

IRISH DRUG FREE POWERLIFTING FEDERATION LTD

RULEBOOK

for Lifters & Referees

2007 Version

Please note the following changes to the rulebook:

1. The National full power and single lift competitions cannot be a novice's first competition. They must do one of the peripheral competitions first, e.g. the deadlift. A new lifter can wear t-shirt and shorts at the peripheral events but all lifters at the Nationals must wear a singlet, competition spec belt, etc as detailed in the rulebook.
2. Records can only be set at the National full power and single lifts and at corresponding international World Drug Free Powerlifting Federation (WDFPF) competitions. Records cannot be set at the Four nations.
3. Female lifters do not have to wear a t-shirt for the deadlift.
4. Boxer shorts are not allowed as underwear.
5. Equipped lifters must wear at least one piece of equipment for each of the 3 lifts, i.e. you cannot do the equipped raw.
6. Qualification for international events can only be done through the National full power and single lift competitions. Effectively this means qualifying for the Worlds full power and single lifts. Europeans no longer require qualifiers but those who want to lift in the Europeans must first lift in the Nationals or have done so within the previous two years.
7. Please note, starting in January 2017 members of the IDFPF cannot be members of any other powerlifting federation concurrent with their IDFPF membership.
8. At least 5 lifters must be competing in a given division for a best lifter award to be given, e.g. 5 equipped female lifters.

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MEMBERSHIP OF THE IDFPF Ltd

1. All members of the IDFPF Ltd must be **LIFE-TIME DRUG FREE**. The Association condemns the dangers of strength inducing drugs, including anabolic steroids, natural hormones or stimulants, etc.
2. All members must sign the IDFPF membership form annually including a covenant & release from liability in relation to IDFPF regulations.
3. Membership of the IDFPF Ltd is per calendar year – 1st January to 31st December
4. The Association offers life-time natural athletes the opportunity to develop and compete in a drug-free environment.
5. The list of banned substances is decided by the WDFPF & WADA.
6. The IDFPF Ltd pursues a policy of in- and out-of-competition drug testing. 10% of competition participants will be drug tested.
7. The names of all athletes drug tested and their results (positive or negative) will be published
8. Any member found guilty of having ever promoted the use of, dealt in, or ingested banned substances will be expelled.
9. Positive tests for anabolic or related compounds will result in a lifetime ban (subject to appeal) with automatic loss of any previously set records or titles.
10. Refusal to submit for drug-testing on request or refusing to cooperate with the Drug Tester will result in a life-time ban (subject to appeal) with automatic loss of any previously set records or titles.
11. Any threatening behaviour (verbal or physical) towards an official of the IDFPF, by an athlete or coach, will result in appropriate sanctions as determined by the Board of Directors.

PLEASE NOTE:

- A) The IDFPF Ltd reserve the right to refuse membership to any individual as the Board of Directors (B.O.D.) sees fit.
- B) The IDFPF Ltd reserve the right to revoke the membership of any individual who is deemed by the B.O.D. to be bringing/have brought the sport/association into disrepute.

MEMBERSHIP OF THE WDFPF

1. The IDFPF must register all its members with the WDFPF. Therefore all IDFPF members must also fulfil the conditions of membership of the WDFPF
2. Lifters wishing to set National or International records, must be members of the IDFPF/WDFPF for at least 3 months prior to attempting to set a record
3. Lifters wishing to compete Internationally must be a member of the IDFPF/WDFPF for 3 months prior to competing in the International Championships in question.
4. Lifters wishing to compete in World Championships (Powerlifting or Single Event Championships) must have attained the relevant qualifying total for their age/weight class to be eligible for selection by their nation for the World Championship.
5. National Federations must be members of the WDFPF for three months prior to competing in International Events or setting records at national events.
6. National Federations must supply the list of their new members & members who were out of the federation for more than 2 years, on the 1st of March & 1st of August each year to the WDFPF Vice President and the WDFPF Records Keeper

THE LIFTS

THE SQUAT

A. RULES OF PERFORMANCE

1. The lifter shall assume an upright position with the top of the bar **not** more than 3cm (1.8 inches) below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (hands may also be in contact with the inside collars), and the feet flat on the platform with the knees locked.
2. After removing the bar from the racks, the lifter must move backwards to establish a starting position. The lifter shall wait in this position for the signal from the Chief Referee. The signal will be given as soon as the lifter is motionless, erect with knees locked and the bar properly positioned. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the starting signal the lifter may make position adjustments within the rules without penalty.
3. Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the TOP surface of the legs at the hip joint are lower than the top of the knees.
4. The lifter must recover at will, from the deepest point of the squat, without double bouncing or any downward movement once the upward motion has started (stopping is permitted) -to an upright position with the knees locked. When the lifter is motionless, the referee will give the signal to replace the bar. This signal will be given when the lifter is in the apparent final

position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The signal to replace the bar will consist of a backward motion of the hand and the audible command "Rack".

5. Upon receiving the "Rack" signal, the lifter must make a bona fide attempt to return the bar to the racks. This attempt is indicated by a minimum of one step toward the racks, the lifter may then request aid to rack the bar if necessary.

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

7. Not more than five and not less than two spotter/loaders shall be on the platform at any time.

Designated meet spotter/loaders may not be replaced unless approved by the Chief Referee.

8. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. However, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter any

further with regards to proper positioning, foot placement, bar positioning, etc.

9. The lifter may be given an additional attempt at the same weight at the discretion of the Chief

Referee or the Jury if failure in an attempt was due to an error by one or more of the spotter/loaders.

B. CAUSES OF DISQUALIFICATION OF THE SQUAT

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

2. Changing the position of the hands laterally in or out on the bar after receiving the signal to commence the lift (opening & closing of the fingers is allowed).

3. Holding the collars, sleeves or plates at any time during the lift. The edge of the hands gripping the bar may however be in contact with the inner surface of the inside collars.

4. Double bouncing or more than one recovery attempt at the bottom of the lift.

5. Any downward motion during the upward phase of the lift.

6. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.

7. Any shifting of the feet laterally, backward, or forward, during the performance of the lift.

The toes and/or heels may come up off the platform, but must return to the same position.

8. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the tops of the knees.

9. Changing the position of the bar across the shoulders after the commencement of the lift.

This applies to the intentional or unintentional rolling of the bar to aid the performance of the

lift - not to a minute amount of position change which would not aid the lifter.

10. Contact with the bar, plates or lifter by the spotter/loaders between the referees signals.

11. Contact of elbows or upper arms with the legs during the squat.

12. Failure to make a bona fide attempt to return the bar to the racks or any intentional dropping or “dumping” of the bar.

THE BENCHPRESS

A. RULES OF PERFORMANCE

1. The front of the bench must be placed on the platform facing the Chief Referee.
2. The lifter must lie on their back with head, shoulders and buttocks in contact with the flat bench surface. The shoes must be flat on the floor, or flat on the built up surface. This position shall be maintained throughout the attempt once the “Clap” signal has been given.
3. If the lifter’s costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing the lifter may use plates or blocks, not exceeding 30cm. (11.81 ins.) in height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45cm x 45cm. (17.7 x 17.7 ins.) in length and width.
5. Not more than four and not less than two spotter/loaders shall be in attendance. The lifter may lift to self, or enlist the help of either the spotter/loaders or the personal coach in removing the bar from the racks. In the case of a centre lift, the spotter must move away out of the centre referee’s view immediately after assisting the lifter remove the bar from the racks.
6. The lift-off must be to arm’s length.
7. The spacing of the hands shall **not** exceed 81cm. (31.9 ins) measured between the forefingers. A reverse grip is permitted provided that the distance between the little fingers does not exceed 81 cm.
8. A closed grip must be used in IDFPF events (*please note a thumbless grip is permitted in WDFPF International events*)
9. After receiving the bar at arm’s length, the lifter shall lower the bar to the chest and await the referee’s signal. Before receiving the starting signal, the lifter may make any position adjustments without penalty.
10. The signal to commence the lift, shall be a clap of the hands or “clapperboards” when the bar is motionless on the chest.
11. After the signal to commence the lift has been given, the bar is pressed upwards to arms* length with elbows straight and held motionless until the audible command “Rack” is given.
12. The bar is allowed to stop during the upward movement; the bar is **not** allowed any downward movement during this phase of the lift. Downward movement of the bar will be

determined by downward movement of either or both hands

B. CAUSES FOR DISQUALIFICATION OF THE BENCHPRESS

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e. any movement of the head, shoulders, buttocks or feet from their original points of contact with the bench, floor or blocks, or lateral movement of the hands on the bar once the "Clap" signal has been given.
3. Using a thumbless grip (at an IDFPF event)
4. Heaving or bouncing the bar off the chest.
5. Allowing the bar to sink into the chest after receiving the referee's signal.
6. Lowering the bar too low on the torso (below the floating ribs or bottom of the sternum)
7. Any uneven extension of the arms at the completion of the lift.
8. Any downward movement of one or both hands during the upward movement
9. Contact with the bar by spotter/loaders between the referees signals.
10. Any contact of the lifter's feet with the bench or its supports.
11. Deliberate contact between the bar and the bar rest uprights during the lift to make the press easier.

THE DEADLIFT

A. RULES OF PERFORMANCE

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the feet, gripped with an optional grip in both hands, and lifted upward until the lifter is standing with shoulders erect and with knees locked. The bar may stop, but may not move downward during the upward phase
2. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders need not be thrust back past an erect position, but if they are, and all other criteria have been satisfied, the lift is legal.
3. The Chief Referee's signal shall consist of a downward movement of the hand and the audible command 'Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
4. Any raising of the bar from the platform will count as an attempt.

B. CAUSES OF DISQUALIFICATION OF THE DEADLIFT

1. Any downward movement of the bar during the upward movement
2. Failure to stand upright with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the lift. This will be determined by any attempt at secondary knee flexion. As the bar is raised from the platform, the legs must extend without additional flexion taking place at the knees during the upward movement of the bar
5. Any lateral movement of the feet, or stepping backward or forward.

6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands

BENCH ENDURANCE

The Bench Endurance was until 2007 part of the Single Event Championships but from 2008 it

will be a stand alone event.

(A) RULES OF PERFORMANCE

1. Females and teenage males use a bar with **half their bodyweight** while all other **males** use a bar with the same as their **own bodyweight** (or as near as possible with the discs available)
There must be separate sections for Men/Teenagers/Women but there are no other divisions of bodyweight categories or age categories.
2. The bar must touch the chest every time and be pressed right to straight arm's length. The bar does not have to stop on the chest (there is no clap) but it **must touch the chest**.
3. The bar may be held at arms' length for a **maximum of 2 seconds** before the following repetition. If held for longer than 2 seconds, the next repetition does not count.
4. All other bench rules are the same as for powerlifting
5. Lifters do reps until they can do no more. There is no time limit per lifter.
6. There are normally 2 referees – the Scoring Referee (A) and the Technical Referee (B).
7. The Scoring Referee counts all the repetitions while the Technical Referee checks each lift and keeps tally of any repetitions which should be disqualified due to infringement of the rules.
8. When the lifter has finished, the Technical Referee tells the Scoring Referee how many faults or disqualified reps there were (if any) and the Scoring Referee deducts these from the number of reps he/she counted, to give the Final Total.
9. The Highest Total wins. If two lifters make the same total, the win is awarded to the lifter with the fewest faults.

B. CAUSES OF DISQUALIFICATION OF BENCH ENDURANCE ATTEMPTS

1. Any change in the elected lifting position during the lift proper (i.e. any movement of the head, shoulders, buttocks or feet from their original points of contact with the bench, floor or blocks, or lateral movement of the hands)
2. Lowering the bar too low on the torso (below the floating ribs)
3. Any uneven extension of the arms at the completion of the lift.
4. Any downward movement of one or both hands during the upward movement
5. Holding the bar at arms length for more than 2 seconds

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DUTIES OF REFEREES

1. DESIGNATION OF PLATFORM REFEREES

The referees shall be three in number at international events and for the setting of records at

divisional or national events. At national events, one referee will suffice although three is always desirable. When there are three referees, they shall be the Chief /Centre Referee and two side referees. The role of Centre Referee shall rotate among the refereeing team after each flight of lifts (if A, B & C are the refereeing team, A can be centre referee for the Squat, B for the Bench and C for the Deadlift, in flight 1. In flight 2, B can be centre referee for the Squat etc.

2. DUTIES OF THE CHIEF/CENTRE REFEREE

The Centre Referee is responsible for giving the necessary signals for all three lifts and for any decisions regarding loading errors or incorrect announcements by the Announcer.

3. POSITIONING OF THE REFEREES ON THE PLATFORM

The referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee needs to be easily visible by the lifter during the Squat and Deadlift. Where there is only one referee, sitting at the side rather than at the front for the Bench Press allows for better observation of the lift

4. SIGNALS REQUIRED FOR THE LIFTING EVENTS

SQUAT BENCHPRESS DEADLIFT

At the commencement of the lift – a visual signal consisting of a downward movement of the arm together with the audible signal of the command **“Squat”**

At the commencement of the lift, the Centre Referee will give a hand clap (or use a clapperboard) when the bar is motionless on the lifter's chest. There is no signal required at the start of the deadlift

At the completion of the lift, a visual signal consisting of a backward movement of the arm, together with the audible signal of the command **“Rack”**

At the completion of the lift, a visual signal consisting of a backward movement of the arm together with the audible signal of the command **“Rack”**

At the completion of the lift, a visual signal consisting of a downward movement of the arm, together with the audible

signal of the command

“Down”

5. COMMUNICATION ANNOUNCING THE PLATFORM REFEREE’S DECISION

Once the bar has been replaced in the racks or the platform at the completion of the lift, the

referees will announce their decisions by means of lights. White for a “good lift” and red for a

“no lift”. In the absence of lights, flags or hand signals may be used and such signals are given

immediately after Centre referee has called **“show”**.

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6. DUTIES OF THE REFEREES

(A) Prior to the Competition

Before the competition, the referees must jointly ascertain that:

(1) The platform and competition equipment comply in all respects with the rules. Bars and

discs are checked for weight discrepancies. Defective equipment shall be discarded.

(2) The scales work correctly and are accurate, having been certified within 12 months of the

championships

(3) The lifters weigh-in within the limits of weight and time for their bodyweight category

(4) The lifters’ costumes and personal equipment comply with the rules. The equipment should be checked and recorded on the kit check form.

(B) During the Competition

During the competition the referees must jointly ascertain that:

(5) The weight of the loaded bar agrees with the announcement by the M.C. (Referees may

be issued with loading charts for this purpose).

(6) On the platform, the lifter’s costume and personal equipment are exactly as examined and

passed at equipment checks. If a referee has reason to doubt a lifter’s integrity in this respect, they must, after completion of the lift, inform the Chief Referee of their suspicions. The three referees may then re-examine the lifter’s costume and personal equipment. If the lifter is found guilty of wearing anything illegal that was not checked in, the lifter will immediately be disqualified.

(C) Procedure of a Referee Observing Lifting Faults

If during the execution of a lift, a referee observes a fault sufficient to give cause for disqualification of the lift, the procedure is as follows:

(7) If the observer is a side referee, they shall raise their arm to call attention to the fault. If

the Chief Referee or the other side referee are in agreement, this constitutes a majority opinion and the Chief Referee shall stop the lift at a discretionary safe point. A visual signal and an audible command will be given to the lifter.

(8) If the observer is the Chief Referee, the arm will not be raised. The Chief Referee must

check to see if either of the side referees are in agreement. If one or both agree, the Chief

Referee will stop the lift as previously described in previous point.

(D) Procedures for the Incorrect Starting Position or Bar Placement During the Squat

(9) Prior to the commencement of the squat, if any of the referees do not accept the bar

placement or the starting position of the lifter, they will call attention to the fault as previously described in procedures of referees observing lifting faults. If there is a majority opinion among the referees that the fault exists, the Chief Referee will not give the signals to commence the lift. The lifter has the remainder of the unexpired time allowance in which to correct the position of the bar or stance in order to receive the commencement signal

(E) Duties of the Referees after the Competition

(10) After the competition, the three referees shall sign the official score sheets, record certificates or any other documents requiring a signature.

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(F) Drug Testing

(11) All referees must be familiar with the drug testing procedures (*see pages 50-52*) (While drug testers don't have to be referees, all referees must have the know-how to perform drug tests).

Where possible, each drug test should be carried out by two trained drug testers.

7. REFEREES' COMMENTARY

* A lifter receiving a red light(s) for a lift may go to, or send the coach to, the Chief Referee and request a rationale for the red light. The Chief Referee will investigate, determine and inform the lifter or spokesman the reason for the red light(s). A lifter requiring further debate or knowledge, must leave the lifting area immediately, and if appropriate, go to the Head Referee in charge of the competition for further clarification or ruling. Referees may not receive any document or verbal account concerning the progress of the competition.

* A referee shall not attempt to influence the decisions of other referees.

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

8. REFEREES' DRESS CODE

International Referees will dress as follows:

Winter

Men: Navy Blazer with WDFPF badge on left breast, grey trousers, white shirt and tie.

Women: Navy Blazer with WDFPF badge on left breast, grey skirt or trousers, white blouse and tie

Summer

The blazer is optional for both male and female referees

National Referees will dress as follows:

Same as Summer dress code for International Referees – i.e. Blazer is optional.

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ROLE OF THE JURY

1. At International Championships, a jury will be appointed whenever practicable to preside

over each lifting session. The decision whether or not the appointment of a Jury if feasible

shall be left to the discretion of the Head Referee, normally on the advice of members of the

WDFPF Executive (Amd. 1998, AGM).

2. Where possible, the Jury shall consist of the WDFPF President as the President of the Jury,

and four other members, one of whom shall be the Chair of the Technical Committee. All members of the Jury shall be International Referees, if possible from different nations.

3. The function of the Jury is to ensure that the technical rules are correctly applied.

4. During the competition the Jury may, by a majority vote, replace any referee whose

decisions, in its opinion, prove that referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal, and must have failed to correct the problem for removal to occur.

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 an explanation for making the decision which is the subject of the warning.

6. Each member of the Jury will have three red protest cards, marked respectively 1, 2, and 3. If a Jury member wishes to query a referee's decision, they will place the card relating to that referee in front of the President of the Jury (or a system of lights may be used by the Jury for calling a referee to the Jury table). The President must consult with the rest of the members of the Jury and take appropriate action based upon a majority verdict.

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

8. The Jury shall not at any time overrule or change the decisions of the referees.

9. The members of the Jury will be positioned to ensure an unimpeded view of the competition

10. Before each competition, the President of the Jury must ensure that the members of the Jury have a perfect knowledge of their role and any new regulations that amend or supplement those contained in the current edition of the must ensure that the members of the Jury have a perfect knowledge of their role and any new regulations that amend or supplement those contained in the current edition of the WDFPF handbook.

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WEIGHING IN

1. All lifters competing in an age based category (Teenage, Junior or Master lifters) must bring proof of age to weigh-in.

2. Weighing in of the competitors must take place no earlier than two hours before the start of the competition for a particular category. All lifters in the category must attend the weigh-in, which will be carried out in the presence of appointed referees for that category.

3. The weigh-in period will last one and a half hours although all competitors must be present within the first hour of the weigh-in session. The remaining half hour prior to the commencement of the lifting will be used for the purpose of final competition preparation.

4. The weigh-in for each competitor will be carried out in a locked room with only the competitors, his/her coach or manager and the referee(s) present. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category have been weighed in.

5. The weigh-in procedure for women may be altered to ensure that lifters are weighed by female officials. Additional female officers may be appointed for this purpose.

6. Lifters may be weighed nude or wearing underpants or briefs.

7. Where possible, the lifters should be weighed in the priority of the previously determined order of lifting.

8. If not previously carried out, the inspection of costume and personal equipment will take

place during the weigh-in period. The equipment will normally be checked after all lifters have made their first visit to the scales, unless otherwise decided by the Technical Officer or Head Referee. The Technical Officer or appointed Referee(s) will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under Costume and Personal Equipment. The referees responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifters on the platform.

9. Lots will be drawn to establish the order of the weigh-in. In competitions with large numbers of lifters in each category, the drawing of lots and referees inspection of costume and personal equipment, may commence one hour before the start of the weigh-in,

although this may be varied as required by the Head Referee or Technical Officer.

The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts. The drawing of lots is mandatory at national and international levels of competition.

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10. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter

than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make the weight within the limits of the 90 minutes allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. A lifter can only be re-weighed after all lifters in the same bodyweight category have been called to the scales. Lifters trying to make weight may be re-weighed outside the time limit of one and a half hours if he presents himself within the time limit but due to the number of lifters trying to make the weight, he is denied the opportunity of mounting the scales. He may then be allowed on re-weigh at the discretion of the referees.

11. A lifter who is too heavy may move into the next higher category providing that he/she

had previously achieved the minimum qualifying total required for the higher bodyweight category, if one has been set for the competition. The lifter must be present for the weigh-in at the time scheduled for his new category.

12. A lifter who weighs lighter than the lower limit for his category may drop into the next lower category provided that he/she has achieved the necessary qualifying total for the lighter category at the lower bodyweight and that it has not already taken place.

13. At tournaments, galas, festivals or friendly internationals, the weigh-in may, by mutual

consent, take place earlier than two hours before the start of the competition unless records can be broken at the event, in which case the weigh-in must take place two hours

before the start of the competition.

14. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total or lift at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receive an award. In such circumstances, should two lifters be in first place, the next lifter shall be placed third

and so on. In the event of a record being set in similar circumstances, the same procedure

will be adopted to determine the record holder.

15. Starting weights for all lifts shall be declared by all lifters at the weigh-in. Changes on first attempts may occur before each flight of first attempts (see '*Order of Competition – the Rounds System*'). There are **no changes** permitted in the second and third attempts with the **exception of the third attempt deadlift which may be changed twice in powerlifting events and for the third attempt of the squat, benchpress and deadlift in Single Event championships**

16. All opening attempts can only be increased/decreased by a maximum of 20kgs except in

the case of injury sustained by the lifter during warm-up.

17. Where applicable, lifters should check squat and benchpress rack heights and foot blocks

prior to the start of the competition.

ORDER OF COMPETITION – THE ROUNDS SYSTEM

1. Notification of Attempts: At the weigh-in, the lifter or the coach must declare starting weights for all three events. The starting attempt is allowed to be changed **ONLY ONCE** (by a maximum of 20kgs) First flight lifters may change the opening lift up to five minutes before the first round for that lift. Lifters in the following flights may change the opening lift up to the time when **NOT LESS** than five attempts remain for the previous flight. If applicable, opening attempts must be entered on the appropriate 'first attempt' card, signed by the lifter or coach and retained by the official conducting the weigh-in. The lifter will be given additional blank attempt cards for use during the competition. In powerlifting events, lifters will be given 3 cards each for the squat and benchpress (providing for the possibility of a record setting 4th attempt) and 5 for the deadlift (providing for the possibility of two changes of the third attempt and for the possibility of a record setting 4th attempt). In single event championships, lifters will be given 5 cards for each lift for the possibility of two changed to the third attempts. The cards for each event should be distinguished by using different colours. Following the first attempt in an event, the lifter or coach must decide upon the weight required for the second attempt.

This weight must be recorded where indicated on the card and submitted to the appointed

official within the minute time allowance. The same procedure is to be used for third attempts in all three events, also for record setting 4th attempts. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. The attempt card must be handed directly to the designated official (the official should have extra attempt cards available for emergency purposes). If no weight is submitted within the one

minute time allowance, the lifter will be warned. After 5 minutes have elapsed, if the lifter has failed to declare the next attempt, that attempt will be forfeited.

The use of attempt cards is mandatory at international events but is recommended at all levels to avoid confusion.

2. Each lifter in the assigned flight will take their first attempt in the first round of the event.

Regardless of the success/failure of the first attempt, all lifters in the assigned flight will then take their second attempt in that event. Regardless of the success/failure of the second attempt, all lifters in the same flight will then take their third attempt in that event. Lifters who wish to take a fourth attempt for the purpose of setting international records, would then follow the third attempt rotation. The flight would then vacate the platform,

allowing the next flight of lifters to compete in the event. IF there is only one flight of lifters in the session, that flight would then move into a warm-up area to prepare for the next event. Each event would follow the format explained above.

3. The bar must be loaded on a progressive basis during a round from lightest to heaviest.

Lifters will not be allowed to take a lower weight in a following round for an attempt in any event. The bar cannot be reduced in weight once a lift has been performed with the announced weight. The only exception to this would be due to an error on the part of the Speaker/Announcer who may have inadvertently missed a lifter's attempt. If this is the case, the Chief Referee will reduce the load on the bar and then continue with the progress of that flight.

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4. Lifting order will be determined by the weight on the bar and Lot Numbers (if applicable). The lifter requiring the lightest weights lifts first. In the case of similar calls for weight, the lifter with the lowest lot number (drawn at the weigh-in) will lift first.

5. A lifter is permitted one change of weight on the first attempt of each lift. The change of

weight may be higher or lower (by a maximum of 20kgs) than that originally submitted and the order of lifting in the first round will change accordingly. If the lifter is in the first flight, this change may take place at any time up to within 5 minutes before the start of the first attempt in that event. The following flights are accorded a similar privilege up to within five attempts from the end of the previous flight's last attempt in that event. Prior notice of these deadlines shall be announced by the Speaker/Announcer.

4. In the third round of the deadlift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. Weights submitted for second and third round attempts in the squat and benchpress may

not be changed, except in the case of Single Event Championships where the 3rd attempt

of the squat, benchpress & deadlift may be changed twice but only before the lifter has been called to the bar or the bar has not been loaded to the previously submitted weight.

5. If during a round, a lifter misses an attempt due to a misloaded bar or to a spotter error,

the lifter will be granted another attempt at the same weight at the discretion of the chief referee or technical officer. The 'repeated attempt' would be taken at the end of the current round. If the error occurs for the last lifter of a round, that lifter will be allowed a 3 minute rest before repeating the attempt.

6. If a lifting group consists of a single group (flight) i.e. up to a maximum of 14 lifters, an interval of 30 minutes is suggested between the events. This is to ensure adequate time for warm-up and platform organisation.

7. Flight Formations

(a) Where 10 or more lifters are competing in a session, groups/flights may be formed consisting

of approximately equal numbers of lifters (Flights MUST be formed when 15 or more lifters are

competing in the same session). A session can be composed of a single bodyweight class or any

combination of bodyweight classes at the discretion of the organiser for purposes of presentation.

(b) Groupings should be determined by examining the lifters' best totals achieved. The lifters

with the lowest totals will form the first group to lift with progressively higher totals forming

further flights as necessary (mainly done in major internationals)

(c) If unsuccessful with an attempt, the lifter does not follow him/herself, but must wait until the

next round before he/she can attempt the weight again.

(d). When two or more groups take part in a session upon a single platform, lifting will be organised on a group repetition basis to be determined by the meet director/head referee. No

time interval is required between rounds other than that necessary for preparing the platform for

the next event.

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CONDUCT OF COMPETITION

1. OFFICIALS TO BE APPOINTED:

The Championships Director/Promoter (or Head Referee) appoints the following:

- (a) The Head Referee in Charge
- (b) All other Referees
- (c) Speaker/Announcer
- (d) Scorer (table/scoreboard)
- (e) Timekeeper (preferably a qualified referee)
- (f) Marshalls
- (g) Spotter-Loaders
- (h) Records Keeper
- (i) Drug Testers
- (j) Referees Jury
- (k) Additional officials may be appointed as required e.g. doctors, paramedics etc.

2. RESPONSIBILITIES OF APPOINTED OFFICIALS

(a) **The Head Referee** (*refer to Duties of Referees section*)

(b) The **Referees** are responsible for judging on the platform, weigh-in, kit check, platform

equipment check & possibly drug testing (*refer to Duties of Referees section*)

(c) The **Speaker/Announcer** is responsible for the efficient running of the competition.

The

Speaker/Announcer acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and if necessary lot number. This official announces the weight (in kilograms) required for the next attempt and the name of the lifter. When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker/Announcer, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should then be displayed upon some type of scoreboard erected in a prominent position.

Minimum information should include:

* Lifters name (club/country is optional) * Bodyweight class of the lifter

* Attempt number * Attempt weight in kilos

(d) The **Scorers** are responsible for accurately recording the progress of the competition, and

on completion, ensuring that the referees for each event sign the official score sheets, record certificates or any other document requiring signatures.

(e) The **Time Keeper** is responsible for accurately recording the time lapse between the announcement that the bar is ready and the lifter starting the attempt. Other responsibilities include: recording and announcing the three minute rest period (warning given with one minute remaining); noticing that the lifters leave the platform within 30

seconds following their attempt – failure of the lifter to comply with this rule may result in disqualification of the attempt at the discretion of the Chief Referee) and indication to the expediter that one minute has elapsed following the attempt. The lifter is allowed one

18 minute in which to start this attempt after being called to the platform. If he does not start this attempt within this time allowance, the Time Keeper will call “time”, and the Chief Referee shall give the audible command “Rack” or “Down” depending on the lift. The lift will be declared “no lift” and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped. The definition of the start of an attempt depends upon the particular lift being performed. In the Squat and the Bench Press, the start is to coincide with the referee’s commencement signal. In the deadlift, the start is when the lifter makes a determined attempt to raise the bar from the platform. Once a clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of a lift, or at the discretion of the chief referee.

Consequently, it is of great importance that the lifter or coach check the height of the squat racks prior to being called, as once the bar is announced as loaded, the clock will be

started. Any further adjustments of the equipment must be made within the lifter’s one minute allowance.

(f) The **Marshalls** are responsible for collecting each attempt from the lifter or coach and passing the information without delay to the Speaker/Announcer. The lifter is allowed one minute between completing the last attempt and informing the Speaker/Announcer, via the marshall, of the weight required for the next attempt. The Marshall monitors this time. After the one minute has elapsed, the lifter will be warned. After 5 minutes have elapsed, if the lifter has failed to declare the next attempt, that attempt can be forfeited. The Marshalls may also be given the task of ensuring that the lifter due on the platform next is ready to follow the current lifter on it.

(g) The **Spotter/Loaders** are responsible for loading and unloading the bar, adjusting equipment as required, clearing the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be less than two or more than five spotterloaders

on the platform. When the lifter prepares for the attempt, the Spotter-Loaders may assist in removing the bars from the racks. They may also assist in replacing the bar

after the attempt, i.e. during the period of time that elapses between commencement and

completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the Spotter-Loaders may, either at the request of the Chief Referee or the lifter, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a Spotter- Loader, they may be awarded another attempt at the discretion of the referees at the end of the round.

(h) When a record is announced, the **Records Keeper** should immediately confirm the weight loaded on the bar, and compare it with the existing record. It is also the responsibility of the records keeper to collect any birth certificates required in the claiming of age group records.

(i) The **Drug Testers** are responsible for chaperoning the lifters selected for drug testing from the time they are notified that they are being tested to the completion of the drugtest

and following all procedures associated with drug testing – checking lifter’s ID,

19 providing water to the lifter, completing chain of custody document, witnessing lifter

producing urine sample, instructing lifter on handling/pouring sample into sample bottles, checking bottles & sample box are sealed correctly, distributing/retaining correct chain of custody sheets to lifter, organizer, lab etc.

(j) The function of the **Jury** is to ensure that the technical rules are correctly applied by all

the competition personnel (refer to Role of the Jury section)

3. PERSONNEL ALLOWED ON THE PLATFORM

During the competition, only the lifter, coach, officiating referees, technical officer and spotterloaders

will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter-loaders and the referees are permitted to be present on the platform.

Coaches

are not permitted on the platform. The only exception to this rule is on the Bench Press event

where the lifter may select anyone to assist with the lift-off of the bar from the rack.

4. ADJUSTING EQUIPMENT WHILE ON THE PLATFORM

A lifter shall not wrap or adjust this costume within the vicinity of the platform. The only exception to this rule is that the belt may be adjusted while on the platform.

5. LIFTER ORDER EXCEPTIONS

In international matches between two lifters or two nations contesting in different bodyweight

categories, the lifters may alternate irrespective of weight required for the attempts, with the bar

being loaded first for the lifter requiring the lightest weight.

6. MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS

The weight of the bar must always be a multiple of 2.5 kgs.

Exceptions to this rule:

(a) In a record attempt, the weight of the barbell must be at least 500 grams in excess of the

current record. This record attempt must be taken in the normal sequence of increasing weight

during the competition.

(b) During the course of the competition, if a record attempt is requested that is not a multiple of 2.5 kgs and it is requested within prescribed attempts, and the lifter performs a "good

lift", then only the lower closed multiple of 2.5 kgs will be recorded on the score sheet and the

exact weight will appear on the record application; e.g. 233 kgs requested for a squat lift on the

lifter's second attempt – the lift is a "good lift" – 232.5 kgs will be entered on the score sheet and

233 kgs will be entered on the record application.

7. LOADING ERRORS OR INCORRECT ANNOUNCEMENT BY THE ANNOUNCER

The Chief Referee will be solely responsible for decisions taken in the case of loading errors or

incorrect announcements by the speaker & will inform the speaker of the decision to make the

appropriate announcement. Examples of errors in loading are:

(a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the

originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.

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(b) If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. The weight may be reduced again if requested

by other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the

originally requested weight at the end of the round in which the error occurred.

(c) If by error the loading is not the same on each side of the bar, or if any change occurs on

the bar or discs during the execution of the lift; and the lift is successful, the lifter may accept the

attempt or elect to take the attempt again at the end of the round. If the attempt is not successful,

the lifter will be granted a further attempt, but only at the end of the round.

(d) If the announcer makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the correction according to the procedures as

for errors in loading.

(e) If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses and attempt

because the announcer omitted to announce the lifters appropriate weight, then the weight will be

reduced as necessary and the lifter allowed to take the attempt, but only at the end of the round.

8. DISQUALIFICATION

Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.

9. SPOTTER AID TO THE LIFTER

Other than initial removal of the bar from the racks, the lifter will not receive any help from the

spotter-loaders in assuming the start position for an attempt.

10. DISQUALIFICATION OF THE LIFTER DUE TO PLATFORM TIME LIMITS

On completion of an attempt, a lifter shall leave the platform within 30 seconds, failure to comply with this rule may result in disqualification of the attempt, at the discretion of the referees.

11. RULES CONCERNING INJURED LIFTERS

If during a competition, a lifter suffers an injury, the official doctor has the right of examination.

If the doctor considers it is advisable for the lifter to continue, the doctor may, in consultation

with the Head Referee or Technical Officer, insist upon the lifter retiring from the competition.

The lifter's coach must be officially informed of such a decision.

12. BLOOD BORNE PATHOGENS/INFECTIONS

In an effort to protect against the possibility of blood borne pathogens/infections, athletes will

NOT be allowed to strike their heads on the bar during competition.

13. RULES CONCERNING DISQUALIFICATION DUE TO MISCONDUCT

Any lifter or coach, who by reason of misconduct, on or near the competition platform, which is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Head Referee or Technical Officer may disqualify the lifter and order the coach to leave the venue.

The lifter's coach must be officially informed of both warning and disqualification.

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14. BREAK TIME BETWEEN EACH CONTESTED EVENT

Brief breaks between events are suggested for the convenience of the referees. If a single flight

is lifting in a round, a break of 30 minutes is suggested for warm-up between events.

15. RECOMMENDED ALLOWANCE OF ADDITIONAL REST BETWEEN ATTEMPTS

When small numbers of lifters comprises a flight, it may be necessary to increase the time

between rounds in order for the lifters to adequately prepare for their next attempts, if less than

10 lifters comprise a flight, the additional rest period should be similar to the time which would

be taken by 10 lifters competing.

16. COMMUNICATION OF DECISIONS CONCERNING SPECIAL PROBLEMS

Any decision concerning an attempt, the removal of a lifter or coach, or granting of another

attempt must be made known to the announcer, scorekeeper, coach and lifter as soon as such a

decision is reached. The communication is made by the Chief Referee.

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EQUIPMENT AND SPECIFICATIONS

1. PLATFORM

All lifts shall be carried out on a platform measuring between 2.5m x 2.5m (8ft x 8ft) minimum

and 4.0m x 4.0m (14ft x 14ft) maximum. The surface of the platform must be flat, firm, non-slip

and level, and must not exceed 10 cms (3.95 inches) in height from the surrounding stage or

floor. The surface of the platform may be treated with approved non-slip coating. Loose rubber

mats or similar sheeting material are not permitted. No additives may be applied or inserts

incorporated in either the platform or its surface.

2. BARS & DISCS

For all powerlifting contests organised under the rules of the IDFPF, only disc barbells are

permitted and these must be calibrated in kilograms. The use of discs that do not meet the

correct specification will invalidate the contest and any records accomplished. Only those bars

and discs that meet all specifications may be use throughout the entire competition and for all

lifts. A different bar which need not have centre knurling may be used for the deadlift only. The

bar or bars shall not be changed during the competition unless bent or damaged in some way as determined by the referees. Bars used at national or international level of competition shall not be chromed between the inside collars.

(a) ***The bar shall be straight and well knurled and grooved, and shall conform to the***

following dimensions:

- 1) Total overall length not to exceed 2.2m. (7 ft 2.6 inches)
- 2) Distance between the collar faces is not to exceed 1.32m or be less than 1.31m
- 3) Diameter of the bar is not to exceed 29mm or be less than 28mm
- 4) Weight of the bar and collars is to be 25kgs, plus or minus 0.25% only
- 5) Diameter of the sleeve 50-52mm
- 6) There shall be a diameter machine marking or the bar taped so as to measure 81cm between machining or tape.

(b) ***Discs shall conform as follows:***

- 1) All discs used at national or international levels of competition must weigh within 0.25% of their correct face value. Local competitions may be held with noncalibrated weights, but when non-calibrated weights are used, no records can be claimed. In all cases, scales must be calibrated.
- 2) The hole size in the middle of the disc may be a max of 53mm to 51mm min.
- 3) Discs must be in the following range:

Disc Minimum Weight Maximum Weight

1.25 kgs 1.2469 kgs 1.2531 kgs
 2.50 kgs 2.49375 kgs 2.50625 kgs
 5.00 kgs 4.98375 kgs 5.0125 kgs
 10.00 kgs 9.975 kgs 10.025 kgs
 15.00 kgs 14.9625 kgs 15.0375 kgs
 20.00 kgs 19.95 kgs 20.05 kgs
 25.00 kgs 24.9375 kgs 25.0625 kgs
 45.00 kgs 44.8875 kgs 45.1125 kgs
 50.00 kgs 49.875 kgs 50.125 kgs

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- 4) For record purposes, lighter discs may be used to achieve a weight of at least 500 grams more than the existing record, these should be in the following range:

Disc Minimum Weight Maximum Weight

0.25 kgs 0.249375 kgs 0.250625 kgs
 0.50 kgs 0.49875 kgs 0.50125 kgs

- 5) Discs weighing 25 kgs and over must not exceed 6 cm (2.36 inches) in thickness. Discs weighing 20 kgs and under which exceed 3 cm (1.18 inches) in thickness will be limited to one pair of each denomination on any given load. No disc will exceed 6 cm in thickness (2.36 inches).

- 6) At National and International levels of competitions, discs (rubber or steel) must conform to the following colour coding:

Disc Colours

10 kgs & below Any Colour
 15 kgs Yellow, Black or Silver
 20 kgs Blue or Black
 25 kgs Red
 45 kgs Gold
 50 kgs Green

- 7) All discs must be clearly marked with their weight and loaded in the sequence of

heavier discs innermost with the small discs in descending weight arranged so that the referees can read the weight on each disc.

8) The first and heaviest discs loaded on the bar must be loaded face in, with the rest of the discs loaded face out.

9) The diameter of the largest disc shall be no more than 45cm (17.9 inches)

3. COLLARS

(a) Shall always be used in competition

(b) Must weigh 2.5 kgs each, plus or minus 0.25%

4. SQUAT RACKS

(a) Squat racks shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter/loaders. It may consist of a one piece unit or two separate stands designed to hold the bar in a horizontal position.

(b) The squat racks shall be designed to adjust from a minimum height of 1.00m (3ft 3.4 inches) in the lowest position – to extend to a height of at least 1.70m (5ft 6.93 inches) in 5 cm (1.98 inches) increments.

(c) All hydraulic racks must be capable of being secured at the required height by means of pins.

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5. BENCH

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:

(a) Length – not less than 1.22m (4ft 0.03 inches) and shall be flat and level.

(b) Width 29-32cm (11.4 – 12.6 inches)

(c) Height 42 – 47.5cm (16.54 -18.81 inches) measured from the floor to the top of the padded surface of the bench without being depressed or compacted.

(d) Height of the uprights – on adjustable benches shall be a minimum of 82cm (32.3 inches)

to a maximum of 100cm (39.38 inches), measured from the floor to the bar rest position.

On non-adjustable benches, the height of the uprights must be between 87cm (34.25 inches) from the floor to the bar rest position.

(e) Minimum width between insides of bar rests – 1.10m (43.2 inches)

6. WARM-UP AREA

All equipment provided for the warm-up area must be the same as, or comparable to, the platform equipment.

7. LIGHTS

(a) A system of lights shall be provided whereby the referees make known their decisions.

Each referee will control a white and red light, representing a “good lift” or “no-lift” respectively.

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

when activated by the referees.

(c) For emergency purposes, i.e. a breakdown in the electrical system, the referees will be

provided with small white and red flags with which to make known their decisions upon the Chief Referee’s command “show”.

8. SCALES

Any type of scales is acceptable as long as it can be calibrated to 0.1 kgs (100 gms) and has been certified within the previous twelve months. Proof of certification must be available for inspection .

9. HEALTH & SAFETY

The provision and use of equipment and substances to protect against the possibility of bloodborne pathogens/infections is mandatory.

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COSTUME AND PERSONAL EQUIPMENT

1. COSTUME (SUIT)

(a) The lifting costume (Unequipped Lifters) shall consist of a one-piece full length lifting suit of one-ply stretch material without any additional patches or padding. The straps must be

worn over the shoulders at all times while lifting in a competition. The supportive type lifting

suit (Equipped Lifters) shall also be subject to all of the following requirements, while non-supportive type lifting suits (Unequipped/Raw Lifters) will be subject to points 1, 2, 3, 4, 5,

8, 9 and 10.

1) It may be of any colour of colours

2) The crotch panel must be one-ply

3) The lifting suit may bear the badge, emblem, logo or inscription of the lifter's nation, national association, club, current championships or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.

4) A suit that has a piece of the same colour and similar material added to the strap to lengthen the suit is a legal suit.

5) Where a strap has been folded and seamed to meet seam requirements, the suit is legal. The folded strap may not be stitched down to the suit however.

6) Seams and hems may not exceed 3cm (1.19 inches) in width and 0.5cm (0.2 inches) in thickness.

7) Seams may be protected or strengthened by narrow gauge webbing or stretch materials not exceeding 2cm in width or 0.5cm in thickness.

8) All items worn on the platform must be clean, untoned and in good state of repair.

9) Length of the leg must not exceed 15cm (5.9 inches) from the middle of the crotch. Measurement is to be taken by making a line from the top seam of the crotch and measuring down the leg from this line.

10) Only one suit may be worn at a time on the platform (2 suits are not allowed)

11) Any alterations to the costume which exceed the established widths, lengths, or thicknesses previously mentioned shall make a suit illegal for competition.

(12) Women may wear a one-piece suit of comparable design to the lifting suit as long as it meets all the requirements above, leotards with sleeves or highcut leg lines are not permitted.

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2. SHIRT

(a) **T-Shirt** - A t-shirt with short sleeves a minimum of 10cm (3.9 inches) in length, of any colour or colours, must be worn for the squat and benchpress events. The t-shirt is optional for

men during the deadlift event. The shirt must be worn under the lifting suit. A t-shirt is legal

provided that:

- 1) Is not ribbed
- 2) Does not consist of any rubberized or similar stretch materials
- 3) Does not have any pockets, buttons, zippers or a reinforced collar
- 4) Does not have reinforced seams (eg. is not constructed so as to place seams at a position which might tend to assist the athlete in powerlifting competitions)
- 5) Is either made exclusively of cotton or polyester or a combination of these two.
- 6) Does not have sleeves which terminate wither below the athlete's elbow or up at the athlete's deltoid. (Athletes may not push the sleeves of such an undershirt up the deltoid when competing)
- 7) Fits loosely enough on the body of the athlete to ensure that the garment does not give the athlete physical support.
- 8) In an effort to protect against the possibility of blood-borne pathogens/infections, all athletes must wear t-shirts with sleeves during competition on the Squat and Benchpress events.
- 9) During the deadlift event only – women may wear a sleeveless t-shirt or singlet in line with all the preceding and following t-shirt requirements.
- 10) Shirts may not be turned inside out to hide inscriptions
- 11) Emblems on shirts may include: the national association, the current championships, the lifter's club or the competition sponsor.

(b) Benchshirt (Equipped Section only)

- 1) Special bench shirts as approved by the WDFPF may be worn for the Bench Press "Equipped" section only. These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt as defined in the rules may be worn during the squat and deadlift.
- 2) Seams may only be placed: around neck, on shoulder, where sleeves meet main body of suit, underarm and at sides of main body of suit.
- 3) Conditions 1, 2 and 3 as defined for "t-shirts" also apply to the benchshirt.
- 4) Denim bench shirts are permissible.
- 5) Benchshirts may be of one-ply only.

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3. BELTS

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.

(a) Materials and Construction

- 1) The main body shall be made of leather or vinyl in one or more laminations which may be glued and/or stitched together.
- 2) It shall not have any additional padding, bracing or supports of any material, either on the surface or concealed within the laminations of the belt.
- 3) Any type of metal buckle or fastener is permitted including the quick release type, providing the underloop of the two ends of the belt does not exceed 10cms (3.95 inches)
- 4) A Velcro fastener on a belt is not permitted
- 5) The metal buckle may consist of one or two prongs
- 6) the buckle and studs are the only non-leather/vinyl components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 7) A leather tongue loop shall be attached close to the buckle by means of studs and/or stitching
- 8) The name of the lifter, their nation, or club may appear on the outside of the belt.

(b) Dimensions

Maximum Dimensions cm/mm Inches

Width of belt 10cm 3.95

Thickness of belt 13mm 0.5

Inside width of buckle 11cm 4.35

Outside width of buckle 13cm 5.13

Tongue loop width 5cm 1.98

Distance between end of belt and far end of tongue loop 15cm 5.9

(c) Correct Points of Measurement

4. SHOES

Lifting shoes or boots must be worn by the lifter for each of the events.

1) Shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers or any foot covering that has a patterned moulding or foot type outline that provides an inner sole. Deadlifters are not allowed to lift only in socks.

2) Shoes with metal cleats or spikes are not permitted.

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5. WRAPS

Only wraps or bandages of a one-ply commercially woven elastic that is covered with polyester,

cotton or a combination of both materials or medical crepe are permitted. Bandages of rubber or

rubberized substances are strictly forbidden. Wraps may be used as follows:

(a) **Wrist wraps** not exceeding 1m. (3ft 3.8 inches) in length and 8cm (3.15 inches) in width

may be worn. Alternatively, wrist 'bands' not exceeding 10cm (3.937 inches) in width may be

worn. A combination of the two is forbidden.

1) If wrist bands are "wrap-around" style, they may have thumb loops and a Velcro patch for securing them. However, the thumb loop shall not be over the thumb during the actual lift. The Velcro may not totally surround the wrist.

2) A wrist wrap shall not extend beyond 10cm (3.937 inches) above and 2cm (0.8 inches) below the centre of the wrist joint, not exceeding a covered width of 12cm (4.72 inches).

(b) **Knee Wraps** – wraps not exceeding 2m (6ft 6.72 inches) in length and 8cm (3.15 inches)

in width may be used. Alternatively, an elasticated knee cap supporter not exceeding 20cm

(7.87 inches) in length may be worn. A combination of the two is forbidden.

1) A knee wrap shall not exceed beyond 15cm (5.9 inches) above and 15cm (5.9 inches) below the centre of the knee joint and not to exceed a total covered width of 30cm (11.81 inches)

2) Wraps shall not touch the socks or lifting suit

3) Knee wraps are only permitted in Equipped Sections.

4) Knee wraps are permitted in the equipped deadlift although not often worn for this event.

(c) Wraps can not be used elsewhere on the body.

6. SOCKS

1) Lifters **MUST** wear knee length socks for the deadlift to protect against the possibility of blood-borne pathogens/infections is mandatory.

2) Short socks are permitted for the squat and benchpress

2). Socks shall not be of such length on the leg that they exceed the base of the patella or touch any knee wrapping or one piece knee cap supporter when in use.

3) It is acceptable for lifters to wear more than one pair of socks at the same time.

4) Socks may be of any colour

5) Full length leg stockings, tights or hose are strictly forbidden.

7. ATHLETIC SUPPORTER

(a) **For Men** - A standard commercial 'athletic supporter' or standard commercial

undershorts of any combination of cotton, nylon or polyester (but not swimming trunks or any other garment consisting of rubberized or similar material except in the waistband) shall be worn under the lifting suit. The garment shall not have legs (boxer shorts are not permitted). The garment may not act as a girdle and may not be supportive or extend past the hips or navel. Power briefs are not permitted.

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(b) For Women - Protective briefs or panties may be worn as long as they shall not be deemed supporting in any way. Women may also wear a bra as long as the bra cup does not maintain its shape when faced upright on a flat surface and does not contain any wire or supportive devices. The use of tampons, sanitary towels or related articles, used for feminine hygiene, are permitted.

8. HEADBANDS

A professionally made elastic headband may be worn by the lifter to keep hair out of the eyes.

No handkerchiefs, bandannas, hats or other head gear will be allowed on the platform.

9. PLASTER (BAND-AIDS)

1) Two layers of plasters, bandages or band-aids may be worn on the thumbs, but nowhere else without official permission of the Chief Referee or Technical Officer. No plaster, bandage or band-aid may be used as a strap to help the lifter hold the bar.

2) With permission of the Chief Referee or Technical Officer, the official doctor or paramedic on duty may apply spot plasters, bandages or band-aids to muscle injuries on the body. Similarly, he/she may apply strip plasters, bandages or band-aids to injuries on the inside of the hand, but in no circumstances may the plaster, bandage or band-aid continue around the back of the hand.

3) The official doctor or paramedic on duty shall inform the Chief Referee (and Technical Officer if applicable) immediately after applying plasters, bandages or band-aids to injuries. He/she may also give advice regarding additional bandages, band-aids or plasters that he/she may consider necessary. However, these may only be applied with permission of the Chief Referee or Technical Officer.

4) At all competitions, where no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

10. INSPECTION OF PERSON EQUIPMENT

1) In large competitions when the allocated weigh-in time is likely to be insufficient to allow for the inspection of costume and personal equipment, the Head Referee or Technical Officer may authorize a separate time for the inspection of and drawing of lots (if applicable) in normal circumstances this should take place one hour before the official weigh-in, but may be varied as required.

2) A minimum of two referees shall be appointed to fulfill this duty. All items shall be examined and approved before officially stamped or marked.

3) Wraps over length shall be rejected, but may be resubmitted within the specified inspection time after cutting to regulation length. It is the lifter's responsibility to cut wraps. The examining referee is not permitted to perform this service.

4) Any item considered unclean or torn shall be rejected.

5) The referee shall record each item on the official inspection sheet. The inspection sheet shall be handed to the Head Referee or Technical Officer at the end of the

inspection period.

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

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

8) Any lifter successful in a record attempt must immediately present him/herself to the referee(s) for inspection in a place decided by the Chief Referee. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition.

9) The lifter will be warned of minor attire infractions which must be cleared up before the lifter reaches the platform. Failure to do so will result in the loss of that specific attempt.

11. GENERAL

1) The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.

2) Baby powder, pool hall chalk, liquid chalk, resin, chalk or magnesium carbonate are the only substances that may be applied to the body and attire.

3) No foreign substances may be applied to the equipment or wraps

4) The costume, with the exception of the belt, may not be adjusted on the lifting platform

5) Prosthetic devices are considered to be approved equipment providing that they are not performance enhancing.

12. UNEQUIPPED (RAW) COMPETITION

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

1) A one-piece lifting suit or leotard of the non-supportive type must be worn.

2) A belt, conforming to specifications

3) Wrist wraps.

NB – Knee wraps of any description are not permitted.

All conditions relating to costume and personal equipment apply in the case of Unequipped Competitions.

13. FIRST COMPETITION

As a concession to new members, lifters competing in their **first competition only**, may, instead

of a leotard, wear a t-shirt and shorts. They are not permitted to wear full length trousers however. All other equipment requirements remain the same as listed. New lifters may not set

national/international records however unless **all** their equipment is as per WDFPF regulations.

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GUIDELINES FOR PROMOTERS

PLATFORM EQUIPMENT

1) Scales calibrated within the past 12 months

2) Competition platform with non-slip surface

3) Competition bar(s)

4) Approved weights (including record discs) and collars

- 5) Squat racks
- 6) Bench
- 7) Weight racks (known as toast racks)
- 8) Bar levers for deadlift

OTHER EQUIPMENT

- 1) Scoreboards with appropriate marker
- 2) Referee's lights and flags
- 3) Referees chairs
- 4) Clapperboards for benchpress
- 5) PA system (ensure system is adequate for size of hall)
- 6) Loading charts
- 7) Chalk and chalk box/bucket
- 8) Blood cleaning kit
- 9) Wire brush
- 10) Broom
- 11) Mop and bucket
- 12) Pens for M.C./kit check/weigh-in etc.
- 13) Stop-watch clock for MC's table
- 14) Clock in main lifting hall
- 15) Towels for loaders/spotters
- 16) Water & refreshments for loaders/spotters/referees/table personnel
- 17) Medical gloves for referees for handling bodily fluids (urine, blood etc)

WARM-UP HALL

One of each item mentioned below is needed for each warm-up station

- 1) Platform or protective floor covering
- 2) Squat rack
- 3) Bench
- 4) Power bar (not centre knurling)
- 5) Weights – the total dependent on likely final lifts. Calibrated weights are not essential in the warm-up room.

REFEREES' & OFFICERS' REQUIREMENTS

- 1) Rule book
- 2) Competition forms – scoresheets, weigh-in forms and kit check forms
- 3) Record lists pertaining to the competition
- 4) Tape measure for use at kit check

VARIOUS REQUIREMENTS

- 1) Toilet facilities
- 2) Male & female changing facilities
- 3) Weigh-in room
- 4) Toilet area where drug testing can take place
- 5) Equipment for roping off competition area
- 6) Banners
- 7) Posters
- 8) Music
- 9) Water for lifters selected for drug testing
- 10) Tables for kit check, drug control and weigh-in

THINGS TO DO

- 1) Obtain a permit from national or world federation (€100 Euro fee to WDFPF for European/World Championships to be paid at least 3 months before Championships.
- 2) Devise & print competitor's entry form and stipulate closing date for entries

- 3) Arrange for referees to be present
- 4) Publish the event as widely as possible in the region concerned (gyms, leisure centres etc)

as well as to existing members

- 5) Obtain trophies, including 'best lifter' trophies as appropriate
- 6) Send copies of results to media

ADDITIONAL THINGS TO DO FOR MAJOR COMPETITIONS

- 1) Compile entry forms, team lists, championship details & schedule, basic travel details and map for competitors & distribute to the international representative of all nations to be invited.
- 2) Post direction signs on roundabouts and turn-offs
- 3) Compile list of accommodation options, prices and distance from event
- 4) If finances allow, provide transport for competitors to the venue on competition days to ensure they make weigh-in times.
- 5) Produce programmes (preferably containing some form of score sheet)
- 6) Print weight attempt cards or slips (ensure that spare pens are available)
- 7) Produce lot number slips for use at the weigh-in
- 8) Invite trade stands and arrange tables, spaces etc.
- 9) Advertise the event and invite local newspapers, radio or TV etc.

CATEGORIES

BODYWEIGHT CATEGORIES FOR MEN

Weight Category Minimum Weight Maximum Weight

52 kg No minimum weight 52.0 kg

56 kg 52.01 kg 56.0 kg

60 kg 56.01 kg 60.0 kg

67.5 kg 60.01 kg 67.5 kg

75 kg 67.51 kg 75.0 kg

82.5 kg 75.01 kg 82.5 kg

90 kg 82.51 kg 90.0 kg

100 kg 90.01 kg 100.0 kg

110 kg 100.01 kg 110.0 kg

125 kg 110.01 kg 125.0 kg

145 kgs 125.01 kg 145.0 kg

+145 kg 145.01 kg Unlimited

BODYWEIGHT CATEGORIES FOR WOMEN

Weight Category Minimum Weight Maximum Weight

44 kg No minimum weight 44.0 kg

47.5 kg 44.01 kg 47.5 kg

50.5 kg 47.51 kg 50.5 kg

53 kg 50.51 kg 53.0 kg

55.5 kg 53.01 kg 55.5 kg

58.5 kg 55.51 kg 58.5 kg

63 kg 58.51 kg 63.0 kg

70 kg 63.01 kg 70.0 kg

80 kg 70.01 kg 80.0 kg

90 kg 80.01 kg 90.0 kg

+90 kgs 90.01 Unlimited

AGE CATEGORIES

OPEN: From 14 years upwards (No category restrictions need apply)

TEENAGE: (T1) 14-15 years. (T2) 16-17 years (T3) 18-19 years

JUNIOR: From 20 years up to and including 23 years of age

MASTER: (M1) from 40-44 years, M2 45-49 years, M3 50-54 and so on in five years increments, ad infinitum

***From 01/01/2008, all lifters will automatically be entered in the Open event and Teenage/Junior /Master lifters will be entered in their age class as well, for one entry fee.**

Competition lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age groups by their specific age on the day of the competition.

MILITARY/FIRE/POLICE (& PRISON OFFICERS from 01/01/2008).

Lifters who are members of the Military, Fire Service, Police or Prison Officers can compete

under the MFP section, under their weight class (Open age division only).Lifters entering the

MFP category are counted as additional to the three lifters permitted per age/weight class.

ENTERING CHAMPIONSHIPS

NATIONAL EVENTS

1. All members will receive entry forms for national events from the IDFPF Secretary or the organiser of the championships.
2. The onus is always on the lifter to enter the championships by the closing date.
3. Late entries may be accepted by the organiser at his/her discretion. The organiser may charge a late entry fee to lifters entering after the closing date.
4. At events where drug-testing is taking place, the entry fee for the first event each lifter enters at that championships must contain a contribution towards the cost of drug testing.
4. Lifters who enter championships but who don't compete are still liable for the entry fee (at the organiser's discretion).
5. Lifters entering an event on the day of the competition (If the organiser accepts the entry), should not expect to receive a medal/trophy.
6. The organiser must pay the cost of drug testing (or part thereof as decided by the IDFPF Committee) to the relevant IDPFA Official on the day of the championship.
7. The money received for drug testing from the event organiser must be lodged to the IDFPF account until the invoice is received & must subsequently be paid by the IDFPF

INTERNATIONAL EVENTS

1. All lifters invited to the World Powerlifting or World Single-Event Championships must have attained the WDFPF qualifying standard for the relevant event(s) at national level.
2. National Federations may, at their discretion, invite lifters to European Powerlifting/ Single-Event Championships who have not attained the relevant qualifying standards.
3. All lifters invited to International Events MUST be members of the IDFPF & thus the WDFPF for at least 3 months.
4. Each national federation can only enter 3 lifters in each age & weight class equipped and unequipped in any International Event.
5. The top three lifters attaining the relevant qualifying standard at national level in each age/weight class will initially receive invites. If three lifters in each age/weight class do not enter, subsequent invites may be issue to qualified lifters outside the top three in ranking order, 4th, 5th 6th etc.

6. Invited lifters must enter International Events through the IDFPF Secretary by the closing date.
7. The IDFPF Secretary must enter all lifters on the team list for submission to the Championship Organiser by the closing date for doing so.
8. The closing date for receipt of the team list is set by the organiser but must be at least 2 weeks prior to the Championships.
9. The Organiser of International Events may not accept entries from individual lifters not included by their national federation on the team list
10. The entry fee for the first event entered will include a contribution towards the cost of drug testing for which the host nation is responsible.
11. Lifters who enter but do not compete in International Events are still liable for the entry fee as the National Federation may be charged for “no shows” at International Events.
12. Federations must submit a team list with a maximum of 12 men and 11 women for points towards the team awards.

PROCEDURES FOR SETTING RECORDS

A. International Records: may only be set at WDFPF Sanctioned competitions and at National championships (One National Powerlifting & One National Single Event Championships per

annum) held under WDFPF Rules providing that the following conditions are met:

1. The lifter must be at least 3 months a member of the National Body
2. The lifter must have weighed-in within 2 hours prior to the start of the competition
3. All the equipment that the lifter is wearing must conform to the costume & personal equipment guidelines (to be checked by International Referee when lifter leaves the platform)
4. All three referees adjudicating the record attempt must be current WDFPF International Referees
5. At least 10% of lifters at the contest where record is set must be drug tested
6. All the platform equipment must have been checked to conform to WDFPF specifications (calibration of discs, bar etc).
7. The scales used for weigh-in must have been calibrated within the last 12 months
8. For lifters claiming age related records (teenage, junior, master), a copy of proof of age must be supplied.
9. For lifters claiming MFP records, proof of service in Military, Fire, Police or Prison Service must be provided.
9. The results must be signed by the 3 International Referees
10. The signed results, scales certificate & copies of proof of age must be sent to the WDFPF Record Keeper within one month of the date of the championships for records to be valid.
11. Powerlifting records can only be set at Powerlifting Events although these may include Squat, Benchpress, Deadlift and/or total records. However, these will only be valid if the lifter makes a total in the competition.

12. Single Event records can only be set at Single Event Championships not at Powerlifting events.

13. With the exception of injuries incurred during the Championships event, World Records may only be set by lifters reaching the WDFPF Qualification Totals for World Championships

13. In the event that two lifters breaking either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If both weights are identical, the lifters are to be re-weighed. If both lifters weigh the same, both will be declared record holders.

14. New records are only valid if they exceed the previous record by a minimum of 500gms

15. A World record shall also be recognized as a Continental, National & Regional record as appropriate.

B. Requirements for setting an International Record on a fourth attempt:

1. A lifter may be granted a fourth attempt only for purposes of setting an international record

if the third attempt was successful and was within 20 kg. the current record.

2. The fourth attempt if successful will not count towards the lifter's total.

THERAPEUTIC USE EXEMPTIONS (TUE)

The purpose of the International Standard for TUE is to ensure that the process of granting TUEs

is harmonised across sports and countries.

What is a Therapeutic Use Exemption (TUE)?

Athletes, like all others, may have illnesses or conditions that require them to take particular

medications. If the medication an athlete is required to take to treat an illness or condition

happens to fall under the Prohibited List, a Therapeutic Use Exemption may give that athlete the

authorisation to take the needed medicine.

What are the criteria for granting a TUE?

The criteria are:

(a) The athlete would experience significant health problems without taking the prohibited

substance or method,

(b) The therapeutic use of the substance would not produce significant enhancement of performance, and

(c) There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

Who grants TUEs?

Under the World Anti-Doping Code, WADA has issued an International Standard for the granting of TUEs. The standard states that all International Federations (IFs) and National Anti-

Doping Organisations (NADOs) must have a process in place whereby athletes with documented

medical conditions can request a TUE, and have such request appropriately dealt with by a panel

of independent physicians called a Therapeutic Use Exemption Committee (TUEC). IFs and NADOs, through their TUECs, are then responsible for granting or declining such applications.

The WDFPF have set up a Drug Control Committee (DCC) consisting of qualified medical personnel to deal with all TUE applications.

Where should I submit my TUE Application?

All IDFPF members must initially submit their TUE Application to the IDFPF Secretary who

will then forward it to the WDFPF Drug Control Committee

What is WADA's role regarding TUEs?

WADA's role in the TUE process is two-pronged. First, the Agency, through its TUEC, has the

right to monitor and review any TUE granted by a federation or anti-doping organisation and,

pursuant to such review, to reverse any decision. Second, an athlete who submits a TUE Application to a federation or anti-doping organisation and is denied a TUE, can appeal the

decision to the WADA TUEC. If WADA determines that the denial of the TUE did not comply

with the International Standard, the Agency can reverse the decision.

What is the difference between an Abbreviated TUE and a Standard TUE?

Abbreviated TUE Standard TUE

Only for glucocorticosteroids by non-systemic routes (local routes of administration other than dermatological applications which are not prohibited and do not require any TUE) and for beta-2 agonists (formoterol, salbutamol, salmeterol and terbutaline) by inhalation.

For any treatment involving a substance or method on the Prohibited List that is not admissible for an abbreviated TUE.

Using the Abbreviated TUE Form. Using the Standard TUE Form

" A notification is sent to the athlete by the relevant organisation upon receipt of a duly completed request. Note: A review by the TUEC may be initiated at any time during the duration of the TUE.

" Will be reviewed by a TUEC.

Athlete can begin treatment as soon as the form has been received by the relevant organisation.

If approved, athlete can begin treatment only after receiving the authorisation notice from the relevant organisation (except in rare cases of an acute life threatening condition for which a retroactive approval may be considered).

How can I apply for a TUE?

⌘ IDFPF members can either contact the IDFPF Secretary to request a TUE Application form or download the TUE form from the IDFPF website. TUE Application forms are also included in the IDPFA Rulebook.

⌘ The athlete must have his or her physician fill out the TUE Application form and produce

the required supporting documentation and forward it to the IDFPF Secretary

⌘ Athletes should remember that according to the International Standards, the TUE Application should be submitted at least 21 days before participating in an event.

Tips on applying for a TUE

⌘ Choose the correct form (standard or abbreviated – whichever applies).

⌘ Fill in the form by typing if possible, or in block capital letters. If the form is not legible, the form is deemed incomplete and will be returned to the athlete.

⌘ When sending the form to the IDFPF Secretary, ensure that you include all the required documentation and keep a copy of the request as well

What happens if I am granted a TUE?

TUEs are granted for a specific medication with a defined dosage. They are also granted for a

specific period of time and do expire. The athlete needs to comply with all the treatment conditions outlined in the TUE Application. The athlete is responsible for ensuring he/she

applies for a renewal of the TUE where appropriate before the existing TUE expires.

What should I do if I am drug-tested while using a prohibited substance under a granted TUE?

When filling out the doping control form, make sure that you declare the substance or medication

being used and that you specify that a TUE has been granted. Athletes are advised to always

bring a copy of the approved TUE application to championships to give to the drug tester.

Athletes who do not have a copy of their approved TUE with them when tested are required to

submit their approved TUE to their national drug control committee as soon as possible after the

test to reach the committee before the results of the drug test are available.

What will happen if the prohibited substance is detected during the analysis?

When the National/International Drug Control Committee receives the report from the laboratory, an initial review will take place to verify that the TUE is still in effect and that the

results of the analysis are consistent with the TUE granted (**nature of substance, route of**

administration, dose, time frame of administration, etc.). If the review proves satisfactory, the

result of your test will be recorded as **negative**.

What can I do if my TUE is denied by my granting authority?

If your granting authority denies your TUE Application, you may ask WADA to review the decision at your own expense, by providing all information given during the first submission

(complete file) as well as the initial decision returned (using the following fax number: +1 514 904 4456). In doing so, you may be requested to submit additional medical information to WADA's TUEC. The review procedure does not suspend the first decision, therefore you are not allowed to use the substance while waiting for the decision from WADA. If WADA overturns your granting authority's original position and grants the TUE, your granting authority still has the possibility of appealing to CAS for a final decision.

Will the information on my TUE Application remain confidential?

Athletes concerned about confidentiality should note that all the information contained in their TUE Application will be kept strictly confidential as medical data. All members of the TUECs are required to sign confidentiality agreements and if they require advice from other scientific experts on a particular case, the name of the athlete will not be used when circulating the application outside the TUEC.

Where can I find out more about therapeutic use exemptions?

The procedures for applying for and granting a TUE are outlined in the International Standard for Therapeutic Use Exemptions, published by WADA.

THERAPEUTIC USE EXEMPTIONS STANDARD TUE FORM

Please type or complete all sections in capital letters

1. ATHLETE INFORMATION

Surname

First Name

Sex

Date of Birth

Complete Address Phone Numbers Fax Number E-mail

2. MEDICAL INFORMATION

Diagnosis with sufficient medical information

Note: Diagnosis:

Evidence confirming the diagnosis must be attached and forwarded with this application. The medical

evidence should include a comprehensive medical history and the results of all relevant examinations,

laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances and in

the case of non-demonstrable conditions independent supporting medical opinion will assist this application

If a permitted medication can be used to treat the medical condition, provide clinical

justification for the requested use of the prohibited medication

STRICTLY CONFIDENTIAL**3. MEDICAL DETAILS**

Prohibited Substance(s)

Generic name

Dose Route Frequency

- 1.
- 2.
- 3.

Intended Duration of Treatment

(Please tick appropriate box)

Once Only Emergency Duration

(Week/Month)

Have you submitted any previous TUE Application

(Please tick appropriate box)

Yes No

For Which Substance?

To Whom?

When?

Decision

(Please tick appropriate box)

Approved Not

Approved

4. MEDICAL PRACTITIONER'S DECLARATION

I certify that the above-mentioned treatment is medically appropriate and that the use of

alternative medications not on the prohibited list would be unsatisfactory for the condition

Name

Medical Speciality

Address

E-mail Address

Phone & Fax Number

Signature

Date

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STRICTLY CONFIDENTIAL**5. ATHLETE'S DECLARATION**

I certify that the information under section 1. is accurate and that I am requesting approval to use a

Substance or Method from the International Olympic Committee (IOC) Prohibited List. I authorize the

release of personal medical information to the Drug Control Committee(DCC) of the World Drug Free

Powerlifting Federation (WDFPF). I understand that if I ever wish to revoke the right of these

organizations to obtain my health information on my behalf, I must notify my medical practitioner and

the WDFPF in writing to that fact.

Print Athlete's Name

Signature

Date

Parent's/Guardian's Signature

(if the athlete is a minor or has a disability preventing him/her from signing this form, a parent or guardian shall sign together with or on behalf of the athlete)

Date

6. SUBMISSION OF TUE FORM

The Therapeutic Use Exemption form, signed by a Physician, must be forwarded to the Secretary of the IDFPF, together with the relevant medical documentation. The IDFPF Secretary will forward it to the Drug Control Committee (DCC) of the WDFPF. The athlete must wait for the decision of the DCC prior to commencing with the treatment. TUEs are granted for specific medication & a defined dosage over a specific period of time, after which they expire. TUE applications must be submitted to the committee at least 30 days prior to a Championship. Lifters need to retain a copy of their application including the committee's decision, for their own records and are required to bring it to all championships.

Incomplete Applications will be returned and need to be resubmitted.

Name of IDFPF Secretary

Anita Mahony

Address 88 College Rd

Galway, Ireland

E-mail Address

wdfpf_vp@yahoo.ie

7. TO BE COMPLETED BY DRUG CONTROL COMMITTEE

Application Reference Number

Date of Receipt of Application

Date of Notification of Committee Members

Decision of Committee

Date Athlete is Notified of Decision

Date WDFPF Exec is Notified of Decision

ABBREVIATED THERAPEUTIC USE EXEMPTIONS ATUE FORM

Please type or complete all sections in capital letters

Beta-2 agonists by Inhalation Glucocorticosteroids by non-systemic routes*

**All routes other than orally, rectally, intravenously and intramuscularly.*

Dermatological glucocorticosteroids do not require any TUE

1. ATHLETE INFORMATION

Surname

First Name

Sex

Date of Birth

Complete Address Phone Numbers Fax Number E-mail

2. MEDICAL INFORMATION

Diagnosis:

N.B. Any ATUE may be reviewed at any time, by the WDFPF Drug Control Committee

Prohibited Substance(s) -Generic name Dose Route Frequency

- 1.
- 2.
- 3.

Intended Duration of Treatment:

(Please tick appropriate box)

**Only Once Emergency Duration
(Week/Month)**

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STRICTLY CONFIDENTIAL

3. MEDICAL PRACTITIONER'S DECLARATION

I certify that the above-mentioned treatment is medically appropriate and that the use of

alternative medications not on the prohibited list would be unsatisfactory for the condition

Name

Medical Speciality

Address

E-mail Address

Phone Number

Fax Number

Signature

Date

4. ATHLETE'S DECLARATION

I certify that the information under section 1. is accurate and that I am requesting approval to use a

Substance or Method from the International Olympic Committee (IOC) Prohibited List. I authorize the

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the WDFPF in writing to that fact.

Print Athlete's Name

Signature

Date

Parent's/Guardian's Signature

(if the athlete is a minor or has a disability preventing him/her from signing this form, a parent or guardian shall sign together with or on behalf of the athlete)

Date

STRICTLY CONFIDENTIAL

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Date of Notification of Committee Members

Decision of Committee

Date Athlete is Notified of Decision

Date WDFPF Exec is Notified of Decision

I.O.C. /W.D.F.P.F. LIST OF BANNED SUBSTANCES

PROHIBITED CLASSES OF SUBSTANCES AND PROHIBITED METHODS

Doping contravenes the ethics of both sport and medical science.

Doping consists of:

- 1) The administration of substances belonging to prohibited classes of pharmacological agents and/or
- 2) The use of various prohibited methods.

PROHIBITED CLASSES OF SUBSTANCES

- (a) Stimulants
- (b) Narcotics
- (c) Anabolic Agents
- (d) Diuretics
- (e) Peptide and glycoprotein hormones and analogues

PROHIBITED METHODS

- (a) Blood Doping
- (b) Pharmacological, chemical and physical manipulation

CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

- (a) Alcohol
- (b) Marijuana
- (c) Local anaesthetics
- (d) Corticosteroids

The WDFPF regards Beta Blockers are acceptable medication.

ARTICLE I

PROHIBITED CLASSES OF SUBSTANCES

Prohibited substances fall into the following classes of substances:

- (a) Stimulants
- (b) Narcotics
- (c) Anabolic Agents
- (d) Diuretics
- (e) Peptide and glycoprotein hormones and analogues

(a) Stimulants

Prohibited substances in class (a) include the following examples:

Amiphenazole Amphetamines Amineptine Bromantan
 Fencamfamine Carphedon Cocaine Ephedrines
 Phenylpropanolamine Mesocarb Pentylentetrazol Phentermine
 Strychnine Pipradol Salbutamol** Salmeterol**
 Termutaline** & *Related Substances*

** Permitted by inhaler only and must be declared in writing, prior to the competition, to the relevant medical authority.

Note: All Imidazole preparations are acceptable for topical use e.g. Oxymetazoline, Vasoconstrictors (e.g. adrenaline) may be administered with local anesthetic agents. Topical preparations (e.g. nasal, ophthalmological) of Phenylephrine are permitted.

(b) Narcotics

Prohibited substances in class (b) include the following examples:

Dextromoramide Dextropropoxyphene Diamorphine (Heroin) Methadone
 Morphine Pentazocine Pethidine & *Related Substances*

Note: Codeine, Dextromethorphan, Dihydrocodein, Diphenoxylate and Pholcodine are permitted.

(c) Anabolic Agents

The anabolic class includes Anabolic Androgenic Steroids (AAS) and Beta-2-agonists.

Prohibited substances in class (c) include the following examples:

1) Anabolic Androgenic Steroids

Androstenedione Clostebol Dehydroepiandrosterone(DHEA) Fluoxymesterone
 Methandienone Boldenone Metenolone Nandrolone
 Oxandrolone Stanozolone Testosterone* & *Related Substances*

* The presence of a Testosterone (T) to Epitestosterone (E) ratio greater than six (6) to one (1)

in the urine of a competitor constitutes an offence unless there is evidence that this ratio is due to

a physiological or pathological condition e.g. low Epitestosterone excretion, androgene production of tumour, enzyme deficiencies. In the case of T/E higher than 6, it is mandatory that

relevant medical authority conduct an investigation before the sample is declared positive. A full

report will be written and will include a review of previous, subsequent tests and any results of

endocrine investigation. In the event that previous tests are not available, the athlete should be

tested unannounced at least once per month for three months. The results of these investigations

will result in declaring the sample positive.

2) Beta-2-agonists

Clenbuterol Salbutamol Terbutaline Salmeterol
 Fenoterol & *Related Substances*

(d) Diuretics

Prohibited substances in class (d) include the following examples:

Acetazolamide Bumetanide Chlorthalidone Ethacrynic Acid
 Furosemide Hydrochlorothiazide Mannitol Mersalyl
 Spironolactone Triamterene & *Related Substances*

(e) Peptide and Glycoprotein Hormones & Analogues

Prohibited substances in class (e) include the following examples:

- Chorionic Gonadotrophin (HCG – Human Chorionic Gonadotrophin)
- Corticotrophin (ACTH)
- Growth hormone (HGH, Somatotrophin) and all the respective releasing factors for each substance
- Erythropoietin (EPO)

ARTICLE II

PROHIBITED METHODS

The following procedures are prohibited:

(a) Blood Doping

Blood doping is the administration of blood, red blood cells and related blood products to an

athlete. This procedure may be preceded by withdrawal of blood from the athlete who continues

to train in this blood depleted state.

(b) Pharmaceutical, Chemical and Physical Manipulation

Pharmaceutical, chemical and physical manipulation is the use of substances and of methods

which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of

urine samples used in doping controls, including, without limitation, catheterization, urine substitution and/or tampering, inhibition of renal excretion such as by Probenecid and related

compounds and Epirosterone application.

The success or failure of the use of a prohibited substance or method is not material. It is

sufficient that the said substance or procedure was used or attempted for the infraction to be

considered as consummated.

ARTICLE III

CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

(a) Alcohol

In agreement with the International Sports Federations and the responsible authorities, tests may

be conducted for ethanol. The results may lead to sanctions.

(b) Marijuana

In agreement with the International Sports Federations and the responsible authorities, tests may

be conducted for cannabinoids (e.g. Marijuana, Hashish). The results may lead to sanction.

(c) Local Anaesthetics

Injectable local anaesthetics are permitted under the following conditions:

(i) The Bupivacaine, Lidocaine, Mepivacaine, Procaine etc. are used by not Cocaine. Vasoconstrictor agents (e.g. Adrenaline) may be used in conjunction with local anaesthetics.

(ii) Only local or intra-articular injections may be administered

(iii) Only when medically justified. The details (including diagnosis, dose and route of administration) must be submitted prior to the competition or immediately, if administered

during the competition, in writing to the relevant medical authority

(d) Corticosteroids

The use of Corticosteroids is banned except:

- (i) For topical use (aural, dermatological and ophthalmological) but not rectal
- (ii) By inhalation
- (iii) By intra-articular or local injection

The WDFPF regards Beta Blockers as acceptable medication.

The IOC Medical Commission has introduced mandatory reporting of athletes requiring Corticosteroids by inhalation during competitions. Any team doctor wishing to administer Corticosteroids by local or intra-articular injection, or by inhalation, to a competitor must give

written notification prior to the competition to the relevant medical authority.

ARTICLE IV

Except as specifically otherwise provided in the IOC medical code, the detected presence of any

amount of substances in classes (a), (b), (c), (d) and (e) in respect of a test conducted in connection with a competition shall constitute a definite case of doping. The quantity of the

substance detected is not material to a definitive case of doping.

ARTICLE V

The detected presence of Ephedrine, Pseudoephedrine, Phenylpropanolamine and Cathine in

respect of a test conducted in connection with a competition shall constitute a prima facie case of

doping. The person affected shall have the opportunity to rebut the presumption of doping by

providing evidence that the substance was present under circumstances which, on a balance of

probabilities, including the quantity of substance detected, would support a conclusion that

doping was neither intended, nor the result of gross negligence, willful negligence nor imprudence. In all cases, the onus of rebutting the presumption of doping, when the substance

has been detected, shall rest with the person affected.

Note: Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. The WDFPF committee will decide the penalty subject to the following criteria:

- (i) Up to 10 ppm will result in a warning
- (ii) Over 10 ppm will result in a two year ban (and the removal of any title, placing and results set, if the result of an in-competition test).
- (iii) A second positive Ephedrine test will result in a lifetime ban from all WDFPF involvement.

ARTICLE VI

Out of competition testing is directed solely at prohibited substances in class I (a), (c), (d) and (e)

The only positive results for purposes of out-of-competition testing and the application of the

IOC medical code will be in respect of such classes of prohibited substances and pharmacological, chemical and physical manipulation (class II (b)).

ARTICLE VII**LIST OF EXAMPLES OF PROHIBITED SUBSTANCES**

CAUTION: This is not an exhaustive list of prohibited substances. Many substances that do

not appear on this list are prohibited under the term **“and related substances”**.

STIMULANTS

Amineptine Amfepromone Amphetamine Caffeine
Cathine Cocaine Crothetamine Ephedrine
Etamivan Etilamphetamine Etilefrine Fencamfamine
Methylendioxyamphetamine Mefenorexclotestebol Mephentermine methoxyphenamine
Methylephedrine Methylphenidate Nikethamide Methadionone
Paraphydroxyamphetamine Norphenfluramine Pemoline Phendimetrazine
Phentermine Phendimetrazine Phentermine pholedrine
Phenylpropanolamine Prolintane Propylhexedrine Pseudoephedrine
Salbutamol Strychnine

NARCOTICS

Ethylmorphine Hydrocodone Morphine Pentazoccine
Pethidine Propoxyphene

ANABOLIC STEROIDS/BETA2-AGONISTS

Androstenedione Boldenone Clenbuterol Clostebol
Dehydrochlormethyltestosterone Danazol Dronstanolone Fluoxymesterone
Dihydrotestosterone Formebolone Mesterolone Metenolone
Methyltestosterone Methandriol Nandrolone Oxandrolone
Norethandrolone Osymesterone Ozymetholone Stanozolol
Testosterone Trenbolone Mibolerone

DIURETICS

Acetazolamide Bendroflumethiazide Bumetanide Canrenone
Chlortalidone Furosemide Hydrochlorothiazide Indapamide
Spironolactone triamterene

MASKING AGENTS

Epitestosterone Probenecid

PEPTIDE HORMONES

HCG HGH Erythropoietin ACTH

DRUG TESTING INSTRUCTIONS

AFTER COMPETITOR IS SELECTED

1. Notify competitor. Once competitor has been notified, he/she must remain with the testing official until the specimen collection has been completed
2. Verify identity of competitor if necessary. At international events, check passport/ID with picture
3. Chaperone the competitor to the test site. Bottled water should be provided for the competitor.
4. Only the tester(s) & the competitor should be present while test is being conducted.

CHAIN OF CUSTODY DOCUMENTS

1. Apply enough pressure on pen when completing forms so the details are visible on all 4 copies
2. Write clearly on the form **THE NUMBER** of the test kit as per the number indicated on the box
3. At “Analysis requested by” write name of national federation or WDFPF at international events
4. At “collection site” write name of town and country

5. At "Type of Analysis required", mark **either** full I.O.C. Spectrum (always in competition) OR Analysis for Anabolic Agents (Out of competition only)
6. At "Please send results to" include the name, address, e-mail address/fax of the person
the results are to be sent to: At International events it is generally: Wim Backelant, Winkelstap 25, 2900 Schoten, Belgium. E-mail: wim.backelant@telenet.be
At IDFPF events it is: Anita Mahony, 88 College Rd, Galway, Ireland. E-mail: wdfpf_vp@yahoo.ie
7. At "Championships Event" write name of event, or indicate if it is Out of Competition
8. Any **medication/drugs/supplements** taken in the last 7 days should be declared on the form by the competitor. If no medications are taken, the word "None" should be written
9. The competitor must check information on the chain of custody documents & sign and date it under "Donor's Declaration".
10. On **completion** of the test, the sampling officer must date & time the sample & sign the form under "Collector's Declaration".
11. The **PINK** form (sheet 2) (which excludes the competitor's details) is folded and enclosed in the box with the urine samples
12. The **GREEN** form (sheet 4) is given to the competitor
13. The testing authority retains the **BLUE** copy (sheet 3)
14. The **WHITE** copy (sheet 1) or a good copy of it is to be sent to WDFPF

SAMPLING PROCEDURES

1. Allow the competitor to choose a kit from the test kits available.
2. Provide competitor with an unused collection cup
3. Ask competitor to open test kit box without taking all the tape (& number) off it. He/she must take bottles out of kit.

4. Competitor must provide a urine sample into the collection cup. This sample must be given in full view of the sampling officer. Competitor must remove sufficient clothes for sample to be observed. (It is important for sampling officer can ensure that sample is genuine & not coming out of another container etc).
5. A minimum of **75** ml is required. If competitor cannot provide 75 ml in one go, he/she must be provided with fluids. The testing officer must remain with the competitor until the full 75 ml is provided. The collection cup containing a quantity of urine must remain with the sampling officer during this period. **The sampling officer must not pour any of the urine from the sampling cup into the bottles until the 75 ml minimum is collected in the sampling cup.** The reason for this is if the lifter has difficulty in providing a sufficient sample of urine, he/she may have to drink lots of water. This can lead to part of the sample being more diluted than the initial portion of the sample. If the concentrate is different in one bottle than the other, the laboratory will not analyse it. However if it is mixed together in the collection cup before being poured, this wont cause a problem.
6. Open bottles & **remove red rings** from bottles, otherwise the bottles may leak.
7. Ask the competitor to pour at least 45 ml of the urine sample into the bottle marked "A"
(orange label). (the level must be over the bottom level of the label). The competitor must then pour at least 30 ml into the bottle marked "B" (blue label) (the level must be over the bottom level of the label). Divide the remaining urine amongst the two bottles.
8. Do not fill the bottles above the horizontal glass ridge of the bottle
9. The athlete must close the bottles. To do this, press the caps downwards while turning at

the same time in a clockwise movement until it can not be turned any further. A few clicks will be heard. The sampling officer should check that the bottles are sealed properly by trying to move the cap in an anti-clockwise direction, try to lift up the cap to make sure it cannot be removed & turn the bottle upside down to see if there is any evidence of leaking.

10. Ask the competitor to place the bottles in the plastic bags provided and seal the bags.

11. The sampling officer places the bottles in the plastic bags into the box into the white polystyrene box, checking that the absorbent pad is still inside the box.

12. After the chain of custody document is signed by the sampling officer, it is placed in the

box with the samples, and the box is sealed using the reusable tape.

13. The competitor is now free to leave the testing area

14. The sampling officer must give the competed test to the Event Organiser/

Responsible

Official

SENDING TO LABORATORY

1. The responsible official must keep the samples overnight in a cool place

2. The sample(s) must be placed in a secure package for posting, along with a letter to the

laboratory

3. The sample(s) must be sent by the fastest post possible (or courier) **the day after** the samples are taken

4. The samples must be sent to a WADA approved laboratory. The recommended one is the

DOCOLAB in Belgium. Samples are to be sent to: **Prof. F Delbeke, DOCOLAB, Technologiepark 30B, B-9052 Zwijnaarde, Belgium**

RECEIPT OF RESULTS

1. Within 48 hours of a drug test being taken, a copy of the chain of custody document must

be sent to the Chairman of the Drug Control Committee or nominated representative.

The

publicity officer, Sharron Clegg and records keeper, Della Milbourne, must also be informed that a test has been carried out and who it has been carried out on.

2. As soon as the results are received from the laboratory, a copy of the results must be sent

to the Chairman of the Drug Control Committee or nominated representative, and the publicity officer and records keeper. WDFPF as they are required for records & proof of out of competition testing

3. In the case of negative results – the lifters are to be notified of their results

4. In the case of positive results, the relevant drug control committee (national or wdfpf) must contact the competitor by registered post, informing him/her that the result was positive, and suspending him/her from the federation. The competitor must be given the option to request, within 7 days of receipt of the registered letter that the “B” sample be tested. **The athlete requesting the testing of a “B” sample is responsible for the entire cost of having the “B” sample tested & he/she must be informed of same.** It is necessary to check with the laboratory for the price of testing the “B” sample. The competitor must include the entire payment for this test when requesting that it be done. The competitor must also be given the option to explain, within 14 days of receiving the registered letter, why the banned substance may have been found in his/her sample. If the competitor does not appeal the result, he/she must be informed by the Drug Control

Committee that they are banned for life (or for 2 years if the banned substance was Ephedrine). If the competitor appeals or/and has the "B" sample tested, the Drug Control committee must make a decision on it & inform the competitor of this decision. Lifters banned for life lose any titles/records which they will have won. Lifters banned for 2 years (Ephedrine only) receive a 2 year ban and lose any title/record from the event at which they were tested only.

FORMULAE FOR DETERMINING BEST LIFTERS

SCHWARZ FORMULA (for Men)

The Schwarz formula for determining the best male lifter is presented as a table of coefficients.

Each lifter has a coefficient determined by body weight (BW).

∞ To determine the "Best Lifter" multiply each lifter's coefficient by his total. The resulting factor is his Schwarz Formula total (SFT). The lifter with the highest SFT is considered the "Best Lifter"

∞ To determine the winner in a contest between teams of unequal body weights: Determine

the SFT for each member of each team. The team with the highest average SFT is the winner.

∞ To determine the "Champion of Champions", calculate the SF on the winner of each weight class. The weight class winner with the highest SF is the "Champion of Champions".

MALONE FORMULA (for Women)

The Malone formula is used in a similar manner to the Schwarz Formula except that its table of

coefficients used to determine the Malone Formula Total (MFT) for deciding the best female

lifters or for team points for female lifters.

MILBOURNE AGE FORMULA (for Team Events)

The Milbourne Age Formula may be used in conjunction with the Schwarz & Malone Formulae

in **team events** (powerlifting or single lifts) where teams may be made up of lifters of different

ages, allowing teenage, junior and master lifters the equivalent of a "handicap" for scoring points

for their team.

∞ The lifter's Schwarz/Malone weight coefficient is multiplied by his/her total to give the

Schwarz Formula Total (SFT) or (MFT in the case of female lifters)

∞ If the lifter is a teenager, junior or master lifter, the lifter's SFT or MFT is further multiplied by the Milbourne Age coefficient for the age class to determine the lifter's points for the team.

∞ The points for all the individual members of the team are added together to give the team

total and determine the winning team.

AGE CLASS MALE FEMALE

T1 1.26 1.12

T2 1.21 1.09

T3 1.17 1.07

Jnr 1.1 1.03

M1 1.01 1.01
M2 1.02 1.015
M3 1.08 1.02
M4 1.18 1.025
M5 1.3 1.06
M6 1.44 1.13
M7 1.61 1.21
M8 1.81 1.31
 54

SCHWARZ FORMULA (For Men)

BW 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

40 1.3133 1.3092 1.3052 1.3011 1.2971 1.2931 1.2891 1.2851 1.2812 1.2773
41 1.2734 1.2695 1.2656 1.2618 1.2580 1.2542 1.2504 1.2467 1.2429 1.2392
42 1.2355 1.2318 1.2282 1.2245 1.2209 1.2173 1.2138 1.2102 1.2067 1.2032
43 1.1997 1.1962 1.1927 1.1893 1.1858 1.1824 1.1791 1.1757 1.1723 1.1690
44 1.1657 1.1624 1.1591 1.1558 1.1526 1.1494 1.1462 1.1430 1.1398 1.1367
45 1.1335 1.1304 1.1273 1.1242 1.1211 1.1181 1.1150 1.1120 1.1090 1.1060
46 1.1031 1.1001 1.0972 1.0942 1.0913 1.0884 1.0856 1.0827 1.0799 1.0770
47 1.0742 1.0714 1.0686 1.0659 1.0631 1.0604 1.0577 1.0550 1.0523 1.0496
48 1.0469 1.0443 1.0416 1.0390 1.0364 1.0338 1.0312 1.0287 1.0261 1.0236
49 1.0211 1.0186 1.0161 1.0136 1.0111 1.0087 1.0062 1.0038 1.0014 1.9990
50 .9966 .9942 .9919 .9895 .9872 .9849 .9826 .9803 .9780 .9757
51 .9734 .9712 .9690 .9667 .9645 .9623 .9601 .9580 .9558 .9536
52 .9515 .9494 .9473 .9452 .9431 .9410 .9389 .9368 .9348 .9328
53 .9307 .9287 .9267 .9247 .9227 .9208 .9188 .9169 .9149 .9130
54 .9111 .9092 .9073 .9054 .9035 .9016 .8998 .8979 .8961 .8943
55 .8924 .8906 .8888 .8870 .8853 .8835 .8817 .8800 .8782 .8765
56 .8748 .8731 .8714 .8697 .8680 .8663 .8646 .8630 .8613 .8597
57 .8580 .8564 .8548 .8532 .8516 .8500 .8484 .8468 .8453 .8437
58 .8422 .8406 .8391 .8376 .8361 .8345 .8330 .8315 .8301 .8286
59 .8271 .8257 .8242 .8228 .8213 .8199 .8185 .8170 .8156 .8142
60 .8128 .8114 .8101 .8087 .8073 .8060 .8046 .8033 .8019 .8006
61 .7993 .7979 .7966 .7953 .7940 .7927 .7915 .7902 .7889 .7876
62 .7864 .7851 .7839 .7826 .7814 .7802 .7789 .7777 .7765 .7753
63 .7741 .7729 .7717 .7706 .7694 .7682 .7671 .7659 .7647 .7636
64 .7625 .7613 .7602 .7591 .7580 .7568 .7557 .7546 .7535 .7524
65 .7514 .7503 .7492 .7481 .7471 .7460 .7450 .7439 .7429 .7418
66 .7408 .7398 .7387 .7377 .7367 .7357 .7347 .7337 .7327 .7317
67 .7307 .7297 .7287 .7278 .7268 .7258 .7249 .7239 .7230 .7220
68 .7211 .7201 .7192 .7183 .7174 .7164 .7155 .7146 .7137 .7128
69 .7119 .7110 .7101 .7092 .7083 .7074 .7066 .7057 .7048 .7040
70 .7031 .7022 .7014 .7005 .6997 .6989 .6980 .6972 .6964 .6955
71 .6947 .6939 .6931 .6923 .6914 .6906 .6898 .6890 .6882 .6874
72 .6867 .6859 .6851 .6843 .6835 .6828 .6820 .6812 .6805 .6797
73 .6789 .6782 .6774 .6767 .6760 .6752 .6745 .6737 .6730 .6723
74 .6716 .6708 .6701 .6694 .6687 .6680 .6673 .6666 .6659 .6652
75 .6645 .6638 .6631 .6624 .6617 .6610 .6603 .6598 .6590 .6583
76 .6577 .6570 .6563 .6557 .6550 .6543 .6537 .6530 .6524 .6517
77 .6511 .6505 .6498 .6492 .6486 .6479 .6473 .6467 .6461 .6454
78 .6448 .6442 .6436 .6430 .6424 .6418 .6412 .6405 .6399 .6394
79 .6388 .6382 .6376 .6370 .6364 .6358 .6352 .6347 .6341 .6335
80 .6329 .6324 .6318 .6312 .6307 .6301 .6295 .6290 .6384 .6279
81 .6273 .6268 .6262 .6257 .6251 .6245 .6241 .6235 .6230 .6224
82 .6319 .6214 .6209 .6203 .6198 .6193 .6188 .6183 .6177 .6172
83 .6167 .6162 .6157 .6152 .6147 .6142 .6137 .6132 .6127 .6122
84 .6117 .6112 .6107 .6102 .6098 .6093 .6088 .6083 .6078 .6074
85 .6069 .6064 .6059 .6055 .6050 .6045 .6041 .6036 .6031 .6027
86 .6022 .6018 .6013 .6009 .6004 .6000 .5995 .5991 .5986 .5982
87 .5978 .5973 .5969 .5965 .5960 .5956 .5952 .5947 .5943 .5939
88 .5935 .5930 .5926 .5922 .5918 .5914 .5910 .5905 .5901 .5897
89 .5983 .5889 .5885 .5881 .5877 .5873 .5869 .5865 .5861 .5857
90 .5853 .5850 .5846 .5842 .5838 .5834 .5830 .5827 .5823 .5819
91 .5815 .5812 .5808 .5804 .5801 .5797 .5793 .5790 .5788 .5782

92 .5779 .5775 .5772 .5768 .5765 .5761 .5758 .5754 .5751 .5747
 93 .5744 .5740 .5737 .5734 .5730 .5727 .5723 .5720 .5717 .5714
 94 .5710 .5707 .5704 .5701 .5697 .5694 .5691 .5688 .5685 .5681
 95 .5678 .5675 .5672 .5669 .5666 .5663 .5660 .5657 .5654 .5651

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SCHWARZ FORMULA (For Men)

BW 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

96 .5648 .5645 .5642 .5639 .5636 .5633 .5630 .5627 .5624 .5622
 97 .5619 .5616 .5613 .5610 .5608 .5605 .5602 .5599 .5597 .6694
 98 .5591 .5589 .5586 .5583 .5581 .5578 .5575 .5573 .5570 .5568
 99 .5565 .5563 .5560 .5558 .5555 .5553 .5550 .5548 .5545 .5543
 100 .5540 .5538 .5536 .5533 .5531 .5529 .5526 .5524 .5522 .5519
 101 .5517 .5515 .5513 .5510 .5508 .5506 .5504 .5502 .5500 .5497
 102 .5495 .5493 .5491 .5489 .5487 .5485 .5483 .5481 .5479 .5477
 103 .5475 .5473 .5471 .5469 .5467 .5465 .5463 .546 .5459 .5457
 104 .5455 .5454 .5452 .5450 .5448 .5446 .5444 .5443 .5441 .5439
 105 .5437 .5436 .5434 .5432 .5431 .5429 .5427 .5426 .5424 .5422
 106 .5421 .5419 .5417 .5416 .5414 .5413 .5411 .5410 .5408 .5407
 107 .5405 .5404 .5402 .5401 5399 .5398 .5396 .5395 5393 .5392
 108 .5391 .5389 .5388 .5386 .5385 .5384 .5382 .5381 .5380 .5378
 109 .5377 .5376 .5376 .5373 .5372 .5371 .5370 .5368 .5367 .5366
 110 .5365 .5364 .5362 .5361 .5360 .5359 .5358 .5357 .5356 .5354
 111 .5353 .5352 .5351 .5350 .5349 .5348 .5347 .5346 .5345 .5343
 112 .5342 .5341 .5340 .5339 .5338 .5337 .5336 .5335 .5334 .5333
 113 .5332 .5331 .5330 .5329 .5328 .5328 .5327 .5326 .5325 .5324
 114 .5323 .5322 .5321 .5320 .5319 .5318 .5317 .5316 .5316 .5315
 115 .5314 .5313 .5312 .5311 .5310 .5309 .5309 .5308 .5307 .5306
 116 .5305 .5304 .5303 .5302 .5302 .5301 .5300 .5399 .5298 .5297
 117 .5296 .5296 .5295 .5294 .5293 .5292 .5291 .5290 .5290 .5289
 118 .5288 .5287 .5286 .5285 .5284 .5283 .5283 .5282 .5281 .5280
 119 .5279 .5278 .5277 .5276 .5275 .5274 .5274 .5273 .5272 .5271
 120 .5270 .5269 .5268 .5267 .5266 .5265 .5264 .5263 .5262 .5261
 121 .5260 .5259 .5258 .5257 .5256 .5255 .5254 .5253 .5251 .5250
 122 .5349 .5248 .5247 .5246 .5245 .5243 .5242 .5241 .5240 .5239
 123 .5237 .5236 .5235 .5234 .5232 .5231 .5230 .5228 .5227 .5226
 124 .5224 .5223 .5221 .5220 .5219 .5217 .5216 .5214 .5213 .5211
 125 .5210 .5209 .5208 .5206 .5205 .5204 .5203 .5202 .5200 .5199
 126 .5198 .5197 .5196 .5194 .5193 .5192 .5191 .5190 .5188 .5187
 127 .5186 .5185 .5184 .5182 .5181 .5180 .5179 .5178 .5176 .5175
 128 .5174 .5173 .5172 .5170 .5169 5168 .5167 .5166 .5164 .5163
 129 .5162 .5161 .5160 .5158 .5157 .5156 .5155 .5154 .5152 .5151
 130 .5150 .5149 .5147 .5146 .5145 .5143 .5142 .5141 .5140 .5139
 131 .5138 .5137 .5136 .5134 .5133 .5132 .5131 .5130 .5128 .5127
 132 .5126 .5125 .5124 .5122 .5121 .5120 .5119 .5118 .5116 .5115
 133 .5113 .5113 .5112 .5110 .5109 .5108 .5107 .5106 .5104 .5103
 134 .5102 .5101 .5100 .5098 .5097 .5096 .5095 .5094 .5092 .5091
 135 .5090 .5089 .5088 .5086 .5085 .5084 .5083 .5082 .5080 .5079
 136 .5078 .5077 .5076 .5075 .5073 .5072 .5071 .5070 .5069 .5068
 137 .5067 .5066 .5065 .5064 .5062 .5061 .5060 .5059 .5058 .5057
 138 .5056 .5055 .5054 .5053 .5051 .5050 .5049 .5048 .5047 .5046
 139 .5045 .5044 .5043 .5042 .5040 .5039 .5038 .5037 .5036 .5035
 140 .5034 .5033 .5032 .5031 .5029 .5028 .5027 .5026 .5025 .5024
 141 .5023 .5022 .5021 .5020 .5018 .5017 .5016 .5015 .5014 .5013
 142 .5012 .5011 .5011 .5009 .5007 .5006 .5005 .5004 .5003 .5002
 143 .5001 .5000 .4999 .4998 .4997 .4995 .4994 .4993 .4992 .4991
 144 .4990 .4989 .4988 .4987 .4986 .4985 .4983 .4982 .4981 .4980
 145 .4979 .4978 .4977 .4976 .4975 .4974 .4973 .4972 .4971 .4970
 146 .4969 .4968 .4967 .4966 .4965 .4964 .4963 .4962 .4961 .4960
 147 .4959 .4958 .4957 .4956 .4955 .4954 .4953 .4952 .4951 .4950
 148 .4949 .4948 .4947 .4946 .4945 .4944 .4943 .4942 .4941 .4940
 149 .4039 .4938 .4937 .4936 .4935 .4934 .4933 .4932 .4931 .4930
 150 .4929 .4928 .4927 .4926 .4925 .4924 .4923 .4922 .4921 .4920
 151 .4919 .4918 .4917 .4916 .4915 .4914 .4913 .4912 .4911 .4910
 152 .4909 .4908 .4907 .4906 .4905 .4904 .4903 .4902 .4901 .4900
 153 .4899 .4898 .4897 .4896 .4895 .4894 .4893 .4892 .4891 .4890

SCHWARZ FORMULA (For Men)

BW 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

154 .4889 .4888 .4887 .4886 .4885 .4884 .4883 .4882 .4881 .4880
 155 .4879 .4878 .4877 .4876 .4875 .4874 .4874 .4873 .4872 .4871
 156 .4870 .4869 .4868 .4868 .4867 .4866 .4865 .4864 .4863 .4862
 157 .4861 .4860 .4859 .4859 .4858 .4857 .4856 .4855 .4854 .4853
 158 .4852 .4851 .4850 .4850 .4849 .4848 .4847 .4846 .4845 .4844
 159 .4843 .4842 .4841 .4841 .4840 .4839 .4838 .4837 .4836 .4835
 160 .4834 .4833 .4832 .4832 .4831 .4830 .4829 .4828 .4827 .4826
 161 .4825 .4824 .4823 .4823 .4822 .4821 .4820 .4819 .4818 .4817
 162 .4816 .4815 .4814 .4814 .4813 .4812 .4811 .4810 .4809 .4898
 163 .4807 .4806 .4805 .4805 .4804 .4803 .4802 .4801 .4800 .4799
 164 .4798 .4797 .4796 .4796 .4795 .4794 .4793 .4792 .4791 .4790
 165 .4789 .4788 .4787 .4787 .4786 .4785 .4784 .4783 .4782 .4781
 166 .47810 .47801 .47792 .47783 .47774 .47765 .47756 .47747 .47738 .47729
 167 .47720 .47711 .47702 .47693 .47684 .47675 .47666 .47657 .47648 .47639
 168 .47630 .47621 .47612 .47603 .47594 .47585 .47576 .47567 .47558 .47549
 169 .47540 .47531 .47522 .47513 .47504 .47495 .47486 .47477 .47468 .47459
 170 .47450 .47441 .47432 .47423 .47414 .47405 .47396 .47387 .47378 .47369
 171 .47360 .47351 .47342 .47333 .47324 .47315 .47306 .47297 .47288 .47279
 172 .47270 .47261 .47252 .47243 .47234 .47225 .47216 .47207 .47198 .47189
 173 .47180 .47171 .47162 .47153 .47144 .47135 .47126 .47117 .47108 .47099
 174 .47090 .47081 .47072 .47063 .47054 .47045 .47036 .47027 .47018 .47009
 175 .47000 .46991 .46982 .46973 .46964 .46955 .46946 .46937 .46928 .46919
 176 .46910 .46901 .46892 .46883 .46874 .46865 .46856 .46847 .46838 .46829
 177 .46820 .46811 .46802 .46793 .46784 .46775 .46766 .46757 .46748 .46739
 178 .46730 .46721 .46712 .46703 .46694 .46685 .46676 .46667 .46658 .46649
 179 .46640 .46631 .46622 .46613 .46604 .46595 .46586 .46577 .46568 .46559
 180 .46550 .46541 .46532 .46523 .46514 .46505 .46496 .46487 .46478 .46469
 181 .46460 .46451 .46442 .46433 .46424 .46415 .46406 .46397 .46388 .46379
 182 .46370 .46361 .46352 .46343 .46334 .46325 .46316 .46307 .46298 .46289
 183 .46280 .46271 .46262 .46253 .46244 .46235 .46226 .46217 .46208 .46199
 184 .46190 .46181 .46172 .46163 .46154 .46145 .46136 .46127 .46118 .46109
 185 .46100 .46091 .46082 .46073 .46064 .46055 .46046 .46037 .46028 .46019
 186 .46010 .46001 .45992 .45983 .45974 .45965 .45956 .46947 .45938 .45929
 187 .45920 .45911 .45902 .45893 .45884 .45875 .45866 .45857 .45848 .45839
 188 .45830 .45821 .45812 .45803 .45794 .45785 .45776 .45767 .45758 .45749
 189 .45740 .45731 .45722 .45713 .45704 .45695 .45686 .45677 .45668 .45659
 190 .45650 .45641 .45632 .45623 .45614 .45605 .45596 .45587 .45578 .45569
 191 .45560 .45551 .45533 .45524 .45515 .45506 .45497 .45488 .45488 .45479
 192 .45470 .45461 .45452 .45443 .45434 .45425 .45416 .45407 .45398 .45389
 193 .45380 .45371 .45362 .45353 .45344 .45335 .45326 .45317 .45308 .45299
 194 .45290 .45281 .45272 .45263 .45254 .45245 .45236 .45227 .45218 .45209
 195 .45200 .45191 .45182 .45173 .45164 .45155 .45146 .45137 .45128 .45119
 196 .45110 .45101 .45092 .45083 .45074 .45065 .45056 .45047 .45038 .45029
 197 .45020 .45011 .45002 .44993 .44984 .44975 .44966 .44957 .44948 .44939
 198 .44930 .44921 .44912 .44903 .44894 .44885 .44876 .44867 .44858 .44849
 199 .44750 .44741 .44732 .44723 .44714 .44705 .44696 .44687 .44678 .44669
 200 .44660 .44651 .44642 .44633 .44624 .44615 .44606 .44597 .44588 .44579
 201 .44570 .44561 .44552 .44543 .44534 .44525 .44516 .44507 .44498 .44489
 202 .44480 .44471 .44462 .44453 .44444 .44435 .44426 .44417 .44408 .44399
 203 .44390 .44381 .44372 .44363 .44354 .44345 .44336 .44327 .44318 .44309
 204 .44300 .44291 .44282 .44273 .44264 .44255 .44246 .44237 .44228 .44219

MALONE FORMULA (For Women)

BW 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

40 1.1938 1.1915 1.1892 1.1869 1.1846 1.1823 1.1810 1.1778 1.1756 1.1733
 41 1.1711 1.1689 1.1667 1.1645 1.1623 1.1601 1.1579 1.1557 1.1535 1.1514
 42 1.1492 1.1471 1.1450 1.1428 1.1407 1.1386 1.1365 1.1344 1.1323 1.1303
 43 1.1282 1.1261 1.1241 1.1220 1.1200 1.1180 1.1159 1.1139 1.1119 1.1099
 44 1.1079 1.1059 1.1039 1.1020 1.1000 1.0980 1.0961 1.0941 1.0922 1.0903
 45 1.0883 1.0864 1.0845 1.0826 1.0807 1.0788 1.0769 1.0750 1.0732 1.0713
 46 1.0694 1.0676 1.0657 1.0639 1.0621 1.0602 1.0584 1.0566 1.0548 1.0530
 47 1.0512 1.0494 1.0476 1.0458 1.0441 1.0423 1.0405 1.0388 1.0370 1.0353

48 1.0336 1.0318 1.0301 1.0284 1.0267 1.0250 1.0233 1.0216 1.0199 1.0182
 49 1.0165 1.0148 1.0132 1.0115 1.0098 1.0082 1.0065 1.0049 1.0033 1.0016
 50 1.0000 .9984 .9968 .9952 .9935 .9919 .9904 .9888 .9872 .9856
 51 .9840 .9825 .9809 .9793 .9778 .9762 .9747 .9731 .9716 .9701
 52 .9686 .9670 .9655 .9640 .9625 .9610 .9595 .9580 .9565 .9550
 53 .9536 .9521 .9506 .9492 .9477 .9462 .9448 .9433 .9419 .9405
 54 .9390 .9376 .9362 .9348 .9333 .9319 .9305 .9291 .9277 .9263
 55 .9249 .9235 .9222 .9208 .9194 .9180 .9167 .9153 .9140 .9126
 56 .9122 .9099 .9086 .9072 .9059 .9046 .9032 .9019 .9006 .8993
 57 .8980 .8967 .8954 .8941 .8928 .8915 .8902 .8889 .8876 .8863
 58 .8851 .8838 .8825 .8814 .8800 .8788 .8775 .8763 .8750 .8738
 59 .8725 .8713 .8701 .8688 .8676 .8664 .8653 .8640 .8628 .8615
 60 .8603 .8591 .8579 .8568 .8556 .8544 .8532 .8520 .8508 .8497
 61 .8485 .8473 .8462 .8450 .8438 .8427 .8415 .8404 .8392 .8381
 62 .8370 .8358 .8347 .8336 .8324 .8313 .8302 .8291 .8280 .8269
 63 .8257 .8246 .8235 .8224 .8213 .8202 .8192 .8181 .8170 .8159
 64 .8148 .8137 .8127 .8116 .8105 .8095 .8084 .8073 .8063 .8052
 65 .8042 .8031 .8021 .8010 .8000 .7990 .7979 .7969 .7959 .7948
 66 .7938 .7928 .7918 .7908 .7898 .7887 .7877 .7867 .7857 .7847
 67 .7837 .7827 .7817 .7807 .7798 .7787 .7777 .7769 .7761 .7753 .7745
 68 .7737 .7729 .7721 .7713 .7705 .7697 .7689 .7682 .7674 .7666
 69 .7658 .7650 .7642 .7635 .7627 .7619 .7611 .7604 .7596 .7588
 70 .7581 .7573 .7565 .7558 .7550 .7543 .7535 .7527 .7520 .7512
 71 .7505 .7497 .7490 .7482 .7475 .7468 .7460 .7453 .7445 .7438
 72 .7431 .7423 .7416 .7409 .7401 .7394 .7387 .7379 .7372 .7365
 73 .7358 .7351 .7343 .7336 .7329 .7322 .7315 .7308 .7301 .7293
 74 .7286 .7279 .7272 .7265 .7258 .7251 .7244 .7237 .7230 .7223
 75 .7216 .7209 .7202 .7196 .7189 .7182 .7175 .7168 .7161 .7154
 76 .7148 .7141 .7134 .7127 .7120 .7114 .7107 .7100 .7094 .7087

MALONE FORMULA (For Women)

BW 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

77 .7080 .7074 .7067 .7060 .7154 .7047 .7040 .7034 .7027 .7021
 78 .7014 .7007 .7001 .6994 .6988 .6981 .6975 .6968 .6962 .6956
 79 .6949 .6943 .6936 .6930 .6923 .6917 .6911 .6904 .6898 .6892
 80 .6885 .6879 .6873 .6866 .6860 .6854 .6848 .6841 .6835 .6829
 81 .6823 .6817 .6810 .6804 .6798 .6792 .6786 .6780 .6774 .6767
 82 .6761 .6755 .6749 .6743 .6737 .6731 .6725 .6719 .6713 .6707
 83 .6701 .6695 .6689 .6683 .6677 .6671 .6665 .6659 .6653 .6648
 84 .6642 .6636 .6630 .6624 .6618 .6612 .6607 .6601 .6595 .6589
 85 .6583 .6577 .6572 .6566 .6560 .6555 .6549 .6543 .6538 .6532
 86 .6526 .6521 .6515 .6509 .6504 .6498 .6492 .6487 .6481 .6476
 87 .6470 .6464 .6459 .6453 .6448 .6442 .6437 .6431 .6426 .6420
 88 .6415 .6409 .6404 .6398 .6393 .6387 .6382 .6376 .6371 .6366
 89 .6360 .6355 .6350 .6344 .6339 .6333 .6328 .6323 .6317 .6312
 90 .6310 .6307 .6303 .6300 .6296 .6293 .6290 .6286 .6283 .6280
 91 .6276 .6273 .6269 .6266 .6263 .6259 .6256 .6253 .6249 .6246
 92 .6243 .6239 .6236 .6233 .6229 .6226 .6223 .6219 .6216 .6213
 93 .6209 .6206 .6203 .6200 .6196 .6193 .6190 .6186 .6183 .6180
 94 .6177 .6173 .6170 .6167 .6164 .6160 .6157 .6154 .6151 .6147
 95 .6144 .6141 .6138 .6134 .6131 .6128 .6125 .6122 .6118 .6115
 96 .6112 .6109 .6106 .6102 .6099 .6096 .6093 .6090 .6087 .6083
 97 .6080 .6077 .6074 .6071 .6068 .6064 .6061 .6058 .6055 .6052
 98 .6049 .6046 .6042 .6039 .6036 .6033 .6030 .6027 .6024 .6021
 99 .6018 .6014 .6011 .6008 .6005 .6002 .5999 .5996 .5993 .5990
 100 .5987 .5984 .5981 .5977 .5974 .5971 .5968 .5965 .5962 .5959
 101 .5956 .5953 .5950 .5947 .5944 .5941 .5938 .5935 .5932 .5929
 102 .5926 .5923 .5920 .5917 .5914 .5911 .5908 .5905 .5902 .5988
 103 .5896 .5893 .5890 .5887 .5884 .5881 .5878 .5875 .5872 .5869
 104 .5866 .5863 .5861 .5858 .5855 .5852 .5849 .5846 .5843 .5840
 105 .5837 .5834 .5831 .5828 .5825 .5823 .5820 .5817 .5814 .5811
 106 .5808 .5805 .5802 .5799 .5797 .5794 .5791 .5788 .5785 .5782
 107 .5779 .5776 .5774 .5771 .5768 .5765 .5762 .5759 .5757 .5754
 108 .5751 .5748 .5745 .5742 .5740 .5737 .5734 .5731 .5728 .5725
 109 .5723 .5720 .5717 .5714 .5711 .5709 .5706 .5703 .5700 .5698
 110 .5696 .5695 .5693 .5692 .5691 .5689 .5688 .5686 .5685 .5684

111 .5682 .5681 .5680 .5678 .5677 .5675 .5674 .5673 .5671 .5670
 112 .5669 .5667 .5666 .5664 .5663 .5662 .5660 .5659 .5658 .5656
 113 .5655 .5653 .5652 .5651 .5649 .5648 .5647 .5645 .5644 .5643

MALONE FORMULA (For Women)

BW 0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9

114 .5641 .5640 .5638 .5637 .5636 .5634 .5633 .5632 .5630 .5629
 115 .5628 .5626 .5625 .5623 .5622 .5621 .5619 .5618 .5617 .5615
 116 .5614 .5613 .5611 .5610 .5609 .5607 .5606 .5605 .5603 .5602
 117 .5601 .5599 .5598 .5597 .5595 .5594 .5593 .5591 .5590 .5589
 118 .5587 .5586 .5585 .5583 .5582 .5581 .5579 .5578 .5577 .5575
 119 .5574 .5573 .5571 .5570 .5569 .5567 .5566 .5565 .5563 .5562
 120 .5561 .5559 .5558 .5557 .5555 .5554 .5553 .5551 .5550 .5549
 121 .5547 .5546 .5545 .5543 .5542 .5541 .5539 .5538 .5537 .5536
 122 .5534 .5533 .5532 .5530 .5529 .5528 .5526 .5525 .5524 .5522
 123 .5521 .5520 .5519 .5517 .5516 .5515 .5513 .5512 .5511 .5509
 124 .5508 .5507 .5506 .5504 .5503 .5502 .5500 .5499 .5498 .5496
 125 .5495 .5494 .5493 .5491 .5490 .5489 .5487 .5486 .5485 .5484
 126 .5482 .5481 .5480 .5478 .5477 .5476 .5475 .5473 .5472 .5471
 127 .5469 .5468 .5467 .5466 .5464 .5463 .5462 .5460 .5459 .5458
 128 .5457 .5455 .5454 .5453 .5452 .5450 .5449 .5448 .5446 .5445
 129 .5444 .5443 .5441 .5440 .5439 .5438 .5436 .5435 .5434 .5433
 130 .5431 .5430 .5429 .5428 .5426 .5425 .5424 .5422 .5421 .5420
 131 .5419 .5417 .5416 .5415 .5414 .5412 .5411 .5410 .5409 .5407
 132 .5406 .5405 .5404 .5402 .5401 .5400 .5399 .5397 .5396 .5395
 133 .5394 .5392 .5391 .5390 .5389 .5387 .5386 .5385 .5384 .5382
 134 .5381 .5380 .5379 .5378 .5376 .5375 .5374 .5373 .5371 .5370
 135 .5369 .5368 .5366 .5365 .5364 .5363 .5361 .5360 .5359 .5358
 136 .5357 .5355 .5354 .5353 .5353 .5350 .5349 .5348 .5347 .5346
 137 .5334 .5334 .5342 .5341 .5339 .5338 .5337 .5336 .5335 .5333
 138 .5332 .5331 .5330 .5328 .5327 .5326 .5325 .5324 .5322 .5321
 139 .5320 .5319 .5318 .5316 .5315 .5314 .5313 .5312 .5310 .5309

LOADERS CHART-20 kgs Plates & Collars

— 25kg, — 20kg, — 15kg, — 10kg, — 5kg, — 2½ kg, — 1¼kg

50 — 10-2½ 150 — 3x20-2½ 250 — 5x20-10-2½
 52½ — 10-2½-1¼ 152½ — 3x20-2½-1¼ 252½ — 5x20-10-2½-1¼
 55 — 15 155 — 3x20-5 255 — 5x20-15
 57½ — 15-1¼ 157½ — 3x20-5-1¼ 257½ — 5x20-15-1¼
 60 — 15-2½ 160 — 3x20-5-2½ 260 — 5x20-15-2½
 62½ — 15-2½-1¼ 162½ — 3x20-5-2½-1¼ 262½ — 5x20-15-2½-1¼
 65 — 20 165 — 3x20-10 265 — 6x20
 67½ — 20-1¼ 167½ — 3x20-10-1¼ 267½ — 6x20-1¼
 70 — 20-2½ 170 — 3x20-10-2½ 270 — 6x20-2½
 72½ — 20-2½-1¼ 172½ — 3x20-10-2½-1¼ 272½ — 6x20-2½-1¼
 75 — 20-5 175 — 3x20-15 275 — 6x20-5
 77½ — 20-5-1¼ 177½ — 3x20-15-1¼ 277½ — 6x20-5-1¼
 80 — 20-5-2½ 180 — 3x20-15-2½ 280 — 6x20-5-2½
 82½ — 20-5-2½-1¼ 182½ — 3x20-15-2½-1¼ 282½ — 6x20-5-2½-1¼
 85 — 20-10 185 — 4x20 285 — 6x20-10
 87½ — 20-10-1¼ 187½ — 4x20-1¼ 287½ — 6x20-10-1¼
 90 — 20-10-2½ 190 — 4x20-2½ 290 — 6x20-10-2½
 92½ — 20-10-2½-1¼ 192½ — 4x20-2½-1¼ 292½ — 6x20-10-2½-1¼
 95 — 20-15 195 — 4x20-5 295 — 6x20-15
 97½ — 20-15-1¼ 197½ — 4x20-5-1¼ 297½ — 6x20-15-1¼

100	20-15-2½	200	4x20-5-2½	300	6x20-15-2½
102½	20-15-2½-1¼	202½	4x20-5-2½-1¼	302½	6x20-15-2½-1¼
105	2x20	205	4x20-10	305	7x20
107½	2x20-1¼	207½	4x20-10-1¼	307½	7x20-1¼
110	2x20-2½	210	4x20-10-2½	310	7x20-2½
112½	2x20-2½-1¼	212½	4x20-10-2½-1¼	312½	7x20-2½-1¼
115	2x20-5	215	4x20-15	315	7x20-5
117½	2x20-5-1¼	217½	4x20-15-1¼	317½	7x20-5-1¼
120	2x20-5-2½	220	4x20-15-2½	320	7x20-5-2½
122½	2x20-5-2½-1¼	222½	4x20-15-2½-1¼	322½	7x20-5-2½-1¼
125	2x20-10	225	5x20	325	7x20-10
127½	2x20-10-1¼	227½	5x20-1¼	327½	7x20-10-1¼
130	2x20-10-2½	230	5x20-2½	330	7x20-10-2½
132½	2x20-10-2½-1¼	232½	5x20-2½-1¼	332½	7x20-10-2½-1¼
135	2x20-15	235	5x20-5	335	7x20-15
137½	2x20-15-1¼	237½	5x20-5-1¼	337½	7x20-15-1¼
140	2x20-15-2½	240	5x20-5-2½	340	7x20-15-2½
142½	2x20-15-2½-1¼	242½	5x20-5-2½-1¼	342½	7x20-15-2½-1¼
145	3x20	245	5x20-10	345	8x20
147½	3x20-1¼	247½	5x20-10-1¼	347½	8x20-1¼

LOADERS CHART-25 kgs Plates & Collars

25kg, 20kg, 15kg, 10kg, 5kg, 2½ kg, 1¼kg

50	10-2½	150	2x25-10-2½	250	4x25-10-2½
52½	10-2½-1¼	152½	2x25-10-2½-1¼	252½	4x25-10-2½-1¼
55	15	155	2x25-15	255	4x25-15
57½	15-1¼	157½	2x25-15-1¼	257½	4x25-15-1¼
60	15-2½	160	2x25-15-2½	260	4x25-15-2½
62½	15-2½-1¼	162½	2x25-15-2½-1¼	262½	4x25-15-2½-1¼
65	20	165	2x25-20	265	4x25-20
67½	20-1¼	167½	2x25-20-1¼	267½	4x25-20-1¼
70	20-2½	170	2x25-20-2½	270	4x25-20-2½
72½	20-2½-1¼	172½	2x25-20-2½-1¼	272½	4x25-20-2½-1¼
75	25	175	3x25	275	5x25
77½	25-1¼	177½	3x25-1¼	277½	5x25-1¼
80	25-2½	180	3x25-2½	280	5x25-2½
82½	25-2½-1¼	182½	3x25-2½-1¼	282½	5x25-2½-1¼
85	25-5	185	3x25-5	285	5x25-5
87½	25-5-1¼	187½	3x25-5-1¼	287½	5x25-5-1¼
90	25-5-2½	190	3x25-5-2½	290	5x25-5-2½
92½	25-5-2½-1¼	192½	3x25-5-2½-1¼	292½	5x25-5-2½-1¼

95	25-10	195	3x25-10	295	5x25-10
97½	25-10-1¼	197½	3x25-10-1¼	297½	5x25-10-1¼
100	25-10-2½	200	3x25-10-2½	300	5x25-10-2½
102½	25-10-2½-1¼	202½	3x25-10-2½-1¼	302½	5x25-10-2½-1¼
105	25-15	205	3x25-15	305	5x25-15
107½	25-15-1¼	207½	3x25-15-1¼	307½	5x25-15-1¼
110	25-15-2½	210	3x25-15-2½	310	5x25-15-2½
112½	25-15-2½-1¼	212½	3x25-15-2½-1¼	312½	5x25-15-2½-1¼
115	25-20	215	3x25-20	315	5x25-20
117½	25-20-1¼	217½	3x25-20-1¼	317½	5x25-20-1¼
120	25-20-2½	220	3x25-20-2½	320	5x25-20-2½
122½	25-20-2½-1¼	222½	3x25-20-2½-1¼	322½	5x25-20-2½-1¼
125	2x25	225	4x25	325	6x25
127½	2x25-1¼	227½	4x25-1¼	327½	6x25-1¼
130	2x25-2½	230	4x25-2½	330	6x25-2½
132½	2x25-2½-1¼	232½	4x25-2½-1¼	332½	6x25-2½-1¼
135	2x25-5	235	4x25-5	335	6x25-5
137½	2x25-5-1¼	237½	4x25-5-1¼	337½	6x25-5-1¼
140	2x25-5-2½	240	4x25-5-2½	340	6x25-5-2½
142½	2x25-5-2½-1¼	242½	4x25-5-2½-1¼	342½	6x25-5-2½-1¼
145	2x25-10	245	4x25-10	345	6x25-10
147½	2x25-10-1¼	247½	4x25-10-1¼	347½	6x25-10-1¼

WDFPF POWERLIFTING QUALIFYING TOTALS

POWERLIFTING/ UNEQUIPPED (WOMEN)

CAT. Open M1 M2 M3 M4 M5 M5 M6 M7 M8 Junior T3 T2 T1

44	155	147.5	140	132.5	125	120	115	110	105	100	140	125	112.5	102.5
47.5	175	167.5	160	152.5	145	137.5	130	122.5	117.5	112.5	157.5	142.5	127.5	115
50.5	190	180	170	162.5	155	147.5	140	132.5	125	120	170	152.5	137.5	125
53	200	190	180	170	162.5	155	147.5	140	132.5	125	180	162.5	147.5	132.5
55.5	215	205	195	185	175	167.5	160	152.5	145	137.5	192.5	172.5	155	140
58.5	227.5	215	205	195	185	175	167.5	160	152.5	145	205	185	167.5	150
63	240	227.5	215	205	195	185	175	167.5	160	152.5	215	192.5	172.5	155
70	255	242.5	230	217.5	207.5	197.5	187.5	177.5	167.5	160	230	207.5	187.5	170
80	272.5	260	247.5	235	222.5	212.5	202.5	192.5	182.5	172.5	245	220	197.5	177.5
90	297.5	282.5	267.5	255	242.5	230	217.5	207.5	197.5	187.5	267.5	240	215	192.5
90+	315	300	285	270	257.5	245	232.5	220	210	200	282.5	255	230	207.5

POWERLIFTING/ EQUIPPED (WOMEN)

CAT. Open M1 M2 M3 M4 M5 M5 M6 M7 M8 Junior T3 T2 T1

44	177.5	167.5	160	152.5	145	137.5	130	122.5	117.5	112.5	160	145	130	117.5
47.5	200	190	180	170	162.5	155	147.5	140	132.5	125	180	162.5	147.5	132.5
50.5	215	205	195	185	175	167.5	160	152.5	145	137.5	192.5	172.5	155	140
53	227.5	215	205	195	185	175	167.5	160	152.5	145	205	185	167.5	150
55.5	245	232.5	220	210	200	190	180	170	162.5	155	220	197.5	177.5	160
58.5	260	247.5	235	222.5	212.5	202.5	192.5	182.5	172.5	165	235	212.5	192.5	172.5
63	272.5	260	247.5	235	222.5	212.5	202.5	192.5	182.5	172.5	245	220	197.5	177.5
70	290	275	262.5	250	237.5	225	215	205	195	185	260	235	212.5	192.5
80	310	295	280	265	252.5	240	227.5	215	205	195	280	252.5	227.5	205
90	337.5	320	305	290	275	262.5	250	237.5	225	215	305	275	247.5	222.5
90+	360	342.5	325	310	295	280	265	252.5	240	227.5	325	292.5	262.5	237.5

WDFPF POWERLIFTING QUALIFYING TOTALS POWERLIFTING/ UNEQUIPPED (MEN)

CAT. Open M1 M2 M3 M4 M5 M5 M6 M7 M8 Junior T3 T2 T1
 52 320 305 290 275 262.5 250 237.5 225 215 205 287.5 260 235 212.5
 56 347.5 330 312.5 297.5 282.5 267.5 255 242.5 230 217.5 312.5 282.5 255 230
 60 375 357.5 340 322.5 307.5 292.5 277.5 262.5 250 237.5 337.5 305 275 247.5
 67.5 417.5 397.5 377.5 357.5 340 322.5 307.5 292.5 277.5 262.5 375 337.5 305 275
 75 457.5 435 412.5 392.5 372.5 355 337.5 320 305 290 412.5 372.5 335 302.5
 82.5 490 465 442.5 420 400 380 360 342.5 325 310 440 395 355 320
 90 520 495 470 447.5 425 405 385 365 347.5 330 467.5 420 377.5 340
 100 550 522.5 497.5 472.5 450 427.5 405 385 365 347.5 495 445 400 360
 110 567.5 540 512.5 487.5 462.5 440 417.5 397.5 377.5 357.5 510 460 415 372.5
 125 582.5 552.5 525 500 475 452.5 430 407.5 387.5 367.5 525 472.5 425 382.5
 145 610 580 550 522.5 497.5 472.5 450 427.5 405 385 550 495 445 400
 145+ 632.5 600 570 542.5 515 490 465 442.5 420 400 570 512.5 462.5 417.5

POWERLIFTING/ EQUIPPED (MEN)

CAT. Open M1 M2 M3 M4 M5 M5 M6 M7 M8 Junior T3 T2 T1
 52 362.5 345 327.5 310 295 280 265 252.5 240 227.5 327.5 295 265 237.5
 56 395 375 357.5 340 322.5 307.5 292.5 277.5 262.5 250 355 320 287.5 260
 60 425 405 385 365 347.5 330 312.5 297.5 282.5 267.5 382.5 345 310 280
 67.5 475 452.5 430 407.5 387.5 367.5 350 332.5 315 300 427.5 385 347.5 312.5
 75 520 495 470 447.5 425 405 385 365 347.5 330 467.5 420 377.5 340
 82.5 557.5 530 502.5 477.5 452.5 430 407.5 387.5 367.5 350 502.5 452.5 407.5 367.5
 90 590 560 532.5 505 480 455 432.5 410 390 370 530 477.5 430 387.5
 100 625 595 565 537.5 510 485 460 437.5 415 395 562.5 507.5 457.5 412.5
 110 645 612.5 582.5 552.5 525 500 475 452.5 430 407.5 580 522.5 470 422.5
 125 662.5 630 597.5 567.5 540 512.5 487.5 462.5 440 417.5 597.5 537.5 485 437.5
 145 695 660 627.5 595 565 537.5 510 485 460 437.5 625 562.5 507.5 457.5
 145+ 720 685 650 617.5 587.5 557.5 530 502.5 477.5 452.5 647.5 582.5 525 472.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS MENS' SQUAT - EQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1
 52 125.0 120.0 115 110.0 105.0 100.0 90.0 80.0 72.5 65.0 57.5 112.5 102.5 92.5 82.5
 56 135.0 127.5 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 122.5 110.0 100 90
 60 145.0 137.5 130 122.5 117.5 112.5 102.5 92.5 82.5 75.0 67.5 130.0 117.5 105 95
 67.5 162.5 155.0 147.5 140.0 132.5 125.0 112.5 102.5 92.5 82.5 75.0 147.5 132.5 120 107.5
 75 177.5 167.5 160 152.5 145.0 137.5 125.0 112.5 102.5 92.5 82.5 160.0 145.0 130 117.5
 82.5 190.0 180.0 170 162.5 155.0 147.5 132.5 120.0 107.5 97.5 87.5 170.0 152.5 137.5 125
 90 200.0 190.0 180 170.0 162.5 155.0 140.0 125.0 112.5 102.5 92.5 180.0 162.5 147.5 132.5
 100 212.5 202.5 192.5 182.5 172.5 165.0 147.5 132.5 120.0 107.5 97.5 192.5 172.5 155 140
 110 217.5 207.5 197.5 187.5 177.5 167.5 150.0 135.0 122.5 110.0 100.0 195.0 175.0 157.5 142.5
 125 225.0 215.0 205 195.0 185.0 175.0 157.5 142.5 127.5 115.0 102.5 202.5 182.5 165 147.5
 145 235.0 222.5 212.5 202.5 192.5 182.5 165.0 147.5 132.5 120.0 107.5 212.5 192.5 172.5 155
 145+ 245.0 232.5 220 210.0 200.0 190.0 170.0 152.5 137.5 125.0 112.5 220.0 197.5 177.5 160

MENS' SQUAT - UNEQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1
 52 112.5 107.5 102.5 97.5 92.5 87.5 80.0 72.5 65.0 57.5 52.5 102.5 92.5 82.5 75
 56 122.5 117.5 112.5 107.5 102.5 97.5 87.5 80.0 72.5 65.0 57.5 110.0 100.0 90 80
 60 132.5 125.0 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 120.0 107.5 97.5 87.5
 67.5 147.5 140.0 132.5 125.0 120.0 115.0 102.5 92.5 82.5 75.0 67.5 132.5 120.0 107.5 97.5
 75 162.5 155.0 147.5 140.0 132.5 125.0 112.5 102.5 92.5 82.5 75.0 147.5 132.5 120 107.5
 82.5 175.0 167.5 160 152.5 145.0 137.5 125.0 112.5 102.5 92.5 82.5 157.5 142.5 127.5 115
 90 185.0 175.0 167.5 160.0 152.5 145.0 130.0 117.5 105.0 95.0 85.0 167.5 150.0 135 122.5
 100 192.5 182.5 172.5 165.0 157.5 150.0 135.0 122.5 110.0 100.0 90.0 172.5 155.0 140 125
 110 200.0 190.0 180 170.0 162.5 155.0 140.0 125.0 112.5 102.5 92.5 180.0 162.5 147.5 132.5
 125 207.5 197.5 187.5 177.5 167.5 160.0 145.0 130.0 117.5 105.0 95.0 187.5 170.0 152.5 137.5
 145 217.5 207.5 197.5 187.5 177.5 167.5 150.0 135.0 122.5 110.0 100.0 195.0 175.0 157.5 142.5

145+ 225.0 215.0 205 195.0 185.0 175.0 157.5 142.5 127.5 115.0 102.5 202.5 182.5 165 147.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS MENS' BENCH PRESS - EQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1

52 85.0 80.0 75 72.5 70.0 67.5 60.0 55.0 50.0 45.0 40.0 77.5 70.0 62.5 57.5
56 92.5 87.5 82.5 77.5 72.5 70.0 62.5 57.5 52.5 47.5 42.5 82.5 75.0 67.5 60
60 100.0 95.0 90 85.0 80.0 75.0 67.5 60.0 55.0 50.0 45.0 90.0 80.0 72.5 65
67.5 112.5 107.5 102.5 97.5 92.5 87.5 80.0 72.5 65.0 57.5 52.5 102.5 92.5 82.5 75
75 122.5 117.5 112.5 107.5 102.5 97.5 87.5 80.0 72.5 65.0 57.5 110.0 100.0 90 80
82.5 132.5 125.0 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 120.0 107.5 97.5 87.5
90 140.0 132.5 125 120.0 115.0 110.0 100.0 90.0 80.0 72.5 65.0 125.0 112.5 102.5 92.5
100 147.5 140.0 132.5 125.0 120.0 115.0 102.5 92.5 82.5 75.0 67.5 132.5 120.0 107.5 97.5
110 152.5 145.0 137.5 130.0 122.5 117.5 105.0 95.0 85.0 77.5 70.0 137.5 125.0 112.5 102.5
125 157.5 150.0 142.5 135.0 127.5 120.0 107.5 97.5 87.5 80.0 72.5 142.5 127.5 115 102.5
145 165.0 157.5 150 142.5 135.0 127.5 115.0 102.5 92.5 82.5 75.0 147.5 132.5 120 107.5
145+ 170.0 162.5 155 147.5 140.0 132.5 120.0 107.5 97.5 87.5 80.0 152.5 137.5 125 112.5

MENS' BENCH PRESS - UNEQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1

52 75.0 72.5 70 67.5 65.0 62.5 57.5 52.5 47.5 42.5 37.5 67.5 60.0 55 50
56 82.5 77.5 72.5 70.0 67.5 65.0 57.5 52.5 47.5 42.5 37.5 75.0 67.5 60 55
60 90.0 85.0 80 75.0 70.0 62.5 57.5 52.5 47.5 42.5 80.0 72.5 65 57.5
67.5 100.0 95.0 90 85.0 80.0 75.0 67.5 60.0 55.0 50.0 45.0 90.0 80.0 72.5 65
75 112.5 107.5 102.5 97.5 92.5 87.5 80.0 72.5 65.0 57.5 52.5 102.5 92.5 82.5 75
82.5 120.0 115.0 110 105.0 100.0 95.0 85.0 77.5 70.0 62.5 57.5 107.5 97.5 87.5 80
90 127.5 120.0 115 110.0 105.0 100.0 90.0 80.0 72.5 65.0 57.5 115.0 102.5 92.5 82.5
100 135.0 127.5 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 122.5 110.0 100 90
110 140.0 132.5 125 120.0 115.0 110.0 100.0 90.0 80.0 72.5 65.0 125.0 112.5 102.5 92.5
125 142.5 135.0 127.5 120.0 115.0 110.0 100.0 90.0 80.0 72.5 65.0 127.5 115.0 102.5 92.5
145 150.0 142.5 135 127.5 120.0 115.0 102.5 92.5 82.5 75.0 67.5 135.0 122.5 110 100
145+ 157.5 150.0 142.5 135.0 127.5 120.0 107.5 97.5 87.5 80.0 72.5 142.5 127.5 115 102.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS MENS' DEAD LIFT - EQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1

52 132.5 125.0 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 120.0 107.5 97.5 87.5
56 142.5 135.0 127.5 120.0 115.0 110.0 100.0 90.0 80.0 72.5 65.0 127.5 115.0 102.5 92.5
60 152.5 145.0 137.5 130.0 122.5 117.5 105.0 95.0 85.0 77.5 70.0 137.5 125.0 112.5 102.5
67.5 172.5 165.0 157.5 150.0 142.5 135.0 122.5 110.0 100.0 90.0 80.0 155.0 140.0 125 112.5
75 187.5 177.5 167.5 160.0 152.5 145.0 130.0 117.5 105.0 95.0 85.0 170.0 152.5 137.5 125
82.5 202.5 192.5 182.5 172.5 165.0 157.5 142.5 127.5 115.0 102.5 92.5 182.5 165.0 147.5 132.5
90 215.0 205.0 195 185.0 175.0 167.5 150.0 135.0 122.5 110.0 100.0 192.5 172.5 155 140
100 225.0 215.0 205 195.0 185.0 175.0 157.5 142.5 127.5 115.0 102.5 202.5 182.5 165 147.5
110 232.5 220.0 210 200.0 190.0 180.0 162.5 147.5 132.5 120.0 107.5 210.0 190.0 170 152.5
125 242.5 230.0 217.5 207.5 197.5 187.5 170.0 152.5 137.5 125.0 112.5 217.5 195.0 175 157.5
145 252.5 240.0 227.5 215.0 205.0 195.0 175.0 157.5 142.5 127.5 115.0 227.5 205.0 185 167.5
145+ 265.0 252.5 240 227.5 215.0 205.0 185.0 167.5 150.0 135.0 122.5 237.5 215.0 192.5 172.5

MENS' DEAD LIFT - UNEQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1

52 125.0 120.0 115 110.0 105.0 100.0 90.0 80.0 72.5 65.0 57.5 112.5 102.5 92.5 82.5
56 135.0 127.5 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 122.5 110.0 100 90
60 145.0 137.5 130 122.5 117.5 112.5 102.5 92.5 82.5 75.0 67.5 130.0 117.5 105 95
67.5 165.0 157.5 150 142.5 135.0 127.5 115.0 102.5 92.5 82.5 75.0 147.5 132.5 120 107.5
75 180.0 170.0 162.5 155.0 147.5 140.0 125.0 112.5 102.5 92.5 82.5 162.5 147.5 132.5 120
82.5 192.5 182.5 172.5 165.0 157.5 150.0 135.0 122.5 110.0 100.0 90.0 172.5 155.0 140 125
90 205.0 195.0 185 175.0 167.5 160.0 145.0 130.0 117.5 105.0 95.0 185.0 167.5 150 135
100 215.0 205.0 195 185.0 175.0 167.5 150.0 135.0 122.5 110.0 100.0 192.5 172.5 155 140
110 222.5 212.5 202.5 192.5 182.5 172.5 155.0 140.0 125.0 112.5 102.5 200.0 180.0 162.5 147.5
125 232.5 220.0 210 200.0 190.0 180.0 162.5 147.5 132.5 120.0 107.5 210.0 190.0 170 152.5
145 240.0 227.5 215 205.0 195.0 185.0 167.5 150.0 135.0 122.5 110.0 215.0 192.5 172.5 155

145+ 250.0 237.5 225 215.0 205.0 195.0 175.0 157.5 142.5 127.5 115.0 225.0 202.5 182.5 165

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS WOMENS' SQUAT - EQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1
44 67.5 65.0 62.5 60.0 57.5 55.0 50.0 45.0 40.0 35.0 32.5 60.0 55.0 50 45
47.5 72.5 70.0 67.5 65.0 62.5 60.0 55.0 50.0 45.0 40.0 35.0 65.0 57.5 52.5 47.5
50.5 77.5 72.5 70 67.5 65.0 62.5 57.5 52.5 47.5 42.5 37.5 70.0 62.5 57.5 52.5
53 80.0 75.0 72.5 70.0 67.5 65.0 57.5 52.5 47.5 42.5 37.5 72.5 65.0 57.5 52.5
55.5 85.0 80.0 75 72.5 70.0 67.5 60.0 55.0 50.0 45.0 40.0 77.5 70.0 62.5 57.5
58.5 90.0 85.0 80 75.0 72.5 70.0 62.5 57.5 52.5 47.5 42.5 80.0 72.5 65 57.5
63 92.5 87.5 82.5 77.5 72.5 70.0 62.5 57.5 52.5 47.5 42.5 82.5 75.0 67.5 60
70 102.5 97.5 92.5 87.5 82.5 77.5 70.0 62.5 57.5 52.5 47.5 92.5 82.5 75 67.5
80 115.0 110.0 105 100.0 95.0 90.0 80.0 72.5 65.0 57.5 52.5 102.5 92.5 82.5 75
90 122.5 117.5 112.5 107.5 102.5 97.5 87.5 80.0 72.5 65.0 57.5 110.0 100.0 90 80
90+ 132.5 125.0 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 120.0 107.5 97.5 87.5

WOMENS' SQUAT - UNEQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1
44 60.0 57.5 55 52.5 50.0 47.5 42.5 37.5 35.0 32.5 30.0 55.0 50.0 45 40
47.5 65.0 62.5 60 57.5 55.0 52.5 47.5 42.5 37.5 35.0 32.5 57.5 52.5 47.5 42.5
50.5 67.5 65.0 62.5 60.0 57.5 55.0 50.0 45.0 40.0 35.0 32.5 60.0 55.0 50 45
53 70.0 67.5 65 62.5 60.0 57.5 52.5 47.5 42.5 37.5 35.0 62.5 57.5 52.5 47.5
55.5 72.5 70.0 67.5 65.0 62.5 60.0 55.0 50.0 45.0 40.0 35.0 65.0 57.5 52.5 47.5
58.5 77.5 72.5 70 67.5 65.0 62.5 57.5 52.5 47.5 42.5 37.5 70.0 62.5 57.5 52.5
63 82.5 77.5 72.5 70.0 67.5 65.0 57.5 52.5 47.5 42.5 37.5 75.0 67.5 60 55
70 90.0 85.0 80 75.0 72.5 70.0 62.5 57.5 52.5 47.5 42.5 80.0 72.5 65 57.5
80 100.0 95.0 90 85.0 80.0 75.0 67.5 60.0 55.0 50.0 45.0 90.0 80.0 72.5 65
90 107.5 102.5 97.5 92.5 87.5 82.5 75.0 67.5 60.0 55.0 50.0 97.5 87.5 80 72.5
90+ 117.5 112.5 107.5 102.5 97.5 92.5 82.5 75.0 67.5 60.0 55.0 105.0 95.0 85 77.5

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS WOMENS' BENCH PRESS - EQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1
44 40.0 37.5 35 32.5 30.0 27.5 25.0 25.0 25.0 25.0 25.0 35.0 32.5 30 27.5
47.5 42.5 40.0 37.5 35.0 32.5 30.0 27.5 25.0 25.0 25.0 25.0 37.5 35.0 32.5 30
50.5 45.0 42.5 40 37.5 35.0 32.5 30.0 27.5 25.0 25.0 25.0 40.0 35.0 32.5 30
53 47.5 45.0 42.5 40.0 37.5 35.0 32.5 30.0 27.5 25.0 25.0 42.5 37.5 35 32.5
55.5 50.0 47.5 45 42.5 40.0 37.5 35.0 32.5 30.0 27.5 25.0 45.0 40.0 35 32.5
58.5 52.5 50.0 47.5 45.0 42.5 40.0 35.0 32.5 30.0 27.5 25.0 47.5 42.5 37.5 35
63 57.5 55.0 52.5 50.0 47.5 45.0 40.0 35.0 32.5 30.0 27.5 52.5 47.5 42.5 37.5
70 62.5 60.0 57.5 55.0 52.5 50.0 45.0 40.0 35.0 32.5 30.0 57.5 52.5 47.5 42.5
80 70.0 67.5 65 62.5 60.0 57.5 52.5 47.5 42.5 37.5 35.0 62.5 57.5 52.5 47.5
90 75.0 72.5 70 67.5 65.0 62.5 57.5 52.5 47.5 42.5 37.5 67.5 60.0 55 50
90+ 80.0 75.0 72.5 70.0 67.5 65.0 57.5 52.5 47.5 42.5 37.5 72.5 65.0 57.5 52.5

WOMENS' BENCH PRESS – UNEQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1
44 32.5 30.0 27.5 25.0 25.0 25.0 25.0 25.0 25.0 25.0 25.0 30.0 27.5 25 25
47.5 35.0 32.5 30 27.5 25.0 25.0 25.0 25.0 25.0 25.0 25.0 32.5 30.0 27.5 25
50.5 37.5 35.0 32.5 30.0 27.5 25.0 25.0 25.0 25.0 25.0 25.0 35.0 32.5 30 27.5
53 40.0 37.5 35 32.5 30.0 27.5 25.0 25.0 25.0 25.0 25.0 35.0 32.5 30 27.5
55.5 42.5 40.0 37.5 35.0 32.5 30.0 27.5 25.0 25.0 25.0 25.0 37.5 35.0 32.5 30
58.5 45.0 42.5 40 37.5 35.0 32.5 30.0 27.5 25.0 25.0 25.0 40.0 35.0 32.5 30
63 47.5 45.0 42.5 40.0 37.5 35.0 32.5 30.0 27.5 25.0 25.0 42.5 37.5 35 32.5
70 50.0 47.5 45 42.5 40.0 37.5 35.0 32.5 30.0 27.5 25.0 45.0 40.0 35 32.5
80 57.5 55.0 52.5 50.0 47.5 45.0 40.0 35.0 32.5 30.0 27.5 52.5 47.5 42.5 37.5
90 60.0 57.5 55 52.5 50.0 47.5 42.5 37.5 35.0 32.5 30.0 55.0 50.0 45 40
90+ 67.5 65.0 62.5 60.0 57.5 55.0 50.0 45.0 40.0 35.0 32.5 60.0 55.0 50 45

INTERNATIONAL QUALIFYING STANDARDS – WDFPF SINGLE LIFTS

WOMENS' DEAD LIFT – EQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1

44 80.0 75.0 72.5 70.0 67.5 65.0 57.5 52.5 47.5 42.5 37.5 72.5 65.0 57.5 52.5
 47.5 85.0 80.0 75 72.5 70.0 67.5 60.0 55.0 50.0 45.0 40.0 77.5 70.0 62.5 57.5
 50.5 90.0 85.0 80 75.0 72.5 70.0 62.5 57.5 52.5 47.5 42.5 80.0 72.5 65 57.5
 53 92.5 87.5 82.5 77.5 72.5 70.0 62.5 57.5 52.5 47.5 42.5 82.5 75.0 67.5 60
 55.5 97.5 92.5 87.5 82.5 77.5 72.5 65.0 57.5 52.5 47.5 42.5 87.5 80.0 72.5 65
 58.5 102.5 97.5 92.5 87.5 82.5 77.5 70.0 62.5 57.5 52.5 47.5 92.5 82.5 75 67.5
 63 110.0 105.0 100 95.0 90.0 85.0 77.5 70.0 62.5 57.5 52.5 100.0 90.0 80 72.5
 70 120.0 115.0 110 105.0 100.0 95.0 85.0 77.5 70.0 62.5 57.5 107.5 97.5 87.5 80
 80 130.0 122.5 117.5 112.5 107.5 102.5 92.5 82.5 75.0 67.5 60.0 117.5 105.0 95 85
 90 142.5 135.0 127.5 120.0 115.0 110.0 100.0 90.0 80.0 72.5 65.0 127.5 115.0 102.5 92.5
 90+ 150.0 142.5 135 127.5 120.0 115.0 102.5 92.5 82.5 75.0 67.5 135.0 122.5 110 100

WOMENS' DEAD LIFT – UNEQUIPPED

CAT. Open M1 M2 M3 M4 M5 M6 M7 M8 M9 M10 Junior T3 T2 T1

44 72.5 70.0 67.5 65.0 62.5 60.0 55.0 50.0 45.0 40.0 35.0 65.0 57.5 52.5 47.5
 47.5 77.5 72.5 70 67.5 65.0 62.5 57.5 52.5 47.5 42.5 37.5 70.0 62.5 57.5 52.5
 50.5 82.5 77.5 72.5 70.0 67.5 65.0 57.5 52.5 47.5 42.5 37.5 75.0 67.5 60 55
 53 85.0 80.0 75 72.5 70.0 67.5 60.0 55.0 50.0 45.0 40.0 77.5 70.0 62.5 57.5
 55.5 90.0 85.0 80 75.0 72.5 70.0 62.5 57.5 52.5 47.5 42.5 80.0 72.5 65 57.5
 58.5 95.0 90.0 85 80.0 75.0 72.5 65.0 57.5 52.5 47.5 42.5 85.0 77.5 70 62.5
 63 100.0 95.0 90 85.0 80.0 75.0 67.5 60.0 55.0 50.0 45.0 90.0 80.0 72.5 65
 70 110.0 105.0 100 95.0 90.0 85.0 77.5 70.0 62.5 57.5 52.5 100.0 90.0 80 72.5
 80 120.0 115.0 110 105.0 100.0 95.0 85.0 77.5 70.0 62.5 57.5 107.5 97.5 87.5 80
 90 132.5 125.0 120 115.0 110.0 105.0 95.0 85.0 77.5 70.0 62.5 120.0 107.5 97.5 87.5
 90+ 140.0 132.5 125 120.0 115.0 110.0 100.0 90.0 80.0 72.5 65.0 125.0 112.5 102.5 92.5

QUALIFICATION AS A REFEREE

How do I become a National Referee?

In order to become a national referee, you must sit the IDFPF referee's exam and attain the pass

mark which is 80%. Following the exam, the candidate will be monitored refereeing/judging at

two events before the qualification of referee is ratified.

Where can I do the Referee's Examination?

If you are interested in becoming a referee, contact the IDFPF Secretary to arrange to sit the

exam. Generally exams are held at competitions so that refereeing experience can be attained on

the day.

How do I become an International Referee?

National Referees with three years experience & having refereed in at least 10 events, can sit the

International Referees Examination. The pass rate in the International Referees Examination is

90%. National Referees interested in sitting the International Referees Examination should

contact the IDFPF Secretary to make arrangements to sit the examination. Each nation will have

two B International Referees with responsibility for refereeing & maintaining standards of same

within that federation.

Once a Referee, always a Referee, is this the case?

No, referees are obliged to officiate at a minimum of one event every two year.

Furthermore,

they must keep up with changes of rules brought about at the Annual Congress of the Federation and made by the Technical committee. This is both the case for National and International

Referees. Generally at international events, there will be a referees' workshop/clinic before

lifting commences to ensure that all referees are aware of new rule changes.

International

Referees are encouraged to attend the referees' workshops/clinics.

How can I have my Referee status reinstated?

Referees who don't fulfil the about requirements, will again have to sit the relevant referees

exam to be reinstated as referees.

Are Referee's Expenses paid at competitions?

Generally there are no expenses paid to Referees. It remains at the discretion of the competition

host whether to provide food, accommodation etc. to the referees who officiate at the event.

Taking into consideration that most events are not funded by government aid or major sponsors,

it is not often that referees will receive any compensation for officiating at an event.

Some large

federations do, however, pay the expenses of their international referees to attend competitions

abroad. Unfortunately, the IDFPF are not in a position to do this. Refereeing is a voluntary and

all too often, a thankless job.