

# United States Powerlifting Association



## Technical Rules

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## **PART 1. GENERAL RULES**

### **Item 1. General Rules**

The United States Powerlifting Association (USPA) recognizes the following:

- 1.1.1 All "three-lift competitions" must include and be performed in the sequence of the Squat, then Bench Press, and concluding with the Deadlift.
- 1.1.2. Competition takes place between lifters in categories defined by [gender](#), bodyweight and age.
- 1.1.3. The rules apply to all levels of competition - Local, State, Regional, or National.
- 1.1.4. 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 the competition Total.
- 1.1.5 The winner of a category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order based upon total. Lifters failing to achieve a total are eliminated from the competition.
- 1.1.6 If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter. If there is still a tie both lifters will be re-weighed immediately after the competition has ended and the lifter with the lighter body weight will be declared the winner.
- 1.1.7 [USPA Meet Directors will have the option to hold stand alone drug tested meets with sanction approval, if they follow all USPA testing guidelines. No meets can be held with both tested and non-tested categories at the same meet. Testing will be a 10% random selection based on top Wilkes scores.](#)

## **Item 2. Age Categories**

1.2.1 Competitive lifting shall be restricted to competitors age 13 years and older. The lifter must have attained minimum age on the day of the competition. The following age categories are recognized by the USPA for both men and women.

Teen: 13-15

Teen: 16-17

Teen: 18-19

Junior: 20-23

Open: 13-80+

Sub-Master: 35-39

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, 80 and older

## **Item 3. Bodyweight Categories**

The following weight classes are recognized by the USPA.

### **1.3.1 Mens' Weight Classes**

52.0 kg/114.6 lb class (up to 52.0 kg or 114.6 lbs)

56.0 kg/123.4 lb class (52.1 kg to 56.0 kg or 114.7 lbs to 123.4 lbs)

60.0 kg/132.2 lb class (56.1 kg to 60.0 kg or 123.5 lbs to 132.2 lbs)

67.5 kg/148.8 lb class (60.1 kg to 67.5 kg or 132.3 lbs to 148.8 lbs)

75.0 kg/165.3 lb class (67.6 kg to 75.0 kg or 148.9 lbs to 165.3 lbs)

82.5 kg/181.8 lb class (75.1 kg to 82.5 kg or 165.4 lbs to 181.8 lbs)

90.0 kg/198.4 lb class (82.6 kg to 90.0 kg or 181.9 lbs to 198.4 lbs)

100.0 kg/220.4 lb class (90.1 kg to 100.0 kg or 198.5 lbs to 220.4 lbs)

110.0 kg/242.5 lb class (100.1 kg to 110.0 kg or 220.5 lbs to 242.5 lbs)

125.0 kg/275.5 lb class (110.1 kg to 125.0 kg or 242.6 lbs to 275.5 lbs)

140.0 kg/308.6 lb class (125.1 kg to 140.0 kg or 275.6 lbs to 308.6 lbs)

SHW class (140.1 kg or 308.7 lbs and up)

### **1.3.2 Womens' Weight Classes**

44.0 kg/97.0 lb class (up to 44.0 kg/97.0 lbs)

48.0 kg/105.8 lb class (44.1 kg to 48.0 kg or 97.1 lbs to 105.8 lbs)

52.0 kg/114.6 lb class (48.1 kg to 52.0 kg or 105.9 lbs to 114.6 lbs)

56.0 kg/123.4 lb class (52.1 kg to 56.0 kg or 114.7 lbs to 123.4 lbs)

60.0 kg/132.2 lb class (56.1 kg to 60.0 kg or 123.5 lbs to 132.2 lbs)

67.5 kg/148.8 lb class (60.1 kg to 67.5 kg or 132.3 lbs to 148.8 lbs)

75.0 kg/165.3 lb class (67.6 kg to 75.0 kg or 148.9 lbs to 165.3 lbs)

82.5 kg/181.8 lb class (75.1 kg to 82.5 kg or 165.4 lbs to 181.8 lbs)

90.0 kg/198.4 lb class (82.6 kg to 90.0 kg or 181.9 lbs to 198.4 lbs)

SHW class (90.1 kg and up or 198.5 lbs and up)

## **Item 4. USPA Registration**

1.4.1 Lifters, administrators, referees', committee members and other contest officials participating in USPA sanctioned competitions, national meetings and any other form of official USPA business must maintain current USPA registration.

1.4.2 Competition is restricted to the minimum age of 13, with no maximum age limit. Youth lifters younger than 13 may lift in USPA sanctioned meets as guest lifters, with prior approval, if their parent or guardian has signed a waiver form. They will not be able to establish records or receive awards.

1.4.3 Annual USPA membership registration will cover the period of 12 months from the date of issue.

USPA registration can be completed at all competitions, via the website, or by mail.

- 1.4.4 Throughout this rulebook, where ever the words “he” or “his” occur, such reference is deemed to apply to either [gender](#).

### **Item 5. Team Competition**

- 1.5.1 Local, State, Regional or National Teams are structured as follows:
- 1.5.2 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 the same bodyweight category.
- 1.5.3 Each team is allowed a maximum of two alternates or reserves. These alternates or reserves may be substituted at any time or if a team member is disqualified. Each team must submit a team roster giving the name of each lifter and their bodyweight category.
- 1.5.4 Teams competing in Local, State, Regional, or National competitions may be mixed with both men and women lifting on the same team when there are not enough lifters to compile same [gender](#) only teams.
- 1.5.5 Point scoring shall consist of the top six team member’s Wilks formula from each participating team towards their team total.
- 1.5.6 Teams shall be declared to the Weigh-In official by the end of the final weigh-in session preceding competition.
- 1.5.7 Point scoring shall be according to the “Wilk’s” formula. Master’s lifters scoring will entail the additional use of the “Revised” McCulloch formula.

### **Item 6. Best Lifter Awards**

- 1.6.1 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.
- 1.6.2 Best Lifter awards will be given in all categories that have three or more competitors finishing the meet with totals.

### **Item 7. State Affiliation**

- 1.7.1 Upon registration, lifters (via their residence mailing address) will designate the specific state they will represent when competing in competitions. A lifter who is registered in one state during the year and then moves to another state has the options of maintaining the original state residency registration, competing in that state’s championships and qualifying for state records until December 31 of that year. If the lifter chooses to compete in the state championships of his or her new state location, the lifter must return his/her registration card to the National Office along with the new mailing address listing the new state residency. The lifter will receive a new registration card with the new address at no additional charge, and will then be able to compete in the state championships of the new location, as well as qualify for setting state records in that state. A lifter may compete in only one state championship per year for records purposes.
- 1.7.2 Lifters may not simultaneously set records in two different states. If a lifter does re- register, he/she could hold records in two different states that were set during different meets.
- 1.7.3 Out-of-state college students have the option of registering in either their home state or the state that their college is located (if residency in that state has been established.)
- 1.7.4 Members of the Armed Forces have the option of registering in the state of their permanent residency or in the state of their base assignment.

## PART 2. EQUIPMENT AND SPECIFICATIONS

### Item 1. Platform

- 2.1.1 All lifts shall be performed on a platform measuring between 2.5 m x 2.5 m (8 ft x 8 ft.) minimum and 4.0 m x 4.0 m (12 ft x 12 ft) 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.
- 2.1.2 The surface of the platform may be treated with an approved non-slip coating, grip tape with a grit rating of 100 or less, or a one piece carpet constructed of a dense tight loop material suitable for maximum traction support. It is the USPA's recommendation that all meets are held using the approved one piece carpet as the top surface on all platforms. 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.
- 2.1.3 If a lifter cannot reach the squat racks, it is permissible to build up the height of the platform.
- 2.1.4 **Warm up area platforms will be stocked with an ample amount of bars, plates and safety collars. There shall be a minimum of three platforms provided for each of the three lifts. The only exception is meets with 10 or less lifters in each flight where a meet director can use two warm up platforms.**

### Item 2. Bars and Discs

- 2.2.1 For all powerlifting contests organized under the rules of the USPA, 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 shall not be chromed on the knurling between the inside collars. Only bars and discs that have official USPA approval may be used at any USPA competition.
- 2.2.2 Bars – They shall be straight and well knurled and grooved and shall conform to the following dimensions:
  - 2.2.3 Total overall length not to exceed 2.4 m.
  - 2.2.4 Distance between the collar faces is not to exceed 1.48 m or be less than 1.31 m.
  - 2.2.5 Diameter of the bar is not to exceed 32 mm or be less than 27 mm.
  - 2.2.6 Weight of the standard bar and collars are not to exceed 25kg.
  - 2.2.7 Weight of the specialized squat bar and collars are not to exceed 30kg.
  - 2.2.8 Diameter of the sleeve not to exceed 53 mm or be less than 50 mm
  - 2.2.9 There shall be a circumferential machine marking on the bar taped to measure 81 cm between markings.
- 2.2.10 The correct bar for each lift shall be used in all competitions. **For all women's and light weight men's squat flights, only the 20kg bar shall be used. For all other flights the 25kg long bar shall be optional.** During the deadlift only a deadlift specific bar must be used.
- 2.2.11 Discs – They shall conform as follows:
  - 2.2.12 All discs used in competition must weigh within 0.25 percent of their correct face value.
  - 2.2.13 The bore hole size in the middle of the disc may not exceed 53 mm or be less than 51 mm.
  - 2.2.14 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.
  - 2.2.15 For record purposes, lighter discs of 0.25kg and .5kg may be used to achieve a weight of at least 500 grams more than the existing record.
  - 2.2.16 Discs weighing 25 kg and over must not exceed 5 cm in thickness. Discs weighing 20 kg and under must not exceed 2.5 cm in thickness.
  - 2.2.16 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.

- 2.2.17 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.
- 2.2.18 The first and heaviest discs loaded on the bar must be loaded faced in; with the rest of the discs loaded face out.
- 2.2.19 The diameter of the largest disc shall not be more than 45 cm.
- 2.2.20 Any disc missing its calibration screw cannot be used in the setting of any USPA record.
- 2.2.21 It is recommended that 50 kg plates should not be used during meets unless absolutely necessary.

### **Item 3. Collars**

- 2.3.1 Collars will weigh 2.5 kilos each and always be used in competition.
- 2.3.2 Bar and collar combination must not exceed 30kg.

### **Item 4. Squat Racks**

- 2.4.1 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.
- 2.4.2 The squat racks/mono-lifts shall be designed to adjust from a minimum height of 1M, in the lowest position to extend to a height of at least 1.70 M, in increments not to exceed 5 cm.
- 2.4.3 All hydraulic racks must be capable of being secured at the required height by means of pins.
- 2.4.4 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 for either raw or single ply meets. The movable arms are only permissible for multi ply approved meets.

### **Item 5. Bench**

- 2.5.1. The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:
- 2.5.2 Length - not less than 1.22 m and shall be flat and level.
- 2.5.3 Width - not less than 29 cm and not exceeding 32 cm.
- 2.5.4 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.
- 2.5.5 Minimum width between insides of bar rests shall be 110 cm.
- 2.5.6 The head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.

### **Item 6. Judging Lights**

- 2.6.1. 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.
- 2.6.2. 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 until all three officials have made their decision.
- 2.6.3. For emergency purposes (eg. 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 Head Referee's audible command "flags".

## **PART 3. COSTUME AND PERSONAL EQUIPMENT**

## **Item 1. Singlet**

- 3.1.1 The singlet shall consist of a one-piece full length-lifting suit of single-ply stretch material that is non - supportive. Supportive is defined as either the type of material used in the construction of the garment, or the excessive tightness of the garment when worn by the lifter, or a combination of the two. The construction of the suit must be without any patches or padding. 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.
- 3.1.2 It may be of any color or colors.
- 3.1.3 The singlet may bear the badge, emblem, logo and/or inscription of the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.
- 3.1.4 The non-supportive weightlifting/wrestling type suits may also have a double thickness of the same material, however must be size 12 cm x 24 cm or smaller and in the area of the crotch only.
- 3.1.5 It must have legs and the length of the leg must not extend below mid thigh, or be shorter than 2 inches from crotch. The mid-thigh measurement is to be taken on a line from the top of the knee to the crotch.
- 3.1.6 A singlet is required to be worn by all lifters during the bench, as well as any lifter not wearing a squat or deadlift suit during their respective lifts.
- 3.1.7** Any singlet which straps have been shortened, in any fashion that may leave the excessive material intact, may not stitch or reattach the excess material back down to the suit itself. The maximum amount the excess fabric (a.k.a. "tabs") may extend is two inches above the new seam. Velcro is not allowed on the straps or any part of the singlet. **Zippers are not allowed on singlets.**

## **Item 2. Lifting Costume**

- 3.2.1 The lifting costume (commonly known as a bench shirt, squat or deadlift suit) shall consist of a one-piece costume of single-ply material. The construction of the suit must be without any patches or padding, 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 straps must be worn over the shoulders at all times while lifting in competition.
- 3.2.2 Only costumes officially registered and approved by the USPA Technical Chairman shall be permitted for use in powerlifting competitions. The lifting suit shall also be subject to the following requirements:
- 3.2.3 It may be of any color or colors.
- 3.2.4 The lifting costume may bear the badge, emblem, and/or inscription of the lifter's nation, national association, manufacturer's logo or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.
- 3.2.5 Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness.
- 3.2.6 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.
- 3.2.7 Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.
- 3.2.8 Any lifting costume which straps have been shortened in any fashion that may leave the excessive material intact, may not stitch or reattach the excess material back down to the suit itself. The maximum amount the excess fabric (a.k.a. "tabs") may extend is 2 inches above the new seam. Velcro is not allowed on the straps or any part of any lifting costume in either the Raw or Single Ply divisions, with the only exception being allowed on open back bench shirts (see 3.3.6).

### **Item 3. Bench Shirt**

- 3.3.1 **Single-ply** bench shirts that have been approved by the Technical Chairman, and noted in the list of approved equipment and clothing within this rulebook, may be worn for the bench press only. Its' construction may only consist of a single-ply and must, as a whole, be of single material construction. The shirt cannot have an open back. The **multi-ply** bench shirt may be open back and consist of multiple layers.
- 3.3.2 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 shall be worn during the squat and optionally in the deadlift.
- 3.3.3 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.
- 3.3.4 Is not constructed so as to place seams in a position, which, in the opinion of the USPA contest official, might tend to assist the lifter in powerlifting competition.
- 3.3.5 It shall not have sleeves that terminate below the elbow when worn while the lifters arms are extended down at their sides. Note: Sleeves that extend below the elbow cannot be rolled up above the elbow for that would be considered multi-ply.
- 3.3.6 Velcro is allowed to fasten the shirt to the lifter. Velcro can only be placed on the back of the shirt and must close the back of the shirt completely. It cannot go around the lifter for this would make it two-ply.
- 3.3.7 Patches or stitching may not be added anywhere on the lifters shirt that may give the lifter an unfair advantage.
- 3.3.8 All other material, construction, seams, and specifications apply found in “Item 2 Lifting Costume”.
- 3.3.9 When worn by the lifter, the shoulders of the shirt must cover the deltoids, and the lowest point of the front neckline cannot be below the nipple line. The collar on the front of the shirt cannot be any wider than 1.25 inches.
- 3.3.10 The bench shirt may have additional non-supportive loops designed to facilitate securing the sleeves in place. They are sewn into the reverse side of the bench shirt directly behind the triceps. The loops are constructed of polyester material or nylon webbing and are not to exceed a width of 1.5 inches and an-over length of 3.5 inches. The loop must consist of single-ply material and be attached in a loose fashion so as to permit the use of a hand or mechanical hook. Constructed of a single-ply material, the loop thickness may not exceed 1/8 inch (0.125).

### **Item 4. Erector Shirts (allowed in Multi-ply only)**

- 3.4.1 The “erector” shirt can only be used during the squat and deadlift in the Multi-ply division only.

### **Item 5. Undershirt**

- 3.5.1 An undershirt (commonly known as a t-shirt) with or without sleeves must be worn under a raw lifters singlet, and a squat suit, during the performance of the squat. A t-shirt must be worn under a raw lifters singlet during the bench press, but is not allowed to be worn under a bench shirt. While performing the deadlift, women are required to wear a minimum of a sports bra, and a t-shirt is optional for both men and women. Women may also wear a bra provided it contains no special support. Only one t-shirt can be worn at a time. The undershirt is subject to the following provisions:
- 3.5.2 It can be of any color or colors and does not have any pockets, buttons, zippers or a reinforced collar or seams.
- 3.5.3 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.
- 3.5.4 Is not constructed so as to place seams in a position, or have any reinforced seams which, in the opinion of the USPA contest official, might tend to assist the lifter in powerlifting competition.

- 3.5.5 It may have sleeves, or be sleeveless, tank tops are not allowed. The sleeve length may not extend below the elbows while the lifter's arms are down at their sides.
- 3.5.6 Fits loosely enough on the lifter's body to ensure that it does not afford the lifter any physical support.
- 3.5.7 It may not be worn under a bench press shirt. It must be an individual article of cloth.
- 3.5.8 The t-shirt may be the official t-shirt of the contest in which the lifter is competing or have any design that is not offensive or likely to bring the sport into disrepute.

#### **Item 6. Underwear**

- 3.6.1** Underwear - A standard commercial "athletic supporter" or standard commercial underwear of any mixture of cotton, nylon or polyester may be worn under the singlet or lifting costume while competing in either a raw, single-ply, or multi-ply competition. **It is optional that a lifter wear underwear during a competition.**
- 3.6.2** **All underwear will be traditional "brief" style, also known as having a "V" cut leg opening. Aka "tighty whiteys"**
- 3.6.3** **Any lifter competing while wearing any type of supportive underwear, or underwear that is not a legless brief style, may be removed from the meet for deliberately attempting to cheat.**

#### **Item 7. Support Briefs**

- 3.7.1 Support briefs may be worn in multi-ply competitions only  
Any support to the lifter, which may be provided by the briefs, is limited from the lifter's mid-torso, and may not extend beyond mid thigh.
- 3.7.2 They may be of multiple plies to any thickness, but must as a whole be a single component.
- 3.7.3 For specific equipment examples see section Part 12, Item 1 for the approved equipment list.

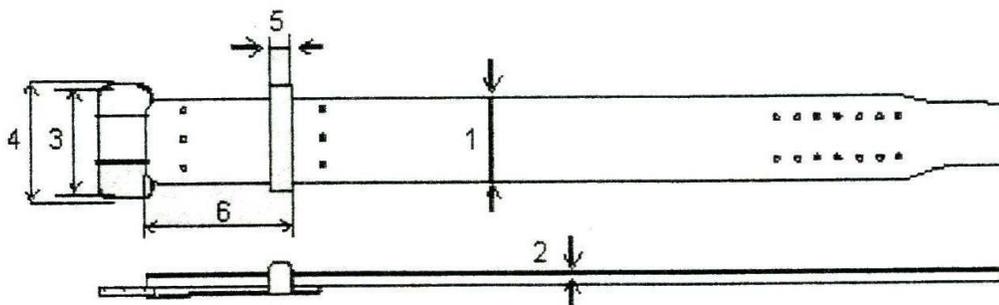
#### **Item 8. Socks**

- 3.8.1 Socks may be worn, however only one pair of socks at a time.
- 3.8.2 They may be of any color or colors.
- 3.8.3 They shall not be of such length on the leg that they come in contact with the knee or meet any knee wrapping or knee supporter when in use.
- 3.8.4 Full-length leg stockings, tights or hose are strictly forbidden.
- 3.8.5 During the execution of the deadlift, one pair of knee length socks must be worn. They must cover to the top of calf, ending just below the knee joint. See drawings below.
- 3.8.6 Duct tape may never be worn in place of a knee sock, but may be worn under the sock as a shinguard.**



### Item 9. Belt

- 3.9.1 Competitors may wear a belt. 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.
- 3.9.2 Materials and construction are as follows:
- 3.9.3 The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations, which may be glued, riveted and/or stitched together.
- 3.9.4 It shall not have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.
- 3.9.5 A standard metal buckle and studs are the only non-leather components permitted, with the exception of the materials used in the "quick release" or ratchet style mechanism. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 3.9.6 The belt may have a buckle with one or two prongs, "quick release" type or ratchet style. Velcro is not allowed anywhere on the lifting belt.
- 3.9.7 A leather or vinyl tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- 3.9.8 The names of the lifter, the lifter's sponsor, or club may appear on the outside of the belt. They may be of any color or colors.
- 3.9.9 Width of belt maximum 10 cm. (#1 below)
- 3.9.10 Thickness of belt maximum 13 mm along the main length (#2 below), excluding any materials associated with the ratchet mechanism.
- 3.9.11 Inside width of buckle, maximum 11 cm. (#3 below)
- 3.9.12 Outside width of buckle, maximum 13 cm. (#4 below)
- 3.9.13 Tongue loop maximum width 5cm. (#5 below)
- 3.9.14 Distance between end of belt and far end of tongue loop maximum 15 cm. (#6 below)

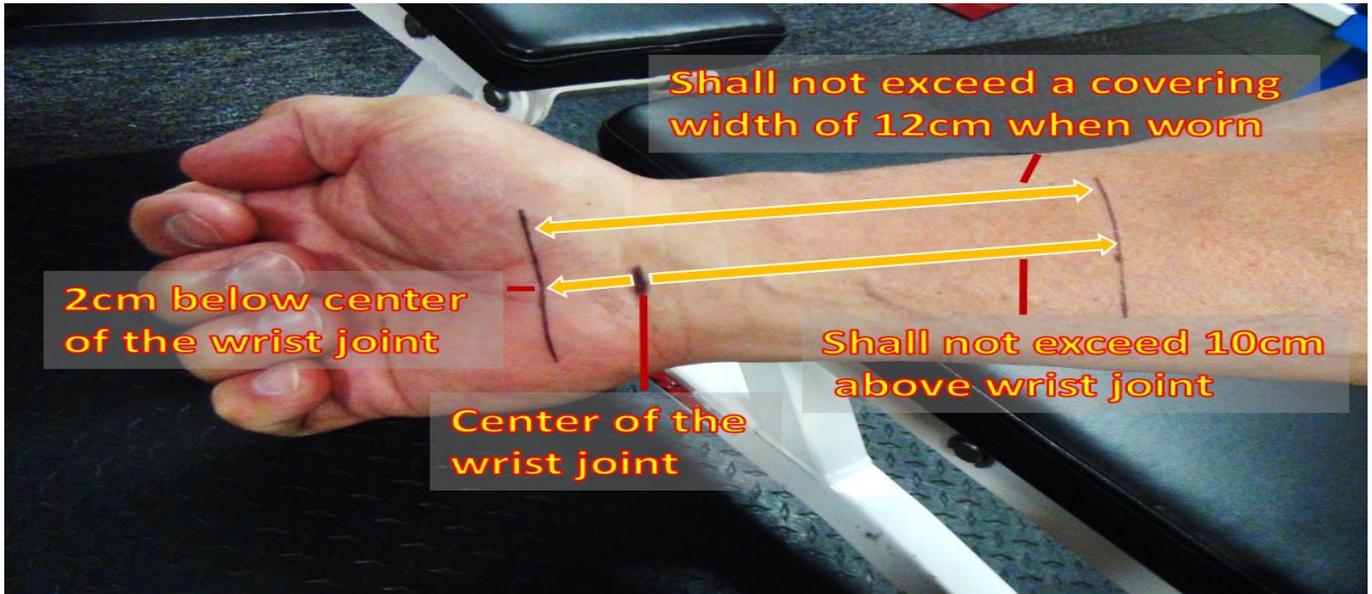


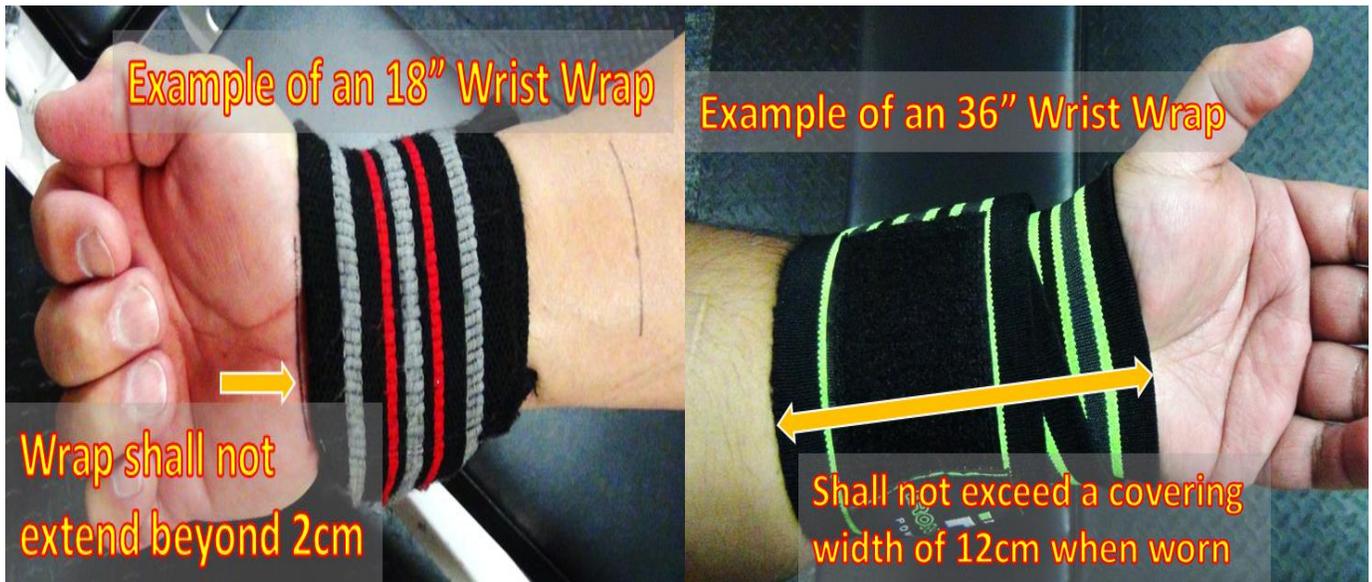
**Item 10. Shoes or Boots**

- 3.10.1 Lifting shoes or boots shall be worn. They may be of any color or colors.
- 3.10.2 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.
- 3.10.3 Shoes with metal spikes or metal cleats are not permitted.

**Item 11. Wrist & Knee Wraps/ Knee & Elbow Sleeves/Plasters Hats, Sweat Bands, Head Gear**  
**Wrist Wraps**

- 3.11.1 Only wrist wraps of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either materials is permitted.
- 3.11.2 Wrist wraps may not exceed 1 m in length and 8 cm in width. Any sleeves, and Velcro patches/tabs for securing, must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not cover the thumb or fingers during the lift.
- 3.11.3 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 covering width of 12 cm when worn.
- 3.11.4 Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.





**Knee Wraps/Knee Sleeves**

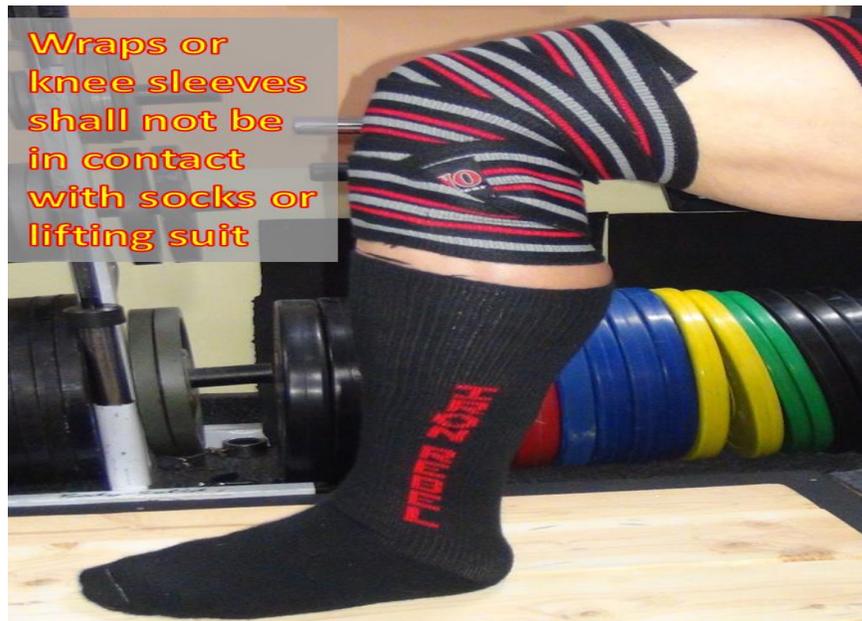
3.11.5 Only knee wraps of one ply not exceeding 2.5m in length and 8cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covered width of 30 cm.



3.11.6 Alternatively, a one ply knee sleeve or knee cap made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials of not more than 30 cm in length, and not exceeding 7mm in thickness. Knee sleeves cannot have any crisscross seams that allow additional support. The placement of the sleeve is the same as in 3.11.5

3.11.7 Raw lifters may only use the optional single ply knee sleeve during their lift, and it may not have any Velcro on it, must be both non-adjustable and non-fastening.

3.11.8 Knee wraps shall not be in contact with the socks or lifting suit.



- 3.11.9 Wraps shall not be used elsewhere on the body.
- 3.11.10 A combination of a knee wrap and knee sleeve is strictly forbidden.

#### **Hats, Sweat Bands, Head Gear**

- 3.11.11 Hats and dew rags are strictly forbidden to be worn on the lifting platform.**
- 3.11.12 Head sweat bands are allowed with the maximum width of 10cm.**
- 3.11.13 Lifter safety prohibits the use of any type of head phone or ear plug to be used while on the platform.**

#### **Medical Tape / Bandages**

- 3.11.14 Two layers of bandages or band-aids may be worn by the lifter during the performance of all three lifts after receiving permission from the Head Referee validating the medical necessity to use them. However plasters, bandages or band-aids may not be used as aids to the lifter in the performance of the lift or in holding the bar.
- 3.11.15 Contingent upon prior approval by the Head Referee the lifter or medical personnel may apply bandages or wraps to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- 3.11.16 At all competitions where a Jury may not be present, and no medical personnel are on duty, the Head Referee shall have jurisdiction over the use of all medical tapes and bandages.
- 3.11.17 All medical letters in support of a lifter request to allow the use of medical tape or bandages during their lifts should be presented to the Head Referee prior to the start of the meet for his determination as to its legality under the rules.
- 3.11.18 The use of kinesiology tape (KT tape) or similar tapes **is not allowed.**

#### **Elbow sleeves may be used as follows:**

- 3.11.19 Elbow sleeves made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials not exceeding 20cm in length and 6mm in thickness may only be worn in the squat and deadlift.
- 3.11.20 The placement of the sleeve shall be approximately 10 cm above, and 10 cm below the elbow joint. The t-shirt sleeve may overlap the elbow sleeve as long as it does not extend below the lifter's elbow.

#### **Item 12. Blood Management**

- 3.12.1 Blood or open wounds are not allowed on a lifter while on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt. Should blood come in contact with the bar or equipment the lifting shall be stopped and the bar or equipment sterilized with a bleach solution. This shall consist of one part bleach to three parts water. It is the promoter's responsibility to have such a solution present at the competition.
- 3.12.2 If a lifter appears on the platform with any blood or open wounds showing it will be their responsibility to correct the problem before being allowed to continue with their lift. The time clock will remain running, and should they be unable to correct the problem before their time runs out they will forfeit the attempt.

### **Item 13. Shin Guards**

- 3.13.1 Shin guards may only be used during the deadlift and must be worn under the socks.

### **Item 14. Raw Equipment Definition**

- 3.14.1 The approved costume and equipment allowed for the raw division competitions will be defined as a non – supportive, one piece, single-ply singlet (Part 3, Item 1), a t-shirt (Item 5), optional undershorts (Item 6), socks (Item 8), optional belt (Item 9), shoes (Item 10), and optional single-ply wrist wraps, elbow sleeves, and knee sleeves (non-fastening knee sleeve 30 cm in length or less) (Item 11). Knee wraps of any length are not allowed. The Rules of Performance for all three lifts are the same for both Raw and Single-ply competitors.

### **Item 15. Inspection of Costume and Personal Equipment**

- 3.15.1 Equipment inspections are required and will take place during the weigh-in periods. It is the lifters responsibility to bring all equipment intended for use during the meet to their weigh-in session and have it inspected by an official. If after the inspection, a lifter appears on the platform wearing or using any illegal item or article not approved, the lifter may immediately be disqualified from the competition.
- 3.15.2 Knee wraps, wrist wraps, or the legs on undershorts 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 any item not in compliance and bring them within proper specs. The examining referee is not permitted to perform this service.
- 3.15.3 Any item considered unclean or torn shall be rejected. Lifters may not appear on the platform while wearing torn apparel.
- 3.15.4 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.
- 3.15.5 Any lifter successful in a State or National record attempt must immediately present themselves 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 may be disqualified from the competition. If during this inspection a referee cannot determine the legality or believes the lifter to be in violation of one or more of the equipment rules, the lifter will be taken to a private area and thoroughly inspected by two meet officials of the same **gender** to determine the legality of all equipment.

### **Item 16. General**

- 3.16.1 The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- 3.16.2 The use of any form of adhesive on the underside of shoes or boots is strictly forbidden.

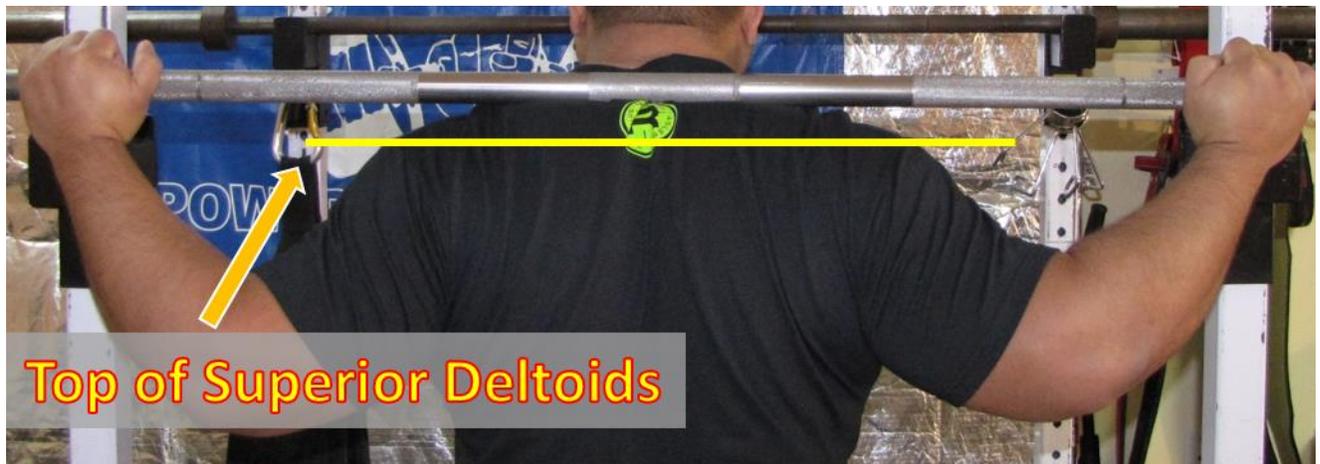
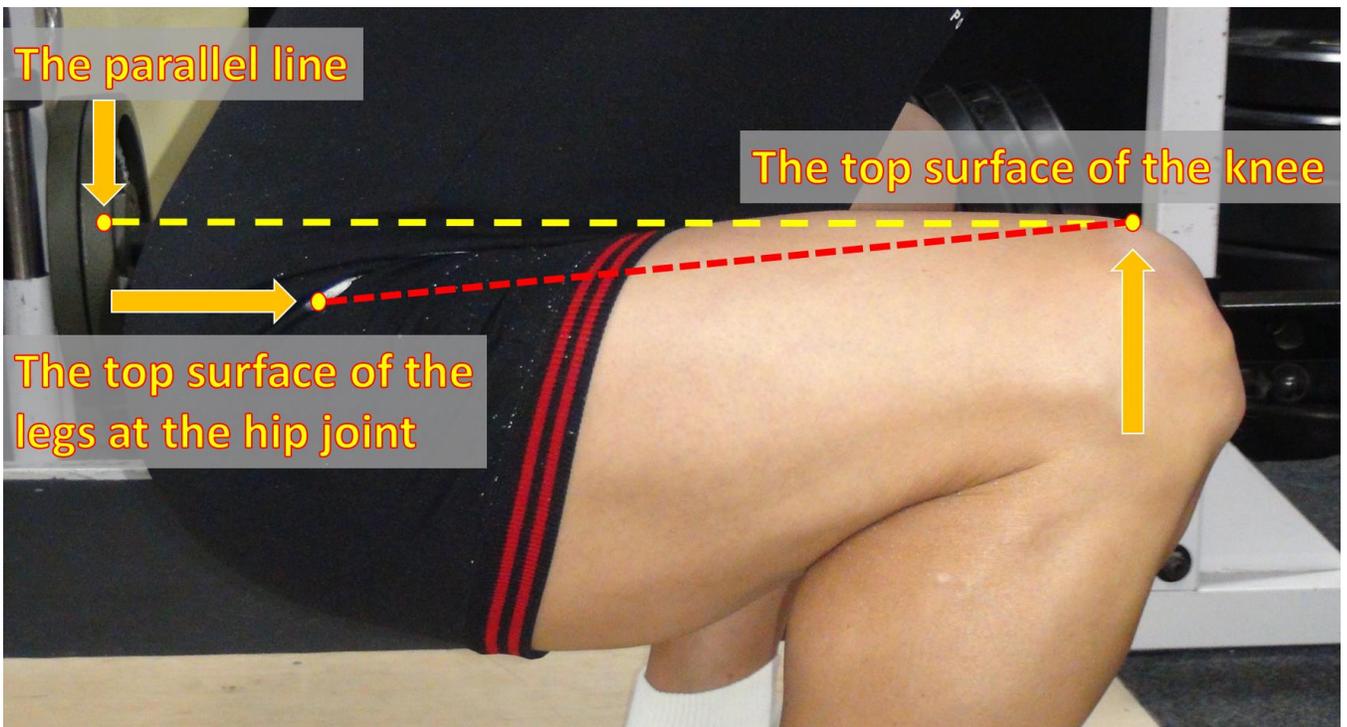
- 3.16.3 Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire. The Meet Director may determine its application in a designated area only.
- 3.16.4 No foreign substances may be applied to the equipment or wraps. Nothing may be purposely applied to the platform, bench, or bars.
- 3.16.5 The uses of substance like ammonia snaps, smelling salt, etc. cannot be used anywhere near the lifting platform or in view of the audience.

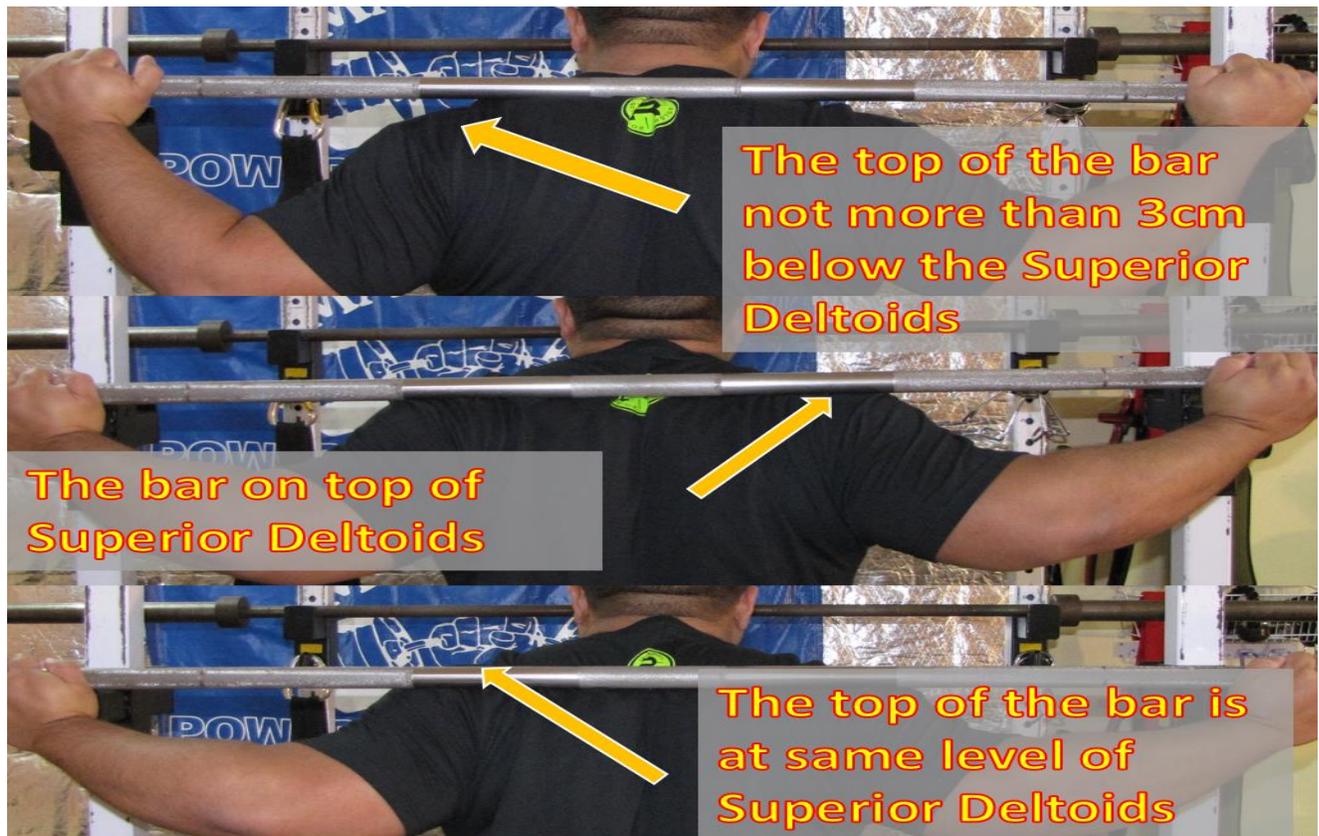
## **Part 4. POWERLIFTS AND RULES OF PERFORMANCE**

### **Item 1. Squat**

- 4.1.1 The lifter shall face the front of the platform.
- 4.1.2 Not more than five and not less than three spotters/loaders shall be on the platform at any time. A lifter may not use their own personal back spotter, but must use the same official meet spotters provided for all other lifters. (See exception 6.2.36)
- 4.1.3 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 spotters/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
- 4.1.4 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 sleeves.  
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 superior 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. Note: If a mono-lift is used, the swing arm lever pin cannot be removed or the swing arm lever actuated. The lifter must still un-rack the weight and move backwards to establish his position.
- 4.1.5 The lifter shall wait in this position for the Head Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The Head Referee's signal shall consist of a downward movement of the arm and the audible command "SQUAT".
- 4.1.6 Upon receiving the head 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.
- 4.1.7 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 Head Referee will give the signal to replace the bar.
- 4.1.8 The signal to replace the bar will consist of a backward motion of the hand and the audible command "RACK". The lifter must then make a bona fide attempt to return the bar to the racks.
- 4.1.9 For reasons of safety the lifter will be requested to "Re-Place" the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.
- 4.1.10 For all women's and light weight men's flights, only the 20kg bar shall be used. For all other flights the 25kg long bar shall be optional.**

The diagrams below indicates legal depth in the squat and legal bar position:





## Item 2. Causes for Disqualification of a Squat:

- 4.2.1 Failure to observe the Head Referee's signals at the commencement or completion of a lift.
- 4.2.2 Double bouncing or more than one descending or ascending motion throughout the lift.
- 4.2.3 Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- 4.2.4 Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.
- 4.2.5 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.
- 4.2.6 Changing the position of the bar across the shoulders after the commencement of the lift.
- 4.2.7 Contact with the bar by the spotter/loaders between the referee's signals.
- 4.2.8 Contact of elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
- 4.2.9 Failure to make a bona fide attempt to return the bar to the racks.
- 4.2.10 Any dropping or dumping of the bar after completion of the lift.
- 4.2.11 Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- 4.2.12 If a mono-lift is used and the swing arm lever actuated and/or the lifter does not move backwards to establish his position.
- 4.2.13 Failing to remove the bar from the racks before the one minute clock expires.
- 4.2.14 Deliberate or intentional contact between the bar and the bar-rest supports during the lift. However, unintentional contact that did not assist the lifter is not reason to turn down the lift.
- 4.2.15 Any downward motion of the body after establishing the correct position to begin the lift, then standing back up into the ready position again to receive the squat command.

## Item 3. Bench Press:

- 4.3.1 The head of the bench must be placed on the platform facing the Head Referee.

- 4.3.2** The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. This position must be maintained throughout the lift. The head may remain flat or rise during the lift. The lifter has the option of benching while either flat footed, or on the toes, as long as the foot remains in contact with the lifting platform. The **feet** may move up and down during the lift, **and come in contact with each other as long as they do not come in contact with the equipment.**
- 4.3.3 The hands may grip the bar with a "thumbs around" grip, "thumb less" grip, or "reverse" grip. They may not grip outside the 81cm mark. Index fingers' covering the 81 cm ring is allowed. If a lifter must use an offset or unequal grip, whereby one hand is placed outside the marking, it is the lifters responsibility to explain to the head referee and allow inspection of the intended grip prior to making the attempt. The maximum distance between the lifters index fingers using an offset grip may never exceed 81 cm, same as a conventional lifter.
- 4.3.4 To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height, or 45 cm length x 45 cm width, to build up the surface of the platform.
- 4.3.5 Not more than four, and not less than two spotter / loaders shall assist the lifter on the platform. The lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off must be to arms length. At no time may the lifter bring in their own personal side spotters, but will use the official meet side spotters provided, without exception. They may however use their own center spotter. (See exception 6.2.36)
- 4.3.6 If a center spotter is used they must move off the platform and to one side after the handoff prior to the commencement of the lift, but for safety reasons they will be allowed to stay in close proximity (but not blocking the referees view) for any emergencies.
- 4.3.7 After removing the bar from the racks or receiving it from the spotter / loaders, the lifter shall show full lock-out of both elbows, along with complete control prior to the "START" command being given.
- 4.3.8 For reasons of safety the lifter will be requested to "Re-Place" the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.
- 4.3.9 Once the lift has begun, the lifter must lower the bar and hold it motionless on the chest or abdominal area with a definite and visible pause. At no time may the bar come in contact with the lifters belt. For multi-ply bench requirements, refer to section 11.5.2.
- 4.3.10 Once the bar is paused and motionless on the chest or abdominal area, the audible command "PRESS" will be given. The bar must be pressed upwards with elbows fully locked. Any pronounced or exaggerated uneven lockout of the bar after completion is not allowed. 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 and show physical, visual proof to the Head Referee prior to the start of their lift.
- 4.3.11 When the bar is held motionless in this position the audible command "RACK" is given. The spotters / loaders may assist the lifter in returning the bar to the rack.

#### **Item 4. Causes for Disqualification of a Bench Press**

- 4.4.1 Failure to observe any of the Head Referee's signals for the lift.
- 4.4.2 Any change in the elected lifting position during the lift, other than the head ( i.e. any raising movement of the shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar after the "START" command has been given.) Feet must remain in contact with the floor, however, incidental movement as much as half the length and half the width of the lifters foot is permitted.
- 4.4.3 Heaving, bouncing, or sinking the bar after it has been motionless on the chest or abdominal area, and the "PRESS" command has been given.
- 4.4.4 Any pronounced uneven lockout of the arms during the completion of the lift.
- 4.4.5 Any downward movement of the bar in the course of being pressed out.
- 4.4.6 Failure to press the bar to full extension of the arms at the completion of the lift.
- 4.4.7 Intentional contact with the bar by spotter / loaders between the Head Referee's signals.

- 4.4.8 Any contact of the lifter's feet with the bench or its supports.
- 4.4.9 Deliberate or intentional contact between the bar and the bar-rest supports during the lift. However, unintentional contact that did not assist the lifter is not reason to turn down the lift.
- 4.4.10 Allowing the bar to come in contact with the lifting belt.
- 4.4.11 Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- 4.4.12 If a lifter wears the buckle of their belt on his back during the bench presses.
- 4.4.13 Failure to achieve the proper start position under control, with both elbows fully locked out prior to the "Start" command being given.
- 4.4.14 Receiving assistance (e.g. adjusting the shirt, belt, wraps, body position, etc.) from any person that has either stepped on the platform, or leaned in, before or during the performance of the lift. (see 6.3.2)
- 4.4.15 Failing to remove the bar from the racks before the one minute clock expires.
- 4.4.16 Double bouncing or more than one descending or ascending motion throughout the lift.
- 4.4.17 Any downward motion of the bar after establishing the correct position to begin the lift, then returning the bar back up into the ready position again to receive the start command.

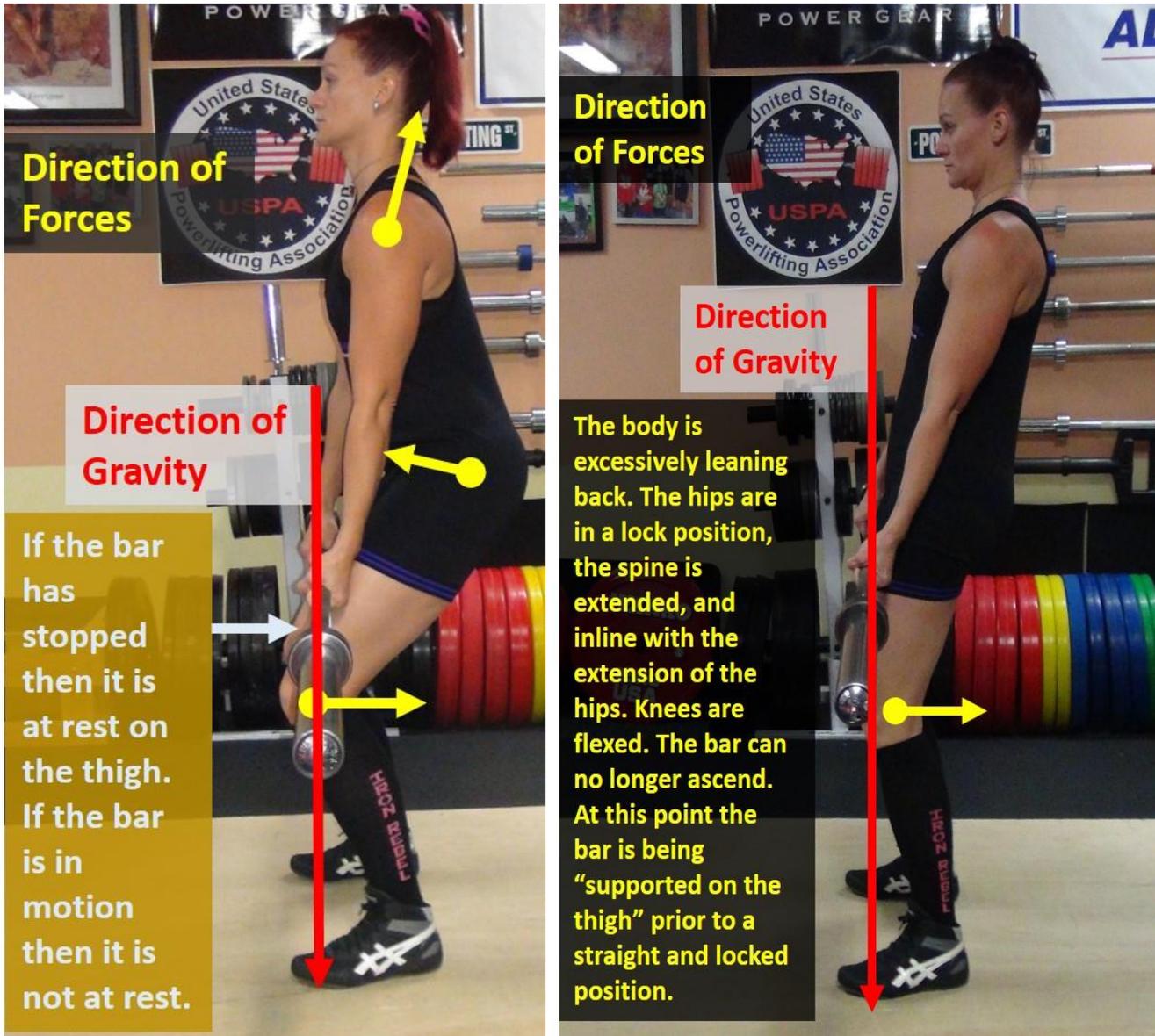
### **Item 5. Deadlift**

- 4.5.1 The lifter shall face the front of the platform.
- 4.5.2 The lifter has one attempt to complete the lift. Any rising of the bar beyond normal pre-lift set up or "lifter psyching" or any deliberate attempt to do so will count as a bonafide attempt.
- 4.5.3 The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands. The lifter can start the lift at any time before the one minute clock expires. Once started, it must be lifted without any downward movement until the lifter is standing erect. The bar may come to a stop, but no portion may reverse direction at any time.
- 4.5.4 On completion of the lift, the knees, hips, and shoulders shall be locked in a straight position and the lifter is standing erect.
- 4.5.5 The Head 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 finished position.
- 4.5.6 The lifter will return the bar to the platform with both hands and under control.

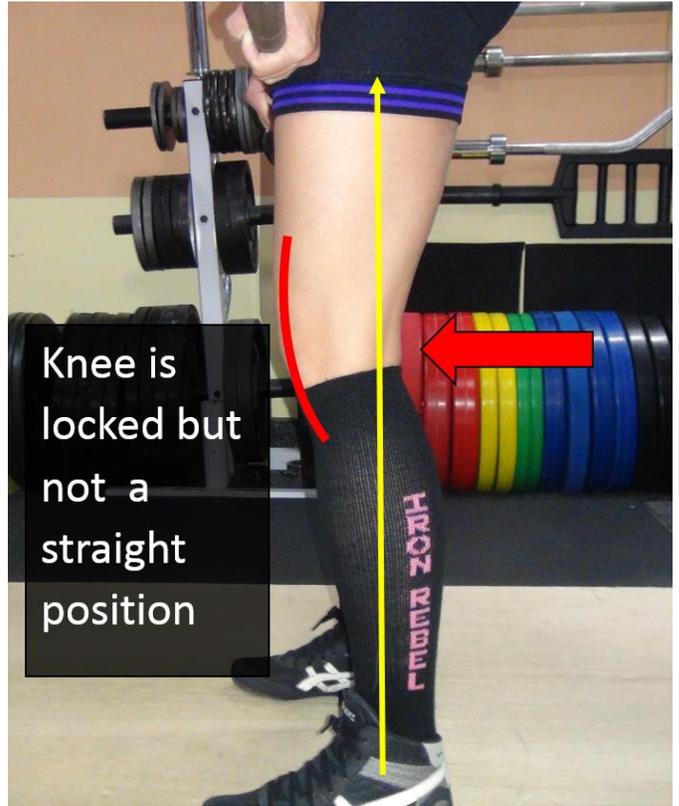
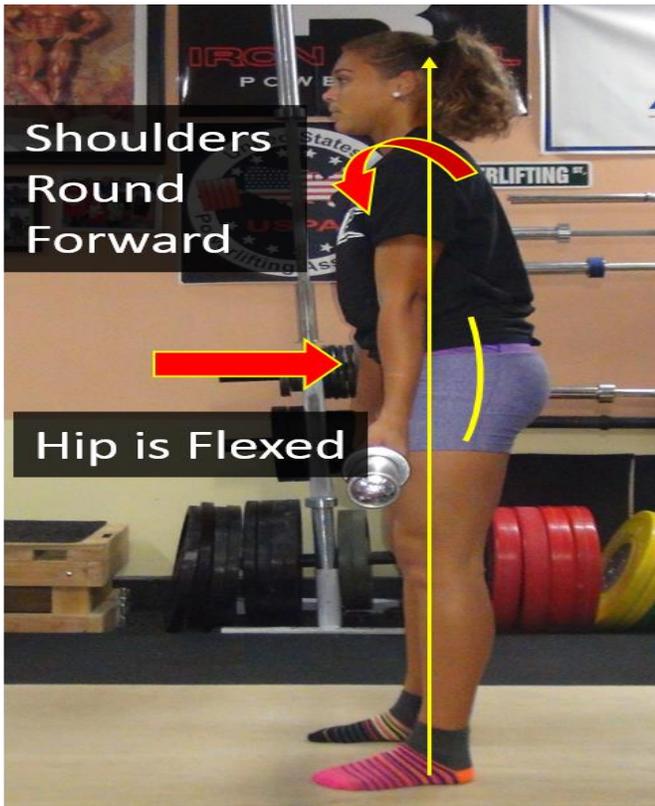
### **Item 6. Causes for Disqualification of a Deadlift**

- 4.6.1 Any downward movement of the bar before it reaches the final position, prior to the "Down" command.
- 4.6.2 Failure to stand erect with the **hips fully locked forward, and the** shoulders back.
- 4.6.3 Failure to lock the knees straight at the completion of the lift.
- 4.6.4 Supporting the bar on the thighs during the performance of the lift. See diagram below.
- 4.6.5 Upward and downward "jerking" of the bar commonly known as "hitching".
- 4.6.6 Stepping backward, forward or lateral movement of the foot, although rocking the foot between ball and heel is permitted.
- 4.6.7 Lowering the bar before receiving the Head Referee's signal.
- 4.6.8 **After the down command, any** dumping, dropping, or not maintaining control of the bar back to the platform with both hands **on the bar.**
- 4.6.9 Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.
- 4.6.10 Should the bar settle as the lifters shoulders come back (slight downward motion), this should not be reason to disqualify the lift.
- 4.6.11 Failing to begin the lift prior to the one minute time clock expiring. The lift will officially begin when the lifter makes a determined or **deliberate** attempt to raise the bar.

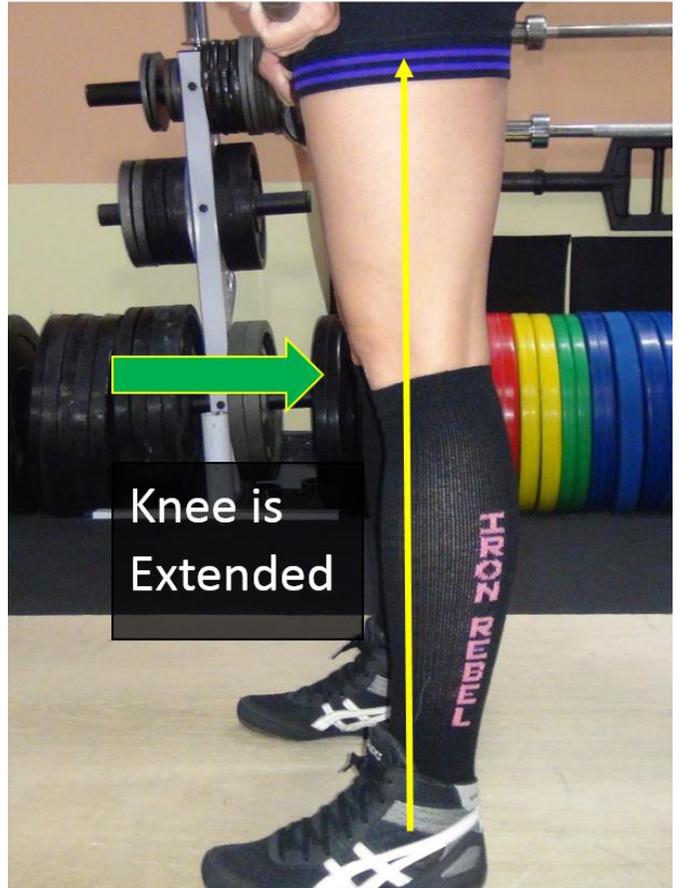
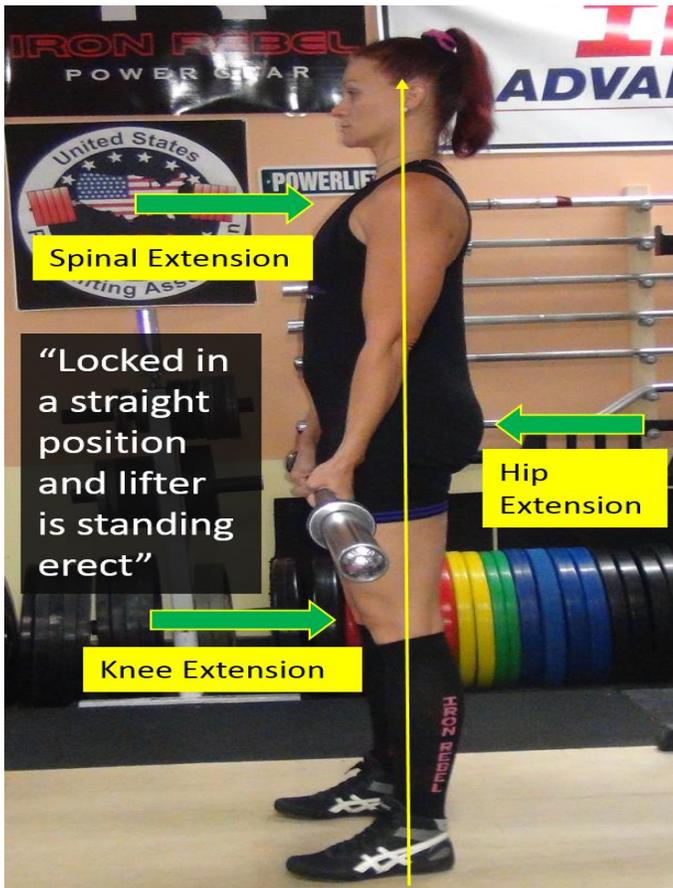
## Illegal support of the bar on the thighs



## Causes for Disqualification



Good Position



**Part 5. WEIGHING IN**

## Item 1. Weighing In of the Competitors

- 5.1.1 Weighing in of the competitors shall take place no earlier than two hours before the start of the competition for particular category/categories. All lifters must attend a weigh in session, which will be carried out in the presence of one to three appointed referees. See exception 5.1.2
- 5.1.2 An optional early weigh in session may be established by the Meet Director and contest officials, and the lifters informed accordingly. This session may occur up to, but not greater than 24 hours prior to the start of the meet.
- 5.1.3 **All weigh in sessions will last a minimum of one and a half hours, with the exception of the early morning session the day of the meet that can be as short as one hour. It is not recommended, but the morning of the meet weigh in session can be on an appointment only basis, as long as it was published this way for all competitors to know about on the meet entry form in advance.** During the weigh-ins, a bodyweight class limit sheet should be located near the scale for reference for the officials and the lifters.
- 5.1.4 The weigh in for each competitor will be carried out in a locked room, or behind a privacy partition, with only the competitor, his coach or manager and the referees present. All lifters will be weighed in by an official of the same **gender**. If an official of the same **gender** is not available, one may be appointed for this purpose only.
- 5.1.5 The lifters agreed body weight must not be made public until all the lifters competing in the particular category have been weighed in. The lifter will initial his body weight on his score card acknowledging it is accurate.
- 5.1.6 Lifters will be weighed nude or in undershorts (bras allowed for female lifters) only, no exceptions. For sanitary reasons a lifter is allowed to leave their socks on during weigh-ins, or may place a small paper towel on the scale to protect the feet.
- 5.1.7 The inspection of costume and personal equipment will take place during the weigh in period by a USPA official. It is the lifters responsibility to compete only in approved equipment. Any violations found by the Referees while the lifter is on the platform that are considered a “minor” violation will result in a warning and a possible disqualification of the lift. Any violation by a lifter that is considered “intentional” (e.g. incorrect undershorts, two ply suit, 3 m knee wraps) will result in the lifter being removed from the meet).
- 5.1.8 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. Lifters being weighed in for the first time take precedence over lifters being re-weighed. A lifter can only be reweighed after all other lifters have been called to the scales. Lifters trying to make weight may be weighed as often as time 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.
- 5.1.9 A lifter will have the option of changing categories up or down one weight class from that in which he was originally entered.
- 5.1.10 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.
- 5.1.11 Lifters are required to check squat and bench press rack heights and foot blocks prior to the start of the competition.
- 5.1.12 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 or Military I.D., etc). This shall also apply to master and junior lifters competing in the open class in support of any record attempts.

- 5.1.13 If any lifter fails to achieve a total and is eliminated from any competition (a.k.a. bombing out of the meet), they 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.
- 5.1.14 At the meet directors discretion a lifter that has been eliminated from the competition for failing to achieve a total in one of the lifts, may be allowed to complete the meet. The lifter will not be eligible for any awards or records, and will be considered a “guest” lifter only.
- 5.1.15 All weigh-ins will be done on a certified calibrated kilo scale accurate to the tenth of a kilo pound. All weights will be recorded on the lifters official score card to the tenth of a kilo and initialed by the lifter and official as accurate. (e.g. 110.0kg is correct, 110kg is not correct,)
- 5.1.16 All first attempts will be given by the lifter or their coach to the weigh-in official at this time. It will be entered on their official score card in pencil by the official only, and initialed by the lifter or their coach acknowledging its accuracy.
- 5.1.17 It is the lifters responsibility to notify the weigh-in official if any of their opening attempts will be for a State or American Record. This must be noted by the official on the lifters score card by either a “SR” for State Record or a “AR” for American Record next to the requested amount in kilos, and must be initialed by the lifter.
- 5.1.18 All lifters must be current USPA members prior to weighing in. If a lifter is not a current member, the lifter will fill out a membership application, along with paying the application fee, prior to being allowed to weigh in. No lifter may compete without current membership and signed waiver.
- 5.1.19 All minors younger than 18 years of age must be weighed in with two adult officials of the same **gender** present in the room. No one other than the lifter, two officials, and a parent, or parental approved coach, may be present in the room at the time of the weigh in. Both officials must sign the lifters card they were present at the time of the weigh in.

## **Part 6. RULES OF COMPETITION**

### **Item 1. The Round System**

- 6.1.1 At the weigh in, the lifter or his coach must declare a starting weight for all three lifts in kilos using increments of 2.5kg unless it's for a record. These must be entered on the lifters official meet card, initialed by the lifter or his coach and retained by the official conducting the weigh in. Having made or missed the first attempt at a lift, the lifter or their coach must decide upon the weight required for the second attempt within the one minute allotted time. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach. Failure to submit the lifters next attempt on time will result in the lifters next attempt being repeated at the same weight if they missed the last attempt or increasing it 2.5 kilos if the lift was successful. The requested weight will be filled in on the lifters official meet card by the appointed official. The same procedure is to be used for third attempts, and any fourth attempts that may be granted under the rules regarding record attempts. At no time may a lifter request an attempt that is less than any attempt previously un-successful.
- 6.1.2 Where 16 or more lifters are competing in a competition or flight, individual 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 1”, “Flight 2”, “Flight 3”, or using letters A, B, C, etc.

- 6.1.3 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 1). The next lifter groupings will be with progressively higher bodyweight categories, in conjunction with the lowest first attempt numbers to forming further flights (Flights 2, Flight 3, etc.) as necessary.
- 6.1.4 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. All fourth attempts will follow the end of the third round for each lift.
- 6.1.5 When a flight consists of less than 10 lifters, compensatory time allowances shall be added at the end of each round as follows: for 9 lifters add 1 minute; 8 lifters add 2 minutes; 7 lifters add 3 minutes. Three minutes is the maximum time allowance permitted at the end of a round.
- 6.1.6 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. Based on the type of error (clerical, loading, spotter / loader, etc.), the Head Referee will determine when the attempt will be taken during that round.
- 6.1.7 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 lower lot number will lift first. If lot numbers are not being used, then the lighter weighing lifter will lift first.
- 6.1.8 If unsuccessful with an attempt, lifters must wait until the next round before they can make another attempt at the same weight or go up in weight.
- 6.1.9 In a round where 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 was the last lifter in the round they shall be granted a three minute rest prior to making their attempt; second to the last lifter in the round, a two minute rest period; and, third to the last lifter in the round, a one minute rest period will be given.
- 6.1.10 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 the lifter 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 made by the announcer.
- 6.1.11 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.
- 6.1.12 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.
- 6.1.13 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, and the new weight is not less than the lifter’s weight on the bar that just lifted before them.
- 6.1.14 In the single lift bench press, deadlift, and push/pull competitions the rules in general are the same as for three lift competitions. However in the third round, two weight changes are permitted as stated in Item 6.1.13 above for the deadlift.
- 6.1.15 If a lifting session consists of a single group, i.e. up to a maximum of 15 lifters, an interval of not

less than 30 minutes shall be allowed between the squat, bench and deadlift. This is to ensure adequate time for all lifters to prepare for the next lift and to change over and organization of the platform.

- 6.1.16 When two or more groups take part in a session upon a single platform, it will be up to the Meet Director to decide if any additional breaks will be given between lifts for staff and Referee breaks.

## **Item 2. Appointed Officials**

### **Speaker/Announcer responsibilities are as follows:**

- 6.2.1 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. Additionally, the speaker announces, in order, the three lifters succeeding the lifter called to the platform. Attempts announced by the speaker will be taken from the lifters official score card.
- 6.2.2 When the bar is loaded and the platform cleared for lifting, the Head Referee will indicate the fact to the speaker the “the platform is ready”, who will in turn announce the “the platform is ready”, and call the lifter by name to the platform.
- 6.2.3 The speaker will abstain from announcing that the lift "looks good to me."
- 6.2.4 The speaker is also responsible for announcing the deadlines that pertain to the “Round System” – the approach of the time limit for changing first attempts.

### **Technical Chairman responsibilities are as follows:**

- 6.2.5 He will form the jury that will oversee all activity on and off the platform. If a full three person jury is not required, he may act alone in his authority to ensure all USPA rules are being correctly implemented and interpreted. In his absence at any meet, the highest ranking Official will then be responsible for performing his duties.
- 6.2.6 He will work with all staff members, Referees, and lifters to resolve any disputes during the course of the meet based on the USPA rule book and his interpretation.
- 6.2.7 He will constantly evaluate and suggest additions or corrections to the USPA rule book.
- 6.2.8 Will be entrusted with the examination of all requirements and proposals of a technical nature.
- 6.2.9 Decisions are subject to approval of the USPA president or executive committee.
- 6.2.10 Will be responsible for inspecting all competition and personal equipment as defined in the handbook. Based upon activities, he may delegate some inspection responsibilities to a qualified referee to expedite the overall process. **Responsible to review all** equipment that has been submitted by various manufacturers for the sole purpose of being able to use the words "USPA approved" in their commercial advertisements. If the item or items submitted meet all current USPA rules and regulations, a fee may be levied and a certificate of approval will be issued by the Technical Chairman.

### **Referee Chairman responsibilities are as follows:**

- 6.2.11 To submit a list to the Meet Director prior to the start of every meet listing all referees in attendance, their ranking, and the flights they will be judging during the meet.
- 6.2.12 To ensure the correct qualified officials are on the platform for all record attempts in order to properly validate the lift.
- 6.2.13 To write and administer all written exams for both new referees and for the advancement of current Referees to the next level. When possible he will oversee the practical exam given at meets, or ensure that a qualified National or International referee does so in his absence.
- 6.2.14 He and the President of the Association will constantly evaluate all Referees performances while on and off platform, to ensure consistent fair judging, as well as professionalism.
- 6.2.15 Appoints the Head Referee and side referees for the competitions.

6.2.16 Informs the USPA President as to which referees are eligible to referee after examination or re-examination.

**Timekeeper responsibilities are as follows:**

- 6.2.17 The timekeeper is responsible for accurately recording the time lapse between the announcement that the platform is ready and the lifter starting his attempt.
- 6.2.18 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.
- 6.2.19 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 Head Referee. Consequently, it is of great importance that the lifter or his coach check the height of the squat and bench racks prior to being called, as once the platform 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.
- 6.2.20 The lifter is allowed one minute from the time of the announcement "the platform is ready" to begin the lift. For the squat and bench, this means removing the bar from the racks. For the deadlift, this means making a determined or deliberate attempt to remove the bar from the floor. If the lifter does not comply with this rule within the time allowed, the timekeeper will call "TIME" and the Head Referee will give the audible command "RACK". The lift will be declared "NO LIFT" and the attempt will be forfeited. When the Timekeeper calls "TIME" the Head Referee will make the final determination if the lifter has violated the one-minute time clock.

**Marshals/Expeditors responsibilities are as follows:**

- 6.2.21 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 score keeper. 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.

**Scorekeeper responsibilities are as follows:**

- 6.2.22 Scorekeepers, in conjunction with the meet director, are responsible for accurately recording the progress of the competition.
- 6.2.23 In conjunction with the score keeping software, the scorekeepers are responsible for the data input of all the lifters personal information (weight class, scale weight, age, category entered, etc.), the lifters attempts, the structuring of the lifting flights and the completion and accuracy of the final score sheet.

**Spotter / Loaders responsibilities are as follows:**

- 6.2.24 All spotters / loaders (S/L) shall work together as a team, and should be neatly dressed in clean appropriate attire including the official meet t-shirt.
- 6.2.25 Spotter / Loaders are responsible for loading and unloading the bar, adjusting squat racks, and/or benches as required, cleaning the bar or platform at the request of the Head Referee, and generally ensuring that the platform is well maintained and presents a neat appearance at all times.
- 6.2.26 Except for the deadlift, which requires one back spotter, there shall be no less than two, nor more than 4 spotter / loaders on the platform during the execution of the bench press, and not less than 3, nor more than 5 during the execution of the squat.

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 lifter is in jeopardy and likely to result in injury to the lifter, the spotter / loaders may, either at

the request of the Head Referee or the lifter himself, or it is obvious to the spotter / loader the lifter is in serious trouble and is at risk of possible injury, step in and relieve the lifter of the bar.

- 6.2.27 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.
- 6.2.28 Every spotter / loader should be routinely rotated out, and / or into different positions so they have personal time. This will ensure they stay alert while on the platform at all times, possibly averting any potential accidents that could be due to fatigue.
- 6.2.29 All spotters / loaders must report any equipment malfunctions at once to the Head Referee so they may assess the problem and take any necessary action to rectify it.
- 6.2.30 During the performance of all three lifts there should never be any unnecessary movement around the bar or platform by any official or spotter / loader that could distract the lifter.
- 6.2.31 It is the spotters / loaders responsibility to establish a rapid pace that will keep the meet moving, but one that is both safe while efficient. Remember during some lifts the lifters will have painfully wrapped their knees or wrists ahead of time in preparation for their upcoming attempt. Any delay in the process could have an effect on their lift, or delay the meet if we have to award additional time because of an extended delay caused by the platform personnel.
- 6.2.32 It is important that the platform manager listens to the announcer for the rack and safety heights to prevent further delays by requesting the announcer to repeat himself, or for errors that could result in the lifter having to re-lift at the end of the round.
- 6.2.33 The loaders should listen to the Head Referee for the correct plates that will be needed for each lift. If a projector and screen is being used, they should also visually verify the load is correct.
- 6.2.34 At any time, should there be a question about any load or safety issue, it must be brought to the Head Referee's attention immediately.
- 6.2.35 All spotters/loaders are official meet personal, and therefore cannot at any time, while working on the platform, make any comments of any type to a lifter or during their lift.
- 6.2.36 Any additional spotters that a lifter may need must be identified prior to the start of the meet and receive a spotter/loader briefing 30 minutes before the meet begins. The additional spotters must be available to all lifters for specific events.

### **Squat**

- 6.2.37 While back spotting for the squat the hands should never be around the lifters side protruding out the front or holding the chest. The spotter should be directly behind the lifter with their arms bent up at the elbows just behind the lifters back, hand height approximately just below the lifters arm pits. The spotter's body should follow the lowering and raising of the lifters body during the lift. Should the lifter get into trouble the back spotter will then immediately come under the lifters arm pits with their arms, taking control of the lifter while returning to the rack. The back spotter should position his hands to provide the critical support in the rapid manner, but not to obstruct the side referees view of the depth in the squat. The side spotters should stabilize the weights during the process. If the back spotter has their arms protruding under the lifters arms and the lifter suddenly dumps the weight for whatever reason, this could result in very serious injury to the back spotters arms or wrists.
- 6.2.38 During the performance of the squat there may be up to five spotter / loaders on the platform.

### **Bench**

- 6.2.39 While spotting for the bench both side spotters must keep both hands directly under the bar at all times. They must also never be distracted from the lifter during their lift, keeping their eyes on the bar.
- 6.2.40 The center handoff man must immediately step completely off the platform after the hand off, and must lift the bar to full arms extension and avoid any appearance of a "soft hand off". If there is a camera set up to film the event, the center spotter must exit the opposite side of the camera.

- 6.2.41 The center spotter shall remain close to the platform and lifter in case of emergency so they may re-enter and assist with the bar.

### **Deadlift**

- 6.2.42.1 The bar loader apparatus will not be left directly behind the lifter on or off the platform where the lifter could lose their balance during the lift, or pass out after, and fall on it. The center spotter / loader during the deadlift should stand directly behind the lifter on, or just off the edge of the platform to assist the lifter should they start to lose control or fall.

### **Platform / Bars**

- 6.2.42 The first plate must always be loaded facing in, all others will be loaded facing out, followed by the required collars.
- 6.2.43 The platform is to be kept free from any objects being set on or near it at all times. This includes plates of any size, water bottles, snacks, towels, brushes, etc.
- 6.2.44 After the bar has been loaded it is the head S/L's job to ensure that the bar is centered in the rack (squat and bench) and is ready for the lifter. For the deadlift the bar will also be centered side to side, and parallel on the platform.
- 6.2.45 The collars must be tightened during every load, this includes spinning and tightening the inside collar so there are no gaps between any plates or the bars inside collar.
- 6.2.46 The deadlift bar will be wire brushed and wiped down prior to the start of each flight, and at the Head Referee's discretion prior to the start of the third attempts. The lifter or the lifter's coach may also request the cleaning of the bar prior to the bar being declared loaded and ready.
- 6.2.47 When cleaning the deadlift bar it should be moved to a portion of the platform not used during any lifters performance so the chalk or baby powder dust does not get on any lifter's shoes. It may also be necessary to clean off the platform after cleaning the bar if there is a concern that the chalk or baby powder dust could remain an issue for any lifter.
- 6.2.48 At any time during the meet should any lifter, coach, official, or spotter / loader see any blood or other foreign material on the bar or platform, the meet must be stopped immediately so the bar or platform can be properly sanitized with the required solution as per the rule book.

### **Records Chairman responsibilities are as follows:**

- 6.2.49 The National Records Chairman is accountable for all new American records set at sanctioned USPA meets. The State Records Chairman is responsible for all new State records (whose lifters reside within their State) set at sanctioned USPA meets.
- 6.2.50 Upon the completion of the competition, the Meet Director must assure all Records Chairman that all successful record attempts have been properly verified, met all USPA requirements, and are noted within the official score sheet.
- 6.2.51 The meet director will have 14 days to submit an official copy of the score sheet to the appropriate Records Chairman.
- 6.2.52 The National Records Chairman will work with the President of the Association to establish all guidelines used to maintain the American records and issue certificates.
- 6.2.53 The State Records Chairman will work with both the American Records Chairman and the President of the Association to establish all guidelines used to maintain the State records and issue certificates.
- 6.2.54 All Records Chairman will at all times maintain accurate records, along with all supporting documentation that may be required for future research.
- 6.2.55 All new State or American records will be posted on the appropriate web sites within 30 days of the meet date in which they took place. If any record certificates are required they will be e-mailed to the lifter within 30 days of the meet date.

### **Item 3. Competition Rules**

- 6.3.1 During any competition taking place, 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 Head Referee in charge.
- 6.3.2 A lifter shall not wrap or adjust any part of his costume or equipment while on the platform. The only exception to this rule is that he may adjust his belt. At no time may any person step on the platform or lean in and assist the lifter in any way, with the exception of a designated spotter. Items such as inhalants, ammonia caps, etc. cannot be utilized within the vicinity of the platform or in view of the audience.
- 6.3.3 In all USPA 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 always be announced in kilograms. Exceptions to this rule are as follows:
- 6.3.4 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.
- 6.3.5 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.
- 6.3.6 Record attempts may be taken on any or all of a lifter's prescribed attempts provided that they maintain 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 the minimum of 2.5 kilos per attempt for competition purposes from 100 kg.
- 6.3.7 The Head Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.
- 6.3.8 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.
- 6.3.9 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.
- 6.3.10 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.
- 6.3.11 If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Head Referee will make the same decisions as for errors in loading.
- 6.3.12 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. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- 6.3.13 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.
- 6.3.14 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.
- 6.3.15 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, Meet Director, or Head Referee has the right to examination. If considered inadvisable for the lifter to continue, the lifter and / or their coach will be notified of the decision and the lifter will be removed from the meet.
- 6.3.16 Any lifter or coach, who by reason of his misconduct before, during, or after the competition is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Meet Director or Head Referee may disqualify the lifter and order the coach to leave the venue. This includes any lifter, coach, or the lifters support personal, from arguing, using foul language, or becoming abusive with any Referee or official about the outcome of any lifts, or the legality of equipment determinations.
- 6.3.17 At all competitions, 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 Technical Chairman, Head Referee, or Meet Director.
- 6.3.18 If deemed necessary, they may temporarily suspend the progress of the competition to consider the verdict. After due consideration, and upon reaching a verdict, they will return to inform the complainant of the decision. The verdict will be considered final and there will be no right of appeal to any other body.
- 6.3.19 Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lifting.
- 6.3.20 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 only on that hand and attached at the wrist only.
- 6.3.21 Banging the head on the bar before squatting or benching will not be permitted. The lifter will be warned once. Any further violations will result in the disqualification of the lifter.
- 6.3.22 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.
- 6.3.23 Within a 30 day period of all USPA sanctioned meets should clear and credible video of any record lift become available to the USPA that demonstrates a lift was misload it will be reviewed by the Executive Committee and a ruling will be made within 14 days as to the validity of the amount of the lift. If the bar was determined to be under loaded the correct weight will be credited. If this amount is still a new record, the record will be awarded at the new lower amount. If the bar was determined to be over loaded the correct weight will be credited and the new record will stand at the correct amount of weight as determined by the Committee.
- 6.3.24 The use of video review will only be used for the purpose of determining the correct amount of a lift that was a new record. It will never be used to determine if any officials call about a specific lift was correct or incorrect, nor for any lift other than a record attempt.
- 6.3.25 It is considered a verbal warning if any official contacts and corrects a lifter prior to, or after a lift, about a technical portion of their lift, a rules violation, or about any equipment violations they may have. If the lifter repeats the violation it is mandatory that their lift will be turned down by all three officials.

6.3.26 If an official gives any lifter a verbal warning to a lifter, they must immediately inform all other officials on the platform that an official warning was given, and the reason for it, so the three officials can work together as a team at all times. A repeated violation by a lifter will result in a mandatory red light by all officials.

## **Part 7. REFEREES**

### **Item 1. General Rules**

- 7.1.1 The referees shall be three in number, the Head Referee (or center referee) and two side referees.
- 7.1.2 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 ( i.e. two National or International referees for an American record).
- 7.1.3 If a jury is not in place, the highest ranking referee will be the Head Referee of the lifting platform.
- 7.1.4 The correct command used by the Head Referee to alert the time keeper, announcer, and the lifter everything is correct and ready for the lift to begin is “The Platform Is Ready”.
- 7.1.5 In all three lifts the Head Referee must sit off to one side of the lifter, never in the center of the platform.
- 7.1.6 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".
- 7.1.7 Before the contest, the three referees shall jointly ascertain that:
  - 7.1.7a The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.
  - 7.1.7b The scales work correctly and are accurate.
  - 7.1.7c The lifters weigh in within the limits of weight and time for their bodyweight category.
  - 7.1.7d The lifters costumes and personal equipment comply with the rules in all respects.
- 7.1.8 During the contest the three referees must jointly ascertain that:

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 generated 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.
- 7.1.9 Prior to the commencement of any lift, if any official observes a minor oversight after the lifter has been called to the platform by the Head Referee, the lifter will be allowed to complete their lift uninterrupted. After the lift the official will call the lifter over and both give a verbal warning, along with instructions on how the lifter must correct the issue before returning for their next attempt.
- 7.1.10 Prior to the commencement of any lift, if either side official observes an infraction they will call attention about the fault to the Head Referee. The Head Referee observing an infraction may act alone. In either case, the referees will be called together to inspect the lifter. If the fault is considered to be an infraction, the lifter will make all necessary corrections prior to being allowed to lift while the time clock remains running.
- 7.1.11 If the fault is considered a purposeful intent to cheat, the lifter shall be disqualified from the competition. How the fault will be considered, and the action to be taken, will be at the discretion of the Head Referee. If any referee has reason to doubt a lifter’s integrity, he must at the completion of the lift, inform the Head 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.
- 7.1.12 Referees shall abstain from commentary and not receive any document or verbal account

concerning the progress of the competition.

- 7.1.13 The lifter or their coach may request the reason for a "no lift" decision from any of the Referees immediately following their lifters attempt. Such request must be made before the next lifters attempt begins, so as not to interfere with the progression of the competition.
- 7.1.14 A referee shall not attempt to influence the decisions of the other referees.
- 7.1.15 The Head Referee may consult with the side referees, the jury or any other official as necessary in order to expedite the competition.
- 7.1.16 At his discretion, the Head Referee may order that the bar and or platform be cleaned.
- 7.1.17 **Prior to the commencement of the squat, if either side referee does not accept the bar placement on the lifters back as correct or safe, they will call attention to the Head Referee. The lift will be stopped and the Head Referee will make the final determination.**
- 7.1.18 The selection of a referee to act as Head Referee in one category does not preclude his selection as a side referee in another category.
- 7.1.19 Referees and members of the Jury will be uniformly dressed as follows:
- 7.1.20 Men and Women: The official USPA referee's polo shirts (provided by the USPA) are as follows: red for **State** referees, blue for **National** referees, and **green** for **International** referees.
- 7.1.21 **Black pants (dress slacks or Docker style) or black shorts (dress shorts, Docker or cargo style) are only permitted. Shorts must be 3/4-thigh or longer (no shortie shorts or gym shorts allowed). At National, World, or Invitational meets (Example: Mr. Olympia, all Expos, or any meet World Records can be established), all referees (male or female) must be dressed in black slacks or "Docker" style pants with a center crease, no external pockets allowed. No Shorts are allowed. Only black all leather shoes with, or without laces. No suede, canvas, or mesh shoes are allowed. A black leather belt, if needed and the provided USPA/IPL referee shirt must be worn.**
- 7.1.22 **Only black shoes, boots, or tennis shoes (no sandals or open toed shoes)** are allowed.
- 7.1.23 All apparel items will be neat and clean at all times, shirts will be tucked in to the pants. Men will be clean shaven or have the appropriately groomed facial hair.
- 7.1.24 Cell phones or other similar electronic devices are not allowed to be in use while judging.
- 7.1.25 Officials not judging or acting as a jury member shall remain outside the judging area while on a break.
- 7.1.26 **It is the individual referees, and the Meet Directors responsibility that all referees are properly dressed. Any referee not properly dressed cannot judge, but may be allowed to assist at the table. Failure to be properly dressed for any USPA meet will be cause for disciplinary action under section 7.1.28.**
- 7.1.27 **All USPA judges and staff will refrain from posting, responding too, or using any form of social media in a negative way when talking about any of our lifters, other officials, or the Organization. The integrity of the Organization requires we hold everyone to the highest ethical standards. Failure to follow these standards could result in loss of all judging credentials, and/or loss of membership.**
- 7.1.28 **Should any disciplinary action be required for any rules, or policy violations by any official, it would be – first offense, verbal warning, second offense, loss of judging privileges for 6 months, third offense permanent loss of judging certification or official position held.**

**The Head Referee is responsible for giving the necessary signals for all three lifts. Signals required for the three lifts are as follows:**

### **Squat**

- 7.1.29 Commencement: A visual signal consisting of a downward movement of the arm together with the audible command of "SQUAT".

7.1.30 Completion: A visual signal consisting of a backward movement of the arm together with the audible command of "RACK".

### **Bench press**

7.1.31 Commencement: A visual signal consisting of a downward movement of the arm together with the audible command of "START".

7.1.32 Intermediate: A visual signal consisting of an upward movement of the arm together with the audible command of "PRESS".

7.1.33 Completion: A visual signal consisting of a backward movement of the arm together with the audible command of "RACK".

### **Deadlift**

7.1.34 Commencement: No signal required.

**7.1.35** Completion: A visual signal consisting of a downward movement of the arm together with the audible command of "DOWN". **During the deadlift the side judges may sit in the best viewing position, but never on the sides. They may be in the front corners which are preferred, or just slightly behind the lifter.**

## **Referees – General Rules Continued**

### **Examples of faults that should be considered a minor oversight are:**

Socks overlaid or touching the knee wraps.

Thumb loops not being removed prior to the lift.

The leg length of the singlet exceeding proper requirements.

Deadlift socks not completely covering the top of the calves.

Wrist or knee wraps applied as to obviously exceed allowed dimensions.

### **Examples of infractions that must be corrected prior to the lifter making their attempt are:**

The lifters suit/singlet straps not being worn over their shoulders.

Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth (e.g. hats, rubber elbow sleeves, etc.)

Raw lifters not wearing a t-shirt while squatting or benching.

No socks, or ankle socks, being worn during the deadlift.

A lifters bench belt being worn backwards so the buckle will give them an additional false arch.

### **Examples that should be considered a purposeful attempt to cheat are:**

The use of more than one lifting suit or any suit that has been altered beyond the specs within the rulebook (Raw and SP only).

Wearing more than one pair of underwear or illegal support briefs (Raw and SP only).

The use of more than one shirt or an illegal supportive shirt or illegal undershirt.

The use of more than one pair of wraps, more than one ply (wraps sewn together) or wraps over regulation length.

Any additions such as body wraps, towel inserts, bracing, etc.

Presence of oil, grease, liquids, or lubricants other than chalk or approved powder.

## **Item 2. Qualifications for a Referee**

The USPA offers an Early Advancement Program that could allow officials to advance to the next level with a six month reduction of time if certain conditions are first met. They must at least double to triple the base number of meets and flights required for each level. Example: minimum current requirements to advance from a Level I State to a Level II National are 8 meets and 32 flights. To benefit from the EAP they

must have at least 16-24 meets, and 64-96 flights. There will not be any exceptions that would ever exceed the six months reduction in months required. All applicants requesting the EAP must first have the prior approval of either the National Referee Chairman or the President. Having met these additional requirements does not mean someone will be guaranteed the opportunity to use the EAP, it is rarely used.

### **State Referees**

- 7.2.1 Must be a member of the USPA in good standing.
- 7.2.2 Must be recommended by your State Chairman, and approved by either the USPA President or the Referee Chairman.
- 7.2.3 Must be at least 18 years of age, and have completed **in at least two or more sanctioned competitions.****
- 7.2.4 Must take the Level I written examination and practical examination (approximately 200 lifts) administered by the Referee Chairman (or designee) during a USPA sanctioned full power meet.
- 7.2.5 Must achieve a passing score of 90 percent or better on both the written and practical examinations.
- 7.2.6 Must complete the practical examination within 60 days of taking and passing the written examination.
- 7.2.7 Must assist in at least one weigh-in session.
- 7.2.8 Must officiate in at least **one** USPA meet each year to keep accreditation current. **Any official that has not judged at least one competition within a 12 month period must re-take the written test based on their current level status to refresh them on all current rules.****
- 7.2.9 Must stay current and updated on all USPA rule changes.
- 7.2.10 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.
- 7.2.11 All referees must re-register or renew their USPA membership annually in order to maintain their current qualifications.
- 7.2.12 A referee who has been inactive for a period of four years, or who fails to re-register or renew their USPA membership annually, will forfeit their credentials.

### **National Referees**

- 7.2.13 Must be a member of the USPA.
- 7.2.14 Must be recommended by your State Chairman, and approved by either the USPA President or the Referee Chairman.
- 7.2.15 Must be a state level referee for a minimum of two years.
- 7.2.16 Within those two years, must have judged at a minimum of eight meets, with an average of four flights per meet experience.
- 7.2.17 Must take the level II written examination, administered by the Referee Chairman.
- 7.2.18 Must pass with a score of 90% or higher.
- 7.2.19 Must officiate in at least two USPA meets each year to keep their accreditation current.
- 7.2.20 Must stay current and updated on all USPA rule changes.
- 7.2.21 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.
- 7.2.22 Must re-register or renew their USPA membership annually in order to maintain their current qualifications.
- 7.2.23 A referee who has been inactive for a period of four years, or who fails to re-register or renew their USPA membership annually, will forfeit their credentials.

### **International Referees**

- 7.2.24 Must be a member of the USPA.
- 7.2.25 Must be recommended by your State or the National Referee Chairman, and approved by

the USPA President.

- 7.2.26 Must be a National level referee for a minimum of four years.
- 7.2.27 Within those four years, must have officiated in at least fifteen USPA sanctioned meets.
- 7.2.28 Within those four years, they must have judged a minimum of two state, two national and one world competition.
- 7.2.29 Must take the Level III written examination administered by the Referee Chairman and passed with a score of 95% or higher.
- 7.2.30 Must officiate in at least two USPA meets each year to keep their accreditation current.
- 7.2.31 Must stay current and updated on all USPA rule changes.
- 7.2.32 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.
- 7.2.33 Must re-register or renew their USPA membership annually in order to maintain their current qualifications.
- 7.2.34 A referee who has been inactive for a period of four years or who fails to re-register or renew their USPA membership annually will forfeit their credentials.

## **Part 8. JURY**

### **Item 1. Jury**

- 8.1.1 At national championships, a jury will be appointed to preside over each lifting session.
- 8.1.2 The jury shall consist of three referees, the highest ranking shall be designated president of the jury.
- 8.1.3 The function of the jury is to ensure that the technical rules are correctly applied.
- 8.1.4 During the competition the jury may, by a majority vote, replace any referee whose decisions in their opinion, prove him to be incompetent. The referee concerned must have received a warning prior to any action of dismissal.
- 8.1.5 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 receiving a warning.
- 8.1.6 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.
- 8.1.7 The jury shall not at any time overrule or change the decisions of the referees.
- 8.1.8 The members of the jury will be positioned to ensure an unimpeded view of the competition.
- 8.1.9 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 rules contained in the most current edition of the USPA rule book.
- 8.1.10 If music accompanies the lifting, the jury will determine the volume and when the music should terminate (i.e. when the lifter steps on the platform or when he grips the bar).

## **Part 9. RECORDS**

### **Item 1. State and American Records**

- 9.1.1 State and American records may be set at any USPA sanctioned meet provided that:
- 9.1.2 The meet director applied for, and was granted a USPA meet sanction.
- 9.1.3 The platform, all plates, bars, and collars were inspected by the Head Referee prior to the meet starting, and they all met USPA requirements and standards.
- 9.1.4 Only approved kilo plates and collars shall be used for all American and World Records, and are recommended for State Records. The exception to allow a Meet Director to use pound plates to establish State Records may be given by the USPA president on a meet-by-meet basis.

- 9.1.5 Any new records set must exceed the previous record amount by at least 500 grams.
- 9.1.6 The lifter and all lifting gear used were inspected prior to leaving the platform at the time of the lift.
- 9.1.7 There must be three USPA certified State level or higher Referees judging any State record attempts, and at least two National or International Referees judging any American record attempts, and either three International, or two International and one National Referee judging any World Record attempts.
- 9.1.8 All USPA rules were followed exactly as per the rule book.
- 9.1.9 The Meet Director must supply the appropriate Records Chairman an official and complete copy of the meet results within 14 days, with an included list of all referees that participated at the meet and their current rankings.
- 9.1.10 At any USPA sanctioned meet, the Meet Director has the right to establish their own local meet, high school, college, gym, or club records. All guidelines established to set State and American records will still apply to any record set under the USPA sanction.
- 9.1.11 Each State may establish their own process that a lifter must follow in order to have their new State record recognized or to obtain a certificate.
- 9.1.12 A completed American records application must be sent in by the lifter to the American Records Chairman within 30 days of the meet date in order to have the new record validated, posted, and a certificate sent to them. Exceptions to this rule will be dealt with on a case-by-case basis by the USPA American Records Chairman.
- 9.1.13 The requirements for a lifter to request a fourth attempt are:
  - 9.1.13.1 They must have been successful on their third attempt.
  - 9.1.13.2 Be within 20 kilos of the current record. Their fourth attempt must exceed the current record by at least 500 grams or ½ kg.
  - 9.1.13.3 They must receive permission from one of the platforms three referees or the platform expeditor, who in turn will notify the Head referee immediately. The following questions should be asked of the lifter requesting a 4<sup>th</sup> attempt:
    - 1. Were you successful on your 3<sup>rd</sup> attempt?
    - 2. Will your 4<sup>th</sup> attempt break a record from a previous meet?
    - 3. What is the current record?
    - 4. If any of these questions is not answered successfully the 4<sup>th</sup> attempt must be denied.
  - 9.1.13.4 The lifter must still report their attempt within 60 seconds from when they completed their lift.
  - 9.1.13.5 The exception to this would be if the lifter also set a new record on their third attempt and was having an equipment check being performed. In that case the lifters 60 seconds would start after the equipment check was completed.
- 9.1.14 Any fourth attempts will not count in the lifters meet total, nor a lifters placing in the competition, nor used to calculate “Lifter Status” classification, nor used for team points scoring, and never used for the Best Lifter calculation. Its only purpose is for setting an individual lift record.
- 9.1.15 Fourth attempts will not be included in the record “total” itself.
- 9.1.16 Only lifters actually competing in a competition may attempt records as fourth attempts outside the competition. (i.e. no lifter that may have bombed out but is still lifting as a guest lifter). In order for the lifter to attempt any new record, they must have been entered in the division for that specific lift prior to the meet starting.
- 9.1.17 If two lifters in the same flight both set the same new record, registering exactly the same weight lifted, the lifter that first set the record will be recognized as the official record holder.
- 9.1.18 Lifters may only set records in the division (or divisions) they have entered the meet in prior to the end of the last weigh in session.
- 9.1.19 A Junior lifter may set Junior and / or Open records, an Open lifter may only set Open records, and a Master lifter may set either Master and / or Open records depending on how they entered the meet.
- 9.1.20 If at any competition the format for the meet has been established that all lifters can only compete as

- Open lifters, despite their true age and classification (Junior or Master), an exception to 9.1.16, 9.1.18, and 9.1.19 will be given, and they will be able to establish records in their actual class.
- 9.1.21 World Records may only be established at each years' Nationals and World Championships, sanctioned through the USPA or IPL. The only exception to this would be a specially sanctioned meet approved by the president. Additionally, all other records requirements must still be met in order for any new record to be valid.
- 9.1.22 State, American and World records may be established at any meet that has met all of the requirements as described in sections 9.1.1 to 9.1.21. In order for a lifter to receive permission for any fourth attempts, the new record must be at least the sanction level of the meet, or greater (e.g. if a meet is sanctioned as a National meet, lifters are not allowed any fourth attempts in order to break state records, but are allowed fourth attempts to break American or World records. If the meet is sanctioned as a World championship, lifters are only allowed a fourth attempt to break a World record, not a State or American record).
- 9.1.23 A lifter requesting to set a new record at a meet that is at a level less than the one they are competing in (i.e. requesting to break a State Record at the National Championships), may only do so by using 2.5 kilo increments (not 500 grams) and must break the current record by at least 2.5 kilos. At National Championships, a lifter can break an American or World Record using 500 grams, or more. At World Championships, a lifter must break a State or American Record with 2.5 kilos (not 500 grams) They could, however, break the World Record using 500 grams, or more.
- 9.1.24 Lifters attempting to set a new American or World Record that was established with a minimum standard, and is not an actual existing American or World Record with a name and date, may do so by either matching or breaking the minimum standard. They are not eligible for a 4<sup>th</sup> attempt and must meet or exceed the minimum standard in increments of 2.5 kilos or more, no chipping will be allowed.
- 9.1.25 Every time a lifter establishes a new record they must have a complete gear check done immediately after the lift, just off the platform by a USPA official before walking away. This must include – knee sleeves verified by attempting to separate the material to demonstrate it is only one ply and the correct width, knee wraps verified by the lifter removing at least one wrap and the official holding it up to measure for all to witness, wrist wraps verified by the lifter removing at least one wrap and the official holding it up to measure for all to witness, belts either being removed, or the official runs their hand on the inside of the belt to verify no illegal support has been added, elbow sleeves verified by attempting to separate the material to demonstrate it is only one ply and the correct width, running the back of the hand below the crotch line on the side of the lifter, and on the side of the lifter above the naval area to verify no additional illegal support is hidden under the singlet, and in the case of a single ply bench shirt that the entire shirt is only one ply (some manufactures offer two ply sleeves on their one ply shirts), and a quick glance that nothing has been placed under the front of the shirt to shorten the lifters stroke. The singlet must also be checked to make sure it is only one ply and meets all other specs. A last minute glance of the lifter from head to toe to verify that no other rule book violations are present that could invalidate the new record.

## **Part 10. Our Personal Message for our Special and Disabled Lifters:**

- 10.1.1 The USPA welcomes all lifters and will always do our very best at all times to accommodate any special needs or requests. If there are any special requests that a lifter may have, please contact us prior to the meet so we may assist you, ensuring your having a pleasurable meet. Powerlifting is a passion that should never be limited by ones' own physical hurdles. Our staff is understanding and experienced in this area, and wants every lifter to feel both welcomed and appreciated at our meets.

### **Item 1. Weight Classes**

10.1.2 All standard weight classes will be used for men and women as found in Part 1, Item 3 above

### **Item 2. Costume**

10.2.1 A lifting suit (singlet) is not required, but a t-shirt is. Use of both a t-shirt and lifting suit is permitted.

10.2.2 Track trousers, which fit tightly to both the buttocks and legs, or snug fitting shorts are the only trousers acceptable.

10.2.3 Lifting with prosthesis is allowed and orthotics with shoes will be allowed.

### **Item 3. GENERAL**

10.3.1 If the lifter cannot fully stretch the **arms** resulting from anatomical deformation of the elbow they must report this fact to the three referees before the beginning of each attempt during the competition.

10.3.2 If the lifter cannot fully stretch the **legs** resulting from anatomical or neurological disease, they must report this fact to the three referees before the beginning of each attempt during the competition.

10.3.3 Any lifter is allowed to be strapped to the bench with his personal strapping belt.

10.3.4 Strapping is allowed on the legs from the ankles to the hips.

10.3.5 Strapping of the legs must be done by the lifter, the coach, or the loaders, under the supervision of the referees.

10.3.6 The coach is allowed to help the lifter on arrival at or upon leaving the platform. Coaches shall remain within the designated coaching area.

10.3.7 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.

10.3.8 The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. The head may rise during the lift. This position shall be maintained throughout the attempt. The only exceptions are regarding the heels in the case of lower limb amputees.

## **Part 11. Multi-Ply Division – Annex**

### **Item 1. Lifting Suit**

11.1.1 A lifting suit shall be worn during the competitive lifts. It must be an individual full length article of cloth fabric, polyester, denim or canvass and may consist of multiple plies of any thickness, but as a whole be of a singular construction. The straps must be worn over the shoulders at all times while performing the competitive lifts. The use of Velcro material to secure the straps is permitted. The length of the legs must not extend beyond mid-thigh (mid-point between the top of the kneecap and the crotch).

11.1.2 An erector shirt may be worn with either a squat or deadlift suit during the performance of these two lifts.

### **Item 2. Bench Shirt**

11.2.1 One bench shirt may be worn under the lifting suit. It must be an individual article of cloth fabric, polyester, denim or canvas. Its construction may consist of multiple plies but must, as a whole, be a singular component. Sleeves must remain above the elbow when worn and must cover the

armpits. Velcro or open back is permitted.

- 11.2.2 During the bench press, a lifter wearing an open-back bench shirt has the option of wearing one plain white t-shirt and meets all general specifications found under Part 3-Costume and Personal Equipment, Item 5 Undershirt).

### **Item 3. Support Briefs**

- 11.3.1 One pair of Support Briefs of any design may be worn and may extend below the bottom of the lifting suit leg, provided that the length of the legs do not exceed mid thigh, and that the waist does not extend beyond approximately mid-torso.
- 11.3.2 The Support Briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole, be a singular component.

### **Item 4. Elbows**

- 11.4.1 Elbow wraps or elbow sleeves may be worn only during the squat and deadlift competition, but not during the bench press. They may be supportive sleeves of rubberized material (maximum width of 30 cm) or elastic wrap (maximum length of one meter), but must be of one single unit only. They may cover the general elbow area, but cannot extend beyond 15 cm above or below the mid-point of the elbow joint. The shirt sleeve may extend over the elbow sleeve as long as it does not extend past the elbow joints.

### **Item 5. Benchpress**

- 11.5.1 The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.
- 11.5.2 As long as the bar is not so low that it touches the lifters belt, the lift is acceptable.
- 11.5.3 The center spotter is allowed to adjust the lifters belt, shoulders, head, or arms once the lifter is on the bench from the head position, but the lift must still begin within the one-minute allowed.
- 11.5.4 Spray-on "stickem" is allowed to be used on the soles of the shoes only.

### **Item 6. Squat – Platform Personal**

- 11.6.1 During the performance of the squat there will be one additional spotter / loader allowed on the platform that will operate the arm apparatus of the mono-lift. This will be in addition to the maximum allowed of five spotter / loaders.

### **Item 7. Squat – Mono-lift**

- 11.7.1 The use of the mono-lift during the performance of the squat is permitted. The lifter has the option to remain in place or walk out prior to starting their lift.

## **Part 12. Classic Raw Division - Annex**

### **Item 1. Rules of Performance**

- 12.1.1 The Classic Raw division will follow all of the gear, equipment, rules of performance, and other USPA competition rules found in this book regarding raw lifting with the exception of:
- 12.1.2 Knee wraps may be used in place of the knee sleeve, subject to compliance of sections 3.11.5, 3.11.8, and 3.11.10.

## **Part 13. APPROVED EQUIPMENT LIST (USPA Rulebook)**

### **Item 1. Approved Equipment list**

13.1.1 Approved list of lifting apparel for use at all USPA sanctioned competitions.

#### **AMERICAN BARBELL CLUB**

Wrist Wraps up to 1M  
Knee Wraps up to 2.5M  
Knee Sleeves up to 7 mm  
Singlet

#### **ANDERSON POWERLIFTING:**

All Anderson Powerlifting knee wraps up to 2.5M and wrist wraps up to 1M.  
30cm SBD Knee and 20cm Elbow Sleeves.  
SBD 13mm Lever Power Belt  
Anderson Powerlifting Non-Supportive Singlet  
KLA Training Belt (Pioneer Products)

#### **APT:**

Bench shirt-SP  
Strangulator wraps, up to 2.5M  
ZRV - Pro Wraps Wrist, up to 1M and Knee wraps up to 2.5M  
Convict Pro-Wrist Wraps, up to 1M/Knee Wraps, up to 2.5M  
ZRV - Pro-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Blue Power-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
RedWhite & Blue-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Thug-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Black Reaper-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Black Mamba-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Blue Mamba-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Blood Stripe-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Phantom-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
The Wrap 2XH-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
The Wrap 3XH-Wrist Wraps up to 1M/Knee Wraps up to 2.5M  
Hybrid-Wrist Wraps up to 1M/Knee Wraps up to 2.5M

#### **BARBELL BRIGADE:**

Wrist Wraps up to 1 meter

#### **BATTLE BORN STRENGTH:**

Singlet  
Knee Wraps up to 2.5 meters  
Wrist Wraps up to 1 meter

#### **BEAR KOMPLEX:**

Knee Sleeves 5mm  
Knee Sleeves 7mm

#### **BEST BELTS:**

Athlete 10 mm Weight Lifting Belt

Prime Cut 13 mm Weight Lifting Belt  
3" Prime Cut Weight Lifting Belt  
All belts at or under 10 cm in width and 13 mm in thickness

### **CERBERUS STRENGTH (ITEX SOLUTIONS)**

Wrist Wraps (12-24-36 inch)  
Knee Wraps up to 2.5M

### **CRAIN:**

Power Bench Press Shirt  
Mega Power Bench Press Shirt  
Genesis Power Suit  
Genesis Deadlift Suit  
Shirt cx1 and cx2 (single-ply)  
Costume cx1 and cx2 (single-ply)  
Xtreme power Wrap, up to 1M  
Xtreme power Wrist Wrap, up to 1M  
Genesis Power Wrap, up to 2.5M  
Genesis Power Wrist Wrap, up to 1M  
Redline Power Wrap, up to 2.5M  
Redline Power Wrist Wrap, up to 1M

### **ELEIKO SPORTS**

Knee Sleeves (Knee Support all sizes)  
Power Belt all sizes Level and Prong

### **ELITE FITNESS SYSTEMS (EFS):**

EFS knee wraps up to 2.5M and wrist wraps up to 1M

### **INZER ADVANCE DESIGNS:**

#### **Squat suits:**

TRX Squat suit  
Hardcore Squat suit  
Z-Squat suit  
Champion squat suit  
T-Rex Squat suit (multi-ply only)  
Leviathan Squat suit (multi-ply only)

#### **Bench shirts:**

Rage bench shirt  
Rage-X bench shirt  
Rage X double ply bench shirt (multi-ply only)  
Phenom bench shirt  
Phenom double ply open back bench shirt (multi-ply only)  
Super Duper Phenom (multi-ply only)  
Extra High Performance Heavy Duty Blast Shirt (EHPHD)  
High Performance Heavy Duty Blast Shirt (HPHD)  
Heavy Duty Blast Shirt (HD)

Standard Blast Shirt  
Radical Denim Bench shirt (multi-ply only)  
Standard Denim Bench shirt (multi-ply only)  
Triple Denim Bench shirt (multi-ply only)

**Deadlift suits:**

MAX DL Deadlift suit  
Fusion Deadlift suit

**Kneewraps: up to 2.5M**

Gripper Knee wrap  
True Black Knee wrap  
Iron Knee Wraps Z  
Power Surge Redline knee wraps

**Wrist wraps: up to 1M**

Iron Wrist Wraps Z  
Power Surge Redline wrist wraps

**Briefs:**

Predator brief (multi-ply only)  
Power Pant brief (multi-ply only)

**Belts:**

Forever Lever Belt 13mm and 10mm  
Forever Buckle Belt 13mm and 10mm  
Forever Tapered Lever Belt  
Forever Tapered Buckle Belt  
PR Belt (ratchet belt)

**Singlets:**

Power singlet  
Classic singlet

**IAN MORRIS EQUIPMENT:**

Rebound Singlet

**IRON REBEL POWER GEAR (formerly Rhino Power Gear):**

RHINO Knee Wraps up to 2.5M  
RHINO Wrist Wraps up to 1M  
Anaconda knee wraps up to 2.5M  
Anaconda wrist wraps up to 1M  
Outlaw Knee wraps up to 2.5M  
Outlaw wrist wraps up to 1M  
Raptor Knee wraps up to 2.5M  
Raptor wrist wraps up to 1M  
All Lifting Singlet's  
All Knee Sleeves

**JBBOSS:**

Knee wraps up to 2.5 meter  
Wrist wraps: up to 1 meter  
Belts  
Singlets  
Knee sleeves

**KIWI Strength powerlifting gear (Australia):**

Knee wraps (2.0 meter and 2.5 meter)  
Wrist wraps: up to 1 meter. This includes the Velcro in the total length  
Belts  
Singlets  
Knee sleeves

**LIFTINGLARGE:**

Knee Sleeves: Savage Knee Sleeves (Green Seam) and 1 ply White Crusher  
Basic Singlet  
Wrist Wraps: Parallel Breaker Wrist Wraps 12-24-36-inches  
Knee Wraps: Parallel Breaker Knee Wraps 2.0M – 2.5M  
Power Belts:  
Pro Extreme Lever Belt 10mm  
Pro Extreme 1 Prong Belt 10mm  
Economy Lever Belt 10mm  
Economy 1 Prong Belt 10mm  
Economy 2 Prong Belt 10mm  
Competition Lever Belt 13mm  
Competition 1 Prong Belt 13mm  
Competition 2 Prong Belt 13mm  
Naked Leather Lifting Belt 1 Prong 6.5mm  
13 mm Black Polished Leather Power Belt – Lever  
13 mm Black Polished Leather Power Belt – 1 Prong

**LIVE LARGE FITNESS:**

Singlets  
Deadlift Socks

**MARATHON:**

Legacy equipment is approved but subject to inspection for compliance to current specifications

**MCDavid:**

Knee Sleeves 7mm and under

**METAL:****Squat suits:**

Metal Jack Squat Suit (multi-ply only)  
Metal King Squatter  
Metal King V-type Squatter  
Metal Viking V-type Squatter  
Metal Ace Squatter (multi-ply only)  
Metal Viking Squatter

Metal Pro Squatter (multi-ply only)  
Metal Squatter V-Type  
Metal Squatter

**Bench shirts:**

Metal Jack Bench shirt (multi-ply only)  
Metal Ace Shirt (multi-ply only)  
Metal King Bash Shirt (multi-ply only)  
Metal King Presser  
Metal King X-Type  
Metal King Bencher  
Metal Viking Presser  
Metal Bash Single Ply Bench shirt  
Metal Bash Bench shirt (multi-ply only)  
Metal Viking Bencher X-Type  
Metal Viking Bencher  
Metal Viking Pro Bencher (multi-ply only)  
Metal Pro Bencher (multi-ply only)  
Metal Bencher

**Deadlift suits:**

Metal Jack Sumo Deadlift suit (multi-ply only)  
Metal Jack Deadlift suit (multi-ply only)  
Metal King Deadlifter  
Metal King Sumo Deadlifter  
**Metal King Sumo Pro Deadlifter (multi-ply only)**  
**Metal King Pro Deadlifter (multi-ply only)**  
**Metal Viking Deadlifter**  
**Metal Pro Deadlifter**  
**Metal Deadlifter**

**Kneewraps:**

Metal Silver knee wraps (up to 2.5M)  
Metal Silver knee wraps-Pro (up to 2.5M)  
Mystical Black knee wraps (up to 2.5M)  
Mystical Black knee wraps Pro (up to 2.5M)  
Metal Black knee wraps (up to 2.5M)  
Metal Triple Blackline Wraps (up to 2.5M)

**Wristwraps:**

Metal Silver wrist wraps up to 1M  
Metal Black wrist wraps up to 1M  
Metal Triple Blackline wrist wraps up to 1M

**Briefs:**

Metal Jack Briefs (multi-ply only)  
Metal Ace Briefs (multi-ply only)  
Metal Viking Pro Briefs (multi-ply only)  
Metal Pro Briefs (multi-ply only)

**Singlets:**

Metal 2 color singlet  
Metal Viking singlet  
Metal Bench singlet

**Belts:**

Metal Powerlifting belt (13mm thick)

**Socks:**

Metal Deadlift socks

**Shoes:**

Metal Powerlifting shoes

**PIONEER PRODUCTS / GENERAL LEATHERCRAFT:**

Wrist Wraps up to 1 meter  
Knee Wraps up to 2.5 meters  
Power Belts (Prong, Lever and Bench)

**POWERBELLY:**

Knee Wrap Super Heavy Size: 2.5 meter  
Knee Wrap Heavy Size: 2.5 meter  
Knee Wrap Triple Super Heavy Size 2.5 meter  
Knee Wrap Double Super Heavy Size 2.5 meter  
Wrist Wraps up to 1 meter

**OVERKILL:**

Bench Shirt – SP  
Bench Shirt – MP  
Squat/Deadlift suit: SP  
Power Briefs - MP  
Squat/Deadlift suit: MP  
Wrist Wraps up to 1M  
Knee Wraps up to 2.5M

**SBD:**

Singlet  
20cm elbow sleeves  
30cm knee sleeves  
1m wrist wraps  
2.5m knee wraps

**SCHIEK SPORTS:**

Knee Wraps up to 2.5 meters  
Wrist Wraps up to 1 meter  
Tommy Kono Knee Sleeves  
Power Belt (Prong and Lever)

## **SUPER TRAINING PRODUCTS / Strong**

Knee Wraps up to 2.5 meters  
36-inch Gangsta Wrist Wraps up to 1 meter  
Power Belt (Prong 13mm)  
Singlet  
Elbow Compression Cuffs (Elbow Sleeves)  
Wrist Wraps (Short and Long) up to 1 Meter  
Strong Knee Sleeves Black Code 6 under 7 mm

## **THE STRONGHOUSE PROJECT:**

Knee Wraps up to 2.5 meters (Zelus, BIA, Kratos and BMF)  
Wrist Wraps up to 1 meter (Zelus, BIA, Kratos and BMF)  
Knee Sleeves (S-XXL)

## **TITAN:**

### **Squat Suits:**

Boss Squat suit (multi-ply only)  
Centurion and “Super” Centurion Suits  
Spartan Squat suit  
Superior Squat suit

### **Bench Shirts:**

F6 Bench shirt  
Fury Bench shirt  
Katana Bench shirt  
Super Katana Bench shirt  
Evil Twin Bench shirt

### **Deadlift Suit:**

Velocity Deadlift suit

### **Knee wraps: up to 2.5M**

Max RPM knee wrap  
Red Devil knee wrap  
THP knee wrap  
Titanium knee wrap  
Signature Gold knee wrap

### **Wrist wraps: Up to 1M**

Max RPM wrist wrap  
Red Devil wrist wrap  
THP wrist wrap  
Titanium wrist wrap  
Signature Gold wrist wrap

### **Briefs:**

Boss briefs (multi-ply)  
Centurian boxer briefs (multi-ply)  
Centurian briefs (multi-ply)

Superior Boxer briefs (multi-ply)  
Centurian briefs (multi-ply)  
Superior briefs (multi-ply)

**Singlets:**

Titan El Loco singlet  
Titan F6 Singlet  
Titan Fury Singlet  
Titan International Patriot Singlet  
Titan International Patriot Two Tone Singlet  
Titan Katana Singlet  
Titan Singlet  
Titan Super Katana Singlet  
Titan Two Tone Singlet

**Belts:**

All belts

**Knee and Elbow sleeves:**

All sleeves are legal for raw division

**UNBREAKABLE GEAR:**

Knee wraps: up to 2.5M (Contender, Annihilator, and Destroyer)  
Wrist wraps: Up to 1M (Contender, Annihilator, and Destroyer)  
30cm Knee sleeves 7mm (RED only)  
Singlet  
Power Belts (Single Prong and Lever)

**VIRUS ACTION SPORT PERFORMANCE:**

Singlet (all sizes)

**YICOMPETE / STRONGLIKEBULL:**

Knee Wraps up to 2.5 meters  
Wrist Wraps up to 1 meter  
Knee Sleeves 7mm and below

**OTHER KNEE SLEEVES:**

Rehband  
Tommy Kono