



Technical Rules book of the International Powerlifting Federation



Rule Change Proposals

2018



GENERAL RULES OF POWERLIFTING

The word WILKS will be deleted in the Rules book and replaced with IPF

Throughout this rule book, for reasons of brevity, wherever the words “he” or “his” occur, such reference is deemed to apply to either sex/gender

1. (a) The International Powerlifting Federation recognizes the following lifts which must be taken in the same sequence in all competitions conducted under IPF rules:

A. Squat B. Bench Press C. Deadlift D. Total

Proposal from SAPF

1. (b) Competition takes place between lifters in categories defined by sex, bodyweight and age. The Men’s and Women’s Open Championships permit lifters of any age in excess of 14 years. ~~In the event of an Open Championships being combined e.g. with a Sub Junior or Junior Championships, a lifter has the option of competing in either the Junior Championships, or the Open Championships, and receive the award for only that in which he/she competed. In the event of a Powerlifting or Bench Press Championships being combined e.g. with a Sub-Junior, Junior Open & Master's Championships, a lifter has the option of competing in either the Sub Junior & Junior, Junior & Open, Open & Master's Championships, and receive the award for both that in which he/she competed. The athlete to pay entry fee for both and need to compete twice.~~

Proposal from Norway PF

- (f) ~~Should we introduce qualification limits for the Worlds?
As the sport grows, the championships grow in size and numbers, and the level between the lifters is now so large that we cannot talk about world class athletes anymore. To secure participation from most of our member federations we recommend qualification limits, combined with a system for wild card for nations not qualified by results.~~

Proposal from Norway PF

~~All references to gender should be revised to secure equal rights for both genders, and not mentioned women as something that need separate rules, like in the below example from the Weighing In. In competitions in which both sex are competing~~

2. The IPF, through its member federations, conducts and sanctions the following World Championships:
Men’s and Women’s combined Open World Championships
Men’s and Women’s combined Sub-Junior & Junior World Championships
Men’s and Women’s combined Masters’ World Championships
~~Men’s and Women’s combined Open, Sub-Junior, Junior & Master Classic/Raw & Equipped Bench Press World Championships (from 2019)
Men’s and Women’s combined Open, Junior & Sub-Junior Classic/Raw Powerlifting World Championships (From 2020)
Men’s and Women’s Masters Classic/Raw Powerlifting World Championships (from 2020)~~
Men’s and Women’s combined University World Championships

Proposal from French PF

~~Modify World Games from Powerlifting to Classic Powerlifting from 2021~~

~~The Classic is powerlifting’s future. It has enabled in lots of country, to rise up the number of athletes. The latest surveys from Europe showed that classic drastically outclassed equipped championship.~~

~~Taking France as example, there has been in the 2017 French National Championship Open category~~

- ~~2 women and 4 men who have participated in Powerlifting~~
- ~~24 women and 71 men who have participated in Classic Powerlifting~~

~~France even envisage to stop the equipped championships in the years coming as nobody is interested.~~

~~As well, Classic Powerlifting is universal. For instance, equipped powerlifting, due to the expensive equipment’s is small represented in Africa.~~

~~Classic’s coming up has permitted to African countries to emerge, which will rise up the number of memberships in the~~



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IPF militates in favor of recognition by ICO and to become an Olympic Discipline. Before 2016, this latest perspective seemed a very small probability. However, within the IOC a reform has lately allowed us to be more optimistic.

IOC is putting into place a new policy which will see the inner core of sport participating in every Olympic Games and some sports which will take turns.

In 2016 Golf and 7 Players Rugby participated in RIO's Games. During TOKYO's Games Rock Climbing, Skateboard, Surf, Karate and Base-ball/Soft-ball will be included. These 7 sports are not ensured to be staying for the following games and the organizing country will be influent in the choice of the entering sport.

Therefore, with this new perspective Powerlifting could, one day, be part of the games programming.

In this scenario, only the classic powerlifting would become Olympic. Firstly, as said upwards, it is universal and universality is one of the basis of Olympisme. Then it allows a greater number of women to participate which is a very important value for the IOC members.

And finally the use of specific equipment in Powerlifting is very badly perceived by outsiders which find it goes against our sport.

It is therefore essential for powerlifting's future within the Olympic Games, to do this reform.

3. The IPF also recognizes and registers world records for the same lifts within the categories described hereunder:

Proposal from Sweden PF

Age Categories

- | | |
|---------------|---|
| Men – Open: | from the day he reaches 1 January in the calendar year he reaches 14 years and upwards (no category restrictions need apply). |
| Sub-Junior: | from the day he reaches 1 January in the calendar year he reaches 14 years and throughout the full calendar year in which he reaches 18 years. |
| Junior: | from 1 January in the calendar year he reaches 19 years and throughout the full calendar year in which he reaches 23 years. |
| Master I: | from 1 January in the calendar year he reaches 40 years and throughout the full calendar year in which he reaches 49 years. |
| Master II: | from 1 January in the calendar year he reaches 50 years and throughout the full calendar year in which he reaches 59 years. |
| Master III: | from 1 January in the calendar year he reaches 60 years and throughout the full calendar year in which he reaches 69 years. |
| Master IV: | from 1 January in the calendar year he reaches 70 years and upwards. |
| Women – Open: | from the day she reaches 1 January in the calendar year he reaches 14 years and upwards (no category restrictions need apply). |
| Sub-Junior: | from the day she reaches 1 January in the calendar year he reaches 14 years and throughout the full calendar year in which she reaches 18 years. |
| Junior: | from 1 January in the calendar year she reaches 19 years and throughout the full calendar year in which she reaches 23 years. |
| Master I: | from 1 January in the calendar year she reaches 40 years and throughout the full calendar year in which she reaches 49 years. |
| Master II: | from 1 January in the calendar year she reaches 50 years and throughout the full calendar year in which she reaches 59 years. |
| Master III: | from 1 January in the calendar year she reaches 60 years and throughout the full calendar year in which she reaches 69 years. |
| Master IV: | from 1 January in the calendar year she reaches 70 years and upwards. |

Proposal from Norway PL

Since the age categories for men and women now are equal, there is no need to split them into two different sections.



Proposal from Norway PL

~~Competitive lifting shall be restricted to competitors aged 14 years and older.~~

Competitive lifting for lifters below the age of 14 is only allowed at national competitions.

Reason:

We observe that many national federations host championships for age categories below 14 years. We also plan to implement this in Norway within a few years.

Proposal by EC

4. Placing for all age groupings shall be determined by the totals of the lifters in accordance with the standard rules of lifting. Also Men 70 years (i.e. Master IV) of age, to receive medals for placing 1st, 2nd and 3rd ~~in their weight classes on Wilks IPF formula~~, and Women both 60 years (i.e. Master III) and 70 years (i.e. Master IV) of age, shall receive medals for placing 1st, 2nd and 3rd ~~in their weight classes in each age category on Wilks IPF formula~~. Age categories and their further subdivision may be adapted for use nationally at the discretion of the National federation.

MEN

Sub-Junior & Junior only-up to 53.0 kg
59.0 kg Class up to 59.0 kg
66.0 kg Class from 59.01 kg up to 66.0 kg
74.0 kg Class from 66.01 kg up to 74.0 kg
83.0 kg Class from 74.01 kg up to 83.0 kg
93.0 kg Class from 83.01 kg up to 93.0 kg
105.0 kg Class from 93.01 kg up to 105.0 kg
120.0 kg Class from 105.01 kg up to 120.0 kg
120.0+ kg Class from 120.01 kg up to unlimited

WOMEN

Sub-Junior & Junior only-up to 43.0 kg
47.0 kg Class up to 47.0 kg
52.0 kg Class from 47.01 kg up to 52.0 kg
57.0 kg Class from 52.01 kg up to 57.0 kg
63.0 kg Class from 57.01 kg up to 63.0 kg
72.0 kg Class from 63.01 kg up to 72.0 kg
84.0 kg Class from 72.01 kg up to 84.0 kg
84.0+ kg Class from 84.01 kg up to unlimited.

Proposal from USAPL

Add a female body weight category, to make eight categories for open and master competitors and nine categories for juniors and sub-juniors. Matching the total number of male weight categories currently offered.

Rationale:

Recently the International Weightlifting Federation (IWF) added a new weight category for women citing, “gender equality.” Equal opportunity for women is a major concern for the International Olympic Committee as we (IPF) have added more females to administrative roles to become complicated with the IOC. We should be proactive regarding this before we are denied our IOC application again.

Furthermore, in the United States, this makes powerlifting more attractive of sport at our universities and federal grants because of Title IX. Title IX stated:

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance. “

Currently constituted, we are providing more opportunity for men than women, therefore making it harder justify the inclusion of powerlifting in any federally subsidized institution.

Consideration:

This motion does not outline how to add a weight category but the fact we should. Two simple options would be:

- a) add a 95kg or 96kg weight category
- b) revert back to the old weight categories (44 kg, 48 kg, 52 kg, 56 kg, 60 kg, 67.5 kg, 75 kg, 82.5 kg, 90 kg, 90+kg)



Proposals from Slovenian PF

1. Open championships for both, equipped and classic powerlifting, should be held separately from Juniors and Masters championships.

The aim of this rule is to convince more Master and Junior lifters, who are strong enough to compete in the open classes, to do so. This would help increase the competition level in the open class and contribute to more excitement. Another positive consequence is that more attention, time and resources could be dedicated to organization of high-level open championships. Combined championships are getting too long and tough for organizers, may include very early or late weigh-ins resulting in potential suboptimal performances.

We also suggest that Masters and Junior championships are held together. Bench press championships could still be organized for all age categories together, as they do not take so much time. This would keep the number of big championships approximately the same.

2. a. The best 10 nations, based on the results of the respective championship in the previous year, are allowed to nominate an additional team (i.e. 'B' team). The maximal number of lifters in the 'B team' is decided according to placing (1st place: 8 members (7 for women); 2nd place 7 (6); ... 7th place 2 (1) members, 8th-10th place 1 member).

b. Members of 'B' team should be distributed through weight classes in a manner that respects rule 5, General rules of powerlifting, IPF technical rulebook.

c. 'B' teams compete in the team competition, however their results cannot be used to determine the additional spots, as stated in 2a.

This rule allows the best nations to nominate more lifters and will help to improve the level of competition at the championships.

3. Reigning champions are automatically invited to the championships. The respective nations decide, whether to nominate them as part of the team or as an individual. In the second case, the result of this lifter cannot count towards team points, but on the other hand, the nation gets one additional place in the team.

This rule gives even more weight to winning championships for the team. It also ensures, that the world champions will be there next year to defend their titles.

4. Minimal qualifying standards should be established for major events (continental and world championships). We suggest determining the minimal totals based on the previous results from the respective championship in the previous year (Note: rule 7, General rules of powerlifting, IPF technical rulebook, should be enforced by inspection of nominated results. Any false nominations should be penalized with the rejection of lifter's nomination.)

Example: take the certain percentage (85-90%) of average Wilks points/total results of winners/top 3/top 5 positioned athletes. Combined with the second rule, presented in this document, the number of lifters shouldn't decrease drastically, however the quality would be higher.

5. The age limit for the Junior category is lowered to 21 years of age. Consequently, the age limit for the Sub-Junior age category is lowered to 17 or the category is removed altogether.

The primary aim of this rule relates to point 1 of this proposal, i.e. increase the competition of the open class. As evidenced by Juniors having repeatedly broken open world and continental records in the past few years, the athletes are fully capable of achieving the biological development of their fellow athletes in the open class at an earlier age than currently limited by the age cut-off for the junior category. Furthermore, looking at our cousin sport of weightlifting (and its governing body International Weightlifting Federation) where physical requirements are similar to our sport, the equivalents of the Junior and Sub-Junior age categories are limited to 20 and 17 years of age, respectively.

Case study: World Classic Powerlifting Championship

Based on team results of 2016 World Classic Powerlifting Championship, an additional 'B' team with a maximum of 8 competitors is awarded to USA. Their 4 world champions, John Haack, Eli Burks, Dennis Cornelius and Ray Williams are automatically qualified for 2017 world championship. Team USA can nominate 2 teams of 8 competitors and additionally they can decide whether to include those 4 champions in the teams and let their results count towards team points and help gain additional spots for 2018 OR they can nominate them as individuals and gain 4 extra spots in the two teams. However in this case their results cannot count for team points.

'B' team with max 7 lifters is awarded to Canada etc.



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'B' team with max 3 lifters is awarded to Russia and their champions, Sergey Fedosienko and Sergey Gladkikh, are automatically qualified for 2017 championship. This means that Russia can nominate a maximum of 8+3+2 lifters and in one particular case 5 of them can compete in -59kg class: 2 team "A" members, 2 team "B" members and Fedosienko, if nominated as individual. Ukraine and Belarus both have a world champions, Hrynkevich-Sudnik and Bulanny, but are not among top 10 teams. They do not gain any additional places, but they can nominate those 2 lifters as individuals for the 2017 championship, which, in certain cases, grants them a maximum of 3 lifters in -74kg/-93kg class.

Proposed determination of minimal qualifying standard:

2016 World classic male open championship			
	Winners	Top 3	Top 5
Average	542,79	526,36	514,14
90%	488,51	473,72	462,72
85%	461,37	447,40	437,01

Taking 85% of the average Wilks points of top 3 or top 5 lifters seem reasonable. If the minimal standard of 447.40 Wilks is applied to the results of 2016 championship, it would mean a cutoff of 31 lifters (not including lifters, who bombed). The minimal standard of 437.01 Wilks points would mean a cutoff of 27 lifters, which shows, that some lifters were well below the average and probably should not take place at the championship.

2015 World classic male open championship			
	Winners	Top 3	Top 5
Average	527,46	514,15	504,70
90%	474,71	462,73	454,23
85%	448,34	437,02	428,99

Let's have a look at the championship a year prior: the same calculation would give us the minimal qualifying standard of 437.02 Wilks points, which is approximately the same as the lower standard, mentioned above. **Therefore determining the minimal qualifying standard at 85% of top 3 lifters from each class seems a reasonable solution.** The standard would become higher and higher every year, just as the standard of powerlifting as a whole, which would automatically mean higher quality of the championships.

If we analyse how many lifters could not compete at 2016 world classic championship, based on the proposed procedure, we find out that the numbers of lifters would not change drastically in the junior and sub-junior classes. However, there would be a reduction for about a third to quarter in open classes.

	2016 standard	CUTOFF	CUTOFF %
MO	437,02	27	24%
FO	410,34	28	33%
MSJ	341,37	8	15%
FSJ	304,00	6	17%
MJ	390,06	10	11%
FJ	340,44	9	16%

We can also calculate the standard from 2016 results, calculate minimal total for each class and apply it to nominations.



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	2017 standard
MO	447,40
FO	416,06
MSJ	344,58
FSJ	323,95
MJ	398,60
FJ	348,99

Minimal OPEN qualifying totals, 2017 world classic championship								
Class	59	66	74	83	93	105	120	120+
Total	515	567,5	620	670	710	747,5	777,5	807,5
Class	47	52	57	63	72	84	84+	
Total	307,5	332,5	357,5	385	425	465	515	

By first calculating minimal standard Wilks points and then applying it to the upper limit body-weights of weight classes, we can obtain minimal qualifying totals for each class. In the superheavyweight classes the average weight of competitors from 2016 championship was used, which is 150 kg for men and 115 kg for women.

Appendix: minimal qualifying standards for 2018 World Classic Powerlifting Championship

The case study bases on the results from 2016, as the rule proposal was composed before the just passed 2017 World Classic Powerlifting Championship. In this appendix the minimal qualifying standards for 2018 World Classic Powerlifting Championship are proposed.

2017 standard (Wilks points)				
M-O	451,72		F-O	423,03
M-SJ	356,80		F-SJ	333,60
M-J	404,48		F-J	360,97

Minimal MALE OPEN qualifying totals, 2018 world classic championship							
59	66	74	83	93	105	120	120+ (avg. 156 kg)
520 kg	575 kg	627,5 kg	675 kg	717,5 kg	755 kg	785 kg	820 kg

Minimal FEMALE OPEN qualifying totals, 2018 world classic championship						
47	52	57	63	72	84	84+ (avg. 120 kg)
312,5 kg	337,5 kg	362,5 kg	392,5 kg	432,5 kg	472,5 kg	527,5 kg



Proposals from Sweden PF

7. Each Nation must submit a team roster giving the name of each lifter and his/her body weight category. ~~Personal bests~~ **Best totals** from National or International Championships during the previous 12 months shall be stated.

Reason: To better synchronize with the reserves §5

7. Each nation must submit a team roster giving the name of each lifter and his/her body weight category. **A nation cannot nominate a lifter which have only one purpose to brake a record in only one lift in a three-lift powerlifting competition.**

Reason:

If a lifter competes in powerlifting (tree lift) with only one purpose to break a record in for example the bench press, in a series of, only one squat attempt at 100 kg, start weight in bench press 395 kg (and a record in three lift and single bench press) and only deadlift at 150 kg. This kind of lifter must be refused to compete in powerlifting (three lift) and recommended the single bench competition.

Proposal from TC

10. Any nation having been a member of the IPF for more than three years should include at least one international referee or appoint a **Referee from another Nation** among its team officials at world championships. If a referee from that nation is not present or, if present, makes himself unavailable to act in the capacity of either referee or member for jury during the championships, then only the four best placed lifters from that nation will be counted for the team competition.

Reason:

That all nations will have represented Referees at World Championships

Proposal by Sweden PF

At international Championships (Men´s and Women´s) any nation having been a member of the IPF for more than 5 years and participating with more than 4 lifters in a Championships, must/**CAN** nominate at least one referee and a maximum of three referees in each category (Sub Junior, Junior, Open and Master). Plus, extra category I referees for Jury duty, if there is an insufficient number. The referee must be available at least two days in each category. Referee cannot select in which bodyweight category he/she shall be on platform/Jury. That´s up to the Technical Committee to decide.

Reason: In a combine Championships (Men´s and Women´s) where more the one category (Sub Junior, Junior, Open and Master) is allowed it´s not fair play that some referees how is available for all category´s must work every day. And a nation with a big team in several category´s only sending one referee for the whole combine Championships. If there is 15 referees who select same days and bodyweight category´s, then there is not an off of referees.

Proposal by EC

11. Team awards shall be given for the first three places **with Certificates**. In the case of a tie for the classification of a team or a nation, the team having the largest number of first places will be ranked first. In the case of a tie between two nations having the same number of first places, the one having the most second places will be classified first, and so on through the placing of the maximum of five scoring lifters. Should teams or Nations finish equally after this procedure has been applied, then the team or Nation with the greater total number of **Wilks** IPF points will be declared the higher placed.

Reason:

Lifter do not attend Banquets and the trophies are wasted

Proposal from EC

12. At all IPF Championships a “Best lifter” award shall be given to the lifter who produces the best performance based upon the **Wilks** IPF Formula. ~~Awards will also be presented to second and third places.~~

Reason:

Lifter do not attend Banquets and the trophies are wasted



Proposal from Sweden PF

13. At International Championships, medals will be presented for first, second and third places for each category based upon totals. In addition, medals or merit award certificates shall be presented for first, second and third places in the individual lifts of squat, bench press and deadlift in each category.

Should a lifter fail to succeed in either or both of the squat or bench press disciplines he/she may continue to compete for the remainder of the contest, and the lifter will be eligible for awards in any discipline in which he/she records a successful lift or lifts. To receive this award the lifter must make a bona fide attempt on each of the three disciplines.

Dress code for athletes at World Championships medal ceremonies is – full team track suit, t-shirt, athletic footwear.

Compliance will be monitored by the Technical Controller for the session. Failure to adhere to these requirements shall disqualify the lifter from receiving the medal(s), although their place in contest results will stand.

Proposal from Norway PF

We would like to see the use of flag, toys and other items banned from the Medal ceremonies. Today this is only used by a limited number of the nations, and often as political statements. We would welcome a more uniform and unpolitical medal ceremony. The existing dress code is adequate for this purpose.

Proposal from Coaching Commission

At all World and Continental championships, the organizer must provide for the safety of athletes and officials a qualified medical person on duty throughout the championships.

Proposal from Coaching Commission

For the future, ahead of all world and continental championships an inspection of the venue must be carry out, inspection to include checking the spotters team. If the organizer cannot guarantee an experienced spotting team then the EC can appoint a loading team and the Organizer must pay them.

EQUIPMENT AND SPECIFICATIONS

Scales

Scales must be of an electronic digital type and register to the second place of decimals. They must have the capacity to weigh up to 180 kg. A scales certificate to accompany the scales must be current to within one year of the date of the competition.

Proposal from Norway PF

We would welcome details for the certificate required. As of now, we have clarified that a Norwegian Sales certificate is acceptable for scales used in Norway. Is this an acceptable solution for all nations, or should IPF issue certificate requirements?

Platform

Proposal from TC and Sweden PF

All lifts shall be carried out on a platform measuring between 2.5 m x 2.5 m minimum and 4.0 m x 4.0 m maximum. It must not exceed 10 cm in height from the surrounding stage or floor. The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet or **Rubber matting or similar cheating materials. Referees and jury must sit on the same level as the platform.** (i.e. free from irregularities and projections).

~~Rubber matting or similar sheeting materials are not permitted.~~

Reason: the lifters complain of slippery surface.

Proposal from Norway PF

7. The heaviest possible discs should always be used when loading the bar”.

Reason:

Example, when loading the bar with 120kilo, we have seen nations loading the bar with 4*20 kilo + 2*5 kilo + 2*2.5 kilo + collars. The correct way of loading should always be 2*25 kilo + 2*20 kilo + 2*2.5 kilo + collars. Again, to secure athletes standardized equipment, and this will also reduce the risk of errors in loading, as most referees are used to this way of loading the bar.



BARS & DISCS

Proposal by TC

4. For record purposes, lighter discs may be used to achieve a weight of at least 0.5 kg, 1.0 kg, 1.5 kg or 2.0 kg more than the existing record.

Proposal Norway PF

5. Discs weighing 20 kg and over must not exceed 6 cm in thickness. Discs weighing 15 kg and under must not exceed 3 cm in thickness. ~~Rubber discs do not have to conform to the stated thickness.~~

We believe that discs should be standardized to metal discs only. This to secure that any athlete gets standardized equipment when competing.

Squat Racks

Proposal from Norway PF

4. Lifters allowed to move the bar to the “bench press rest” should be limited only to lifters which cannot lift out from the bottom position of 1 meter.

Reason:

This procedure is time consuming and have negative impact on the following lifter, and there is no required reason for this practice to be followed

Lights

Proposal from Norway PF and French PF

A system of lights shall be provided whereby the referees make known their decisions. ~~A system of lights similar to those used in weightlifting may be used, whereby when a referee detects an infraction he activates his control. If a majority activates their control a buzzer sounds and the lifter knows that his lift has failed. He is not then required to finish the attempt.~~ Each referee will control a white and a red light. These two colours represent a “good lift” and “no lift” respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”.

We propose to remove these sentences. This is not the common practice today, and Light systems created for Powerlifting today, do not support this feature.



Referees numbered card system - reason for failure.

Colour of the cards: Failure
 no. 1 = red card Failure no.
 2 = blue card Failure no. 3
 = yellow card

Proposal from Norway PF

This to secure that all referees use the same card e.g. for any lift the lifter fail to complete.



SQUAT	BENCH PRESS	DEADLIFT
<p>1. (red)</p> <p>Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.</p>	<p>1. (red)</p> <p>Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or is touching the belt.</p>	<p>1. (red)</p> <p>Failure to lock the knees straight at the completion of the lift.</p> <p>Failure to stand erect with the shoulders back.</p>
<p>2. (blue)</p> <p>Failure to assume an upright position with the knees locked at the commencement and at the completion of the lift.</p>	<p>2. (blue)</p> <p>Any downward movement of the whole of the bar in the course of being pressed out.</p> <p>Failure to press the bar to straight arm's length elbows locked at the completion of the lift.</p>	<p>2. (blue)</p> <p>Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.</p> <p>Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>



<p>3. (yellow) Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.</p> <p>Failure to observe the Chief Referees signals at the commencement or completion of the lift.</p> <p>Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.</p> <p>Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.</p> <p>Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.</p> <p>Any dropping or dumping of the bar after completion of the lift.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Uncompleted lift</p>	<p>3. (yellow) Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.</p> <p>Failure to observe the Chief Referees signals at the commencement, during or completion of the lift. Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.</p> <p>Contact with the bar or the lifter by the spotters/loaders between the Chief Referees signals, in order to make the lift easier.</p> <p>Any contact of the lifters feet with the bench or its supports.</p> <p>Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p>3. (yellow) Lowering the bar before receiving the Chief Referees signal.</p> <p>Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.</p> <p>Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command “Down” will not be cause for failure.</p> <p>Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p> <p>Uncompleted lift</p>
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Uncompleted lift

PERSONAL EQUIPMENT

- (d) Although alterations/pleats to form a tightening of the suits and supportive shirts do not make them illegal, these must be made on the original seams. Non-factory alterations to tighten suits and shirts are not illegal when done in the form of pleats. However, the pleats must be made only on the manufacturer's original seams. These pleats must be made on the inside of the suit or shirt. Any alterations made on areas other than the manufacturer's seams are illegal. Pleats may not be sewn back onto the body of the garment.

Proposal from Sweden PF

- (e) **Lifter is not allowed to twist the shoulder straps of a Supportive/Non-Supportive suit.** ~~Where a tightening has been made in the shoulder straps and the excess material is longer than 3cm's, this must then be turned inside the suit and not sewn back onto the straps. No more than 3 cm length may protrude outside the suit.~~ **Where a tightening has been made in the shoulder straps of a Supportive/Non-supportive suits, not more than 3 cm length may protrude inside the suit. It must be fixed flat on the inside and not sewn.**

Reason: Any alteration to the costume which exceeds the established widths, lengths or thickness imperviously stated shall make the suit illegal for competition.

The non-supportive lifting suit must conform to the following specifications:

Proposal from Sweden PF

- f. **Muslim women shall be allowed to wear a tight fit, non-supportive long sleeve top that covers the arms.**

Reason: The text is not referring to sponsor logos



T-Shirt

Proposal from Sweden PF

~~A t shirt must be worn under the lifting suit by all lifters in the Squat and Bench Press and by women in the Deadlift; men do not need to wear a t shirt in the Deadlift.~~ **A t-shirt must be worn under the lifting suit by all lifters in the Squat, Bench Press and Deadlift.** The only exception to those requirements is that a Supportive shirt is permitted to be worn instead of a t-shirt as per rule "Supportive Shirts" below; a combination of t-shirt and supportive shirt is not allowed.

The t-shirt must conform to the following specifications:

Proposal from Norway PL

(c) the t-shirt may be plain i.e. of a single/**multi**-colour and with no logos or emblems, or may bear the logo or emblem

Proposal from EPF

- of the lifter's nation
- of the lifter's name
- **of the lifter's region**
- of the event in which the lifter is competing
- as per the rule "Sponsor's Logos"
- in national and lower level contests only, the lifter's club or individual sponsor, where that logo or emblem has not otherwise been approved by the IPF.

Briefs

Proposal Sweden PF

A standard commercial "athletic supporter" or standard commercial briefs (~~not boxer shorts~~) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit.

Women may also wear a commercial or sports bra.

Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume.

Any supportive undergarment is not legal for use in IPF competition.

OPTION 1



OPTION 2





Shoes or boots

Proposal from Sweden PF

Shoes or boots shall be worn.

- (a) Shoes shall be taken to include only **indoor** sports shoes/sports boots; Weightlifting/Powerlifting boots or Deadlift slippers. The above is referring to indoor sports e.g. wrestling/basketball. Hiking boots do not fall into this category
- (b) No part of the underside shall be higher than 5 cm.
- (c) The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design.
- (d) Loose inner soles that are not part of the manufactured shoe shall be limited to one-centimetre thickness.
- (e) **Socks with a rubber outside sole lining is not allowed in Bench Press.**

Knee sleeves

Proposal from British Powerlifting & Sweden PF

(e) For female Muslim lifters who wear a full non-supportive body suit, knee sleeves may not be worn over the top of the body suit. See picture

Reason:

To clarify the rules so that female Muslim lifters are not unfairly discriminated against in championships.

Proposal from Denmark PF

Proposal concerning knee sleeves in classic powerlifting: The technical controller will ask the lifter before entering the platform, to pull the knee sleeves down the knee and up again in front of the controller.

Motivation:

Classic powerlifting was introduced to get rid of supportive equipment. In many cases lifters with the help of assistants use knee sleeves so tight that they become very supportive. Knee sleeves that are used correctly do not cause problems, but that will only happen if the above rule is imposed.

Proposal from Coaching Commission

A lifter who uses knee sleeves in any IPF Championship or in any competition or CUP sanctioned by the IPF, is requested to pull the knee sleeves themselves up from below the knee area. This action must be carried out in the presence of the technical controller before the lifter enters the lifting platform.

Reason: At several international Classic Championships, members of the Coach Commission have observed, that lifters warmed up their very close-fitting knee sleeves with a hair dryer to be able to pull them over the knee area (**this being done in a hidden area**). Or they used other possibilities to pull these close-fitting knee sleeves on, often with help of a couple of people. It was also observed that these very close-fitting knee sleeves (hair dryer method) had to be cut open after use to get them off from the knee area. This was not only an observation from members of the CC, but we were also informed from other coaches and lifters concerning this issue.

The opinion of the Coach Commission is, that all Championships, competitions and Cups sanctioned by the IPF, but also Championships on National level, should be fair and none of the athletes should gain an advantage through unfair sportsmanship behavior(s) or by misusing of loopholes.

Wrists

Proposal from Sweden PF

4. ~~Female Muslim lifter may wear Hijab (head scarf) while lifting.~~
Reason: move the text to General page 16 (f) include (f)

Knees

6. Wraps shall not be in contact with socks or lifting suit.
7. Wraps shall not be used elsewhere on the body.



Proposal from Sweden PF

8. Female Muslim lifter is not allowed to use knee wraps on the full body suit in equipped lifting. If they like to use knee wraps they must use a supportive suit or a non-supportive suit.



Proposal from Norway PL

Headgear

1. Male/Female Muslim lifter may wear Hijab (head scarf) while lifting

Proposal from Sweden PF

Hijab (head scarf)

Female Muslim lifter may wear Hijab while lifting. In Bench Press the Jury or Referees may require the lifter to affix her hair accordingly to the performance of the Bench Press.

Proposal from TC

3. Standard commercial sweat bands may be worn, not exceeding 12 cm in width

Inspection of Personal Equipment

Proposal from Sweden PF and the EPF

- (a) The inspection of personal equipment for each bodyweight category will be conducted during weigh in and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet prior twenty minutes of the start for their particular bodyweight category

Proposals by Sweden PF

- (j) Referees and the Technical Controller for their particular bodyweight category must assemble 5 min prior the start of the inspection of personal equipment.

Reason: To make sure all the official is present and gives the opportunity for chief referee to allocate assignments for equipment check and weigh-in.

- (k) Coach or Lifter for the particular bodyweight category must confirm lifters participating in the contest to the Chief referee during the equipment check to the start of weigh-in, to be able to weigh-in.

Reason (k) Referees cannot close the weigh-in Until 30 minutes before the start of the competition if not all lifter has weigh-in. Many times, the weigh-in takes E.g. 45 minutes and but the referees must wait another 45 minutes for a lifter who will not attend. Any grouping can be done and presented in a timely manner which is beneficial to the lifters who might come in group 1 or 2.



Sponsor's Logos

- (a) Over and above manufacturers logos and emblems listed on the "Approved List of Apparel and Equipment for Use at IPF Competitions", a nation or lifter may apply to the IPF Secretary General for permission for an additional logo or emblem to be listed as approved for display on items or personal equipment, for that applicant nation or lifter only. Such logo or emblem applications must be accompanied by a fee of an amount determined by the IPF Executive. The IPF, via the Executive, may approve the logo or emblem, but shall have the right to decline approval should, in the Executive's opinion, the logo or emblem compromise any commercial interest of the IPF or to fail to meet standards of good taste. The Executive shall also have the right, in its approval, to limit the size, or position on any item of personal equipment, or a logo or emblem. Any approval given shall remain in place from the date of that approval through the remainder of that calendar year and for the whole of the following calendar year, after which time a further application and fee payment must be made if the logo or emblem to remain approved. Logos or emblems approved under this rule shall be listed in an addendum to the "Approved List of Apparel and Equipment for Use at IPF Competitions"; also the IPF Secretary General shall issue a letter of approval to successful applicants, that letter illustrating the approved logo or emblem and stating the date of approval and any limitations on the approval, such letter being acceptable proof for Referees at competitions of a valid approval.

The logos or emblems of manufacturers not on the "Approved List of Apparel and Equipment for Use at IPF Competitions" nor on the addendum of approved logos or emblems established by this rule "Sponsor's Logos", may be worn only on t-shirts, shoes or socks, where the logo or emblem is printed or embroidered and is no more than 5 cm x 2 cm in size.

Proposal from Sweden PF

~~A lifter may use of masking tape generally consistent in colour with the item of personal equipment it is applied to, obscure a non approved logo or emblem so as to render the item in conformity with the Rules.~~

Reason: A lifter shall be clean and proper in television and web broadcasting

POWERLIFTS AND RULES OF PERFORMANCE

Squat

Proposal from Sweden PF & IPF EC

4. The lifter must recover at will, **under full control**, to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt ~~or any downward movement is not permitted.~~ When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to the racks. Foot movement **under full control** after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

Bench Press

Proposal by Sweden PF & IPF EC

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie **as flat as possible** on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). **The lifter is not allowed to put up the feet on the bench surface in the purpose to make it easier to reach an arch.** His hands and fingers must grip the bar positioned in the rack stands with a thumb around grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. The hair must not hide the back of the head when lying down on the bench. The Jury or Referees may require the lifter to affix his/her hair accordingly.
3. **Lifters feet is not allowed to touch each other underneath the bench.**

Reason: To avoid damage on the surface of the bench.



Deadlift

Proposal from Sweden PF

4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift. **If the lifter has a slightly downward movement of the bar at the end of a deadlift because of balance problem, but reaches the erect position with knees locked, this should not be reason to disqualify the lift.**
Reason: It is not an advantage for the lifter, we allowed a slightly downward movement of the bar if the shoulders come back. So, what's the different?

WEIGHING IN

1. Weighing in of the competitors must take place no earlier than two hours before the start of the competition for a particular category / category. All lifters in the category/categories must attend the weigh in, which will be carried out in the presence of two / three appointed referees. Weight categories may be combined in a single lifting session.
2. If not already done, lots will be drawn to establish the order of weigh in. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
3. The weigh in period will last one and a half hours.
4. The weigh in for each competitor will be carried out in a room with the door closed, with only the competitor, his coach or manager and the two/three referees present. For reason of hygiene the lifter should wear socks / paper towel on scales platform.

Proposal from TC

Lifter need to identify himself/herself with an ID/Passport

Proposal from Norway PF

5. Lifters may be weighed nude or in underwear which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter's weight. If a question exists regarding weight of undergarments, a re-weigh in the nude may be requested. ~~In competitions in which women are competitors, the weigh in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials (not necessarily referees) may be appointed for this purpose.~~
"In competitions in which both sex are competitors, the weigh in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional officials (not necessarily referees) may be appointed for this purpose".

Proposal from Norway PF

7. A lifter may only weigh in the category in which he was nominated 21 days prior to the meet date. In the case where groups are formed in a particular weight class the B and C groups may lift at a separate and earlier time to the A group. Where groups lift at separate times in this way the A group must have a minimum of 8 (eight) and a maximum of ~~12 (twelve)~~ 14 (fourteen) lifters.
We believe there is a need for updating the order of competitions with rules for multi-platform lifting. With today's practice where groups in the same weight category are lifting in parallel sessions, it may be possible that the B group finish later than the A group, in violation with the rules. Reason We cannot see any obvious reason for this limitation and would like to see this changed to 14.



ORDER OF COMPETITION

Proposal from Norway PF

- (b) Where 10 or more lifters are competing in a session, groups may be formed consisting of approximately equal numbers of lifters. However, groups must be formed when 15 or more lifters are competing in the same session. A session can be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the organizer for purpose of presentation. In single lift Bench Press Championships groups of up to ~~twenty~~ **fourteen** may be formed.

In the description of the Round System, we find the rule for allowing up to 20 lifters in one group in bench press. We would also like this to be changed to 14, as we cannot see any good reason for having the extended break between the lifts in bench press only.

This rule also gives single bench press lifters an extra advantage over 3-lift when it comes to set single bench press records, as they have a longer rest period before the lift.

- (h) If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases, the lifter shall take his extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he shall be granted a three-minute rest prior to making his attempt, last but one in the round two minutes, last but two in the round one minute. In these cases where lifters are following themselves and given compensatory rest time the bar will be loaded as soon as the new attempt is turned in. The compensatory time will then be added to the usual one minute to begin the attempt. The clock will be started and

the lifter will have that time to begin his attempt. Lifters following themselves will have four minutes time placed on the clock, during which time the lifter can begin his attempt as soon as he is ready. Lifters last but one in the round will be given three minutes, last but two in the round will be given two minutes, all others will be given the usual one minute to begin the attempt.

Proposal from Sweden PF

In the third round of deadlifting and single bench press, if a lifter of any reason gets a new extra attempt by the jury, (wrongly loaded bar, spotter error or equipment failure) the lifter will be granted a further attempt at the correct weight, the lifter must be following him/herself.

Reason: Added on.

Lifter A and B fighting's about medals. Both lifters have same total result after the second attempt. Lifter A lot number 4, lifter B lot number 9. Lifter B bodyweight is heavier then lifter A and must therefore know the result from lifter A so he/she have the possibility to rise his/her attempt to get the medal.

Proposal from French PF & Lithuania PF

- (k) ~~Weights submitted for second round attempts on all three lifts cannot be changed. Similarly third round attempts on the squat and bench press cannot be changed.~~ Under this rule once an attempt is turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will be run.

Allow to change 2 times the third lift in Squat and Bench Press like Deadlift.

We give medal for Squat, Bench Press & Deadlift

If the lifters can fight for them it is far better image of the championship in the medias.



Proposal from Norway PF

- (n) If a lifting session consists of a single group, i.e. up to a maximum of 14 lifters, an interval of ~~20~~ 30 minutes shall be allowed between the lifts. This is to ensure adequate time for warm up and platform organization.

Reason:

As the sport evolves, heavier weights are lifted, and we question if the 20 minutes' interval between the lifts is enough to secure proper warm-up. An extension to 30 minutes should be considered. There are only in few groups this will add additional time to the meet schedule.

Proposal from Denmark PF Norway & Sweden

- (o) When two or more groups take part in a session upon a single platform, lifting will be organized on a group repetition basis. ~~No time interval will be allowed between rounds other than that necessary for arranging the platform.~~ After the end of each discipline consisting of more than one group (squat, bench press) a time interval of 10 minutes is to be given between the disciplines.

Motivation:

It is a problem for athletes and coaches that they cannot expect the same time interval from championship to championship, and the interval may even change within the same competition. We have talked to organizers, athletes, coaches, referees, and they agree. E.g. 5 minutes is not enough for referees and the jury to go to the lavatory

Proposal from Norway PF

- (p) As championships grow in number of participants, the days are stretched in both directions. To secure reasonable working conditions for both lifters and referees, an earliest (e.g. 7:30 time for weighing in should be established, also no competitions should last longer than e.g. 23:00.

Miscellaneous rules (loading errors, misconduct, appeals etc.)

Proposal from French PF

4. In IPF recognized competitions, the weight of the barbell must always be a multiple of 2.5 kg. Unless attempts are made on records, the progression must be at least 2.5 kg between all attempts. For Classic Championship, modify the progression between attempts to 0.5kg, 1kg, 1.5kg and 2.0kg instead 2,5 kg.

Reason:

This will be more interesting for the lifters to fight for medals.

Proposal from Sweden PF

4. In IPF recognized competitions the weight of the barbell must always be a multiple of 2,5 kg. Unless attempts are made on records, in Squat, Bench-press and Deadlift, the progression must be at least 2,5 kg between all attempts.

- (a) In a record attempt the weight of the barbell must be at least 0.5 kg in excess of the current record.
(b) During the course of competition, a lifter may request a record attempt that is not a multiple of 2.5 kg. If the attempt is successful, it will be added to both the individual lift and total.

Proposal from Sweden PF

- (b) During the course of competition, a lifter may request a record attempt that is not a multiple of 2,5 kg in Squat, Bench-press and Deadlift. If the attempt is successful it will be added to both the individual lift and total
Reason: A record attempt not a multiple of 2,5 kg shall be an individual lift for the ongoing discipline. If the lift is for a total record and not for the ongoing discipline (deadlift) this give the lifter a favour to do so only because of the lifters skills in squat and benchpress not in the deadlift discipline. This also give the lifter a favour for individual placing in the competition and for the total both in kg and Wilks Points.



Proposal from TC & Sweden PF

- ~~6. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the overall competition. He may still compete for awards on individual lifts if he makes bona fide attempts on each of the lifts i.e. weights attempted must be within his reasonable capabilities. If this is questionable the Jury will decide.~~
6. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the overall competition. The lifter will not be able to compete for awards on individual lifts.

REFEREES

Proposal from TC

4. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a “good lift” and red for “no lift”. ~~The cards will then be raised to indicate the reason for the “no lift”.~~ Only 1 card need to be raised

Proposal from French PF

12. At his discretion, the Chief Referee may order that the bar and/or platform be cleaned. If the lifter or coach request the bar and / or platform to be cleaned, the request must be made via the ~~Chief Referee~~ Technical Controller not the spotter/loaders. In the final round of the deadlift the bar must be cleaned before every attempt, and in any of the other two rounds, should the coach or lifter desire.
When the coach asks to clean the bar, he speaks with the Technical Controller. As the Chief Referee cannot say no, I propose that the Technical Controller speaks with the spotter/loaders directly.
15. In International Competition two referees of the same nationality cannot be selected to adjudicate the same category in a contest of more than two nations. If a category consists of more than one group, all groups should have the same referees. If a change of referees is necessary the change should be made between the disciplines, so that all lifters have the same referees in the same discipline

Proposal from Algeria

I suggest that chief referee will be in turn between the three referees in each session to avoid tiredness. (every referee manage one movement as a chief

REFEREES P29

Proposal from IPF EC / President

15. In International Competitions ~~two referees of the same nationality. can be selected to adjudicate in a contest where more than one nation competes, and the nation the referees represent has no lifters nominated for the Championship.~~
~~cannot be selected to adjudicate the same category in a contest of more than two nations.~~ If a category consists of more than one group, all groups should have the same referees. If a change of referees is necessary the change should be made between the disciplines, so that all lifters have the same referees in the same discipline.

Reason

Is always a problem in some Reagans to get Jury and Referees from the same Nation on the Platform. If the Referee's in a particular session is not from the same nation as the lifters I see no reason why not.

Regarding point

17. At World Championships, or any other championships where attempts may be made on world records, only IPF category 1 or category 2 referees adjudicate. Each nation may nominate a maximum of **Five (5)** ~~three~~ referees to serve at the World Championships, plus extra category 1 referees for Jury duty, if there is an insufficient number. All nominated referees attending a championship, must be available for at least two **Sessions or Two (2) days.**

Reason

Not enough number of Referees nominated for some Championships
Some Referees only get nominated for one day and left.



Proposal from Sweden PF

18. Referees and members of the Jury will be uniformly dressed as follows:
- Men, winter: Dark blue blazer with appropriate IPF badge on the left breast.
Proper grey trousers (not jeans) ~~Grey trousers~~ with a white shirt and appropriate IPF tie.
 - Men, summer: **Proper grey trousers (not jeans)** ~~Grey trousers~~ with a white shirt and appropriate IPF tie.
 - Women, winter: Dark blue blazer with appropriate IPF badge on the left breast.
Grey skirt or **proper trousers (not jeans)** trousers and a white blouse or shirt, and appropriate scarf/tie.
 - Women, summer: Grey skirt or **proper trousers (not jeans)** trousers and a white blouse or shirt.
- Reason:** Some referees have been using grey Jeans.

19. Qualifications for a Category 2 Referee are as follows:
- (c) Must take the Category 2 written/computer examination in English and practical examination at a World Championship, Continental Championship or Regional Championship.

Proposal from USAPL

Category II practical exams shall not be conducted during the Open Division of any IPF World Championship.

Rationale:

The open division represents the best athletes in the world and they deserve to have the best and most experienced referees in the world. There are plenty of cups, invitational, regionals and age division championships around the globe to offer the ability to sit for the Category II exam.

Proposal from Sweden PF

- (d) Must achieve a passing score of 85 percent or more on written examination and ~~90~~ 85 percent or more on practical examination. **When compared with a majority of the scrutinizing referees.**
20. Qualifications for a Category 1 Referee are as follows:
- (a) Must be a Category 2 referee in good standing for a period of at least 4 years.

Proposal from USAPL

Expand the criteria to test for Regional Category I Referee to include any Category II referee who meets all the criteria for taking the Category I exam except that they have served as a Category II for a minimum of two years and may be able to converse in English and must have done 4 World or Regional Championships each year.

Rationale:

This gives greater flexibility to organizers of sub world championships such as any regional championship to assign jury members and gives the Regional Category I Referees the experience of being on a jury before they maybe scheduled to do so at a World Championship.

22. Testing Procedures are as follows :

Proposals from SwedenPF

- (a) Category 2

A written / computer examination in English Language will be given only after a complete and comprehensive rules clinic has been conducted under the direction of an approved Category 1 referee who has been appointed as Chief Examiner by the IPF Technical Committee and Referee Registrar.

A practical examination will be given after the written/computer examination during the competition, the candidate will be side referee and will adjudicate a total of 100 attempts, 40 of which must be squats. The candidate must be scrutinized by the Jury and score at least 85 percent on all his decisions when compared with a majority of the scrutinizing referees. Adjudication will begin with the first-round attempts. The written/computer and practical Category 2 examinations will be held only in conjunction with international or regional powerlifting championships.

- (b) Category 1



Technical Rules book of the International Powerlifting Federation

A practical and a written/computer examination will be given to a candidate at any World Championship (excluding the World Bench Press Championship), Continental Championship, Regional Championships Games or International Tournament. The candidate will be scrutinized by the Jury. The candidate must score at least 90 percent on all his decisions when compared with a majority of the scrutinizing Jury members, this includes the candidates observed competence in handling all other duties, such as equipment check examinations and weigh in procedures. Adjudication will begin with the first-round attempts.

23. The examination fee shall be paid to the IPF Treasurer before the examination. All examination score sheets shall be marked by the scrutinizing referee/s. When marking is complete, the candidate shall be informed of the results. Marked score sheets shall be sent to the Referee's Registrar.
24. After receiving the examination results, the Referee Registrar will inform the candidates Federation's National Secretary of the results and forward the appropriate credentials to the candidate.
25. A candidate taking a practical examination will be scrutinized by the Jury (for Category 1) or the appointed scrutinizing referee/s (for Category 2) to determine his success or failure.
26. Upon passing the examination, a referee's date of promotion shall be the date of the examination.

Proposal by TC

27. ~~Candidates who fail the examination must wait at least six months before taking the examination again. Candidates who fail the examination is allowed to take the re-write at the same Championships and need to pay for the examination again~~

Reason: In any Institution or University a candidate who failed is allowed a re-write of that examination.

28. Registration:
 - (a) All referees must re-register with the IPF in order to maintain their current qualifications and at an acceptable standard.
 - (b) Re-registration shall take place on the first of January in each Olympic year. **Failure to do so, fee increase 2x in February and 3x in March which Is maximum.**

Proposal from French PF

30. International Referees, both Category 1 and 2, must have refereed a minimum of two International Championships (in all championships: Powerlifting, Powerlifting Classic, Bench Press, Bench Press Classic) and two National Powerlifting or Powerlifting Classic Championships during the previous four-year period between Olympic years in order to be acceptable for re-registration. ~~One national Bench Press championships is allowed. One unequipped competition is allowed for re-registrations.~~

We need more international referees and with this proposal we keep good referees

Proposal from Norway PF

We should limit referees on all open World Championships to Category I only. Also, no referee exams should be carried out during that world championships.

REASON:

In most sports, the most experienced referees are selected for the highest ranked championships. We should not allow the competition to be influenced by less experienced referees or referees under examination.

We would also welcome IPF to select referees for the Worlds, based on qualification and maybe regional distribution. Today, we see too many referees previously warned and replaced at previous championships, returning at the next championship without any suspension period or other consequences from previous mistakes. This must naturally be financed by the member nations, e.g by a new referee fee. In addition to raising the standard for the referees, this will secure sufficient referees for all championships, and likely reduce the total referee expenses for the member nations. Based on our experience, also the requirements for being able to converse in English must be followed up in the future.



JURY AND TECHNICAL COMMITTEE

Jury

1. At World and Continental Championships, a Jury will be appointed to preside over each lifting session.
2. The Jury shall consist of three or five Category 1 referees. In the absence of a member of the Technical Committee, the most senior member of the three or five shall be designated President of the Jury. The five man jury can be installed only at the World Games or Men's and Women's Open Championships in Powerlifting.

Proposal from New Zealand

3. The members of the Jury shall all be from different nations with the exception of the IPF President and the Chairman of the Technical Committee.

The members of the Jury shall all be from different nations with the exception of the IPF President, all EC, TC Chairman and all Technical Committee members.

Proposal from French PF

9. Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury in consultation with the referees, by unanimous jury vote, reverse the decision. ~~Only 2 to 1 referees' decisions can be considered by the Jury.~~

Reason:

Sometimes the 3 referees make a mistake.

IPF Technical Committee

Proposal from Technical Chairman

5. May also appoint Referees who is present and not nominated by their nation and available in case of inefficient Referees



WORLD AND INTERNATIONAL RECORDS

International Competitions

1. World and International records may only be made at the above named. That is, Championships sanctioned and recognized by the IPF, World and International Records will be accepted without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the Technical Committee had checked the weight of the barbell and the discs before the competition. Men's and Women's 50-59 records exceeding those gained in the 40-49 age group will be included in the 40-49 category. Men's and Women's 60-69 records exceeding those gained in the 50-59 age group will be included in the 50-59 category. Men's and Women's 70+ records exceeding those gained in the 60-69 age group will be included in the 60-69 category. Likewise, Sub-Junior 14-18 records exceeding those gained in the Junior 19-23 age group will be included in this group.

Proposal from Norway PF

As of today, a Master lifter in the age category 60-69 will also set the record in the age category 50-59 given the lifted weight is higher than the current record in that age category. But in the case the lift also is higher than the record in the 40-49 age category, it will not be accepted as a record in this age category record.

We believe this is wrong, and the lift should also be accepted as a world record in the 40-49 age category, given all requirements for the world record is met. This should also be valid for any records valid in the Open category.

~~As from 1 January 2014 the IPF recognizes new World Record Standards and World Records in Classic/Raw Powerlifting in all Masters Categories.~~

2. Requirements for recognition of a World and International records are as follows:

Proposal from EPF TC

- (e) ~~Records on individual lifts must be accompanied by a total of the three lifts. Single lift Bench Press records made at a three lift (Powerlifting) event do not need to be accompanied by a total but bona fide attempt must be made both on squat and deadlift.~~

Single lifts bench press records cannot be made at three lift (powerlifting).

Proposal from Sweden PF

Take away the word of bona fide attempt in the Technical Rules Book

Reason: It is very difficult to make a correct definition of what a is a bona fide attempt. Somebody says the lifter must do at least double bodyweight, other says at least 50 % of the nomination result in the lift.

Proposal from TC

- (f) In the event two (2) lifters request the same weight for a new record in individual lift, and if the first lifter by lot number succeeds, ~~the second lifter must add 0.5 kg~~ **will be added by the Computer secretary** to his/her attempt to claim the record. Where the question is of the record in total, the record holder is determined in accordance with item 1. d) on page 2 under GENERAL RULES OF POWERLIFTING.

Proposal from Sweden PF

- (h) If a lifter is attempting to set a World record in the deadlift and is placed at the end of the round by virtual of a protest, the remaining lifters in the group attempting the World record will have to increase their attempt by 0.5 kg. **If more than one lifter is attempting to set a World record in the same discipline and a lifter gets a new attempt by virtual of a protest the lifter must following him/herself.**

Reason: If the lift is not succeeding then next lifter with higher lot number must have the possibility to tray at the record, without increasing the weight. See (f) vice versa.



Proposal by USAPL Same as Sweden

If the Jury grants re-lift during the final round of a competition (3rd deadlift in a full powerlifting meet or 3rd bench press in a bench only competition), the lifter who was granted a re-lift shall follow themselves instead of being placed at the end of the round.

Rationale:

This keeps the meet fair by maintaining the established lifting order. Lifters that are supposed to have the advantage of follow said lifter will be placed at a disadvantage of not knowing the outcome of their lift.

Proposal: Coach Commission

World and continental records in powerlifting and bench-press cannot be set at festivals in general, Arnold Classic Festivals, exhibitions contest or cups around the world.

Reason:

The value of our sport and achieved world and continental records in powerlifting and bench-press should be committed to continental and world championships or games (like World Games, European Games etc). Continental-, world championships and World Games should not lose their reputation by continental or world records which can be set at festivals or exhibitions etc.

For invitation tournaments, like the Arnolds Classics or exhibitions contests, not all lifters have the possibility to get invited or can participate from around the world. A world or continental record set at a regional or world championship will have a higher value, since more participants are attending in the same weight category and the development of the competition will be consequently different. Furthermore, the competitors in the actual body weight category will compete then under the same referee conditions, too.

Proposal from Sweden PF & Coach Commission

Breaking a World or International records at an invitation competition is not allowed. Even if the competition is sanctioned and recognized by the IPF.

Reason: The lifters have been selected with a personal invitation, witch exclusion other lifters from the possibility to have the opportunity to break the record.

- (i) All records broken under the same conditions as that listed above shall be recognized and registered.

Proposal by French PF

As for records, not taking into account the body weight, for the podiums, but only the lot number succeed. It is far better image of the championship in the medias.



IPF Rules for CLASSIC (raw/unequipped) Lifting

Personal Attire

Suits

Add picture of Muslim Women

Knee Sleeves

Same proposal as in Equipped lifting

Inspection of personal equipment in competitions designated as Classic/Raw

Same as in Equipped lifting during Weigh-in