



The 2011

World Drug-Free Powerlifting Federation, Inc. Rule Book

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2011 Updated W.D.F.P.F. RULEBOOK

I. General Rules:

A. Membership

1. National associations applying to the WDFPF, must have at least four (4) members; must have formed a Drug-Free organization in their own country; must agree to follow all WDFPF Rules; must pay a membership fee of one hundred (100.00) Euro plus one Euro (1.00) per member (payable annually prior to or on the day of the WDFPF Congress - the Annual General Meeting of the WDFPF); and must have been voted to be accepted by existing WDFPF Member Nations. (Amd.1997 Postal Ballot).

The current WDFPF membership dues will be maintained until a national group membership of over 1000 attempts to join the WDFPF. At that time, the WDFPF may reconsider a change in dues payments (Amd. 2004 AGM).
2. The Euro is the official currency of the WDFPF. (Amd. 2007 AGM)
3. Nations applying to join the WDFPF must produce evidence of an ongoing drug testing program that includes short notice (less than 24 hours) Out-of-Competition Drug Testing. This evidence must be provided by completing the prescribed forms before joining (Amd. 1993 AGM).
Member nations will have a maximum of 3 months grace from the date of the World Congress to commence their Out-of-Competition Drug Testing program for the following competitive year.
New member nations may at the discretion of the WDFPF be granted an additional period of grace in which to satisfy conditions of affiliation (Amd. 1997 Postal Ballot).
4. In order for a country to be accepted by the WDFPF as a fully affiliated nation, a meeting with a member of the WDFPF Executive must take place to ascertain that there is a full understanding of membership requirements, including drug testing procedure. (Amd. Postal Ballot 1996)
5. All new Nations applying to join the WDFPF and those nations who have let their membership expire for 2 years or more, must be registered with the WDFPF a MINIMUM of 3 months prior to a WDFPF event of choice and all new national members must be affiliated 3 months before the WDFPF event of choice (Amd. 2007 AGM); during this time the Qualification Totals must be achieved. (Amd. 2006 AGM) Any disbanded National Body which reforms into a new National Body, must re-apply for membership to the WDFPF. (Amd. 1994 AGM).
6. The dual international affiliation of National bodies is not allowed (Amd. 1996 AGM).
7. The Membership Form for each WDFPF affiliate must include a statement specifying that in all WDFPF events, a minimum of 10% of the competition participants will be drug tested with names and results published (positive or not). (Amd. 2006 AGM)
8. Each WDFPF affiliated National Association shall be represented by an International Liaison Officer who is a voting member of the WDFPF, along with two (2) other representatives from that member nation who are also voting members.
In this way each National Association shall be represented by three (3) voting members within the WDFPF.
9. Voting other than at the annual WDFPF Congress may be by postal ballot, subject to the following:
 - a. The normal period of notice of motions be given to nations exercising voting rights.
 - b. Only those nations fully and properly affiliated to the WDFPF may exercise voting rights.
 - c. Nations will cast a number of votes in the manner that applies at the Congress; i.e. in accordance with their status (3 votes for a fully affiliated national body and 1 vote for a nation registered under "single or below minimum registration").
 - d. Circumstances for postal voting will be determined by a majority decision of the WDFPF Executive Committee (Amd. 1996 AGM) and shall be subject to one of the following criteria:
 1. In cases where there is no voting quorum at the Congress.
 2. Where a decision by the World Committee is deemed essential between Congresses, in response to developments.
 3. Where it is believed that any decision taken should reflect a majority view of the membership as a whole, instead of merely a Congress quorum.

10. Single or below minimum representation for a country: An individual or individuals may annually apply to represent a country that is not a current member of the WDFPF or cannot currently meet the four member minimum standard of the WDFPF, under the following conditions:
- a. *Single or Below Minimum Representation (Type 1)* includes lifters who are foreign nationals residing in another country, who seek membership of the drug-free body of the country in which they reside.
 - b. *Single or Below Minimum Representation (Type 2)* includes lifters resident in their own country, who, in the absence of any drug-free organization in that country - seek membership of the drug-free body of a neighboring or separate country.
 - c. An individual registered under Single or Below Minimum Representation - must in principle and for practical purposes - be accessible for drug testing by officials of a fully affiliated WDFPF drug-free organization, or officials otherwise approved by the WDFPF.
 - d. Single or below minimum representation is only available to individuals in cases where no approved WDFPF affiliated body exists in the country they wish to represent.
 - e. In cases where a lifter(s) represents a country in which they are NOT normally resident -and where within that country proper an approved WDFPF fully affiliated body subsequently comes into existence - the status of the national organization within the country itself will take precedence.
 - f. In cases where a nation is to be represented by various lifters under BOTH TYPES of Single or Below Minimum Representation, the combined 'national team' will be subject to the same rules governing team composition - as for any fully affiliated WDFPF national team. In cases of dispute the WDFPF Executive will act as final arbiter.
 - g. The individual (s) applying for permission to represent a country that does not meet the four member minimum will be allowed one voting representative, and must agree to follow all WDFPF rules and policies, paying required fees for membership and competitive participation. Such a nation must re-apply each year for a yearly extension (Amd. 1989; AGM).
 - h. A citizen of a nation can opt to lift for any country in a given year so long as the lifter satisfies the rules pertaining to acceptability as a citizen of that country (Amd. 1991 AGM).

B. CONTINENTAL AND REGIONAL LEAGUES: Subject to the approval of the WDFPF Executive Committee, and to ratification by the WDFPF Congress, the WDFPF will accept the formation of Continental or Regional Federations or Leagues for the promotion of WDFPF activity, subject to the following conditions:

1. That such sub-divisions of the WDFPF are subject in every particular to the rules of the WDFPF.
2. That the activities of such sub-divisions are not deemed to be against the interests of the WDFPF as a whole, in any way.
3. That each nation subscribing to such sub-divisions will do so having first affiliated as a bona fide WDFPF member in the normal way (i.e. they will have satisfied the membership requirements of the WDFPF as a "Nation in Good Standing"). (Amd. 1996 AGM).
4. Application for membership of the WDFPF shall be made to the Secretary General, on the prescribed forms and in such detail as the WDFPF Committee may require, and shall set forth evidence of eligibility of the nation applying for membership. The WDFPF Committee may delegate to any person or organization, the actual task of verifying authenticity of said application.
5. The WDFPF as a Drug-Free Organization, relies on the mutual trust of its Member Nations. It must be the responsibility of all national governing bodies to facilitate this atmosphere of mutual trust by circulating all information relating to progress and problems with drug control and details of any political maneuvering that may be of concern to other Member Nations (Amd. 1993 AGM).

C. WDFPF COMMITTEE MEMBERSHIP: The WDFPF Committee shall be composed of the voting representatives from each Member Nation along with the four (4) WDFPF Executive Officers: (President, Vice President, Treasurer and Secretary General). An Officer represents a nation and should that nation be removed the officer has the option of applying as an individual WDFPF member. (Duties: See WDFPF Constitution.)

D. WORLD CONGRESS (Annual General Meeting): The WDFPF World Congress (Annual General Meeting) will take place at the time of the WDFPF Open World Powerlifting Championships. Voting during these meetings will be limited to the four (4) WDFPF Executive Officers, the three (3) voting representatives from each Member Nation, and to one (1) voting representative from "single and below minimum representation" Member Nations. Meetings will be run according to "Roberts Rules of Order". Rule changes made during the World Congress will come into effect on JANUARY 1st of the year following the Congress. (Amd. 2006 AGM)

E. REGISTRATION: Registration or certification/verification is required of all Member Nation's athletes competing in WDFPF Sanctioned Championships. A current and complete list of athletes/competitors and officials registered with each individual Member Nation must be filed annually with the WDFPF Secretary General and Treasurer.

F. POWERLIFTING EVENTS: The World Drug-Free Powerlifting Federation recognizes the following events within both the *EQUIPPED and the **UNEQUIPPED Divisions, which, when performed in combination, must be taken in the same sequence in all competitions conducted under WDFPF rules:

1. Squat.
2. Bench Press
3. Deadlift
4. Total: Sum total of the highest official successful Squat, Bench Press and Deadlift. A record attempt not a multiple of 2.5 kg., would constitute an official lift but would not count in the total unless rounded down to the nearest 2.5 kg. No fourth attempt may be counted in the total).

*EQUIPPED Division: allows single ply supportive suits, knee & wrist wraps, a supportive shirt limited to use in the Bench Press event only and a powerlifting belt. (See Costume and Personal Equipment for specifications.)

**UNEQUIPPED Division: supportive equipment limited to a powerlifting belt and wrist wraps, both of which must meet rulebook specifications. (See Costume and Personal Equipment for specification constraints.)

G. COMPETITIVE SANCTIONS and CHAMPIONSHIPS ENTRY FORM REQUIREMENTS: The WDFPF through its member Federations conducts and sanctions the annual international championships listed below subject to payment of the sanction fee of 100 Euro (Amd. 2007 AGM): Sanction Fees along with the completed Sanction Form must be received no later than three (3) months following the acceptance of the bid (Amd. 2004 AGM). When both the UNEQUIPPED and the EQUIPPED Divisions are to be held the UNEQUIPPED Division must precede the EQUIPPED Division. (Amd. 2006 AGM).

1. Mens/Womens World Powerlifting Championships, Open and all categories and weight classes.
2. Mens/Womens Continental Powerlifting Championships, Open and all categories and weight classes.
3. Mens/Womens Regional Powerlifting Championships, Open and all categories and weight classes. (Amd. 1996 AGM).
4. Mens/Womens International Powerlifting Tournaments, Matches etc. Open and all categories and weight classes (conditions to apply as for international championships). Subject to WDFPF approval (Amd.1996 AGM).
5. As 1 through 5 above, but for competitions in the Single Event Championships (Squat; Bench Press; and Deadlift).
6. Highland Games, Strongman/Strongwomen competitions within the national organization of the WDFPF member nations (Amd. 2002 AGM).

The Mens/Womens Open World Powerlifting Championships will be held in either October or November of each year (1989 AGM). All new national members must be registered within their National Organization 3 months prior to the WDFPF event of choice. (Amd.2006 AMG).

Starting in 2009, the Single Event World Championships must be scheduled in May or June. All new national members must be registered within their National Organization 3 months prior to the WDFPF event of choice. (Amd.2006 AMG).

Only WDFPF Member Nations and/or individuals may compete in WDFPF sanctioned competitions.

The Meet Director of the POWERLIFTING INTERNATIONAL CHAMPIONSHIPS may schedule a 3-day competition with the WDFPF Congress being held on Friday.

The UNEQUIPPED & EQUIPPED Divisions of competition to be scheduled at the discretion of the Meet Director with the UNEQUIPPED Division preceding the EQUIPPED Division. (Amd. 2006 AGM)

Entry Forms for all WDFPF Championships MUST be completed by the individual athlete, sent to their National Secretary with Entry Fee* for verification of membership and Qualification for the event.

*Payments by lifters from European nations must be in EURO. In cases where a nation's currency is other than Euro, each lifter should send a check or draft in their national currency equal to the championships Entry Fee.

Each National federation must collect the entry fee and mail or deliver the fees to the Meet Director.

During registration at the championships venue, lifters who have sent checks/drafts would exchange them for the correct amount of foreign currency (Adm. 2008 AGM).

Meet Directors must receive all Championships Entry Forms NO LATER than 2 weeks prior to the competition; a copy of each nation's list of competitors must be sent to the WDFPF Executive Committee. (Amd.2006 AGM)

Nations who organize an Open Championship and claiming international records must

1. Follow the international rules just as European-World championships
2. At least have 3 referees from a different nation.
3. Invitations must be sent to all affiliated nations
4. When there are more than 50 athletes participating, the sanction fee of 100 euro must be paid to the WDFPF. (Amd.2011 AGM)

Any guest lifter who wishes to compete in a WDFPF event, or any National event affiliated with the WDFPF, must be approved beforehand by the lifters national body (Amd.2011 AGM)

H. RECORDS: The WDFPF recognizes and registers World, Continental and Regional records of Powerlifts, Powerlifting totals and all Single Event records in the EQUIPPED and UNEQUIPPED Divisions for male and female competitors within all Categories and Bodyweight Classes described in “I.” and “J” below (Amd. 1996 AGM).

I. CATEGORIES (all but 1 are AGE-RELATED: Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age categories by their specific age on the day of the competition. (Where age limits are imposed the lifter must have attained minimum age by the day of the competition).

1. Open: From 14 years upwards (no category restrictions need apply).
2. Teenage: T-1- From 14-15 years; T-2=16-17 years; T-3=18-19 years (Amd. 1991 AGM).
3. Junior: From 20 years up to and including 23 years of age (Amd. 1994 AGM).
4. Masters’: From 40-44 years; 45-49 years; and so on in five-year increments ad infinitum (Amd.1991 AGM).
5. Police/Fire/Military; limited to full-time employment, Open Category only (minimum age 14 years):

J. BODYWEIGHT CLASSES:

1. Men:

52.0 kg Class	up to	52.0 kg
56.0 kg Class	From	52.01 kg to 56.0 kg
60.0 kg Class	From	56.01 kg to 60.0 kg
67.5 kg Class	From	60.01 kg to 67.5 kg
75.0 kg Class	From	67.51 kg to 75.0 kg
82.5 kg Class	From	75.01 kg to 82.5 kg
90.0 kg Class	from	82.51 kg to 90.0 kg
100.0 kg Class	From	90.01 kg to 100.0 kg
110.0 kg Class	From	100.01 kg to 110.0 kg
125.0 kg Class	From	110.01 kg to 125.0 kg
145.0 kg Class	From	125.01 kg to 145.0 kg (Amd. 1990 AGM)
+145.0 kg Class	From	145.01 kg to unlimited (Amd. 1990 AGM)

2. Women:

44.0 kg Class	up to	44.0 kg
47.5 kg Class	from	44.01 kg to 47.5 kg
50.5 kg Class	from	47.51 kg to 50.5 kg
53.0 kg Class	from	50.51 kg to 53.0 kg
55.5 kg Class	from	53.01 kg to 55.5 kg
58.5 kg Class	from	55.51 kg to 58.5 kg
63.0 kg Class	from	58.51 kg to 63.0 kg
70.0 kg Class	from	63.01 kg to 70.0 kg
80.0 kg Class	from	70.01 kg to 80.0 kg
90.0 kg Class	from	80.01 kg to 90.0 kg (Amd. 1990 AGM)
+90.0 kg Class	from	90.01 kg to unlimited (Amd. 1990 AGM)

K. WDFPF QUALIFICATION TOTALS for POWERLIFTING WORLD CHAMPIONSHIPS & **QUALIFICATION SCORES** for SINGLE EVENT WORLD CHAMPIONSHIPS: WDFPF qualification Totals & Scores apply ONLY to World Championships: See Appendix B.

L. NATIONAL TEAM COMPOSITION: Team points may ONLY be earned by lifters who reach or surpass the minimum qualification Totals or Scores as listed above (Amd. 2004 AGM).

In all age category competitions for the MEN, only the **specified national team of 12 lifters** from each nation will potentially be allowed to earn TEAM POINTS (see “2.” below). However, each nation will be allowed to enter a MAXIMUM of THREE lifters in each of the twelve WEIGHT CLASSES.

In all age category competitions for the WOMEN, only the **specified national team of 11 lifters** from each nation will potentially be allowed to earn TEAM POINTS (see “2.” below). However, each nation will be allowed to enter a MAXIMUM of THREE lifters in each of the eleven WEIGHT CLASSES (Amd. 2002 AGM).

1. Each nation is allowed a maximum of two alternates or reserves. These alternates or reserves may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight class.
Each nation must submit a team roster giving the name of each lifter, bodyweight class, age category and best total achieved at the national or international level during the previous twelve months.
The date and title of the competition in which the best total was achieved must also be stated.
These details must be submitted to the responsible official prior to the commencement of the weigh-in for the lowest weight category, i.e. 52 kg for men and 44 kg for women.
The names of the alternates with their bodyweight categories and best totals must also be submitted at this time.
2. Once the deadline for the acceptance of National Team Listings (the Start of the Weigh-In of the first contested weight class, NO CATEGORY CHANGES MAY BE MADE (Amd. 2004, AGM).
3. It is the philosophy of the WDFPF to include an emphasis on individual competition. As of the 1998 Congress, there shall be reference to team evaluations during WDFPF sanctioned competition, using the following team points system:
 - Lifters who achieve
 - 1st place will receive 12 team points;
 - 2nd place receives 9 points;
 - 3rd place receives 8 points;
 - 4th place receives 7 points;
 - 5th place receives 6 points;
 - 6th place receives 5 points;
 - 7th place receives 4 points;
 - 8th place receives 3 points;
 - 9th place receives 2 points;
 - 10th place receives 1 point.

M. DRUG CONTROL:

- 1 During drug testing procedures a minimum of two (2) WDFPF approved representative must be present. (Adm. 2007 AGM)
2. All Member Nations must apply the principle of nil notice or very short notice **Out-of-Competition Testing** to athletes who are likely to participate in International competition.
3. Selection of athletes for Out-of-Competition Testing will in general be up to the National Governing Body and will be on any criteria including the basis of suspicion.
4. **Target Testing:** The WDFPF through its officers reserves the right to select candidates for drug testing from member nations.
Any member who suspects that a lifter in another country is abusing drugs may notify the WDFPF President who will notify the Executive Committee. If the Executive Committee believes that the complaint is valid, the Secretary General will notify the concerned national body who may be required to organize a drug test on the suspect.
5. Drug testing will be mandatory at all International Championships. Where possible a minimum of 20% of competitors will be sampled – with a minimum of 10% of competitors actually being tested (Amd. 1990 AGM). The cost of the minimum amount of testing required is to be borne by the host nation with the cost of additional tests felt necessary to be borne by the WDFPF.
6. It must be possible for WDFPF Officials and/or other WDFPF accepted drug control agencies, to “Target Test” where it is believed necessary, any lifter at WDFPF sanctioned events and any National Championships where records are to be claimed. An element of random selection may be applied if believed necessary. When the targeting of lifters is done, the selection may be based on any or all of the following criteria: caliber of performance; performance improvement; behavior; appearance; rumor or hearsay. For this reason the WDFPF requires every member National body to apply membership affiliation procedures which include competitor’s signatures of assent to and support for, all WDFPF rules on doping control.
7. Testing of samples from International Championships will normally be done at laboratories accredited by the World Anti-Doping Agency (WADA). If a situation arises whereby a country or countries cannot obtain the services of an accredited WADA Laboratory, other laboratories may be accepted subject to agreement by a majority of the other Member Nations (Amd. 2007 AGM).
8. The Drug-Free period, from 1991 onwards, will be five (5) years. All WDFPF affiliated national federations must annually progress towards a five (5) year “drug-free” period (Amd. 1997 Postal Ballot).
9. Banned Substances: The WDFPF will use the WADA/IOC List of Banned Substances as a guideline but reserves the right to add to this list any drug which it may believe to be performance enhancing. Similarly, the WDFPF reserves the right to delete from this list, any substance it may believe to be irrelevant to powerlifting performance (Amd. 2007 AGM).

10. Member nations may elect to use a reduced list of banned substances (i.e. anabolic drugs only) for purposes of testing lifters Out-of-Competition (Amd. 1996 AGM).
11. Drug testing methods will be left to individual member nations for their own internal affairs. (This is to provide for polygraph use and other testing methods by certain nations, in addition to the mandatory urinalysis required under WDFPF rules.)
12. Each Member Nation must provide evidence of regular Out-of-Competition Testing (OCT). **Every member nation is obliged to report to the drugtest officer and to the WDFPF executive committee within 5 days off when the test is done. Otherwise Discipline Committee will take appropriated action (Amd.2011 AGM)** The Chain of Custody documentation with laboratory results of individual Out-of-Competition Tests must be mailed to the Drug Control Committee Secretary (Amd. 2008 AGM) as and when received (1993 AGM). The results will be recorded and passed on to all national liaison officers. In addition, each member nation must present annually to the AGM the copies of the Chain of Custody documentation with the laboratory reports of all lifters tested by this method since the previous World Congress. Any nation not complying with this rule will immediately be suspended from WDFPF involvement until compliance (Amd. 1991 AGM).
13. Sanctions: Positive drug test results, or refusal of testing in WDFPF Sanctioned or Nationally Sanctioned competition, or refusal of Out-of-Competition Testing, will result in a lifetime ban from further WDFPF Competition as well as retrospective loss of all WDFPF titles and records. The lifetime ban refers to the natural life of the subject.
14. It is mandatory for all WDFPF affiliated national federations to apply a policy of automatic life-time bans in cases of positive drug test results (anabolic steroids) or refusals, subject to confirmation (Amd. 1997 Postal Ballot).
15. The WDFPF regards Beta Blockers as acceptable medication. Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. Any level of Ephedrine indicated by a drug test will cause a loss of title and record(s) set (Amd. 2002 AGM). The World Committee will decide the penalty subject to the following criteria:
 - a. Up to 10 ppm will result in a warning.
 - b. Over 10 ppm will result in a two year ban (and the removal of any title, placing and records set, if the result of an *In-Competition Test*).
 - c. A second positive Ephedrine test will result in a lifetime ban from all WDFPF involvement.
16. Anyone convicted of the sale, use, or smuggling of ergogenic drugs by a court of law, or who has been found to be positive on a drug test, may be considered ineligible for WDFPF Competition.
17. Under exceptional circumstances, a positive test for any substance on the WADA/IOC Banned List, may not be regarded as drug abuse, subject to the World Committee's decision.
18. Drug Failure details including the number of drug tests conducted within the WDFPF Championships specifying name, drug(s), and ban time of test failures be published on the WDFPF web site and be listed on the WDFPF Suspension List which will be sent to Meet Directors (Amd. 2000 AGM).
19. When athletes in National and/or International Federations fail drug tests conforming to the WDFPF Drug Control constraints, those athletes will be listed on the WDFPF Suspension List (Amd. 2000 AGM).
20. Lifters who have failed drug tests from 1990 onwards into the future in National and International Federations will be listed on the WDFPF Suspension List (Amd. 2000 AGM).

N. DRUG CONTROL COMMITTEE:

1. A Drug Control Committee must be appointed or elected from volunteers. Membership must represent a minimum of three (3) different nations.
2. The duties of the Drug Control Committee are to include:
 - a. Setting a procedure for positive drug test results that each member nation will be required to follow.
 - b. Establish a suggested time period for Out-of-Competition drug testing (Out-of-Competition drug testing should take place four (4) to six (6) weeks prior to a national or WDFPF World Championships).
 - c. Reviewing sanction options for positive drug tests including stimulants (Amd. 1996, AGM).
3. The WDFPF Executive may appoint accredited drug Control Officials or agencies to act in the interest of the WDFPF in any nation of the world in matters of drug control and testing of lifters (Amd. 1996, AGM).

II EQUIPMENT AND SPECIFICATIONS:

A. PLATFORM:

1. All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m (8 ft. x 8 ft.) minimum and 4.0 m x 4.0 m (13 ft x 13 ft) maximum. The surface of the platform must be flat, firm, non-slip and level, and must not exceed 10 cms. (3.95 ins.) in height from the surrounding stage or floor.
2. The surface of the platform may be treated with an approved non-slip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to or inserts incorporated in, either the platform or its surface.

B. BARS and DISCS:

1. For all Powerlifting contests organized under the rules of the WDFPF, only disc barbells are permitted and these must be calibrated in Kilograms. The use of discs that do not meet the correct specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all events. A different bar which need not have center 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 to be used in international championships shall not be chromed between the inside collars.
2. The bar shall be straight and well knurled and grooved, and shall conform to the following dimensions:
 - a. Total overall length not to exceed 2.2 m (7 ft. 2.6 ins).
 - b. Distance between the collar faces is not to exceed 1.32 m or be less than 1.31 M.
 - c. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
 - d. Weight of the bar and collars is to only be 25 kg., plus or minus 0.25%. (24.9375 kg. to 25.0625 kg.)
 - e. Diameter of the sleeve 50-52mm.
 - e. There shall be a diameter machine marking or the bar taped to measure 81 cm between machining or tape.
3. Disc shall conform as follows:
 - a. All discs used in international competition must weigh within 0.25 percent of their correct face value.
 - b. The hole size in the middle of the disc may be a maximum of 53 mm to 51 mm minimum
4. Discs must be in the following range:

1.25 kg =	from	1.246875 to 1.253125 kg
2.50 kg =	from	2.49375 to 2.50625 kg
5.00 kg =	from	4.9875 to 5.0125 kg
10.00 kg =	from	9.975 to 10.025 kg
15.00 kg =	from	14.9625 to 15.0375 kg
20.00 kg =	from	19.95 to 20.05 kg
25.00 kg =	from	24.9375 to 25.0625 kg
45.00 kg =	from	44.8875 to 45.1125 kg
50.00 kg =	from	49.875 to 50.125 kg

5. 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:
 - 0.25 kg. = from 0.249375 to 0.250625 kg.
 - 0.50 kg. = from 0.49875 to 0.50 125 kg.
6. Discs weighing 25 kg and over must not exceed 6 cm (2.36 ins.) in thickness. Discs weighing 20 kg. and under which exceed 3 cm (1.18 ins.) 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 ins.).
7. Discs (rubber or steel) must conform to the following color-coding:
 - 10 kg. and below = any color
 - 15 kg. = yellow, black or silver
 - 20 kg = blue or black
 - 25 kg. = red.
 - 45 kg. = gold.
 - 50 kg. = green.

8. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
9. The first and heaviest discs loaded on the bar must be loaded face in: with the rest of the discs loaded face out.
10. The diameter of the largest disc shall be no more than 45 cm (17.9 ins)
11. At all international competitions must be minimum of 225 kg in next combinations on each competition platform (Amd.2011 AGM)
 - 8 X 25 kg plates
 - 2 X 50 kg plates and 6 X 25 kg plates
 - 4 X 50 kg plates and 2 X 25 kg plates

C. COLLARS:

1. Shall always be used in competition.
2. Must weigh 2.5 kg each, plus or minus 0.25%. (24.9375 kg to 2.50625 kg.)

D. SQUAT RACKS:

1. Squat racks must be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter-loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
2. The squat racks shall be designed to adjust from a minimum height of 1.3 m. (3ft. 3.4 ins) in the lowest position - to extend to a height of at least 1.70 m. (5 ft. 6.93 ins.) in 5 cm. (1.98 in.) increments.
3. All hydraulic racks must be capable of being secured at the required height by means of pins.

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

1. Length - not less than 1.22m. (4ft. 0.03 ins.) and shall be flat and level.
2. Width - 29-32cm. (11.4 ins.- 12.6 ins.).
3. Height - 42-47.5cm. (16.54 ins.- 18.53 ins.) measured from the floor to the top of the padded surface of the bench without being depressed or compacted (Amd. 1998, AGM).
4. Height of the uprights - on adjustable benches shall be a minimum of 82cm. (32.3 ins.) to a maximum of 100cm. (39.38 ins), measured from the floor to the bar rest position. On non-adjustable benches, the height of the uprights must be between 87cm. (34.25 ins.) and 100cm. (39.38 ins.) from the floor to the bar rest position.
5. Minimum width between insides of bar rests - 1.10m. (43.3 ins.)
6. In the International Competitions the promoter must provide the adjustable bench (Amd.2011 AGM)

F. WARM-UP AREA: All equipment provided for the warm-up area must be the same as or comparable to the platform equipment (1994 AGM).

G. LIGHTS:

1. 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.
2. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the referees.
3. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white and red flags with which to make known their decisions upon the Head Referees Command "show".

The numbered cards issued to members of the Jury shall correspond with the allocated light positions of the three referees reading 1, 2, 3, from the left to the right, viewed from the front of the platform.

H. SCALES: Any type of scale is acceptable as long as it can be calibrated to 0.1 kg. (100 grams) and has been certified within the previous twelve months (Amd. 1992 AGM). Proof of certification must be available for inspection.

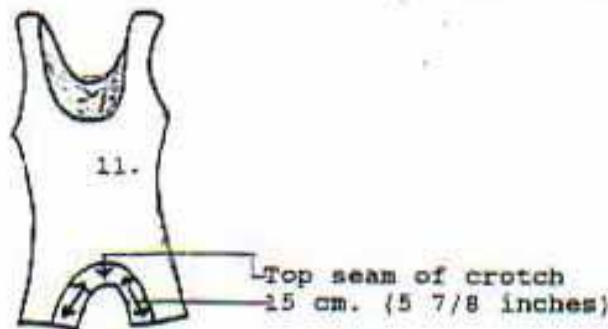
I. HEALTH & SAFETY: The provision and use of equipment and substances to protect against the possibility of blood-borne pathogens/infections, is mandatory. (Amd. 1996 Postal Ballot).

III. COSTUME AND PERSONAL EQUIPMENT

When a new rule concerning the lifter's attire, is accepted, it must stand for a minimum of 4 years prior to any changes to that established rule (Amd. 2004, AGM).

A. COSTUME (SUIT):

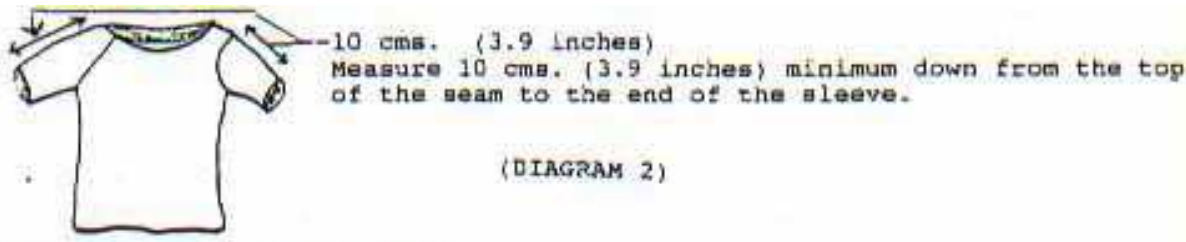
1. The lifting costume shall consist of a one-piece full length lifting suit of one-ply stretch material without any additional patches or padding; it may not have fasteners of any type.
During competition, the straps must be worn over the shoulders at all times.
2. Due to a need to limit the number of structural supports within the EQUIPPED Division, lifting suits with new structural design since 1996 must be approved by the WDFPF Technical Committee.
3. For use in only the EQUIPPED Division, the supportive type of the lifting suit shall also be subject to the following requirements:
 - a. It may be of any color or colors including stripes, patterns and prints (Amd. 1996, AGM).
 - b. The crotch panel must be of one ply.
 - c. The lifting suit may bear the badge, emblem, logo or inscription of the WDFPF (Amd. 2004,AGM), the lifter's nation, national association, or sponsor.
That which is offensive or liable to bring the sport into disrepute is **not** allowed.
 - d. A suit that has a piece of the same color and similar material added to the strap to lengthen the suit, is a legal suit.
 - e. 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.
 - f. Seams and hems may **not** exceed 3cm. (1.18 ins.) in width and 0.5 cm. (0.2 ins) in thickness.
 - g. Seams may be protected or strengthened by narrow gauge webbing or stretch material **not** exceeding 2 cm in width or 0.5 cm in thickness.
 - h. All items worn on the platform must be clean, un-torn, and in a good state of repair.
 - i. Length of the leg must **not** exceed 15 cm. (5.9 ins.) 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.
(See diagram below).



- j. Only one suit may be worn at a time on the platform (2 suits are **not** allowed)
 - k. Any alterations to the costume which exceed the established widths, lengths or thickness previously stated shall make a suit illegal for competition.
4. Non-supportive type lifting suits shall be subject to the following as stated above (a, c, & g).
 5. Women may wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described above.
Leotards with sleeves or high-cut leg lines are **not** permitted.

B. SHIRT:

1. In an effort to protect against the possibility of blood-borne pathogens/infections, all athletes participating in WDFPF championships must wear a T-Shirt with short sleeves a minimum of 10 cm. (3.9 ins.) in length, of any color or colors, in all events by women and is only optional in the Deadlift event for men (Amd. 1996, Postal Ballot).



2. The shirt must be worn under the lifting suit.
3. For the UNEQUIPPED Division, a shirt is legal provided that it:
 - a. is **not** ribbed.
 - b. does **not** consist of any rubberized or similar stretch materials.
 - c. does **not** have any pockets, buttons, zippers, or a reinforced collar.
 - d. does **not** have reinforced seams.
 - e. is **not** constructed so as to place seams at a position which, in the opinion of the WDFPF, might tend to assist the athlete in Powerlifting competition.
 - f. is made either exclusively of cotton or of polyester, or a combination of cotton and polyester.
 - g. does **not** have sleeves which terminate either below the athlete's elbow or up at the athlete's deltoid (athletes may not push the sleeves of such a shirt up to the deltoid when competing in WDFPF competitions).
 - h. fits loosely enough on the body of the athlete to ensure that the garment does **not** give the athlete physical support.
 - i. Shirts may **not** be turned inside-out to hide inscriptions.
 - j. Emblems on shirts may include the WDFPF logo (Adm.2004 AGM), the National Association, the current championships, or the name of the sponsor for the International competition subject to a fee being paid to the national organization promoting that competition (Amd. 1990 AGM).
 - k. Bench Shirts are the only supportive shirts allowed within the EQUIPPED Division of WDFPF competition; they may only be worn in the Bench Press event.
4. EQUIPPED Division, Supportive Bench Shirt which may only be worn in the Bench Press event, includes the following specifications listed above: a, c, d, g, i, and j and also includes the following specifications:
 - A. It may **not** be made of canvas.
 - B. It must be single ply; it may **not** have double ply material.
 - C. It must fit similar to a standard T-shirt, covering the entire torso (shoulders and chest), both front and back with closed seams (**no** open seams are allowed anywhere on the shirt (Amd. 2004 AGM).
 - D. It may **not** have fasteners of any kind.

C. ATHLETIC SUPPORTER:

1. A standard commercial "athletic supporter," or standard commercial under-briefs of any combination of cotton, nylon or polyester (but not swimming trunks or any other garment consisting or rubberized or similar stretch material except in the waistband) shall be worn under the lifting suit.
The garment shall **NOT** have legs; 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.



- Women may wear protective briefs or panties as long as they shall **NOT** be deemed supportive in any way. Women may also wear a bra as long as the bra cup does not maintain its shape when placed upright on a flat surface and does not contain any wire or supportive devices. The use of tampons, sanitary napkins or related articles used for feminine hygiene protection are permitted.

D. SOCKS:

- They may be of any color or colors.
- They shall **NOT** be of such length on the leg that they touch any knee wrapping or a one-piece knee cap supporter when in use.
- It is acceptable for lifters to wear more than one pair of socks at the same time.
- Full-length leg stockings, tights or hose are strictly forbidden.
- During the DEADLIFT event, Knee socks **MUST** be worn and may **NOT** pass the base of the patella (knee cap).

E. 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 headgear will be allowed on the platform.

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

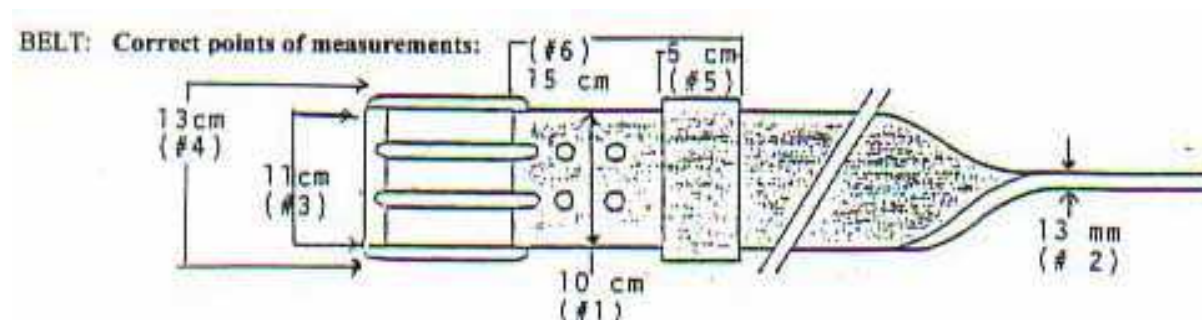
1. Materials and Construction:

- The main body shall be made of leather or vinyl in one or more laminations which may be glued and/or stitched together.
- 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.
- Any type of metal buckle or fastener is permitted including the quick release type, providing the under-loop of the two ends of the belt does not exceed 10 cms. (3.95 inches). A Velcro fastener on a belt is not permitted.
- The metal buckle may consist of one or two prongs.
- 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.
- A leather tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- The name of the lifter, their nation, state or club may appear on the outside of the belt.

2. Dimensions:

- Width of belt: maximum of 10 cm. (3.95 ins.).
- Thickness of belt maximum of 13mm. (0.5 ins.) along the main length.
- Inside width of buckle maximum of 11cm (4.35 ins.)
- Outside width of buckle maximum of 13cm (5.13 ins.)
- Tongue loop maximum width of 5cm (1.98 ins.).
- Distance between end of belt and the far end of tongue loop 15cm maximum (5.9 ins.)

BELT: Correct points of measurements:



G. SHOES: Lifting shoes or boots shall be worn by the lifter for each of the events.

- Shoes shall be taken to include boots, sport shoes, trainers, gymnastics shippers or any foot covering that has a patterned molding or foot type outline that provides an inner sole.
- Shoes with metal cleats or spikes are not permitted.

H. WRAPS:

1. 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 substitutes are strictly forbidden. Wraps may be used as follows:
 - a. **Wrist Wraps** not exceeding 1 M. (3 ft. 3.8 ins.) in length and 8 cm (3.15 ins.) in width may be worn. Alternatively, wrist bands **NOT** exceeding 10 cm. (3.937 ins.) in width may be worn. A combination of the two is forbidden.
 - 1). If wrist bands are 'wrap around' style, they may have a thumb loop and 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 10 cm. (3.937 ins.) above and 2 cm. (0.8 ins.) below the center of the wrist joint, **NOT** exceeding a covered width of 12 cm. (4.72 ins.).
 - b. **Knee Wraps** **NOT** exceeding 2 M. (6 ft. 6.72 ins.) in length and 8 cm. (3.15 ins.) in width may be used. Alternatively, an elastic knee cap supporter **NOT** exceeding 20 cm. (7.87 ins.) in length may be worn. A combination of the two is **forbidden**.
 - 1). A knee wrap shall not exceed beyond 15 cm. (5.9 ins.) above and 15 cm. (5.9 ins.) below the center of the knee joint, and not to exceed a total covered width of 30 cm. (11.81 ins.).
 - 2). Wraps shall not touch the socks or lifting suit.
2. Wraps shall **NOT** be used elsewhere on the body.

I. PLASTERS (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 Jury or Chief Referee. No plaster, bandage or Band-Aid may be used as a strap to help the lifter hold the bar.
2. With permission of the Jury or Chief Referee, the official doctor or paramedic on duty may apply spot plasters, bandages or Band-Aids to muscle injuries on the body. Similarly, strip plasters, bandages or Band -Aids may be applied 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 the President of the Jury immediately after applying plasters, bandages or Band-Aids to injuries. Advice regarding additional bandages, Band-Aids or plasters consider necessary may also be given at this time. However, these may only be applied with permission of the Jury.
4. At all competitions where a Jury may not be present and no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

J. INSPECTION OF PERSONAL EQUIPMENT:

1. In large competitions when the allotted weigh-in time is likely to be insufficient to allow for the inspection of costume and personal equipment, the Jury, at its discretion, may fix a separate time for the inspection and drawing of lots. In normal circumstances this shall take place one hour before the official weigh-in, but may be varied as required by the Jury.
2. A minimum of two referees shall be appointed to fulfill this duty. All items shall be examined and approved before being 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 referees shall record each item on the official inspection sheet or on the back of the lifter's score card. The inspection sheet or Score Card shall be handed to the Chairman of the Jury at the end of the inspection period.
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, eye wear and feminine hygiene articles need not be inspected.
8. Lifters successful in record attempts must immediately present themselves to the three referees 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.

K. GENERAL:

1. The use of oil, grease or other lubricants, including water, on the body, costume or personal equipment is strictly forbidden.
2. Baby powder, pool hall chalk, liquid chalk, resin, talc, or magnesium carbonate are the only substances that may be added 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 (Amd. 1992 AGM).

IV. POWERLIFTS AND RULES OF PERFORMANCE

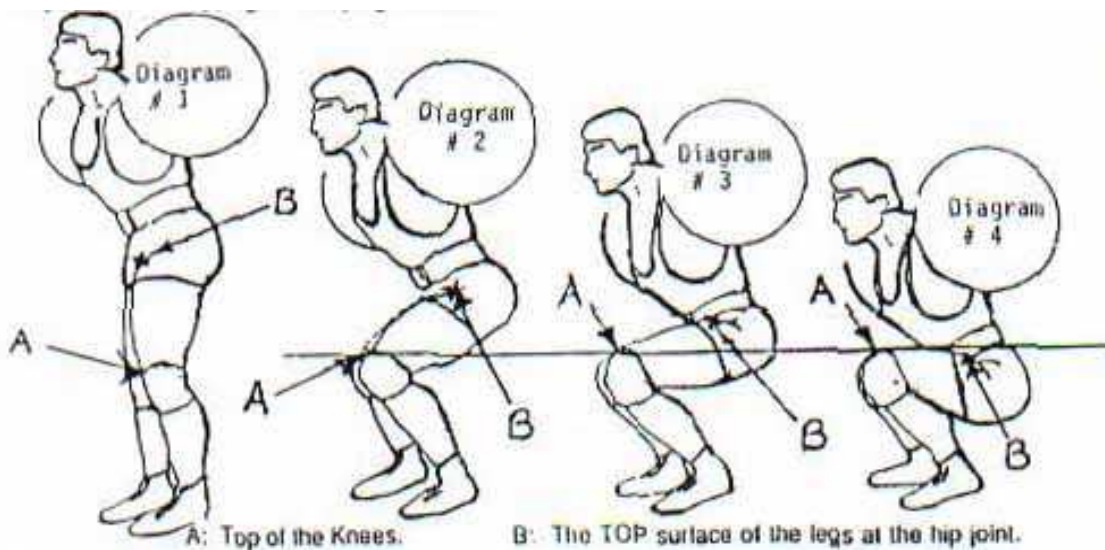
A. THE SQUAT

1. Performance:

- a. 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. (Diagram 4, page 16).
- b. 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".
(See Diagram 1, page 16.) Before receiving the starting signal the lifter may make position adjustments within the rules without penalty.
- c. 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. (See Diagrams 2, 3, & 4 on page 16).
- d. 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".
- e. 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.
- f. The lifter shall face the front of the platform.
- g. The lifter shall **not** hold the collars, sleeves or plates at any time during the performance of the lift. The edge of the hands gripping the bar may be in contact with the inner surface of the inside collars.
- h. 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 approval is secured from the Chief Referee.
- i. 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.
- j. 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.
- k. Any lifter or coach, who by reason of misconduct upon or near the competition platform is likely to discredit the sport, will be given an official warning by the Chief Referee. If the misconduct continues, the Jury, or referees in the absence of a Jury, may disqualify the lifter and order the coach to leave the venue.
The team manager/coach must be officially informed of both the warning and disqualification.
(See section "VII. CONDUCT OF COMPETITION; M. RULES CONCERNING DISQUALIFICATION DUE TO MISCONDUCT.")

B. Causes for Disqualification of a Squat:

1. Failure to observe the Chief Referee's signals at the commencement or completion of an attempt.
2. Changing the position of the hands laterally in or out on the bar after receiving the signal to commence the attempt (opening & closing of the fingers is allowed).
3. Double bouncing or more than one recovery attempt at the bottom of the lift.
4. Any downward motion during the upward phase of the lift.
5. Failure to assume an upright position with knees locked at the commencement and completion of the attempt.
6. Any shifting of the feet laterally, backward, or forward, during the performance of the attempt. The toes and/or heels may come up off the platform, but must return to the same position.
7. 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. (Refer to Diagrams 2, 3, & 4 below.)
8. 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.
9. Contact with the bar, plates or lifter by the spotter/loaders between the referees signals.
10. Contact of elbows or upper arms with the legs during the squat.
11. Failure to make a bona fide attempt to return the bar to the racks.
12. Any intentional dropping or "dumping" of the bar.



A: Top of the Knees.

B: The TOP surface of the legs at the hip joint.

Diagram 4 shows a lifter just below parallel. Point 'B (the top surface of the legs at the hip joint) is below point 'A (the top of the knees) ... a legal lift.

Diagram 4 shows a lifter just below parallel. Point 'B (the top surface of the legs at the hip joint) is below point 'A (the top of the knees) ... a legal lift.

C. THE BENCH PRESS

1. Performance:
 - a. The front of the bench must be placed on the platform facing the Chief Referee.
 - b. 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 "Start" signal has been given.
 - c. 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.

- d. To achieve firm footing the lifter may use plates or blocks, not exceeding 30 cm. (7 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 45 cm x 45 cm. (17.7 x 17.7 ins.) in length and width.
- e. 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. The lift-off must be to arm's length and maintained until the "Start" signal is given.
- f. 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.
- g. After receiving the "Start" signal, the lifter shall lower the bar to the chest and await the referee's "Press" or "Clap" signal. Once the "Start" signal is given, the lifter may **NOT** make any position adjustments without penalty.
- h. The "Press" signal, shall be a clap of the hands or "clapperboards" when the bar is motionless on the chest.
- i. Following the "Press" signal, the bar is pressed upwards to arms length with elbows straight and held motionless until the audible command "Rack" is given.
- j. The bar is allowed to stop during the upward movement; the bar is **not** allowed any downward movement during this upward phase. Downward movement of the bar will be determined by downward movement of either or both hands (Amd. 1989 AGM).
- k. See "Rules of Performance "; A. The Squat; 1.k.

D. Causes for Disqualification of a Bench Press:

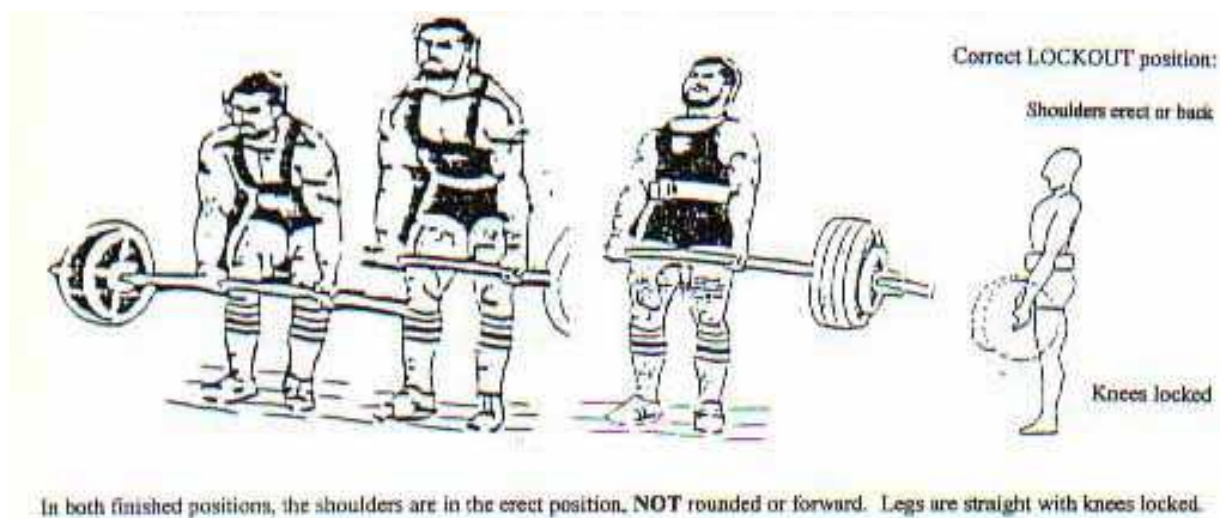
1. Failure to observe the referee's 3 (three) signals at the commencement, press or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e. any movement of the head, shoulders, buttocks or feet from their original points of contact with the bench, floor or blocks, or lateral movement of the hands on the bar once the "Start" signal has been given.
3. Heaving or bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after receiving the referee's "Press" signal.
5. Any uneven extension of the arms at the completion of the lift.
6. Any downward movement of one or both hands during the upward movement (Amd. 1989 AGM).
7. Contact with the bar by spotter/loaders between the referees signals.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rest uprights during the lift to make the press easier.

E. THE DEADLIFT:

1. Performance:
 - a. The bar must be laid horizontally in front of the lifter's 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 (Amd. 1989 AGM).
 - b. The lifter shall face the front of the platform.
 - c. On completion of the attempt, 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 thrust back in that manner and all other criteria have been satisfied, the lift is legal.
 - d. 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.
 - e. Any raising of the bar from the platform - or any deliberate attempt to do so - will count as an attempt.
 - f. See "Rules of Performance "; A. The Squat; 1.k.

F. Causes for Disqualification of a Deadlift:

1. Any downward movement of the bar during the upward phase (Amd. 1989 AGM).
2. Failure to stand upright with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of the attempt.
4. Supporting the bar on the thighs during the performance of the attempt. This will be determined by any secondary knee flexion. As the bar is raised from the platform, the legs must extend without additional flexion taking place at the knees at any time during the upward bar movement. (Amd. 1988 AGM).
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.



G. SINGLE EVENT CHAMPIONSHIPS: The preceding rules governing the Squat, Bench Press and Deadlift, remain the same for single event competitions with the addition of allowing two weight changes on the third attempt during each single event competition as on the Deadlift in Powerlifting competitions (1994 ACM)

V. The Weigh-In:

A. General

1. 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/categories must be present in the weigh-in, no later than the **FIRST HOUR** of the scheduled Weigh-in (Amd. 2007, AGM). All official weigh-ins to be carried out in the presence of three appointed referees.
2. The weigh-in period will last one and a half (1 ½) hours. The remaining half (1/2) hour prior to the commencement of the lifting will be used for the purpose of final competition preparation.
3. The weigh-in for each competitor will be carried out in a locked room with only the competitor, the coach or manager and the three referees present. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category have been weighed in.
4. Lifters may be weighted nude or wearing underpants or briefs (Amd. 1992, AGM). In competitions involving females, the weigh-in procedure may be altered to ensure that lifters are weighed by same-gender officials. Additional female officials may be appointed for this purpose.
5. If not previously carried out, the inspection of costume and personal equipment will take place during the weigh-in period. However, the lifters must be weighed in the priority of the previously determined order of lifting. The equipment will normally be checked after all lifters have made their last visit to the scales, unless otherwise decided by the Jury or Head Referee. The technical officers or appointed referees will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under Costume and Personal Equipment. The items shall be approved and marked accordingly. The referees responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform.

6. 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 referee's 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 Jury. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
7. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the hour and one half limit allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. A lifter may 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 as often as time and orderly progression by lots allows. A lifter may only be weighed outside the time limit of one and one half hours if the lifter was present within the time limit, but due to the number of lifters trying to make weight, was denied the opportunity of mounting the scales. The lifter may then be allowed one re-weigh at the discretion of the referees.
8. A lifter who is too heavy may move into the next higher category, provided that not more than two lifters from the same team are already entered in that category. The lifter must have 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 this new category.
9. A lifter who weighs lighter than the lower limit for their category, may drop into the next lower category, **provided:** (i) it has not already taken place; (ii) the lifter has achieved the necessary qualifying total for the lighter category at the lower bodyweight; (iii) no more than two members of the team are in that category.
10. At tournaments, galas, festivals or friendly internationals, the weigh-in may, by mutual consent, may take place earlier than two hours before the start of the competition. However, if a lifter declares an intention to attempt a world record, that lifter must re-weigh two hours before the start of the competition.
11. If two lifters of equal weight eventually achieve the same Event Record, 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 record, each receiving 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 total record being set in similar circumstances, the same procedure will be adopted to determine the placing & record holder.
12. Starting weights for all three events shall be declared by all lifters at the weigh-in.
At World Single championships the 1 attempt must be equal or higher than the minimum qualification in the Single events.
(Amd. 2011 AGM). Changes of first attempts of each event may occur before each flight of first attempts, up to five (5) minutes before the starting time of those flights. Lifters are limited to changing their opening attempts only **ONCE** by a **MAXIMUM** of 20 kgs.
(Amd. 2006 AGM). **NO** changes are permitted in the second and third attempts - with the exception made for the **third attempt deadlift** which may be changed twice.
13. Lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition.
14. The start of the Weigh-In of the first contested weight class marks the **DEADLINE** for the acceptance of National Team Rosters and for "Category" changes. From that time on, **NO** Team Rosters may be accepted and **NO CATEGORY CHANGES MAY BE MADE** (Amd. 2004 AGM).

VI. ORDER OF COMPETITION - the ROUNDS SYSTEM

A. General

1. The Rounds System is mandatory at all WDFPF Sanctioned Competitions.
2. Notification of attempts: At the weigh-in, the lifter or coach must declare starting weights for all three events.
 The starting attempt is allowed to be changed **ONLY ONCE**. (First flight lifters may change the opening attempt up to five (5) minutes before the first round for that lift. Lifters in the following flights may change the opening attempt up to the time when **NOT LESS** than five (5) attempts remain in the previous flight. Opening attempts must be entered on the appropriate "first attempt" portion of the lifter's score card, signed by the lifter or coach and retained by the official conducting the weigh-in.
3. The lifter will then be given additional blank attempt cards for use during the competition. Three (3) each for the **Squat** and **Bench Press** (providing for the possibility of a record setting 4th attempt), and five (5) for the **Deadlift** (providing for the possibility of two (2) changes of the third attempt, and for the possibility of a record setting 4th attempt). The cards for each event should be distinguished by using different colors.

- 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 expediter or other appointed official within the one minute time allowance. The same procedure is to be used for third attempts in all three events; also for record setting fourth attempts. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. If no weight is submitted within the one minute time allowance, the lifter will forfeit their next attempt. Under the round system, the need for numerous marshals is eliminated. The attempt card must be handed directly to the designated expediter. (The expediter should have extra attempt cards available for emergency purposes.)
- Examples of attempt cards:

SQUAT: Print name: _____			BENCH: Print name: _____			DEAD L: Print name: _____		
1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____		4th	_____		4th	_____		4th
Signed: _____			Signed: _____			Signed: _____		

- 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 that 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 follow the third attempt rotation. The flight would then vacate the platform, allowing the next flight of lifters to compete in that event. If there is only one flight of lifters in a session, that flight would move into a warm-up area to prepare for the next event. Each event would follow the format explained above.
- 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.
- Lifting order will be determined by the weight on the bar and Lot Numbers. 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.
- A lifter is permitted one change of weight on the first attempt of each event. The change of weight may be higher or lower than that originally submitted, and the order of lifting in the first round will be changed accordingly. If the lifter is in the first flight, this change may take place at any time up to within five 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.
- Weights submitted for second and third round attempts in the squat and bench press may not be changed.
- 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 Jury. The "repeated attempt" would be taken at the end of the current round. If the error occurs on the last lifter of a round, the lifter will be allowed a three (3) minute rest before repeating the attempt.
- 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. However, these are only permitted provided that the lifter has not been called to the bar already loaded to the previously submitted weight.
- If a lifting session 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 organization.

B. Flight Formation:

- 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 organizer for purpose of presentation.

2. Grouping shall be determined by examining the lifters best totals achieved at national or international level during the previous 12 months. The lifters with the lowest totals will form the first flight to lift, with progressively higher totals forming further flights as necessary.
3. If unsuccessful with an attempt, the lifter does not follow themselves, but must wait until the next round before they can attempt that weight again.
4. When two or more flights take part in a session upon a single platform, lifting will be organized on a flight repetition basis. No time interval will be allowed between rounds other than that necessary for preparing the platform for the next event.

For example, if there are two groups (flights) taking part in a session, the first flight will complete all three squat attempts. They will be followed immediately by the second flight which will complete their three squat attempts. The platform will then be set for the bench press and the first flight will complete their three bench press attempts, immediately followed by the second flight which will similarly complete their three attempts on the bench press. The platform will then be set up for the deadlift and the first flight will complete their three deadlift attempts, etc.

VII. CONDUCT OF COMPETITION:

A. OFFICIALS TO BE APPOINTED:

1. The **HEAD REFEREE IN CHARGE**: The Head Referee in Charge is appointed by the W.D.F.P.F. President under advisement from the Technical Committee, International Liaisons of member nations, and the Championships Director.
2. The **CHAMPIONSHIPS DIRECTOR APPOINTS THE FOLLOWING**:
 - a. Speaker/Announcer.
 - b. Time Keeper (Preferably a qualified referee) and an official clock.
 - c. Marshals/ Expeditors
 - d. Spotter/loaders.
 - e. Scorers.
 - f. Computer, Screens, computer Techs.
 - g. Other positions such as an additional set of expeditors and score keepers at the overhead projectors, personnel to run the weight-on-the bar signs, platform managers etc.
 - h. Additional officials may be appointed as required, e.g., doctors, paramedics, etc.
 - i. The Championships Director must supply "wall charts", which are to be continuously updated with LOAD of each attempt and an indication of PASSED/FAILED. The Wall Charts must be listed by WEIGHT CLASS, and include the following information: LIFTER'S NAME; NATION; LOT #; BODY WEIGHT; FORMULA; OPENING ATTEMPTS in each of the 3 events, and Categories of competition (OPEN and any other "category" entered).
3. The **HEAD REFEREE IN CHARGE APPOINTS THE FOLLOWING**:
 - a. Referees for each session and each event.
 - b. Records keepers.
 - c. Officials in charge of the Equipment Check.
 - d. Officials in charge of the Weigh-in.

B. RESPONSIBILITIES OF APPOINTED OFFICIALS:

1. 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.
2. 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.
3. Attempts announced by the speaker should then be displayed on "Wall Charts" or some type of scoreboard erected in a prominent position. For a list of minimum information to be included, refer to "A, 2.h".above.
4. 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 (1) 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 expeditor that one minute has elapsed following the attempt.

5. The lifter is allowed one minute in which to start his attempt after being called to the platform. If he does not start his attempt within this time allowance, the timekeeper will call "time" and the Chief Referee shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "no lift" and the attempt forfeited. When lifter start the attempt within the prescribed time allowance, the clock will be stopped.
6. Once a clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of an attempt, 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.
7. The definition of the start of an attempt depends upon the particular event being performed. In the Squat and the Bench Press, the start is to coincide with the referee's commencement signal. Refer to "Referee", Item 3. In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar from the platform.
8. The **Marshals/Expeditors** are responsible for collecting each attempt weight 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 Expediter, of the weight required for the next attempt. * After the one minute has elapsed, the lifter will be warned. After five (5) minutes have elapsed, the lifter has failed to declare the next attempt, that next attempt can be forfeited.
* This time will be monitored by the Marshal/ Expediter.
9. The **Spotters-Loaders** are responsible for loading and unloading the bar, adjusting equipment as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be less than two or more than five spotter-loaders on the platform.
10. When the lifter prepares for the attempt, the Spotter-Loaders may assist in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall **not** touch the lifter or the bar during the actual attempt, i.e., during the period of time that elapse between commencement and completion signals. The only exception to this rule being 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 and through no fault of their own, they may be awarded another attempt at the discretion of the referees at the end of the round.
11. The **Scorers** are responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees for each event sign the official score sheets, record certificates or any other document requiring signatures.
12. The **Records Keeper** is appointed by the Head Referee in charge of the Championship. When a record attempt is announced, the Records Keeper should immediately confirm the weight loaded on the bar, and compare it with the existing record. If the lift is successful, the Records Keeper should begin to fill out the record form or certificate for the lifter. The information needed may be found on the lifter's card or may be taken from the lifter. It is the responsibility of the Records Keeper to collect any birth certificates required in the claiming of age group records. *Note: Since 1993, all WDFPF records are taken directly from the Championships Table Score Sheets therefore "record forms" are no longer in use.*
13. Referees for each session; for each event; for Equipment Check and for Weigh-In: See Section VIII. (REFEREES).

C. PERSONS ALLOWED ON THE PLATFORM: During any competition taking place on a platform or stage, only the lifter, coach, members of the Jury, officiating referees and spotter-loaders will be allowed around the platform or on the stage. During the execution of an attempt, only the lifter, spotter-loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Jury, or Head Referee in charge. 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. (Amd. 1993 AGM)

D. ADJUSTING EQUIPMENT WHILE ON THE PLATFORM: A lifter shall not wrap or adjust their costume within the vicinity of the platform. The only exception to this rule is that the belt may be adjusted while on the platform.

E. LIFTING ORDER EXCEPTIONS: In International matches between two lifters or two nations contested in different bodyweight categories, the lifters may alternate irrespective of weight required for the attempts. The lifter requiring the lightest weight in the initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular event.

F. MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS: In WDFPF recognized competitions, the weight of the barbell must always be a multiple of 2.5kg. (The weight shall be announced in kilograms.) **Athletes who has set a ER or WR when there is no record available must raise the next attempt with minimum 2.5 kg or the next equivalent from 2.5 kg. (Amd.2011 AGM)**

Exceptions to this rule:

1. In a record attempt the weight of the barbell must be at least 500 grams in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition.
2. During the course of the competition, if a record attempt is requested that is not a multiple of 2.5kg, and it is requested within prescribed attempts, and the lifter performs a "Good Lift", then only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will appear on the record application; i.e., 233.0 kg requested for squat attempt on the lifter's second attempt - the lift is a "Good Lift" 232.5kg will be entered on the score sheet and 233.0 kg will be entered on the record application.

G. LOADING ERRORS or INCORRECT ANNOUNCEMENTS BY THE SPEAKER/ANNOUNCER:

The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. This decision will be given to the speaker who will make the appropriate announcement. **Examples of Errors in Loading:**

1. If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
2. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. The weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
3. 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; or if the platform is disarranged - 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.
4. If the speaker/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.
5. 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 an attempt because the speaker omitted to announce that lifter's appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take the attempt without rotating to the end of the round.

H. DISQUALIFICATION: Three unsuccessful attempts in any event will automatically eliminate the lifter from the competition.

I. 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.

J. DISQUALIFICATION OF THE LIFTER DUE TO PLATFORM TIME LIMITS: On completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

K. RULES CONCERNING INJURED LIFTERS: If during a competition a lifter suffers injury, the official doctor has the right of examination. If the doctor considers it inadvisable for the lifter to continue, the doctor may, in consultation with the Jury, insist upon the lifter retiring from the competition. The team manager or coach must be officially informed of such a decision.

L. 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.

M. 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 Jury (or referees, in the absence of a Jury) may disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both warning and disqualification.

N. APPEALS or COMPLAINT PROCEDURES:

1. In International competition all appeals against referee decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition, will be made in writing to the Jury. The appeal or complaint must be lodged with the Chairman of the Jury by the team manager, or by the team coach. This must be done immediately following the action for which the complaint is being filed.
2. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider an appeal/complaint verdicts. After due consideration and upon reaching majority verdict, the Jury will return and the chairman will inform the complainant of the decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body.
3. In the event of a complaint being made against a lifting member or an official of an opposing team, the written complaint shall be accompanied by the cash sum of \$75 or its equivalent in any currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the said sum may be retained and donated to the WDFPF at the discretion of the Jury.

O. 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.

P. RECOMMENDED ALLOWANCE OF ADDITIONAL REST BETWEEN ATTEMPTS: When small numbers of lifters compose 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 compose a flight the additional rest period should be similar to the time, which would be taken by 10 lifters competing.

Q. COMMUNICATION OF DECISIONS CONCERNING SPECIAL PROBLEMS: Any decisions concerning an attempt, the removal of a lifter or coach, or the granting of another attempt must be made known to the speaker/announcer, scorekeeper, coach and lifter as soon as such a decision is reached. The communication to be made by the Chair of the Jury or the Chief Referee.

VIII. REFEREES

A. DESIGNATION OF PLATFORM REFEREES: The referees shall be three in number, the Chief or Center Referee and two side referees. *Note: All referees assigned to "platform positions" must annually attend at least one REFEREE'S INSTRUCTION CLINIC/WORKSHOP where the WDFPF Rulebook will be reviewed (Amd.2004AGM).*

B. DUTIES OF THE CHIEF REFEREE: The Chief Referee is responsible for giving the necessary signals for all three attempts and for any decisions regarding loading errors or incorrect announcements by the Speaker/Announcer.

C. SIGNALS REQUIRED FOR THE LIFTING EVENTS:

1. The **Squat**: At the commencement of the attempt a visual signal consisting of a downward movement of the arm together with the audible signal of the command "**Squat**". The signal at the completion of the lift will be a visual signal consisting of a backward movement of the arm together with the audible signal of the command "**Rack**".
2. The **Bench Press**: When the bar is received at arm's length and in the lifter's control, the Chief Referee will give the "**Start**" signal. When the bar is motionless on the chest the Chief Referee will give the "hand clap or clapperboard signal" to indicate the "**upward press**" motion. When the bar is at arm's length with elbows extended the Chief Referee will give the "Rack" signal allowing for the completion of the attempt. If the lifter is **hearing impaired**, the Chief Referee may give a visual signal to the lifter. The signal at the completion of the attempt will be a visual signal consisting of a backward movement of the arm together with the audible signal of the command "**Rack**" (Amd. Postal Ballot, 1997).
3. The **Deadlift**: No signal is required for the commencement of the Deadlift. The signal at the completion of the attempt will be a visual signal consisting of a downward movement of the arm together with the audible signal of the command "**Down**".

D. COMMUNICATION ANNOUNCING THE PLATFORM REFEREE'S DECISION: Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a "good lift" and red for a "no lift". In the event that hand signals or flags have to be used instead of lights, such signals will be made immediately after the Chief Referee has called "show".

E. POSITIONING OF THE REFEREES ON THE PLATFORM: The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three events. However, the Chief Referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.

F. DUTIES OF THE REFEREES PRIOR TO THE COMPETITION: Before the competition, the referees shall jointly ascertain that:

1. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies, and defective equipment discarded.
2. The scales work correctly and are accurate. Certification of the scales must have been within 12 months previous to the championships date.
2. The lifters weigh-in within the limits of weight and time for the body weight category. All lifters in the category/categories must be present in the weigh-in area no later than the FIRST HOUR of the scheduled Weigh-in (Amd. 2007, AGM). All official weigh-ins to be carried out in the presence of three appointed referees.
4. The lifter's costumes and personal equipment comply with the rules in all respects. The equipment should be marked, and recorded on the lifter's score card or attempts card.

G. DUTIES OF THE REFEREES DURING THE COMPETITION: During the competition the referees must jointly ascertain the following:

1. The weight of the loaded bar agrees with the weight announced by the speaker/announcer. Referees may be issued loading charts for this purpose.
2. The lifter's costume and personal equipment on the platform are exactly as declared, examined and marked at the equipment check. If any referee has reason to doubt a lifter's integrity in this respect, they must, after completion of the attempt, 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 noted during the equipment check, the lifter will immediately be disqualified.

H. PROCEDURE OF A REFEREE OBSERVING LIFTING FAULTS: If during the execution of an attempt, a referee observes a fault sufficient to give cause for disqualification of the attempt, the procedure is as follows:

1. If the observer is a side referee, an arm shall be raised to call attention to the fault. If the Chief Referee or the other side referee are in agreement, this constitutes a majority opinion, 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.
2. 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 above.

I. PROCEDURES FOR INCORRECT STARTING POSITION OR BAR PLACEMENT DURING THE

SQUAT: 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 H, 1. 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. It is not required of the Chief Referee to explain the fault to the lifter. The lifter has the remainder of the un-expired time allowance in which to correct the position of the bar or the stance in order to receive the commencement signal.

J. REFEREE COMMENTARY FOLLOWING A LIFT: A lifter receiving a red light(s) for an attempt may go to or send their 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 why a red light was given. A lifter requiring further debate or knowledge, must leave the lifting area immediately and go to the Head Referee in charge of the competition, or the Chair of the Jury for further clarification or ruling. Referees may not receive any document or verbal account concerning the progress of the competition.

1. A referee shall not attempt to influence the decisions of the other referees.
2. The Chief Referee may consult with the side referees, the Jury or any other official as necessary in order to expedite the competition.

K. DUTIES OF THE REFEREES AFTER THE COMPETITION: After the competition, the three referees shall sign the official score sheets or any other documents requiring a signature.

L. IN INTERNATIONAL COMPETITION, referees will be selected by the Technical Committee. Nations will put forward a list of referees who they feel are suitable to officiate at international level (1988 AGM). International Referees must have passed a written and practical examination with a proficiency of 90%. In the absence of such an exam the original ruling operates.

1. Two referees of the same nationality cannot normally be selected to adjudicate the same category in a contest of more than two nations.
2. The selection of a referee to act as Chief Referee in one category does not preclude their selection as a side referee in another category.
3. Each nation may nominate WDFPF INTERNATIONAL referees to serve at the World Championships (Amd. 2007 AGM).

4. Referees and members of the Jury will be uniformly dressed as follows:
 - a. Men:
 - 1). Winter: Dark Blue Blazer with appropriate WDFPF logo emblem on left breast and Grey Trousers with a white shirt and tie.
 - 2). Summer: White Shirt and Grey Trousers, tie optional.
 - b. Women
 - 1). Winter: Dark Blue Blazer with appropriate WDFPF logo emblem on left breast and Grey Skirt or Trousers and a white blouse.
 - 2). Summer: Grey Skirt or Trousers and a white blouse.
5. The Jury shall determine whether winter or summer dress will be worn.
6. All officials must speak either English or French or be accompanied by an interpreter when acting as a referee on the platform (1994 AGM)

M. AWARDS CEREMONY, During the awards ceremony, the athlete must be dressed in sports clothing. (Amd.2011 AGM)

IX. JURY AND TECHNICAL COMMITTEE

A. 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 is 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. A reserve member shall be appointed for each jury.
3. The members of the Jury shall be International Referees.
4. Where possible, the members of the Jury shall all be from different nations with the exceptions of the WDFPF President and the Chair of the Technical Committee.
5. The function of the Jury is to ensure that the technical rules are correctly applied.
6. **JURY REPLACEMENT OF A REFEREE:** 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.
7. **REFEREE'S OPPORTUNITY FOR EXPLANATION:** 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.
8. **JURY PROTEST CARD SYSTEM:** 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.
9. **JURY AUTHORITY IN CORRECTIVE ACTIONS:** 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.
10. **JURY AUTHORITY CONCERNING REFEREE DECISIONS:** The Jury shall not at any time overrule or change the decisions of the referees.
11. **POSITIONING OF THE JURY:** The members of the Jury will be positioned to ensure an unimpeded view of the competition
12. **DUTIES OF THE JURY PRESIDENT:** 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.

B. WDFPF TECHNICAL COMMITTEE:

1. Will consist of elected or appointed volunteers representing a minimum of three (3) different nations. Duties to include review of rules & consideration of establishing an assigned bid rotation (Amd. 1996, AGM).
2. Will be entrusted with the examination of all requirements and proposals of a technical nature submitted to the WDFPF by the affiliated Federations.
3. Decisions are subject to approval of the WDFPF International Committee.
4. Appoints all the referees for WDFPF International Championships, and advises the WDFPF President on the appointment of the Head Referee in Charge.
5. Trains and examines future International Referees; instructs and re-examines existing International Referees.
6. Informs the WDFPF President and Secretary General as to which International referees are eligible to referee after examination or re-examination.
7. Organizes courses/clinics for referees before any important competition such as the World Championships. The expense for these courses/clinics will be borne by the organizing federations.
8. Proposes to the WDFPF Executive Committee, the termination of the referee card of an International Referee when it deems this necessary.
9. Publishes to the WDFPF Executive Committee material of a technical nature that deals with methods of training and performance of the Powerlifts.
10. Will be responsible for inspecting all competition and personal equipment, as defined in the WDFPF Rulebook, and equipment that has been submitted by various manufacturers for the sole purpose of being able to use the words "WDFPF Approved" in their commercial advertisement. If the item or items submitted meet all current WDFPF rules and regulations, a fee will be levied and a certificate of approval will be issued by the Technical Committee.
11. If, at any time after the certificate of approval has been issued, the manufacturer changes the design of the competition or personal equipment that was submitted previously for approval, and it no longer complies with current WDFPF rules and regulations, the WDFPF will withdraw approval subject to the recommendation of the Technical Committee. The WDFPF will not issue another certificate until changes in design have been corrected and it has been submitted to the Technical Committee for re-inspection.

X. RECORDS

A. International Records: may only be set at WDFPF Sanctioned competitions (see Section 1. General Rules, G. Competitive Sanctions) and at National championships held under WDFPF Rules providing that a minimum of 10% of lifters are drug tested by the urinalysis method (1992 Postal Ballot), in a **WADA RECOGNIZED LAB** and under the following conditions:

1. The lifter must have fulfilled the weigh-in rules by establishing official body weight within the 2 hours prior to the start of the competition.
2. The referees or the Technical Committee must have checked that the barbell and discs conform to WDFPF specifications, prior to the competition.
3. Following the successful record setting attempt, the lifter must be subject to inspection by the three adjudicating International Referees. Refer to "Costume and Personal Equipment".
4. The competition must be held under the sanction of a National Federation affiliated with the WDFPF.
5. Each of the adjudicating referees must be a current WDFPF International Referee and be a member of a National Federation affiliated to the WDFPF.
6. The good faith and competence of referees of all member nations is beyond dispute. Consequently, an international record can be assured by referees of the same nation.

7. A record can only be accepted if performed in a contest where drug testing was carried out to the current requirements of the WDFPF. Records will only be recognized if a minimum of 10% of the competitors are drug tested by the urinalysis method (Amd. 1992 by postal ballot).
8. The complete Records Claims Package including the official WDFPF Score Sheet signed by the adjudicating International Referees, a copy of the current scales certificate and age verification where necessary, must be submitted to the WDFPF Secretary General & Records Keeper within one calendar month of the date of the record setting competition.
9. Lifters who are not taking part in the full competition are not permitted to attempt to set records in individual events.
10. In the event that two lifters break either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If body weights are identical, the lifters are to be re-weighed immediately following the competition. If during the re-weigh, both lifters weigh the same, both will be record holders.
11. New records are only valid if they exceed the previous record by a minimum of 500 grams. Fractions of 500 grams must be ignored; e.g. 87.700 kg would be registered as 87.500 kg. The addition of "record discs" of .25 grams or .5 grams is only permissible for attempts on international records. (Amd. 2000 AGM)
12. Records set in individual events will only be valid if the lifter makes a total in the competition.
13. World Records may only be set by lifters reaching the WDFPF Qualification Totals for World Championships. (Amd. 2006 AGM)
14. Not only International records, but National and Regional records broken under the same conditions as International records, shall be recognized and registered by National organizations.
15. International records are valid if the squat, bench press and deadlift techniques, as well as the costume and personal equipment of the lifter, are in complete compliance with WDFPF rules.
16. International records may be set in National Championships that follow WDFPF rules regardless if a Jury is present.
17. At "combined" championships where SINGLE EVENT competitions are held on the same occasion as THREE-EVENT with TOTAL POWERLIFTING competitions, it is NOT permissible for individual lifts attained in the powerlifting section to be re-registered for inclusion in a single event section. "Single Event" Records are only acceptable when established or broken during the course of a Single Event Championships or section. (Amd. 2000 AGM)

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

1. Only lifters actually taking part in a competition may attempt records as fourth attempts outside the competition.
2. A lifter may be granted a fourth attempt only for purposes of setting an international record, at the discretion of the Jury or Chief Referee in the absence of a Jury, if the third attempt was successful and within 20 kg. of the current record. In no case will further additional attempts be granted. (Amd. 2000 AGM)
3. In no circumstances may lifters not taking part in the full competition be permitted to attempt records in individual events.

Official International Records for the "Powerlifting" Total will be recognized subject to the following:

1. The record will only be valid if set during a WDFPF sanctioned or recognized competition.
2. The record will only be valid if set by a lifter registered with a WDFPF affiliated nation.
3. The record will only be valid if the bar and discs used in the competition have been weighed before the competition, meeting WDFPF weight constraints.
4. The record will only be valid for the body weight category of the lifter as determined at the official weigh-in.
5. No fourth attempts made within any of the three (3) events may be included in the total.

APPENDIX A:

SCHWARTZ FORMULA IN KILOGRAMS

The Schwartz formula (SF)* is presented as a table of coefficients. Each lifter has a coefficient determined by body weight (BW). Since the table is graduated in one-tenth kilogram intervals, it may be necessary to interpolate. For example, the coefficient for lifters with body weights 74.5 and 74.6 are 0.6680 and 0.6673 from the table. Thus for a lifter with a body weight of 74.55 the coefficient is interpolated as 0.66765.

1. To determine the "Best Lifter" multiply each lifters coefficient by his total. The resulting factor is his Schwartz Formula total (SFT). The lifter with the highest SFT is considered the "Best Lifter"
2. 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.
3. 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".

* Revised October 1978 by Lyle Schwartz, Professor of Materials Science and Engineering, Northwestern University, U.S.A. Earlier forms are obsolete after that date.

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	.9156	.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

Schwartz Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
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	.5893	.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
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

Schwartz Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
115	.5314	.5313	.5312	.5311	.5310	.5309	.5309	.5308	.5307	.5306
116	.5305	.5304	.5303	.5302	.5302	.5301	.5300	.5300	.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	.4939	.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
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

Schwartz Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
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	.4808
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	.45947	.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:

The Malone formula is the official formula for use with female lifters and will be used at all contests with women's divisions for Best Lifter and "Champion of Champions"

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	1.8713
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	.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
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

Malone Formula Continued:

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
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	.6879	.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	.5898
103	.5896	.5893	.5890	.5887	.5884	.5881	.5878	.5875	.5872	.5869
104	.5866	.5863	.5861	.5858	.5855	.5852	.5849	.5846	.5843	.5840
105	.5837	.6934	.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
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

WDFPF Minima " World Single Event " Championships

WOMENS' SQUAT - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	40	45	50.0	55.0	60.0	57.5	55	52.5	50.0	47.5	42.5	37.5	35.0	32.5	30.0	
47.5	42.5	47.5	52.5	57.5	65.0	62.5	60	57.5	55.0	52.5	47.5	42.5	37.5	35.0	32.5	
50.5	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5	
53	47.5	52.5	57.5	62.5	70.0	67.5	65	62.5	60.0	57.5	52.5	47.5	42.5	37.5	35.0	
55.5	47.5	52.5	57.5	65.0	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	40.0	35.0	
58.5	52.5	57.5	62.5	70.0	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	
63	55	60	67.5	75.0	82.5	77.5	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	
70	57.5	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	
80	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0	
90	72.5	80	87.5	97.5	107.5	102.5	97.5	92.5	87.5	82.5	75.0	67.5	60.0	55.0	50.0	
90+	77.5	85	95.0	105.0	117.5	112.5	107.5	102.5	97.5	92.5	82.5	75.0	67.5	60.0	55.0	

WOMENS' BENCH PRESS - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	25	25	27.5	30.0	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0	
47.5	25	27.5	30.0	32.5	35.0	32.5	30	27.5	25.0	25.0	25.0	25.0	25.0	25.0	25.0	
50.5	27.5	30	32.5	35.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	25.0	
53	27.5	30	32.5	35.0	40.0	37.5	35	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	
55.5	30	32.5	35.0	37.5	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	25.0	
58.5	30	32.5	35.0	40.0	45.0	42.5	40	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	
63	32.5	35	37.5	42.5	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	
70	32.5	35	40.0	45.0	50.0	47.5	45	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	
80	37.5	42.5	47.5	52.5	57.5	55.0	52.5	50.0	47.5	45.0	40.0	35.0	32.5	30.0	27.5	
90	40	45	50.0	55.0	60.0	57.5	55	52.5	50.0	47.5	42.5	37.5	35.0	32.5	30.0	
90+	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5	

WOMENS' DEAD LIFT - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	47.5	52.5	57.5	65.0	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	40.0	35.0	
47.5	52.5	57.5	62.5	70.0	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	
50.5	55	60	67.5	75.0	82.5	77.5	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	
53	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0	
55.5	60	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	
58.5	62.5	70	77.5	85.0	95.0	90.0	85	80.0	75.0	72.5	65.0	57.5	52.5	47.5	42.5	
63	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0	
70	72.5	80	90.0	100.0	110.0	105.0	100	95.0	90.0	85.0	77.5	70.0	62.5	57.5	52.5	
80	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5	
90	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	
90+	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	

WDFPF Minima " World Single Event " Championships

MENS' SQUAT - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5
56	80	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5
60	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
67.5	97.5	107.5	120.0	132.5	147.5	140.0	132.5	125.0	120.0	115.0	102.5	92.5	82.5	75.0	67.5
75	107.5	120	132.5	147.5	162.5	155.0	147.5	140.0	132.5	125.0	112.5	102.5	92.5	82.5	75.0
82.5	115	127.5	142.5	157.5	175.0	167.5	160	152.5	145.0	137.5	125.0	112.5	102.5	92.5	82.5
90	122.5	135	150.0	167.5	185.0	175.0	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0
100	125	140	155.0	172.5	192.5	182.5	172.5	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0
110	132.5	147.5	162.5	180.0	200.0	190.0	180	170.0	162.5	155.0	140.0	125.0	112.5	102.5	92.5
125	137.5	152.5	170.0	187.5	207.5	197.5	187.5	177.5	167.5	160.0	145.0	130.0	117.5	105.0	95.0
145	142.5	157.5	175.0	195.0	217.5	207.5	197.5	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0
145+	147.5	165	182.5	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5

MENS' BENCH PRESS - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	50	55	60.0	67.5	75.0	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5
56	55	60	67.5	75.0	82.5	77.5	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5
60	57.5	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5
67.5	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0
75	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5
82.5	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5
90	82.5	92.5	102.5	115.0	127.5	120.0	115	110.0	105.0	100.0	90.0	80.0	72.5	65.0	57.5
100	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
110	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
125	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
145	100	110	122.5	135.0	150.0	142.5	135	127.5	120.0	115.0	102.5	92.5	82.5	75.0	67.5
145+	102.5	115	127.5	142.5	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5

MENS' DEAD LIFT - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	82.5	92.5	102.5	112.5	125.0	120.0	115	110.0	105.0	100.0	90.0	80.0	72.5	65.0	57.5
56	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
60	95	105	117.5	130.0	145.0	137.5	130	122.5	117.5	112.5	102.5	92.5	82.5	75.0	67.5
67.5	107.5	120	132.5	147.5	165.0	157.5	150	142.5	135.0	127.5	115.0	102.5	92.5	82.5	75.0
75	120	132.5	147.5	162.5	180.0	170.0	162.5	155.0	147.5	140.0	125.0	112.5	102.5	92.5	82.5
82.5	125	140	155.0	172.5	192.5	182.5	172.5	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0
90	135	150	167.5	185.0	205.0	195.0	185	175.0	167.5	160.0	145.0	130.0	117.5	105.0	95.0
100	140	155	172.5	192.5	215.0	205.0	195	185.0	175.0	167.5	150.0	135.0	122.5	110.0	100.0
110	147.5	162.5	180.0	200.0	222.5	212.5	202.5	192.5	182.5	172.5	155.0	140.0	125.0	112.5	102.5
125	152.5	170	190.0	210.0	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5
145	155	172.5	192.5	215.0	240.0	227.5	215	205.0	195.0	185.0	167.5	150.0	135.0	122.5	110.0
145+	165	182.5	202.5	225.0	250.0	237.5	225	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0

WDFPF Minima " World Single Event " Championships

WOMENS' SQUAT - EQUIPPED

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

WOMENS' BENCH PRESS - EQUIPPED

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

WOMENS' DEAD LIFT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	52.5	57.5	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5
47.5	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0
50.5	57.5	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5
53	60	67.5	75.0	82.5	92.5	87.5	82.5	77.5	72.5	70.0	62.5	57.5	52.5	47.5	42.5
55.5	65	72.5	80.0	87.5	97.5	92.5	87.5	82.5	77.5	72.5	65.0	57.5	52.5	47.5	42.5
58.5	67.5	75	82.5	92.5	102.5	97.5	92.5	87.5	82.5	77.5	70.0	62.5	57.5	52.5	47.5
63	72.5	80	90.0	100.0	110.0	105.0	100	95.0	90.0	85.0	77.5	70.0	62.5	57.5	52.5
70	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5
80	85	95	105.0	117.5	130.0	122.5	117.5	112.5	107.5	102.5	92.5	82.5	75.0	67.5	60.0
90	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
90+	100	110	122.5	135.0	150.0	142.5	135	127.5	120.0	115.0	102.5	92.5	82.5	75.0	67.5

WDFPF Minima " World Single Event " Championships

MENS' SQUAT - EQUIPPED

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

MENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0
56	60	67.5	75.0	82.5	92.5	87.5	82.5	77.5	72.5	70.0	62.5	57.5	52.5	47.5	42.5
60	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0
67.5	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5
75	80	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5
82.5	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
90	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
100	97.5	107.5	120.0	132.5	147.5	140.0	132.5	125.0	120.0	115.0	102.5	92.5	82.5	75.0	67.5
110	102.5	112.5	125.0	137.5	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0
125	102.5	115	127.5	142.5	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5
145	107.5	120	132.5	147.5	165.0	157.5	150	142.5	135.0	127.5	115.0	102.5	92.5	82.5	75.0
145+	112.5	125	137.5	152.5	170.0	162.5	155	147.5	140.0	132.5	120.0	107.5	97.5	87.5	80.0

MENS' DEAD LIFT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
56	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
60	102.5	112.5	125.0	137.5	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0
67.5	112.5	125	140.0	155.0	172.5	165.0	157.5	150.0	142.5	135.0	122.5	110.0	100.0	90.0	80.0
75	125	137.5	152.5	170.0	187.5	177.5	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0
82.5	132.5	147.5	165.0	182.5	202.5	192.5	182.5	172.5	165.0	157.5	142.5	127.5	115.0	102.5	92.5
90	140	155	172.5	192.5	215.0	205.0	195	185.0	175.0	167.5	150.0	135.0	122.5	110.0	100.0
100	147.5	165	182.5	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5
110	152.5	170	190.0	210.0	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5
125	157.5	175	195.0	217.5	242.5	230.0	217.5	207.5	197.5	187.5	170.0	152.5	137.5	125.0	112.5
145	167.5	185	205.0	227.5	252.5	240.0	227.5	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0
145+	172.5	192.5	215.0	237.5	265.0	252.5	240	227.5	215.0	205.0	185.0	167.5	150.0	135.0	122.5

WDFPF POWERLIFTING MINIMA'S

W.D.F.P.F. MINIMA'S POWERLIFTING UNEQUIPPED WOMEN

	T1	T2	T3	JR	SR	M1	M2	M3	M4	M5	M6	M7	M8	M9
44	102,5	112,5	125	140	155	147,5	140	132,5	125	120	115	110	105	100
47,5	115	127,5	142,5	157,5	175	167,5	160	152,5	145	137,5	130	122,5	117,5	112,5
50,5	125	137,5	152,5	170	190	180	170	162,5	155	147,5	140	132,5	125	120
53	132,5	147,5	162,5	180	200	190	180	170	162,5	155	147,5	140	132,5	125
55,5	140	155	172,5	192,5	215	205	195	185	175	167,5	160	152,5	145	137,5
58,5	150	167,5	185	205	227,5	215	205	195	185	175	167,5	160	152,5	145
63	155	172,5	192,5	215	240	227,5	215	205	195	185	175	167,5	160	152,5
70	170	187,5	207,5	230	255	242,5	230	217,5	207,5	197,5	187,5	177,5	167,5	160
80	177,5	197,5	220	245	272,5	260	247,5	235	222,5	212,5	202,5	192,5	182,5	172,5
90	192,5	215	240	267,5	297,5	282,5	267,5	255	242,5	230	217,5	207,5	197,5	187,5
90+	207,5	230	255	282,5	315	300	285	270	257,5	245	232,5	220	210	200

W.D.F.P.F. MINIMA'S POWERLIFTING EQUIPPED WOMEN

	T1	T2	T3	JR	SR	M1	M2	M3	M4	M5	M6	M7	M8	M9
44	117,5	130	145	160	177,5	167,5	160	152,5	145	137,5	130	122,5	117,5	112,5
47,5	132,5	147,5	162,5	180	200	190	180	170	162,5	155	147,5	140	132,5	125
50,5	140	155	172,5	192,5	215	205	195	185	175	167,5	160	152,5	145	137,5
53	150	167,5	185	205	227,5	215	205	195	185	175	167,5	160	152,5	145
55,5	160	177,5	197,5	220	245	232,5	220	210	200	190	180	170	162,5	155
58,5	172,5	192,5	212,5	235	260	247,5	235	222,5	212,5	202,5	182,5	182,5	172,5	165
63	177,5	197,5	22	245	272,5	260	247,5	235	222,5	212,5	202,5	192,5	182,5	172,5
70	192,5	212,5	235	260	290	25	262,5	250	237,5	225	215	205	195	185
80	205	227,5	252,5	280	310	295	280	265	252,5	240	227,5	215	205	195
90	222,5	247,5	275	305	337,5	320	305	290	275	262,5	250	237,5	225	215
90+	237,5	262,5	292,5	325	360	342,5	325	310	295	280	265	252,5	240	227,5

W.D.F.P.F. MINIMA'S POWERLIFTING UNEQUIPPED MEN

	T1	T2	T3	JR	SR	M1	M2	M3	M4	M5	M6	M7	M8	M9
52	212,5	235	260	287,5	320	305	290	275	262,5	250	237,5	225	215	205
56	230	255	282,5	321,5	347,5	330	312,5	297,5	282,5	267,5	255	242,5	230	217,5
60	247,5	275	305	337,5	375	357,5	340	322,5	307,5	292,5	277,5	262,5	250	237,5
67,5	275	305	337,5	375	417,5	397,5	377,5	357,5	340	322,5	307,5	292,5	277,5	262,5
75	302,5	335	372,5	412,5	457,5	435	412,5	392,5	372,5	355	337,5	320	305	290
82,5	320	355	395	440	490	465	442,5	420	400	380	360	342,5	325	310
90	340	377,5	420	467,5	520	495	470	447,5	425	405	385	365	347,5	330
100	360	400	445	495	550	522,5	497,5	472,5	450	427,5	405	385	365	347,5
110	372,5	415	460	510	567,5	540	512,5	487,5	462,5	440	417,5	397,5	377,5	357,5
125	382,5	425	472,5	525	582,5	552,5	525	500	475	452,5	430	407,5	387,5	367,5
145	400	445	495	550	610	580	550	522,5	497,5	472,5	450	427,5	405	385
145+	417,5	462,5	512,5	570	632,5	600	570	542,5	515	490	465	442,5	420	400

W.D.F.P.F. MINIMA'S POWERLIFTING EQUIPPED MEN

	T1	T2	T3	JR	SR	M1	M2	M3	M4	M5	M6	M7	M8	M9
52	237,5	265	295	327,5	362,5	345	327,5	310	295	280	265	252,5	24	227,5
56	260	287,5	320	355	395	375	357,5	340	322,5	307,5	292,5	277,5	262,5	252
60	280	310	345	382,5	425	405	385	365	347,5	330	312,5	297,5	282,5	267,5
67,5	312,5	347,5	385	427,5	475	452,5	430	407,5	387,5	367,5	350	322,5	315	300
75	340	377,5	420	467,5	520	495	470	447,5	425	405	385	365	347,5	330
82,5	367,5	407,5	452,5	502,5	557,5	530	502,5	477,5	452,5	430	407,5	387,5	367,5	350
90	387,5	430	477,5	530	590	560	532,5	505	480	455	432,5	410	390	370
100	412,5	457,5	507,5	562,5	625	595	565	537,5	510	485	460	437,5	415	395
110	422,5	470	522,5	580	645	612,5	582,5	552,5	525	500	475	452,5	430	407,5
125	437,5	485	537,5	597,5	662,5	630	597,5	567,5	540	512,5	487,5	462,5	440	417,5
145	457,5	507,5	562,5	625	695	660	627,5	595	565	537,5	510	485	460	437,5
145+	472,5	525	582,5	647,5	720	685	650	617,5	587,5	557,5	530	502,5	477,5	452,5