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## Introduction and Disclaimer

This Rulebook and all the contents included are the possession of the World United Amateur Powerlifting Organization (WUAP). No alterations or changes to this document are permitted without the approval of the WUAP Executive Committee through a vote of the Member Nations. Exclusions to this rule are corrections of spelling, grammar, or other needs for clarity and understanding.

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Any questions or concerns should be directed to your individual Country Representative or please contact us at [www.wuap-powerlifting.com](http://www.wuap-powerlifting.com).

## General Rules

The WUAP recognizes the following lifts which must be performed in accordance with WUAP rules spelled out later in this document:

Squat - Powerlifting

BenchPress - Powerlifting

Deadlift - Powerlifting

BenchPress (Single Lift)

Deadlift (Single Lift)

Powerlifting events will be conducted in the following order of competition

1. Squat
2. BenchPress
3. Deadlift

The highest of the successfully completed disciplines will be added together to comprise the Total. The winner, runner-up, and following places of each competed division will be determined by this Total.

In Single Lift Events, the highest successfully completed discipline will determine the winner, runner-up and following places in each competed division.

All WUAP Sanctioned events must be conducted in Kilograms.

The WUAP, through its member nations and Federations, recognizes the following International Championships in both RAW and Equipped Divisions

- World Powerlifting Championships
- World BenchPress Championships
- World Deadlift Championships
- European Powerlifting Championships
- European BenchPress Championships
- European Deadlift Championships
- USA National Powerlifting Championships
- USA National BenchPress Championships
- USA National Deadlift Championships

The WUAP also recognizes National Championships and other approved International Championships of its Member Nations.

The WUAP recognizes all World and Continental Records set at all WUAP Internationally Sanctioned Events.

Each member nation is allowed to enter any number of athletes into International Competitions throughout the body weight and age categories. Member Federations may impose qualifying standards for their individual team selections.

Whenever possible for all International Competitions, all intended competitors should be declared to the WUAP General Secretary and the Organization Committee of the specific Championship at least 21 days before the first day of the Championship.

Point scoring for all World Championships shall be 12, 9, 8, 7, 6, 5, 4, 3, 2, 1 for the first 10 placements in any body weight category. Point scoring for all other International Competitions will be optional and at the discretion of the appointed WUAP Contest Officials and the Event Organizing Committee.

In World Championships, only six competitors from each nation shall score points towards the National Team total. These six competitors will be selected after the competition is completed and shall be the six highest placers of the competitors from a nation. A maximum of three competitors from the same nation shall be eligible for point scoring in a body weight category. Each nation may have three lifters per body weight category.

In the case of a tie in the points of national teams, the team having the largest number of first place finishers of the six-point scoring competitors will be ranked as first. In the case of a tie between two nations having the same number of first place finishers, the one having the most second place finishers will be ranked as first, and so on through the 10 places.

At all competitions where “Best Lifter” or “Champion of Champions” awards are presented, placing will be determined by the Reshel Formula. Only winners will be eligible to be awarded as Best Lifter. For championships where there are sufficient competitors in the Masters Categories, a “Best Master Lifter” will be awarded. The calculation for this award will involve both Reshel Formula and the Masters Age Multiplier.

## Age Divisions and Weight Classes

The WUAP recognizes the following Weight Classes:

### Women Weight Classes:

48kg - to 48.0 kg

52kg - from 48.01 kg to 52.0 kg

56kg - from 52.01 kg to 56.0 kg

60kg - from 56.01 kg to 60.0 kg

67.5kg - from 60.01 kg to 67.5 kg

75kg - from 67.51 kg to 75.0 kg

82.5kg - from 75.05 kg to 82.50 kg

90kg - from 82.51 kg to 90.0 kg

90kg+ - from 90.01 kg to Unlimited

### Men Weight Classes:

56kg - to 56.0 kg

60kg - from 56.01 kg to 60.0 kg

67.5kg - from 60.01 kg to 67.5 kg

75kg - from 67.51 kg to 75.0 kg

82.5kg - from 75.05 kg to 82.50 kg

90kg - from 82.51 kg to 90.0 kg

100kg - from 90.01 kg to 100.0 kg

110kg - from 100.01 kg to 110.0 kg

125kg - from 110.01 kg to 125.0 kg

140kg - from 125.01kg to 140.0 kg

140+kg - from 140.01kg to Unlimited

The WUAP recognizes the following age divisions. These divisions apply for both Men and Women. All age specific divisions may only be entered by athletes who are that specific age at the time of the competition.

Open (Senior): Any competitor who is 16 years of age or older.

Teenage: Any competitor from 16 years of age to 19 years of age.

Junior: Any competitor from 20 years of age to 23 years of age.

SubMaster: Any competitor from 35 years of age to 39 years of age.

Master 40-44 (M40-44): Any competitor from 40 years of age to 44 years of age.

Master 45-49 (M45-49): Any competitor from 45 years of age to 49 years of age.

Master 50-54 (M50-54): Any competitor from 50 years of age to 54 years of age.

Master 55-59 (M55-59): Any competitor from 55 years of age to 59 years of age.

Master 60-64 (M60-64): Any competitor from 60 years of age to 64 years of age.

Master 65-69 (M65-69): Any competitor from 65 years of age to 69 years of age.

Master 70-74 (M70-74): Any competitor from 70 years of age to 74 years of age.

Master 75-79 (M75-79): Any competitor from 75 years of age to 79 years of age.

Master 80+ (M80+) : Any competitor from 80 years of age or older.

## Equipment and Specifications

### 1. Platform

All lifts shall be performed on a platform not less than 2.46m X 2.46m (8ft X 8ft) and secure enough to insure the safety of the lifter, spotters, and loaders. The platform for World Championships shall be 3.69m X 3.69m (12ft X 12ft). The surface of the platform must be firm, non-slip and level with no discernable seams near the general lifting area. Rubber mats of smaller sheeting materials are permitted. No one is allowed on the platform during lifting sessions except the lifter, the designated spotters and loaders, the three referees on duty and any other meet officials as designated if the need arises. At certain National and International Championships, and at the discretion of the WUAP Contest Officials, the lifter's coach or designated hand-off person is allowed on the platform but must immediately vacate the platform once the hand-off is completed. Any cleaning, mopping, brushing or adjusting of the platform or equipment will be handled solely by the the designated personnel as determined by the Chief Referee.

### 2. Bars and Disks

For all competitions under the rules of the WUAP, only disc barbells are permitted to be used. Only bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished. Different bars suited for specific lifts may be utilized if they conform to the specifications. The same bar must be used for an entire flight.

Specifications of the bar(s) are as follows:

The bar must be straight, well knurled and grooved, and shall conform to the following dimensions. The total length shall not exceed 2.2m, except for specialized squat and deadlift bars. The distance between the inside collar is not to exceed 1.32m or be less than 1.31m except for specialized squat and deadlift bars. The diameter of the bar is not to exceed 29mm, or be less than 28mm, except for the specialized squat bar which shall have a maximum diameter of 32mm. The weight of the bar and collars is to be 25kg. Weight of the specialized squat bar is to be 30kg. Diameter of the sleeves is to be 49.5-52mm. There shall be a circumferential machine markings on the bar or there shall be taped markings which measure 81cm between the markings. The maximum sleeve length shall not exceed 508mm, the distance between inside collar faces shall not exceed 1434mm and the maximum overall length shall not exceed 2420mm.

Specifications of the discs are as follows:

All discs used in competitions must weigh within 25% of their correct face value. The hole size in the middle of the disc shall be such that the discs fit on the bar without excessive play. Discs must be of the following range: 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg, and 50kg. For the purpose of setting records, discs of .5kg and .25kg should also be available. For record purposes, lighter discs may be used to achieve a weight of at least 500 grams more than the existing World Record. All discs must be clearly marked with the weight and loaded in the sequence of the heaviest discs innermost with the lightest discs in descending weight. The first and heaviest disc shall be loaded on the bar face in, and the rest of the discs loaded face out. The diameter of the largest discs shall not exceed 45cm. It is suggested that the discs be color coded as follows: 10kg and below – any color; 15kg – yellow; 20kg – blue; 25kg – red; 45kg – gold; and 50kg – green.

### 3. Collars

Collars shall always be used in competition lifts. The collars must weigh 2.5kg unless a specialized squat bar is being used. Only collar made specifically for a specialized squat bar may be used with that bar.

### 4. Squat Racks

Squat Racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter/loaders. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position. The design of the squat racks shall allow adjustments that accommodate all lifters. Height adjustments should be at incremental stages not to exceed 5cm. For extra safety, all hydraulic racks should be capable of being secured at the required height by means of pins. In all World or National competitions, an adjustable rack with a hydraulic mechanism or non-conventional squat rack commonly known as a “mono-lift” type should be used.

### 5. Bench

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions: Length shall not be less than 1.22m and shall be flat and level. The height of the bench shall be no less than 42cm and no more than 45cm when measured from the floor to the top of the pad when the pad is not being compressed. The height of the uprights on adjustable benches should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position. On non-adjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position. The minimum width between the inside of the bar rests shall be 1.10m. Wider bar rests are advisable for wide grip benches, but must not exceed the 1.31m inside dimension of the bar.



6. Health Issues

- a. Should blood or other foreign substances appear on the bar or equipment, it must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.
- b. Should blood or other foreign substances appear on the lifter, it must be rectified immediately. The wound must be cleaned and a patch or bandage applied to prevent further contamination of the bar or equipment.



## Costume and Personal Equipment

### LIFTING SUIT

A lifting suit of the basic design illustrated shall be worn. It must be an individual full-length article of cloth fabric. Its construction may consist of multiple plies to a thickness of one or two plies, but must, as a whole, be a singular component. It may have patching, but not so as to exceed the two ply limit or overly cover the lifting suit to increase thickness. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors but shall not portray indecency or be offensive to the spirit of the competition. The length of the leg, when worn must not exceed beyond mid-thigh (medial point between crotch and top of knee cap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted. Only one lifting suit may be worn.

Lifters competing in RAW specific divisions must wear a one piece lifting suit. The straps must be worn over the shoulders at all times while lifting in the competition. This suit should be similar to one commonly referred to as a “singlet”. The suit must not be supportive in any way which would assist in the completion of any lift and must consist of only a single layer of fabric. Please see examples below.



## UNDERSHIRT/LIFTING SHIRT/BENCH SHIRT

Lifters competing in RAW or Equipped divisions must wear as a minimum, a shirt, commonly referred to as a “t-shirt” or similar shirt, during the squat and bench press. This shirt may be with or without sleeves. It must be an individual article of fabric and consisting of cloth, polyester or denim material. Canvas is not permitted. Lifters competing in RAW specific divisions may not wear any sort of supportive shirt under the lifting suit during any lift. This includes shirts known as BenchPress Shirts and Erector Shirts.

Bench Press specific shirts: The construction may consist of multiple plies, but must, as a whole, be a singular component and cover the backs. Reasonable patching to repair tears is permitted, but the number and placement of the patching shall not be designed to increase, enlarge or enhance the body’s natural musculature or to alter the design of the shirt. The shirt may have an open collar design. The shirt may have Velcro closing straps. The shirt must have a fabric panel which covers the lifters back so that no skin is exposed to touch the bench. It should not be excessively loose or widely open. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

Lifters competing in RAW specific divisions may not wear any sort of supportive shirt under the lifting suit during any lift. This includes shirts known as Benchpress Shirts and Erector Shirts.

## BRIEFS

A pair of briefs of any design may be worn, provided that the length of the legs are less than those of the lifting suit when worn, and that the waist does not extend beyond approximately mid-torso. The briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to a thickness of one or two plies, but must , as a whole, be a singular component. Athletic supporters or underwear are permitted under the briefs. Only one pair of briefs may be worn under the lifting suit.

Only one lifting suit and optionally one pair of briefs may be worn during the competition.

Lifters competing in RAW specific divisions may not wear any type of supportive brief under the lifting suit during any lift. This does not apply to garments such as athletic supporters or underwear. The underwear may not extend beyond the legs of the one piece lifting suit.

## SOCKS

Socks may be worn. When worn during the squat and benchpress, they may not extend over the knee nor on the legs so that they touch any knee wrapping or kneecap supporter. Full-length leg stockings, tights, or hose are not permitted. Optionally up to two pairs of socks may be worn. During the deadlift – socks which cover the shin bones must be worn.

## SPECIAL CONSIDERATIONS

Women may wear additional protective briefs or panties. Women may also wear a bra provided it contains no special support. The use of tampons, sanitary napkins or related articles used for feminine hygiene protection are permitted.

Plastic or fabric shin guards may be worn in conjunction with socks which cover the shin bones but must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

## BELT

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

Materials and construction:

The main body shall be made of leather, cloth, vinyl, or nylon in one of more laminations which may be glued and/or stitched together. It shall not have any additional bracing or supports of any material either on the surface or concealed within the laminations of the belt. A metal buckle, studs and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs or stitching. The belt shall not have any inflatable component on or within any of its surface. A leather, cloth, vinyl or nylon tongue hoop shall be attached close to the buckle by means of studs and/or stitching. The lifter's name, the lifter's nation, state or club may appear on the outside of the belt, but shall not portray indecency or be offensive to the spirit of the competition. A one or two prong buckle as well as the 'lever action' fastening device may be used.

## DIMENSIONS of the BELT

Width of the belt is to be a maximum of 10 cm. Thickness of the belt is to be a maximum of 13mm, along the main length.

## FOOTWEAR

Footwear, more substantial than basic socks must be worn for the Squat and Benchpress. In the Deadlift, slippers or shoes that cover the foot must be worn. The only restrictions to such footwear are that no metal cleats or spikes are permitted.

## WRAPS

Knee wraps and wrist wraps, which meet the specifications which will be defined below, may be worn during the squat by lifters competing in RAW specific divisions and EQUIPPED divisions. (Effective 7-Dec-2014). Knee wraps and knee sleeves are **NOT** permitted during the deadlift by lifters competing in RAW specific divisions.

The fabric nature shall be elastic weave primarily of polyester, cotton or medical crepe singly or in combination. Wraps of rubber or rubberized substitutes are not permitted except as noted for the elbows.

Wraps may be used as follows:

Wrists: Wraps not exceeding 1m in length and 8cm in width may be worn if they are the wrap-around style, they may have a thumb loop and velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2 cm below the center of the wrist joint, not exceeding a total coverage of 12cm in both directions.

Knees: Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticized knee supports not exceeding 20cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above the and 15cm below the center of the knee joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suit.

Elbows: Elbow wraps and elbow sleeves are **NOT** permitted in the bench or deadlift.

Wraps: May be joined together, but the fabric may not overlap or exceed the maximum allowed length. I.E. they must be joined end to end only.

## PLASTERS

Two layers of plasters, band-aids or tape may be worn on the thumbs, but nowhere else without official permission of the referees or appointed WUAP Contest Official. No plasters or tape may be utilized as a strap to help the lifters hold the bar. With the permission and supervision of the referees, the appointed WUAP Contest Official, official doctor, or assigned paramedic, the lifter may apply spot plasters, bandages, tape or band-aids to muscle injuries on the body. Similarly, strip plasters, tape or band-aids may be applied to injuries on the inside of the hand, but in no circumstances, must these applications extend around the back of the hand.

## GENERAL

The use of oil, grease or other lubricants and liquids on the body, costume or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic use of liniments, or rubs. However, such items not be in evidence during platform attempts, especially in the Deadlift. Only powders may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Spray stickum may be used, but only on the lifter, not on the weight equipment. Nothing may be purposely applied to the platform, bench or bars.

All articles of lifter's costumes and personal equipment shall be clean and generally neat and presentable. In the discretion of the referee, a lifter will not continue in the competition if this provision is not met. Excessive 'psyching up' techniques (I.E. Swearing, hitting) shall be limited at the referee's discretion.

Smelling salts and other inhalants may not be used on the platform, but are permitted off the platform prior to the lifter commencing the lift.

## **INSPECTION OF COSTUME AND PERSONAL EQUIPMENT**

There will be no official inspection of costume and personal equipment at any WUAP sanctioned contest.

It will be the lifter's responsibility to present themselves on the platform outfitted in accordance with the rules governing costume and personal equipment.

Any item mentioned previously under costume and personal equipment may be inspected prior to the competition if the lifter has any doubt as the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to one of the WUAP referees present, not an appointed weigh-in official. Such inspections may also be made at any time prior to lifting by one of the appointed 'WUAP Contest Officials' or WUAP referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed 'WUAP Contest Officials'.

Items of personal attire not covered in the rules governing costumes and personal equipment such as: headbands, mouth pieces, ribbons, watches, costume jewelry, eyewear and feminine hygiene articles are permitted. However, hats, bandanas or head bands worn as to cover the head as a hat are not permitted to be worn on the platform.

Any items worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent or offensive to the spirit of the competition shall be removed before the lifter is permitted to proceed.

If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift, and may be disqualified from the competition. Any minor oversights, or items covered above, noticed before the lifter performs, should be indicated to the lifter and rectified prior to continuing.

Any lifter performing on the platform maybe be inspected before or after a lift if any of the referees doubt the legality of the costume or personal equipment being used.

Any lifter successful in a world record attempt must be inspected. Inspection may be solely visual when the legality of the lifter's costume and personal equipment is obvious, or more thorough if deemed necessary. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or officials delegated by the referees in cases where the lifter is of the opposite sex. In all cases an announcement shall be made by the head referee to the speaker and records processor that the record has been verified.

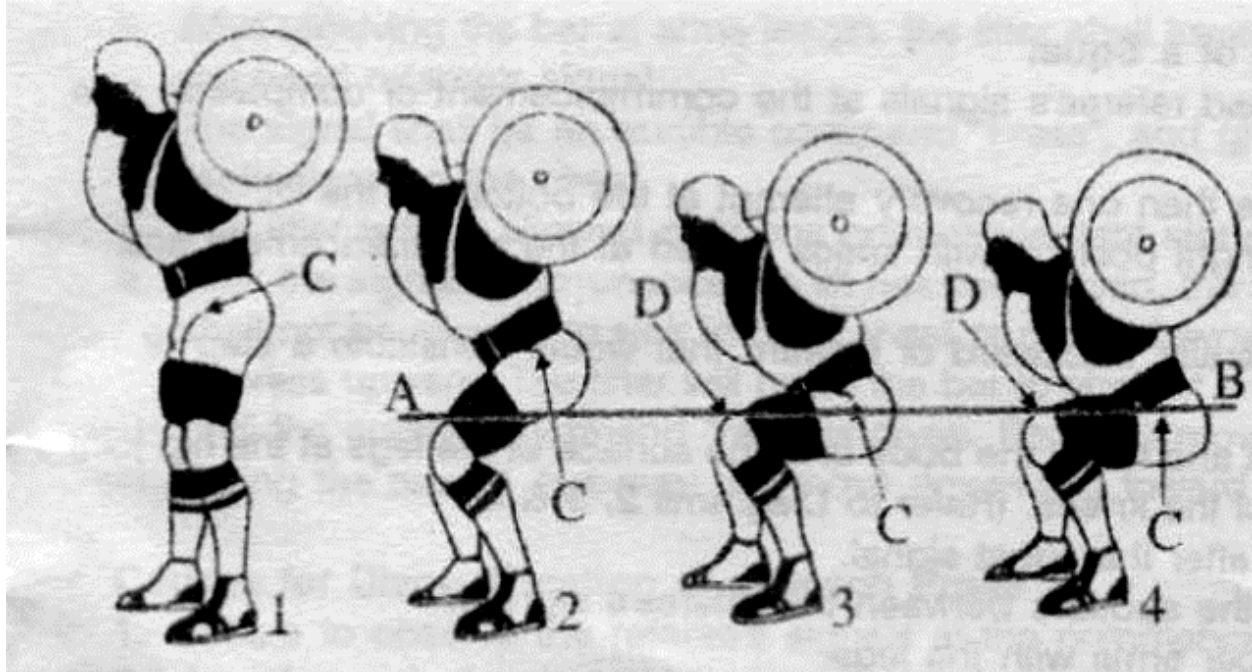
## **POWERLIFTS AND RULES OF PERFORMANCE**

### **SQUAT**

After removing the bar from the racks while facing the front of the platform, the lifter may move forward, backward or sideways to establish the lifting position, but must remain basically facing forward toward the head referee. The top of the bar must not be positioned more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/or fingers gripping the bar, and the feet flat upon the platform with the knees locked. (See diagram 1)

The lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".

Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees. (See diagram elements 1,2,3,4).



The lifter must recover at will, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery. As soon as the lifter has demonstrated a controlled final position, the head referee will give the signal indicating completion of the lift and to replace the bar.

The signal to replace the bar will consist of a backward motion of the arm and the audible command of "Rack". The lifter must then make a bona fide attempt to return the bar to the racks. In the event the lifter fails to complete the lift, the lifter should make every effort possible to 'stay with the bar', and with the help of the spotters, replaced the bar on the rack. The safety of the lifter and spotters is critical, so it is important to maintain control of the bar.

The lifter shall not hold the collars or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.

Not more than five and not less than two loaders/spotters shall be on the platform at any time. In addition, designated personnel to operate the squat rack shall also be allowed on the platform.

The lifter may enlist the help of spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with regards to getting into the proper set position. The spotters may assist the lifter to maintain control if the lifter stumbles or demonstrates any evident instability. The lifter must stay with the bar until



the bar is racked. In the opinion of the referees, if the lifter intentionally dumps the bar, the lifter will be disqualified from the contest.

The lifter will be allowed only one commencement signal per attempt.

The lifter may be given an additional attempt at the same weight at the head referee's discretion if failure in an attempt was due to any error by one or more of the platform crew.

#### Causes for Disqualification of a Squat

- Failure to observe the head referee's signals at the commencement or completion of the lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift
- Failure to assume an upright position with knees locked at the commencement or completion of the lift.
- Movement of the feet laterally, backwards or forwards that would constitute a step or stumble.
- Failure to bend the knees and lower the body until the surface of the legs at the hip joint are lower than the tops of the knees. (Refer to diagram elements 1,2,3 & 4)
- Any resetting of the feet after the squat signal
- Contact with the bar by spotters between the referee signals.
- Contact of elbows or upper arms with the legs
- Failure to make a bona fide attempt to return the bar to the racks.
- Any intentional dropping or dumping of the bar.

#### **BENCHPRESS**

The head of the bench must be placed on the platform facing the head referee with the head referees back to the audience. The lifter must lie backward with the shoulder and buttocks in contact with the flat surface of the bench. The position of the buttocks shall be maintained throughout the attempt. The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.

To achieve firm footing; a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen; the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm and not higher than 15cm.

Not more than 5 and no less than 2 loader/spotters shall be in attendance during the execution of a lift. The lifter may enlist the help of one or more of the designated spotters or enlist a personal spotter to assist in positioning on the bench, adjusting the lifter's belt and in removing the bar from the racks. Only designated spotters may remain on the platform during the lift.

The lift off must be to arm's length and not be down to the chest. A designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee and

move to a position away from the platform. If the personal spotter does not immediately leave the platform area and/or in any way distracts or impedes the head referees' responsibilities, the referee may determine that the lift is unacceptable, and be declared "no lift" by the referees.

The spacing of the hands on the bar is optional. The reverse grip is allowed.

After receiving the bar at arm's length, the lifter shall lower the bar to the chest and await the head referee's signal.

The signal shall be an audible command "Press" and given once the bar is motionless on the chest.

The lifter will be allowed only one commencement signal per attempt.

After the signal to commence the lift has been given, the bar is to be pressed upward. The bar shall not be allowed to sink into the chest or move downwards prior to the lifters attempt to press upward. The lifer will press the bar to the straight-arms length and hold the bar motionless until the audible command of "Rack" is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.

#### Causes for Disqualification of a BenchPress

- Failure to observe the referee's signals at the commencement or completion of the lift.
- Any lateral movement of the hands during the lift proper (between the referees signals).
- Failure of the buttocks to remain in contact with the bench during the lift proper.
- Any change in the elected lifting position of the feet in contact with the platform or blocks. The lifter may start with feet flat on the platform or on his or her toes. The lifter must remain in the chosen position during the lift proper.
- Any movement of the feet which changes the location of contact with the platform or foot blocks during the lift proper.
- Bouncing the bar off the chest.
- Allowing the bar to sink into the chest after receiving the referee's signal.
- Pronounced uneven extension of the arms during or at the completion of the lift as determined by the referee's
- Any downward motion of the bar during the course of being pressed to arm's length.
- Contact with the bar by the spotters between the referee's signals.
- Any contact of the lifter's shoes with the bench.
- Deliberate contact between the bar and the bench uprights during the lift which would be determined by the referees to assist in the completion of the lift.
- It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arm's length. Such spotters shall not return to the platform. It is especially important for a spotter providing a center lift off to leave the platform quickly so as not to impair the head referee's duties.

## **DEADLIFT**

The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be no downward motion of the bar.

The lifters shall face the front of the platform.

On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect.

The head referee's signal shall consist of a downward movement of the arm and the audible command of "Down". The signal will not be given until the bar is held motionless and the lifter is at an apparent finished position.

Any raising of the bar or any deliberate attempt to do so will count as an attempt.

### Causes for Disqualification of a Deadlift

- Any downward motion of the bar before it reaches the final position
- Failure to stand erect
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift. "Supporting" is defined as a body position adopted by the lifter that could not be maintained without the counterbalance of the weight being lifted.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble.
- Lowering the bar before receiving the head referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands.
- Hitching or jerking the bar upward during the lift.

## **WEIGH-IN**

At all Internationally Sanctioned Championships, weighing in of the competitors shall be initiated 24-hours before the start of the championship for a category. The mandatory weigh-in session shall be of a minimum duration of 1 ½ hours. There shall another weigh-in sessions commencing 2 hours before and ending ½ hour before the start of the competition for a particular category. Additional interim weigh-in sessions may be provided at the discretion and agreement of the competition Organization Committee and appointed WUAP Contest Officials. All weigh-in sessions and their durations must be posted and communicated to all lifters and coaches. Weigh-in officials must sign the lifter card at the time of weigh-in.

All lifters in the category must weigh-in during one of the provided weigh-in sessions. All weigh-in sessions must be carried out in the presence or authority of at least one WUAP referee.

The weigh-in session must be in a private area, where only the athlete, coaches, managers and referees or appointed official are present. The athlete's weight and first attempt(s) must not be made public until all lifters competing in that category have been weighed.

Lifters must be weighed in nude or in standard underwear (briefs for me, bra and panties for women). The weigh-in procedure must ensure that lifters are weighed in only in the presence of his or her own sex. Additional officials may be appointed for this purpose.

During the weigh-in sessions, lifters uncertain about items of costume or personal equipment should have the items inspected at that time by a WUAP referee, but not by the weigh-in personnel.

Each lifter may only be weighed once. Only those whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to be weighed. The lifter must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in session. If the lifter does not make weight at the end of the official weigh in sessions will be eliminated from competition for that body weight category. Lifters attempting to make weight at a category may be weighed as often as they wish during the posted weigh-in schedule.

A lifter who is too heavy may choose to be moved to the next higher weight class. The lifter must again be weighed during the weigh-in sessions scheduled for the category. All qualifying standard must be met and proof of qualification resides with the lifter.

A lifter who weighs lighter than the lower limit of the category, may drop to the next lower category, provided the weigh in sessions for that weight category have not finished. All qualifying standards must be met and proof of qualification resided with the lifter.

Official body weights must be recorded to the nearest tenth of a kilogram.

Any lifter that has not weighed in and had his or her opening attempts recorded at the last weigh-in session that ends thirty minutes prior to the start of his or her session, round or flight, may not compete in that session, round or flight. In the case where there is one session in the competition, that competitor shall not be allowed to participate in the competition. In cases where inclement weather and/or hazardous conditions exist around the venue, extension of weigh-in time shall be determined upon the discretion of the WUAP technical officer or appointed WUAP contest official.

If two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will be reweighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after reweighing, they will share the placing, and each receive any award that is being presented. In such circumstances, should two lifters be in the first place, the next lifter shall be awarded third place and so forth.

Lifters should, if required, check reach heights and during these periods prior to the start of the competition. Additionally, the first attempts will be required of the lifters at the time of weigh-in.

## **ORDER OF COMPETITION**

### **The "Round System"**

At the weigh-in, the lifter must declare a first attempt for all three lifts.

10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights though again one Flight is preferable. Over 15 Lifters must be split into appropriate Flights. Decisions on such divisions shall be made by the appointed WUAP Contest Officials' in conjunction with the competition Organizing Committee. Whenever possible lifters in the same body weight category should all compete in the same flight. Flights should be classified 'A', 'B', 'C', etc. Flight 'A' will normally consist of lifters in one body weight category. Flight 'B' the next higher body weight category, and so on. Should the number of lifters in any category necessitate that category being split into more than one Flight, then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results. Competitions combining men and women lifters may make different determinations. Where there are multiple Flights, Flight 'A' will complete all three rounds of the Squat (all three attempts), then Flight 'B' will make all three rounds of the Squat, and so on, repeating the same

process for the Bench Press and Deadlift. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. If the number of lifters in a flight drops to ten or less, there will be an automatic 5- minute rest following the completion of all first attempts, then again after all record attempts.

All lifters will take their first attempt in the first round, their second attempt in the second round, and their third attempt in the third round.

The bar must be loaded progressively during a round on the principle of a raising bar. At no time, will the bar be reduced within a round except for errors as described herein, and then only at the end of the round.

Lifting order in each round will be determined by the lifter's choice of weight per attempt. If two lifters are choosing the same weight, the lifter with the higher bodyweight at weigh-in, will lift first.

A lifter will not be allowed to call for a weight lower than the attempted in the previous round.

If unsuccessful with an attempt, the lifter will wait until the end of the round before attempting that weight again.

All attempts that will be attempted again due to a scorekeeper's error, loader's or spotter's error, or for any other reason, except for failure for the lifter to be announced, will occur at the end of the round in which the error occurred. This will happen in this manner regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in the round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt over within four minutes of the bar being loaded. Also, if such an error occurs to the first lifter in a round and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round, then four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the following round. These are two of the rare occasions when lifters will follow themselves.

A lifter is permitted one change of weight on the first attempt of each lift. If the lifter is in the first Flight to lift, this change may take place at any time up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. Prior notice of these deadlines will be announced by the speaker. Oversights in making these announcements will not jeopardize the lifter and will not prevent the lifters from changing the first attempt. The three platform referees or "WUAP Contest Officials" shall rule on such discrepancies that arise.

Lifters must submit their second or third attempts within one minute of completing the preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter will forfeit the next round attempt.

Attempts submitted for second and third attempts on the Squat and Bench Press cannot be changed, except as noted for single lift events. Deadlift: On second attempts, the lifter shall be

allowed one change in weight, and on third attempts, the lifter shall be allowed two changes in weight if he or she has been called to lift, but the bar has not been called as “ready” or “loaded”.

In single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter’s flight. On second attempts, the lifter shall be allowed one change in weight. Third attempts may be changed 2 times if his or her name has not been called to lift.

To avoid any doubt or confusion with regards to submitting attempts, the following procedure shall be adopted:

The chosen weights for attempts are to be given in writing in the form of attempt cards to the marshal/expeditor. Different coloured cards will be used for each lift, 3 of the same color for the Squat, 3 of another color for the Bench Press, and 3 of a third color for the Deadlift. The lifter or the coach will complete the appropriate attempt cards with the weight requested and sign the card. For first attempts, the attempt cards will only be used when the weight given at the weigh-in is changed.

If a lifting session consists of a single Flight, at least a 20–30 minute interval will be taken between lifts in order to ensure adequate warm-up time.

When there is more than one Flight in a session, the lifting will be organized on an alternating Flight bases. Consequently, a time interval between flights is not required other than the time necessary for arranging the platform. Lifters not in the first Flight will be able to warm-up while the first Flight is being conducted.

The competition Organizing Committee will appoint the following officials:

Speaker-Announcer

Time Keeper (Preferably a WUAP referee)

Marshal/Expeditors

Scorers

Records Processor

Loaders/Spotters

Additional officials may be appointed as required, e.g. doctors, paramedics, etc. Responsibilities of these officials are:

The speaker is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot number, and announces the weight required for the next attempt along with the name of the lifter. Additionally, the speaker announces, in order, the three lifters succeeding the lifter on ‘deck’. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the

speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the 'Round System' – the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight.

The Time Keeper is responsible for accurately recording the time lapse between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The time keeper is also responsible for recording other time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Refer in the "Examples of Errors in Loading" section.

Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of the lift, or at the discretion of the head referee who shall inform the time keeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one-minute allowance. The definition of the start of an attempt depends upon lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar. It is the time keeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

Marshals/Expeditors are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to scorer's table and speaker preferably in the form of the suggested colored attempt cards. The lifter is allowed one minute between completion of one attempt and submitting to the marshal/expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the marshal/expeditor, under the auspices of the head referee.

Scorers are responsible for accurately recording the progress of the competition, and on completion.

The Records Processor is specifically accountable for all world records broken, for collecting the details and initiating the paperwork information.

Loaders/Spotters are responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring that the platform is well maintained and of a neat and tidy appearance always. At no time, shall there be less than two or more than five loaders/spotters attending to the platform, plus any authorized squat rack personnel.

When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the



lifter or the bar during the actual attempt, i.e. during the period between commencement and completion signals from the head referee. The important exception, for the spotters, to this rule is if the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee or lifter has requested intervention, then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back on the racks. The lifter should make every effort possible to remain with the bar to assist the spotter/loaders in returning the bar to the rack.

The officers of the WUAP – the President, Chairman/General Secretary, Head of the Technical Committee, Vice Presidents, appointed Officers-at-large, will appoint five “WUAP Contest Officials” to oversee all World Championships and rule on any contentions that may arise. These five officials shall be from a minimum of three countries all of which have representation at the championships. At International competitions, less than World Championships, the officers of the WUAP will appoint three “WUAP Contest Officials” for the same purposes, at least two of which must be from different countries represented in the competition.

During a competition taking place on a platform or stage, only the lifter, the lifter’s coach, the three referees on duty, other meet officials recognized by need, the loaders/spotters and squat rack equipment operators will be allowed around the platform or stage. During the execution of a lift, only the lifter, designated loaders/spotters, squat rack operator and the three referees on duty are permitted to be present on the platform. Coaches shall remain back from the platform. A coaching area should be defined by the appointed “WUAP Contest Officials”. Personal, non-designated spotters are not permitted on the platform for the Squat or Deadlift. Personal, non-designated spotters are permitted to lift-off on the Bench Press, however, once the bar has been correctly positioned at the lifter’s arm’s length, any personal spotter must quickly leave the platform area to a discreet position.

Lifters shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area, but not directly on the platform.

In competitions under WUAP jurisdiction, including any competitions where world records are set, the weights used must be in kilograms, and the barbell must always be a multiple of 2.5kg. The weights shall be announced in kilograms and may additionally be announced in pounds.

Exceptions to this rule:

For a world record attempt made outside the completion (4th attempt), the weight of the barbell must be at least 500 grams more than the current record. Such record attempts will be made at the end of the third round of the lifting flight.

In a world record attempt made within the prescribed attempts of the competition, a lifter may request on any attempt, a weight that exceeds the current record by at least 500 grams. If the lift is successful, only the lower closest multiple of 2.5kg will be recorded on the score sheet

and the exact weight will be recorded on the record application. Pound weights for world records are not to be used regardless of their weight.

In all competitions, the weight of the barbell shall consist of the heaviest discs available that make up a weight.

The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter errors, or other platform altercations of the speaker to make the appropriate announcement. Such decisions shall be first discussed with the other platform referees.

#### Examples of Errors in Loading:

If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted, or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.

If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.

If the weight is not the same on each side of the bar and the lift is successful, rules for overloaded and under loaded bars, as above apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not a multiple of 2.5kg (i.e., a 1.25kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5kg. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.

If any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.

Should the platform or equipment become disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight, at the discretion of the referees on duty.

If the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the referees will make the same decisions as for loading errors.

All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.

If a lifter misses an attempt because the speaker failed to announce the lifters' name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again, this shall be at the discretion of the referee on duty.

The minimum increase between any attempts shall be 2.5kg.

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

Other than initial removal of the bar from the racks, the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat, the spotters should assist in steadying the lifter until control has been regained.

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

Any physical abnormality, handicap, or incapacity of a lifter that may cause, or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed "WUAP Contest Officials". This should be in advance of the start of the lifter's Flight. The lifter, "WUAP Contest Officials" and the platform referees for the lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations.

If, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed "WUAP Contest Officials" together with the referees on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue. The team manager must be officially informed of both warning and disqualification.

Any acts of physical threats or violence towards a WUAP Officials, Spotter/Loaders, other such official appointed by the WUAP Contest Officials, athletes or spectators, shall result in immediate disqualification from the contest. Further, legal or judicial proceedings may result from such acts of violence, on a case by case basis.

All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behaviour of any person or persons taking part in the competition will be made to the appointed "WUAP Contest Officials". This must be done immediately following action of which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.

The appointed "WUAP Contest Officials" will consider all such complaints. If deemed necessary, the appointed "WUAP Contest Officials" may suspend the progress of the completion to consider the situation fully. After due consideration, the complainant will be informed of any decision and any appropriate measures that may be taken. The verdict of the appointed "WUAP Contest Officials" will be considered final and there will be no right or appeal to any other body.

Competitor is responsible for announcing an opening attempt. If the opening attempt of the competitor in open or submaster category is lower than the minimal limit weight requirement,

the attempt will not be accepted. In case that after the event or the competition the attempt is recognized as under the minimal limit weight, competitor will be disqualified.



## REFEREES

The referees shall be three in number, the head referee and two side referees.

The head referee is responsible for giving the necessary signals for all three lifts for indicating to the speaker and time keeper when the bar is ready, for communicating to the speaker the verification of world records, and any special decisions upon performance decided by the referee.

Signals required at the commencement of each lift for the three disciplines are as follows:

Squat: A visual signal consisting of a downward motion of a raised arm together with the audible command of "Squat"

BenchPress: An audible command of "Press" when the bar is motionless on the lifter's chest. (NOTE: the WUAP does not require an audible "Start" command)

Deadlift: No signal required

Signals required at the completion of each lift of the three disciplines are as follows:

Squat: A visual signal consisting of a backward movement of a raised arm together with the audible command of "Rack".

BenchPress: An audible command of "Rack" when the bar has been pressed to arm's length.

Deadlift: A visual consisting of a downward movement of a raised arm together with the audible command "Down".

Once the bar has been replaced in the racks or on the platform at the completion of the lift and the referees will announce their decisions by means of the lights. White for a 'good lift' and red for 'no lift'.

The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift. The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Deadlift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless between signals. The side referee should not impose upon the spotter's duties but should adjust their own seating position and may lean sideways or forward during a lift to obtain the best viewing vantage. Side referees during the Squat must be positioned exactly to the side or front of the squatter and not to the rear. Spotters for the squat must provide a "window" for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins, i.e. side referees may ask spotter/loaders to move slightly to give them a better view.

Before the competition, the appointed "WUAP Contest Officials", referee or additionally appointed officials shall have ascertained that:

The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded.

Scales work correctly and are accurate.

The lifters weigh-in within the limits of the body weight categories, and within the time frame of the posted weigh-in sessions.

Any lifter's costume or personal equipment, if requested, is inspected and approved or rejected. That speaker-announcer, time keeper (if not a referee), marshals/expeditors, scorers, records processor and loaders/spotters understand their duties and the rules that may pertain to them

During the competition, the three referees on duty must jointly ascertain that:

The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose.

Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.

On the platform, the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.

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

The referees may stop the lift for discretionary safety. The head referee shall signal the lifter with a downward motion of the arm and the audible command of "Down" for the Deadlift and shall instruct the spotters to take the bar on the Squat and Bench Press only if safe and appropriate to do so.

No two-family members or relatives may referee on the same platform at one time.

Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the set-up of the lifter, they will call attention to the fault as previously described in 8 (a). If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee seeing a fault that may not be visible to the side referees, e.g. hands holding the collars or discs on the Squat may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter has the remainder of any unexpired time allowance to repeat the attempt with the fault corrected, and receive the commencement signal. Note: for the above reasons, it is important that the time keeper stop timing attempts on the Squat and Bench Press only when the lifter has received the commencement signal.

Aspects of the set up for the Squat regarded as faults are as follows:

- Holding the collars or discs.
- Failure to assume an upright position.
- Failure to have knees locked.
- Top of the bar more than 3cm below the top of the anterior deltoids.

Aspects of the set up for the Bench Press that, if maintained beyond the referee's signal, will be regarded as faults are as follows:

- The lifter's shoes are not in contact with the platform or the surface of any discs/blocks that may have been requested.
- Contact of the lifter's shoes with the bench or its supports
- Buttocks not in contact with the flat surface of the bench.

Any of these potential faults should be drawn to the attention of the lifter by any of the referees observing them.

Prior to the commencement of a lift, if either of the side referees observes an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either case, the referees will be called together to inspect the lifter. If the fault is considered a purposeful intention to cheat, the lifter will be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered and the action taken will be at the discretion of the referees on duty.

Faults that should be considered as a purposeful intention to cheat are:

- The use of more than one lifting suit or an illegal lifting suit.
- The use of more than one supportive undershirt or illegal undershirt. The use of more than one pair of briefs.
- The use of more than one pair of wraps, or wraps substantially over regulation length.
- Any additions more than the prescribed costume and personal equipment rules, e.g. body wraps, towel inserts, bracings etc. Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Deadlift.
- Lifters who are competing in RAW specific divisions who attempt to use any sort of supportive gear or wraps which are not allowed under the rules.
- Other infractions of similar gravity.
- 

Faults that should be considered as oversights or genuine mistakes are:

- Socks overlaid by, or touching, knee wraps.
- Wraps applied as to obviously exceed the width dimensions allowed for the wrist (12cm) or knee (30cm). Wraps slightly in excess of the prescribed regulation.
- Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth, e.g. hats, rubber elbow bands, etc.,
- Other infractions of similar consequence.

If any of the referees suspect without certainty any infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified or infractions deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.

Referees shall, if requested, explain to a lifter or coach the reason or reasons why a lift was judged "no lift". All that is required of such an explanation is an accurate statement, debates will not be entered, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal account concerning the progress of the competition.

A referee shall not attempt to influence the decision of other referees. Once any lift has begun, each referee will withhold his individual judgment until the completion of the lift, indicating such with a red or white light. Under no condition should a referee raise his hand after the lift has commenced unless to insure the safety of the lifter.

The head referee may consult with the side referees, the appointed "WUAP Contest Officials" or other official as necessary to expedite or facilitate the running of the competition.

At World and International Championships only WUAP Referees will adjudicate the lifting. At World Championships, the three referees for each session should not be of the same nationality, for International competitions no more than two of the session referees should be of the same nationality. The selection of referees for World Championships and international competitions shall be made by the appointed "WUAP Contest Officials".

The selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another session.

All referees in World Championships and International competitions will be uniformly dressed to include the following:

- Men: Blazer or cardigan with WUAP Referee badge on the left breast (pocket) or WUAP tie, grey trousers with a white shirt.
- Women: Blazer or cardigan with WUAP Referee badge on the left breast (pocket) or



WUAP tie and gray trousers with a white blouse or top.

The appointed “WUAP Contest Officials” shall determine whether winter or summer dress will be worn.

WUAP referees may have their refereeing status revoked upon consideration of their performance and abilities by the officers of the WUAP.



## **WUAP CONTEST OFFICIALS**

At World Championships and International competitions “WUAP Contest Officials” will be appointed to preside over all aspects of the competition. They shall ensure that the technical rules are correctly applied, consider and rule upon any appeals, and generally oversee the competition and refereeing. Five such “WUAP Contest Officials” shall be appointed for World Championships, a minimum of three of which must be from different countries; and three for other international competitions, at least two of which must be from different countries. A reserve member will also be appointed to act in the case of another’s absence.

These “WUAP Contest Officials” will be appointed prior to the competition by the officers of the WUAP – the President, Chairman/General Secretary, Head of the Technical Committee, Vice Presidents, and other appointed Officers-at-Large, the “WUAP Contest Officials” should include as many of the officers of the WUAP as possible or appropriate.

All “WUAP Contest Officials” must be WUAP Referees

During the competition, the “WUAP Contest Officials” may, by majority opinion, replace any referee whose decisions, in their opinion, prove the referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal.

If a serious mistake occurs in the refereeing, which is contrary to the technical rules, the “WUAP Contest Officials” may take appropriate action to correct the mistake. They cannot overrule or change the decisions of the referees but may, at their discretion, grant the lifter an additional attempt.

The “WUAP Contest Officials” shall be present at all lifting sessions.

## **WORLD RECORDS, AMERICAN CONTINENTAL RECORDS, EUROPEAN RECORDS**

At any National, International or World Championship recognized by the WUAP, World, European and American Continental records will be accepted provided that:

- The attempts are at the World Championships, the European Championships, the USA Championships.
- -The competition must be conducted under WUAP rules or a national variation or the rules accepted by the WUAP.
- -The world record applicant must be a current member of the National Federation affiliated to the WUAP or a current WUAP Affiliate Member from a country not organized with a National Federation affiliated to the WUAP.
- At least two current WUAP referees must adjudicate the lift and vouch that all conditions at the competition meet the technical standards and procedures required.

The third referee must be at least a current national referee of a National Federation affiliated to the WUAP.

- The barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or appointed "WUAP Contest Officials" or weighed immediately after the successful attempt by the referees. The lifter weighed in correctly before the competition.
- The scales were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, is available.
- The lifter's costume and personal equipment was in accordance with the rules.

A form for world record does not have to be filled out. It is appropriate in the responsibility of the leading WUAP functionaries that the championship appropriate judges are in place.

If, in any competition recognized by the WUAP, a lifter is successful with second or third attempt that falls within 20kg of a current world record, the lifter may request a fourth attempt that exceeds the world record. Such an attempt will be registered outside the competition. Additional attempts will not be permitted.

Only lifters competing in a competition may attempt world records.

In no circumstances, may lifters not taking part in the full competition be permitted to attempt world records on individual lifts.

In the event of two lifters, at the same competition, breaking either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If both lifters weighed in at the same body weight, they will be reweighed. If they reweigh the same, both will be record holders.

New individual lift records are only valid if they exceed the previous record by at least 500 grams.

Records are only valid for the body weight category of the lifter as determined at the official weigh-in.

There is an official world record for the total of three lifts. It will be recognized subject to the following additional stipulations:

A total record can only be valid if the bar and discs used in the competition have been weighed, and verified within specifications, before the competition. The record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg. No fourth attempts may be included in the total.

Records set on individual lifts will only be valid if the lifter makes a Total in the competition.

Records set in competitions which contest one lift only, shall not be considered as WUAP World Powerlifting Records but shall be noted and established as Official One Lift Records only.

If a lifter attempting a fourth attempt world record is one of the last four lifters of the flight in the third attempts, they will receive up to 3 additional minutes' rest prior to their fourth attempt. The very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes.

The highest lift in a class (ie. Master, sub-master, teenage, junior) if higher than the existing world record in the Open class shall also be the Open world record.

If a BenchPress record or Deadlift record set in a full meet exceeds the BenchPress or Deadlift record in the same category in the BenchPress only or Deadlift Only division the BenchPress or Deadlift record set in the full meet will prevail but not in the reverse order.

### **Attachment:**

AGM 2003:

The highest weight in a weight class (teenager, juniors, submaster, open, master) squatted, pressed or lifted will be accepted as record in the "open". This applies also to the highest total.

AGM 2003:

If a BenchPress record of the powerlifting is higher as the benchpress record in the single competition, the Powerlifting BenchPress record will be accepted as single lift record too. The opposite does not apply.

AGM 2005:

New Rule for the deadlift: If a lifter has lost at least 50% of the fingers with a hand, the lifter may use a grasp assistance. A finger is considered as lost if the finger is missing to the second knuckle. The grasp assistance is put with a loop around the wrist and winded around the bar. The end of the grasp assistance must be hold between the bar and the fingers.



AGM 2007:

The benchpress "sternum rule" is cancelled.

AGM 2007:

Age class Teenager 13-15 is cancelled

AGM 2007:

The weight classes 44 kg women and the weight class 52 kg men is cancelled

AGM 2008: The beginning of ½ hour weigh-in session before the beginning of competition may be extended to 1 hour if necessary.

AGM 2008: Bench shirt - rule change (refer to the bench shirt rule)

AGM 2008: The writing of the weight and age classes is standardized (ie. M60-64 and not age class 5, 140 + kg and not SHW)

AGM 2009: Board member decision 2009 - World records will be accepted at Worlds, US -and European Championships, American- and World Cup

AGM 2011: Deadlift - Socks must be worn that cover the entire shin bones.

AGM 2013: [Athletes are to be responsible for first attempt in consideration of minimal limit requirements.](#)

AGM 2015: Athletes who choose to compete in multiple age divisions must complete lifts for each division. Lifts for a single division may not be scored towards a second division. ie. A lifter competing in Open and SubMaster must complete lifts as an Open and Submaster lifter as if they were two different people.

AGM 2016:

The WUAP now recognizes the addition of DeadLift Only competitions and Records. These competitions and records will be governed under the existing rules for Single lift competitions.

Please see the [AGM Archive](#)

The following decisions and policies must be noted:

- [WUAP - Official Website](#)
- [AGM World 2012](#)
- [AGM World 2013](#)
- [Manual for promoters](#)
- [Rules for Championships](#)
- [Affiliation from countries](#)
- [Additional competition guidelines](#)