctor has the right to examination. If the doctor considers it inadvisable for the lifter to continue, he may, in consultation with the Jury, insist upon the lifter retiring from the competition. The team manager or a coach must be officially informed of such a decision.
13. Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury, or referees in the absence of a Jury, may disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both the warning and disqualification.
14. In International competition, all appeals against referee's decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the Jury. The process is as follows:
 - 14.1 The Jury may require the appeal to be made in writing.
 - 14.2 The appeal or complaint must be lodged with the Chairman of the Jury by the team manager, or in his absence, by the team coach. This must be done immediately following the action upon which the appeal or complaint is based.
 - 14.3 If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration, and upon reaching a majority verdict, the Jury will return and the Chairman will inform the complainant of its decision.
 - 14.4 The Jury's verdict will be considered final and there will be no right of appeal to any other body.
 - 14.5 Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lifting.
 - 14.6 In the event of a complaint being made against a lifting member or official of an opposing team, the written complaint shall be accompanied by the cash sum of US \$100.00 or its equivalent in any currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, and then the whole or any portion of the said sum may be retained and donated to the USPF at the discretion of the Jury.
15. If a lifter missing a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, is permitted the use of a strap. However, this strap may be used on that hand and attached at the wrist only.
16. Banging the head on the bar (e.g., before squatting) will not be permitted. The lifter will be warned once. Any further violations will result in the disqualification of the lifter.
17. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed Contest Officials. This should be in advance of the start of the lifter's Flight. The lifter, Contest Officials, and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb, or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations.

Part 7.

REFEREES

1. The referees shall be three in number, the Chief Referee or Center Referee and two side referees.

- 1.1. The same referee must be seated throughout an entire flight once it starts. No referee changes can occur once a flight has begun. However, the only exception to this rule is if a record breaking attempt is being made and the required referee classifications are not met by the existing seated referees (ex., two National referees for an American record).
- 1.2. The Chief referee or Head Referee in charge shall be as follows;
 - 1.1.1. If a jury is not in place, the highest ranking referee must be the Chief Referee of the lifting platform.
 - 1.1.2. If a jury is in place, the highest ranking referee must be the Head Referee or the President in charge of the jury table, in conjunction with the lifting platform.
2. The Chief Referee is responsible for giving the necessary signals for all three lifts.
3. Signals required for the three lifts are as follows:
 - 3.1. SQUAT
 - 3.1.1. Commencement: A visual signal consisting of a downward movement of the arm together with the audible command "squat".
 - 3.1.2. Completion: A visual signal consisting of a backward movement of the arm together with the audible command "rack".
 - 3.2. BENCH PRESS
 - 3.2.1. Commencement: A visual signal consisting of a downward movement of the arm together with the audible command "start".
 - 3.2.2. Intermediate: An audible command of "press".
 - 3.2.3. Completion: A visual signal consisting of a backward movement of the arm together with the audible command "rack".
 - 3.3. DEADLIFT
 - 3.3.1. Commencement: No signal required.
 - 3.3.2. Completion: A visual signal consisting of a downward movement of the arm together with the audible command "down".
4. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights; White for a "good lift" and red for "no lift".
5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be easily visible to the lifter performing the squat or dead lift. If possible the side referees should not be seated behind the lifter or below the level of the platform.
6. Before the contest, the three referees shall jointly ascertain that:
 - 6.1. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
 - 6.2. The scales work correctly and are accurate.
 - 6.3. The lifters weigh in within the limits of weight and time for their bodyweight category.
 - 6.4. The lifters costumes and personal equipment comply with the rules in all respects.
7. During the contest the three referees must jointly ascertain that:
 - 7.1. The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with bar loading charts for this purpose or a computer generate bar loading software may also be used and projected on to a screen that is in a clear and visible location, from the platform, for the three referees.
 - 7.2. On the platform the lifter's costume and personal equipment are exactly as declared, examined and marked at the weigh in. If any referee has reason to doubt a lifter's integrity in this respect, he

must at the completion of the lift, inform the Chief Referee of his suspicions. The three referees may then re-examine the lifter's costume and personal equipment. If the lifter is found to be wearing or using any illegal item, the lifter will immediately be disqualified from the competition.

8. Prior to the commencement of a lift, if either of the side referees do not accept the bar placement or starting position of the lifter, they will raise a hand to call attention to the fault. If there is a majority opinion among the referees that a fault exists, the Chief Referee will not give the signals to commence the lift. The lifter or his coach shall on request be informed of the reason for his not receiving a "start" signal. Similarly the lifter or his coach may request the reason for a "no lift" decision. Such request must be made before the next lifter's attempt. The Jury shall be responsible for conveying such information to the lifter. The lifter has the remainder of his un-expired time allowance in which to correct the position of the bar or his stance in order to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.
9. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
10. A referee shall not attempt to influence the decisions of the other referees.
11. The Chief Referee may consult with the side referees, the Jury or any other official as necessary in order to expedite the competition.
12. At his discretion, the Chief Referee may order that the bar and or platform be cleaned.
13. After the competition, the three referees shall sign the official score sheets, record certificates or any other documents requiring a referee's signature.
14. In a World or National Competition, referees will be selected by the Technical Chairman and must have proved their competence at prior World or National championships.
15. In a World or International Competition, the Technical Chairman will decide which category the referee will judge. Two referees of the same nationality cannot be selected to adjudicate the same category in a contest of more than two nations.
16. The selection of a referee to act as Chief Referee in one category does not preclude his selection as a side referee in another category.
17. Referees and members of the Jury will be uniformly dressed as follows:
 - 17.1. Men:
 - 17.1.1 World events - Dark Blue Blazer with appropriate USPF badge on left breast and grey Trousers with a White Shirt and appropriate USPF tie.
 - 17.1.2 Local, State, Regional and National events - Official USPF white Polo shirt with grey trousers or shorts.
 - 17.2. Women:
 - 17.2.1. World events - Dark Blue Blazer with appropriate USPF badge on left breast, grey skirt or trousers and a white blouse. The wearing of the appropriate tie is optional.
 - 17.2.1. Local, State, Regional and National events - Official USPF white Polo shirt with grey skirt, trousers or shorts.
18. Qualifications for a Referee are as follows:
 - 18.1. State Referees:
 - 18.1.1 Must be a member of the USPF in good standings.
 - 18.1.2. Must be recommended by his State Chairman.

- 18.1.3. Must take the written examination, given by the State or Regional Chairman, at a sanctioned USPF State or Regional Championship.
- 18.1.4. Must achieve a passing score of 90 percent or more on both written and practical examinations.
- 18.1.5. A State Referee's booklet shall be issued upon his passing of both written and practical examinations. This book must be kept up to date and signed by Chief Referee in charge at each recognized competition.

18.2. National Referees:

- 18.2.1. Must be a member of the USPF in good standings.
- 18.2.2. Must be recommended by his State Chairman.
- 18.2.3. Must be a State level referee for a minimum of 2 years.
- 18.2.4. Within those 2 years, he must have judged a minimum of 2 competitions per year, with a minimum of 100 lifts judged per competition. His State Referee booklet must be filled out and sign by the Chief Referee from each meet he judged.
- 18.2.5. Must present his signed State Referee booklet to the Technical Committee Chairman to verify his minimum experience requirements have been met.
- 18.2.6. Must take the written examination, given by the Technical Committee Chairman, at a USPF National Championship or USPF National Clinic.
- 18.2.7. Must achieve a passing score of 90 percent or more on both written and practical examinations.
- 18.2.8. A National Referee's booklet shall be issued upon his passing of both written and practical examinations. This book must be kept up to date and signed by Chief Referee in charge at each recognized competition.

18.3. International Referees:

- 18.3.1. Must be a member of the USPF in good standings.
- 18.3.2. Must be recommended by his State Chairman.
- 18.3.3. Must be a National level referee for a minimum of 3 years.
- 18.3.4. Within those 3 years, he must have judged a minimum of one state or regional competition and one national competition, with a minimum of 100 lifts judged per state or regional competition and a minimum of 200 lifts judged per national competition. His National Referee booklet must be filled out and sign by the Chief Referee from each meet he judged.
- 18.3.5. Must present his signed National Referee booklet to the Technical Committee Chairman to verify his minimum experience requirements have been met.
- 18.3.6. Must take the written examination, given by the Technical Committee Chairman, at a USPF World Championship, USPF National Championship, or USPF National Clinic.
- 18.3.7. Must achieve a passing score of 90 percent or more on both written and practical examinations.
- 18.3.8. An International Referee's booklet shall be issued upon his passing of both written and practical examinations. This book must be kept up to date and signed by Chief Referee in charge at each recognized competition.

- 18.4. To assure that a referee's are judging the minimum number of competitions and lifters per competitions, a Referee Assignment Form, which is supplied with each sanction form package sent to meet directors, must be filled out and sent to the Technical Committee Chairman at the end of each competition.

19. The selection of a candidate for examination by the USPF will be subject to the following criteria:

- 19.1. The number of nominations received.
- 19.2. The number of examination positions available.
- 19.3. The current requirements for referees within the various nations.

20. Testing Procedures are as follows:

- 20.1. A written examination will be given only after a complete and comprehensive rules clinic has been conducted under the direction of an approved examination referee who has been appointed as Chief Examiner by the USPF.
- 20.2. A practical examination will be given after the written examination
- 20.3. During the competition, the candidate will be seated at/or near the Jury table and will adjudicate a total of 100 attempts.
- 20.4. The candidate must be scrutinized by at least one examination referee.
- 20.5. The candidate must score at least 90 percent on all his decisions when compared with those of the scrutinizing referee(s).
- 20.6. The scrutinizing referee(s) shall mark all examination score sheets. When marking is complete, the Referee Committee Chairman shall be informed of the results. Fees shall then be forwarded to the USPF Treasurer.
- 20.7. After receiving the examination results, the Treasurer will inform the candidate and his Federation's National Secretary.
- 20.8. Examiners score sheets shall be marked in the following manner:
 - 20.8.1. All correct attempts refereed by the candidate will be marked so (/).
 - 20.8.2. All incorrect attempts will be marked so (X).
 - 20.8.3. All attempts not completed by the lifter will be marked so (O).
 - 20.8.4. All incorrect attempts will, in addition, have the number of fault or faults indicated.
 - 20.8.5. When an incorrect signal is given, i.e. too early or too late, the examiner must mark this with an (X) and the letter "S" to indicate that an incorrect signal was given.
 - 20.8.6. When a signal is necessary and given in an incomplete attempt, it will be marked so (O) and counted as an attempt.
- 20.9. All of the examiners' score sheets, without any additions or alterations, will be collated and scored by the President of the Jury if for Category 1 examination, or by the scrutinizing referee(s) if for Category 2 or National examination. The marked score sheets shall be sent to the Technical Committee Chairman.
- 20.10. The Jury or the appointed scrutinizing referee(s) to determine his success or failure will scrutinize a candidate taking a practical examination.
- 20.11. Upon passing the examination, a referee's date of promotion shall be the date of the examination.
- 20.12. Candidates who fail the examination must wait at least six months before taking the examination again.

21. Registration:

- 21.1. All referees must re-register or renew their USPF membership annually in order to maintain their current qualifications at an acceptable standard.
- 21.2. A referee is responsible for sending the necessary registration fee to the USPF Treasurer to renew their USPF membership.
- 21.3. A referee who has been inactive for a period of four years or who fails to re-register or renew their USPF membership annually will forfeit his credentials.

22. The USPF Secretary shall provide each national federation with:

- 22.1. A current list of accredited referees.
- 22.2. A list of referees who need to re-register in order to remain accredited.

23. International referees, should referee a minimum of three National championships or One World Championships during the previous four-year period in order to be acceptable for re-registration. A referee's book shall be issued upon his passing each level. This book must be kept up to date and signed by Chief Referee in charge at each recognized competition.

24. At a National and World competition only, a referee cannot judge a spouse, partner or relative at any time during the competition.

Part 8.

JURY AND TECHNICAL COMMITTEE

1. Jury

- 1.1. At World and National Championships, a Jury will be appointed to preside over each lifting session.
- 1.2. The Jury shall consist of three referees, the most senior of whom shall be designated President of the Jury.
- 1.3. The members of the Jury shall all be from different nations with the exception of the USPF President and the Technical Committee.
- 1.4. The function of the Jury is to ensure that the technical rules are correctly applied.
- 1.5. During the competition the Jury may, by a majority vote, replace any referee whose decisions in its opinion, prove him to be incompetent. The referee concerned must have received a warning prior to any action of dismissal.
- 1.6. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his warning.
- 1.7. Each member of the Jury will have three red protest cards marked 1, 2, and 3 respectively. If a member wishes to query a referee's decision, he shall 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 other members of the Jury and take the appropriate action based upon a majority verdict.
- 1.8. 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.
- 1.9. The Jury shall not at any time overrule or change the decisions of the referees.
- 1.10. The members of the Jury will be positioned to ensure an unimpeded view of the competition.
- 1.11. Before each competition, the President of the Jury must satisfy himself that the members of the Jury have a complete knowledge of their role and any new regulations that amend or supplement those contained in the current edition of the handbook.
- 1.12. The selection of lifters for drug testing shall always be made by random draw by the Jury. If the competition does not have a Jury, then the Competition Secretary will arrange for a similar random draw to be made by an appointed official before witnesses.
- 1.13. If music accompanies the lifting, the Jury will determine the volume and when the music should terminate, e.g. when the lifter mounts the platform or when he grips the bar.

2. USPF Technical Committee

- 2.1. Will consist of a Chairman, who shall be a referee appointed by the President.
- 2.2. Will be entrusted with the examination of all requirements and proposals of a technical nature submitted by the affiliated federations.
- 2.3. Decisions are subject to approval of the USPF Executive.
- 2.4. Appoints the Chief Referee and side referees for the World Championships.
- 2.5. Trains and instructs referees who have not yet reached the international level and re-examines those who have already reached that level.
- 2.6. Informs the USPF Executive, President and General Secretary as to which referees are eligible to referee after examination or re-examination.
- 2.7. Organizes courses for referees before any major competition such as the World Championships. The expense involved in organizing such courses or clinics must be borne by the organizing federation.

- 2.8. Makes proposals to the USPF Executive for the withdrawal of an international referee's card when it deems such action necessary.
- 2.9. Publishes via the Executive, material of a technical nature that deals with training methods and performance of competition lifts.
- 2.10. Will be responsible for inspecting all competition and personal equipment as defined in the handbook. Also equipment that has been submitted by various manufacturers for the sole purpose of being able to use the words "USPF Approved" in their commercial advertisements. If the item or items submitted meet all current USPF rules and regulations, a fee shall be levied and a certificate of approval will be issued by the Technical Committee.
- 2.11. At the end of each year, a renewal fee for each item as levied by the USPF Executive must be submitted to the USPF for purposes of re-certification of approval. If the design has been changed, the item must be submitted to the Technical Committee for inspection and re-certification.
- 2.12. If, at any time after the certificate of approval has been issued, the manufacturer changes the design of the competition or personal equipment that was previously submitted for approval and it no longer meets current USPF rules and regulations, the USPF shall withdraw approval. The USPF will not issue another certificate until changes in design have been corrected and the item or items submitted to the Technical Committee for inspection.

Part 9.

RECORDS

1. World Records:
 - 1.1. At World and National Championships sanctioned and recognized by the WPF or the USPF, World records will be accepted without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the Technical Committee had checked the weight of the barbell and the discs before the competition.
 - 1.2. The lifter shall present himself for inspection by the three referees to assure that all of their costume and equipment was approved during the equipment check and had not been substituted with an alternate piece of equipment that had not been approved. Refer to "Costume and Personal Equipment", Part 3, Item 13.
 - 1.3. Requirements for recognition of a World record are as follows:
 - 1.3.1. The competition must be held under the sanctioned rules of the WPF or the USPF, and run by a national federation affiliated to the WPF.
 - 1.3.2. A minimum of two adjudicating referees must hold a current International/World Referee's Card. The third referee must hold a current National Referee's Card. All referees must be a current member of a national federation affiliated to the WPF.
 - 1.3.3. The good faith and competence of referees of all member nations is beyond dispute. Consequently a world record can be assured by referees of the same nation.
2. National Records:
 - 2.1. At National Championships sanctioned and recognized by the USPF, National records will be accepted without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the Technical Committee had checked the weight of the barbell and the discs before the competition.
 - 2.2. Immediately after a successful record attempt, the lifter shall present himself for inspection by the three referees to assure that all of their costume and equipment was approved during the equipment check and had not been substituted with an alternate piece of equipment that had not been approved. Refer to "Costume and Personal Equipment", Part 3, Item 13.
 - 2.3. Requirements for recognition of a National record are as follows:
 - 2.3.1. The competition must be held under the sanctioned rules of the USPF.

- 2.3.2. A minimum of two adjudicating referees must hold a current USPF National Referee's Card. The third referee must hold a current State Referee's Card. All referees must be a current member of the USPF.
 - 2.3.3. The good faith and competence of all the referees is beyond dispute.
3. Local, State Or Regional Records:
 - 3.1. At the annual State and Regional Championships sanctioned and recognized by the USPF, State and/or Regional records will be accepted without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the Chief Referees had checked the weight of the barbell and the discs before the competition.
 - 3.2. Immediately after a successful record attempt, the lifter shall present himself for inspection by one of the three referees to assure that all of their costume and equipment was approved during the equipment check and had not been substituted with an alternate piece of equipment that had not been approved. Refer to "Costume and Personal Equipment", Part 3, Item 13.
 - 3.3. State records can only be broken at the annual State Championships or the USPF National Championships. Regional records can only be broken at the annual Regional Championships or the USPF National Championships. However the State and Regional Chairpersons have discretionary control over criteria necessary to set State and Regional Records. Note: State and Regional Championships can only be held once in a calendar year.
 - 3.4. Requirements for recognition of a State or Regional record are as follows:
 - 3.4.1. The competition must be held under the sanctioned rules of the USPF.
 - 3.4.2. All three adjudicating referees must hold a minimum of a current USPF State Referee's Card and be current members of the USPF.
 - 3.4.3. The good faith and competence of all the referees is beyond dispute.
 - 3.4.4. The meet director must supply the State or Regional Records Chairman with a copy of the competition official score sheet within 14 days of the completion of the competition.
 - 3.5. At any local competition sanctioned and recognized by the USPF, the meet director has the right to establish meet records.
 - 3.5.1. The competition must be held under the sanctioned rules of the USPF.
 - 3.5.2. All three adjudicating referees must hold a minimum of a current USPF State Referee's Card or higher and be current members of the USPF.
 - 3.5.3. The good faith and competence of all the referees is beyond dispute.
 - 3.5.1. The meet director becomes the records keeper for that sanctioned meet. No records application or official score sheet is required.
 4. Certification of State, Regional, National and World records is as follows:
 - 4.1. To certify a National or World Record the following requirements need to be met:
 - 4.1.1. The National or World Championships meet director must supply the USPF American Records Chairman or WPF World Records Chairman with a copy of the competition official score sheet within 14 days of the completion of the competition, to verify any Record Applications submitted.
 - 4.1.2. Upon the completion of the competition, the lifter must sign a record application along with the signatures of three referees that officiated their record.
 - 4.1.3. For a World Record Application, the lifter must send his application to the WPF World Records Chairman within one calendar month (30 days) of the date of the record being set.
 - 4.1.4. For a National Record Application, the lifter must send his application to the USPF American Records Chairman within one calendar month (30 days) of the date of the record being set.
 - 4.1.5. For a State or Regional Record Application, the lifter must send his application to the State or Regional Records Chairman within one calendar month (30 days) of the date of the record being set.

- 4.1.6. If the Record Application is not submitted within the one calendar month (30 days), the record(s) will not be certified and awarded to the lifter. Exceptions to this rule will be dealt with on a case by case basis by the USPF American Records Chairman or WPF World Records Chairman.
- 4.2. To certify a State or Regional Record the following requirements need to be met:
 - 4.2.1. If the State or Regional Chairman is present at or promoting the annual State or Regional Championships, no Record Applications need be submitted. On completion of the competition, the State or Regional Chairman will accept the score sheet and all records broken as official, as long as the records were broken under the conditions specified in Part 9, Item 3.
 - 4.2.2. If the State or Regional Chairman is not at or promoting the annual State or Regional Championships, no Record Applications need be submitted, however the meet director must sign a copy of the official score sheet along with at least three referees that officiated at the competition. Then the meet director must supply a copy of the official score sheet to the State or Regional Chairman/Records Keeper within 30 days of the completion of the competition. The State or Regional Chairman can then accept the score sheet and all records broken as official as long as the records were broken under the conditions specified in Part 9, Item 3.
 - 4.2.3. If the meet director does not submit the official score within 30 days of the completion of the competition, the records will not be certified. Exceptions to this rule will be dealt with on a case by case basis by the State or Regional Chairman/Records Keeper.
5. The weigh-in official must certify that the scale has been recalibrated to be accurate, within the last six months preceding the record attempt.
6. When competing in one of the competitions listed in Part 9, Item 1 above, and if the lifter on his third attempt successfully lifts a weight that falls within 20 kg of a current world record, he may at the discretion of the Jury or the Chief Referee in the absence of a Jury, be granted a fourth attempt outside the competition. In no case can further additional attempts be granted.
7. Only lifters actually competing in a competition may attempt records as fourth attempts outside the competition.
8. In no circumstances may lifters not taking part in the full competition be permitted to attempt records on individual lifts.
9. In the event of two lifters breaking either a current individual or total record of the same weight, the lighter lifter will be declared the new record holder. If both lifters originally weighted in at the same weight, they must be re-weighted. If both lifters re-weigh at the same bodyweight, both will be declared record holders.
10. New records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored; i.e. 87.700 kg would be registered as 87.500 kg.
11. There is an official World or National record for the total of the three lifts. It will be recognized subject to the following:
 - 11.1. The record is set during an USPF or WPF recognized or sanctioned competition.
 - 11.2. A lifter registered with an affiliated nation sets the record.
 - 11.3. The record can only be valid if the bar and discs used in the competition have been weighed before the competition and certified by the USPF or WPF Technical Chairman.

- 11.4. Although the lifter and the bar need not be weighed after the competition, a written report similar in all respects to that required in the case of individual records must be drawn up and signed by the three referees.
 - 11.5. The record will only be valid for the bodyweight category of the lifter as determined at the official weigh in.
 - 11.6. Fourth attempts may not be included in the total.
- 12. Not only World records, but Regional and National records broken under the same conditions as World records shall be recognized and registered.
 - 13. Records set in individual lifts will only be valid if the lifter makes a total in the competition.
 - 14. World Bench Press and Deadlift Championship records can only be recognized if made at the single lift World Bench Press or Deadlift Championships held annually. Records may be set if they exceed the record by at least 500 grams. Fractions of 500 grams will be ignored. A fourth attempt may be granted if the third attempts was successful and within 20 kg of the current world bench press championship record.

Part 10.

RULES FOR DISABLED LIFTERS IN SINGLE BENCH PRESS CHAMPIONSHIPS

1. BODYWEIGHT CATEGORIES

1.1. Men: kg/lbs

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

1.2. Women: kg/lbs

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

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

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

2. BENCH

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

3. COSTUME

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

4. GENERAL

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

APPENDIX A

Approved list of lifting apparel for use at all USPF/WPF sanctioned competitions. This list is subject to review and/or modification by the Technical Committee Chairman at any time.

NOTE: No open backed shirts are no longer approved equipment. Also Velcro is no longer allowed in the construction of any type of equipment.

INZER:

Z-Suit Squat Suit
Champion Squat Suit
Hard Core Squat Suit
TRX Squat Suit
Megathrust Squat Suit
Groove Briefs – legless
Heavy Duty Groove Briefs – legless
Standard Blast Shirt
Heavy Duty Blast Shirt (HD)
High Performance Heavy Duty Blast Shirt (HPhD)
Extra High Performance Heavy Duty Blast Shirt (EHPhD)
Phenom Bench Shirt
The Wrath Bench Shirt
The Rage Bench Shirt
Rage-X Bench Shirt
XB Bench Shirt
BOLT Bench Shirt
MAX DL Deadlift Suit
Fusion Deadlift Suit
XDL Deadlift Suit
Iron Wraps A and Z
Standard Erector Shirt
Heavy Duty Erector Shirt
Sleeveless Erector Shirt
Sleeveless Heavy Duty Erector Shirt
True Black Wrist Wraps
Iron Wrist Wraps A & Z
True Black Knee Wraps
Iron Knee Wraps A & Z
W30 Wraps
W40 Wraps
W50 Wraps
W60 Wraps
W70 Wraps
W80 Wraps

TITAN:

Spartan Squat suit
Classic Superior Squat suit
Superior Squat suit
Dual Quad Squat suit
Centurion Squat suit
Super Centurion Squat suit

Centurion Boxer Briefs – with legs
Superior Briefs – legless
Fury Shirts
Fury NXG Bench Shirt
F6 Tornado Bench Shirts
SHP Bench Shirt
Katana Bench Shirt
Super Katana Bench Shirt
Velocity Deadlift Suit
Titan Basic Wrist Wraps
Red Devil Wrist Wraps (red stripe)
THP Wrist Wraps (yellow, red & blue stripe)
Titanium Wrist Wraps (blue & gray stripe)
Max RPM Wrist Wraps (orange stripe)
Red Devil Knee Wraps (red stripe)
THP Knee Wraps (yellow, red & blue stripe)
Titanium Knee Wraps (blue & gray stripe)
Max RPM Knee Wraps (orange stripe)

METAL:

Metal Squatter
Metal Viking Squatter
Metal Squatter v-type
Metal Viking Squatter v-type
Metal King Squatter
Metal King Squatter V-type
Metal Bencher
Metal Viking Bencher
Metal Viking Bencher X Type
Metal Viking Presser
Metal Presser
Metal Deadlifter
Metal Viking Deadlifter
Metal King Sumo Deadlifter
Metal King Deadlifter
Metal Blackline Wraps
Metal Black Wraps
Metal Triple Blackline Wraps
Mystical Wraps
Silver and Orange Wraps
King Bencher
King Presser
King bencher x-type

CRAIN:

Original Power Suit
CX1 Power Suit
CX2 Power Suit
Genesis Power Suit
Genesis Briefs
Original Power Shirt
CX1 Power Shirt

CX2 Power Shirt
Mega Power Shirt
CX1 Deadlift Suit
CX2 Deadlift Suit
Genesis Deadlift Suit
Xtreme Power Wrist Wraps
Genesis Power Wrist Wraps
Iron Wrap Z Wrist Wraps
Redline Power Wrist Wraps
Xtreme Power Knee Wraps
Genesis Power Knee Wraps
Iron Wrap Z Knee Wraps

APT PRO WRIST STRAPS:

Strangulator wraps

Convict Pro Wrist Wraps 12", 20", 24", 36"
ZRV – Pro Wrist Wraps 12", 20", 24", 36"
Blue Power Wrist Wraps 12", 20", 24", 36"
Red, White & Blue-Wrist Wraps 12", 24", 36"
Thug-Wrist Wraps 12", 24", 36"
Black Reaper Wrist Wraps 12", 24", 36"
Black Mamba Wrist Wraps 12", 24", 36"
Blue Mamba Wrist Wraps 12", 24", 36"
Blood Stripe Wrist Wraps 12", 24", 36"
Phantom Wrist Wraps 12", 24", 36"
The Wrap 2XH-Wrist Wraps 12", 24", 36"
The Wrap 3XH-Wrist Wraps 12", 24", 36"
Hybrid-Wrist Wraps 12", 24", 36"
Convict Pro Knee Wraps - 2 & 2.5 meter
ZRV Pro Knee Wraps - 2 & 2.5 meter
Blue Power Knee Wraps - 2 & 2.5 meter
Red, White & Blue Knee Wraps - 2 & 2.5 meter
Thug Knee Wraps - 2 & 2.5 meter
Black Reaper Knee Wraps - 2 & 2.5 meter
Black Mamba Knee Wraps - 2 & 2.5 meter
Blue Mamba Knee Wraps - 2 & 2.5 meter
Blood Stripe Knee Wraps - 2 & 2.5 meter
Phantom Knee Wraps - 2 & 2.5 meter
The Wrap 2XH- 2 & 2.5 meter
The Wrap 3XH - 2 & 2.5 meter
Hybrid Knee Wraps - 2 & 2.5 meter