

# WRPF

## TECHNICAL RULEBOOK



# CANADA

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## 1. GENERAL RULES OF POWERLIFTING

### 1.1. General

- 1.1.1. Word Raw Powerlifting Federation (WRPF) is an independent sport organization with the main goal of **promoting the sport of powerlifting in Canada and the World.**
- 1.1.2. The Technical Rules book of the WRPF is the main document that identifies basic principles of organizing and running WRPF **powerlifting competitions**. The athletes who are performing at the competitions, coaches, and officials, must know and abide by these rules.
- 1.1.3. The WRPF recognizes the following lifts in all competitions run under WRPF rules:
  - Full Power: Squat, Bench Press, Deadlift
  - Push/Pull: Bench Press & Deadlift
  - Bench Press Only
  - Deadlift Only
- 1.1.4. Raw, Raw w/Wraps, Single Ply, Multi Ply Division and Unlimited

**The Rules of Performance for all three lifts are the same for Raw, Raw w/wraps and equipped lifting competitors.**

\*The approved costume and equipment allowed for the RAW division competitions will be defined as a non-supportive, one piece, lifting singlet (of stretchy material), a t-shirt (of cotton, polyester blend), optional brief or thong underwear, socks, optional belt, shoes, and optional single-ply wrist wraps and knee sleeves. Knee wraps are not allowed in the Raw division.

\*The approved costume and equipment allowed for the **Raw w/Wraps** competitions will be defined as a non-supportive, one piece, lifting singlet (of stretchy material) singlet, a t-shirt, optional brief or thong underwear, socks, optional belt, shoes, and optional single-ply wrist wraps, knee sleeves and/or knee wraps.

\***The approved costume and equipment allowed for the Single Ply division competitions will be defined as a non-supportive, one piece single-ply material singlet, a t-shirt,**

optional brief or thong underwear, socks, optional belt, shoes and optional single-ply wrist wraps, knee sleeves and/or knee wraps.

1.1.5. The three lifts must be taken in the same sequence in all competitions conducted under WRPf rules:

Squat, Bench Press and Deadlift. Push-pull must be taken in the same sequence in all competitions: Bench Press and Deadlift.

1.1.6. Updates to the rulebook will take place on the first of the new year and communicated out to WRPf Provincial Directors.

## 1.2. Divisions

Competitions are sanctioned in the following divisions:

### 1.2.1. Tested

Testing must be performed on all lifters who achieve a DOTS score within the top 10% of competitors on each day of competition, and must be an equal mix of both male/ female athletes.

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%. Testing will be done once the competition has ended, and the DOTS score is finalized. If the athlete refuses the test, fails, or has left the event and is not able to take the test, this will be considered a failed test.

If a failed test is received the athlete will have the option to have their second sample tested at their own expense within 7 days of receiving notice of failed test. If the second test is also failed, athletes will have a lifetime ban in all WRPf Tested events and will face a fine of \$500 which must be paid prior to lifting in any WRPf competition.

Testing can be done by one Canadian WRPf official, unless the athlete is under the age of 18, where then 2 officials and a guardian or authorized representative of the athlete is present.

Officials must be of the same sex and must accompany the athlete while performing the test. The test must be visible at all times while ensuring no falsification of the test.

*Note: no exemptions are given to physicians prescribed, therapeutic usage of hormone replacement. These athletes are allowed to compete in untested events only.*

WRPf Canada recognizes other powerlifting federations banned/ suspension lists; these athletes are not allowed to participate in any WRPf Canada tested events.

Athletes cannot have used any substances on the banned list during, and no less than 5 years prior to the date of the competition.

Transgender athletes are only able to compete in non-tested events.

*Please see Appendix for list of banned substances.*

#### 1.2.2. Non – Tested

### 1.3. Age Categories

1.3.1. To compete the athlete must be at least 14 years of age or older. The athlete must be of the minimum age on the day of the competition. An athlete who has not attained the minimum age on the day of the competition can take part in the competition only with the written permission of their parents or legal guardian and will be considered a guest Lifter. They will not be eligible for Records or Competition placing.

1.3.2. The day a junior turns 24 years old they are no longer a junior.

1.3.3. The following age categories for men and women are recognized by the WPRF:

Junior	14-16, 17-19, 20-23
Open	24 and above
Sub-Master	35-39
Masters	40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

1.3.4. It is allowed to cross enter age categories; Junior and Open, Masters and Open etc.

### 1.4 Body Weight Categories

#### Men

<b>52.0 kg Class up to 52.0 kg</b>	<b>90.0 kg Class from 82.51 to 90.0 kg</b>
<b>56.0 kg Class from 52.01 to 56 kg</b>	<b>100.0 kg Class from 90.01 to 100.0 kg</b>
<b>60.0 kg Class from 56.01 to 60.0 kg</b>	<b>110.0 kg Class from 100.01 to 110.0 kg</b>
<b>67.5 kg Class from 60.01 to 67.5 kg</b>	<b>125.0 kg Class from 110.01 to 125.0 kg</b>
<b>75.0 kg Class from 67.51 to 75.0 kg</b>	<b>140.0 kg Class from 125.01 to 140.0 kg</b>
<b>82.5 kg Class from 75.01 to 82.5 kg</b>	<b>140.0 kg + Class from 140.01 to unlimited</b>

## Women

44.0 kg Class up to 44.0 kg	82.5 kg Class from 75.01 to 82.5 kg
48.0 kg Class from 44.01 to 48.0 kg	90.0 kg Class from 82.51 to 90.0 kg
52.0 kg Class from 48.01 to 52.0 kg	100.0 kg Class from 90.01 to 100.0 kg
56.0 kg Class from 52.01 to 56 kg	110.0 kg Class from 100.01 to 110.0 kg
60.0 kg Class from 56.01 to 60.0 kg	125.0 kg Class from 110.01 to 125.0 kg
67.5 kg Class from 60.01 to 67.5 kg	140.0 kg Class from 125.01 to 140.0 kg
75.0 kg Class from 67.51 to 75.0 kg	140.0 kg + Class from 140.01 to unlimited

### 1.5 Defining Winners

1.5.1 The athlete who has finished the competition with the largest total in their category, weight and age class is awarded First Place. The “total” includes the best of all 3 attempts performed by the athlete at that competition. Other placings are determined in descending order based on their “total.” The athlete who fails to turn in a total (aka Bombs) shall be excluded from further lifting in the competition. An exception can be granted by the Meet Director and the Lifter will be considered a “Guest Lifter.”

1.5.2 The athlete who has made the largest total, is titled as the winner in (Push-pull), following the results of the two competitive lifts. The total includes the highest number of the 3 attempts performed by the athlete. Other athletes are determined in descending order based on the total turned in. The athlete who fails to turn in a total (aka Bombs) shall be excluded from further lifting in the competition. An exception can be granted by the Meet Director and the Lifter will be considered a “Guest Lifter.”

1.5.3 The athlete who has turned in the largest total in the Single Lift Division is the winner of single lift (Bench Press or Deadlift). The total includes the highest number of all three attempts by the athlete. Other placings are determined in descending order based on the turned in total.

1.5.4 If the total of two or more athletes are the same, the First Place is given to the athlete with the lighter bodyweight. If two athletes have been weighed-in with the same body weight and by the end of the competition got the same total, a re-weighing will be mandatory, and First Place will be awarded to the lighter Lifter. If the body weight of the athletes is the same again, then both athletes are given the same placing and the next place is not occupied.

1.5.5. There are placings in every division, age group, weight class.

1.5.6. The Best Lifter is defined by the **Dots** coefficient in age groups: Juniors, Open, Sub Masters and Masters. Calculating points for Masters will be by DOTS formula. The final result (total) of the participant is multiplied by the coefficient, and the result (point) becomes a criterion for comparing athletes and ranking them among absolute winners. The Athlete who earned the highest of points becomes the Best Lifter.

1.5.7. Awards (determined by the Meet Director and approved by the National office) of WPRF Championships will be in the personal, best lifter and teams, held in accordance with the Rules of

Competition. The dress code for athletes during awards are shirt/ t-shirt, shorts, pants or sweats, shoes. The Athlete is not allowed to wear anything of offensive content.

## 1.6 Teams

1.6.1. A Team event may be held at all meets.

1.6.2. The system of point scoring for team championship is the following:

**12** points – for the 1 place, **9** points – for the 2 place, **8** points – for the 3 place, **7** points – for the 4 place, **6** points – for the 5 place, **5** points – for the 6 place, **4** points – for the 7 place, **3** points – for the 8 place, **2** points –for the 9 place and **1** point – for the 10 place.

The team that receives the most points becomes the winner. If the number of team points are equal for two teams, the team which has more 1<sup>st</sup> places becomes the winner. In the case of having the same number of 1st places the winner is determined by the number of 2<sup>nd</sup>, 3<sup>rd</sup> etc.

1.6.3. Team entry form should be sent by the Captain of the Team no later than weigh-ins. Changes and additions after the deadline could be made only with the approval of the Meet Director.

1.6.4. There can be several team championships during the competition. For example, the championship between teams of different countries, between teams of different regions or between teams of different sport clubs/gyms.

## 1.7. Tournament Ranking/Sanction

WRPF identifies the following designations of tournaments:

- International/World Championship/Invitational
- National Championship
- Provincial, city/regionals

1.7.1. International (Worlds) or Nationals may mean any World Championship, World Cup, National Championship, with the ability to set/break National and World Records.

1.7.2. National may mean any Championship and Cup of the country with the ability to set/break National and World Records.

1.7.5. Provincial (town, district, club) tournaments may mean any Championship and Cup of the province, city. With the ability to set Provincial and National records only.

1.7.6. There may be other classifications of Tournaments for WRPF. Usage of other classifications must be approved by the North/South America Office of WRPF.

## 1.8 Records

1.8.1. WRPf registers the following records:

World  
National  
Provincial

All Records will be registered by the Official Records Chair of WRPf.

1.8.2 Officials are responsible to provide a strict 7-day-deadline of meet results to the appropriate office of WRPf. The results will be posted in an established form and represent the required information of the records.

1.8.3 Only citizens of their Country may set National Records. For example, citizens of Russia can only set Russian National and State records; only U.S. citizens can set American National and State records, and so on.

1.8.4. At a Provincial meet, provincial and nationals records may be set/broken. At a National level meet, provincial, national and world records may be set/broken.

**\*\* An exception will be made where as National and World records can be broken at ANY Canadian event until December 31, 2024, thereafter rule 1.8.4. will take effect.**

1.8.5. The records that can be set during WRPf Championships are:

- Total
- Squat, Bench Press, Deadlift
- Bench Press Only & Deadlift Only
- Push-pull Total
- Push-pull Bench Press
- Push-pull Deadlift

1.8.6. All records are registered by division, age, weight class and sex.

1.8.7. Breaking or setting records can only take place in a tournament sanctioned by WRPf and in full compliance with the rules of the Federation.

1.8.8. Record attempts can be made during any attempt. The attempt with the heaviest successful weight will be recognized as the new record.

1.8.9. In the case where two athletes exceeded the existing record in separate lifts or in the full power total by lifting the same weight, the record will be awarded to the athlete with the lower body weight. If both athletes during weighing in procedure were recorded with the same bodyweight, the champion would be recognized as the athlete who was the first to beat the existing record.

1.8.10. New WRPf Records are only valid if they exceed the previous record by at least 0.5 kg (500 gr).

1.8.11. Records in age categories are approved even if there is only one participant at the age class.

1.8.12. In the case of an absence of a national record; a number is set by the athlete who is first to obtain a complete lift in that category.

1.8.13. Fourth attempts may be given for an athlete to establish a record in each movement at a National or World event, and not that of a Provincial event. The WRPf will also allow one other event annually in which 4th attempts can be made. 4th attempts will only be granted on National or World records. The only aim of this attempt is to establish a new record. This fourth attempt does NOT count in their total or score.

1.8.14. A 4<sup>th</sup> attempt may only be granted with the completion of a successful third attempt.

1.8.15. Only athletes who are “active” in the tournament may attempt to break/set a record with a 4<sup>th</sup> attempt (i.e. an athlete with a zero result in the first three attempts but remaining in the tournament as a guest Lifter will not be allowed to break/set any records). If the athlete wants to set the record in a single movement, he or she must pay another entry fee to enter into that division before the start of that portion of the competition. The “crossover” may take place with the approval of the Meet Director 30 minutes before the beginning of that part of the competition.

1.8.16. Athletes can only set records in the division (or divisions) in which they are entered.

1.8.17. Records may also be allowed by age category crossovers. Junior can set a record as Junior and in the Open age class, athletes from Open class can only set a record in Open age class, Masters can break/set records in Masters as well as in Open provided the athlete signed up for and is confirmed as a crossover.

1.8.18. If the Sanctioning of the tournament determines that all athletes compete only in the Open category, despite their actual age (Teenagers, Juniors or Masters), the athletes can have their records applied to their appropriate age class.

1.8.19. IMMEDIATELY upon successful completion of a new record the Lifter is required to be “gear checked” in terms of clothing and equipment by a **National or International Referee if the record is of National level or higher**. The “gear check” should be performed immediately after the attempt and before the athlete leaves the platform. Once the “gear check” is completed the Referee will turn and raise the hand of the Lifter.

## 1.9 Membership in WRPf

1.9.1. All athletes, referees, and other officials must be active members of their respective WRPf body on the day of the tournament. **Referees may qualify for a complimentary WRPf membership by attending a minimum of one competition a year as a referee. They must referee a minimum of one flight in each squat, bench and deadlift.**

1.9.2. The President(s) shall set annual membership dues. The amount shall be specified on the National website. The payment must be made by the Lifter before weigh-in at the competition.

Membership dues for referees are complementary and good for 12 months after the initial assignment of the judicial category.

1.9.3. Membership Dues are paid once a year and valid for 12 months from the date of payment. Membership Dues are non refundable and non transferable.

1.9.4. During National or International competitions all athletes and referees shall be members of the WRPF.

1.9.5. All members of the WRPF will be entered into Openlifter. This database shall be available at every competition's weigh-in/gear check. Meet Directors must conduct verification of the athlete prior to weighing in. If an athlete from another country participates in the competition, organizers can request the member's database from their country.

## **2. EQUIPMENT AND SPECIFICATION**

Every tournament has specific technical requirements for competition. The fulfillment of these requirements is a must. All Meet Directors must comply with the following items:

### **2.1 Scales**

2.1.1. Scales for weighing the athletes must be calibrated and digital.

### **2.2 Platform**

2.2.1. All lifts shall be carried out on a platform measuring 8ft x 8ft minimum and 12ft x 12ft maximum. It must not exceed 2 inches in height from the surrounding stage or floor.

2.2.2. The upper surface of the platform must provide good grip of the athlete's feet with the platform. The surface of the platform must be non-slip, there must be no loose surfaces, and the lifting platform must be sturdy and free from flex.

2.2.3. Loose mats or similar sheeting materials (thickness of more than 1 cm) are not permitted.

### **2.3 Bars and collars**

2.3.1. During WRPF competitions, only those collars and bars are allowed which provide safety during the performance of the movements.

2.3.2. All bars used in competition must be created on factory production, shall be straight, clean of rust, and have a well knurled and grooved. To secure weight on the bar it is necessary to use competition kilo collars. They must provide a secure fit of the plates on the bar. Bar and collars must fill the following general requirements:

- Total overall bar length should be from 2.2m and should not exceed 2.5m,
- Distance between the collar faces is less than 1.31m and nor more than 1.48m,
- Diameter of the bar should not exceed 32mm or be less than 27mm,
- Weight of the bar and collars could be 25kg or 30kg (for special squat or bench bar),
- Collars must weigh 2.5kg each,
- All bars used during the competition must weigh within 0.25 percent of their face value,
- Diameter of the sleeve should not exceed 52mm or be less than 50mm,
- There shall be a machined ring on the bar so as to measure 81cm between rings.

2.3.3. It is prohibited to change the bar during the flight except in the case when the bar is damaged which makes the bar unsafe. The decision to change the bar shall be made by the Chief Referee and Meet Director.

## 2.4 Competition Discs/Plates

Discs used in competitions WPRF must meet the following requirements:

2.4.1. All discs used in competition must be created by factory production, there should be no chips, cracks and other defects which can affect their safe usage.

2.4.2. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.

2.4.3. The hole size in the middle of the disc must not exceed 53 mm or be less than 51 mm.

2.4.4. Discs must be within the following range:

0.25 kg, 0.5 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, 25 kg and 50 kg are allowed for usage.

2.4.5. Discs weighing 25 kg must not exceed 6 cm in thickness. Discs weighing 20 kg and under must not exceed 5 cm in thickness. Discs weighing 50 kg must not exceed 12 cm in thickness.

2.4.6. Discs must be colored as the following:

0.25 kg; 0.5 kg; 1.25 kg; 2.5 kg; – any monochromatic color; 5 kg – white or black; 10 kg – green or black, 15 kg - yellow, 20 kg - blue, 25 kg - red, 50 kg – green.

2.4.7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.

2.4.8. The first and heaviest discs loaded on the bar must be loaded face in; the rest of the discs are loaded face out.

2.4.9. The diameter of the largest discs shall not be more than 45 cm. The diameter of the discs of 50 kg, 25 kg and 20 kg must be strictly 45cm.

## 2.5 Squat Racks

2.5.1. WPRF tournaments permit the use of two types of squat racks: a mono lift with a hydraulic system of changing height of racks and discharging level-arms from which the athlete takes off the bar and standard combo type rack for powerlifting with a lever arm system of changing height of the rack.

2.5.2. Squat racks must be a unitary structure, durable, easy to work and ensure the safety of the athlete and spotter/loaders.

2.5.3. The mono lift must be equipped with safety straps of strong material or chains to avoid the bar from falling to the floor, in the case of an athlete missing or going down.

2.5.4. In International and National tournaments Mono lifts and combo racks may be used with a mechanism of changing the height of the rack.

2.5.5. The squat racks shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m in 5 cm increments. The width between the outer edges of the arms which hold the bar must not exceed 1.2 meters.

2.5.6. "Mono lift" racks must have levers holding the bar that can move inward so that the distance between is adjusted up to 60 cm and at any of the intermediate positions the levers must be securely fixed with special clamps or wedges.

2.5.7. Standard combo racks should be able to tilt and bring together two vertical levers to securely fix levers in position if necessary to use clamps or wedges.

2.5.8. Strong pins shall be required to set heights.

## 2.6 Bench

2.6.1 The bench shall be of sturdy construction and safe for athletes and spotters/loaders.

2.6.2. The bench shall conform to the following dimensions:

- Length - not less than 1.22m;
- Width – not less than 29 cm and not exceeding 32cm,
- Height – not less than 42cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench,
- The height of the uprights, which must be adjustable, shall be a minimum of 75cm to a maximum of 110cm measured from the floor to the bar rest position,
- Minimum width between insides of bar rests shall be 1.1m,
- The head of the bench shall extend 22cm beyond the center of the uprights with a tolerance of 5cm either way.

2.6.3 The bench must be equipped with adjustable heights for bar and "face safety".

2.6.4 The head of the bench must be equipped with a step or box for the lift off assistant, which shall not prevent the athlete from performing the powerlifting movement.

2.6.5 Bench height should be adjustable via a lever mechanism or jacks.

2.6.6 Pins will be used to fix the height of all racks and safety catches.

2.6.7 Benches must be placed on the platform during a competition.

## 2.7 Judging Lights

2.7.1. A system of lights shall be provided for the referees to make known their decision of good lift or no lift. Lights shall be set up with three white signals and three red signals located in a horizontal row. Each of the three lights are representative of the three referees on the platform.

2.7.2. Each referee will control a white and a red light. These two colors represent a “good lift” (white light) and “no lift” (red light) respectively.

2.7.3. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees.

2.7.4. The referees are required to monitor the correct completion of the athlete’s competitive movement and make known their decision as soon as possible. Discussion of the lift before activation of the lights is strictly prohibited.

2.7.5. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”. In case of having no flags, referees show their decisions by hand gestures. The thumbs up - good lift, thumbs down - no lift.

## 2.8 Clocks

2.8.1. The timer is used to set a 60 second time limit, after calling the athlete on the platform, and before the start of the lift.

2.8.2. The timer must be placed within the overall visibility of the referees on the platform, secretary, jury, spectators and athletes in the exit area onto the platform. There should be an information board on which a visible countdown allotted for athlete output. If no panel or visible clock is available, the MC shall announce time remaining in 30 second intervals.

2.8.3 Athletes not reaching the platform and unracking the bar before the end of the 60 seconds will receive a no lift and not be allowed to complete the lift.

### **3. PERSONAL EQUIPMENT**

#### **3.1 Lifting suit/Singlet**

3.1.1. The singlet/suit must be constructed entirely of fabric or a synthetic textile material, so that no support should be given to the lifter by the suit while lifting.

3.1.2. Any seams, trim or other details which, in the opinion of the Meet Director or Referees, give an advantage or enhance the Lifter are cause for prohibiting the use of such singlet/suit during competition.

3.1.3. The suit shall be one-piece and form fitting without any looseness when worn.

3.1.4. The suit straps must be worn over the lifter's shoulders at all times in all lifts during competition.

3.1.5. The lifting suit must conform to the following specifications:

- Can be of any color.
- May have the logos or emblems of the lifter's Nation, Name, Club or
- Sponsor.
- It is prohibited to have printing which is offensive or discredits the sport.

3.1.6. Seams and hems must not be wider than 3 cm and a thickness of 0.5 cm. Seams may be covered or reinforced of stretchable fabric material not more than 2 cm in width and 0.5 cm in thickness. Only weightlifting or wrestling suits may have seams and hems exceeding 3 cm in width. The crotch area may be two layers of the same material no larger than 12 x24 cm.

3.1.7. The suit must have legs, the length of the outer side of which may reach 25 cm, but the length along the inner side of the leg from the middle of the crotch shall not be less than 5 cm and not more than 15 cm. Measurement is made from passing through the top of the crotch seam along the inside of the leg.

3.1.8. Illegal suits:

- Sleeves of any length.
- Any fasteners or other parts from metal, plastic or other materials that may cause injury or damage during the completing the powerlifting movement.
- It is forbidden to sew on or add material to any suit.

#### **3.2 T-Shirt**

3.2.1. A t-shirt must be worn under the lifting suit by all lifters during the Squat and Bench Press; men and women may elect to not wear a t-shirt during the Deadlift. Women may wear a sports bra with no additional support. Only one T-shirt is allowed to be worn at a time.

3.2.2. The t-shirt must conform to the following specifications:

- Must be made only of cotton, polyester or blend.
- Must not have any rubberized material. Denim and canvas are prohibited.
- Must not have any pockets, buttons, zippers or V-neck collar.
- Must not have any reinforced seams.
- Must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- Can be an officially branded t-shirt of a competition or may bear the logo or emblem of the lifter's Nation, Club or Sponsor.
- Must fit on the athlete so as to not give any physical support.
- It is prohibited to have printing which is offensive or discredits the sport.

### 3.3 Briefs/Underwear

3.3.1. A standard commercial "athletic supporter" or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit during completing all the tree lifts. These briefs will not include any type of leg. Lifters may elect to go "commando" as underwear is not required to compete.

3.3.2. Women may wear a commercially available sports bra.

3.3.3. Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband are prohibited.

3.3.4. Any supportive undergarment is not legal for use in competition. Evaluation of this is left to the discretion of Referees and the Meet Director.

### 3.4 Socks

3.4.1. Only one pair of socks at a time are allowed to be worn.

3.4.2. Socks may be of any color or multicolored.

3.4.3. They shall not be of such length on the leg that they come into contact with the knee, knee wraps or knee sleeves.

3.4.4. Full length leg stockings, tights or hose are forbidden.

3.4.5. It is allowed to use shin guards and tape during the deadlift. They are allowed to wear under the socks only. They must be put on in such a manner that the top of guards does not protrude from the sock.

### 3.5 Belt

3.5.1. Competitors have the option to wear a belt. If worn, it shall be on the outside of the lifting suit.

3.5.2. The belt shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together. **Velcro is disallowed.**

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

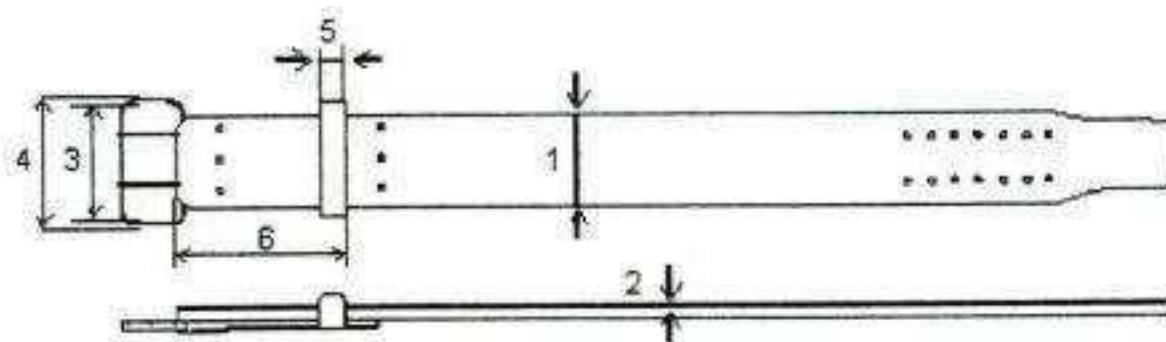
3.5.4. The buckle shall be attached at one end of the belt by means of studs and/or stitching.

3.5.5. The belt may have a buckle with one or two prongs or quick release lever type belt. A tongue loop shall be attached close to the buckle by means of studs/or stitching.

3.5.6. It is permissible to place on the belt any inscriptions or drawings that are not abusive and do not discredit the sport.

Dimensions:

1. Width of belt maximum 10 cm.
2. Thickness of belt maximum 13 mm along the main length.
3. Inside width of buckle maximum 11 cm.
4. Outside width of buckle maximum 13 cm.
5. Tongue loop maximum width 5 cm.



6. Distance between end of belt and far end of tongue loop maximum 15 cm

### 3.6 Footwear

3.6.1. Shoes, boots or deadlift slippers must be worn while completing the lifts.

3.6.2. Shoes shall be taken to include only sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball/ gymnastics. "Chucks" and Vans type shoes are allowed.

3.6.3. No part of the sole shall be higher than 5 cm.

3.6.4. The thickness of the inner soles if not part of the original factory-made shoe must not exceed 1 cm.

3.6.5. It is forbidden to use shoes with open heels/toes (sandals **or clogs**).

### 3.7 Wrist wraps

3.7.1. Wraps of elastic single-layer, only factory-produced materials: polyester, cotton or combinations thereof.

3.7.2. Wrist wraps shall not exceed 1 m in length and 8 cm in width. Any sleeves and Velcro, patches/tabs for securing must be incorporated within the 1 m length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.

3.7.3. Standard commercial sweat bands may be worn, but they should not exceed 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.

3.7.4. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

3.7.5. Using more than one wrap on one hand at the same time is prohibited.

### 3.8 Knees Wraps/Knee Sleeves

3.8.1. Knee wraps/sleeves may be worn during all 3 lifts of the competition.

3.8.2. Wraps made only of single-layer elastic factory material: polyester, cotton or combination of them are allowed. "gripper" wraps are also allowed.

3.8.3. Wraps may not exceed 2.5 m in length and 8 cm in width for all weight categories. 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 covering width of 30 cm.

3.8.4. Wraps/Sleeves must not come in contact with socks or lifting suit.

3.8.5. Using more than one wrap/sleeve on one knee at the same time is prohibited.

3.8.6. A knee sleeve made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials can be used. It should not be more than 30cm in length, and must be 7mm or less in thickness. Knee sleeves cannot have any crisscross seams that allow additional support (The Yellow Jacket Knee Sleeves are approved only for RAW with WRAPS, **not RAW**). The placement of the sleeve is the same as in 3.8.3.

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

### 3.9 Non-supportive bandages

3.9.1. The use of medical tape or conventional medical bandages and special wristbands require prior approval for use during competitions.

3.9.2. Athletes can apply medical tape as long as it is not used as an aid in the performance of the lift and with prior Meet Director and Chief Referee approval.

3.9.3. During the Squat and Deadlift elbow sleeves or non-supportive bandages are allowed.

3.9.4. With the permission of the Meet Director, medical tape may be applied on the injured body part. However, it may not be used as aids to the lifter in holding the bar.

3.9.5. Physio-tape or its equivalent may not be worn anywhere on the body.

3.9.6. All medical reports in accordance with which the athlete will be able to have a permission to use medical wraps and bandages during lifting should be submitted to the Chief Referee before the event to determine their suitability to the rules i.e. at weigh in/gear check.

3.9.7. It is forbidden to use any wraps or bandages on the elbow joints during the bench press.

### 3.10 Inspection of Personal Equipment

3.10.1. Before and during competition the inspection of personal equipment/gear for any lifter may take place at any time. It is not an optional procedure. Any athlete may be checked for permissible use of equipment, before, during and after the competition.

3.10.2. Only the Referees and Meet Director may check the equipment of an athlete.

3.10.3. Equipment that does not comply with these rules is not allowed.

3.10.4. Equipment that has been damaged is forbidden for use during the competition. Offensive inscriptions or images on the equipment are prohibited.

3.10.5. If a referee made a mistake when checking the equipment, it does not entitle its use during competition. If such an error is detected, the attempts that the athlete has completed with its use will not be counted. It is the responsibility of the athlete to do their due diligence.

3.10.6. Items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.

3.10.7. All successful Records the lifter will be immediately inspected by the Referee.

3.10.8 Items such as hats, scarves, or sunglasses are not allowed. Eyeglasses and religious headwear are always permitted.

### **3.11 Usage of other supportive items**

3.11.1. The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden. Baby powder, talc or magnesium carbonate or chalk are the only substances that may be added to the body and attire.

3.11.2. The use of any form of adhesive on the underside of footwear is strictly forbidden (this applies to any kind of ratchet inserts in the sole, steel or other things, the lining of the sandpaper, etc.).

3.11.3. It is forbidden to apply any adhesives, e.g. glass paper, emery cloth, etc. and to cover the shoes with magnesium carbonate. A spray of water is acceptable.

3.11.4. No substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

### **3.12 Blood Management on the Platform**

3.12.1. An athlete on the platform bleeding or open wounds is unacceptable. Any damage must be treated and bandaged before going on the platform. If there is blood on the bar, or equipment, the bar and the equipment should be sterilized with a disinfectant solution immediately. Meet Directors are responsible for the availability of such a solution during the competition. Miticide, Cavicide, Bleach are acceptable solutions.

3.12.2. In the presence of a bleeding or open wound the athlete is required to remedy the issue for proper inspection and take the necessary measures for the treatment of wounds and to stop bleeding in order to be admitted to lift on the platform. The time allotted for the attempt does not stop, in case of an impossibility of solving this problem in a set time the athlete loses his attempt.

3.12.3. Proper cleaning of urine on the platform during a meet requires immediate action to prevent potential health hazards and ensure fairness for all competitors. The affected area should be cleaned thoroughly with a disinfectant solution and dried completely before the next lift. No time penalty to the lifter for cleaning or preparing the platform.

## **4. LIFTS AND RULES OF PERFORMANCE**

### **4.1 Squat**

4.1.1. The lifter shall face the front of the platform.

4.1.2. After removing the bar from the rack while facing the front of the platform, the lifter may move forward or backward to establish their lifting position. If the squats are performed on the monolift, it is

not necessary to “walk out” the loaded bar. Due to the bend of a loaded bar, the lifter may be aided in removal of the bar from the “rack” by the spotter/loaders.

4.1.3. The bar shall be held horizontally across the back at the shoulders with the hands and/or fingers gripping the bar. The hands may be positioned anywhere. The maximum width of the grip is until the hand touches the inner collar of the bar. Touching the discs or bushings is strictly prohibited. Open grip, in which the thumb grips the bar from the outside, is allowed.

4.1.4. Starting position - this is the position of the athlete in which: the feet flat upon the platform with the knees locked and torso vertical (slight deviation is allowable). The top of the bar is not more than 3 cm below the top of the deltoid.

4.1.5. Immediately, after setting in the starting position, the Chief Referee will give the signal to begin the lift. The Chief Referee’s signal shall consist of a downward movement of the arm and audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in a position to begin the lift.

4.1.6. Upon receiving the Chief Referee’s signal “Squat”, the lifter must bend the knees and hips to lower the body until the top surface of the legs at the hip joint is lower than the top of the part of the knee.

4.1.7. Only one attempt is allowed to make the movement. The attempt is deemed to have commenced when the lifter’s knees have unlocked.

4.1.8 During the lift it is allowed some movement of the bar from a starting position down along the back of the athlete (rolling or sliding), but not more than the thickness (diameter) of the bar.

4.1.9. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is in the apparent final position the Chief Referee will give the signal to rack the bar.

4.1.10. The signal to rack the bar will consist of a backward motion of the arm and the audible command “Rack”. The lifter must then return the bar to the racks. Foot movement after the “Rack” signal will not be cause for a failed lift. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to and replacing it in the racks. The lifter must stay with the bar during this process.

4.1.11. When using the mono there shall be no less than 3 spotters/ loaders and no more than 6 on spotters/ loaders the platform at any time.

#### **Causes for disqualification of a Squat:**

1. Failure to observe the Chief Referee’s signals during the completion of the lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.

4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
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 knee.
6. Any movement of the bar from the starting position down along the back of the athlete (slipping) more than the thickness (diameter) of the bar itself.
7. Intentional contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier. Unintentional contact will be the reason for the Lifter to retake the lift at the end of the flight.
8. Contact of the elbows with the legs. Slight contact is permitted as long as there is no support that might aid the lifter.
9. Any dropping or dumping of the bar at any time before, during or after the lift.
10. If the athlete is unable to safely remove the bar from the racks during the allotted minute.
11. Unintentional or intentional contact of bar and racks during the execution attempt. However, unintentional contact that did not help the athlete is not a reason to turn down the attempt.
12. Failure to comply with any of the items outlined under Rules of Performance for the squat.

## 4.2 Bench press

4.2.1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees, which will give the opportunity for Jury and the crowd to see the movement.

4.2.2. The lifter must lie on his back with shoulders and buttocks in contact with the bench surface. This position shall be maintained throughout the lift. The head may come up with no penalty.

4.2.3. The athlete's feet shall be in a convenient position, in contact with the platform, plates or blocks installed under the feet. It is allowed to have a flat footed set up, as well as on the toes of the foot.

4.2.4. Hands and fingers must grip the bar positioned in the rack stands with thumbs around the bar. This position shall be maintained throughout the lift. Thumb-less (suicide grip) or reverse grips are allowed knowing the danger these grips provide.

4.2.5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). In the case when an athlete has an old injury or anatomically cannot grab the bar at the same distance with both hands, he must inform the referees about it before every attempt. If necessary, the bar may accordingly be marked before every attempt of the athlete.

4.2.6. To achieve firm footing the lifter may use blocks which will not exceed 20 cm in total height. Blocks in the range of 5 cm, 10 cm, 15 cm should be made available for foot placement at all international competitions. Foot must remain on the platform or blocks. Plates may be substituted as blocks.

4.2.7. Not more than five and not less than two spotters/loaders shall be on the platform at any time. After setting up the starting position, the lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The "lift off" assistant must be at arm's length.

4.2.8. A personal assistant of a Lifter can be on the platform as a spotter per the request of the athlete. In this case the assistant needs to go on the platform in clean, neat clothing that doesn't impede movements and doesn't have inscriptions and drawings which are provocative or offensive. The spotter, after providing a lift off, must immediately move to the side and clear the immediate area in front of the head referee.

4.2.9. After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with straight arms, elbows locked and buttocks and shoulders on the bench for the Chief Referee's signal.

4.2.10. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

Also, the "Return" or "Help" command can be given by the senior referee on the platform to prevent injuries, in the case of an error committed by an athlete which prevents the attempt to be counted. If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head Referee's responsibilities, the Referee may determine that the lift is unacceptable, and it will be signaled "no lift" by the Referees and given three red lights.

4.2.11. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".

4.2.12. After receiving the signal, the lifter must lower the bar (under control) making contact with the chest or abdominal area motionless, after which the Chief Referee will signal with the upward movement of the hand and the audible command "Press".

4.2.13. After the "Press" command the lifter must then return the bar to straight arms' length elbows locked. When the bar is held motionless the audible command "Rack" shall be given together with a backward motion of the arm.

4.2.14. If right after receiving the "start" command, the lifter draws in a big breath to fill his lungs while still in the upright position prior to beginning the attempt, and the bar rises as a result of this breath, this should not be a reason for disqualification. While still in the upright position, the lifter was unlocking, and then relocking his elbows, or pumping the bar up and down with body movement, in this case it would run against the Rules.

4.2.16. In case the athlete's arms cannot be straightened entirely, the athlete shall provide a relevant medical report when registering or weighing in. It is the lifter's responsibility to remind the three referees before each attempt and allow for inspection of the intended grip prior to making an attempt.

#### **Causes for Disqualification of a Bench Press:**

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.

2. Any change in the elected lifting position during the lift proper i.e., any raising movement of the shoulders, or buttocks, from the bench, or lateral movement of hands on the bar. Movement of the head will not be a cause for disqualification.
3. Feet may be flat or on tip toe and move up and down. Any displacement or slipping of the feet will be considered as a cause for disqualification.
4. Any obvious (excessive) uneven straightening of the arms during the execution of the bench press. Any downward movement of the whole of the bar in the course of being pressed up.
5. Bar is not lowered to the chest or abdominal area i.e., not reaching the chest or abdominal area, or the bar comes in contact with the belt.
6. Failure to press the bar to straight/extended arms' length elbows locked at the completion of the lift. Heaving, or sinking the bar into the chest or abdominal area after the "Press" command has been given.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the items outlined under the Rules of Performance.
10. Unintentional or intentional contact of bar and racks during the execution attempt. However, unintentional contact that did not help the athlete is not a reason to turn down the attempt.

### **4.3 Deadlift**

4.3.1. The lifter shall face the front of the platform.

4.3.2. The bar shall lay horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

4.3.3. The movement is made without any signal. The movement is made until the bar is motionless and the lifter is in the apparent finished position.

4.3.4. On completion of the lift the knees shall be extended in a straight position and the shoulders back.

4.3.5. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless, and the lifter is in the apparent finished position.

4.3.6. Any rising of the bar or any deliberate attempt to do so will count as an attempt. However, an obvious "psych up" jerking/shaking of the bar by an athlete is allowed. In case of doubt, the decision must always be made in favor of the athlete.

4.3.7. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees extended. If the bar settles as the shoulders come back (slightly downward on completion) this should not be a reason to disqualify the lift.

#### **Causes for Disqualification of a Deadlift:**

1. Any downward movement of the bar before it reaches the final position and the command "Down" of the Chief Referee.
2. Failure to stand erect with the shoulders back.
3. Failure to finish the lift with knees extended at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e., releasing/dropping the bar from the hands.
8. Failure to comply with any of the items outlined under Rules of Performance.

#### 4.4 Infractions

4.4.1 Examples of Minor infractions that should be considered a minor oversight where a warning will be given are the completion of the lift: *(Minor oversight infractions shall not be a reason for the disqualification of the lift prior to the lifter receiving an initial warning)*

- A. Socks touching the knee wraps/sleeves.
- B. Thumb loops on wrist wraps not being removed from the lifter's thumb prior to the lift.
- C. Any part of a wrist wrap touching the bar.
- D. The length of the singlet reaches below the mid-thigh.
- E. Deadlift socks not completely covering the top of the calves.

4.4.2 Examples of infractions that must be corrected prior to the lifter making their attempt (these adjustments will not stop the 'attempt clock')

- A. the lifter suit/singlet straps not being worn over their shoulders.
- B. Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth (e.g., hats, rubber elbow sleeves, earphones etc.)
- C. Raw lifters not wearing a t-shirt while squatting or benching.
- D. No socks or ankle socks being worn during the deadlift.

4.4.2 Automatic disqualification infractions:

- A. The use of more than one singlet or any suit/singlet that has been altered beyond the specs within the rulebook.
- B. Wearing more than one pair of underwear or illegal support briefs.
- C. The use of more than one shirt or an illegal supportive shirt or illegal undershirt.
- D. The use of more than one pair of wraps, more than one ply (wraps sewn together) or wraps over regulation length.
- E. Any additions such as wraps, inserts, braces, KT Tape etc. Presence of oil, grease, liquids, hairspray, sticky substances or lubricants other than chalk, a spray of water or approved powder.

## 5. WEIGH INS

## 5.1 Weigh-In Process

5.1.1 Weigh-in of the competitors shall be initiated 24 hrs before the start of the competitors competition start time. If there is an AM and a PM start time for the competition, this will need to be reflected in the weigh in process. The Meet Director shall schedule a regular weigh in any time during the 24-hour period. The first weighing session lasts an hour and a half at minimum. A second weigh in session is held in the evening and shall last a minimum of an hour and a half. The two sessions are mandatory unless all athletes are accounted for and cleared to lift in the “morning session.” Additional sessions can be set by appointment with the Meet Director. Information about all weigh in sessions shall be brought to the attention of athletes during the registration process.

5.1.2. All athletes must be weighed during one of the two mandatory or additional (if so provided) sessions, which are carried out in the presence of certified WRPf Referees and blue shirt officials.

5.1.3. Schedule of weigh in is established in the regulations and it is a mandatory part of it.

5.1.4. Weighing in of each participant is held in a separate room behind closed doors or behind a screen. When a minor is weighed in there will be present; the athlete, his/her parent or legal guardian or coach and 2 (two) WRPf Referees/ or blue shirt officials of the same sex as the Lifter. Should there not be enough Referees of the same sex, the Lifter will be required to weigh in in their singlet.

5.1.5. Athletes can be weighed naked or in underwear (briefs for men; bra and panties for women), or in lifting singlet. Weigh in must be conducted by referees or blue shirt officials of the same sex as the athlete. In the case of a lack of referees or blue shirt officials an additional temporary official can be appointed by the Meet Director. The Lifter may also be weighed in in their singlet.

**\*if an athlete is under the age of 18, they MUST be weighed in wearing their singlet, and must be changed into the singlet prior to the official entering the room to obtain athletes weight**

5.1.6. To establish the order for weigh in, it is on a first come, first served basis.

5.1.7. Each athlete shall be weighed only once. Re-weighing is allowed only to those athletes whose own weight was less or more than the permissible limits of the weight class. These athletes must return to weigh-in and be weighed again in one of two mandatory sessions, before the end of the last weighing session. Should they miss the second chance to weigh in they will be excluded from the competition in this weight class and moved to the next available weight class. Athletes who are trying to make weight can weigh as many times as needed while not interrupting other athlete’s weigh in time.

5.1.8. If the weight of an athlete exceeds the allowed weight for their class, they can go to the next heavier weight class. The athlete must meet all established qualification standards for National, International, Expo level meets at this higher weight. If the weight of the athlete is lower than the minimum weight class, he may go to the lower weight class.

5.1.9. Official weight of the athlete will be recorded in pen on the athlete’s card and initiated by the weighing Referee or blue shirt official and the Lifter.

5.1.10. Participants of age categories Juniors and Masters must verify their participation as a “crossover” in the Open class. No additional weigh-in is necessary for cross overs.

5.1.11. At the weigh-in the athlete's data is entered onto the athlete's card and then entered into the lifting software program. It is required to include the following information:

- Full name of the athlete;
- Division.
- Birth date, age and age category.
- Weight of athlete (in ink) after weigh-in and weight class.
- First attempts in all lifts in **pencil** and initialed by the Lifter or Coach.
- A signed form about accepting responsibility in the event of injury or an accident that could occur due to the fault of the athlete.
- Contacts of an athlete (telephone number, post address and email);
- Date of Filling in and signature of athlete and inspecting referee.

The referees and Meet Director shall correctly enter the information, and athletes should check correctness of all the entered data. After signing the participant's card an athlete assumes taking responsibility for the reliability of all data put in it. The participant's card is an official document of the tournament.

5.1.12. Registration and weighing of participants are made only after an I.D check of the athlete. **Membership expiration date is to be verified and written on the athlete scorecard.**

5.1.13. During all sessions of weigh-in mandatory equipment check will be held. This information must be published with the weigh in information. Equipment check is mandatory during weigh-in. Opening attempts will be taken at this time.

5.1.14. The order of weighing is determined by the athletes themselves waiting their turn.

5.1.15. In case of severe weather or emergency situations in the competition area, time of weigh in may be extended by the Meet Director.

5.1.16. During the weigh in and gear check, athletes will measure height of the racks and face savers for the Squat and Bench Press and record the information on the athlete's card.

## 6. ORDER OF COMPETITION

### 6.1 The Round system

6.1.1. All competitors are distributed by round according to the rules of the tournament. Every flight consists of three attempts for each athlete in each lift. Creating the flights and setting the attempts must comply with the rules given in this chapter.

6.1.2. A flight must be formed in such a way that all competitors perform the same lift.

6.1.3. If there are more than 20 athletes at the competition or round, then they must be divided into several flights consisting of an approximate equal number of participants. Flights should not consist of more than 17 participants.

6.1.4. The flight may include one or several weight classes. Flights must be classified by numbers or letters. Ex, 1,2,3 or A, B, C

6.1.5. Flights are formed by sex, weight and declared weight of the first attempt. Athletes of the lightest weight classes with the lowest first attempts form the first flight (Flight 1 or Flight A etc.). Next flights are formed by ascending weight classes and weights of first attempts.

6.1.6. Structure of flights must be implemented as follows: Round 1 performing three attempts of first lift, then Round 2 performing three attempts of first lift and so on.

6.1.7. If the number of participants in one flight is less than 10, time shall be added to the end of that flight: 9 athletes – 1 minute, 8 athletes – 2 minute, 7 athletes – 3 minutes and so on: 1 minute more for 1 athlete less. Tournament MC or Meet Director must make an announcement about the breaks and turn on a timer after the last athlete in the flight.

6.1.8. In each flight, a bar weight is set from smallest to largest (in accordance with the existing applications of athletes).

6.1.9. The athlete is allowed only one weight change to the first attempt in each lift. Weight can be increased or decreased from the original order and then the order of lifts should be changed accordingly. The change of weight at the first attempt is possible no later than 5 minutes before the start of the first attempt in the flight of said athlete. Weight changes in the first attempt could be taken both for increase or decrease. The MC/Meet Director must inform the athletes one minute before the 5 minute time period allotted for changes.

6.1.10. If two athletes declare the same weight, the athlete who has the lower lot number lifts first.

6.1.11. Time for the attempt is one minute. Time for attempt starts after a signal from the Chief Referee “Lifter Ready”.

6.1.12. If an attempt is failed by a loading mistake, the athlete shall be given the option to take the lift as loaded or retake the lift at the end of that round of attempts. If an athlete is the last in their round, the athlete shall receive 5 minutes more for this retake.

6.1.13. An athlete must declare the next attempt within one minute after completing the lift. If the next attempt is not declared, 2.5 kg will be automatically added to the last attempt weight. If the last attempt was “no lift” and the Lifter has not declared a next attempt, he will lift the same weight as the missed attempt. *Responsibility for declaring next attempts is fully on the Lifter.*

6.1.14. Weights of the second and third attempts cannot be changed once given. The exception being the third attempt in the Bench Only and for all third attempts in the Deadlift.

6.1.15. In the competition of single lifts (bench press and deadlift) weight of the third attempt can be changed up or down but not in such a way to upset the flow of the meet.

6.1.16. Minimum weight change is 2.5 kg unless the athlete is attempting a record.

## 6.2 The officials

- MC/Announcer - a National or International referee or person with knowledge of powerlifting.
- Blue shirt officials- specially trained people to help with weigh-ins and run the computer, these individuals are not trained in refereeing.
- Table/computer/cards- a Referee or specially trained person.
- Expeditors.
- Spotters/Loaders.
- Additional officials may be appointed as required, e.g., doctors, paramedics etc.

### Responsibilities of the Officials are:

#### 6.2.1. MC/Announcer:

- Is responsible for competition management. They must perform the following duties:  
Announces the order of Lifters of the next following three athletes, so that they are ready to enter the platform.
- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate this to the MC who will announce "Lifter Ready" or "Platform ready" and call the lifter to the platform, the clock will begin.
- To clarify, - when the MC announces "Lifter Ready" the lifter is committed to the attempt. Attempts announced by the speaker must be displayed on the scoreboard in a prominent position, with the lifter's name and his bodyweight.

#### 6.2.2. Meet Director:

- Is responsible for forming the composition of the officials – judges, other officials of the competition and the schedule of their work.
- Is responsible for enforcing WRPf rules. If the Meet Director is absent from the competition, then the official with the highest status must fulfill his duties.
- Is expected to interact with all the personnel of the competition, with the referees and athletes, and resolve any disputable issues, referring to the Technical Rules.
- Is responsible to check and monitor compliance with the technical requirements for hosting WRPf tournaments, and the availability of all necessary documentation in the tournament.
- Is responsible to check all athletes are current members of WRPf. If any athlete is missed and competes at the event, the Meet Director will be responsible for covering that athlete's registration to the WRPf.
- Is responsible for registering the new records and collecting information for the preparation of documents.
- Is responsible for providing the President(s) with Referees officiating the meet and how many flights they have officiated.
- Is responsible for sending the President(s) the Open Lifter finalized score spreadsheet within 15 days of the event happening.

### 6.2.3. Timekeeper:

- The timekeeper is responsible for accurately recording the lapse between the announcement of "Lifter Ready" and the lifter starting his attempt.
- They are also responsible for recording time allowances whenever required, e.g. after the attempt the lifter shall leave the platform within 30 seconds. The only exception could take place in a case when the Chief Referee checks the equipment of the Lifter after setting a new record. Once the timer is running for a Lifter, it can only be stopped by the completion of the time allowance, by the start of the lift, or at the discretion of the Chief Referee. Any changes in rack height must be made within the time allotted to the athlete to complete the attempt.
- After the command "Lifter Ready" the athlete is given one minute to start the attempt. During squat and bench press the beginning of the exercise is considered as un-racking the bar from the racks, and for the deadlift - explicit or deliberate attempt to lift the bar from the platform.
- If the athlete does not fulfill these requirements during the allotted time, the timekeeper announces "Time", and the Chief Referee gives a loud command "Rack". In this case it is a 'No lift'. The Chief referee makes the final decision after the "Time" command, by the reason that the Lifter violated the time limit.
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### 6.2.4. Expeditors:

- Are responsible for collecting the weight of next attempts from the lifters or their coaches and passing the information without delay to the Table. The lifter is allowed one minute between completing their last attempt and informing the Expeditor about the weight for the next attempt.
- Are responsible for monitoring compliance with the rules of equipment in the warm-up area. When identifying a violation of the rules, for example: use both knee wraps and sleeves, or use a couple of knee wraps, etc., immediately point this out to the Lifter who violates the rules or his representative. If this is not possible, he reports it to the Meet Director or the Chief Referee on the platform.

### 6.2.5. Spotters/Loaders:

- Responsible for the safety of the athlete and provide him/her with immediate assistance in case they cannot lift the weight during the attempt.
- Spotters/loaders are responsible for loading and unloading the bar, adjusting squat racks and benches as required, and cleaning the bar or platform.
- All spotters should work together as a team and should be neatly dressed in clean clothes and meet or WRPf T-shirts.
- All the spotters must inform the Chief Referee of any malfunctions in the equipment so that they can assess the problem and take the necessary measures to solve it.
- At no time shall there be less than 2 or more than 6 spotters/loaders on the platform.
- When the lifter prepares for his attempt, the spotters/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e., during the period of time that elapses between the commencement and completion signals. The only exception to this rule could happen if the lift is a predictable "No lift" and likely to result in injury to the lifter. In this case the spotters/loaders may, either at the request of the Chief Referee or the lifter himself, step in and help the lifter. If the

lifter himself has failed the attempt by the error of a spotter/loader and has no fault of his own, he shall be granted another attempt at the discretion of the Chief Referee at the end of the round.

- Any additional spotter that an athlete may need must be selected before the competition and be instructed by the spotter 30 minutes before the start of the competition. Additional spotters should be available to all athletes in all types of lifts.

## 6.3 General rules

6.3.1. During any competition taking place, only the lifter and his coach, referees and spotter/loaders will be allowed to be around the platform or on the stage. Performing the lift, only the lifter, spotter/loaders and the referees are permitted to be present on or around the platform. Coaches shall remain within the designated coaching area as defined by the Chief Referee in charge. The selection of a zone for coaches should be made in such a way that each coach can choose within this zone a convenient place to observe the performance of the lifting and provide instructions and signals to the athlete regarding technical details (for example: squat depth). At the same time, it must not interfere with the work of referees and spotters. Photo/video reporters may be admitted on the platform at the discretion of the Meet Director and are required to stay out of the way of normal flow of business on the Platform.

6.3.2. **The coach must conduct themselves in a professional manner.**

6.3.3. 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. Items such as inhalants, ammonia caps, etc. cannot be utilized on the platform.

6.3.4. 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 be always announced in kilograms.

6.3.5. In a record attempt, the weight of the barbell must be at least 500 grams in excess of the current record. The successful record attempts must be written on the lifters card.

6.3.6. 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.

6.3.7. 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.

6.3.8. The Chief Referee and Meet Director will be solely responsible for decisions in the case of loading errors or incorrect announcements by the speaker. Their decision will be given to the speaker who will make the appropriate announcement.

### Examples of errors in setting the weight of the bar:

- 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 cases

above, further attempts may only be taken at the end of the round in which the error occurred.

- 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.
- If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
- If for any reason it is not possible for the lifter or his coach to remain in the zone close to the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.

6.3.9 Three unsuccessful attempts in any lift (bombing out) automatically excludes the athlete from the competition.

6.3.10. The spotters should not help the athlete in taking the starting position in any of the lifts, their assistance is allowed only with the initial removal of the bar from the racks.

6.3.11. On the completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the Chief Referee and Meet Director. 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.

6.3.12. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well-being, the Meet Director, or Chief 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. The Meet Director or Chief Referee are not giving medical advice, they are erring on the side of caution for the safety of the Lifter.

6.3.13. If a lifter misses a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, he is permitted to use the strap. However, this strap may be used only on that hand and attached at the wrist only.

6.3.14. 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 the Chief Referee. This should be in advance of the start of the lifter's Flight. The lifter and Referees 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.

6.3.15. It is considered a verbal warning if any official contacts and corrects a lifter prior to, or after a lift, about a technical portion of their lift, a rules violation, or about any equipment violations they may have. If the lifter repeats the violation, it is mandatory that their lift will be turned down by all three officials. If an official gives a verbal warning to a lifter, they must immediately inform all other officials on the platform that an official warning has been given, and the reason for it. The three Referees shall work together as a team at all times. A repeated violation by a lifter will result in a mandatory red light by all officials.

6.3.16. Blood or particles of skin on the bar or platform must be cleaned off with the antiseptic to avoid infection.

6.3.17. Any lifter or coach, who by reason of his misconduct before, during, or after the competition is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Meet Director or Head Referee may disqualify the lifter and order the coach to leave the venue. This includes any lifter, coach, or the lifters' support personnel, from arguing, using foul language, or becoming abusive with any Referee or Official about the outcome of any lifts, or the legality of equipment determinations.

6.3.18. The Referees may by their majority decision immediately disqualify an athlete or official if they believe that the violation of the rules is serious enough to entail an immediate disqualification rather than a warning.

## 7. REFEREES AND TECHNICAL COMMITTEE

### GENERAL:

- Must be a member of the WRPf in good standing. Complimentary memberships will be provided to referees **provided** they have reffed at least one meet consisting of 3 entire flights per year OF Squat, Bench and Deadlift.
- Must be recommended by your Provincial Chairman and approved by the WRPf President(s).
- Must be willing to obtain a criminal record and vulnerable sectors check
- Must pass the personal interview with the president or the secretary via phone call or in person.
- Must be at least 20 years of age and have completed in at least two or more sanctioned competitions from any federation.
- Must take the Provincial Level written examination and practical examination (1 WRPf sanctioned event) administered by an Internationally qualified referee.
- Must achieve a passing score of 90 percent or better on both the written and practical examinations.
- Practical portion of exam consists of 120 lifts - 40 of each squat/ bench and deadlift
- Must assist in at least one weigh-in session- 25 lifters minimum
- Completed 2 steroid urine tests
- Must officiate in at least one WRPf meet each year to keep accreditation current.

- Any official that has not judged at least one competition within a 12-month period must retake the written test based on their current level status to refresh them on all current rules.

To become a **National** level referee:

- Must have completed a log book and sent it to the President when ready to move class. (President will reach out to Provincial Director for recommendation)
- Refereed as a provincial level referee for 12 months
- Must referee at the provincial level a minimum of 4 WRPf events with a minimum of 5 flights of each squat, bench and deadlift (minimum of 50 calls each)
- Pass the national level referee exam with a minimum of 95%
- Completed a minimum of 2 weigh in sessions during provincial referee
- Completed 4 steroid urine tests as a provincial level referee
- Completed a minimum of 4 flights of each on the computer
- Must sit with an International referee for a minimum of one event/ and 40 calls of each squat, bench and deadlift.

To become an **International** level referee:

- Must have completed a log book and sent it to the President when ready to move class. (President will reach out to Provincial Director for recommendation)
- Be current on the WRPf rulebook
- Completed a minimum of 4 weigh in sessions as a national referee
- Completed a minimum of 4 flights of each on the computer
- Refereed a minimum of 1 time a year since becoming a provincial referee
- Must referee at the national level a minimum of 6 WRPf sanctioned events with a minimum of 10 flights of each squat, bench and deadlift (minimum of 100 calls)
- Refereed minimum of 6 WRPf Meets as a national referee
- Pass the international level referee exam with a minimum of 95%
- Must sit with an International referee for a minimum of one event

*\*\*National and International referees from other federations may be grandfathered in to their current reffing level based on passing of the appropriate WRPf examination\*\**

*\*\*A Provincial Director is expected to hold International Referee status\*\**

7.1.1. There will be 3 referees -- the Chief Referee or Center Referee and two side referees. As well as the additional 1 referee to provide coverage for breaks for other referees.

7.1.2. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter performing the squat or deadlift. Side referees should not sit strictly on the side from the athlete, especially during the deadlift, because the discs on the bar will close the view on the Lifter's knees.

7.1.3. The Referees are responsible for the qualitative and timely evaluation of attempts.

7.1.4. The Referees will strictly enforce observance of the Rules of Competitions and performance of lifts.

7.1.5. The Chief Referee is responsible for giving the necessary signals for all three lifts. The side referees can give a signal to the Chief Referee if they see from their point of view a violation in taking the starting position by the athlete in squats or bench press.

7.1.6. Before the contest, the three referees shall jointly ascertain that:

- The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second bar and collars should be ready and put aside in case of damage to the original bar or collars.
- The Lifter's costumes and personal equipment comply with the rules in all respects.

7.1.7. During the contest the three referees must ascertain that:

- The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with bar loading charts for this purpose or a computer-generated bar loading software may also be used and projected on a screen that is in a clear and visible location for the three referees.
- The Lifter's personal equipment should comply with the rules while on the platform. If any Referee has reason to doubt a Lifter's compliance with the rules, he must inform the Chief Referee after completion of the attempt. The Referees may then examine the Lifter's personal equipment. If the Lifter is found to be wearing or using any illegal item, the Lifter may be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected, and the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.

In cases of minor infractions with regard to equipment, the athlete's attempt may be counted. In this case, he is issued a warning so that this violation has been eliminated on the next attempt. If no remedy to the violation is found before the Lifter begins, the Referees are under no obligation to warn the Lifter and would then turn down the lift. The time allotted to the athlete does not stop.

7.1.8. 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".

7.1.9. The Lifter or his coach may request the reason for a red light/"no lift" decision from any of the Referees immediately following the attempt. Such a request must be made before the next Lifter's attempt begins so as not to interfere with the progression of the competition.

7.1.10. Referees shall abstain from public commentary concerning the progress of the competition.

7.1.11. A Referee shall not attempt to influence the decisions of the other Referees. Should this happen, the Chief Referee may ask the Referee to leave the platform.

7.1.12. The Referees decide on the legitimacy of record attempts, conduct re-checking of equipment of athletes who have made record attempts, directly on the platform (not allowing the athlete to leave the platform, until the end of the check) and ending the inspection by raising the hand of the Lifter.

7.1.13. The Chief Referee may consult with the side referees or any other official as necessary in order to expedite the competition.

7.1.14. The Chief Referee may, at his own discretion, instruct to clean the bar or platform. If the athlete or coach asks to clean the bar or platform, this request should be directed to the Chief Referee and not to the spotters on the platform.

7.1.15. Any change of the Referee team in the process of completing a flight is forbidden. Except when the qualifications of the referees are not sufficient to register a record attempt. It is desirable that the Referee team stay intact for the duration of a flight.

7.1.16. The selection of a Referee to act as Chief Referee in one flight does not preclude his selection as a side Referee in another flight.

7.1.17. Cell phones or other similar electronic devices are **not allowed** to be in use while judging.

7.1.18. Referees will be uniformly dressed as follows:

- Plain Black shorts or pants (black leggings for women) must be clean in appearance and no rips or tears.
- Dark closed toe shoes
- Appropriate referee shirt will bear the WRPf Logo and be of color:
  - Provincial qualified: white
  - National qualified: gray
  - International qualified: black

The referees of WRPf Nationals, Worlds, Expos must wear black long pants, black dress shoes and the appropriate referee shirt.

No sandals or open toed shoes are allowed. All apparel items will be neat and clean at all times.

**Hair must be neat in appearance, and styled.**

7.1.19. Examples of faults that should be considered a minor oversight where warnings will be given are:

- Socks overlaid or touching the knee wraps/sleeves.
- Thumb loops not being removed prior to the lift.
- The leg length of the singlet exceeds proper requirements.
- Deadlift socks not completely covering the top of the calves.

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

- The lifters' suit/singlet straps not being worn over their shoulders.
- Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth (e.g., hats, rubber elbow sleeves, earphones etc.)
- Raw lifters not wearing a t-shirt while squatting or benching.
- No socks or ankle socks being worn during the deadlift.

7.1.21. Examples that should be considered a purposeful attempt to cheat are:

- The use of more than one lifting suit or any suit that has been altered beyond the specs within the rulebook.
- Wearing more than one pair of underwear or illegal support briefs.
- 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.

Cheating will be an automatic disqualification from the meet.

7.1.22. The referees of WPRF tournaments whose activities will be deemed unsatisfactory may be suspended from the performance of Refereeing until recertification from the National Office and may face a fine.

**The conditions for the removal of referees are:**

- Improper adherence to the conditions of refereeing, specified in these rules. - Biased judging, actions in favor of one or more athletes to the detriment of the rest of the tournament participants.
- Any action or actions discrediting their reputation in relation to any provinces, nations, races, individuals or legal entities.

7.1.23. Records set by athletes.

In order to set the following records by athletes the following referees need to be placed on the platform

**Provincial:** Any level of referee can judge a provincial record and any referee on the platform may check the athlete's equipment prior to them leaving the platform.

**National:** There must be a minimum of 2 National referees on the platform. An international referee can be substituted for a National. National or international referee must check the athlete's equipment prior to them leaving the platform.

***\*\* An exception with be made until December 31, 2024 that either 1 National or 1 International referee can be on the platform \*\*.***

**World Record** - Must be a minimum of 2 International and 1 National referee on the platform. An international referee can be substituted for a National. International referee must check the athlete's equipment prior to them leaving the platform

***\*\* An exception will be made until December 31, 2024 that either 2 International referees or 1 International and 1 National referee can be on the platform \*\****

## **7.3 Jury**

7.3.1. A jury will be appointed to preside over each lifting session. The jury must be present during the international tournaments. In the absence of a jury, these functions are performed by the Chief Referee and Meet Director.

7.3.2. The jury shall consist of three referees, the Meet Director shall be designated President of the jury.

7.3.3. The function of the jury is to ensure that the technical rules are correctly applied.

7.3.4. During the competition the jury may, by a majority vote, replace any referee whose decisions, in their opinion, prove him to be incompetent. The concerned referee must have received a warning prior to any action of dismissal. If a protest is made to the Jury against a referee, then the referee may be informed of the protest. The Jury should not put unnecessary stress on platform referees.

7.3.5. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his receiving a warning.

7.3.6. If a serious mistake occurs in the refereeing which is contrary to the technical rules, the jury may take appropriate action to correct the mistake. They may, at their discretion, grant the lifter a further attempt.

7.3.7. The jury shall not at any time overrule or change the decisions of the referees.

7.3.8. The members of the jury will be positioned to ensure an unimpeded view of the competition.

7.3.9. Before each competition, the President of the jury must be sure that the members of the jury have a complete knowledge of their role and are warned about new rules which are described in the most current edition of the WPRF rulebook.

## **EQUIPPED DIVISION**

### **SINGLY PLY**

#### **8.1 LIFTING SUIT (SQUAT SUIT AND DEADLIFT SUIT)**

8.1.1 The lifting suit shall consist of a one-piece suit of single-ply material. The construction of the suit must be without any patches or padding and have a maximum overall material thickness not exceeding 1.3mm at any measured point, except at the seam. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall

invalidate the costume from being used in the competition. The straps must be worn over the shoulders at all times while lifting in competition.

8.1.2 The suit may be of any color or combination of colors. The lifting costume may bear the badge, emblem, and/or inscription of the lifter's nation, national association, manufacturer's logo or sponsor. Logos of offensive nature are not allowed.

8.1.3 Seams and hems must not exceed 3cm in width and 0.5cm in thickness. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width and 0.5cm in thickness.

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

8.1.5 Any lifting suit where the straps have been shortened in any fashion must leave the excessive material intact. The Lifter may not stitch or reattach the excess material back down to the suit itself. The maximum amount of excess fabric (a.k.a. "tabs") may extend 5 cm above the new seam. Velcro is not allowed on the straps or any part of any lifting costume in the Single Ply division but are allowed in the Multiply division.

## 8.2 BENCH SHIRT

8.2.1 Single-Ply bench shirts 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 sleeves of the Bench Shirt must terminate above the elbows. The Single Ply shirt may have an open back with Velcro closure. The multi-ply bench shirt may be open back and consist of multiple layers.

8.2.2 T-shirts are not allowed under a Bench Shirt and the lifter IS required to wear a singlet over their bench shirt.

8.2.3 Velcro is allowed to fasten the Bench shirt on 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 otherwise it would be considered as multi-ply.

8.2.4 Patches or stitching may not be added anywhere on the lifter's shirt so that they could give the lifter an unfair advantage.

8.2.5 The single ply bench shirt worn by the lifter must cover at least half the deltoid, and the lowest point of the front neckline cannot be below the nipple line. The collar on the front of the shirt cannot be wider than 3 cm.

8.2.6 The bench shirt may have additional non-supportive loops designed to facilitate securing the sleeves in place. They are to be sewn into the outside 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 4cm and an-over length of 9 cm. 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 0.3 cm.

### 8.3 MULTI-PLY

8.3.1 The Squat/Deadlift Suit must be a full length article of cloth fabric, polyester, denim or canvas and may consist of multiple plies of any thickness, but in general remain of 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). **The use of lace up suits is permitted. Laces must be tucked away into the suit and not dangling off the lifter.**

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

8.3.3 Support Briefs of any design may be worn and may extend below the bottom of the lifting suit leg, provided that the length of the legs do not exceed mid-thigh, and that the waist does not extend beyond approximately mid-torso. 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.

8.3.4 The Bench Shirt must be an individual article of cloth fabric, polyester, denim or canvas. Its construction may consist of multiple plies but must be a singular component. Sleeves must terminate above the elbow when worn and must cover the armpits. Velcro or open back is permitted. **Lifters are required to wear a singlet over their bench shirt.**

### 8.4 UNLIMITED

8.4.1 The unlimited division is a new division that allows the use of bench shirts that are constructed of elastic material. Single-ply and multi-ply equipment consists of single or multiple layers of fabric i.e. canvas, polyester or denim. Unlimited bench shirts are made up of knee wrap like material with elasticity and stretch reflex.

8.4.2 The Unlimited Bench Shirt must be an individual article. Its construction may consist of multiple plies but must be a singular component. The use of band inserts is permitted as long as the insert is affixed to the shirt. Sleeves must terminate above the elbow when worn and must cover the armpits. Velcro or open back is permitted. There is no limit to the number of layers in this division.

8.4.3 Lifter is not required to wear a t-shirt under their bench shirt.

8.4.4 All other rules regarding equipment standards stated earlier in the rulebook still stand in the unlimited category. Eg. Knee wrap length, wrist wrap length, belt specifications as referenced.

## BACKGROUND CHECKS

The WRPf conducts criminal background checks on all staff members, meet directors and officials. The purpose of this screening is for the safety of our organization. Having a criminal background does not automatically disqualify an individual. Some offenses, such as disorderly conduct, motor vehicle offenses, drug / paraphernalia possession charges, and DUI are minor and of little relevance to the WRPf. These instances and the severity of the crimes will be reviewed on a case-by-case basis. Any screenings that result in convictions for crimes against children, pedophilia, violent crimes / sex crimes is an automatic termination regardless of how much time has passed since the crime. We value the safety of our members and failure to comply with our background check procedures will result in automatic termination.

WRPf reserves the right to review and evaluate the report with the applicant to identify any incorrect information or provide relevant context. Only persons authorized will have access.

## MEMBER CODE OF CONDUCT

WRPf Canada values respect, integrity and inclusivity among its members. We believe that every member deserves to be treated with dignity and respect. We are committed to creating an environment that is free from harassment, bullying, defaming others, anti-inclusion or hate speech, and other forms of misconduct. This policy sets forth the standards of conduct that all members of the WRPf must follow, whether in person or on social media.

- Harassment and Bullying: Harassment and bullying of any kind will not be tolerated. This includes verbal, physical and cyber harassment or bullying of any individual, including other members, officials or volunteers. Members are expected to respect the boundaries of others and refrain from behavior that may cause harm or discomfort.
- Defamation: Members are expected to refrain from making defamatory statements about others. Members should avoid making false or misleading statements about individuals, events or the federation.
- Anti-Inclusion and Hate Speech: Members are expected to refrain from using language that is discriminatory or hateful towards others. Discrimination based on age, gender, sexual orientation, race, religion, or other factors will not be tolerated.

All members of WRPf Canada must abide by this policy for the duration of their membership. By registering as a member, individuals agree to adhere to these standards of conduct.

Disciplinary action may be taken against any member who violates this policy. Disciplinary action may include a warning, suspension, termination of membership, or banning from any and all WRPf events. The severity of the disciplinary action will be determined by the President (s) and an appointed group based on the results of a thorough investigation into the matter.

WRPf Canada is committed to creating a safe and respectful environment for all members, and we take any violations of this policy very seriously.

## Banned Substances

### Anabolic Steroids and Agents

- 1-Androstendiol, 1-Androstendione or
- 1-Testosterone metabolite(s)
- 4-Hydroxytestosterone, Formestane &/or metabolite(s)
- 6a-Methylandrosterone 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  
 Epi-testosterone (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)  
 Prostanazol metabolite(s)  
 Stanozolol metabolite(s)  
 Stenbolone &/or metabolite(s)  
 Testolactone (anti-estrogen) metabolite Trenbolone metabolite

## Diuretics

Acetazolamide  
 Amiloride  
 Bendroflumethiazide  
 Bumetanide  
 Canrenone  
 Chlorothiazide  
 Chlorthalidone

Clopamide  
Cyclothiazide  
Dichlorphenamide  
Ethacrynic acid  
Furosemide  
Hydrochlorothiazide  
Hydroflumethiazide  
Spironolactone  
Triamterene  
Octopamine  
Parahydroxyamphetamine  
Phendimetrazine  
Propylhexedrine  
Selegiline  
Sibutramine  
Strychnine  
Phenmetrazine  
Phentermine  
Testosterone Boosters,  
Selective Androgen Receptor Modulators (SARMS) or other Substances that may result in  
(TE) ratio exceeding 4.1

**FOR QUESTIONS OR CONCERNS PLEASE CONTACT US:**

**[WPRF.FEDERATION.CA@GMAIL.COM](mailto:WPRF.FEDERATION.CA@GMAIL.COM)**