

United States Powerlifting Association



Technical Rules *March 13, 2024*

***January-March 2024 updates are highlighted in yellow.

***July 2023 updates are highlighted in blue.

Table of Contents

PART 1. GENERAL RULES	6
Item 1.1 General Rules.....	6
Item 1.2 Age Categories.....	6
Item 1.3 Bodyweight Categories.....	6
Item 1.4 USPA Registration.....	7
Item 1.5 Team Competition.....	7
Item 1.6 Best Lifter Awards / Meet Director Choice Awards.....	8
Item 1.7 State Affiliation	8
Item 1.8 Drug Testing.....	9
PART 2. EQUIPMENT AND SPECIFICATIONS.....	12
Item 2.1 Platform.....	12
Item 2.2 Bars and Plates	12
Item 2.3 Collars	13
Item 2.4 Squat Racks & Combo Squat/Bench Press Racks	14
Item 2.5 Bench.....	14
Item 2.6 Judging Lights.....	15
Item 2.7 Meet Environment.....	15
PART 3. COSTUME AND PERSONAL EQUIPMENT	15
Item 3.1 Singlet	15
Item 3.2 Lifting Costume.....	16
Item 3.3 Bench Shirt.....	17
Item 3.4 Erector and Band Shirts (in Multi Ply only).....	18
Item 3.5 Undershirt.....	18
Item 3.6 Underwear	18
Item 3.7 Support Briefs	19
Item 3.8 Socks	19
Item 3.9 Belt.....	20
Item 3.10 Shoes or Boots.....	20
Item 3.11 Wrist & Knee Wraps/ Knee & Elbow Sleeves/Hats, Sweat Bands, Head Gear/Wrist Wraps ..	21

Knee Wraps/Knee Sleeves	21
Hats, Sweat Bands, Head Gear.....	22
Medical Tape/Bandages.....	22
Elbow Sleeves:.....	23
Item 3.12. Blood Management	23
Item 3.13 Shin Guards.....	23
Item 3.14 Raw, Classic Raw, Single Ply and Multi Ply Equipment Definition.....	23
Item 3.15 Inspection of Costume and Personal Equipment	24
Item 3.16 General	25
Part 4. POWERLIFTS AND RULES OF PERFORMANCE.....	25
Item 4.1 Squat.....	25
Item 4.2 Causes for Disqualification of a Squat:	28
Item 4.3 Bench Press:.....	29
Item 4.4 Causes for Disqualification of a Bench Press	30
Item 4.5 Deadlift	31
Item 4.6 Causes for Disqualification of a Deadlift.....	31
Part 5. WEIGHING IN.....	32
Item 5.1 Weighing-In of the Competitors	32
Part 6. RULES OF COMPETITION	37
Item 6.1 The Round System	37
Item 6.2 Appointed Officials	39
Speaker/Announcer responsibilities.....	39
Technical Chair responsibilities.....	39
Referee Chair responsibilities	39
Timekeeper responsibilities	40
Expeditors responsibilities	40
Scorekeeper responsibilities	40
Spotter/Loader responsibilities	40
Records Chair	43
State Chair.....	43
Item 6.3 Competition Rules	44
Part 7. REFEREES	47
Item 7.1 General Rules.....	47

Signals required for the three lifts	50
Squat	50
Bench press	50
Deadlift.....	50
All Lifts.....	50
Referees – General Rules Continued	51
Examples of faults that should be considered a minor oversight.....	51
Examples of infractions that must be corrected prior to the lifter making their attempt are:	51
Examples that should be considered a purposeful attempt to cheat	51
Item 7.2 Qualifications for a Referee.....	52
State Referees.....	52
National Referees.....	52
International Referees	53
Item 7.3 USPA Staff Officials	54
Part 8. RECORDS.....	54
Item 8.1 State and National Records	54
Part 9. Our Personal Message for our Special and Disabled Lifters and Religious Requirements	57
Item 9.1 Special Needs, Disabled, Missing Limb, Handicap, Adaptive, Mentally Challenged, Medical or Religious Restrictions.....	57
Item 9.2 Weight Classes.....	57
Item 9.3 Costume.....	57
Item 9.4. General	57
Part 10. Multi Ply Division – Annex.....	58
Item 10.1 Lifting Suit	58
Item 10.2 Bench Shirt.....	58
Item 10.3 Support Briefs	59
Item 10.4 Elbow Sleeves	59
Item 10.5 Bench press.....	59
Item 10.6 Squat – Platform Personal	59
Item 10.7 Squat – Mono-lift.....	59
Item 10.8 Squat Bar	59
Part 11. Meet Directors	60
Item 11.1 Meet Director’s Choice Awards	60

Item 11.2 Drug Testing.....	60
Item 11.3 Meet Director Responsibilities Concerning the Platform.....	61
Item 11.4 Weigh-Ins.....	62
Item 11.5 Post-Competition.....	62
Item 11.6 Event Planning.....	63
Part 12. Drug Testing-Banned Substance List.....	63
Anabolic Steroids and Agents	63
Amphetamines.....	65
Cocaine.....	65
Designer Stimulants	65
Diuretics	65
Methylphenidate	66
Miscellaneous Stimulants	66
+	67
Other	67
Part 13. Religious Considerations	67
Part 14. Transgender Lifters.....	67
Part 15. Code of Conduct.....	68
Discrimination	68
Harassment	68
Sexual Harassment.....	68

PART 1. GENERAL RULES

Item 1.1 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.
- 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 ranked above the heavier lifter. If they remain tied, the contested placing will officially be declared a tie.
- 1.1.7 As a guest lifter, you cannot place or set records in the competition in which you are guest lifting. However, your lifts may be used to qualify for future events.
- 1.1.8 If a lifter bombs out of an event they have entered, they are still eligible to compete in other events in which they have registered. For example, a lifter who registers for PL and BPO and fails to achieve a successful squat, is disqualified from PL but may still compete in BPO.

Item 1.2 Age Categories

- 1.2.1 Competitive lifting shall be restricted to competitor's age 13 years 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:

Junior: 13-15 Junior: 16-17

Junior: 18-19 Junior: 20-23

Open: 13-80+ Submaster: 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, 80-84, 85+

Item 1.3 Bodyweight Categories

- 1.3.1 The following weight classes are recognized by the USPA:

Men's Weight Classes: 52.0 kg, 56.0 kg, 60.0 kg, 67.5 kg, 75.0 kg, 82.5 kg, 90.0 kg, 100.0 kg, 110.0 kg, 125.0 kg, 140.0 kg, 140.1+kg

Women's Weight Classes: 44.0 kg, 48.0 kg, 52.0 kg, 56.0 kg, 60.0 kg, 67.5 kg, 75.0 kg, 82.5 kg, 90.0 kg, 100 kg, 110 kg, 110+ kg

Item 1.4 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. Youth lifters will need to purchase a high school membership regardless of if they are in High School. This is for insurance reasons.
- 1.4.3 All lifters must show proper identification (driver's license, passport, or school ID) and their USPA membership card (with expiration date) at the time of weigh-ins.
- 1.4.4 Annual USPA membership registration will cover the period of 12 months from the date of issue. USPA membership must be purchased through the USPA website at www.uspa.net.
- 1.4.5 Throughout this rulebook, wherever the words "he" or "his" occur, such reference is deemed to apply to either gender.
- 1.4.6 The USPA logo shall not be changed in any way and shall always be displayed with the "R" on the logo. The approved logos are available for download in the meet director portal. Samples of any proposed deviation of these logo designs, including any color variations, must first be submitted, and preapproved by the USPA National Office before use in promotional advertising, including but not limited to banners, social media ads, or other print media. The only exception is for meet t-shirt designs which may contain color variations to reduce printing costs. Failure to adhere to these requirements shall be grounds to terminate the usage permission. Please direct any questions or inquiries regarding this policy to the USPA National office: tyler@uspa.net.

Item 1.5 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 both men and 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. The names and weight classes of the alternates or reserves must be submitted at the time the original team roster is submitted (see sec. 1.5.7). Alternate or reserve lifter DOTS scores may only be used as a substitute for an original team member in the same weight class who bombs-out of the competition.
- 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 DOTS formula from each participating team towards their team total.
- 1.5.6 Point scoring shall be according to the DOTS formula. No Master's formula shall be used.

- 1.5.7 Each team must submit to the meet director a team roster giving the name of each lifter and their bodyweight category on or before the registration deadline of the competition. No changes of team members are permitted after registration closes.
- 1.5.8 All competing teams and team members must be in the same gear category.

Item 1.6 Best Lifter Awards / Meet Director Choice Awards

- 1.6.1 At all competitions where “Best Lifter Awards” are presented, placing will be established by the DOTS formula. Scoring the best masters lifters will additionally entail the use of the McCulloch formula.
- 1.6.2 Best Lifter awards must be given in each event (PL, BPO, DLO, and PP) for both male and female competitors in Junior, Open, and Master classes in each division (Raw, Classic Raw, Single Ply and Multi Ply) where five or more competitors in each category finish the meet with totals. Best lifters are automatically calculated by the Iron Comp software and are displayed on the final Excel score sheet.
- 1.6.3 Any additional awards beyond the mandatory Best Lifter awards in sec. 1.6.2 are optional and may be offered at the discretion of the meet director. Any such awards shall be designated as “Meet Director Choice Awards” on the final score sheet and must include what, if any, award, prize, or compensation was given to the lifter. Meet Directors Choice Awards must be given during the awards ceremony at the conclusion of the contest, not at a future date.
- 1.6.4 When calculating Meet Director Choice Awards, meet directors may choose the criteria used for the winner(s). The criteria must be advertised to all registered lifters prior to the meet.

Item 1.7 State Affiliation

- 1.7.1 Upon registration, lifters (via their residence mailing address) will designate the specific state they will represent when competing. 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 notify the National Office with their 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 may 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 in which 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 duty station.

Item 1.8 Drug Testing

- 1.8.1 At the discretion of the USPA National Office, Meet Directors will have the option to hold tested meets if they 1) apply for and pay the sanction fee to conduct a tested meet, and 2) follow all USPA testing guidelines.
- 1.8.2 The title or name of any tested competition must be clearly distinguished from a non-tested meet. The contest name must be preceded by the phrase "Tested." For example, "Tested State Championships."
- 1.8.3 Tested and non-tested contests must have separate results, records, awards, and Best Lifters. Tested and non-tested competitors may be in the same competition under limited conditions, pursuant to the limits set forth in sec. 1.8.4-1.8.4.1.5 below. These competitions may be performed under one sanction, but two separate entry registration forms are required.
- 1.8.4 Conditions to have tested and non-tested competitors on the same day, in the same contest are:
 - 1.8.4.1.1 Awards and/or testing must be conducted at the completion of each event, and
 - 1.8.4.1.2 There can be no more than the combined sum of 60 lifters competing throughout the event, and
 - 1.8.4.1.3 Tested and non-tested lifters must be in separate flights, and
 - 1.8.4.1.4 There must be separate meet results, awards, and Best Lifters (when applicable), and
 - 1.8.4.1.5 Two iterations of IronComp must be run on two separate computers, one for tested competitors, and one for non-tested competitors.
- 1.8.5 The Meet Director must pay in-full all laboratory testing fees no later than 14-days before the scheduled date of a tested contest. The fees are paid via the "Drug Test Lab Payment Form" that's accessed via the meet director login page on the USPA Website. Paying the lab fees also serves as an order form to ensure that all the testing kits and materials are shipped and received by the Meet Director before the contest.
- 1.8.6 After payment of the lab fees per sec. 1.8.4, the laboratory will ship the drug test kits, with "extra" kits that may be used as a substitute in the event one or more of the required kits are damaged or lost. These "extra" kits may only be used at a future contest if the meet director has pre-paid the laboratory testing fees for the future contest as stated in sec. 1.8.4.
- 1.8.7 The Meet Director must submit to the lab the same number of drug tests that were generated by IronComp after the meet. For example, if the meet director ordered 6 tests and uses 4, they must test 4 athletes and submit to the lab 4 completed drug test kits. A copy of each athlete's drug test form shall be submitted to the USPA National office with the score cards upon completion of every tested meet. Unused drug test kits can be reimbursed; meet directors can contact USPA Drug Tested Division Chair Tony Rodenburg at tony@uspa.net for reimbursement.
- 1.8.8 Testing must be performed on at least 10% of all athletes participating in each day of competition. All lifters, including those who achieve a DOTS score within the top 10% of competitors on each day of competition, are eligible for testing. Example of 10% ratio: if the meet has 40-44 lifters, then it would be rounded down to mandatory 4 lifters tested;

if the meet has 45-50 lifters it will be rounded up to mandatory 5 lifters tested. Upon completion of a contest, the Iron Comp Software will automatically calculate these ratios and display the athletes requiring testing under the menu selection of Drug Testing>Mandatory Tests. The mandatory test will also randomly select one or more athletes, regardless of DOTS score, for testing. In effect, everyone competing in a tested event has a chance of being tested, regardless of performance. A meet director also has the option of testing any athlete that establishes a world record on any lift each day of competition, regardless of whether their DOTS score is within the top 10%.

- 1.8.9 In competitions where there are both male and female participants, the top 10% of DOTS scores that are targeted for testing, as well as randomly selected lifters, must include both male and female lifters based on the percentage of participation of each gender. Upon completion of a contest, the Iron Comp Software will automatically calculate these ratios and display the athletes requiring testing under the menu selection of Drug Testing>Mandatory Tests.
- 1.8.10 Meet Directors have the option of testing up to a maximum of 10% of Master, Junior, and Single Lift (Bench Press and Deadlift) competitors based on their DOTS score. Upon completion of a contest, the Iron Comp Software will automatically calculate the highest DOTS score for the top competitor in Masters, Juniors, Bench Press Only, Deadlift Only and Push Pull and display the athletes requiring testing under the menu selection of Drug Testing>Optional Tests.
- 1.8.11 Meet Directors have the option of A) testing only those candidates that are displayed in the list generated from the Iron Comp Software under Drug Testing>Mandatory Tests, or B) selecting candidates from both the Mandatory Tests and the Optional Tests, in which case you will substitute the athlete with the lowest DOTS score shown on the Mandatory Tests report with the athlete showing the highest DOTS score shown on the Optional Tests report.
- 1.8.12 All tests must be administered immediately after lifting has been completed, conducted by a USPA official of the same gender. No out-of-meet testing will be performed unless, due to extenuating circumstances, alternative testing arrangements are mandated by the USPA national office.
- 1.8.13 Any Meet Director who conducts a tested contest and fails to perform the required testing will be 1) ineligible to hold another tested contest for 12-months, and 2) must thereafter satisfy the USPA National Office that any administrative deficiencies have been corrected.
- 1.8.14 It is the lifter's responsibility to remain at the competition venue following a tested contest to determine if he/she has been selected for drug testing. If the athlete fails, refuses, or is not available when the testing occurs, their lack of testing will be treated as a drug test failure subject to a lifetime ban without an opportunity to appeal.
- 1.8.15 Testing with minor lifters under the age of 18 will be performed with two USPA officials present, along with the lifter's parent/guardian, or coach.
- 1.8.16 Testing is to be performed by urinalysis using the drug testing kits and laboratory approved as follows: Abbott Laboratories, 3650 Westwind Blvd., Santa Rosa, CA 95403. No other testing laboratories are permitted.

- 1.8.17 If a lifter enters a tested meet and fails their test, or the appeal period expires or affirms the positive test results, the lifter will be banned for life from ever competing in a USPA/IPL tested meet.
- 1.8.18 Lifters can appeal a positive test and request that the sample B be used to retest at the lifter's expense. The appeal must be requested, and all required fees paid in full within 30 days following a positive test. The right to appeal expires after 30 days. If a lifter is successful in appealing a drug test, the lifter will be reinstated in good standing and all lifts and/or records will be reinstated.
- 1.8.19 A lifter that has failed a drug test will be allowed to continue to compete in the non-tested division after paying a \$500 fine.
- 1.8.20 The USPA and IPL do not allow any therapeutic use exemptions. This means no lifter using a banned substance (see sec. 12), is allowed to compete in the tested division.
- 1.8.21 The USPA and IPL will recognize drug tested suspension lists from other organizations if the suspension resulted from use of a substance prohibited by the USPA/IPL. Any lifter on a suspension or banned list from any other organization for use of a substance prohibited by the USPA/IPL will not be allowed to compete in any tested divisions but may compete in the non-tested divisions. Lifters that served their full term of suspension in another organization and have met all eligibility requirements, other than paying said organization a fine or reinstatement fee, are eligible to participate in the USPA tested division under the condition that they are subject to drug testing at any time immediately following any USPA tested event in which they participate.
- 1.8.22 If at any time it's determined that a lifter failed a drug test, for a substance prohibited by the USPA/IPL, in another organization and despite such failure participated in a USPA drug-tested event, said athlete will be treated as a failure subject to a lifetime ban.
- 1.8.23 The USPA will maintain a private list of everyone tested, including both positive and negative test results, on our Meet Director portal at the USPA website. This list will be available to State Chairs and Meet Directors as a reference to screen lifters entered in tested meets.
- 1.8.24 Drug testing is only available at tested meets.
- 1.8.25 Tested records may only be established in tested competitions.
- 1.8.26 Non-tested records may only be established in non-tested competitions.
- 1.8.27 Any lifter who fails a drug test and fails to appeal and/or pay the applicable fine for reinstatement in the non-tested division, will be permanently banned from all USPA competitions (both tested and non-tested); if they subsequently register, attempt to register, or through oversight, participate in a USPA event without paying the applicable fine, this will be deemed a blatant disregard of the USPA rules.
- 1.8.28 In addition to all provisions and penalties referenced herein, any USPA certified staff official, referee, or meet director who competes in a USPA tested competition will be subject to a 1-year suspension of their USPA credentials if they fail a drug test that is not successfully appealed per sec. 1.8.17.
- 1.8.29 Transgender athletes are not eligible to compete in the tested division and may only compete in the non-tested division.

PART 2. EQUIPMENT AND SPECIFICATIONS

Item 2.1 Platform

- 2.1.1 All lifts shall be performed on a separately distinct platform, not directly on a stage or floor, 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, nonslip 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, a one-piece carpet constructed of a dense tight loop material, or non-slip rubber matting/sheeting that's securely attached to the surface. It is the USPA's recommendation that all meets are held using the approved one-piece carpet as the top surface on all platforms. No additives may be applied to, or inserts incorporated in either the platform or its surface unless it is a specially constructed weightlifting platform. The platform is subject to approval by the meet director prior to the commencement of the competition.
- 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 number of bars, plates and safety collars of the same caliber as those required for the main platform. Bumper plates, and non-approved bars are not acceptable. Rig type warm-up areas, while not recommended, are allowed with the use of safeties. There shall be a minimum of three warm up 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 2.2 Bars and Plates

- 2.2.1 For all powerlifting contests organized under the rules of the USPA, only calibrated bars and steel plates are permitted. The use of plates, which do not meet the current specifications, will invalidate the contest and any records accomplished. Only those bars and plates 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 plates that have official USPA approval may be used at any USPA competition.
- 2.2.2 Bars shall be straight, well-knurled, grooved, safe for use, and shall conform to the following dimensions:
- 2.2.3 Total overall length cannot exceed 2.5 m; the only exception to this is 30 kg squat bars only used in Multi Ply events, which may be up to 2.6 m in length.
- 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 must be 25 kg (see 'Multi Ply Annex' for exceptions).
- 2.2.7 Weight of the 25 kg bench bar and collars must be 30 kg (see 'Multi Ply Annex' for exceptions).

- 2.2.8 Weight of the specialized squat bar and collars must be 30 kg (see 'Multi Ply Annex' for exceptions).
- 2.2.9 Diameter of the sleeve not to exceed 53 mm or be less than 50 mm.
- 2.2.10 There shall be a circumferential machine marking on the bar taped to measure 81 cm between markings. No other circumferential machine markings shall be on the bar except to indicate the bar's center for alignment purposes.
- 2.2.11 The correct bar for each lift shall be used in all competitions. Meet Directors have the option of using either a 20 kg power bar, 25 kg squat bar, or 30 kg squat bar (for Multi Ply events) during any squat flight. During the bench press only a 20 kg or 25 kg (for Multi Ply events) power bar may be used. During the deadlift, only a deadlift specific 20 kg bar may be used. Meet directors must notify all lifters well before the meet which bars will be used.
- 2.2.12 Plates – They shall conform as follows:
- 2.2.13 All plates used in competition must weigh within 0.25 percent of their correct face value.
- 2.2.14 The bore hole size in the middle of the plate may not exceed 53 mm or be less than 51 mm.
- 2.2.15 Plates 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 and 50 kg.
- 2.2.16 For record purposes, lighter plates of 0.25 kg and .5 kg may be used to achieve a weight of at least 500 grams more than the existing record.
- 2.2.17 Plates weighing 25 kg and over must not exceed 5 cm in thickness. Plates weighing 20 kg and under must not exceed 2.5 cm in thickness.
- 2.2.18 Plates must conform to the following color code: 10 kg and under - any color, 15 kg - yellow, 20 kg – blue, 25 kg – red and 50 kg – green.
- 2.2.19 All plates must be clearly marked with their weight and loaded in the sequence of heavier plates innermost with the smaller plates in descending weight arranged so that the referees can read the weight on each plate.
- 2.2.20 The first and heaviest plate loaded on the bar must be loaded facing in; with the rest of the plates loaded facing out.
- 2.2.21 The diameter of the largest plate shall not be more than 45 cm.
- 2.2.22 Any plate missing its calibration screw cannot be used in the setting of any USPA record.
- 2.2.23 It is recommended that 50 kg plates should not be used during meets unless absolutely necessary.

Item 2.3 Collars

- 2.3.1 Collars will weigh 2.5 kg each and always be used in competition.
- 2.3.2 Bar and collar combination must not exceed 30 kg for the squat, 25 kg for the bench press, and 25 kg for the deadlift; the only exception to this is for "specialty bars" used in Multi Ply events, which includes 1) a 30 kg squat bar with 2.5 kg collars (a total of 35 kg), and 2) a 25 kg bench bar with 2.5 kg collars (a total of 30 kg).

Item 2.4 Squat Racks & Combo Squat/Bench Press 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 1 m, 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 the swing arm lever cannot be actuated for either Raw, Classic Raw, or Single Ply lifters who must walk-out their squats per sec. 4.1.4. Exception: Use of the movable arms is only permissible for Multi Ply lifters.
- 2.4.5 Only combination squat/bench press racks that have been pre-approved by the USPA national office may be used in USPA competitions. New or existing manufacturers of combination racks will only be considered for approval after submitting (at no cost) to the USPA national office all rack measurements, specifications, and, if requested, photographs to ensure the rack complies with all specifications in sections 2.4.1 through 2.5.8. The design must also be free of any defect that represents a potential safety hazard. Racks from the following manufacturers have been approved: ER, Texas Strength Systems, Eleiko, EliteFTS, West Cary Barbell, State of The Arc, Sam Hell Barbell, Ghost and NSE-Naspower Strength Equipment, and Disciples of Power (DOP).

Item 2.5 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.
- 2.5.7 Soft, expansive foam bench pads ("pillow tops"), are not allowed. The surface shall be firm and the overall thickness of the padding material shall not exceed 7cm or approximately 2-3/4 inches.
- 2.5.8 All benches used on the platforms during a competition must have a face saver that is adjustable for each lifter's individual setting. *Face savers must be adjusted to each individual's setting to effectively ensure the safety of the lifter. If any official observes*

that a safety rack is improperly adjusted, he/she may require a change in the setting before the lifter is permitted to commence a lift.

Item 2.6 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 all lights remain off until all three officials have made their decision and then all lights come on simultaneously.
- 2.6.3 For emergency purposes (ie. a breakdown in the electrical system) the referees will be provided with small white and red flags or cards with which to make known their decisions on the Head Referee's audible command "flags."

Item 2.7 Meet Environment

- 2.7.1 Meet Directors will provide a safe, family-friendly atmosphere that complies with the USPA Code of Conduct. Meet Directors will also ensure that any visual material present, ie. banners on a gym's wall, and music, are appropriate for each event.
- 2.7.2 Meet Directors have the option of advertising and identifying an event as "18+ recommended" or "required," based on the nature of the event. For example, if the event is taking place at a venue that sells alcohol, if the event is a specialty event like an "18+ nighttime meet," or if the Meet Director plans on playing music with language not appropriate for a family-friendly atmosphere. To qualify as an "18+ recommended (or) required" event, the Meet Director must:
 - 2.7.2.1 Include "18+ recommended" on all advertisements for the event, including the meet sanction, social media flyers, emails, etc. This must be easily visible to the public, and registered competitors.
 - 2.7.2.2 Prior to the start of the event, the Meet Director or meet announcer will remind the audience of the "18+ recommended" nature of the event.
- 2.7.3 Meet announcers will refrain from using language that would be deemed inappropriate throughout each event.
- 2.7.4 Competitors using inappropriate language while on the platform will receive a minor violation. Continued use of inappropriate language while on the platform will result in disqualification from the event.

PART 3. COSTUME AND PERSONAL EQUIPMENT

Item 3.1 Singlet

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. An optional seam located at the end of the leg opening may serve as a hem consisting of rubberized or polyester material designed to reduce any slippage or riding up of the singlet leg. The seam may be protected or strengthened by narrow gauge webbing or stretch material and not exceeding 1.5 cm in width and 5 mm in thickness.

- 3.1.1 It may be of any color or colors and may not have any pockets, buttons, zippers, or a reinforced collar or seams.
- 3.1.2 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. No part of the lifter's costume can bear the name, logo, or image or any other powerlifting organization, other than the USPA/IPL and its affiliate countries. Any attempt to conceal or cover another powerlifting organization name, logo, or image, is not permissible.
- 3.1.3 The non-supportive weightlifting/wrestling-type suits may 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.
- 3.1.4 It must have legs and the length of the leg must not extend below mid-thigh or be shorter than 2 in from the crotch. The mid-thigh measurement is to be taken on a line from the top of the knee to the crotch.
- 3.1.5 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.
- 3.1.6 Any singlet with straps that 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 ("tabs") may extend is two inches above the new seam. Any singlet with straps that have been lengthened must be reattached with non-overlapping end-to-end seam. Velcro is not allowed on the straps or any part of the singlet. Zippers are not allowed on singlets.
- 3.1.7 Any portion of the lifter's costume that expressly or implicitly implies, or makes any reference whatsoever, to the use or non-use of performance enhancing drugs is strictly prohibited. Profanity and other offensive language displayed on the costume is also prohibited.

Item 3.2 Lifting Costume

- 3.2.1 The lifting costume (commonly known as a bench shirt, squat suit 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 1.3 mm 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 always worn over the shoulders while lifting in competition.

- 3.2.2 Only costumes officially registered and approved by the USPA Technical Chair shall be permitted for use in powerlifting competitions. The lifting costume 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. No part of the lifter's costume can bear the name, logo, or image of any other powerlifting organization other than the USPA or IPL and its affiliate states/countries.
- 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 2cm 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 in 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 ("tabs") may extend is 2 in 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 3.3 Bench Shirt

- 3.3.1 **Single Ply** bench shirts that have been approved by the Technical Chair 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 (consisting of more than one layer) 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 Does not consist of any rubberized or similar stretch material or threading. It must be 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 lifter's arms are extended down at their sides. Note: Sleeves that extend below the elbow cannot be rolled up above the elbow; this 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; this would make it Multi Ply.
- 3.3.7 Patches or stitching may not be added anywhere on the lifter's shirt that may give the lifter an unfair advantage.

- 3.3.8 All other material, construction, seams, and specifications found in “Item 2 Lifting Costume” apply.
- 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 in.
- 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 back 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 in and length of 3.5 in. 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 in (0.125 cm).

Item 3.4 Erector and Band Shirts (in Multi Ply only)

- 3.4.1 “Erector shirts” may only be used during the squat and deadlift in the Multi Ply division.
- 3.4.2 “Band shirts” may only be used during the bench press in the Multi Ply division.

Item 3.5 Undershirt

- 3.5.1 An undershirt (t-shirt) with sleeves must be worn under a Raw lifter’s singlet, and an equipped lifter’s squat suit, during the performance of the squat. A t-shirt must be worn under a Raw lifter’s 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. The undershirt is subject to the following provisions:
- 3.5.2 It can be of any color or colors, but may 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 that enhances performance. The t-shirt must be made of cotton or a mixture of cotton, polyester, or other fabric. Up to 25% of the fiber blend may contain Lycra, Spandex, or similar stretch material.
- 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 lifters 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. 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 3.6 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.

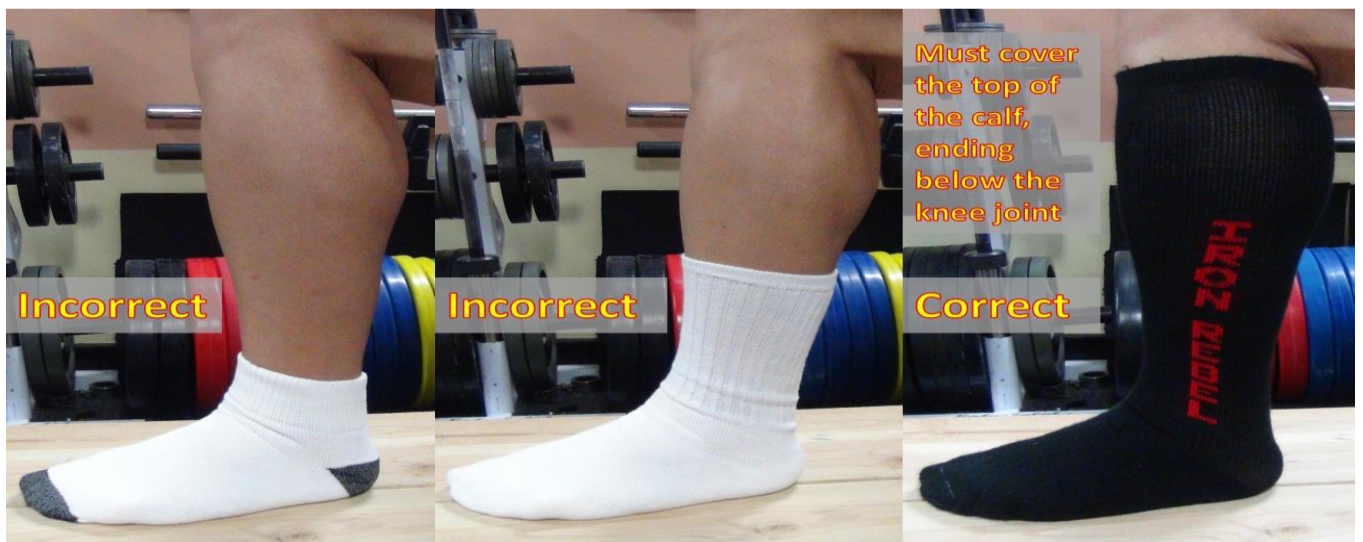
- 3.6.2 All underwear will be traditional “brief” style with no legs, also known as having a “V” cut leg opening.
- 3.6.3 Any lifter competing while wearing any type of supportive underwear, or underwear that is not a legless brief style, may be removed from the meet for deliberately attempting to cheat.
- 3.6.4 **“Incontinence underwear” is allowed for use in competition.**

Item 3.7 Support Briefs

- 3.7.1 Support briefs may be worn in Multi Ply competitions only. The support brief may not extend beyond the lifter’s mid-torso, nor 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 11, Item 1 for the approved equipment list.

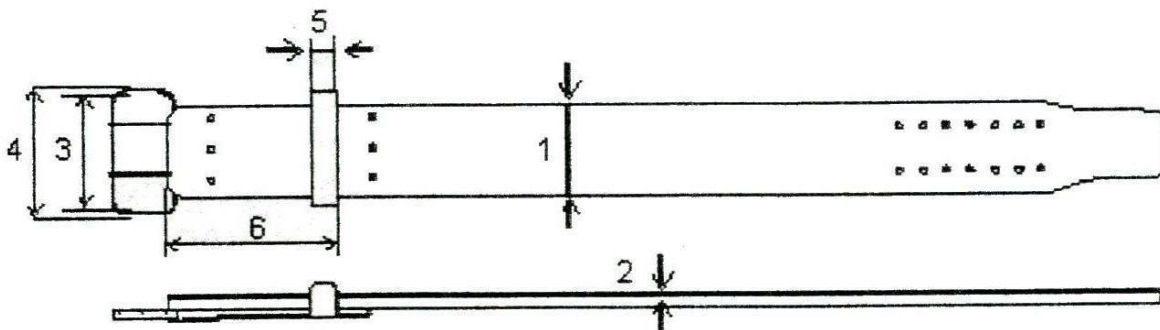
Item 3.8 Socks

- 3.8.1 Only one pair of socks may be worn 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 sleeve 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 shin guard as long as all duct tape is covered by the sock.



Item 3.9 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 may be a maximum of 10 cm. (#1 below)
- 3.9.10 Thickness of belt may be a maximum of 13 mm along the main length (#2 below), excluding any materials associated with the ratchet mechanism.
- 3.9.11 Inside width of buckle, maximum 11cm. (#3 below)
- 3.9.12 Outside width of buckle may be a maximum of 13 cm. (#4 below)
- 3.9.13 Tongue loop maybe a maximum width of 5 cm. (#5 below)
- 3.9.14 Distance between end of belt and far end of tongue loop may be a maximum of 15 cm. (#6 below)



Item 3.10 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 may include boots, sport shoes, gymnastic slippers or any foot covering that covers the entire foot and heel that has a patterned molding or foot type outline that provides an inner sole.

3.10.3 Shoes with metal or rubber spikes/cleats are not permitted.

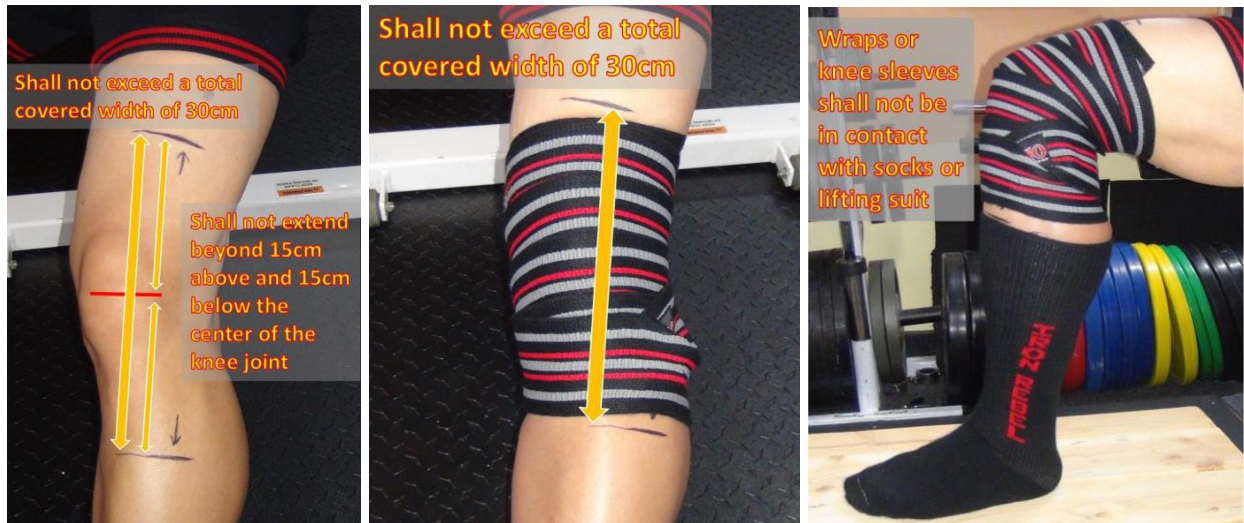
Item 3.11 Wrist & Knee Wraps/ Knee & Elbow Sleeves/Hats, Sweat Bands, Head Gear/Wrist Wraps

- 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 or other material (not to exceed 10 cm) 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 2cm below the center of the wrist joint and shall not exceed a covering width of 12 cm when worn. No portion of the wrap may be in contact with the bar.
- 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 2.5 m in length and 8cm in width may be used. Any Velcro patches/tabs or other material (not to exceed 10 cm) for securing, must be incorporated within the 2.5-meter length. If knee wraps are composed of multiple single ply material sections, they must be joined in a seam that is end-to-end and does not overlap creating a multi ply seam. 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 wrap 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 The knee sleeve has a limit of 5% Nylon or other stretch material.
- 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 and knee sleeves 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 a maximum width of 10 cm.
- 3.11.13 Lifter safety prohibits the use of any type of headphone 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. 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 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:

- 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 20 cm in length and 7 mm in thickness may only be worn in the squat and deadlift. Lifters may only use the optional Single Ply elbow sleeve during their lift. It may not have any Velcro on it and must be both non-adjustable and non-fastening.
- 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.
- 3.11.21 Elbow cuffs may only be worn directly centered on the lifter's elbow when the arm is bent at a 90-degree angle. They may not be worn as tendonitis bands on the lifter's forearm. All other specs found in sections 3.11.19 and 3.11.20 also apply.

Item 3.12. Blood Management

- 3.12.1 Blood and 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, hydrogen peroxide, or isopropyl alcohol. It is the Meet Director'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; should they be unable to correct the problem before their time runs out, they will forfeit the attempt.

Item 3.13 Shin Guards

- 3.13.1 Shin guards may only be used during the deadlift and must be worn under the socks. Items such as duct tape, plastic inserts, knee or elbow sleeves, or other materials no greater than 10 mm in thickness, that will protect the lifters shin during the performance of the deadlift, without giving any unfair advantage, may be worn. All forms of a shin guard must be fully covered by the approved lifter's deadlift sock.

Item 3.14 Raw, Classic Raw, Single Ply and Multi Ply 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 underwear (Item 6), socks (Item 8), optional belt (Item 9), shoes (Item

10), and optional Single Ply wrist wraps, elbow sleeves, and knee sleeves. (Item 11). Knee wraps of any length are not allowed. The Rules of Performance for all three lifts are the same for Raw, Classic Raw, Single Ply and Multi Ply competitors.

- 3.14.2 The approved costume and equipment allowed for the **Classic 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 underwear (Item 6), socks (Item 8), optional belt (Item 9), shoes (Item 10), and optional Single Ply wrist wraps, elbow sleeves, and knee wraps up to 2.5m (item 11). The Rules of Performance for all three lifts are the same for Raw, Classic Raw, Single Ply and Multi Ply competitors.
- 3.14.3 The approved costume and equipment allowed for the **Single Ply division** competitions will be defined as a supportive, one-piece, Single Ply squat, bench, and deadlift suit (Part 3, Item 2 and 3), a t-shirt (Item 5), optional underwear (Item 6), socks (Item 8), optional belt (Item 9), shoes (Item 10), and optional Single Ply wrist wraps, elbow sleeves, and knee wraps up to 2.5 m (item 11). The Rules of Performance for all three lifts are the same for Raw, Classic Raw, Single Ply and Multi Ply competitors.
- 3.14.4 The approved costume and equipment allowed for the **Multi Ply division** competitions will be defined as a supportive, one-piece, Multi Ply squat, bench, and deadlift suit (Part 3, Item 2 and 3), a t-shirt (Item 5), optional underwear (Item 6), socks (Item 8), optional belt (Item 9), shoes (Item 10), and optional Single Ply wrist wraps, elbow sleeves, and knee wraps up to 2.5m (item 11). The Rules of Performance for all three lifts are the same for Raw, Classic Raw, Single Ply and Multi Ply competitors.

Item 3.15 Inspection of Costume and Personal Equipment

- 3.15.1 Equipment inspections are required and will take place during the weigh-in periods or before the official weigh-in period begins. It is the lifter's 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 underwear over permitted length shall be rejected but may be cut to correct length and resubmitted within the specified inspection time. It is the lifter's 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, National or World record attempt must immediately present themselves to one of the three referees for inspection. If the lifter is found to be

wearing illegal items, 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 of an items 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 as the lifter to determine the legality of all equipment.

Item 3.16 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, or any other substance on the underside of shoes or boots is strictly forbidden. Lifters will be allowed to wipe their shoes off on a wet towel just prior to stepping on the platform.
- 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 limit its application to a designated area only.
- 3.16.4 No foreign substance may be applied to equipment or wraps. Nothing may be purposely applied to the platform, bench, or bars. This includes, but is not limited to, spray on adhesives or other substances. Exception, only meet staff may apply cleaning materials to the platform, bars, or other equipment.
- 3.16.5 The use of substance like ammonia caps, smelling salts, etc. cannot be used anywhere near the lifting platform or in view of the audience.

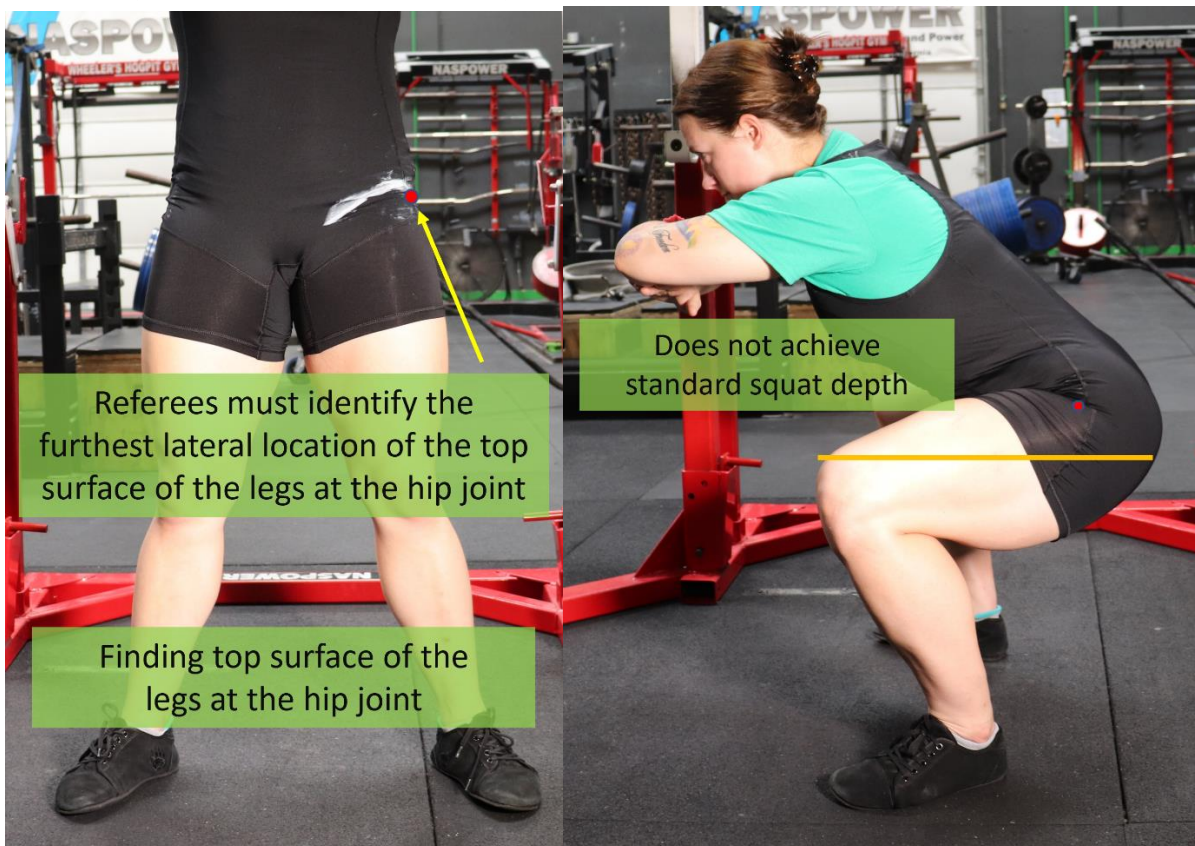
Part 4. POWERLIFTS AND RULES OF PERFORMANCE

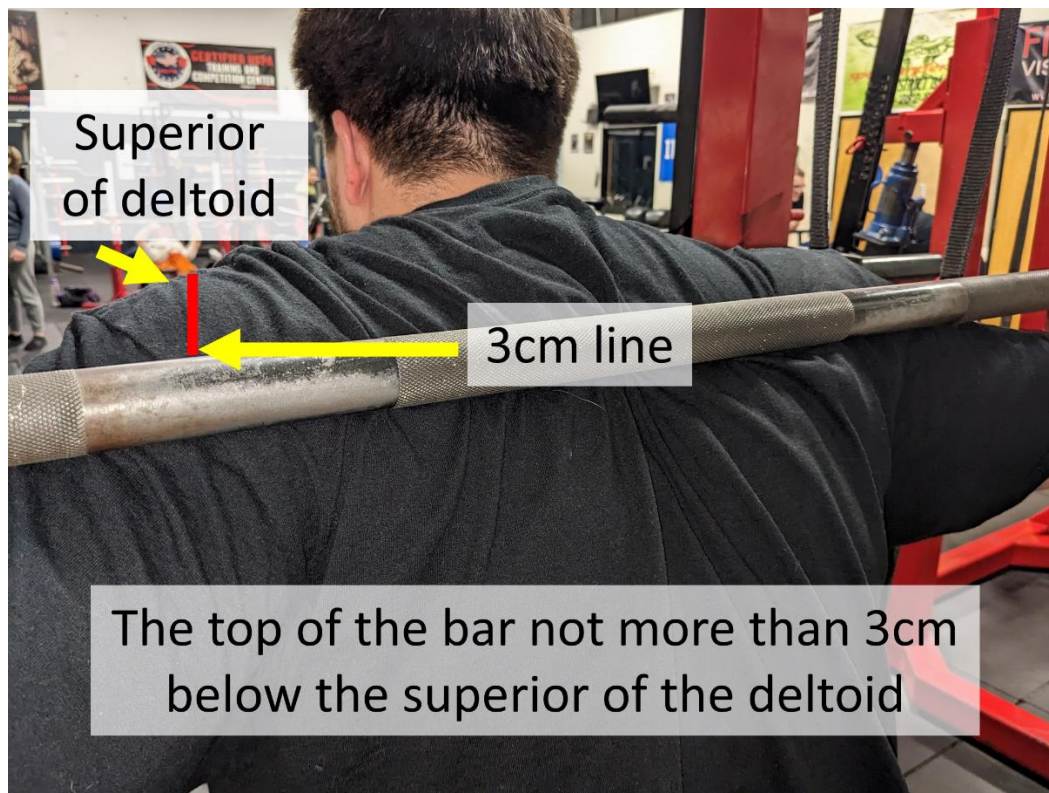
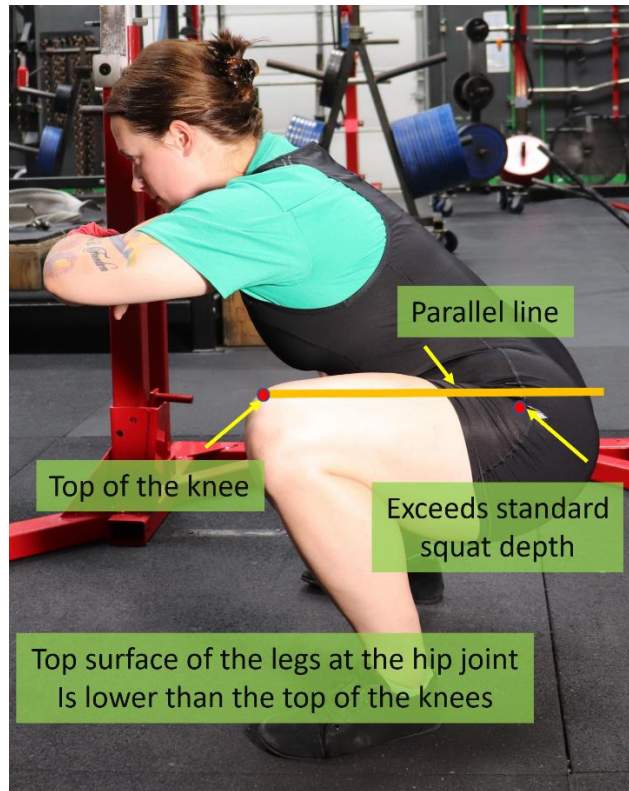
Item 4.1 Squat

- 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; they must use the same official meet spotters provided for all other lifters. (See exception 6.2.38)
- 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 plates at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the sleeves. After removing the bar from the squat racks or the mono-lift, the lifter must move backwards by taking one or more steps to establish the proper starting position. The lifter shall assume an upright position with the top of the bar not more than **one bar width below the center line of the medial deltoid**. 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 (see exception 2.4.4).

- 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 with knees locked 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 The correct bar for each lift shall be used in all competitions. Meet Directors have the option of using either a 20 kg power bar, 25 kg squat bar, or 30 kg squat bar, during any squat flight. During the bench press only a 20 kg power bar or 25 kg power bar must be used. During the deadlift, only a deadlift specific 20 kg bar must be used. Meet Directors must notify all lifters well before the meet which bars will be used.

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





Item 4.2 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 intentional dropping or dumping of the bar, or action that jeopardizes the safety of any personnel, will be deemed a serious infraction and may, at the discretion of the meet director in consultation with the referees, result in immediate disqualification from the competition or forfeiture or any subsequent attempts on the lift where the infraction occurs. There must be no fault of the spotters when imposing this discretion.
- 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 (see exception 2.4.4)
- 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 If a lifter inadvertently steps in any direction after the completion of the lift, and after the rack command has been given, it is not reason to red light the lift.
- 4.2.16 There are several movements to be considered (breath before squat, unhinging hips before the squat, lowering or raising the bar while the knees are still locked and unlocking and relocking the knees):

A. The lifter is ready to squat and gets the "SQUAT" command but has not yet unlocked their knees to start the descent. The lifter takes a big breath to fill the lungs. This may cause a slight upward and downward movement of the bar on the shoulders. This slight movement is not considered to be a violation.

B. The lifter is ready to squat and gets the "SQUAT" command. While in the erect position with knees still locked, the lifter unhinges the hips to align the back prior to

making the descent. This slight hip movement and possibly some slight bar movement is not to be considered a violation.

C. The lifter is ready to squat and gets the "SQUAT" command. While the knees are still in a locked position, the lifter bends at the waist or changes the erect body position which results in the lowering and raising of the bar. This deliberate or unintentional movement of the body and bar is to be considered a violation.

D. The lifter is ready to squat and gets the "SQUAT" command. The lifter unlocks their knees and then relocks the knees prior to unlocking the knees to commence the descent in the squat. This is to be considered a violation.

Item 4.3 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. **After receiving the "START" command, the lift begins with the descent of the bar when the elbows unlock. Lifters with their buttocks not in contact with the bench after receiving the "START" command will not receive a default red light, unless they unlock their elbows prior to the buttocks being in contact with the bench.** 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 lifter's 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 30cm in total height, or 45cm length x 45cm width, to build up the surface of the platform.
- 4.3.5 Not more than five, and not less than three spotter / loaders shall assist the lifter on the platform. One center spotter / loader should always be positioned near the head referee, while the others are on each side of the lifter. The lifter may enlist the help of the center spotter / loader in removing the bar from the rack. A lifter may optionally use his/her own liftoff person, who will step away from the platform once the liftoff is complete. Only the spotter /loaders may assist or spot the lifter following the liftoff. The lift off must be to arm's length. At no time may the lifter bring in their own spotters, only official meet spotters provided can be used.
- 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. For safety reasons they will be allowed to stay in close proximity (but not blocking the referee's view) for any emergencies.

- 4.3.7 After removing the bar from the racks or receiving it from the spotter / loaders or handoff person, 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 lifter’s 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 is not allowed. Note: If a lifter has any physical abnormality, handicap, or incapacity of extending their arm or arms to arm’s 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 4.4 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 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 execution 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 The bar coming 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 The bar coming in contact with the “face saver” safety rack.

Item 4.5 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 to the point where all the plates come off the floor on either or both sides will be considered a bona fide 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 4.6 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 in an upright, erect, and locked position.
- 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.
- 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, either before or after the down command. 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, the bar must be returned to the platform with both hands on the bar without any force or propelling of the bar downward.
- 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 lifter’s shoulders come back (slight downward motion) 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.

- 4.6.12 Shaking of the body under maximum exertion during the deadlift is not necessarily a cause for disqualification.

Part 5. WEIGHING IN

Item 5.1 Weighing-In of the Competitors

- 5.1.1 All lifters must attend a weigh in session, which will be carried out in the presence of one to three appointed referees.
- 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 lifting session in which the athlete is competing.
- 5.1.3 All weigh in sessions will last a minimum of one and a half hours, except for 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.
- 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, their coach or manager, and the referees present. **For minors, reference rule 5.1.20.** 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. **If no same-gender option is available, weigh ins must take place with the lifter in their singlet in public view.**
- 5.1.5 The lifter's 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) or optionally in their singlet. 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. However, the meet director has the option of performing equipment inspections before the official weigh-ins start. It is the lifter's 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 prior to the last official weigh in session closing.
- 5.1.9 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.

- 5.1.10 (a) A lifter will have the option of moving up or down one weight class from that in which he was originally entered. The exception to this rule is at all National Championships, North American Championships, IPL World Championships, and the Olympia. In these competitions, lifters may not go down a weight class from the class they qualified for, unless they have a qualifying total at the lower weight class **from a previous event**. They may, however, go up one weight class as long as they have 1) met the qualifying total for the higher weight class, and 2) a vacancy is available on the roster that will allow the meet director to move the athlete to a new day or flight as necessitated by the change. If a vacancy is not available for the change in weight class, the lifter may remain on the originally scheduled roster and only participate as a guest lifter.

(a) A lifter participating in a Qualifying/Local meet may change weight classes, either up or down, with the permission of the meet director. In a state meet, a lifter may move up or down one weight class with prior permission from the meet director. For all regional, national and world level meets, which span multiple days with qualifying requirements based on weight class, will be allowed to move up one weight class if the following criteria are met:

- a. There is space available at the higher weight class
- b. The qualifying total requirements for the higher weight class have been met during the meet's qualifying period
- c. The meet director approves of the weight class change

In regional, national and world level meets, lifters may NOT move down a weight class without requalifying at the lower weight class.

If a lifter cannot meet the above criteria for a weight class change, the lifter may remain on the originally scheduled roster and only participate as a guest lifter. Please refer to the table below:

Type of Meet	Qualifying Requirements	Records	Permissible Weight Class Changes
Qualifying/Local	None	State & National	Up or Down with prior permission from meet director
State	A total from any USPA Meet	State & National	Up or Down one weigh class with prior permission from meet director
Regional	Class 1, Drug Tested - Class 2	State, National & World (IPL)	<p>Up one weight class if:</p> <ol style="list-style-type: none"> 1. there is space available 2. you meet the qualifying total for the higher weight class 3. you have permission from the meet director <p>You may NOT move down a weight class without requalifying at the lower weight class</p> <p><i>NOTE: Any lifter unable to meet these requirements or make weight will be allowed lift as a guest lifter (see Rulebook definition of Guest Lifter)</i></p>
National	Class 1, Drug Tested - Class 2	State, National & World (IPL)	<p>Up one weight class if:</p> <ol style="list-style-type: none"> 1. there is space available 2. you meet the qualifying total for the higher weight class 3. you have permission from the meet director <p>You may NOT move down a weight class without requalifying at the lower weight class</p> <p><i>NOTE: Any lifter unable to meet these requirements or make weight will be allowed lift as a guest lifter (see Rulebook definition of Guest Lifter)</i></p>
IPL Worlds	Class 1, Drug Tested - Class 2	State, National & World (IPL)	<p>Up one weight class if:</p> <ol style="list-style-type: none"> 1. there is space available 2. you meet the qualifying total for the higher weight class 3. you have permission from the meet director <p>You may NOT move down a weight class without requalifying at the lower weight class</p> <p><i>NOTE: Any lifter unable to meet these requirements or make weight will be allowed lift as a guest lifter (see Rulebook definition of Guest Lifter)</i></p>

**** NOTE:**

- International lifters here on visas may:
 - 1) compete in regional USPA meets if they are a USPA member
 - 2) may not set U.S. records and may not compete in national championships. At North American Championships all IPL lifters who meet the qualifying requirements are eligible to compete.

5.1.10 (b) In any competition requiring a qualifying total, including those referenced in sec. 5.1.10, a lifter may qualify to compete in a “more supportive gear category” as long as they have achieved the qualifying total in that category, even though they may have qualified in a “less supportive gear category.” See table below:

If, in your qualifying meet, you compete in the gear category:	And achieve a qualifying total in the following gear category:	You may compete in any of the following gear categories:
Raw	Raw	Raw
	Classic Raw	Raw or Classic Raw
	Single Ply	Raw, Classic Raw or Single Ply
Classic Raw	Classic Raw	Classic Raw
	Single Ply	Classic Raw or Single Ply
	Multi Ply	Classic Raw, Single Ply or Multi Ply
Single Ply	Single Ply	Single Ply
	Multi Ply	Single Ply or Multi Ply

5.1.11 If two lifters register the same bodyweight at weigh-ins 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.

5.1.12 Lifters are required to check squat and bench press rack heights and foot blocks prior to the start of the competition.

5.1.13 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.

- 5.1.14 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 the single lift bench or deadlift portion of the competition. Also, if a competition is held over several days and a lifter is eliminated from one day's 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.
- 5.1.15 At the meet director's 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.
- 5.1.16 All weigh-ins will be done on a certified calibrated kilo scale accurate to the tenth of a kilo. All weights will be recorded on the lifter's official score card to the tenth of a kilo and initialed by the lifter and official as accurate. (e.g. 110.0 kg is correct, 110 kg is not correct)
- 5.1.17 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.
- 5.1.18 It is the lifters responsibility to notify the weigh-in official if any of their opening attempts will be for a State, National or World Record. This must be noted by the official on the lifter's score card by circling either a "S" for State Record, a "N" for National Record or a "W" for World Record next to the requested amount in kilos.
- 5.1.19 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 online, along with paying the application fee, prior to being allowed to weigh in. No lifter may compete without current membership and a signed waiver.
- 5.1.20 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, guardian, or parent-approved coach, may be present in the room at the time of the weigh in. Both officials must sign the lifter's card verifying they were both present at the time of the weigh in. In addition, the parent, or parent-approved coach, must sign the score card next to the lifters signature. If a parent or guardian is not available, a minor must be weighed-in wearing a singlet.
- 5.1.21 Only certified officials (referees or staff officials) are allowed to perform all duties required at weigh in sessions, including, but not limited to - filling out the lifter's cards, assisting lifters with rack heights, doing the actual weigh ins, and performing gear checks.
- 5.1.22 All weigh-in officials are required to validate the specs of all lifters' gear to be worn during the meet. This would include gear both on, and not on our approved list. If not certain an item is within the required specs found in the rule book, it may be necessary to use a calibration tool to determine the legality of the gear.

Part 6. RULES OF COMPETITION

Item 6.1 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 lifter's 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 their coach. Failure to submit the lifter's next attempt on time will result in the lifter's next attempt being repeated at the same weight if they missed the last attempt or increase it 2.5 kilos if the lift was successful. The requested weight will be filled in on the lifter's 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 unsuccessful.
- 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 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 A). The next lifter groupings will be with progressively higher bodyweight categories, in conjunction with the lowest first attempt numbers to form further flights (Flights B, Flight C, 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. 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.
- 6.1.9 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 should be made by the announcer.
- 6.1.10 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 2.5 kg increase. If the preceding attempt was not successful, he will be given the same attempt over.
- 6.1.11 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.
- 6.1.12 In the third round of the deadlift, two weight changes are permitted. The change of weight may be higher or lower than the lifters 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.
- 6.1.13 In the single lift bench press (including full power with a bench only crossover), two weight changes are permitted. The change of weight may be higher or lower than the lifters 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 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 and personnel to prepare the platform for the next lift.
- 6.1.15 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.
- 6.1.16 Lifters may not compete in multiple gear categories unless they lift in a separate flight for each gear category.

Item 6.2 Appointed Officials

Speaker/Announcer responsibilities

- 6.2.1 The speaker acts as Master of Ceremonies (MC) and is responsible for the efficient running of the competition. MC announces the weight required for the next attempt and the name of the lifter. Additionally, the MC announces, in order, the three lifters succeeding the lifter called to the platform. Attempts announced by the MC will be taken from projector/TV screen.
- 6.2.2 When the bar is loaded, and the platform cleared for lifting, the Head Referee will indicate the fact to the MC that “the platform is ready”, who will in turn announce, “the platform is ready”, and call the lifter by name to the platform.
- 6.2.3 The MC will abstain from announcing that the lift "looks good to me."
- 6.2.4 At all meets, regardless of the sanction level, any lift that will be either a State, National, or World record will be announced to the platform judges and audience prior to the lift. If the appropriate officials are not seated to validate a record, a reasonable amount of time will be allowed to fulfill the requirements necessary for that level record.

Technical Chair responsibilities

- 6.2.5 The Technical Chair will oversee all activity on and off the platform. The Technical Chair may act alone in his/her authority to ensure all USPA rules are being correctly implemented and interpreted. In the absence of the Technical Chair at any meet, the meet director, or an official designated by the meet director, 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 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 Chair.

Referee Chair responsibilities

- 6.2.11 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.
- 6.2.12 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.

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

Timekeeper responsibilities

- 6.2.14 Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, clearing of the rack in the squat or bench press, by the commencement of the pull in a deadlift, 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.
- 6.2.15 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.
- 6.2.16 On the squat and bench press a lifter can re-rack one time to adjust bar placement, tighten their belt, etc. Wraps cannot be adjusted on the platform and the lifter may not leave the platform once they have un-racked the bar without forfeiting the attempt. Once the bar is re-racked a lifter has a maximum of 30 seconds in which to un-rack the bar or they will be considered timed-out for this attempt.

Expeditors responsibilities

- 6.2.17 Expeditors are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information on without delay to the score keeper. The lifter is allowed one minute between completing his last attempt and informing the expeditor of their next attempt. The expeditor will have a clip board, kilo conversion chart, and a lifter flight sheet available. All expeditors must be certified officials.

Scorekeeper responsibilities

- 6.2.18 Scorekeepers, in conjunction with the meet director, are responsible for accurately recording the progress of the competition.
- 6.2.19 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/Loader responsibilities

- 6.2.20 All spotter / loaders (S/L) shall work together as a team and should be neatly dressed in clean appropriate attire including the official meet t-shirt.
- 6.2.21 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 always maintained and presents a neat appearance.

- 6.2.22 Except for the deadlift, which requires one back spotter, there shall be no less than two, nor more than 5 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.
- 6.2.23 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 after clearing the rack or during the actual attempt (i.e., during the period 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.
- 6.2.24 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.
- 6.2.25 Every spotter / loader should be routinely rotated out, and / or into different positions so they have personal time. This will ensure they always stay alert while on the platform, possibly averting any potential accidents that could be due to fatigue.
- 6.2.26 All spotter / 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.
- 6.2.27 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.
- 6.2.28 It is the spotter / 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 influence their lift or delay the meet if we must award additional time because of an extended delay caused by the platform personnel.
- 6.2.29 It is important that the platform manager reads the Projector/TV screen for the rack and safety heights to prevent further delays or for errors that could result in the lifter having to re-lift at the end of the round.
- 6.2.30 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.
- 6.2.31 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.
- 6.2.32 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 prior to or during the lift.

- 6.2.33 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

- 6.2.34 While back spotting for the squat, the hands should never be around the lifter's 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 lifter's back, hand height approximately just below the lifter's arm pits. The spotter's body should follow the lowering and raising of the lifter's body during the lift. Should the lifter get into trouble the back spotter will then immediately come under the lifter's 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 lifter's arms and the lifter suddenly dumps the weight for whatever reason, this could result in very serious injury to the back-spotter's arms or wrists.
- 6.2.35 During the performance of the squat there may be up to five spotter / loaders on the platform.

Bench

- 6.2.36 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.
- 6.2.37 The center spotter or handoff person 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 or handoff person must exit the opposite side of the camera.
- 6.2.38 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

- 6.2.39 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

- 6.2.40 The first plate must always be loaded facing in, all others will be loaded facing out, followed by the required collars.
- 6.2.41 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.
- 6.2.42 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.

- 6.2.43 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.
- 6.2.44 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 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.
- 6.2.45 When cleaning the deadlift bar, it should be moved to a portion of the platform not used during any lifter's 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.
- 6.2.46 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.
- 6.2.47 The National Records Chair is accountable for all new National records set at sanctioned USPA meets. The State Records Chair is responsible for all new State records (whose lifters reside within their State) set at sanctioned USPA meets.
- 6.2.48 Upon the completion of the competition, the Meet Director must assure all Records Chairmen that all successful record attempts have been properly verified, met all USPA requirements, and are noted within the official score sheet.
- 6.2.49 The meet director will have five (5) business days to submit an official copy of the score sheet to the National Office (see rule 9.1.9).

Records Chair

- 6.2.50 All Records Chair will work with the President of the Association to establish all guidelines used to maintain records.
- 6.2.51 All Records Chairmen will maintain accurate records, along with all supporting documentation that may be required for future research.
- 6.2.52 All new records will be updated on the appropriate web sites within 7 days after the official results are posted.

State Chair

- 6.2.53 Each State Chair is responsible for the referees within their state. The State Chair is responsible for keeping track of referees and nominate them for promotion when eligible.
- 6.2.54 State Chairs will recruit, as needed, those qualified individuals that would like to become referees within a given state. The State Chair will ensure the prospective referee meets all the eligibility requirements outlined in section 7.2.1 through 7.2.12.
- 6.2.55 State Chair will help in promoting meets in their state along with coordinating referees to help support those meets. They will also communicate with all meet directors in their state making sure they are following the USPA rules.
- 6.2.56 State Chair, including those that are active meet directors, will work with other meet directors to collectively coordinate growth and approve the schedule of upcoming events within their state. Event planning and coordination shall not be restricted based

on the notion that a specific meet director has exclusive rights or ownership to a territory, rather it should be based upon meeting the increased demand for additional events within their state and equitably providing opportunities to meet directors to fill those demands. The national office may assign meet directors to areas not being serviced in a given state.

- 6.2.57 State Chairs will serve a term of two years from the date they were originally appointed. Thereafter, the USPA Executive Committee may, at any scheduled committee meeting, vote by majority to either reinstate the existing State Chair for another 2-year term, temporarily extend their term for a specific time period, rescind the 2-year appointment, or replace them with another candidate.
- 6.2.58 If a lifter is banned from a meet, the meet director or State Chair must submit documentation to support the disqualification and removal of a lifter and/or coach from a competition.
- 6.2.59 Applications for State Referees and promotions to National or International Referee must be recommended by the appropriate State Chair, and approved by either the USPA President or the Referee Chair per sec. 7.2.2 for State Referees and 7.2.14 for National Referees.

Item 6.3 Competition Rules

- 6.3.1 During any competition taking place, only the lifter and his coach, 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, except for a designated spotter or coach who may hand-off for the bench press and/or center the bar on the lifter's back for the squat and immediately step-off the platform once the centering is complete. 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 2.5kg. The progression must be at least 2.5kg 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 - 100.0 kg, 2nd - 101.0 kg, 3rd - 101.5 kg, 4th – 102 kg. Attempts 2, 3, and 4 if successful will all be records

irrespective of the fact that they did not increase the weight the minimum of 2.5 kilos per attempt for competition purposes from 100kg.

- 6.3.7 The Head Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the MC. Their decision will be given to the MC 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 made 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 plates 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 made at the end of the round in which the error occurred.
- 6.3.11 If the MC 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 their coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses their attempt because the MC omitted to announce them at the appropriate weight, then the weight will be reduced as necessary, and the lifter allowed to take their 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 themselves 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 After the display of misconduct by a lifter and/or coach and issuing an official warning, any subsequent misconduct would then need to be handled by the Meet Director or Head Referee in the form of a disqualification notification (“you are hereby disqualified” directly to the lifter) followed by a direct order for the lifter and coach to leave the venue (“you are required to vacate the premises immediately”). There is no deviating from this directive. The actions from this directive must be followed up and confirmed (both visually and physically) by the Meet Director or Head Referee as to the offending person(s) leaving the premises. This may even include stopping the event to handle this directive. An implied statement without direct contact with the lifter and/or coach is not adequate. A Meet Director may at his/her discretion remove a lifter or coach from the venue based upon misconduct at the event, but banning of a lifter and/or coach from the association or future USPA events is at the sole discretion of the USPA National Office. A meet director or USPA State Chair must submit documentation to support the disqualification and removal of a lifter and/or coach from a competition.
- 6.3.17 At all competitions, 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 Chair, Head Referee, or Meet Director.
- 6.3.18 If deemed necessary, they may temporarily suspend the progress of the competition to consider the complaint. After due consideration, and upon reaching a decision, they will return to inform the complainant of the decision. The decision 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 before the platform is declared ready.
- 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 **any lift** 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 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 misloaded, 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 underloaded, 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 overloaded, 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 whether the incorrect weight was loaded on the bar. It will never be used to determine if an official's judgement was correct or incorrect.
- 6.3.25 If an official verbally warns 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 always work together as a team. A repeated violation by a lifter will result in a mandatory red light by all officials.
- 6.3.26 Meet Directors are not allowed to compete, or coach other lifters, in their own meet or perform any other duty outside of what is required to run their meet. Their entire focus should be to professionally run a successful meet, be dressed appropriately, and to always make themselves available to their lifters, and staff at all times. The only exception is that a qualified co-meet director is pre-approved by the USPA national office prior to sanctioning the event. During the competition the co-meet director will then assume all duties of the meet director. Email steve@uspa.net for approval requests.
- 6.3.27 A lifter who competes in a contest that requires a qualifying total, who we subsequently learn wasn't qualified, will be reclassified as a guest lifter on the official contest results and any state, national or world record lifts will be disqualified.

Part 7. REFEREES

Item 7.1 General Rules

- 7.1.1 The referees shall be three in number, the Head Referee (or center referee) and two side referees. *Under no circumstances shall any persons, other than USPA certified officials and those individuals conducting their practical exams to become a USPA certified official, shall be seated in the official's chair(s) or within the designated competition platform area during a contest.*
- 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 a National record). **To maintain Head Referee consistency throughout the flight, only Side Referees may be substituted.**
- 7.1.3 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 "Platform Ready".
- 7.1.4 In all three lifts the Head Referee must sit off to one side of the lifter, never in the center of the platform.
- 7.1.5 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".
- 7.1.6 Before the contest, the three referees shall jointly ascertain that:
- 7.1.6.1 the platform and competition equipment comply in all respects with the rules. Bars and plates are checked for weight discrepancies and defective equipment discarded.
 - 7.1.6.2 the scales work correctly and are accurate.

- 7.1.6.3 the lifters have complied with the weigh-in procedures and time limits for their bodyweight category (see Part 5).
- 7.1.6.4 the lifters costumes and personal equipment comply with the rules in all respects.
- 7.1.7 During the contest the three referees must jointly ascertain that:
 - 7.1.7.1 The weight of the loaded bar agrees with the weight announced by the MC.
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.
- 7.1.8 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. Failure to correct the minor oversight will result in an automatic red light from the referee(s), without any further notice or warning, on any subsequent attempts.
- 7.1.9 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 an infraction, the lifter will make all necessary corrections prior to being allowed to lift while the time clock remains running.
- 7.1.10 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, they 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, they will immediately be disqualified from the competition.
- 7.1.11 Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
- 7.1.12 The lifter or their coach may request the reason for a "no lift" decision from any of the Referees immediately following their lifter's attempt. Such request must be made before the next lifter's attempt begins, so as not to interfere with the progression of the competition.
- 7.1.13 A referee shall not attempt to influence the decisions of the other referees.
- 7.1.14 The Head Referee may consult with the side referees, or any other official as necessary in order to expedite the competition.
- 7.1.15 At his discretion, the Head Referee may order that the bar and or platform be cleaned.
- 7.1.16 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.
- 7.1.17 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.
- 7.1.18 Referees will be uniformly dressed as follows:

- 7.1.18.1 The official USPA referee’s polo shirts (provided by the USPA) are as follows: navy blue for staff officials, red for State referees, blue for National referees, and grey for International referees.
- 7.1.18.2 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 short 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. No Shorts are allowed.
- 7.1.18.3 A black leather belt, if needed and the provided USPA/IPL referee shirt must be worn.
- 7.1.18.4 Men’s shirts must be tucked in at all times. Women’s shirts, which are shorter, maybe left untucked.
- 7.1.18.5 Shoes, boots or tennis shoes for local events must be primarily black. Shoes, boots, tennis shoes and dress shoes must be all-black for Expos, National and World level events. No sandals or open toed shoes allowed.
- 7.1.18.6 Hats must be worn forward, baseball-styled (fitted, snapback, or strapback), all-black, and be blank (no embroidery or print), or may be a USPA hat.
- 7.1.18.7 All apparel items will be neat and clean at all times. Men will be clean shaven or have the appropriately groomed facial hair.
- 7.1.19 Cell phones or other similar electronic devices are not allowed while judging.
- 7.1.20 Officials not judging shall remain outside the judging area while on a break.
- 7.1.21 It’s the Meet Director’s responsibility that all referees are properly dressed. Any referee not properly dressed cannot judge but may be allowed to assist at the score table. Failure to comply with dress code may result in disciplinary action under section 7.1.23.
- 7.1.22 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.
- 7.1.23 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.
- 7.1.24 No USPA/IPL official may judge in any other Organizations competitions that has not previously taken, and passed said organizations written/practical tests prior to the competition date. Simply “grandfathering in” without previous testing does not count. Failure to comply could be seen as a conflict of interest, and you could lose your USPA/IPL credentials.
- 7.1.25 All International referees are allowed to conduct practical examinations. National referees are eligible to conduct practical examinations 1-year from the date they passed their national referee examination. It is the responsibility of all Meet Directors to confirm that any official administering a practical examination is qualified to do so.

7.1.26 During weigh-ins, competitions, and/or award ceremonies, all USPA officials shall refrain from displaying or consuming alcoholic beverages or other substances that may impair their judgment, endanger others, or negatively portray the USPA's reputation.

7.1.27 Appointed officials, ie. State Chairs, may not hold an appointed position outside of the USPA. For example, a USPA State Chair may not be a State Chair, Technical Chair, or any other appointed position outside of the USPA.

Signals required for the three lifts

The Head Referee is responsible for giving the necessary signals for all three lifts.

Squat

7.1.28 Commencement: A visual signal consisting of a downward movement of the extended arm, together with the audible command of "SQUAT". The hand will start above the referee's head, and move swiftly downward at the exact same time as the command is given. It will remain frozen in this position until the lifter completes the lift.

7.1.29 Completion: A visual signal consisting of a swift backward movement of the hand being brought past the referee's ear, together with the audible command of "RACK". The arm may not move from the downward position until the lifter has shown complete control, then the verbal command and arm movement must be in complete unison.

Bench press

7.1.30 Commencement: A visual signal consisting of a downward movement of the arm together with the audible command of "START". The hand will start above the referee's head and move swiftly downward at the exact same time as the command is given. It will remain frozen in this position until the lifter has demonstrated they are ready for the next command.

7.1.31 Intermediate: A visual signal consisting of an upward movement of the arm together with the audible command of "PRESS". The arm must remain at full length above the referee's ear, frozen without movement, until the lifter has demonstrated they are ready for the last command.

7.1.32 Completion: A visual signal consisting of a backward movement of the arm together with the audible command of "RACK". The fully extended arm will then swiftly be brought back behind the referee's ear at the exact same time as the command is given.

Deadlift

7.1.33 Commencement: No signal required.

7.1.34 Completion: A visual signal consisting of a downward movement of the arm together with the audible command of "DOWN". From the starting position above the referee's head, the fully extended arm will be swiftly lowered until being pointed directly at the platform, at the exact same time as the command is being given.

All Lifts

7.1.35 In all three lifts, it is important that the arm is fully extended at all times, all movements are swift and coordinated at the exact same time as the verbal commands are loudly

being given, that there is never any distracting, and never any un-necessary arm movement between commands that could distract or confuse the lifter during their lift. The first arm position for each lift will be in place prior to each lift beginning and will not be done so that it could distract the lifter.

7.1.36 While not being required at all meets, any meet that due to a high noise level, the lifters may be having difficulty hearing the “Platform Ready” command, the Head Referee should use a hand command directed at the lifter consisting of a swift movement of the arm from the fully extended position pointing at the lifter, to bringing the hand behind the referee’s ear, so the lifter will know the platform is ready, and their clock is now running.

7.1.37 Referees should establish the best and safest option in order to see the lifter while refereeing all three lifts within reason. The head referee will be in front of the platform, slightly offset to either side, and the side referees will be on the left and right sides of the platform.

7.1.38 While on the platform, referees may sit in their chair, or be on a knee; at no point should a referee be sitting or laying on the floor. The only exception to this is side referees sitting on the floor during the bench press.

Referees – General Rules Continued

Examples of faults that should be considered a minor oversight

(Refer to 7.1.8)

- Socks overlaid or touching the knee wraps or knee sleeves.
- 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 wraps applied as to obviously exceed allowed dimensions.

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

(Refer to 7.1.9)

- The lifters suit/singlet straps not being worn over their shoulders.
- Knee wraps applied as to obviously exceed allowed dimensions.
- 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

(Refer to 7.1.10)

- The use of more than one lifting suit or any suit that has been altered beyond the specs within the rulebook (Raw, Classic Raw and Single Ply only).
- Wearing more than one-pair of underwear or illegal support briefs (Raw, Classic Raw & Single Ply 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 7.2 Qualifications for a Referee

State Referees

- 7.2.1 Must be a member of the USPA in good standing.
- 7.2.2 Must be recommended by your State Chair and approved by the Referee Chair.
- 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 Chair (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 90 days of taking and passing the written examination. If you are beyond 90 days, you will need to contact our Referee Chair.
- 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, **and a practical 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 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 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 Chair and approved by the Referee Chair.
- 7.2.15 Must be a State-level Referee for a minimum of two **(2)** 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.

- 7.2.17 Must take the level II written examination, administered by the Referee Chair and must pass with a score of 90% or higher.
- 7.2.18 Must officiate in at least one USPA meets each year to keep their accreditation current.
- 7.2.19 Must stay current and updated on all USPA rule changes.
- 7.2.20 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.
- 7.2.21 Must register or renew their USPA membership annually in order to maintain their current qualifications.
- 7.2.22 A referee who has been inactive for a period of four years, or who fails to register or renew their USPA membership annually, will forfeit their credentials.
- 7.2.23 Must have completed a minimum of **four (4)** weigh-in sessions, **eight (8)** flights of working the lifters cards during the meet, **and eight (8)** flights of running the meet computer during the meet.
- 7.2.24 National level referees are prohibited from officiating for other powerlifting federations unless a meet specific exemption has been requested and approved by the USPA national office. Failure to obtain an exemption will result in the suspension of the referees USPA credentials for a period of time determined by the USPA national office.

International Referees

- 7.2.25 Must be a member of the USPA.
- 7.2.26 Must be recommended by your State Chair, or the Referee Chair, and jointly approved by the USPA President and Referee Chair.
- 7.2.27 Must be a National-level Referee for a minimum of three (3) years.**
- 7.2.28 Must have officiated as a national referee in at least 20 USPA or IPL sanctioned meets, and judged a minimum of 100 flights.
- 7.2.29 Must have judged a minimum of three (3) world-sanctioned USPA or IPL competitions.
- 7.2.30 **Must have officiated at least three tested events, and administered at least three (3) drug tests.**
- 7.2.31 Must take the Level III written examination administered by the Referee Chair and passed with a score of 95% or higher.
- 7.2.32 Must officiate in at least one USPA meets each year to keep their accreditation current.
- 7.2.33 Must stay current and updated on all USPA rule changes.
- 7.2.34 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.
- 7.2.35 Must register or renew their USPA membership annually in order to maintain their current qualifications.
- 7.2.36 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.
- 7.2.37 Must have completed a minimum of **eight (8)** weigh-in sessions, **16** flights of working the lifters cards during the meet, **and 16** flights of running the meet computer during the meet.
- 7.2.38 International level referees are prohibited from officiating for other powerlifting federations unless a meet specific exemption has been requested and approved by the

USPA national office. Failure to obtain an exemption will result in the suspension of the referees USPA credentials for a period of time determined by the USPA national office.

Item 7.3 USPA Staff Officials

- 7.3.1 The “Staff Official Program” – This is for anyone that at this time does not plan to referee during meets, but wants to assist Meet Directors by being allowed to help at weigh in sessions, work the score table, and expedite during meets. The written test is still required, but no practical test is administered. Anyone that is currently a Staff Official may change their status over the next 12 months and become a fully certified State Referee by **having competed in a minimum of two (2) sanctioned meets**, requesting permission from the Referee Chair, and then passing a practical test.

Part 8. RECORDS

Item 8.1 State and National Records

- 8.1.1 State and National records may be set at any USPA sanctioned meet provided that:
 - 8.1.2 The meet director applied for and was granted a USPA meet sanction.
 - 8.1.3 The platform, all plates, bars, and collars were inspected by the technical chair or designated official (see sec 6.2.10) prior to the meet starting, and they all met USPA requirements and standards.
 - 8.1.4 Only approved kilo plates and collars shall be used for all National and World Records and are recommended for State Records.
 - 8.1.5 Any new records set must exceed the previous record amount by at least 500 grams.
 - 8.1.6 The lifter and all lifting gear used were inspected prior to leaving the platform at the time of the lift.
 - 8.1.7 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 National record attempts, and either three International, or two International and one National Referee judging any World Record attempts.
 - 8.1.8 All USPA rules were followed exactly as per the rule book.
 - 8.1.9 The Meet Director must use the USPA’s proprietary Iron Comp Software at all USPA sanctioned competitions. The Iron Comp generated Excel results must be submitted to the National Office via email to dixie@uspa.net with 5 business days following completion of a competition. The score cards must also be sent via US Mail, Fed Ex or UPS to the USPA National Office (30 Waterworks Way Irvine, CA 92618) within 5 business days following the completion of a contest. Any Meet Director who fails to submit their results and mail score cards within the 5-business day deadline will:
 - 8.1.9.1 First Offense: Receive a verbal warning.
 - 8.1.9.2 Second Offense: Suspended from running USPA meets for 6 months.
 - 8.1.9.3 Third Offense: Not allowed to direct any future USPA meets.
 - 8.1.10 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 National records will still apply to any record set under the USPA sanction.

- 8.1.11 The requirements for a lifter to request a fourth attempt are:
- 8.1.11.1 They must have been successful on their third attempt. All records on a fourth attempt must have a current record in place prior to the start of the meet; ie. If there is no current record prior to the start of the meet, and a lifter has a successful third attempt to establish a record, they may not take a fourth attempt for this same record. 'Preset Records' are not established records; they are minimum numbers required to replace the Preset Record with an actual record.
 - 8.1.11.2 Be within 20 kilos of the current record. Their fourth attempt must exceed the current record by at least 500 grams or ½ kg.
 - 8.1.11.3 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 4th attempt:
 - 8.1.11.3.1 Were you successful on your 3rd attempt?
 - 8.1.11.3.2 What is the current record?
 - 8.1.11.3.3 If any of these questions are not answered successfully the 4th attempt must be denied.
 - 8.1.12 The lifter must still report their attempt within 60 seconds from when they completed their lift.
 - 8.1.13 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.
 - 8.1.14 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.
 - 8.1.15 Fourth attempts will not be included in the record "total" itself.
 - 8.1.16 Only lifters actually competing in a competition may attempt records as fourth attempts outside the competition. (i.e. lifter that may have bombed out but is still lifting as a guest lifter).
 - 8.1.17 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.
 - 8.1.18 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.
 - 8.1.19 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.
 - 8.1.20 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 8.1.17, 8.1.19, and 8.1.20 will be given, and they will be able to establish records in their actual class.
 - 8.1.21 World records may only be established at any National Championships, North American Championships, IPL World Championships, the IPL Olympia, and the IPL Multi Ply

Nationals. Additionally, all other record requirements must still be met in order for any new record to be valid.

- 8.1.22 State, National and World Records may be established at any meet that has met all of the requirements as described in sections 8.1.1 to 8.1.21. 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. For example, at National Championships, lifters are not allowed any fourth attempts in order to break state records, but are allowed fourth attempts to break national or world records. At the North American Championships, IPL World Championships, the IPL Olympia, and the IPL Multi Ply Nationals, lifters are only allowed a fourth attempt to break a world record, not a state or national record.
- 8.1.23 A lifter requesting to set a new record at a meet that is at a sanction 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 the National Championships and the IPL Multi Ply Nationals, a lifter can break a National or World Record using 500 grams, or more. At IPL World Championships, the IPL Olympia, and the IPL Multi Ply Nationals, a lifter must break a State or National Record with 2.5 kilos (not 500 grams) They could, however, break the World Record using 500 grams, or more.
- 8.1.24 Lifters attempting to set a new National or World Record that was established with a minimum standard and is not an actual existing National or World Record with a name and date, may do so by either matching or breaking the minimum standard. They are eligible for a 4th attempt.
- 8.1.25 Before stepping on the platform, a lifter must first notify the score table or expeditor and head referee that a new state, national or world record is being attempted to ensure that the correct credentialed referees are officiating the lift and the score card and scoring software are notated accordingly. Failure to notify the head referee and score table in advance will invalidate the record. 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 navel 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 9. Our Personal Message for our Special and Disabled Lifters and Religious Requirements

Item 9.1 Special Needs, Disabled, Missing Limb, Handicap, Adaptive, Mentally Challenged, Medical or Religious Restrictions.

- 9.1.1 The USPA welcomes all lifters and will always do our very best at all times to accommodate any special needs or religious requests. The importance of accommodating the lifter's requirements while maintaining a safe environment is essential to the ability of the lifter to perform at the event. If there are any special requests that a lifter may have, please fill out the USPA Special Needs & Religious Exemption Waiver (uspa.net/special-needs-religious-exemption-waiver). Each request is addressed on an individual basis and given attention to lifter safety, adherence to following the rules for performance and providing the lifter an environment to do their best. 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 9.2 Weight Classes

- 9.2.1 All standard weight classes will be used for men and women as found in Part 1, Item 1.3 above

Item 9.3 Costume

- 9.3.1 A lifting suit (singlet) is not required, but a t-shirt is. Use of both a t-shirt and lifting suit is permitted. In the case of religious restrictions, special considerations given to attire and coverings that provide adherence to their needs.
- 9.3.2 Track trousers, which are non-supportive, fit tightly to both the buttocks and legs, or snug fitting shorts are the only trousers acceptable. Leg and arm covering will allow the lifter to lift while again adhering to religious requirement.
- 9.3.3 Lifting with prosthesis is allowed and orthotics with shoes will be allowed. In the case where the lifter has an option to use or not use the prosthesis, that needs to be declared at weigh in. This may include those with missing limbs to utilize an approved strap, grip or other substitute for the missing limb.

Item 9.4. General

- 9.4.1 Disabled, handicapped, special needs, and adaptive athletes are allowed additional time to position themselves on the platform prior to getting the appropriate command to begin the lift. If necessary, this may also permit the coach to be on the platform to assist in the set-up. If a lifter has a medical condition, such as seizures or blackouts, their coach or handler may be adjacent to the platform to directly notify the head referee that the lifter is experiencing a medical episode and is in need of assistance.

- 9.4.2 If the lifter cannot fully stretch their arms or legs resulting from anatomical deformation of the elbow, they must report this fact to the three referees before the beginning of each and every attempt during the competition.
- 9.4.3 Any lifter is allowed to be strapped to the bench with his personal strapping belt.
- 9.4.4 Strapping is allowed on the legs from the ankles to the hips.
- 9.4.5 Strapping of the legs must be done by the lifter, the coach, or the loaders, under the supervision of the referees.
- 9.4.6 The coach is allowed to help the lifter on arrival at or upon leaving the platform. Coaches shall remain within the designated coaching area.
- 9.4.7 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. During that first minute, the coach may be on the platform assisting with preparing the lifter including any security strapping, wrist wraps tightening, or other adjustments to ensure the safety of the lifter and associated platform personnel.
- 9.4.8 For the bench press, 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.
- 9.4.9 Special and Disabled athletes that have been granted a waiver per sec. 9.1.1, and who have achieved a class 4 qualifying total in a USPA meet within the designated qualification period of time, are eligible to register, if spots are available and the meet director is reasonably able to provide for any special accommodations , for all National Championships, North American Championships, and IPL World Championships.

Part 10. Multi Ply Division – Annex

Item 10.1 Lifting Suit

- 10.1.1 A lifting suit shall be worn during the competitive lifts. It must be an individual full-length article of cloth fabric, polyester, denim or canvas 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).
- 10.1.2 An erector shirt may be worn with either a squat or deadlift suit during the performance of these two lifts.

Item 10.2 Bench Shirt

- 10.2.1 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.

- 10.2.2 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 10.3 Support Briefs

- 10.3.1 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 does not exceed mid-thigh, and that the waist does not extend beyond approximately mid-torso.
- 10.3.2 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 10.4 Elbow Sleeves

- 10.4.1 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 length of 20cm) They may cover the general elbow area but cannot extend beyond 10cm above or below the mid-point of the elbow joint. The shirt sleeve may extend over the elbow sleeve as long as it does extend past the elbow joints.

Item 10.5 Bench press

- 10.5.1 The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.
- 10.5.2 As long as the bar is not so low that it touches the lifters belt, the lift is acceptable.
- 10.5.3 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.
- 10.5.4 Spray-on "stickem" is allowed to be used on the soles of the shoes only.
- 10.5.5 A three (3) person handoff is allowed. The side personnel must be the official meet spotter / loaders.

Item 10.6 Squat – Platform Personal

- 10.6.1 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 10.7 Squat – Mono-lift

- 10.7.1 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.

Item 10.8 Squat Bar

- 10.8.1 The use of a 30kg squat bar is permitted in the Multi Ply division only.

Part 11. Meet Directors

Item 11.1 Meet Director's Choice Awards

- 11.1.1 Any additional awards beyond the mandatory Best Lifter awards in sec. 1.6.2 are optional and may be offered at the discretion of the meet director. Any such awards shall be designated as "Meet Director Choice Awards" on the final score sheet and must include what, if any, award, prize, or compensation was given to the lifter. Meet Directors Choice Awards must be given during the awards ceremony at the conclusion of the contest, not at a future date.
- 11.1.2 When calculating Meet Director Choice Awards, meet directors may choose the criteria used for the winner(s). The criteria must be advertised to all registered lifters prior to the meet.

Item 11.2 Drug Testing

- 11.2.1 The Meet Director must pay in-full all laboratory testing fees no later than 14-days before the scheduled date of a drug tested contest. The fees are paid via the "Drug Test Lab Payment Form" that's accessed via the meet director login page on the USPA Website. Paying the lab fees also serves as an order form to ensure that all the testing kits and materials are shipped and received by the Meet Director before the contest.
- 11.2.2 After payment of the lab fees per sec. 1.8.4 and #, the laboratory will ship the drug test kits, with "extra" kits that may be used as a substitute in the event one or more of the required kits are damaged or lost. These "extra" kits may only be used at a future contest if the meet director has pre-paid the laboratory testing fees for the future contest as stated in sec. 1.8.4 and 11.2.1.
- 11.2.3 The Meet Director must submit to the lab the same number of drug tests that were generated by IronComp after the meet. For example, if the meet director ordered 6 tests and uses 4, they must test 4 athletes and submit to the lab 4 completed drug test kits. A copy of each athlete's drug test form shall be submitted to the USPA National office with the score cards upon completion of every drug-tested meet. Unused drug test kits can be reimbursed; meet directors can contact USPA Drug Tested Division Chair Tony Rodenburg at tony@uspa.net for reimbursement.
- 11.2.4 A meet director also has the option of testing any athlete that establishes a world record on any lift each day of competition, regardless of whether their DOTS score is within the top 10%.
- 11.2.5 Any Meet Director who conducts a drug-tested contest and fails to perform the required testing will be ineligible to hold another drug tested contest for 12-months, and must thereafter satisfy the USPA National Office that any administrative deficiencies have been corrected.
- 11.2.6 The USPA will maintain a private list of everyone tested, including both positive and negative test results, on our Meet Director Portal in the USPA website. This list will be available to State Chairs and Meet Directors as a reference to screen lifters entered in drug tested events.

Item 11.3 Meet Director Responsibilities Concerning the Platform

- 11.3.1 The surface of the platform may be treated with an approved non-slip coating, grip tape with a grit rating of 100 or less, a one-piece carpet constructed of a dense tight loop material, or non-slip rubber matting/sheeting that's securely attached to the surface. It is the USPA's recommendation that all meets are held using the approved one-piece carpet as the top surface on all platforms. No additives may be applied to, or inserts incorporated in either the platform or its surface unless it is a specially constructed weightlifting platform. The platform is subject to approval by the meet director prior to the commencement of the competition.
- 11.3.2 Warm-up area platforms will be stocked with an ample number of bars, plates and safety collars of the same caliber as those required for the main platform. Bumper plates and non-approved bars are not acceptable. Rig type warm-up areas, while not recommended, are allowed with the use of safeties. There shall be a minimum of three warm-up platforms provided for each of the three (3) lifts. The only exception is meets with 10 or less lifters in each flight where a meet director can use two (2) warm-up platforms.
- 11.3.3 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 limit its application to a designated area only.
- 11.3.4 Any intentional dropping or dumping of the bar, or action that jeopardizes the safety of any personnel, will be deemed a serious infraction and may, at the discretion of the meet director in consultation with the referees, result in immediate disqualification from the competition or forfeiture of any subsequent attempts on the lift where the infraction occurs. There must be no fault of the spotters when imposing this discretion.
- 11.3.5 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.
- 11.3.6 The Technical Chair will oversee all activity on and off of the platform. The Technical Chair may act alone in their authority to ensure all USPA rules are being correctly implemented and interpreted. In the absence of the Technical Chair at any meet, the meet director, or an official designated by the meet director, will be responsible for performing their duties.
- 11.3.7 Scorekeepers, in conjunction with the meet director, are responsible for accurately recording the progress of the competition.
- 11.3.8 If, during warm-ups 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.
- 11.3.9 After the display of misconduct by a lifter and/or coach and issuing an official warning, any subsequent misconduct would then need to be handled by the meet director or head referee in the form of a disqualification notification ("you are hereby disqualified" directly to the lifter) followed by a direct order for the lifter and their coach to leave the venue ("you are required to vacate the premises immediately"). There is no deviating

from this directive. The actions from this directive must be followed up and confirmed (both visually and physically) by the meet director or head referee as to the offending person(s) leaving the premises. This may even include stopping the event to handle this directive. An implied statement without direct contact with the lifter and/or coach is not adequate. A meet director may at their discretion remove a lifter and/or coach from the venue based upon misconduct at the event, but banning of a lifter and/or coach from the association or future USPA events is at the sole discretion of the USPA National Office. A meet director or State Chair must submit documentation to support the disqualification and removal of a lifter and/or coach from a competition.

11.3.10 Meet directors are not allowed to compete, or coach other lifters, in their own meet, or perform any other duty outside of what is required to run their meet. Their entire focus should be to professionally run a successful meet, be dressed appropriately per sec. 7.1.18-7.1.18.2, and to always make themselves available to their lifters and staff at all times. The only exception is that a qualified co-meet director is pre-approved by the USPA National Office prior to sanctioning the event. During the competition the co-meet director will then assume all duties of the meet director. Email steve@uspa.net for approval requests.

11.3.11 The meet director must use the USPA's proprietary IronComp software at all USPA-sanctioned competitions.

11.3.12 At any USPA-sanctioned event, 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 National Records will still apply to any record set under the USPA sanction.

Item 11.4 Weigh-Ins

11.4.1 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 lifting session in which the athlete is competing.

11.4.2 The inspection of costume and personal equipment will take place during the weigh-in period by a USPA official. However, the meet director has the option of performing equipment inspections before the official weigh-ins start. It is the lifter's 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, 3m knee wraps) will result in the lifter being removed from the meet.

11.4.3 A lifter participating in a qualifying/local meet may change weight classes, either up or down, with the permission of the meet director. In a state meet, a lifter may move up or down one weight class with prior permission from the meet director.

Item 11.5 Post-Competition

11.5.1 Upon completion of the competition, the meet director must assure all records chairmen that all successful record attempts have been properly verified, met all USPA requirements, and are noted within the official scoresheet.

11.5.2 The meet director will have five (5) business days to submit an official copy of the scoresheet to the National Office (see sec. 9.1.9). The IronComp-generated Excel results must be submitted to the National Office via email to dixie@uspa.net within five (5) business days following completion of a competition. The scorecards must also be sent via US Mail, FedEx or UPS to the USPA National Office (30 Waterworks Way, Irvine, CA 92618) within five (5) business days following the completion of a competition. Any meet director who fails to submit their results and mail scorecards within the five business day deadline will:

11.5.2.1 First Offense: receive a warning.

11.5.2.2 Second offense: receive a suspension from running USPA events for six (6) months.

11.5.2.3 Third offense: be indefinitely suspended from directing any future USPA events.

Item 11.6 Event Planning

11.6.1 Event planning and coordination shall not be restricted based on the notion that a specific meet director has exclusive rights or ownership of a "territory;" rather, it should be based upon meeting the demand for additional events within their state and equitably providing opportunities to meet directors to fill those demands within a given state.

11.6.2 Meet Directors are required to own and maintain their own computer(s) for running USPA events. The computer may not be a shared computer, or operated by any person that is not a USPA official.

Part 12. Drug Testing-Banned Substance List

The information provided herein is for informational purposes only. The USPA national office, its officers, employees, agents or representatives are not qualified medical professionals and will not provide medical advice and/or respond to athlete inquiries regarding whether use of a particular medication or supplement not listed herein is permissible. All athletes intending on competing in a USPA drug tested event bear the exclusive responsibility of consulting their own physician or medical professional to determine whether any prescription medications or other supplements they are currently using may yield a positive test result and/or contain any substances on this banned substance list.

Anabolic Steroids and Agents

1-Androstendiol, 1-Androstendione or

1-Testosterone metabolite(s)

4-Hydroxytestosterone, Formestane &/or metabolite(s)

6a-Methylandrostandione metabolite

Androstendiol, Androstendione or
Testosterone (T/E 4:1 Ratio)
Bolasterone metabolite
Boldenone metabolite(s)
Calusterone metabolite(s)
Clenbuterol (anabolic agent)
Clostebol metabolite(s)
Danazol metabolite(s)
Dehydrochlormethyltestosterone metabolite(s)
Desoxymethyltestosterone metabolite(s)
Drostanolone &/or metabolites
Epitestosterone (masking agent)
Estra-4,9-dien-3,17-dione metabolite(s)
Fluoxymesterone metabolite(s)
Formebolone metabolite(s)
Furazabol metabolite
Halodrol metabolite
Mestanolone metabolite
Mesterolone metabolite(s)
Methandriol metabolite(s)
Methandrostenolone metabolite(s)
Methasterone &/or metabolite
Methenolone &/or metabolite(s)
Methyl-1-testosterone &/or metabolite(s) L
Methyltestosterone metabolite(s)
Mibolerone metatabolite
Nandrolone , 19-Norandrostenedione or 19-Norandrost metabolite(s)
Norclostebol metabolite(s)
Norethandrolone metabolite(s)

Oxabolone &/or metabolite(s)
Oxandrolone &/or metabolite
Oxymesterone
Oxymetholone metabolite(s)
Probenecid (masking agent)
Prostanozolol metabolite(s)
Stanozolol metabolite(s)
Stenbolone &/or metabolite(s)
Testolactone (anti-estrogen) metabolite
Trenbolone metabolite

Amphetamines

Amphetamine
Methamphetamine (L and/or D)
Methylenedioxyamphetamine (MDA)
Methylenedioxymethamphetamine (MDMA)

Cocaine

Ecgonine Methyl Ester (EME) (Cocaine
Metabolite)

Designer Stimulants

Benzylpiperazine (BZP)

Diuretics

Acetazolamide
Amiloride
Bendroflumethiazide
Bumetanide
Canrenone
Chlorothiazide
Chlorthalidone
Clopamide

Cyclothiazide
Dichlorphenamide
Ethacrynic acid
Furosemide
Hydrochlorothiazide
Hydroflumethiazide
Spironolactone
Triamterene

Methylphenidate

Methylphenidate

Miscellaneous Stimulants

4-Phenylpiracetam
Adrafinil
Amfepramone (Diethylpropion)
Amiphenazole
Amphetaminil
Benzphetamine
Cathine (Norpseudoephedrine)
Clobenzorex
Dimethylamphetamine
Ethamivan (Etamivan)
Ethylamphetamine (Etilamphetamine)
Famprofazone
Fencamfamine
Fenethylamine (Fenetylline)
Fenfluramine
Fenproporex
Furfenorex
Heptaminol

Mefenorex
Mephentermine
Methylephedrine
Modafinil
Nikethamide
Norfenfluramine
Octopamine
Parahydroxyamphetamine
Phendimetrazine
Propylhexedrine
Selegiline
Sibutramine
Strychnine

+

Other

Ephedrine
Phenmetrazine
Phentermine

Testosterone Boosters, Selective Androgen Receptor Modulators (SARMS), or other substances that may result in a T/E ratio exceeding 4:1

Part 13. Religious Considerations

The USPA welcomes all lifters and will always do our very best at all times to accommodate any special attire associated with religious needs. Please contact us at info@uspa.net prior to the meet so we may assist you, ensuring your having a pleasurable meet.

Part 14. Transgender Lifters

Transgender lifters are not allowed to compete in tested competitions. Everyone is welcome to compete in the USPA and will be held to the same set of rules as stated in our rule book, whether lifting as a male or female. All lifters must show ID and a membership card at weigh-ins. Athletes must register within the same gender category as shown on their ID and membership card. The USPA welcomes all lifters and will always do our very best at all times to accommodate all members. Our staff is understanding, and wants every lifter to feel both welcomed and

appreciated at our meets. If you are a transgender athlete and would like more information, please email info@uspa.net.

Part 15. Code of Conduct

The United States Powerlifting Association (USPA) is committed to providing an inclusive, professional, and safe environment at our events to its members, and has adopted a zero-tolerance policy towards discrimination and all forms of harassment, including but not limited to sexual harassment. USPA members are prohibited from engaging in behavior or publishing material that, at the sole discretion of the USPA, is offensive or interferes with the rights of others or causes harm to any person or entity. Violating our rules of conduct may result in termination of membership, forfeiture of any membership fees that have been paid, and prohibition from attending or participating in any USPA sanctioned events.

Any complaints regarding a member who allegedly violates the USPA's Code of Conduct must be reported to the USPA Member Advocate at advocate@uspa.net within 30 days of the alleged occurrence. The Member Advocate will gather all relevant supporting evidence regarding the allegation and decide whether the case will be forwarded to the USPA Executive Committee to consider disciplinary action against the member.

Members include all participating athletes, meet directors, referees, certified coaches, or other officials and/or employees. All members are expected to treat each other with respect and dignity while upholding the integrity and professional standards of the USPA. All members are expected to observe all association rules as currently stated in the USPA Rulebook and adhere to the following principles:

Discrimination

There will be no unlawful discrimination based upon a person's sex, sexual orientation, age, race, color, creed, national origin, veteran status, marital status, religion, disability, personal appearance or any other legally protected characteristic.

Harassment

Any form of harassment towards others that is illegal, threatening, harmful, abusive, or otherwise objectionable will not be tolerated. This includes behaving, communicating, or publishing material that invades another's privacy, is degrading, defamatory, hateful, fraudulent, libelous, obscene, sexually explicit, or is ethnically objectionable.

Sexual Harassment

Sexual Harassment will not be tolerated and includes unwelcome sexual solicitation, physical touching, transmission of offensive sexually graphic images or written material, or any conduct that's sexual in nature that's abusive, offensive, and intimidating. A member's conduct will be considered unwelcome and in violation of the USPA Code of Conduct when the member should have known the conduct was unwelcome, or when the person(s) subjected to the conduct objected.