



Update 2021

**Bye-Laws, Rules &
Regulations**

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INTRODUCTION

British Drug Free Powerlifting Association, abbreviated as BDFPA, is the operating name of Drug Free Powerlifting Ltd, a company limited by guarantee and incorporated on 9th January 2019, registration number 11758041.

1. GOVERNANCE

In accordance with company law, the company's governance arrangements are set out in the Articles of Association (Articles).

Using powers of delegation conferred to the directors by the Articles, the day-to-day business of BDFPA is undertaken by the BDFPA Executive and National Council.

These Bye-laws, Rules & Regulations are created by the National Council in accordance with the powers delegated to them by the directors and in furtherance of the objects of BDFPA, as stated in the Articles.

Unless the context requires otherwise, the definitions of the Articles shall apply to these Byelaws, Rules & Regulations.

For avoidance of doubt, if any Bye-law, Rule or Regulation conflicts with the Articles then the provisions of the Articles will take precedence.

BDFPA EXECUTIVE

The company's first BDFPA Executive was appointed by the directors on incorporation, mirroring the Executive of the previously unincorporated British Drug Free Powerlifting Association.

Executive positions are guided by Terms of Reference as defined by the President and accepted by each incumbent.

As BDFPA directors are required to hold an executive position and the appointment of directors is for a period of 3 years, so too are all BDFPA Executives appointed for period of 3 years.

All BDFPA Executives may be appointed for successive terms of office.

Other than a retiring Executive Officer who offers themselves for re-election, nominations for Executive positions must be made by a National Council member and seconded by another National Council member.

The President may only be relieved of his or her position by a vote of no confidence, instigated in the light of extenuating circumstances. Under such circumstances the President will stand down from the Chair and his or her place will be taken by an officer elected by those present and entitled to vote, for the duration of the meeting.

The BDFPA Executive shall be affirmed at the AGM.

NATIONAL COUNCIL

The company's first National Council (NC) was appointed by the directors on incorporation, mirroring the National Council of the previously unincorporated British Drug Free Powerlifting Association.

In addition to managing the day-to day operations of BDFPA in furtherance of the

BDFPA objects, the Articles pose specific responsibilities on the NC via majority vote:

Article 5.1 – determine divisional boundaries

Article 5.7 – affiliate to WDFPF or other drug free international bodies

Article 22.4 – decide changes to Executive positions

Article 22.5 – allocation of Executive positions to individuals

Article 23.5 – approve admission of new NC members

Article 23.8 – remove NC member in accordance with this Article

Article 23.12 – invite a BDFPA member to speak at NC meeting

Article 25.2 – prescribe information to be collected on membership application form

Article 25.5 – accept or reject applications for membership

Article 26.7 – set membership fees for classes of membership

Article 26.8 – change membership fees for the following membership year

The National Council is a self-disciplining body.

There shall be no established order of succession to any National Council position.

Any member of the National Council may resign at any time by giving notice in writing to the President...

The National Council members, including divisional representatives, shall be affirmed at the AGM.

DIVISIONAL REPRESENTATIVES

All vacant National Council positions for a divisional representative will be advertised on the BDFPA Official Facebook group page, or other electronic location deemed appropriate by the President.

Where a member wishes to be considered for a vacant National Council position they should contact the President in the first instance.

Where a division has a recognised committee in place then that division, via the committee, may propose a divisional representative to join the National Council.

Divisional representatives are appointed for a continuous period.

CHANGE OF BYE-LAWS, RULES & REGULATIONS

Subject to item ? below, amendment to the Bye-laws, Rules & Regulations may only be made at the AGM or at a special general meeting called for that purpose.

Any amendment to the Bye-laws, Rules & Regulations will take effect 14 days after publication by the BDFPA.

Publication will be via the BDFPA website and any other electronic location, including social media, deemed appropriate by the Technical Secretary.

Rule changes will be highlighted in red during the first year of the change.

Any alteration to the WDFPF rules relating to Referees and Support Staff, Conduct of Competition Rules of Performance will automatically be adopted by the BDFPA (AGM 2019)

a. CONDITIONS OF MEMBERSHIP

1.

On completion of a membership application form or a membership renewal, whether online or hard-copy, all members pledge to:

1. support the drug control policy in force at the time
2. make themselves available for drug testing at short notice
3. notify the Membership Registrar of changes in personal details, including absence from home address for 14 days or more

Failure to comply with the above pledges could result in disciplinary procedures against the member concerned.

2. All members are expected to abide by the Bye-laws, Rules & regulations of the BDFPA and any failure to do so, including behaviour which would render a person ineligible for membership, will result in that member being subject to disciplinary procedures. This includes anti-social behaviour or any behaviour which may be considered to be obstructive or detrimental to either the smooth running or image of the BDFPA.

DISCIPLINARY PROCEDURES

1. The BDFPA Disciplinary Committee shall consist of two Executive Officers, plus one divisional representative from a different division to the person facing charges. In the event of an Appeal to a second Disciplinary Committee, this shall consist of two Executive Officers other than the original two, and one divisional representative from a different area and also different from the original one
2. Any complaint regarding undisciplined anti-social behavior likely to bring the BDFPA into disrepute will, in the first instance, be brought to the attention of the President, whose prerogative it is to decide whether the offence is of a nature to warrant a Warning of Conduct and to request a written letter of apology from the offender. If a satisfactory letter of apology is forthcoming, the matter is ended. If no letter of apology is forthcoming within 14 days of the request being received by Registered Letter, or if the apology is deemed to be unsatisfactory, the President shall consult all available members of the National Council to determine whether or not it is the majority view that the subject of the complaint warrants further disciplinary action. Where such action is considered by a majority of National Council members to be appropriate, the President may instruct a Disciplinary Committee to consider the matter and take whatever steps it deems necessary. In the event of a tied vote, the President shall make the decision whether or not to proceed with further disciplinary action. For procedures following notification of a positive test by drug control agencies, see '*Drug Control Procedures*'.

3. The Disciplinary Committee shall discuss the known facts and details, and consider the implications. If deemed appropriate it shall be empowered to ban the member permanently.
4. A banned member may not compete, referee or act in any official BDFPA capacity. A banned member may help or coach other lifters on a personal basis, but may only do so in official BDFPA warm up or lifting areas with the permission of the Technical Officer for the event. A banned members activities within his or her own club or training environment are not subject to the BDFPA's jurisdiction.
5. The BDFPA National Council shall be informed by the General Secretary of all decisions of a disciplinary nature. Prior to a Disciplinary Committee convening, a member accused of an offence shall be required to submit their case in writing, having been given at least 14 days' notice by Registered letter sent to the last known address. Failure on the part of the member to submit their case in writing will not prejudice the Committee's deliberations and the matter will be considered in the absence of the member's letter. If the member chooses to defend his/her actions by letter, this should be forwarded to the
6. A member thus banned by the Disciplinary Committee shall be informed by the General Secretary by registered letter of his/her right to appeal.
7. For subsequent action see '*Rights of Appeal*'.
8. It must be noted and emphasised that, where a member is banned from the BDFPA, this will in no way prejudice his affairs or dealing with the club or institution with which they may be connected by membership or ownership. Nor shall the BDFPA, by deed or implication, presume upon a banned member's continued membership of their registered club or institution. However, where a banned member's club or institution is promoting BDFPA proceedings that same banned BDFPA member may not enter into, take part in nor assist in any ancillary capacity in those same BDFPA proceedings (see paragraph 5).
9. The BDFPA and its Officers shall not harangue, criticise nor defame a banned member by public pronouncement or writings. Public pronouncement will only state the members punishment and for what reason. BDFPA Officials involved in disciplinary proceedings shall not publicly speculate further nor elaborate upon decisions made under their aegis.

RIGHTS OF APPEAL

1. Any member feeling aggrieved by the decisions or actions of the Disciplinary Committee, may appeal either to a second Disciplinary (Appeals) Committee (such a committee must be convened if specifically requested by the member concerned), or direct to the full National Council of the BDFPA – by lodging a letter of appeal with the General Secretary, not more than 14 days after notification of disciplinary action. The written appeal must be accompanied by a pledge of £20 which will be returned to the Appellant if the appeal is upheld and not considered to be of a frivolous nature. If no letter of appeal is received within 14 days of notification of disciplinary action, the decision of the Disciplinary Committee will be considered final and irrevocable.
2. The forwarding of an appeal letter and pledge does not confer any rights on the Appellant and he/she is deemed suspended from all BDFPA activities from the date of receiving notification of suspension or expulsion, until such time as his/her appeal is heard.
3. The second Disciplinary (Appeals) Committee or the National Council, are obliged to respond to the Appellant's grievance within 28 days of receiving his/her letter and financial pledge. If the Appellant has chosen to appeal to a second Disciplinary (Appeals) Committee, and if a specific meeting is to be convened, he/she shall be granted at least 14 days' notice of the precise date, time and venue of the hearing. The General Secretary shall discharge these details by Registered Letter. The BDFPA President will decide on the hearing date, time and venue. If the Appellant has chosen to appeal direct to the whole National Council, there will not normally be any meeting scheduled, but the Council will convene and deliberate by other means (such as electronic mail) to arrive at its decision.
4. The second Disciplinary (Appeals) Committee or the National Council, shall hear all the facts and evidence during which the Appellant is permitted to act as advocate in his/her own defence - or he/she may appoint any person to plead his/her defence on his/her behalf.
5. The decision of the second Disciplinary (Appeals) Committee or the National Council on Appeals shall be final and binding. The President shall instruct the National Council to act on the findings of the appeal and then instruct the General Secretary to inform the Appellant of the findings by Registered Letter.

DRUG CONTROL POLICY

The BDFPA is a governing body unequivocally committed to drug-free sport in general, and to drug-free powerlifting in particular. Accordingly, it is expected that all members, lifters and officials share these convictions, and that their total support for, and co-operation with, the drug control and testing policies of the Association can be relied upon.

DRUG ABUSE

1. Drug abuse is strictly forbidden and the BDFPA will ban for life any member found guilty of drug abuse, subject to a right of appeal as set out in the disciplinary rules.
2. Drug abuse is the use by, or distribution to, a sportsman or sportswoman (the competitor) of any substance defined as banned by the BDFPA (see paragraph 6). The identification of a substance and/or metabolites of a doping class in a competitor's urine or other sample will constitute an offence. Evidence of blood doping, pharmacological, chemical or physical manipulation may also be considered an offence which may be penalised.
3. Any member or potential member must, at any time if requested by the BDFPA Drug Control Secretary or other designated official, submit to a drug test at a moment's notice. Refusal to do so or indulging in any behavior considered by the Disciplinary Committee to be obstructive or lacking in co-operation prior to, during or following the giving of a urine sample or any other form of drug testing, will be considered a positive test. The BDFPA membership form which must be completed and signed by all members, includes a drug covenant clearly stating that a member agrees to do everything in his or her power to enhance and ease the practical aspects of the testing procedure. As such, a member's responsibility to co-operate does not start and end with the giving of a urine sample.
4. Any member found guilty of advising athletes or lifters on how to abuse drugs will be banned for life.
5. If, on analysis by a reputable body, a urine sample is found to contain a substance banned by the BDFPA, or indicates the use of any agent which the BDFPA considers as constituting drug abuse, this will be regarded as a positive test and is grounds for a life ban. Under exceptional circumstances the taking of a banned drug may be considered by the Disciplinary Committee or National Council, following an appeal, not to constitute drug abuse.
6. Banned substances are as detailed on the International Olympic Committee (IOC)/WDFPF list of banned substances, contained in the BDFPA Handbook (see Contents Page). The BDFPA reserves the right to add to or subtract from this list any substance which it feels is relevant or irrelevant to what constitutes drug abuse. The BDFPA will notify the Sports Council Doping Control Unit of any such alterations.
7. In the case of out-of-competition drug testing, the Disciplinary Committee will decide what drugs or what dosage of any given drug, constitutes drug abuse, in consultation with an official IOC accredited drug control body. Similarly the Disciplinary Committee may decide that following an in or out-of-competition drug test, the taking of what may be considered an excessive amount of a non-banned substance, constitutes drug abuse.
8. It is incumbent on all BDFPA members to check with the BDFPA Drug Control Secretary, The WADA Prohibited List, UKAD or GLOBADROL whether any substance they may wish to ingest, is on the banned list. The use of products which can be legally purchased may in some cases, still lead to drug test failures

(positive test results). Similarly, certain commercially available products described as 'nutritional supplements' may contain banned substances. Commercially available products are not exempt from the WDFPF list of banned substances (NC Ballot - July 2002). Members are considered personally responsible for ensuring that any medications or nutritional supplements which they use do not contain substances banned by the WDFPF and BDFPA. As a general rule, a claim by a member failing a drug test that he/she did not know that they had ingested a banned substance - will not be regarded as a valid defense. Ignorance of what constitutes a banned substance will not normally be considered grounds for an appeal against a ban for a positive drug test.

9. A list of suggested alternative medications (which do not contain banned substances) is maintained by GLOBADROL.
10. Any lifter, official or coach found guilty of drug abuse and banned for life, will have all records, titles and performances removed retrospectively.
11. All diabetics must inform the Drug Control Secretary of their condition so the BDFPA can test for insulin abuse. If a positive test for insulin is then recorded and the member has not informed the Drug Control Secretary, that member may be banned from the BDFPA for life. The BDFPA may also test for stimulants (1998 AGM).

DRUG CONTROL PROCEDURES

1. Drug testing shall be by urinalysis or any other method approved by the BDFPA, and wherever appropriate shall be conducted according to WDFPF rules and procedure.
2. Drug testing **in competitions** will be conducted as required. The testing of a minimum of 10% of the total number of competitors is mandatory at National or International competitions staged by the BDFPA (NC Ballot - July 2002).
3. Drug testing **out of competition** will be conducted both at random and wherever/whenever this is considered necessary, and as frequently as resources allow. Normally this will be without any prior warning or notice to the individual concerned. Out of competition tests conducted at divisional level will be by arrangement with the Drug Control Secretary.
4. The BDFPA reserves the right to conduct as many tests - in or out of competition - on any particular individual - as it sees fit.

5. The Association may choose either to take into account - or to ignore - a member's drug testing history in other organisations.
6. **Negative Test.** Subsequent to negative test results, the President will be notified in the first instance. The Newsletter Editor will then be notified so that the result may be published at the earliest opportunity.
7. **Positive Test.** Following notification of a positive test the Drug Control Secretary will notify the President, who will instruct the General Secretary to notify the person concerned, by registered letter to his or her last known address, that a banned substance has been found in the "A" sample - and provide copies of laboratory data.
8. The competitor should be invited to provide an explanation of the findings and should also be advised of his/her right to have the "B" sample analysed and of his/her right to attend or be represented at this analysis. At this stage the competitor will also be advised of a disciplinary hearing (which must take place not less than 14 days after receipt of this letter), and of his/her rights of defense (see 'Disciplinary Procedures' - no. 7).
9. Members of the Disciplinary Committee may convene a hearing at a specified location and at a specified date. (Such a meeting must be convened if specifically requested by the competitor). Alternatively, the Disciplinary Committee may convene to consider the case by other means of communication, such as electronic mail.
10. Analysis of the "B" sample should normally take place within 7 days of notification of a positive "A" sample. The competitor will also be notified that a positive "A" sample renders a competitor suspended from BDFPA activities from the date of notification to the date of the Disciplinary Hearing. If "B" sample analysis is requested to confirm the "A" sample finding, arrangements for sample analysis should be made by the Drug Control Secretary with the relevant drug control agency. If analysis of the "B" sample is not requested it will be assumed that the competitor accepts the result of the "A" sample analysis and he/she will be judged accordingly.
11. The Disciplinary Committee shall convene to decide whether the result of the drug tests or tests, constitutes drug abuse and the General Secretary will be informed of their conclusions. If the Disciplinary Committee decide that the competitor is guilty of drug abuse, the General Secretary will inform the competitor by registered letter to the last known address that his/her membership is suspended for the remainder of the current year and that from then on a life ban is imposed. The competitor will also be informed of his/her right to appeal (see Appeal Procedures).
12. The results of a positive drug test and penalties imposed by the Disciplinary Committee shall be published in the BDFPA Drugs Test page of the website at the earliest possible opportunity. Similarly the result of appeals will also be published at the earliest possible opportunity.
13. **Out of Competition. (OOC)**
14. The WDFPF or any of its affiliates will undertake OOC testing as required by the constitutional mandates required. When conducting an OOC test the WDFPF or any of its affiliates have the right to test any member at any time. When undertaking OOC testing the following procedures are to be followed:
15. Where possible the athlete is to receive NO notification of testing for OOC. This can be achieved by a recognised DCO arriving at the known address or gym of the

person to be tested. If the person is present they must undertake to provide a sample at that time. If the individual is unable to permit to such testing due to Work or Family commitments, that are deemed a suitable reason for not providing the test at that time, the individual is required to provide a sample within the next 24 hours in agreement with the DCO. (the only exception to this is if the person is not going to be available for the next 24 hours). If the individual is not at home the DCO may make other visits to try and obtain a test but may well choose to conduct future visits in line with 2 below.

16. If the DCO is unsure of the individual's routine or has excessive distance to travel and wishes to ensure the individual will be present they may contact the individual by Phone or e-mail to confirm their ability to undertake a test in the next 24 hours. If the individual fails to contact the DCO within 24 hours a further attempt is to be made, if another 24 hours expires with no contact (for no known reason) the matter is to be referred for disciplinary consideration and action.

17. As individuals are required to notify their National representative of any periods of absence from their address long absences should not be experienced nor be a surprise to the testing organisation when trying to conduct a test. Where the individual has failed to follow notification 17 procedures disciplinary action may be taken.

18. If on arrival or either a surprise visit or arranged visit as per 2 above, the individual refuses to provide a test, the DCO is to note the refusal on the COC document writing "REFUSAL" across the document, where possible the individual is to sign but it is recognised the individual may not wish to do so, this also is to be noted on the COC.

19. Notification of testing is then undertaken as per the WDFPF Rule book.

PENALTIES

1. Any member found guilty of drug abuse as detailed in the previous sections, shall receive a life ban from the BDFPA subject to the aforementioned procedures and rights of appeal.
2. The BDFPA regards Beta Blockers as acceptable medication. Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. The Disciplinary Committee will decide the penalty subject to the following criteria:
 - a. Up to 10ppm will result in a warning.
 - b. Over 10ppm 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 BDFPA involvement.
3. Under exceptional circumstances, a positive test for any substance on the BDFPA/WDFPF Banned List may not be regarded as drug abuse, subject to the Disciplinary Committee's decision.

DRUG CONTROL SECRETARY

1. The Drug Control Secretary is responsible to the National Council for the implementation of the BDFPA drug control and testing policy.
2. The Drug Control Secretary shall initiate all the testing procedures except where Divisional Sampling Officers, Government or other BDFPA approved agencies are in control. In this case the Drug Control Secretary will act as a liaison officer between such agencies and the BDFPA.
3. The Drug Control Secretary or an official designated by the Drug Control Secretary will ensure that everything possible is done to facilitate the sampling procedures. The Drug Control Secretary or an official appointed by the Drug Control Secretary, may carry out the urine sampling procedures but may not take samples from his/her own club members or members of his/her immediate family.
4. Other duties of the Drug Control Secretary include:
 - a. Obtaining drug testing kits and documentation for use as necessary.
 - b. Receiving all drug test results and related documentation.
 - c. Notification of drug test results to the President.
 - d. Where possible, the conduct &/or supervision of drug testing in national competition or at international events staged in the UK.
 - e. Registration and training of Divisional Sampling Officers.
 - f. Making such policy recommendations to the National Council as are appropriate in the light of updated knowledge and information on drug-related issues.
 - g. Liaising with approved laboratories as required.
 - h. Any relevant international contact on drug-related issues.

THERAPEUTIC USE EXEMPTIONS (TUEs)

If any BDFPA members have illnesses or conditions that require them to take particular medications that fall under the Prohibited List, a Therapeutic Use Exemption may give that member the authorisation to take the needed medicine. The World Anti-Doping Agency (WADA) has issued an International Standard for the granting of Therapeutic Use Exemptions. The criteria for granting TUEs are:

1. The athlete would experience significant health problems without taking the prohibited substance or method.
2. The therapeutic use of the substance would not produce significant enhancement of performance.
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

Any member wishing to apply for a TUE should contact the BDFPA Drug Control Secretary or President in the first instance.

Full details regarding the TUE scheme can be found on the WADA internet website www.wada-ama.org or UKAD (information only, all TUE's are submitted to the BDFPA President)

Additional Notes for Transgender Lifters concerning drugs testing procedures and requirements.

The BDFPA is progressive and inclusive organisation, along with the WDFPF, that welcomes any competitor to its membership. Its basis is on fair competition and as such its rules for membership and the requirement for any individual from any background are set to ensure that fair competition is maintained. As an inclusive organisation the BDFPA accepts that members of the transgender community may wish to participate at BDFPA or WDFPF events. The current BDFPA Policy regarding Transgender lifters (in line with the WDFPF) recognises the studies conducted by the IOC with regards to this subject and will mirror the guidelines set within the IOC recommendations coupled with additional criteria as indicated below:

1. Transgender lifters will be categorised in the sex that they have legally registered themselves as.
2. When undertaking drugs testing they will be tested by an Officer of the same sex as indicated by them above.
3. Where Female - Male reassignment has been undertaken the lifter must submit a TUE to the BDFPA indicating the medication they are prescribed. There are no other requirements under M-F.
4. Where Male – Female reassignment has been undertaken the individual must obtain a TUE as above but must also additionally provide proof that they have a testosterone level no greater than five nanomoles per litre of blood as per the IOC recommendations for transgender athletes.

Note: Any drugs testing results will examine the contents of any TUE application. This includes the actual medication and the levels as per the dosage permitted regarding treatment.

IOC/WDFPF LIST OF BANNED SUBSTANCES

A full list can also be viewed on the WADA internet website www.wada-ama.org.

Prohibited Classes of Substances and Prohibited Methods

Doping contravenes the ethics of both sport and medical science. Doping consists of:

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

The WDFPF regards Beta Blockers as acceptable medication.

ARTICLE I: PROHIBITED CLASSES OF SUBSTANCES

Prohibited substances fall into the following classes of substances:

- A. Stimulants
- B. Narcotics
- C. Anabolic Agents
- D. Diuretics
- E. Peptide and glycoprotein hormones and analogues

ARTICLE II: PROHIBITED METHODS

The following procedures are prohibited:

A. Blood doping

Blood doping is the administration of blood, red blood cells and related blood products to an athlete. This procedure may be preceded by withdrawal of blood from the athlete who continues to train in this blood depleted state.

B. Pharmaceutical, chemical and physical manipulation

Pharmaceutical, chemical and physical manipulation is the use of substances and of methods which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of urine samples used in doping controls, including, without limitation, catheterisation, urine substitution and or tampering, inhibition of renal excretion such as by probenecid and related compounds and epitosterone application.

The success or failure of the use of a prohibited substance or method is not material. It is sufficient that the said substance or procedure was used or attempted for the infraction to be considered as consummated.

ARTICLE III: CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

A. Alcohol

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for ethanol. The results may lead to sanctions.

B. Marijuana

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for cannabinoids (e.g. Marijuana, Hashish). The results may lead to sanctions.

C. Local Anaesthetics

Injectable local anaesthetics are permitted under the following conditions:

- a. That bupivacaine, lidocaine, mepivacaine, procaine, etc. are used but not cocaine. Vasoconstrictor agents (e.g. adrenaline) may be used in conjunction with local anaesthetics.

- b. Only local or intra-articular injections may be administered.
- c. Only when medically justified (e.g. the details including diagnosis) dose and route of administration must be submitted prior to the competition or immediately, if administered during the competition, in writing to the relevant medical authority.

D. Corticosteroids

The use of corticosteroids is banned except:

- a. For topical use (aural, dermatological and ophthalmological) but not rectal.
- b. By inhalation.
- c. By intra-articular or local injection.

The WDFPF regards Beta Blockers as acceptable medication.

The IOC Medical Commission has introduced mandatory reporting of athletes requiring corticosteroids by inhalation during competitions. Any team doctor wishing to administer corticosteroids by local or intra-articular injection, or by inhalation, to a competitor must give written notification prior to the competition to the relevant medical authority.

ARTICLE IV:

Except as specifically otherwise provided in the IOC Medical Code, the detected presence of any amount of substances in classes (A), (B), (C), (D) and (E) in respect of a test conducted in connection with a competition shall constitute a definitive case of doping. The quantity of the substance detected is not material to a definitive case of doping.

ARTICLE V:

The detected presence of ephedrine, pseudoephedrine, phenylpropanolamine and cathine in respect of a test conducted in connection with a competition shall constitute a prima facie case of doping. The person affected shall have the opportunity to rebut the presumption of doping by providing evidence that the substance was present under circumstances which, on a balance of probabilities, including the quantity of substance detected, would support a conclusion that doping was neither intended, nor the result of gross negligence, wilful negligence nor imprudence. In all cases, the onus of rebutting the presumption of doping, when the substance has been detected, shall rest with the person affected.

NB Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban, unless a second failure for the same. The WDFPF World Committee will decide the penalty subject to the following criteria:

1. Up to 10ppm will result in a warning.
2. Over 10ppm 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*).

ARTICLE VI:

Out-of-competition testing is directed solely at prohibited substances in Article I (A), (C), (D) and (E). The only positive results for purposes of out-of-competition testing and the application of the IOC Medical Code will be in respect of such classes of prohibited substances and pharmacological, chemical and physical manipulation (Article II (B)).

ARTICLE VII:

EXAMPLES OF PROHIBITED SUBSTANCES

CAUTION: This is not an exhaustive list and many substances that do not appear on this list are prohibited under the term "and related substances".

STIMULANTS

amineptine
amphetamine
cathine
cocaine
crotethamide
ephedrine
fenetylline
fenfluramine
heptaminol
methyldioxyamphetamine
mephentermine
methamphetamine
methoxyphenamine
methylephedrine

NARCOTICS

ethylmorphine
hydrocodone
morphine

**ANABOLIC STEROIDS/
BETA2-AGONISTS**

androstenedione
boldenone
clenbuterol
methyltestosterone
nandrolone
stanozolol
testosterone
trenbolone

DIURETICS

acetazolamide
bendroflumethiazide
bumetanide

MASKING AGENTS

epitestosterone
probenecid

PEPTIDE HORMINES

hCG
hGH

BDFPA DIVISIONS AND LEAGUES

For purposes of promoting and administering local competitions, the BDFPA is currently divided into the following regions or divisions:

NORTH-EAST: Yorkshire/N. Humberside/Cleveland/Durham/
Northumberland (incl. Tyne & Wear)

NORTH-WEST: Lancashire/Cumberland/Westmoreland/Isle of Man

NORTH MIDLANDS: Cheshire/Derbyshire/Nottinghamshire/Lincolnshire/
S. Humberside

WEST MIDLANDS: Shropshire/Staffordshire/Worcestershire/Herefordshire/
Warwickshire/Gloucestershire/West Midlands

EAST MIDLANDS: Hertfordshire/Buckinghamshire/Oxfordshire/
Northamptonshire/Leicestershire

SOUTHERN: Berkshire/Wiltshire/Hampshire/Dorset/Isle of Wight/
Channel Islands

EASTERN: Norfolk/Suffolk/Essex/Cambridgeshire/Bedfordshire

SOUTH-WEST: Cornwall/Devon/Somerset

SOUTH-EAST Greater London/Surrey/Kent/Sussex

SCOTLAND

WALES

NORTHERN IRELAND

NB These boundaries are subject to change should the National Council deem it necessary. The Association may from time to time create or disband divisional associations, or re-define divisional boundaries at its discretion.

Members who are unclear as to the division in which they reside should contact a member of the BDFPA Executive for clarification.

1. Where possible each Division shall be constituted and its affairs carried out in accordance with By-Laws in that behalf to be made by the National Council, and shall have such powers and duties as the National Council may from time to time think fit.
2. A Divisional Council may be elected by members residing in the territorial area of such Division. The method of election and the respective number of the divisional councillors shall from time to time be laid down by the National Council.
3. The National Council may at any time form, reconstruct or disband any divisional Council, and either call a General Meeting of the division to elect a new Divisional Council or nominate such members from members of the Division as they deem sufficient, to act as the new Divisional Council.
4. Members who change their residential address from one Divisional area to another may only vote at one Divisional AGM per year.
5. A Divisional Council may make Divisional By-Laws for the management of divisional business provided that such By-Laws shall not override, contravene or be inconsistent with any Article, By-Law, Standing Order or Rule governing

performance of the Association. The National Council shall have the power at any time to vary or rescind any Divisional By-Laws.

6. The point at which divisional affairs cease to be administered by an appointed 'divisional representative' and are administered by a Divisional Council - and subject to the consultation of divisional members - shall be determined by the BDFPA Executive Council (1996 AGM).
7. No Division or Divisional Council shall have any power to pledge the credit of the Association, not incur any liability whatsoever on behalf of, or in the name of the Association without the consent in writing of the National Council first having been obtained.
8. Divisional Representatives to National Council: (See 'National Council Officers & Divisional Representatives' - no. 8).
9. Clubs or members may group themselves into a league for the purpose of holding powerlifting matches or competitions and other activities subject to compliance with the Constitution and By-Laws of the Association and approval by the National Council.

THE DIVISIONAL AGM

1. Divisional Associations may hold an Annual General Meeting for the good and benefit of members within its division. Ideally, this shall be held at some time during the three months prior to 31st December every year. All members residing in the territorial area of the Division shall be entitled to attend the General Meeting of that Division. Such meetings must be advertised to all current members within the division, giving at least 30 days' notice, and notification of a provisional agenda.
2. Each member attending shall prove their divisional status and sign the attendance register before entering the meeting.
3. The business to be transacted at a General Meeting of a Division shall be:-
 - a. To receive the Secretary's Report.
 - b. To receive the Membership Registrar's Report.
 - c. To elect Divisional officers, including a Chairman for purposes of conducting the meeting.
 - d. To make recommendations to the Annual Meeting of the National Council to vary or add to the By-Laws, Standing Orders and rules governing performance of the Association.
 - e. To transact any other business.
4. All contested elections shall be by ballot.
5. A quorum for Divisional Meetings will be a majority of the elected officers.
6. Motions approved by simple majority at a Divisional AGM may be submitted to the BDFPA General Secretary for inclusion onto the agenda of the National AGM.

DIVISIONAL OFFICERS

Each Divisional Association may have the following officers:

- i. Divisional Secretary
- ii. Divisional Records Registrar
- iii. Divisional Representative for the BDFPA National Council (Elected by the NC)

In addition, at least one Drug Control (Sampling) Officer must be nominated for the division, and names submitted to the National Drug Control Secretary for approval. Divisional Sampling Officers will be trained by arrangement with the National Drug Control Secretary or the National Executive Council.

DIVISIONAL ASSOCIATIONS - OBJECTIVES AND FUNCTIONS

1. To promote the sport of powerlifting, by organising at least one divisional competition each year. Additionally, other events such as county championships/inter-club leagues etc may be promoted as desired. Divisions are encouraged to regard such local competitions primarily as a means of recruiting new members to the BDFPA, and to give adequate publicity to such events as will ensure good and improving levels of participation.
2. To promote powerlifting and weight training as appropriate in Leisure Centres/Educational Establishments/Youth Clubs etc.
3. To encourage the training of coaches and instructors for this purpose.
4. To recruit divisional referees.
5. To encourage the involvement of members in the administration of their division.
6. Divisional Associations are encouraged to regularly produce and distribute their own bulletin or news-sheet to members in the division.
7. Divisional Associations may, at their own discretion, establish and maintain a bank account for the promotion of divisional activities, providing that no aspect of such arrangements conflicts with the rules and administration of the BDFPA as a whole. If a divisional bank account is set up, a Treasurer must be elected to administer the account, details of which must be made available to members at the Divisional AGM.
8. Divisional Associations may organise any competitive or other activities which do not conflict with the BDFPA Rules or Constitution, and are not held to be against the Association's interests in any way.

DIVISIONAL RECORDS

Divisions may maintain lists of records for all categories of lifting recognised and sanctioned by the BDFPA. The Divisional Association may, at its discretion, issue certificates to those who establish or exceed divisional records.

THE 'HOME COUNTRIES' POLICY

1. For purposes of international competition, the rules of the World Drug-Free Powerlifting Federation permit the separate participation as countries - of England, Scotland, Wales and Northern Ireland. Accordingly, although the latter three regions of the United Kingdom are required to be established and to function as Divisions of the BDFPA in the normal way, they may each seek affiliation to the WDFPF - either as (1) 'national' bodies in their own right, provided this process does not otherwise conflict with their BDFPA divisional status in any way, or (2) under the WDFPF 'single & below minimum' registration process by virtue of their status within the BDFPA.
2. BDFPA divisions operating under the 'Home Countries' policy may apply their own criteria for international team selection. Exceptions to this relate to the Association's general policy of permitting access to national or international competitions - only to lifters with a minimum three months' membership of the BDFPA, and a track record of at least ONE divisional level competition. In addition, lifters must participate in the British Championship in order to be invited to take part in any WDFPF international event. (NC Ballot Sept 2005). Under no circumstances may these criteria be set aside without the express permission of the BDFPA Executive Committee.
3. Divisions operating under this policy must also enforce minimum international standards when selecting their team members for the WDFPF platform.

CHAMPIONSHIPS, COMPETITIONS AND MATCHES

1. All championships, competitions and matches involving Powerlifting will be carried out under the By-Laws (rules and regulations concerning the sport of powerlifting) of the BDFPA.
2. No championship, competition or match will be planned or executed without the permission of the BDFPA General Secretary or President. A permit for any sanctioned event, including competitions on combined or individual lifts, must be obtained from the General Secretary. (NB Bids to organise British or WDFPF International Championships do not require a permit, but must be approved by a majority vote of the BDFPA National Council).
3. Competitors at all BDFPA events must produce proof of membership at the scales prior to being weighed in.
4. In all BDFPA powerlifting or single event competitions, all participants are designated in the 'OPEN' section, as well as 'age group' performances and records being recognised (NC Ballot Aug 2004).
5. The British Single Lift Championships are part of the BDFPA calendar, but should not be held in a period coinciding with other major competitions (1997 AGM).

INTERNATIONAL COMPETITIONS AND MATCHES

1. The National Council may align itself to any International Powerlifting organisation that it feels is compatible with the aims of the BDFPA, and will seek to ensure that the BDFPA's Rules and Regulations governing the sport of Powerlifting are kept the same as the rules governing Powerlifting performance in such an international body. The BDFPA, through its National Council, retains the right to withdraw from any international organisation which it is felt no longer performs in a manner compatible with the aims of the BDFPA.
2. The National Council does, however, retain the right to apply its own rules and regulations to competitive powerlifting at any level even if not consistent with international rules and regulations.
3. No member may compete in, organise or take part in any international competition without prior permission from the BDFPA Championships Secretary or the National Council.
4. Priority selection for the England team will be the highest placed available lifters in each weight class at the preceding British Championships. It is recommended that teams from Scotland, Wales and N. Ireland adopt the same procedures (1997 AGM) - See 'Selection and Qualification of Lifters'

MEDIA PUBLICITY

1. Only members of the BDFPA National Council may make public statements of policy via the press, television, radio or the internet. Public statements made by members who are not National Council Officials, are considered to be personal opinions and the BDFPA will not be held responsible for any legal repercussions resulting from such statements.
2. Members who make public statements which could in any way bring the BDFPA into disrepute will be liable to disciplinary action by the National Council.

DISTRIBUTION OF ASSETS UPON DISSOLUTION

In the event this Association dissolves and its assets are liquidated, after paying necessary winding up expenses, the remaining assets shall be distributed as determined by the National Council at that time.

QUALIFICATION OF LIFTERS

All lifters participating in sanctioned events must be current members in good standing of the Association. The following levels and criteria apply:-

DIVISIONAL Championships (including special events such as memorials and 4 Nations) - current BDFPA membership. Lifters participating in a divisional championship should be registered as a member within that division, at the date of the event in which they compete - unless otherwise exempted under BDFPA rules. There are no qualification criteria for Divisional events

NATIONAL - current BDFPA membership. (For new members – minimum 3 months and participation in a qualifying event under BDFPA rules, non-new members participation at a qualifying event). **The only exception to the 3 month membership rule is where the Nationals fall within 3 months of the commencement of the membership year i.e. before 31st March. All members will be subject to the 3-month minimum unless they have registered their absence with the BDFPA President and have thus “suspended” their membership for a specific reason, such as gap year travel etc (NC Ballot Sep 2014).**

In addition, qualification will be by achieving minimum standards as laid down by the Association in the document “British Qualifying Totals” at a divisional event. At National Championships, the opening lifts must equal or be higher than the qualifying total, or in the case of full power, add up to the total, or higher. At WDFPF world full power competitions all opening lifts must be the single lift qualifier or higher (WDFPF congress 2016).

Lifters wishing to qualify for a British Championships must do so by lifting in a divisional championship in their own area, unless (1) the lifter is prevented by injury from complying with the above, in which case the lifter will be permitted to take part in a divisional competition in another area, subject to proof of injury being made available. (2) Other circumstances beyond the lifter's control prevent him/her from participating in his/her own divisional competition, in which case the same applies as for (1), subject to approval by the BDFPA President (1999 AGM). (3) other BDFPA rules apply, see the following:

Reigning Champion Rule (2018 AGM) – The current year’s champion (1st place in weight/age category) automatically qualifies for the following year’s national championships. This only applies to the specific discipline they have won (i.e. full power qualifies for full power only, single lift qualifies for the specific discipline won). The only exceptions are if the lifter changes age category or weight category in which case the champion will need to requalify at the new age / weight.

OTHER CONDITIONS FOR NATIONAL QUALIFICATION - (NC Ballot June 2003)

- i. The totals of Master lifters who qualify at their divisional in a given age group, but who will be in the next age group at the date of the British Championships, will be considered valid in the next age group. This also applies to OPEN lifters taking part in the M1 category.
- ii. Lifters who qualify in the Unequipped section will automatically be eligible for participation in the Equipped section of the Nationals – and vice versa.
- iii. Lifters may try again at another sanctioned event(s) elsewhere, without any restraints on the number of attempts allowed to qualify for National events.
- iv. If a divisional qualifying event has already taken place – new members joining as members of that division after that date may qualify at any other divisional/qualifying event, subject to all other conditions of eligibility being complied with.

- v. Where the number of members in a division (based on the previous end-of-year figures) is SEVEN or less, that division has the option to combine its divisional/qualifying championships with that of a neighbouring division. Regional events (NC Ballot Sep 14) will also assist. Where the number of members in a division (based on the previous end-of-year figures) is THREE or less, lifters in that division have the option to qualify for the British Championship at any sanctioned qualifying event. [NB (vi) and (vii) are optional. They are NOT mandatory. There is nothing to stop a division with very few members from running their own competition and taking steps to attract new members by so doing].
- vi. Lifters who are temporarily based away from their usual division of residence (more than 3 months in each year), may qualify for British Championships at divisional events in the area where they are temporarily based.
- vii. Royal Navy, Army, RAF and other Public Services championships have divisional/qualifying status.

If a Division is **unable** to hold its own Divisional Championship, members of that Division may qualify for British Championships at another Division's Championships (2003 AGM).

NB 'unable' does not mean 'unwilling'. It is expected that divisions will make every effort to run their own qualifying event during the year.

The status of qualifying event may be conferred on competitions other than divisional championships, at the discretion of the National Council (NC Ballot January 2003).

Service personnel may qualify for British Championships at any BDFPA sanctioned qualifying event (NC Ballot Aug 2004).

Lifters qualifying in their divisional in the following age groups, but who are in the next age group at the time of the British, should be required to have reached the necessary qualification standard in the next age category: (NC Ballot Sept 2005).

ALL TEEN CATEGORIES and JUNIOR

The selection of lifters for **National Single Lift Championships**, will be based on single lift performances registered at divisional championships, but will also take into account individual lifts registered as part of a 3-lift total (subject to the necessary BDFPA single lift qualifying standards being met) (NC Ballot Nov 2003). (NB In practice this means that whereas lifters qualifying for the British Single Event Championships by taking part in a divisional Single Lift section will normally automatically receive an invite - those who want to qualify for the British Singles by virtue of lifts registered as part of 3-lift totals – must apply to the Championships Secretary for an invite. It will not be issued automatically).

All members please note:- there are NO other ways of qualifying for entry to any British Championship.

Under no circumstances will totals/lifts registered in other organisations be accepted in lieu of normal qualification at BDFPA events.

Members should also note that there is no provision under the rules for performances done in WDFPF international events to count as qualifiers for the following British Championships.

***** N.B. Participation in any BDFPA sanctioned National event is strictly by qualification.**

INTERNATIONAL - current BDFPA membership (as per conditions for National competition). **Lifters must participate in the British Championship in order to be invited to take part in any WDFPF international event** (NC Ballot Sept 2005).

Normally, class winners from national championships will automatically be invited as members of an international team representing their country at World, European or other WDFPF Championships in their events - and in their relevant age & bodyweight classifications. At the discretion of the Championships Secretary, other lifters, including national finalists, may also be invited to be members of the international team - either as second and/or third entries in certain categories, or if class winners are unavailable for the event concerned.

In exceptional cases, lifters wishing to qualify for a WDFPF international event, who are unable for genuine reasons, to attend the qualifying British Championship event, may apply in writing** for an invitation to compete as a member of their national team. Permission to be granted subject to:

- i. *A bona fide reason being accepted for the lifter's inability to qualify at the relevant scheduled BDFPA British Championships event.*
- ii. *The lifter having attained the WDFPF qualifying standard at some other time during the year.*
- iii. *The invitation complying with WDFPF rules of team composition and that priority for team places is given in all cases to lifters who have attended the relevant British Championships event.*
- iv. All normal conditions of membership being complied with.

** In writing to the President, who will put the matter for consideration to a 'Qualification Panel' (NC Ballot Sept 2005).

BDFPA members in **Scotland, Wales** or **N. Ireland** should contact their Divisional representative for details under the home countries policy. Rules pertaining to eligibility, membership, and qualifying standards apply equally to 'home countries' lifters as to lifters in England.

***** NB Participation in any WDFPF sanctioned international event is strictly by qualification and invitation.**

Members who do not receive a formal invitation to lift in national or international events, but who believe that they may be so entitled - can apply for consideration to the Championships Secretary.

QUALIFYING TOTALS AND LIFTS

As qualification standards are assessed annually these will be promulgated on the BDFPA website under qualification. The standard set for entry to the BDFPA Nationals is the same set by the WDFPF for Internationals.

REFEREES

The BDFPA recognises the following grades of referees:

a. DIVISIONAL REFEREE (Minimum age 18 years)

Upon successfully passing the written examination (pass mark 80%).

b. NATIONAL REFEREE

On recommendation of the relevant Divisional Secretary, or a member of the BDFPA Executive Committee, successful completion of the National referees exam (pass mark 80%) and mentored assessment by the Technical Secretary or by an international referee nominated by the technical secretary in their absence. (2018 AGM)

c. WDFPF INTERNATIONAL REFEREE

On recommendation of the Technical Secretary, and on successfully completing all assessments under WDFPF international rules.

d. WDFPF MARSHALL REFEREE

By direct selection of the WDFPF executive committee.

1. All matters relating to the recruitment, training and assessment of referees in the BDFPA are in the first instance the responsibility of the BDFPA Technical Secretary, who will maintain a register of divisional, national and international referees in the Association, and award status to those successfully attaining recognised referee status.
2. The Technical Secretary is responsible to the National Council for all matters concerning the provision of training, standards of adjudication, and conduct of referees.
3. Referees who remain inactive for more than one year may have their status annulled. Those who have not officiated at an International level after 2 years will revert back to national status and have to re-sit the WDFPF exam.
4. The Association may accord equivalent referee status to referees from other approved organisations, subject to review at the National Council's discretion (NC Ballot - July 2002).

Minimum Referees required to adjudicate at sanctioned events

DIVISIONAL Championships (including special events such as memorials and 4 Nations) - Minimum 1 divisional referee. There need only be one divisional level referee in order to set a divisional record.

NATIONAL - Three referees, of whom at least ONE must be a fully qualified National Referee. The centre referee must at all times be of National grade or above. For setting records see Book 2, General Conditions para 6.

INTERNATIONAL - Three fully qualified WDFPF International Referees. For International records to be claimed at a national event there MUST be a Marshall Referee present.

Written Examinations

1. All candidates must be current members in good standing of the Association.
2. Examinations may be invigilated by the Technical Secretary, other appropriately qualified National Council members or divisional officials, or other persons approved beforehand by the Technical Secretary. The invigilator should be

qualified one level up from the level of the exam i.e. National referee to invigilate a Divisional exam, International Referee to invigilate a National exam, Marshall referee to invigilate an international exam.

3. Unless on an organised course, candidates must make their own arrangements as regards the date, time and venue for the examination, and for any costs to be incurred.
4. At the end of the allotted time for an examination, all papers must be submitted by the invigilator to the Technical Secretary for marking. An examination fee of £10 must be sent to the Technical Secretary in respect of each completed examination paper for National level referees (2018 AGM).

DIVISIONAL EXAM TOPICS:

Duties of referees (covered in book 2)

Weighing – in (covered in book 2)

Order of competition - (covered in book 2)

Conduct of competition - (covered in book 2)

Responsibilities of appointed officials - (covered in book 2)

Costume and personal equipment - (covered in book 2)

Unequipped ('raw') competition - (covered in book 2)

Age categories - (covered in book 2)

Bodyweight categories - (covered in book 2)

NATIONAL EXAM TOPICS:

As for divisional but additionally questions will include;

Membership of the association (Book 1)

Drug Control Policy (Book 1)

Qualification of Lifters (Book 1)

In addition, those put forward for National referee status should be competent in conducting drugs testing.

COMPETITION PERMITS

1. For any competition to be recognised by the BDFPA, it must be sanctioned by the Association. This refers to events of any kind, including all championships, matches, leagues and demonstrations. Such sanctions are secured by applying for, and obtaining, an official permit from **the NC page of the website**. **If the promoter is not the divisional representative, they should seek the permit via their divisional representative**. The permit will normally be accompanied by various essential competition forms (see 'guidelines for promoters'). (NB Bids to organise British or WDFPF International Championships do not require a permit, but must be approved by a majority vote of the BDFPA National Council).
2. It must be clearly understood that no records may be claimed, or qualifying lifts or totals accepted, from events which have not been previously sanctioned by the issue of a championships permit in the manner described.

PROMOTERS' TERMS OF REFERENCE

Sanctioned BDFPA or international competitions may be organised under the following distinct terms of reference:

1. By the Association, or one of its Divisions or clubs etc, as a joint voluntary undertaking. A Championship Director may be appointed to oversee the planning and organisation of an event, though this is not mandatory.

In all such cases, the financial consequences of promotion will be borne entirely by the body concerned. That is: any profit after legitimate and agreed expenses have been met, will be for the benefit of the BDFPA (or one of its Divisions or Clubs etc, as appropriate). Similarly, the organising body will underwrite any losses incurred as a result of the promotion.

2. By an individual professional promoter(s) on the Association's behalf, having applied for, and been awarded, an official sanction by the BDFPA **(as detailed above under competition permits)**. Where a private promoter applies to organise an international championship, a sanction must be applied for from the international governing body (WDFPF) - approval for the bid having first been obtained from the BDFPA Executive Council.

In such cases, expenses incurred in organisation will be borne by the private promoter, who will be entitled to any profits after statutory and other expenses have been met. Similarly, the private promoter will underwrite any losses incurred as a result of the promotion.

3. These terms will not be affected in any way by virtue of any voluntary donations, unless such arrangements are agreed and declared in advance.
4. Sponsorship may be sought for specific events, either by governing body or private promoters. However, no conditions should be accepted from sponsoring companies which might serve to undermine the integrity of the Association. (Example: sponsorship should not be accepted from a company retailing nutritional supplements if such sponsorship is conditional on the display and sale at the championship venue of products containing a banned substance).
5. The terms of reference of promotion of an event (see 1 & 2 above) must be clearly stated, understood and agreed - before a sanction or permit may be granted.

**GUIDELINES FOR PROMOTERS
(FOR BDFPA SANCTIONED COMPETITIONS)**

1. PLATFORM EQUIPMENT (Refer to rulebook as required):

1. Certified scales
2. Competition platform with non-slip surface
3. Competition bar(s)
4. Approved weights (including record discs) and collars
5. Squat racks
6. Bench

Optional (essential for national/international events)

7. Weight racks (known as toast racks)
8. Bar levers for dead lift

OTHER EQUIPMENT:

9. Scoreboards with appropriate markers
10. Referees' lights or flags
11. Clapperboards for bench press
12. PA system (ensure system is adequate for size of hall)
13. Loading charts
14. Chalk & chalk box/bucket
15. Blood cleaning kit (see Tech Sec)
16. Wire or Nylon brush
17. Broom
18. Mop & bucket
19. Pens for MC/kit check/weigh-in etc.
20. Stop-watch/clock for MC's table
21. Clock in main lifting hall

3. WARM-UP ROOM:

Normally at least two warm-up stations will be required, so 2 of each item listed below will be needed (three stations will need 3 of each and so on).

1. Platform or protective floor covering
2. Squat rack
3. Bench
4. Power bar (no centre knurling)
5. Weights - the total dependent on likely final lifts (calibrated weights are not essential in the warm-up room).

3. REFEREES'/OFFICERS' REQUIREMENTS:

1. Rule book
2. Competition forms:-Score sheets, weigh-in forms and kit check forms are normally provided by the Championships Secretary when a permit is obtained. (See Tech. Sec. for card system)
3. List of national qualifying totals (for use at divisional events)
4. Records pertaining to the competition. (NB British, European and World records to be posted at drug tested events [National or International])
5. Tape measure, stamp and pad for use at Kit Check
6. Tables for Kit Check, Drug Control and Weigh-in
7. Referees' chairs
8. Refreshments for officials

9. Chairs to 'corral' lifters selected for drug testing

4. VARIOUS REQUIREMENTS:

1. Toilet facilities
2. Male and female changing facilities and weighing-in room
3. If appropriate, toilet area where drug testing can take place

The following are not essential, but are recommended for major events (national or international):

1. Equipment for roping off competition area
2. Banners
3. Posters
4. Music
5. Water for lifters

5. OTHER HELPERS:

1. Spotter/loaders
2. Platform manager (can be one of the above)
3. Marshalls (not always essential, but useful)
4. MC
5. Recorder
6. Scoreboard personnel
7. Door control personnel (get your audience entry fees)
8. Kitchen staff if food is being organised in-house

6. THINGS TO DO:

- 1. Obtain a permit - the first and most important requirement.**
2. Devise and print competitors' entry forms (stipulate closing date for entries).
3. Through the Divisional Association or the BDFPA Technical Secretary, arrange for referees to be present.
4. In the case of Divisional championships, publicise the event as widely as possible in the region concerned (gyms, leisure centres etc), as well as to existing members.
5. Obtain presentations, including 'best lifter' awards as appropriate. Presentations are at the discretion of the promoter and are subject to change without notice if the promoter feels required to do so to meet unexpected numbers or changes not previously anticipated scenarios.
6. Send copies of results to BDFPA newsletter editor (preferably with a report and if possible one or two good quality photographs). Results should also be sent to the General Secretary for internal BDFPA circulation, and to the WDFPF for international publicity purposes.

7. ADDITIONAL THINGS TO DO/CONSIDER FOR MAJOR COMPETITIONS:

1. Compile entry forms, championships details & schedule, basic travel details and map for competitors. (NB Invitations to BDFPA lifters to take part in national or international competitions staged in the UK must come officially from the Championships Secretary. Promoters may not be involved in the selection and invitation of lifters to such events).

2. Check on competitor numbers with Championship Secretary for British Championships and with WDFPF General Secretary for teams taking part in international competitions.
3. Post BDFPA direction signs on roundabouts (within legal constraints and with permission)
4. For events where people are likely to be attending from long distance and/or abroad, compile lists of hotels, guest houses or other accommodation.
5. If finances allow, provide transport for competitors to the venue on competition days to ensure they make weigh-in times.
6. Produce programmes (preferably containing some form of score sheets).
7. Print weight attempt cards or slips (ensure that spare pens are available).
8. Produce lot number slips for use at the weigh-in.
9. Invite Trade stands and arrange tables, spaces etc.
10. Advertise the event, and invite as necessary local newspapers, radio or TV etc. (Remember that TV companies require a lot of notice if they are to cover an event).

BDFPA NATIONAL COACHING SCHEME

The Association seeks to encourage safe and effective participation in competitive powerlifting, as well as weight training. Accordingly the BDFPA provides courses and training related to the development of strength and power based sports activities. Current legislation requires the use of external training providers in order to facilitate related training. On completion of specifically registered courses individuals will be annotated as coaching staff within the BDFPA scheme as indicated below:

BDFPA Grade	Course Type or title (must hold one or more of those indicated)	Remarks
Elite Coach Level 3	Powerlifting Coach Level 2 Strength & Conditioning Coach level 3 Personal Trainer Level Adv – REPS level 3 Weight Lifting Instructor Level 3	There are a number of training providers in the UK delivering this training. Those who hold qualifications may have them assessed for suitability to the BDFPA President
Senior Coach Level 2	Powerlifting Coach level 1 Strength & Conditioning Coach level 2 Personal Trainer Level Adv – REPS level 2 Weight Lifting Instructor Level 2	There are a number of training providers in the UK delivering this training. Those who hold qualifications may have them assessed for suitability to the BDFPA President
Staff Coach Level 1	Strength & Conditioning Coach level 1 Personal Trainer Weight Lifting Instructor Level 1 Any Instructional based qualification related to strength	There are a number of training providers in the UK delivering this training. Those who hold qualifications may have them assessed for suitability to the BDFPA President

It is expected that holders of the above qualifications will be actively involved in coaching, to the benefit of the Association and its members. Holders who remain inactive without explanation for prolonged periods of time may be removed from the Association's register of coaches. Similarly, any member of the BDFPA coaching staff propounding practices or policies which are in conflict with those of the Association, or who have engaged in conduct considered damaging to the Association, may be removed from the coaching register.

All holders of BDFPA coaching awards must be current members of the Association in order for their qualifications to be valid.

BDFPA NATIONAL COACHING SECRETARY - TERMS OF REFERENCE

1. The National Coaching Secretary shall be appointed from within the Association.
2. The appointment shall be of an executive nature with full voting powers on the National Council.
3. The appointment shall be on an annual basis, with continuity subject to a majority vote at the BDFPA Annual General Meeting.
4. The National Coaching Secretary shall be responsible for the coaching/coach education policy of the Association, subject to approval and ratification by the National Council. The NCS will:
 - i. Develop the Association's coaching format, including the structure and conduct of instructor and other courses.
 - ii. Provide guidelines as to the conduct of courses, and conditions which relate to course facilities, venues etc. Where necessary, the NCS will approve such facilities.
 - iii. Seek advice and input regarding the structure, content and conduct of the Association's Coach Education Programme, which will enhance the programme in a manner beneficial to the interests of the Association. This input may be sought from any quarter - within or outside the Association itself, which is considered as having a valuable contribution to make to the programme.
 - iv. Recommend the appointment of BDFPA Staff Coaches, subject to the necessary conditions for these appointments having been met to the satisfaction of the NCS.
 - v. Approve the appointment of BDFPA Assistant Staff Coaches, subject to appropriate recommendations having been received from Staff Coaches as to the suitability of ASCs.
 - vi. Represent the Association - and the Association's interests - in matters involving outside agencies, which concern BDFPA coaching policy or coaching staff.
 - vii. Appoint and promote members through instructional grades.
 - viii. Maintain and update a register of BDFPA members qualifying at the various levels within the Association's coaching format.
5. The National Coaching Secretary is answerable to the National Council of the BDFPA for all aspects of the structure and conduct within the Association's coaching format.
6. The National Coaching Secretary is responsible in the first instance, for any disciplinary matters arising from the coaching activities of the Association or its members, but such matters may be referred to the National Council if they are deemed to be of a sufficiently serious nature.
7. The National Coaching Secretary may form a coaching sub-committee if not more than three in total, with himself as Secretary. This sub-committee is subject to the incumbent remaining in office, and a new National Coaching Secretary has the right to choose the composition of his own sub-committee. Other members of the coaching sub-committee will be non-executive members of the National Council.
8. The National Coaching Secretary shall respond to the requirements of the BDFPA in organising coaching/instructor courses, seminars and other events.

9. The National Coaching Secretary will constantly strive to stay abreast of new coaching trends and techniques, and will bring these developments to the attention of the National Council as is deemed appropriate.
10. Neither the National Coaching Secretary - nor any member of the Association's coaching staff - shall introduce - or seek to introduce - new techniques, trends or skills which are in conflict with the Association's rules.

The Association's coaching policy shall, in all matters, reflect its wider aims and ideals, and in particular, the principles of drug-free training and competition.

MASTERS' FORMULA

The formula is: $(LT) \times (SBC) \times (MAM) = (PN)$

LT = Lifter's Total
 SBC = Schwartz Bodyweight Co-Efficient*
 MAM = Masters Age Multiply [see opposite]
 PN = Product Number

*For women, use Malone Bodyweight Co-Efficient (MBC)

EXAMPLES:

Lifter A (67.5kg class) - weighing 66.8 - age 64 - totals 380
 Lifter B (82.5kg class) - weighing 81.3 - age 56 - totals 522.5
 Lifter C (90kg class) - weighing 88.7 - age 48 - totals 605
 Lifter D (100kg class) - weighing 99.4 - age 50 - totals 677.5
 Lifter E (110kg class) - weighing 108.2 - age 42 - totals 765

	LT		SBC		MAM		PN
Lifter A	380	x	.7327	x	1.501	=	417.917
Lifter B	522.5	x	.6257	x	1.273	=	416.180
Lifter C	605	x	.5905	x	1.114	=	379.979
Lifter D	677.5	x	.5555	x	1.150	=	432.804
Lifter E	765	x	.5388	x	1.014	=	417.953

*It can be seen that lifter D has the highest product number and is the "Best Lifter".

Masters Age Multiples MAM (McCulloch Numbers)									
40	1.000	50	1.150	60	1.380	70	1.700	80	2.100
41	1.005	51	1.168	61	1.410	71	1.740		
42	1.014	52	1.187	62	1.440	72	1.780		
43	1.028	53	1.207	63	1.470	73	1.820		
44	1.044	54	1.228	64	1.501	74	1.860		
45	1.060	55	1.250	65	1.533	75	1.900		
46	1.078	56	1.273	66	1.565	76	1.940		
47	1.096	57	1.297	67	1.597	77	1.980		
48	1.114	58	1.322	68	1.630	78	2.020		
49	1.132	59	1.350	69	1.664	79	2.060		

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

The Schwartz formula (SF)* is presented as a table of co-efficient's. Each lifter has a co-efficient determined by body weight (BW). Since the table is graduated in one-tenth kilogram intervals, it may be necessary to interpolate. For example, the co-efficient 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 co-efficient is interpolated as 0.66765.

1. To determine the "Best Lifter" multiply each lifters co-efficient 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, USA. (errors corrected 2017)

BW	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.31330	1.30920	1.30520	1.30110	1.29710	1.29310	1.28910	1.28510	1.28120	1.27730
41	1.27340	1.26950	1.26560	1.26180	1.25800	1.25420	1.25040	1.24670	1.24290	1.23920
42	1.23550	1.23180	1.22820	1.22450	1.22090	1.21730	1.21380	1.21020	1.20670	1.20320
43	1.19970	1.19620	1.19270	1.18930	1.18580	1.18240	1.17910	1.17570	1.17230	1.16900
44	1.16570	1.16240	1.15910	1.15580	1.15260	1.14940	1.14620	1.14300	1.13980	1.13670
45	1.13350	1.13040	1.12730	1.12420	1.12110	1.11810	1.11500	1.11200	1.10900	1.10600
46	1.10310	1.10010	1.09720	1.09420	1.09130	1.08840	1.08560	1.08270	1.07990	1.07700
47	1.07420	1.07140	1.06860	1.06590	1.06310	1.06040	1.05770	1.05500	1.05230	1.04960
48	1.04690	1.04430	1.04160	1.03900	1.03640	1.03380	1.03120	1.02870	1.02610	1.02360
49	1.02110	1.01860	1.01610	1.01360	1.01110	1.00870	1.00620	1.00380	1.00140	0.99900
50	0.99660	0.99420	0.99190	0.98950	0.98720	0.98490	0.98260	0.98030	0.97800	0.97570
51	0.97340	0.97120	0.96900	0.96670	0.96450	0.96230	0.96010	0.95800	0.95580	0.95360
52	0.95150	0.94940	0.94730	0.94520	0.94310	0.94100	0.93890	0.93680	0.93480	0.93280
53	0.93070	0.92870	0.92670	0.92470	0.92270	0.92080	0.91880	0.91690	0.91490	0.91300
54	0.91110	0.90920	0.90730	0.90540	0.90350	0.90160	0.89980	0.89790	0.89610	0.89430
55	0.89240	0.89060	0.88880	0.88700	0.88530	0.88350	0.88170	0.88000	0.87820	0.87650
56	0.87480	0.87310	0.87140	0.86970	0.86800	0.86630	0.86460	0.86300	0.86130	0.85970
57	0.85800	0.85640	0.85480	0.85320	0.85160	0.85000	0.84840	0.84680	0.84530	0.84370
58	0.84220	0.84060	0.83910	0.83760	0.83610	0.83450	0.83300	0.83150	0.83010	0.82860
59	0.82710	0.82570	0.82420	0.82280	0.82130	0.81990	0.81850	0.81700	0.81560	0.81420
60	0.81280	0.81140	0.81010	0.80870	0.80730	0.80600	0.80460	0.80330	0.80190	0.80060
61	0.79930	0.79790	0.79660	0.79530	0.79400	0.79270	0.79150	0.79020	0.78890	0.78760
62	0.78640	0.78510	0.78390	0.78260	0.78140	0.78020	0.77890	0.77770	0.77650	0.77530
63	0.77410	0.77290	0.77170	0.77060	0.76940	0.76820	0.76710	0.76590	0.76470	0.76360
64	0.76250	0.76130	0.76020	0.75910	0.75800	0.75680	0.75570	0.75460	0.75350	0.75240
65	0.75140	0.75030	0.74920	0.74810	0.74710	0.74600	0.74500	0.74390	0.74290	0.74180
66	0.74080	0.73980	0.73870	0.73770	0.73670	0.73570	0.73470	0.73370	0.73270	0.73170
67	0.73070	0.72970	0.72870	0.72780	0.72680	0.72580	0.72490	0.72390	0.72300	0.72200

68	0.72110	0.72010	0.71920	0.71830	0.71740	0.71640	0.71550	0.71460	0.71370	0.71280
69	0.71190	0.71100	0.71010	0.70920	0.70830	0.70740	0.70660	0.70570	0.70480	0.70400
70	0.70310	0.70220	0.70140	0.70050	0.69970	0.69890	0.69800	0.69720	0.69640	0.69550
71	0.69470	0.69390	0.69310	0.69230	0.69140	0.69060	0.68980	0.68900	0.68820	0.68740
72	0.68670	0.68590	0.68510	0.68430	0.68350	0.68280	0.68200	0.68120	0.68050	0.67970
73	0.67890	0.67820	0.67740	0.67670	0.67600	0.67520	0.67450	0.67370	0.67300	0.67230
74	0.67160	0.67080	0.67010	0.66940	0.66870	0.66800	0.66730	0.66660	0.66590	0.66520
75	0.66450	0.66380	0.66310	0.66240	0.66170	0.66100	0.66030	0.65980	0.65900	0.65830
76	0.65770	0.65700	0.65630	0.65570	0.65500	0.65430	0.65370	0.65300	0.65240	0.65170
77	0.65110	0.65050	0.64980	0.64920	0.64860	0.64790	0.64730	0.64670	0.64610	0.64540
78	0.64480	0.64420	0.64360	0.64300	0.64240	0.64180	0.64120	0.64050	0.63990	0.63940
79	0.63880	0.63820	0.63760	0.63700	0.63640	0.63580	0.63520	0.63470	0.63410	0.63350
80	0.63290	0.63240	0.63180	0.63120	0.63070	0.63010	0.62950	0.62900	0.62840	0.62790
81	0.62730	0.62680	0.62620	0.62570	0.62510	0.62450	0.62410	0.62350	0.62300	0.62240
82	0.62190	0.62140	0.62090	0.62030	0.61980	0.61930	0.61880	0.61830	0.61770	0.61720
83	0.61670	0.61620	0.61570	0.61520	0.61470	0.61420	0.61370	0.61320	0.61270	0.61220
84	0.61170	0.61120	0.61070	0.61020	0.60980	0.60930	0.60880	0.60830	0.60780	0.60740
85	0.60690	0.60640	0.60590	0.60550	0.60500	0.60450	0.60410	0.60360	0.60310	0.60270
86	0.60220	0.60180	0.60130	0.60090	0.60040	0.60000	0.59950	0.59910	0.59860	0.59820
87	0.59780	0.59730	0.59690	0.59650	0.59600	0.59560	0.59520	0.59470	0.59430	0.59390
88	0.59350	0.59300	0.59260	0.59220	0.59180	0.59140	0.59100	0.59050	0.59010	0.58970
89	0.58930	0.58890	0.58850	0.58810	0.58770	0.58730	0.58690	0.58650	0.58610	0.58570
90	0.58530	0.58500	0.58460	0.58420	0.58380	0.58340	0.58300	0.58270	0.58230	0.58190
91	0.58150	0.58120	0.58080	0.58040	0.58010	0.57970	0.57930	0.57900	0.57880	0.57820
92	0.57790	0.57750	0.57720	0.57680	0.57650	0.57610	0.57580	0.57540	0.57510	0.57470
93	0.57440	0.57400	0.57370	0.57340	0.57300	0.57270	0.57230	0.57200	0.57170	0.57140
94	0.57100	0.57070	0.57040	0.57010	0.56970	0.56940	0.56910	0.56880	0.56850	0.56810
95	0.56780	0.56750	0.56720	0.56690	0.56660	0.56630	0.56600	0.56570	0.56540	0.56510
96	0.56480	0.56450	0.56420	0.56390	0.56360	0.56330	0.56300	0.56270	0.56240	0.56220
97	0.56190	0.56160	0.56130	0.56100	0.56080	0.56050	0.56020	0.55990	0.55970	0.55940
98	0.55910	0.55890	0.55860	0.55830	0.55810	0.55780	0.55750	0.55730	0.55700	0.55680
99	0.55650	0.55630	0.55600	0.55580	0.55550	0.55530	0.55500	0.55480	0.55450	0.55430
100	0.55400	0.55380	0.55360	0.55330	0.55310	0.55290	0.55260	0.55240	0.55220	0.55190
101	0.55170	0.55150	0.55130	0.55100	0.55080	0.55060	0.55040	0.55020	0.55000	0.54970
102	0.54950	0.54930	0.54910	0.54890	0.54870	0.54850	0.54830	0.54810	0.54790	0.54770
103	0.54750	0.54730	0.54710	0.54690	0.54670	0.54650	0.54630	0.54610	0.54590	0.54570
104	0.54550	0.54540	0.54520	0.54500	0.54480	0.54460	0.54440	0.54430	0.54410	0.54390
105	0.54370	0.54360	0.54340	0.54320	0.54310	0.54290	0.54270	0.54260	0.54240	0.54220
106	0.54210	0.54190	0.54170	0.54160	0.54140	0.54130	0.54110	0.54100	0.54080	0.54070
107	0.54050	0.54040	0.54020	0.54010	0.53990	0.53980	0.53960	0.53950	0.53930	0.53920
108	0.53910	0.53890	0.53880	0.53860	0.53850	0.53840	0.53820	0.53810	0.53800	0.53780
109	0.53770	0.53760	0.53760	0.53730	0.53720	0.53710	0.53700	0.53680	0.53670	0.53660
110	0.53650	0.53640	0.53620	0.53610	0.53600	0.53590	0.53580	0.53570	0.53560	0.53540
111	0.53530	0.53520	0.53510	0.53500	0.53490	0.53480	0.53470	0.53460	0.53450	0.53430
112	0.53420	0.53410	0.53400	0.53390	0.53380	0.53370	0.53360	0.53350	0.53340	0.53330

113	0.53320	0.53310	0.53300	0.53290	0.53280	0.53280	0.53270	0.53260	0.53250	0.53240
114	0.53230	0.53220	0.53210	0.53200	0.53190	0.53180	0.53170	0.53160	0.53160	0.53150
115	0.53140	0.53130	0.53120	0.53110	0.53100	0.53090	0.53090	0.53080	0.53070	0.53060
116	0.53050	0.53040	0.53030	0.53020	0.53020	0.53010	0.53000	0.53990	0.52980	0.52970
117	0.52960	0.52960	0.52950	0.52940	0.52930	0.52920	0.52910	0.52900	0.52900	0.52890
118	0.52880	0.52870	0.52860	0.52850	0.52840	0.52830	0.52830	0.52820	0.52810	0.52800
119	0.52790	0.52780	0.52770	0.52760	0.52750	0.52740	0.52740	0.52730	0.52720	0.52710
120	0.52700	0.52690	0.52680	0.52670	0.52660	0.52650	0.52640	0.52630	0.52620	0.52610
121	0.52600	0.52590	0.52580	0.52570	0.52560	0.52550	0.52540	0.52530	0.52510	0.52500
122	0.52490	0.52480	0.52470	0.52460	0.52450	0.52430	0.52420	0.52410	0.52400	0.52390
123	0.52370	0.52360	0.52350	0.52340	0.52320	0.52310	0.52300	0.52280	0.52270	0.52260
124	0.52240	0.52230	0.52210	0.52200	0.52190	0.52170	0.52160	0.52140	0.52130	0.52110
125	0.52100	0.52090	0.52080	0.52060	0.52050	0.52040	0.52030	0.52020	0.52000	0.51990
126	0.51980	0.51970	0.51960	0.51940	0.51930	0.51920	0.51910	0.51900	0.51880	0.51870
127	0.51860	0.51850	0.51840	0.51820	0.51810	0.51800	0.51790	0.51780	0.51760	0.51750
128	0.51740	0.51730	0.51720	0.51700	0.51690	0.51680	0.51670	0.51660	0.51640	0.51630
129	0.51620	0.51610	0.51600	0.51580	0.51570	0.51560	0.51550	0.51540	0.51520	0.51510
130	0.51500	0.51490	0.51470	0.51460	0.51450	0.51430	0.51420	0.51410	0.51400	0.51390
131	0.51380	0.51370	0.51360	0.51340	0.51330	0.51320	0.51310	0.51300	0.51280	0.51270
132	0.51260	0.51250	0.51240	0.51220	0.51210	0.51200	0.51190	0.51180	0.51160	0.51150
133	0.51130	0.51130	0.51120	0.51100	0.51090	0.51080	0.51070	0.51060	0.51040	0.51030
134	0.51020	0.51010	0.51000	0.50980	0.50970	0.50960	0.50950	0.50940	0.50920	0.50910
135	0.50900	0.50890	0.50880	0.50860	0.50850	0.50840	0.50830	0.50820	0.50800	0.50790
136	0.50780	0.50770	0.50760	0.50750	0.50730	0.50720	0.50710	0.50700	0.50690	0.50680
137	0.50670	0.50660	0.50650	0.50640	0.50620	0.50610	0.50600	0.50590	0.50580	0.50570
138	0.50560	0.50550	0.50540	0.50530	0.50510	0.50500	0.50490	0.50480	0.50470	0.50460
139	0.50450	0.50440	0.50430	0.50420	0.50400	0.50390	0.50380	0.50370	0.50360	0.50350
140	0.50340	0.50330	0.50320	0.50310	0.50290	0.50280	0.50270	0.50260	0.50250	0.50240
141	0.50230	0.50220	0.50210	0.50200	0.50180	0.50170	0.50160	0.50150	0.50140	0.50130
142	0.50120	0.50110	0.50110	0.50090	0.50070	0.50060	0.50050	0.50040	0.50030	0.50020
143	0.50010	0.50000	0.49990	0.49980	0.49970	0.49950	0.49940	0.49930	0.49920	0.49910
144	0.49900	0.49890	0.49880	0.49870	0.49860	0.49850	0.49830	0.49820	0.49810	0.49800
145	0.49790	0.49780	0.49770	0.49760	0.49750	0.49740	0.49730	0.49720	0.49710	0.49700
146	0.49690	0.49680	0.49670	0.49660	0.49650	0.49640	0.49630	0.49620	0.49610	0.49600
147	0.49590	0.49580	0.49570	0.49560	0.49550	0.49540	0.49530	0.49520	0.49510	0.49500
148	0.49490	0.49480	0.49470	0.49460	0.49450	0.49440	0.49430	0.49420	0.49410	0.49400
149	0.49390	0.49380	0.49370	0.49360	0.49350	0.49340	0.49330	0.49320	0.49310	0.49300
150	0.49290	0.49280	0.49270	0.49260	0.49250	0.49240	0.49230	0.49220	0.49210	0.49200
151	0.49190	0.49180	0.49170	0.49160	0.49150	0.49140	0.49130	0.49120	0.49110	0.49100
152	0.49090	0.49080	0.49070	0.49060	0.49050	0.49040	0.49030	0.49020	0.49010	0.49000
153	0.48990	0.48980	0.48970	0.48960	0.48950	0.48940	0.48930	0.48920	0.48910	0.48900
154	0.48890	0.48880	0.48870	0.48860	0.48850	0.48840	0.48830	0.48820	0.48810	0.48800
155	0.48790	0.48780	0.48770	0.48760	0.48750	0.48740	0.48740	0.48730	0.48720	0.48710
156	0.48700	0.48690	0.48680	0.48680	0.48670	0.48660	0.48650	0.48640	0.48630	0.48620
157	0.48610	0.48600	0.48590	0.48590	0.48580	0.48570	0.48560	0.48550	0.48540	0.48530

158	0.48520	0.48510	0.48500	0.48500	0.48490	0.48480	0.48470	0.48460	0.48450	0.48440
159	0.48430	0.48420	0.48410	0.48410	0.48400	0.48390	0.48380	0.48370	0.48360	0.48350
160	0.48340	0.48330	0.48320	0.48320	0.48310	0.48300	0.48290	0.48280	0.48270	0.48260
161	0.48250	0.48240	0.48230	0.48230	0.48220	0.48210	0.48200	0.48190	0.48180	0.48170
162	0.48160	0.48150	0.48140	0.48140	0.48130	0.48120	0.48110	0.48100	0.48090	0.48080
163	0.48070	0.48060	0.48050	0.48050	0.48040	0.48030	0.48020	0.48010	0.48000	0.47990
164	0.47980	0.47970	0.47960	0.47960	0.47950	0.47940	0.47930	0.47920	0.47910	0.47900
165	0.47890	0.47880	0.47870	0.47870	0.47860	0.47850	0.47840	0.47830	0.47820	0.47810
166	0.47810	0.47801	0.47792	0.47783	0.47774	0.47765	0.47756	0.47747	0.47738	0.47729
167	0.47720	0.47711	0.47702	0.47693	0.47684	0.47675	0.47666	0.47657	0.47648	0.47639
168	0.47630	0.47621	0.47612	0.47603	0.47594	0.47585	0.47576	0.47567	0.47558	0.47549
169	0.47540	0.47531	0.47522	0.47513	0.47504	0.47495	0.47486	0.47477	0.47468	0.47459
170	0.47450	0.47441	0.47432	0.47423	0.47414	0.47405	0.47396	0.47387	0.47378	0.47369
171	0.47360	0.47351	0.47342	0.47333	0.47324	0.47315	0.47306	0.47297	0.47288	0.47279
172	0.47270	0.47261	0.47252	0.47243	0.47234	0.47225	0.47216	0.47207	0.47198	0.47189
173	0.47180	0.47171	0.47162	0.47153	0.47144	0.47135	0.47126	0.47117	0.47108	0.47099
174	0.47090	0.47081	0.47072	0.47063	0.47054	0.47045	0.47036	0.47027	0.47018	0.47009
175	0.47000	0.46991	0.46982	0.46973	0.46964	0.46955	0.46946	0.46937	0.46928	0.46919
176	0.46910	0.46901	0.46892	0.46883	0.46874	0.46865	0.46856	0.46847	0.46838	0.46829
177	0.46820	0.46811	0.46802	0.46793	0.46784	0.46775	0.46766	0.46757	0.46748	0.46739
178	0.46730	0.46721	0.46712	0.46703	0.46694	0.46685	0.46676	0.46667	0.46658	0.46649
179	0.46640	0.46631	0.46622	0.46613	0.46604	0.46595	0.46586	0.46577	0.46568	0.46559
180	0.46550	0.46541	0.46532	0.46523	0.46514	0.46505	0.46496	0.46487	0.46478	0.46469
181	0.46460	0.46451	0.46442	0.46433	0.46424	0.46415	0.46406	0.46397	0.46388	0.46379
182	0.46370	0.46361	0.46352	0.46343	0.46334	0.46325	0.46316	0.46307	0.46298	0.46289
183	0.46280	0.46271	0.46262	0.46253	0.46244	0.46235	0.46226	0.46217	0.46208	0.46199
184	0.46190	0.46181	0.46172	0.46163	0.46154	0.46145	0.46136	0.46127	0.46118	0.46109
185	0.46100	0.46091	0.46082	0.46073	0.46064	0.46055	0.46046	0.46037	0.46028	0.46019
186	0.46010	0.46001	0.45992	0.45983	0.45974	0.45965	0.45956	0.46947	0.45938	0.45929
187	0.45920	0.45911	0.45902	0.45893	0.45884	0.45875	0.45866	0.45857	0.45848	0.45839
188	0.45830	0.45821	0.45812	0.45803	0.45794	0.45785	0.45776	0.45767	0.45758	0.45749
189	0.45740	0.45731	0.45722	0.45713	0.45704	0.45695	0.45686	0.45677	0.45668	0.45659
190	0.45650	0.45641	0.45632	0.45623	0.45614	0.45605	0.45596	0.45587	0.45578	0.45569
191	0.45560	0.45551	0.45533	0.45524	0.45515	0.45506	0.45497	0.45488	0.45488	0.45479
192	0.45470	0.45461	0.45452	0.45443	0.45434	0.45425	0.45416	0.45407	0.45398	0.45389
193	0.45380	0.45371	0.45362	0.45353	0.45344	0.45335	0.45326	0.45317	0.45308	0.45299
194	0.45290	0.45281	0.45272	0.45263	0.45254	0.45245	0.45236	0.45227	0.45218	0.45209
195	0.45200	0.45191	0.45182	0.45173	0.45164	0.45155	0.45146	0.45137	0.45128	0.45119
196	0.45110	0.45101	0.45092	0.45083	0.45074	0.45065	0.45056	0.45047	0.45038	0.45029
197	0.45020	0.45011	0.45002	0.44993	0.44984	0.44975	0.44966	0.44957	0.44948	0.44939
198	0.44930	0.44921	0.44912	0.44903	0.44894	0.44885	0.44876	0.44867	0.44858	0.44849
199	0.44750	0.44741	0.44732	0.44723	0.44714	0.44705	0.44696	0.44687	0.44678	0.44669
200	0.44660	0.44651	0.44642	0.44633	0.44624	0.44615	0.44606	0.44597	0.44588	0.44579
201	0.44570	0.44561	0.44552	0.44543	0.44534	0.44525	0.44516	0.44507	0.44498	0.44489
202	0.44480	0.44471	0.44462	0.44453	0.44444	0.44435	0.44426	0.44417	0.44408	0.44399

MALONE FORMULA TABLES IN KILOS (WOMEN)

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". (errors corrected 2017)

BW	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.19380	1.19150	1.18920	1.18690	1.18460	1.18230	1.18100	1.17780	1.17560	1.17330
41	1.17110	1.16890	1.16670	1.16450	1.16230	1.16010	1.15790	1.15570	1.15350	1.15140
42	1.14920	1.14710	1.14500	1.14280	1.14070	1.13860	1.13650	1.13440	1.13230	1.13030
43	1.12820	1.12610	1.12410	1.12200	1.12000	1.11800	1.11590	1.11390	1.11190	1.10990
44	1.10790	1.10590	1.10390	1.10200	1.10000	1.09800	1.09610	1.09410	1.09220	1.09030
45	1.08830	1.08640	1.08450	1.08260	1.08070	1.07880	1.07690	1.07500	1.07320	1.07130
46	1.06940	1.06760	1.06570	1.06390	1.06210	1.06020	1.05840	1.05660	1.05480	1.05300
47	1.05120	1.04940	1.04760	1.04580	1.04410	1.04230	1.04050	1.03880	1.03700	1.03530
48	1.03360	1.03180	1.03010	1.02840	1.02670	1.02500	1.02330	1.02160	1.01990	1.01820
49	1.01650	1.01480	1.01320	1.01150	1.00980	1.00820	1.00650	1.00490	1.00330	1.00160
50	1.00000	0.99840	0.99680	0.99520	0.99350	0.99190	0.99040	0.98880	0.98720	0.98560
51	0.98400	0.98250	0.98090	0.97930	0.97780	0.97620	0.97470	0.97310	0.97160	0.97010
52	0.96860	0.96700	0.96550	0.96400	0.96250	0.96100	0.95950	0.95800	0.95650	0.95500
53	0.95360	0.95210	0.95060	0.94920	0.94770	0.94620	0.94480	0.94330	0.94190	0.94050
54	0.93900	0.93760	0.93620	0.93480	0.93330	0.93190	0.93050	0.92910	0.92770	0.92630
55	0.92490	0.92350	0.92220	0.92080	0.91940	0.91800	0.91670	0.91530	0.91400	0.91260
56	0.91220	0.90990	0.90860	0.90720	0.90590	0.90460	0.90320	0.90190	0.90060	0.89930
57	0.89800	0.89670	0.89540	0.89410	0.89280	0.89150	0.89020	0.88890	0.88760	0.88630
58	0.88510	0.88380	0.88250	0.88140	0.88000	0.87880	0.87750	0.87630	0.87500	0.87380
59	0.87250	0.87130	0.87010	0.86880	0.86760	0.86640	0.86530	0.86400	0.86280	0.86150
60	0.86030	0.85910	0.85790	0.85680	0.85560	0.85440	0.85320	0.85200	0.85080	0.84970
61	0.84850	0.84730	0.84620	0.84500	0.84380	0.84270	0.84150	0.84040	0.83920	0.83810
62	0.83700	0.83580	0.83470	0.83360	0.83240	0.83130	0.83020	0.82910	0.82800	0.82690
63	0.82570	0.82460	0.82350	0.82240	0.82130	0.82020	0.81920	0.81810	0.81700	0.81590
64	0.81480	0.81370	0.81270	0.81160	0.81050	0.80950	0.80840	0.80730	0.80630	0.80520
65	0.80420	0.80310	0.80210	0.80100	0.80000	0.79900	0.79790	0.79690	0.79590	0.79480
66	0.79380	0.79280	0.79180	0.79080	0.78980	0.78870	0.78770	0.78670	0.78570	0.78470
67	0.78370	0.78270	0.78170	0.78070	0.77980	0.77770	0.77690	0.77610	0.77530	0.77450
68	0.77370	0.77290	0.77210	0.77130	0.77050	0.76970	0.76890	0.76820	0.76740	0.76660
69	0.76580	0.76500	0.76420	0.76350	0.76270	0.76190	0.76110	0.76040	0.75960	0.75880
70	0.75810	0.75730	0.75650	0.75580	0.75500	0.75430	0.75350	0.75270	0.75200	0.75120
71	0.75050	0.74970	0.74900	0.74820	0.74750	0.74680	0.74600	0.74530	0.74450	0.74380
72	0.74310	0.74230	0.74160	0.74090	0.74010	0.73940	0.73870	0.73790	0.73720	0.73650
73	0.73580	0.73510	0.73430	0.73360	0.73290	0.73220	0.73150	0.73080	0.73010	0.72930
74	0.72860	0.72790	0.72720	0.72650	0.72580	0.72510	0.72440	0.72370	0.72300	0.72230
75	0.72160	0.72090	0.72020	0.71960	0.71890	0.71820	0.71750	0.71680	0.71610	0.71540
76	0.71480	0.71410	0.71340	0.71270	0.71200	0.71140	0.71070	0.71000	0.70940	0.70870
77	0.70800	0.70740	0.70670	0.70600	0.70540	0.70470	0.70400	0.70340	0.70270	0.70210
78	0.70140	0.70070	0.70010	0.69940	0.69880	0.69810	0.69750	0.69680	0.69620	0.69560
79	0.69490	0.69430	0.69360	0.69300	0.69230	0.69170	0.69110	0.69040	0.68980	0.68920

80	0.68850	0.68790	0.68730	0.68660	0.68600	0.68540	0.68480	0.68410	0.68350	0.68290
81	0.68230	0.68170	0.68100	0.68040	0.67980	0.67920	0.67860	0.67800	0.67740	0.67670
82	0.67610	0.67550	0.67490	0.67430	0.67370	0.67310	0.67250	0.67190	0.67130	0.67070
83	0.67010	0.66950	0.66890	0.66830	0.66770	0.66710	0.66650	0.66590	0.66530	0.66480
84	0.66420	0.66360	0.66300	0.66240	0.66180	0.66120	0.66070	0.66010	0.65950	0.65890
85	0.65830	0.65790	0.65720	0.65660	0.65600	0.65550	0.65490	0.65430	0.65380	0.65320
86	0.65260	0.65210	0.65150	0.65090	0.65040	0.64980	0.64920	0.64870	0.64810	0.64760
87	0.64700	0.64640	0.64590	0.64530	0.64480	0.64420	0.64370	0.64310	0.64260	0.64200
88	0.64150	0.64090	0.64040	0.63980	0.63930	0.63870	0.63820	0.63760	0.63710	0.63660
89	0.63600	0.63550	0.63500	0.63440	0.63390	0.63330	0.63280	0.63230	0.63170	0.63120
90	0.63100	0.63070	0.63030	0.63000	0.62960	0.62930	0.62900	0.62860	0.62830	0.62800
91	0.62760	0.62730	0.62690	0.62660	0.62630	0.62590	0.62560	0.62530	0.62490	0.62460
92	0.62430	0.62390	0.62360	0.62330	0.62290	0.62260	0.62230	0.62190	0.62160	0.62130
93	0.62090	0.62060	0.62030	0.62000	0.61960	0.61930	0.61900	0.61860	0.61830	0.61800
94	0.61770	0.61730	0.61700	0.61670	0.61640	0.61600	0.61570	0.61540	0.61510	0.61470
95	0.61440	0.61410	0.61380	0.61340	0.61310	0.61280	0.61250	0.61220	0.61180	0.61150
96	0.61120	0.61090	0.61060	0.61020	0.60990	0.60960	0.60930	0.60900	0.60870	0.60830
97	0.60800	0.60770	0.60740	0.60710	0.60680	0.60640	0.60610	0.60580	0.60550	0.60520
98	0.60490	0.60460	0.60420	0.60390	0.60360	0.60330	0.60300	0.60270	0.60240	0.60210
99	0.60180	0.60140	0.60110	0.60080	0.60050	0.60020	0.59990	0.59960	0.59930	0.59900
100	0.59870	0.59840	0.59810	0.59770	0.59740	0.59710	0.59680	0.59650	0.59620	0.59590
101	0.59560	0.59530	0.59500	0.59470	0.59440	0.59410	0.59380	0.59350	0.59320	0.59290
102	0.59260	0.59230	0.59200	0.59170	0.59140	0.59110	0.59080	0.59050	0.59020	0.58980
103	0.58960	0.58930	0.58900	0.58870	0.58840	0.58810	0.58780	0.58750	0.58720	0.58690
104	0.58660	0.58630	0.58610	0.58580	0.58550	0.58520	0.58490	0.58460	0.58430	0.58400
105	0.58370	0.58340	0.58310	0.58280	0.58250	0.58230	0.58200	0.58170	0.58140	0.58110
106	0.58080	0.58050	0.58020	0.57990	0.57970	0.57940	0.57910	0.57880	0.57850	0.57820
107	0.57790	0.57760	0.57740	0.57710	0.57680	0.57650	0.57620	0.57590	0.57570	0.57540
108	0.57510	0.57480	0.57450	0.57420	0.57400	0.57370	0.57340	0.57310	0.57280	0.57250
109	0.57230	0.57200	0.57170	0.57140	0.57110	0.57090	0.57060	0.57030	0.57000	0.56980
110	0.56960	0.56950	0.56930	0.56920	0.56910	0.56890	0.56880	0.56860	0.56850	0.56840
111	0.56820	0.56810	0.56800	0.56780	0.56770	0.56750	0.56740	0.56730	0.56710	0.56700
112	0.56690	0.56670	0.56660	0.56640	0.56630	0.56620	0.56600	0.56590	0.56580	0.56560
113	0.56550	0.56530	0.56520	0.56510	0.56490	0.56480	0.56470	0.56450	0.56440	0.56430
114	0.56410	0.56400	0.56380	0.56370	0.56360	0.56340	0.56330	0.56320	0.56300	0.56290
115	0.56280	0.56260	0.56250	0.56230	0.56220	0.56210	0.56190	0.56180	0.56170	0.56150
116	0.56140	0.56130	0.56110	0.56100	0.56090	0.56070	0.56060	0.56050	0.56030	0.56020
117	0.56010	0.55990	0.55980	0.55970	0.55950	0.55940	0.55930	0.55910	0.55900	0.55890
118	0.55870	0.55860	0.55850	0.55830	0.55820	0.55810	0.55790	0.55780	0.55770	0.55750
119	0.55740	0.55730	0.55710	0.55700	0.55690	0.55670	0.55660	0.55650	0.55630	0.55620
120	0.55610	0.55590	0.55580	0.55570	0.55550	0.55540	0.55530	0.55510	0.55500	0.55490
121	0.55470	0.55460	0.55450	0.55430	0.55420	0.55410	0.55390	0.55380	0.55370	0.55360
122	0.55340	0.55330	0.55320	0.55300	0.55290	0.55280	0.55260	0.55250	0.55240	0.55220
123	0.55210	0.55200	0.55190	0.55170	0.55160	0.55150	0.55130	0.55120	0.55110	0.55090
124	0.55080	0.55070	0.55060	0.55040	0.55030	0.55020	0.55000	0.54990	0.54980	0.54960

125	0.54950	0.54940	0.54930	0.54910	0.54900	0.54890	0.54870	0.54860	0.54850	0.54840
126	0.54820	0.54810	0.54800	0.54780	0.54770	0.54760	0.54750	0.54730	0.54720	0.54710
127	0.54690	0.54680	0.54670	0.54660	0.54640	0.54630	0.54620	0.54600	0.54590	0.54580
128	0.54570	0.54550	0.54540	0.54530	0.54520	0.54500	0.54490	0.54480	0.54460	0.54450
129	0.54440	0.54430	0.54410	0.54400	0.54390	0.54380	0.54360	0.54350	0.54340	0.54330
130	0.54310	0.54300	0.54290	0.54280	0.54260	0.54250	0.54240	0.54220	0.54210	0.54200
131	0.54190	0.54170	0.54160	0.54150	0.54140	0.54120	0.54110	0.54100	0.54090	0.54070
132	0.54060	0.54050	0.54040	0.54020	0.54010	0.54000	0.53990	0.53970	0.53960	0.53950
133	0.53940	0.53920	0.53910	0.53900	0.53890	0.53870	0.53860	0.53850	0.53840	0.53820
134	0.53810	0.53800	0.53790	0.53780	0.53760	0.53750	0.53740	0.53730	0.53710	0.53700
135	0.53690	0.53680	0.53660	0.53650	0.53640	0.53630	0.53610	0.53600	0.53590	0.53580
136	0.53570	0.53550	0.53540	0.53530	0.53530	0.53500	0.53490	0.53480	0.53470	0.53460
137	0.53440	0.53430	0.53420	0.53410	0.53390	0.53380	0.53370	0.53360	0.53350	0.53330
138	0.53320	0.53310	0.53300	0.53280	0.53270	0.53260	0.53250	0.53240	0.53220	0.53210
139	0.53200	0.53190	0.53180	0.53160	0.53150	0.53140	0.53130	0.53120	0.53100	0.53090

25 KILO LOADING CHARTS IN 2.5 KILO INCREMENTS

	25	20	15	10	5	2.5	1.25		25	20	15	10	5	2.5	1.25	
25	bar & collars only							150	2			1		1		
27.5							1	152.5	2			1		1	1	
30						1		155	2		1					
32.5						1	1	157.5	2		1				1	
35					1			160	2		1			1		
37.5					1		1	162.5	2		1			1	1	
40					1	1		165	2	1						
42.5					1	1	1	167.5	2	1					1	
45				1				170	2	1				1		
47.5				1			1	172.5	2	1				1	1	
50				1		1		175	3							
52.5				1		1	1	177.5	3						1	
55			1					180	3					1		
57.5			1				1	182.5	3					1	1	
60			1			1		185	3				1			
62.5			1			1	1	187.5	3				1		1	
65		1						190	3				1	1		
67.5		1					1	192.5	3				1	1	1	
70		1				1		195	3			1				
72.5		1				1	1	197.5	3			1			1	
75	1							200	3			1		1		
77.5	1						1	202.5	3			1		1	1	
80	1					1		205	3		1					
82.5	1					1	1	207.5	3		1				1	
85	1				1			210	3		1			1		
87.5	1				1		1	212.5	3		1			1	1	
90	1				1	1		215	3	1						
92.5	1				1	1	1	217.5	3	1					1	
95	1			1				220	3	1				1		
97.5	1			1			1	222.5	3	1				1	1	
100	1			1		1		225	4							
102.5	1			1		1	1	227.5	4						1	
105	1		1					230	4					1		
107.5	1		1				1	232.5	4					1	1	
110	1		1			1		235	4				1			
112.5	1		1			1	1	237.5	4				1		1	

115	1	1						240	4				1	1	
117.5	1	1					1	242.5	4				1	1	1
120	1	1				1		245	4			1			
122.5	1	1				1	1	247.5	4			1			1
125	2							250	4			1		1	
127.5	2						1	252.5	4			1		1	1
130	2					1		255	4		1				
132.5	2					1	1	257.5	4		1				1
135	2				1			260	4		1			1	
137.5	2				1		1	262.5	4		1			1	1
140	2				1	1		265	4	1					
142.5	2				1	1	1	267.5	4	1					1
145	2			1				270	4	1				1	
147.5	2			1			1	272.5	4	1				1	1

25 KILO LOADING CHARTS IN 2.5 KILO INCREMENTS

	25	20	15	10	5	2.5	1.25
275	5						
277.5	5						1
280	5					1	
282.5	5					1	1
285	5				1		
287.5	5				1		1
290	5				1	1	
292.5	5				1	1	1
295	5			1			
297.5	5			1			1
300	5			1		1	
302.5	5			1		1	1
305	5		1				
307.5	5		1				1
310	5		1			1	
312.5	5		1			1	1
315	5	1					
317.5	5	1					1
320	5	1				1	
322.5	5	1				1	1
325	6						
327.5	6						1
330	6					1	
332.5	6					1	1
335	6				1		
337.5	6				1		1
340	6				1	1	
342.5	6				1	1	1
345	6			1			
347.5	6			1			1
350	6			1		1	
352.5	6			1		1	1
355	6		1				
357.5	6		1				1
360	6		1			1	
362.5	6		1			1	1
365	6	1					
367.5	6	1					1
370	6	1				1	
372.5	6	1				1	1
375	7						
377.5	7						1
380	7					1	
382.5	7					1	1
385	7				1		
387.5	7				1		1
390	7				1	1	
392.5	7				1	1	1
395	7			1			
397.5	7			1			1

KILOS TO POUNDS CONVERSION CHART

Kilos	Pounds	Kilos	Pounds	Kilos	Pounds	Kilos	Pounds
25	55	142.5	314	257.5	567.50	375	826.50
27.5	60.50	145	319.50	260	573	377.5	832
30	66	147.5	325	262.5	578.50	380	837.50
32.5	71.50			265	584	382.5	843.25
35	77	150	330.50	267.5	589.50	385	848.75
37.5	82.50	152.5	336	270	595	387.5	854.25
40	88	155	341.50	272.5	600.75	390	859.75
42.5	93.50	157.5	347	275	606.25	392.5	865.25
45	99	160	352.50	277.5	611.75	395	870.75
47.5	104.50	162.5	358	280	617.25	397.5	876.25
		165	363.75	282.5	622.75		
50	110	167.5	369.25	285	628.25	400	881.75
52.5	115.50	170	374.75	287.5	633.75	402.5	887.25
55	121.25	172.5	380.25	290	639.25	405	892.75
57.5	126.75	175	385.75	292.5	644.75	407.5	898.25
60	132.25	177.5	391.25	295	650.25	410	903.75
62.5	137.75	180	396.75	297.5	655.75	412.5	909.25
65	143.25	182.5	402.25			415	914.75
67.5	148.75	185	407.75	300	661.25	417.5	920.25
70	154.25	187.5	413.25	302.5	666.75	420	925.75
72.5	159.75	190	418.75	305	672.25	422.5	931.25
75	165.25	192.5	424.25	307.5	677.75	425	936.75
77.5	170.75	195	429.75	310	683.25	427.5	942.25
80	176.25	197.5	435.25	312.5	688.75	430	947.75
82.5	181.75			315	694.25	432.5	953.25
85	187.25	200	440.75	317.5	699.75	435	959
87.5	192.75	202.5	446.25	320	705.25	437.5	964.50
90	198.25	205	451.75	322.5	710.75	440	970
92.5	203.75	207.5	457.25	325	716.25	442.5	975.50
95	209.25	210	462.75	327.5	722	445	981
97.5	214.75	212.5	468.25	330	727.50	447.5	986.50
		215	473.75	332.5	733		
100	220.25	217.5	479.50	335	738.50	450	992
102.5	225.75	220	485	337.5	744	452.5	997.50
105	231.25	222.5	490.50	340	749.50	455	1003
107.5	236.75	225	496	342.5	755	457.5	1008.50
110	242.50	227.5	501.50	345	760.50	460	1014
112.5	248	230	507	347.5	766	462.5	1019.50
115	253.50	232.5	512.50			465	1025
117.5	259	235	518	350	771.50	467.5	1030.50
120	264.50	237.5	523.50	352.5	777	470	1036
122.5	270	240	529	355	782.50	472.5	1041.50
125	275.50	242.5	534.50	357.5	788	475	1047
127.5	281	245	540	360	793.50	477.5	1052.50
130	286.50	247.5	545.50	362.5	799	480	1058
132.5	292			365	804.50	482.5	1063.50
135	297.50	250	551	367.5	810	485	1069
137.5	303	252.5	556.50	370	815.50	487.5	1074.50
140	308.50	255	562	372.5	821	490	1080.25