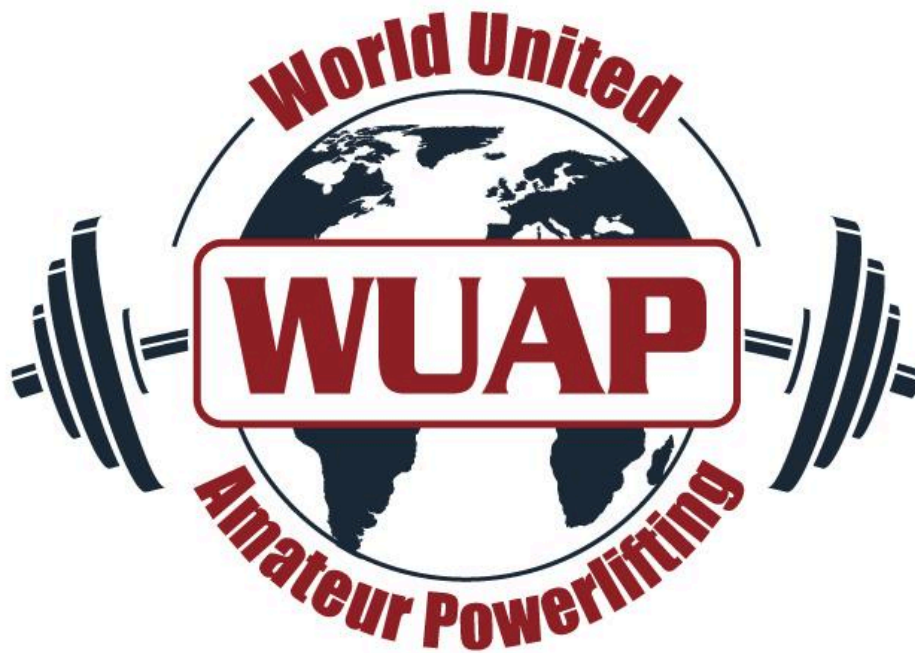


RULEBOOK

**World United Amateur Powerlifting
Federation**



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1. Introduction and Disclaimer

a) **This Rulebook** and all the contents included are the possession of the World United Amateur Powerlifting Organization (WUAP).

b) **This rule book**, in the currently valid version, is binding for all international championships awarded by the WUAP Association. The organizers of these competitions act on behalf of the association and must abide by these rules. Unauthorized interpretations of these Rules by the Promoters that result in distortion or misrepresentation of the Rules are not permitted. Should certain hardship cases arise, the organizer of the event must contact the board and explain the problem.

c) Each member country of the WUAP Association has the right to use the provisions of this rule book for their national WUAP rule book. It is irrelevant whether this rule book is adopted completely as a national rule book, or whether a national rule book is created based on this rule book with nationally valid changes and additions.

d) **Gender:** The personal designations used in this set of rules refer to both genders.

e) **Transgender:**

The WUAP does not differentiate between transgender and non-transgender athletes. Athletes start in the class (men/women) indicated in the valid identification document

f) All WUAP Sanctioned events must be conducted in Kilograms.

g) **Official member countries**

There are only official member countries. Each Member country shall appoint a national representative. The representative shall represent the country in the board meetings and submit votes for that member country. This country representative either represents several associations which are summarized in the country, or in the member country will one Association determine which will represent the respective Member State in the WUAP and then also nominates the country's representatives.

h) **AGM** - Annual General Meeting of the WUAP Association-

The general meeting is always held annually within the world championship of the current year. Each member country is entitled to submit discussion topics, proposals, amendments and applications for the holding of international championships for this AGM. These AGM topics must be submitted to the WUAP Board at least 4 weeks before the World Cup date.

i) **Right to have a say**

Each member country of the WUAP Association has the right to submit proposals or amendments to the WUAP Executive in connection with the rule book.

For suggestions or applications for rule changes, the WUAP Board has the opportunity to submit the submitted topic to all member countries entitled to vote for information and voting in an online vote.

In order to ensure the incorporation of rule changes from online voting into the rule book and the application of new rules for the international competitions scheduled for the new year of competition, the following deadlines for the submission of such requests are binding:
Last submission of proposals: October 1st - October 31st of the current year

Process Proposals: November 1st - November 15th of the current year

Email Online voting: November 20 - December 31 of the current year

Publication of voting results: by January 31 of the following year

The email will include a date by which the vote must be cast. - We need at least 70% of the members to vote yes or no within the given date. If we have less than 70%, the rule will not be accepted. - At least 50% of members must vote yes for the rule change to be accepted. The voting result will be sent to all members and published on the official WUAP website.

j) Any questions or concerns should be directed to your individual Country Representative or please contact us at www.wuap-powerlifting.com.

k) Hosting an international championship

Every member country of the WUAP Association has the right to apply to host an international championship recognized by the WUAP World Association

Applications must be submitted in writing to the board of the association and should include the following points:

- a presentation of the national association,
- a description, possibly a presentation of the planned competition site,
- the completed application form of the WUAP World Association for International Championships (General information's on promoting of international championships).

The application must be submitted to the WUAP World Association at least 4 weeks before the association's next AGM.

In this AGM, we discuss existing applications to host an international championship and discuss a possible award.

l) WUAP Contest, entry and entry fees

Competition registration: Entries will be grouped according to the individual member countries and reported to the organiser from 4 weeks before the entry deadline and then updated weekly. Entries of athletes will be made either by the respective country representative or the federation responsible for the respective member country. The country representative or the respective federation is also responsible for the payment of the entry fee(s) to the organiser. The entry fees shall be paid to the organiser in one sum so that they are available before the entry deadline.

Individual registrations from athletes from WUAP member countries will not be accepted.

Lifters from countries that are not members of the WUAP Association can register as individual members, observing the registration deadline.

Entry fees

the following regulation applies to the charging of entry fees at a European and World Championship:

- max. 75 € for the first start in the Open and Master class
- max. 50 € for the first start in the Teens and Junior class
- max. 50 € for the additional event in the Open and Master class
- max. 35 € for the additional event in the Teens and Junior class

There are no late registrations after the registration deadline at the WUAP Association.

The organizer pays 5.00 € to the WUAP Association for each registered and executed start of an athlete, regardless of the entry fee.

As an example: if a single athlete participates in the disciplines of powerlifting and bench press, the organizer pays a total of €10.00 to the organization.

m) **Rule for Athletes with Disabilities**

- There are no Paralympic categories in the WUAP.
- Athletes with disabilities may compete in any age/weight division.
- Athletes must be able to use the equipment for each discipline as defined in the rule book.
- Any physical abnormality, disability or other inability of a competitor to fully comply with the rules must be reported and explained to the appropriate WUAP Germany competition officials prior to the start of the round and supported by an appropriate medical certificate.
- The competitor, officials and judges will then be advised on the specific factors to accommodate the athlete's disability.
- When deadlifting, a grip assist can be used if at least 50% of the fingers are missing from one hand. (A finger is considered missing if at least 2 limbs are missing)

1.1. Disclaimer

Assumption of Risk. I understand that participating in the Activity entails inherent risks of physical injury, including, but not limited to, serious injury and long lasting damage. I am fully aware of the risks and hazards associated with the Activity, and hereby elect to voluntarily participate in the Event. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained by me as a result of participating in the Activity organized by WUAP or any subsidiary, its officers, trustees, agents, employees or volunteers of WUAP.

Liability Release. In consideration for WUAP allowing me to participate in the Activity, I agree I will not sue the Association and I release WUAP from any and all liabilities, claims, demands, actions, causes of actions, costs and expenses of any nature whatsoever arising out of any loss, damage, or injury, including death, that may be sustained by me or to any property belonging to me, arising from the Activity or while upon the premises where the Activity is being conducted.

Indemnification. I agree to indemnify and hold harmless WUAP from and against any loss, liability, damage or costs, including court costs and attorneys' fees, that WUAP may incur arising from my involvement in the Activity.

1.2. Insurance

Every organizer of an international championship commissioned by the WUAP Association must take out liability insurance for the championship in question that is sufficient in terms of amount and insurance cover.

The WUAP Federation will not be responsible for any damage caused by the organization of the championship. The responsibility will be borne by the organizer.

2. General Rules

2.1. Competitive disciplines

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

Squat -	Powerlifting	each in RAW und Equipped
BenchPress –	Powerlifting	each in RAW und Equipped
Deadlift –	Powerlifting	each in RAW und Equipped
BenchPress -	Single Lift	RAW
BenchPress -	Single Lift	Equipped
Deadlift -	Single Lift	each in RAW und Equipped

Powerlifting events will be conducted in the following order of competition

1. Squat
2. BenchPress
3. Deadlift
4. Total

The WUAP, through its member nations and Federations, recognizes the following International Championships in both RAW, Equipped and Kategorie F8 Divisions.

- World Powerlifting Championships RAW and Equipped
- World BenchPress Championships RAW, Equipped
- World Deadlift Championships RAW and Equipped
- European Powerlifting Championships RAW and Equipped
- European BenchPress Championships RAW, Equipped
- European Deadlift Championships RAW and Equipped
- USA National Powerlifting Championships RAW and Equipped
- USA National BenchPress Championships RAW, Equipped
- USA National Deadlift Championships RAW and Equipped

For competitions in the equipment disciplines (PWL EQ, BP EQ, DL EQ), a start is only permitted with the equipment defined in the rule book. A start without equipment is not permitted.

For competitions in the RAW disciplines (PWL RAW, BP RAW and DL RAW), a start is only permitted without supporting equipment as defined in the rule book. Exception: use of bandages.

2.2. Announcement of results

Powerlifting RAW / EQ

Powerlifting events will be conducted in the following order of competition

1. Squat
2. BenchPress
3. Deadlift

The highest weight of the successfully completed disciplines will be added together to comprise
4. the Total.

The winner, runner-up, and following places of each competed division will be determined by this Total.

Single Lift Events RAW/ EQ

Bench Press Single Lift RAW

Bench Press Single Lift EQ:

may be used:

- a) a single or multi-layer bench press shirt, or
- b) a single or multi-layer sling shot, or
- c) a bench press shirt similar or equal to an F8.

Only one piece of equipment from categories a), b) or c) may be used at any one time. A combination of several pieces of equipment is not permitted.

Only equipment of original equipment manufacturer quality may be used. Manipulation, processing or modification of the original equipment is prohibited.

Deadlift Single Lift, each in RAW and Equipped

The highest successfully completed Weight will determine the winner, runner-up and following places in each competed division.

Rating relative winner, absolute winner

At all WUAP International Championships (World, European, United States, World Cup, Americas Cup), "Best Lifter", "Champion of Champions" or "Absolute Winner" awards will be presented. RAW and Equipped Style will be awarded separately. The evaluation of awards in each Division will be calculated as follows.

Please note: Only winners of individual classes are eligible to be awarded as Absolute Winners.

- **Teenager Women** - by Reshel points.
- **Junior Women** - by Reshel points.

- **Teenage Men** - by Reshel points.
- **Junior Men** - by Reshel points.
- **Open Women** - by Reshel points.
- **Open Men** - by Reshel points.

- **Masters 1 Women 40-59 years**– by McCullough points (Reshel points and Age Multiplier)
- **Masters 1 Men 40-59 years**– by McCullough points (Reshel points and Age Multiplier)
- **Masters 2 Women 60 + years**– by McCullough points (Reshel points and Age Multiplier)
- **Masters 2 Men 60 + years**– by McCullough points (Reshel points and Age Multiplier)

Best Lifter awards will be awarded in the above-named Divisions, both RAW and Equipped styles, based on the number of athletes competing in each Division. The number of athletes will be determined at the closing date of registration.

- Divisions in which only one or two athletes compete will NOT be awarded a prize for the best lifter.
- Divisions with 3 to 5 athletes competing will be awarded a Single Best Lifter Award.
- Divisions with 6 or more athletes competing will be awarded Three (3) Best Lifter Awards.

The organizer of an international competition sanctioned by the WUAP Association has the option of awarding ABSOLUT WINNERS with non-cash prizes or prize money

Absolut Ranking:

- Powerlifting (RAW und EQ together)
- BenchPress (RAW und EQ together)
- Deadlift (RAW und EQ together)

3. Body Weight and Age Divisions

3.1. Age Divisions

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:	Any competitor who is 16 years of age or older.
Teenage T16-19:	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.
Master 40-49 (M40-49):	Any competitor from 40 years of age to 49 years of age.
Master 50-59 (M50-59):	Any competitor from 50 years of age to 59 years of age.
Master 60-69 (M60-69):	Any competitor from 60 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+ (M75+):	Any competitor from 75 years of age or older

Competitive lifting is restricted to a minimum age of 16 years.

The lifter must have reached the age of the age group in which he wants to start on the day of the competition (exception Open class). A competitor will remain in his age division until his or her next birthday when he or she reaches the upper limit of that age division.

Any lifter who, due to his age, is also eligible to start in a class other than the Open class can start in the Open class. His performance is then scored in the Open class and the lifter is ranked in the Open class for placement. A double rating for another age group is not permitted in this case.

If a lifter wants to start in the open class and an age group for which he is eligible, he must compete in both events.

Lift in one category can't be accepted in other category! Every promoter of WUAP contest will try to make it possible for competitors to start in more categories if he was correctly signed in and he payed starting fee. In case that promoter isn't able to make possible to compete in more categories because of organization reasons he has to inform him/her before competing groups are divided and the competitor has to make a decision in which category he/she is going to compete. Promoter has to remove him/her from category where he/she isn't going to compete and give back money for starting fee in category.

3.2. Weight Classes

The WUAP recognizes the following Weight Classes:

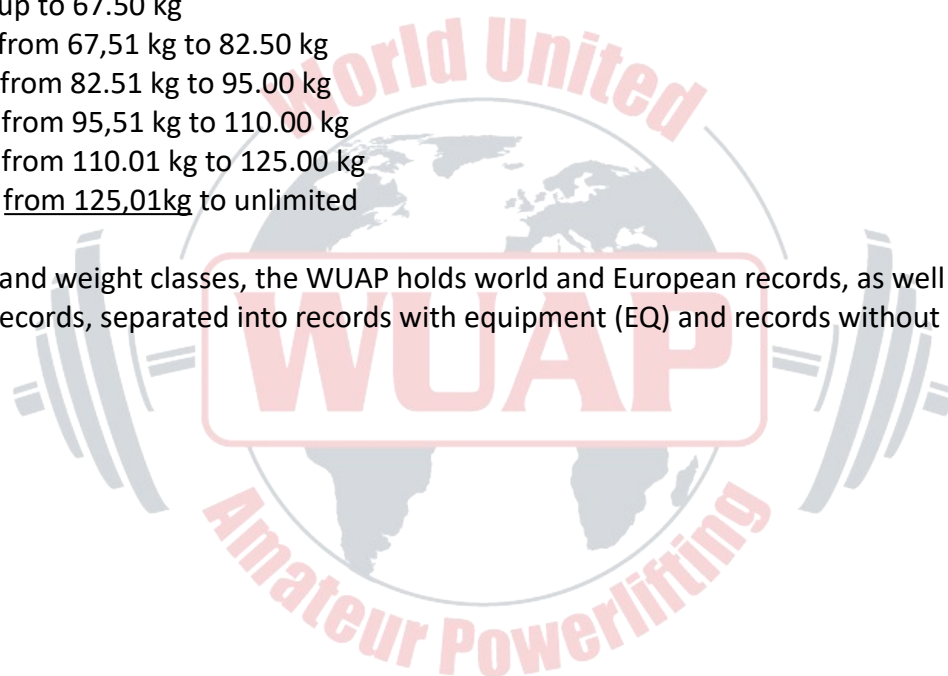
Women Weight Classes:

- 52kg - up to 52.00 kg
- 60kg - from 52.01 kg to 60.00 kg
- 67.5kg - from 60.01 kg to 67.50 kg
- 82.5kg - from 67,51 kg to 82.50 kg
- 82,5+kg - from 82.51 kg to Unlimited

Men Weight Classes:

- 67.50kg - up to 67.50 kg
- 82.50kg - from 67,51 kg to 82.50 kg
- 95kg - from 82.51 kg to 95.00 kg
- 110kg - from 95,51 kg to 110.00 kg
- 125kg - from 110.01 kg to 125.00 kg
- 125+kg - from 125,01kg to unlimited

In these age and weight classes, the WUAP holds world and European records, as well as continental records, separated into records with equipment (EQ) and records without equipment (RAW).



4. Contest Equipment and Specifications

4.1. Platform

All lifts shall be performed on a platform not less than 3,50m X 3,50m and secure enough to insure the safety of the lifter, spotters, and loaders.

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, but must have a non-slip surface.

It is recommended to cover the surface of the platform with a carpet. The covering must not come loose, slip or fold. The covering must be firmly attached to the subsoil.

No one is allowed on the platform during lifting sessions except:

- the lifter,
- the designated spotters,
- the athlete's coach or supervisor to lift out and fix the barbell,
- the four referees on duty,
- and if required WUAP officials to clarify any issues

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.

4.2. 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 and collars is to be 30kg.

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.

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 WUAP World Association recommends the use of the following barbell bars for international competitions on the competition platform:

- 1 x Squat bar (25 kg) - Texas Squat Bar, Forward Fitness Squat Bar,
- 1 x Benchpress bar (20 kg) - Texas Power Bar, Forward Fitness Power Bar,
- 1 x Deadlift bar (20 kg) - Texas Deadlift Bar, Forward Fitness Deadlift Bar,

If these barbell bars, or barbell bars with comparable properties, are not available to an organizer of an international championship, the WUAP Association can make these bars available for the competition platform.

Specifications of the discs are as follows:

All discs used in competitions must weigh within $\pm 0,25\%$ 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 setting records, discs of 0.5kg and 0.25kg 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 small 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.

*) only for continental competitions in USA

Table weight plates, tolerance weights, color

Weight plate Weight (kg)	Tolerance weight $\pm 0,25\%$ of nominal weight (kg)		Colour
	Minimum	Maximum	
0,25	0,24	0,26	any
0,50	0,49	0,51	any
1,25	1,24	1,26	any
2,5	2,49	2,51	any
5,0	4,98	5,02	any
10,0	9,97	10,03	any
15,0	14,96	15,04	yellow
20,0	19,95	20,05	blue
25,0	24,94	25,06	red
50,0	49,87	50,13	green
Closures 2,5 kg	2,49	2,51	any

4.3. 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 maybe used with that bar.

4.4. 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 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.

- At all World, European and Continental Championships, a monolift must be used on a stage that complies with these regulations.
- There must be at least two Monolifts in the warm-up room.
- It must be possible to secure the height adjustment on the monolift with a bolt.
- Each monolift on the platform and in the warm-up room must have 2 safety belts to protect the athletes and the 2 safety belts must be attached to each monolift on the platform and in the warm-up room to protect the athletes and the disc plugs the load

from falling to the floor.

- The safety belts must be adjustable according to the height of the athlete.
- The safety belts must be designed for the loads.

4.5. Bench

The bench must have a sturdy construction for maximum stability and meet the following requirements:

4.5.1. Support surface for the athletes:

- Length: no shorter than 1.22m,
- Width: no less than 29cm and no more than 32cm,
- Height: not less than 42cm and not more than 45cm measured from the floor to the uncompressed surface of the bench padding,
- Bench padding: must be flat, firm and non-slip.

4.5.2. Dumbbell rack

- the height of the barbell racks must be adjustable in 5cm intervals if possible, the adjustment range, measured from the floor to the bar rack, should be between a minimum of 82cm and a maximum of 100cm,
- the distance between the insides of the dumbbell supports must be at least 1.10m,

4.5.3. Safety

- to protect the athletes, the presser bench must be equipped with a stable and height-adjustable safety device on the left and right of the lying surface,
- the fuses must be adjustable in stages to the athlete's size,
- the fuses must have a sufficiently large and solid head protection on the side of the barbell rack.

4.6. Judges Scoring System

The scoring system must be placed in such a way that athletes, coaches, officials and of course visitors can clearly see the judges' scores.

Each referee is assigned a white and red light to indicate a valid attempt and an invalid attempt. The arrangement of the lights should preferably be arranged horizontally so that they correspond in order to the positions of the 3 judges.

The display must be set up in such a way that the respective rating for the completed attempt is only visible after each referee has given his rating.

Only in the event that the scoring system fails or there is a technical failure should the judges be provided with red and white paddles to announce their decision at the request of the Referee.

5. Costume and Personal Equipment

5.1. 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, offer compression which may increase endurance or assist in the completion of any lift in any way. The garment must consist of only a single layer of fabric. Please see examples below.

Lifters who choose to wear one piece lifting suits are tight fitting and appear to be offering compression to the lifters torso, will be subject to inspection by a contest official before the lifter is allowed onto the platform to complete a lift.

Should the lifter be found to be wearing a lifting suit which violates the RAW specific rules, the lifter will be required to change the lifting suit before completing the attempt. If the bar has been called "Loaded", the time to comply with the rule will be counted against the lifters 1 minute time limit.

NOTE:

The INZER Power Singlet is not allowed to be used in RAW Specific Divisions of Competition.

5.2. UNDERSHIRT/LIFTING SHIRT

Lifters competing in RAW 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 combination.

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

Lifters who choose to wear shirts which are referred to as athletic moisture wicking shirts, cool dry or similar style shirts which are tight fitting will be subject to inspection by a contest official before

the lifter is allowed onto the platform to complete a lift. Should the lifter be found to be wearing a shirt which violates the RAW specific rules, the lifter will be required to change the shirt before completing the attempt. If the bar has been called "Loaded", the time to comply with the rule will be counted against the lifters 1 minute time limit.

5.3. Bench Press specific shirts

Lifters taking part in equipment-specific competitions must wear a supportive shirt or compression shirt under the lifting suit (BenchPress shirts and Erector shirts) every time they lift.

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.

Canvas Bench Press shirts are not allowed.

The special bench press shirt worn in the BenchPress EQ discipline must be presented to the WUAP Referee for inspection at the weigh-in.

5.4. Bench Press specific shirts F8

- when using a multi-layer bench press shirt with a design similar or equal to an F8, a sleeveless T-shirt must be worn under the F8 in order to fulfil the hygiene requirements; a shirt is not permitted here,

- the front shoulder area as well as the chest and abdominal area must be covered by the F8 bench press shirt

- Bench press shirt must be covered,
- the sleeves must not cover the elbows

- Only an original shirt may be used, regardless of brand and manufacturer. Shoulder or back area,
- all these shirts MUST be made as one whole in one layer, regardless of the number of layers.

5.5. SLINGSHOT/CATAPULT

- a SlingShot can consist of one or more layers,
- the SlingShot must be worn on the upper arms and must not cover the elbows,
- with multi-layered SlingShots, you can also press with individual layers, but make sure that the unused layers do not increase the thickness of the SlingShot, especially in the contact area on the chest,
- the number of layers on the chest must not exceed/below the number of layers of which the SlingShot consists,
- a short-sleeved or sleeveless T-shirt must be worn under the SlingShot, not an Erector shirt,
- a SlingShot must be put on before stepping onto the lifting platform,
- all SlingShots must be presented to the referee for inspection at the weigh-in.

5.6. BRIEFS

Lifters who compete in Equipment-specific divisions:

A 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 briefs 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.

During the competition, only a lifting suit and, if necessary, briefs must and may be worn.

Lifters competing in RAW specific divisions may not wear any type of supportive brief under the lifting suit during any lift.

5.7. 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 (Exception rule Muslim women).

When deadlifting, socks or stockings that reach just below the knee (covering the shinbone) must be worn.

Short socks or socks that only cover half of the shin are not allowed when deadlifting.

Thin shin guards placed between the shin and socks can be worn when deadlifting.

The socks or stockings must not touch knee bandages or knee gauntlets.

5.8. 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.

A one or two prong buckle as well as the 'lever action' fastening device may be used.

The belt shall not have any inflatable component on or within any of its surface.

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.

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.

5.9. FOOTWEAR

Athletic footwear, appropriate to the discipline, should be worn on stage.

An attempt in socks only is not permitted in any of the disciplines, both RAW and EQ.

Metal heels, metal fittings or nails are also not permitted.

Footwear should be selected according to the character of the sporting event. Hiking boots, army boots or similar footwear do not count.

The use of any form of adhesive on the underside of the footwear is prohibited. This refers to all possible forms of adhesive, e.g. glass paper, emery cloth, etc. and the application of resin or magnesium carbonate.

A light moistening of the sole with a few drops of water is permissible.

5.10. WRAPS

Bandages must be made of a fabric made of cotton, polyester, medical crepe or a combination of these materials.

Bandages made of rubber or rubber substitute are not permitted.

An elastic bandage not exceeding 10cm in width can be used as a bandage.

Normal sweatbands that do not exceed 12cm in width can be worn.

Wrist gauntlets, which must not be wider than 12cm, and knee gauntlets, which must not be wider than 30cm, may be worn.

A combination of several bandages is not permitted.

Only one type of bandage may be used at a time.

Wrist wraps

- may be 8 cm wide and 1 m long,

- alternatively, an elastic bandage with a width of no more than 10 cm can be worn. may be worn. A combination of the two is not permitted,

- if it is a "wrap style" wrist bandage, a thumb loop and Velcro closure is permitted to secure it. The Velcro must be included within the 1m length.

- thumb loops can remain over the thumb,
- The wrist wrap must not protrude more than 10 cm below and 2 cm above the centre of the wrist. . The total width of the wrap must not exceed 12 cm,
- Wrist wraps can be used in all 3 disciplines of powerlifting and in the individual single disciplines both RAW and EQ,
- Normal sweatbands that do not exceed 12 cm in width can be worn.
- A combination of wrist bandages and sweatbands is not permitted.

Knee wraps

- Knee bandages may be a maximum of 2.5 m long and 8 cm wide.
- As an alternative, a knee gauntlet with a length of no more than 30 cm may be worn. May be worn. A combination of both is not permitted.
- The knee wrap must not be wrapped more than 15 cm above and 15 cm below the centre of the knee joint. centre of the knee joint. A total of 30 cm is allowed, but the lifting suit or the socks must not be touched by the bandage or the knee gauntlet.

RAW competitions:

- Knee wraps or gauntlets may be used during squat and bench press attempts.
- Knee wraps and gauntlets may not be used during deadlift attempts.

EQ- competitions:

- The knee wraps may be used in squat attempts, bench press attempts and deadlift attempts.

Elbow wraps

- Elbow wraps must only cover the general elbow area and not extend to the wrist or shoulder.
They can be supportive sleeves made of rubber material or elastic bandages or cuffs. In any case, they must consist of one part.
- Elbow wraps must not be longer than 1 m.

RAW-competitions:

- Elbow wraps or gauntlets may be used in squat attempts.
- Elbow bandages or gauntlets may not be used during bench press and deadlift attempts.

EQ-competitions:

- Elbow wraps or gauntlets may be used during squat and deadlift attempts.
- Elbow wraps or gauntlets should not be used on bench press attempts.

5.11. Bandig plaster/ Taping

Bandig-plaster usage:

- Two layers of band-aids or tape may be worn on the thumbs,
- 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,
- other injuries sustained by the athlete during the competition may also be treated using this procedure.
- no closed bandig-plaster, tape or other bandages may be applied to the limbs of the athletes.

tap usage:

- no use on the athlete's body to support the muscles, e.g. when fixing and holding the barbell,
- Taps can be used in the warm-up area, but these must be removed before entering the platform,
- If a violation of these rules is found during controls, the attempt will be denied and rated as a no lift.

5.12. 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 lime may be used, but only on the lifter, not on the weight equipment. Nothing may be intentionally 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.

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.

A solution of a mixture of household detergent or disinfectant and water is used to remove blood or tissue debris from the platform, barbell, or equipment.

Cleaning the platform from magnesia powder or other contaminants should be done dry with a vacuum cleaner or broom.

In extreme cases, when the athletes are no longer stable, a damp cloth can be used. The barbell is cleaned with a brush (no steel wires)..

In any case, the main referee gives the request for cleaning to the spotter.

The main referee gives permission to continue the competition after cleaning.

5.13. 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.

Muslim female athletes are permitted to wear a solid color body suit with long sleeves and long legs made of thin cotton fabric under the lifting suit. The suit must fit snugly.

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.

Hats, bandanas or headbands worn as to cover the head as a hat are not permitted to be worn on the platform.

Permitted are personal items of clothing not covered by the regulations for costumes and personal gear, such as: B.: mouthpieces, bands, costume jewelery (except rings), glasses and feminine hygiene articles.

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.

If a athlet wears an item during their attempt that is illegal or demonstrably unauthorized, that attempt will be void.

The athlete may also be disqualified from the competition for serious violations.

Any minor oversights or forgetfulness should be brought to the attention of the competitor before the attempt begins, to give him the opportunity to correct it within one minute for his attempt and to begin his attempt.

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.

6. Rules of powerlifting disciplines and their implementation

6.1. Squat

Each athlete will have 1 minute from the time they are called to their attempt "bar loaded" to start their attempt.

The attempt begins with the start signal "Squat" valid for the discipline by the main referee.

Before the start of his competition group, the athlete must announce the adjustment of the height of the barbell support and the support position on the outside or inside of the monolift at the speaker's table.

If this information is not given at the announcer's table before the start and the athlete is called to try, all stand settings will be debited to the 1 minute for his attempt.

The clock is not stopped in this case.

After the athlete removes the bar from the racks, the athlete may move forward, backward, or sideways to establish their optimal lifting position, but must always remain facing forward toward the Referee. The bar must be held securely horizontally on the shoulder area with hands and/or fingers gripping the bar and feet flat on the platform.

The lifter shall wait in this position for the head referee's signal.

This signal is given when the athlete is ready and appropriately indicates to the Referee, preferably by eye contact, that they are in position, in control of the bar, and ready to begin their attempt.

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.



invalid depth (image 1)



invalid depth (image 2)



valid depth (picture 3)

After reaching the legal depth (Image 3), the competitor must regain the upright position under their own power without rocking and the knees must be straight in the final position.

There may be a stop in the movement while standing up, but there must never be a downward movement.

Once the contestant is in a controlled final position, the Referee will signal the barbell down.

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.

The lifter has 30 seconds to leave the platform after attempting.

After completing his attempt, the lifter has 1 minute to announce his next attempt at the announcer's table.

The removal of the bandages, or other approved aids or equipment, must take place outside the platform and without interfering with the following athletes.

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)
- 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.

6.2. BENCHPRESS

The front of the bench must be placed on the lifting platform with the contestant's head facing the direction of the audience.

Before the start of his competition group, the athlete must announce his required settings for the height of the barbell support and the height of the safety devices on the competition bench at the speaker's table.

Each athlete has 1 minute from the time the call to his attempt, "the bar is loaded" is called, until the start of his attempt.

The attempt begins with the start signal "Press" valid for the discipline by the main referee.

If this information is not given at the speaker's table before the start and the athlete is invited to his attempt, all stand settings will be debited to the 1 minute for the attempt.

The clock is not stopped in such a case.

Each athlete is obliged to use their own security settings on the bank and to check the control of these settings themselves or through the supervisor before their attempt.

An attempt without security settings will not be approved.

In the BenchPress EQ discipline, the use of any spray or adhesive to improve the adhesion of the specific bench press shirt to the athlete's torso or to the shirt is forbidden!

The athlete lies with his back on the bench, shoulders and buttocks in contact with the surface. This position must be maintained throughout the attempt.

The athlete must have firm contact with the platform either with the sole of the shoe or with the tips of the toes.

The adopted foot position must be maintained until the end of the attempt.

The position of the head is arbitrary.

To gain firm ground contact, an athlete may use discs or blocks as pads to increase the surface area of the platform. The blocks must be constructed in such a way that their shape and size do not collide with the bank and do not pose an obstacle to lifters and spotters.

If possible, the blocks should not exceed a dimension of 45 x 45 cm.

The blocks can be 5, 10, 15 or 20 cm high.

Several blocks/discs on top of each other are not allowed unless they are firmly connected to form a whole.

The use of footpad blocks must be declared by the athlete at the announcer's table prior to the start of the competition.

If the athlete uses their own blocks, they must be presented to the referee before the start of the competition.

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 lifters 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 lifter will press the bar to the straight-arms length and hold the bar motionless until

the audible command of “Rack” is given. The Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.

After the “Rack” command, the spotter can help the competitor to place the barbell on the rack.

The lifter has 30 seconds to leave the platform after attempting.

After completing his attempt, the lifter has 1 minute to announce his next attempt at the announcer's table.

The removal of the bandages, or other approved aids or equipment, must take place outside the platform and without interfering with the following athletes.

Rules for handicapped athletes:

There is no separate category for handicapped lifters at WUAP International Championships.

The competition rules apply to handicapped lifters in the same way as to any other lifter. However, they may be assisted on their way to and from the bank. “Assist” here means “with the help of the caregiver and/or the help of walking aids or a wheelchair”.

Appropriate measures when positioning on the bench can accommodate the athlete's disability.

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 referee's signals).
- Failure of the buttocks to remain in contact with the bench 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.
- 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.

6.3. DEADLIFT

Each athlete has 1 minute from the time they are called to their attempt “bar loaded” until the start of their attempt.

The athlete stands face forward on the platform with eye contact to the Referee.

In the deadlift, there is no main judge start signal. The athlete begins the attempt independently as soon as he has assumed his starting position.

The attempt begins with the determined lifting of the dumbbell. As soon as the attached discs have left the platform floor, the attempt counts as having started.

An attempt that begins with a rolling motion of the bar without a brief visible stop of the bar on the athlete's legs is not allowed.

The repeated tugging and setting down of the dumbbell before the actual lifting begins counts as the start of the attempt if the discs leave the platform floor.

When the athlete is in their apparent final position, holding the bar motionless and visibly controlling the weight, the Referee will signal the end of the attempt.

The Referee's signal consists of a downward movement of the arm and the audible command "down".

When lowering the bar, the competitor must hold the bar with both hands below the knees.

The lifter has 30 seconds to leave the platform after attempting.

After completing his attempt, the lifter has 1 minute to announce his next attempt at the announcer's table.

The removal of the bandages, or other approved aids or equipment, must take place outside the platform and without interfering with the following athletes

Rule for handicapped athletes:

If an athlete has lost at least 50% of the fingers on one hand, the competitor may use a gripping aid. A finger is considered lost if the finger is missing up to the second knuckle

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.

7. ORDER OF COMPETITION

7.1. Weight-In

At international competitions and championships sanctioned by the WUAP Association, the weigh-in will be conducted by at least 2 officials from the WUAP Association, including an international judge.

For all competitions, all weigh-in times and their duration must be published in a suitable manner and also posted at the competition site so that competitors and supervisors can obtain information in good time.

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.

Each competitor must identify themselves at the weigh-in with an ID card, passport or other appropriate means of identification.

An official WUAP weigh-in card will be issued for each competitor, detailing all event data relevant to the competition, the competitor, discipline, starting weight(s) and weighed bodyweight.

This weighing card is to be checked and signed by the competitor. With his signature he confirms the correctness of the entries.

Each weigh-in ticket must be signed by the weigh-in official.

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

2 calibrated scales are available for weighing the competitors.

A scale will be located in the official weigh-in area and a scale will be located in front of the weigh-in room to allow competitors to check body weight before the mandatory weigh-in.

At all internationally recognized WUAP championships, 2 appointments for the weigh-in are obligatory for one competition day.

All athletes who have their competition on this day must be weighed on one of these dates.

- The first weigh-in must be conducted the day before the competition for the following day's competitors.

This weigh-in is from 3:00pm to 7:00pm for next day competitors only.

- A second weigh-in for starters who have their competition on the same day will take place on the morning of the competition day. This weigh-in is 1 hour 30 minutes long and ends 1 hour before the official start of the competition that day.

Lifters must be weighed in nude or in standard underwear (briefs for men, 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.

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 achieve weight in a category may check their weight on the scale outside the official weigh room as many times as they like.

An official re-weigh must take place in the weighing room before the end of the official weighing time for his weight class. Competitors weighing in for the first time have priority.

During the weigh-in, lifters who are unsure about their clothing or personal equipment should have it checked by a WUAP judge, but not by the weigh-in staff.

The Bench Press EQ category and the F8 category are required to have a mandatory equipment check.

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 standards 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 resides with the lifter.

Any lifter who has not weighed himself at the last weighing session ending 60 minutes before the start of his heat, round or flight, and has not recorded his first attempts, shall not be allowed to compete in that heat, round or flight. If the competition consists of only one round, the competitor concerned shall not be allowed to compete.

If a competitor is unable to attend the competition early due to reasons beyond their control, such as sudden onset of inclement weather, flight delays not known in advance and/or other hazardous conditions before or at the venue, an extension of the weigh-in time may be granted at the discretion of the Technical Director of WUAP or the Administered WUAP Competition Director.

In principle, each athlete is responsible for planning and organizing their own trip so that they arrive at the event location on time.

7.2. The Round System

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

Upon completion of the weigh-in, athletes will be classified into their weight class and divided into groups based on the number of athletes.

Typically in powerlifting and individual competitions bench press EQ and deadlift EQ there are 10-12 athletes in a group.

In the single lift disciplines bench press-RAW and deadlift RAW, the number of athletes can be larger, but should not exceed 15 athletes.

Whenever possible lifters in the same body weight category should all compete in the same flight.

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.

If a group consists of less than 10 athletes, the following rule applies:

Group of 9 athletes: after each round there is a 1 minute break,

Group of 8 athletes: after each round there is a 2-minute break,

Group of 7 athletes: after each round there is a 3-minute break, etc.

The number of athletes in a group should not be less than 5, unless the group becomes smaller due to dropouts during the competition.

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.

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 competitor is permitted one change to the first attempts of each event. This is possible up to 5 minutes before the start of the discipline.

Athletes starting in a later group may change their first attempts up to 5 attempts before the end of the last lap of the previous heat.

These times for changing the first attempts must be announced by the announcer.

In the event of a failure to notify, the judges or WUAP competition officials may resolve any discrepancies.

Lifters must submit their second or third attempt within one minute of completing the previous attempt. If no weight is submitted within the one-minute time limit, the weight for the next lap is automatically increased by 2,5 kg.

Changing the weights for second and third attempts in powerlifting:

In squats and bench press:

weights that have been entered for the second and third attempts can no longer be changed.

Deadlift:

On the second attempt the lifter is allowed one weight change and on the third attempt the lifter is allowed two weight changes if he or she was called to lift but the bar was not called "ready" or "loaded".

Changing weights in the single lift disciplines bench press and deadlift:

the first attempt may be changed once up to 5 minutes before the start,

the second attempt can be changed once as long as the athlete has not been called to his attempt and the bar has been reported as bar is loaded,

the third attempt can be changed twice as long as the athlete has not been called to his attempt and the bar has been reported as bar is loaded,

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.

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

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.

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.

If a powerlifting competition consists of only one round, a break of at least 30 minutes should be allowed between the disciplines to ensure adequate warm-up time.

If in the Powerlifting, RAW or EQ discipline, several groups lift in one day, then 2 groups can be combined into one round.

The competition is organized on the basis of changing disciplines.

No break is required between passes.

Competitors starting in the first group can warm up while the second group starts.

There is only a short break to prepare the stage for the next discipline.

as an an example:

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.

A maximum of 2 flights can be combined.

7.3. Competition Organizing Committee

The competition Organizing Committee will appoint the following officials:

Speaker-Announcer

Time Keeper (Preferably a WUAP referee)

Marshal/Expeditors

Scorers/ Table Crew

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 minutes before the commencement of a following Flight.

Table Crew: In the rules of the WUAP is that in the table crew should be at least 1 referee, or one referee must be nominated additionally. A test sheet was developed with all relevant control tasks for the table crew.. This test should be mandatory for every member of the table crew. If the members of the crew table are tested by this method this eliminates the need of an additional referee.

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 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. the Deadlift, the start is when the lifter makes a determined attempt to raise the bar.

Marshalls/Expeditors: are responsible for taking the weight required for the next attempts from the lifters or their coaches and promptly conveying the information to the scorer chart and announcer, preferably in the form of the proposed colored attempt cards. The lifter is allowed one minute

between the completion of an attempt and the handover to the Marshal/Expeditor of the weight required for the next attempt. The timing of this process is the responsibility of the lifter or their coach.

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 recognized competition officials as necessary, the loaders/spotters and the operators of the squat rack equipment may be on the platform or stop stage.

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 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.

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 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.

8. Referees

To ensure a smooth running championship at European Championships, World Championships and World Cup, 4 Referees are to be used. This will consist of: 1 Main Referee, 2 side Referees and 1 spare Referee who will organize the course on the lifting platform.

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. 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.

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.

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 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.

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.

Video recordings or similar evidence from athletes, coaches or other persons presented for the purpose of judging an attempt and discussing the scoring of that attempt will not be accepted as evidence by the WUAP Association.

At World and International Championships, only WUAP judges decide on the lift.

At World Championships the four judges for each session should not be of the same nationality, at international competitions no more than two of the session judges should be of the same nationality. The selection of the referees for world championships and international competitions is carried out by the Referee-Chairman of the WUAP Association.

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 dressed in appropriate attire. Please use the following guidelines as acceptable attire.

- Men: Blazer, Jacket or Suit; Button down dress shirt with long or short sleeves with dress pants. Business Casual style shirts and pants. WUAP Referee badge or WUAP tie when possible.
- Women: Blazer, Jacket or Suit; Button down dress shirt or Blouse; dress, skirt, or dress pants. Business Casual style shirts and pants. WUAP Referee badge or WUAP tie when possible.
- Athletic apparel is not acceptable.
- An unscheduled official who is substituting to help for breaks or other circumstances is exempt from these guidelines.

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.

9. 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.

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.

10. 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 as an International WUAP Championship, a lifter may request a fourth attempt if the following conditions are met:

In powerlifting as well as in the individual disciplines bench press and deadlift a fourth attempt can only be requested if 2 valid attempts have been made in the regular attempts 1 to 3 of the competition.

the 3rd attempt must be one of the two valid attempts.

1. The athlete has completed a successful 3rd attempt in the specific discipline that the 4th attempt is requested.
2. The successful 3rd attempt is within 20kg of a current world record

3. The 4th attempt is requested within 1 minute of the successful 3rd attempt
4. The current record and athlete's attempt has been confirmed by the athlete themselves before any 4th attempt is requested.

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.

Any lifter who wishes to claim an American Continental Record, European Continental Record, or World Record must notify the scoring table before the lift is attempted. Failure to do so will void the record as the proper checks for records will not have been completed. The lift itself will still count for the competition but the record will not be counted. **The scoring table will NOT check records for athletes under any circumstance.**

Powerlifting BenchPress and Powerlifting Deadlift records will be considered the BenchPress Only and Deadlift Only records in the event the Powerlifting Records exceed the Single Lift Only records.

Records are only valid for the body weight category of the lifter as determined at the official weigh-in. Additionally, Records are only valid in the Age category of the lifter as determined at the official weigh-in, unless the lifter in an Age specific category exceeds the Open Category Record. To clarify this rule, a lifter competing in the Open division may only set records for the Open division because the Open lifters are not required to meet any age requirements or show proof of meeting any Age requirements. Lifters who compete in an Age specific division may set records in the Age category they are competing in and in the Open division. This is because the Age specific category is required to meet the age requirement, which exceeds the requirements of the Open division.

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

Records set during powerlifting competitions 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 Single 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

last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes.

If the highest lift in a class, Master, teenage, junior, if higher than the existing world record in the Open class shall also be the Open world record.

Any lifter who wishes to claim an American Continental Record, European Continental Record, or World Record must notify the scoring table before the lift is attempted. Failure to do so will void the record as the proper checks for records will not have been completed. The lift itself will still count for the competition but the record will not be counted. **The scoring table will NOT check records for athletes under any circumstance.**

Powerlifting BenchPress and Powerlifting Deadlift records will be considered the BenchPress Only and Deadlift Only records in the event the Powerlifting Records exceed the Single Lift Only records.

11. Addition

STOP DRUGS:

The WUAP Federation informs all members and competitors that testing for the following substances will also be carried out in the following season.

The tests will be carried out during the weigh-in of the competitors before the competition (European Championships, World Championships, World Cup) Competitors will be tested for the following prohibited substances:

Heroin,
Cocaine,
Opioid drugs,
Cannabis,
Extasy

The WUAP Association may amend the list of prohibited substances until 31 January in the January of the current year, but the list of these substances must be updated on the website.

Attachment

Please see the AGM Archive at [Documents \(wuap-powerlifting.com\)](https://www.wuap-powerlifting.com/documents)

The following decisions and policies must be noted:

- WUAP - Official Website [WUAP - Powerlifting](https://www.wuap-powerlifting.com)