

## **Technical Rules book of the Raw Unity Powerlifting Championships (RUPC)**

RUPC Technical Rules book November, 2011.

### **GENERAL RULES OF POWERLIFTING**

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

1. (a) The RUPC recognizes the following lifts which must be taken in the same sequence in all competitions conducted under R.U.P.C. rules:

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

(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.

(c) The rules apply to all levels of competition.

(d) Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.

(e) If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter. Where awards are presented for best squat, bench press and deadlift or if a World record is broken, the same procedure will apply.

2. The RUPC conducts and sanctions the following:

Men's and Women's Raw Unity Powerlifting Championships

### **Age Categories**

3. The RUPC only recognizes one category: Open

### **Bodyweight categories:**

#### **MEN**

60.0 kg Class up to 60.0 kg.  
67.5 kg Class from 60.01 to 67.5 kg.  
75.0 kg Class from 67.51 to 75.0 kg.  
82.5 kg Class from 75.01 to 82.5 kg.  
90.0 kg Class from 82.51 to 90.0 kg.  
100.0 kg Class from 90.01 to 100.0 kg.  
110.0 kg Class from 100.01 to 110.0 kg.  
125.0 kg Class from 110.01 to 125.0 kg.  
140.0 kg Class from 125.01 to 140.0 kg  
140+ kg Class from 140.01 to unlimited

#### **WOMEN**

48.0 kg Class up to 48.0 kg.

52.0 kg Class from 48.01 to 52.0 kg.  
56.0 kg Class from 52.01 to 56.0 kg.  
60.0 kg Class from 56.01 to 60.0 kg.  
67.5 kg Class from 60.01 to 67.5 kg.  
75.0 kg Class from 67.51 to 75.0 kg.  
82.5 kg Class from 75.01 to 82.5 kg.  
90.0 kg Class from 82.51 to 90.0 kg.  
90+ kg Class from 90.01 to unlimited.

5. Each competitor will declare which federation he will represent. He will need to have competed in said federation within the last 18 months prior to the competition.

6. Point scoring for Raw Unity, in respect to the various federations that the lifters represent, shall be: 12, 9, 8, 7, 6, 5, 4, 3, and 2, for the first 9 placing in any bodyweight category. Thereafter, each lifter who makes a total in the competition shall be awarded one point.

7. Only the point scores of the six best placed lifters of each federation will be counted for the team competition at RUPC. In case of a tie in points scored, final team placing shall be decided for team awards.

8. Team recognition shall be given for the first three places. In the case of a tie for the classification of a team, the team having the largest number of first places will be ranked first. In the case of a tie between two teams 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 six scoring lifters.

9. At the RUPC, the best lifter awards shall be given to the lifters that produce the best performances based upon the Schwartz formula.

10. At the RUPC, medals will be presented for first, second, and third places for each weight class based upon totals. If permitted cash will also be given to weight class winners. In addition, cash shall be presented for the Champion of Champions for the "super classes" of lightweight, middleweight, and heavyweight for the men; lightweight and heavyweight for the women; lightweight and heavyweight for the bench only. For 2012, the deadlift only competition will have awards for the top 3 finishers. All awards will be according to Schwartz formula.

## **EQUIPMENT AND SPECIFICATIONS**

### **Platform**

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. The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet (i.e. free from irregularities and projections). Rubber matting or similar sheeting materials on the main foot area are not permitted.

### **Bars and Discs**

For all powerlifting contests organized under the rules of the RUPC, only disc barbells are permitted. The use of discs which do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by

the Technical Committee or Referees.

- (a) The bar shall be straight and well knurled and grooved and shall conform to the following:

We will use the 55 pound, 8 foot long Texas squat bar for the men's squat and the 45 pound Texas power bar or 20 kilo Ivanko bar for the women's squat. For the bench press, we will use a 45 pound Texas power bar. For the deadlift, we will use the 7.5 foot Texas deadlift bar. The plates will be color coated Eleiko and calibrated.

- (b) Discs shall conform as follows:

1. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.

Face Value in Kilos Maximum Minimum

50.0 50.125 49.875

25.0 25.0625 24.9375

20.0 20.05 19.95

15.0 15.0375 14.9625

10.0 10.025 9.975

5.0 5.0125 4.9875

2.5 2.51 2.49

1.25 1.26 1.24

.5 .51 .49

.25 .26 .24

2. The whole size in the middle of the disc must not exceed 53 mm or be less than 52 mm.

3. Discs must be within the following range: 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, 25 kg, and 50 kg.

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

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.

6. Discs must conform to the following color code : 10kg and under - any color, 15kg - yellow, 20kg - blue, 25kg - red, 50kg - green.

7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.

8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.

9. The diameter of the largest discs shall not be more than 45 cm.

### **Collars**

- (a) Shall always be used.

- (b) Must weigh 2.5 kg each.

### **Squat Racks**

1. We will use a combo rack that is an ER rack, Polak Rack, or something similar.

### **Bench**

Only Bench Racks and Benches from the aforementioned squat racks will be permitted for use in RUPC.

### **Lights**

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. Each referee will control a white and a red light. These two colors represent a "good lift" and "no lift" respectively. The lights shall be arranged horizontally or vertically. 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".

#### **Failure Cards / Paddles**

These will not be used at RUPC at this time.

#### **Scoreboard**

A proper detailed scoreboard visual to the spectators, officials, and all concerned with the progress of the competition must be provided. The lifters names should be arranged by lot numbers for each session.

### **PERSONAL EQUIPMENT**

#### **Costume**

##### Non Supportive

W/L / Wrestling / Leotard / singlet. Subject to the specifications itemized (c), (d) and (e).

The suit does require Technical Committee approval.

A lifting singlet must be worn and shall be of a one - piece full length lifting suit without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Technical Committee, or in their absence the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition.

The costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. The lifting suit shall be subject to the following requirements:

- (a) It may be of any color or colors
- (b) The lifting suit may bear the badge, emblem, logo and / or inscription of the lifter's national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed. The lifter's name may be placed on the costume, or any item of personal apparel.
- (c) Non-supportive leotard / singlet suits may have seams and hems exceeding 3 cm in width. The non-supportive leotard / singlet will have a single thickness of the same material.
- (d) It must have legs. Measurement is to be taken on a line from the top of the crotch down the inside of the leg. The leg of the suit needs not to be cut to form exactly a parallel around the leg. It may be cut higher on the outside of the leg. Non supportive costumes may have leg length to a maximum of 25 cm.
- (e) Any alterations to the costume which exceed the established widths, lengths or thicknesses previously stated shall make the suit illegal for competition.

### **T Shirt**

A T Shirt of any color or colors must be worn under the lifting suit during the performance of the squat and bench press, but is optional for the men in the deadlift. Women must wear a T Shirt or other shirt while competing on all lifts.

The T Shirt is subject to the following conditions:

- (a) Does not consist of any rubberized or similar stretch material.
- (b) Does not have any pockets, buttons, zippers, collar, or vee neck.
- (c) Does not have reinforced seams.
- (d) Is made of cotton or polyester or a mixture of cotton and polyester. Denim is not acceptable.
- (e) It shall not have sleeves which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves of the T-Shirt up to the deltoid when competing in RUPC competition. T-Shirts must not be worn inside out.
- (f) Is plain or the official T Shirt of the contest in which the lifter is competing or bears the badge and or inscription of the lifter's national or regional federation or sponsor. That which is offensive or likely to bring the sport into disrepute is not allowed.



### **Under Garment**

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 RUPC competition.

### **Socks**

Socks may be worn.

- (a) They may be of any color or colors and may have manufacturer's logos.
- (b) They shall not be of such length on the leg that they come into contact with the knee sleeves.
- (c) Full length leg stockings, tights or hose are strictly forbidden.
- (d) Light protective guards between sock and shin may be worn.

### **Belt**

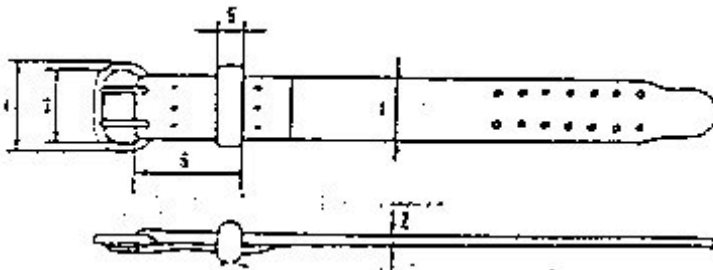
Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit.

Materials and Construction:

- (a) The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and / or stitched together.
- (b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- (c) The buckle shall be attached at one end of the belt by means of studs and / or stitching.
- (d) The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever.)
- (e) A tongue loop shall be attached close to the buckle by means of studs / or stitching.
- (f) The name of the lifter, the lifter's federation, state or club may appear on the outside of the belt. It may also contain tasteful comments-which are at the discretion of the Technical Secretary at gear check.

Dimensions:

1. Width of belt maximum 10 cm.
2. Thickness of belt maximum 13 mm along the main length.
3. Inside width of buckle maximum 11 cm.
4. Outside width of buckle maximum 13 cm.
5. Tongue loop maximum width 5 cm.
6. Distance between end of belt and far end of tongue loop maximum 25 cm.



### **Shoes or boots**

Shoes or boots shall be worn.

(a) Shoes shall be taken to include only Sports Shoes / Sports Boots; W/L, P/L 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.

### **Knee Sleeves**

Only \*knee\* sleeves made of one ply neoprene are permitted. Specifically, these are the only knee sleeves allowed at the RUPC:

Rehband (older style) 7mm closed neo + nylon lining in/out

OK-1 (older style) 6.35mm closed neo + poly terry lining in/ nylon out

Tommy Kono (all) 6.35mm closed neo + nylon lining out

Rehband (newer style) 5mm closed neo + nylon in/out

Cramer (basic) 4.76mm (unconfirmed) closed neo + nylon lining in/out

Stromgren (basic) 4.76mm closed neo + nylon lining out

Valeo (basic) 3.18mm vented neo + poly terry lining in/ nylon out

OK-1 (newer style) 3.18mm vented neo + poly terry lining in/ nylon out

Body Glove (basic) 3.18mm vented neo + nylon lining out/in

Bike (basic) 3.18mm closed neo + nylon out/poly lining in

Mueller (basic) 3.18mm closed neo + nylon lining in/out

McDavid (basic) 3.18mm (unconfirmed) closed neo + nylon lining in/out

Ace (basic) 3.18mm (unconfirmed) closed neo + nylon lining in/out

Tru-Fit (basic) 3.18mm (unconfirmed) neo blend + nylon lining in/out

Titan Neoprene Knee Sleeves 7mm closed neo + nylon lining in/out

Elbow sleeves, shin sleeves, or any other sleeve not designated specifically for and only for the knee will not be permitted.

### **Wrists**

1. Wrists wraps shall not exceed 1 meter in length and 8 cm in width. Any sleeves and/or Velcro patches / tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
2. Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
3. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

### **Non-Supportive Wraps**

4. Wraps made of medical crepe or bandage and sweatbands do not require Technical Committee approval.
5. Two layers of medical tape may be worn on the thumbs. Medical tape or its like may not be worn anywhere else on the body without official permission of the Chief Referee. Medical tape may not be used as aids to the lifter in holding the bar.
6. Contingent upon prior approval by the Technical Secretary, Official Doctor, Paramedic or Paramedical personnel on duty medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.
7. At all competitions where medical personnel may not be present or on duty; The Chief Referee shall have jurisdiction over the use of medical tape.

### **Inspection of Personal Equipment**

- (a) The inspection of personal equipment for each and every lifter in the competition may take place at any time throughout the meet prior to within twenty minutes of the start for their particular bodyweight category.
- (b) A minimum of two referees shall be appointed to fulfill this duty. All items shall be examined and approved before being officially stamped or marked.
- (c) Wrist wraps over permitted length shall be rejected, but may be cut to the correct length and resubmitted.
- (d) Any item considered unclean or torn shall be rejected.
- (e) The signed inspection sheet shall be handed to the Technical Secretary at the end of the inspection period.
- (f) If after the inspection a lifter appears on the platform wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall immediately be disqualified from the competition.
- (g) All items mentioned previously under personal equipment shall be inspected.
- (h) Hats are strictly forbidden to be worn on the platform during lifting. Items such as watches, costume jewelry, mouthpieces, eye wear and feminine hygiene articles need not be inspected.
- (i) Before attempting an American or meet record the lifter will be inspected by the

Technical Controller. If the lifter is found to be wearing or using any illegal item, other than

that which may have inadvertently been passed by the referees, the lifter shall be disqualified from the competition.

### **General**

(a) The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.

(b) Baby powder, resin, talc, sticky spray, or magnesium carbonates are the only substances that may be added to the body and attire.

(c) No foreign substances may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

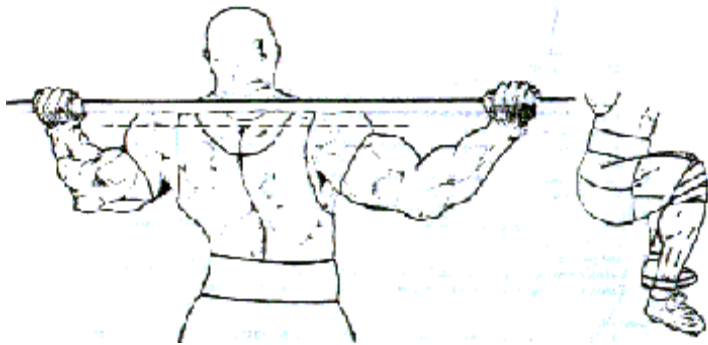
## **POWERLIFTS AND RULES OF PERFORMANCE**

### **Squat**

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
3. Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body **until the top surface of the legs at the hip joint is lower than the top of the knees**. Only one descent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked.
4. The lifter must recover at will 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 move forward and return the bar to the racks. 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.
6. Not more than five and not less than two spotter / loaders shall be on the platform at any time. The Chief Referee will decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, or 5.

### **Causes for disqualification of a Squat:**

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the hip joint is lower than the knee joint.
6. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any of the items outlined under Rules of Performance for the squat.



### **Bench press**

1. The lifter must lie on his back with shoulders and buttocks in contact with the bench surface. The feet can be **either flat on the floor or on the toes**. His hands and fingers must grip the bar positioned in the rack stands with a thumbs around or **thumb less** grip. **The head may be lifted or in contact with the bench** during the lift.
2. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform.
3. Not more than five and not less than two spotter / loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. **The lift off if assisted by the spotter / loaders must be at arm's length. The lifter can have their coach or handler lift off for them; or a designated person can hand off for them if a coach or handler is not available.**
4. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is permitted.

5. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to "Re-place" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
6. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command "Start".
7. After receiving the signal, the lifter must lower the bar to the chest, hold it motionless on the chest, after which the Chief referee will signal the audible command "Press". The lifter must then return the bar to arms length with no excessive / immoderate uneven extension of the arms. When held motionless in this position the audible command "Rack" shall be given together with a backward motion of the arm.

### **Causes for Disqualification of a Bench press**

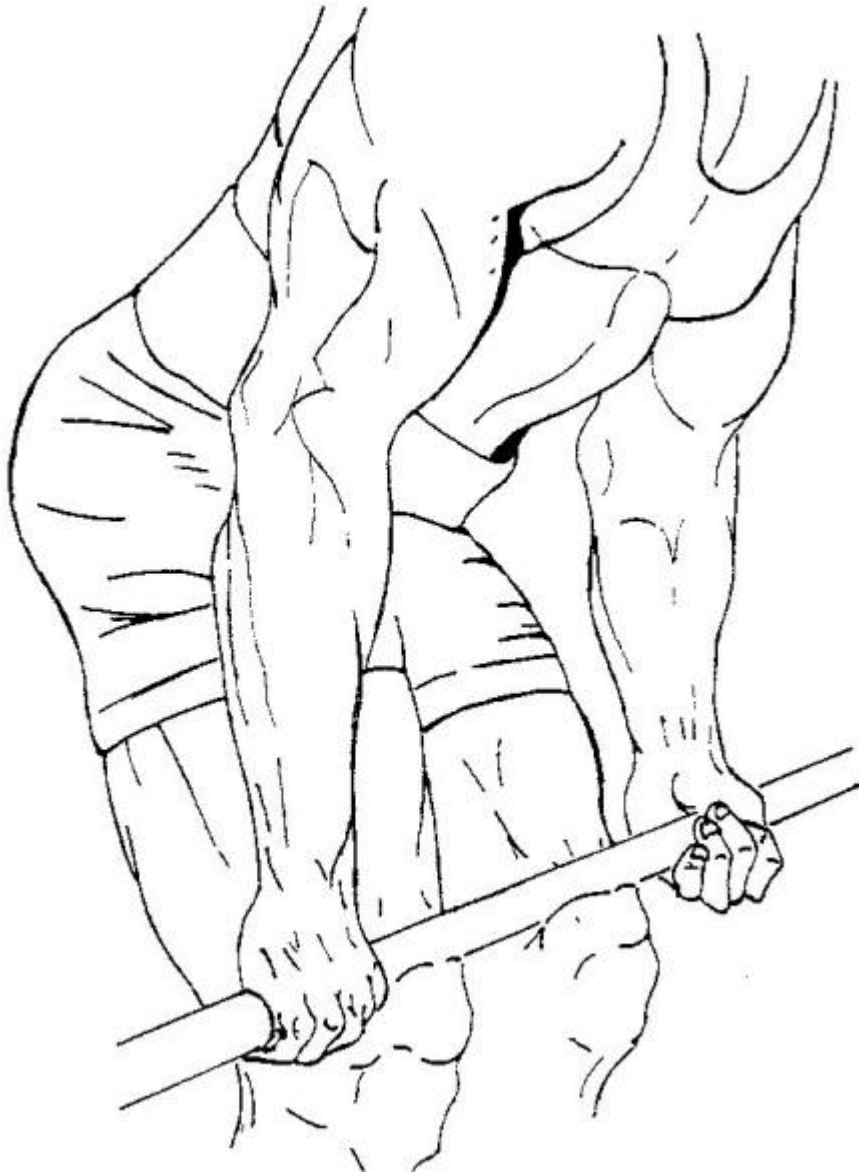
1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders or buttocks from the bench, or movement of the feet on the floor (not to be confused with being on one's toes) / blocks / plates / or lateral movement of hands on the bar.
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance.

### **Deadlift**

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with a hook grip or optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
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.

### **Causes for Disqualification of a Deadlift:**

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.
8. Failure to comply with any of the items outlined under Rules of Performance.



## **WEIGHING IN**

1. Weighing the competitors must take place no earlier than twenty four hours before the start of the competition for a particular category / categories. 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. Lots will be randomly assigned to establish the order of lifting throughout the competition when lifters require the same weights for their attempts.
3. The weigh-in periods will be at the discretion of the Technical Secretary.
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 for the scales/platform.
5. Lifters may be weighed nude or in underwear 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. Females will not be made uncomfortable at the weigh-in if a member of the opposite sex weighs them in. Proper procedures and precautions will be taken to ensure their comfort level.
6. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits allowed for the weigh in; otherwise they will be eliminated from the competition for that bodyweight category. A lifter can only be re-weighed as often as time and orderly progression allows. A lifter may only be weighed outside the time limit if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one (1) re-weigh at the discretion of the referees. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category / categories have been weighed in.
7. A lifter shall be nominated in his normal bodyweight category. However, each lifter will have the option of changing categories up or down from that in which he was originally nominated. If the lifter wishes to exercise this option, he must present himself to the Chief Referee at the weigh in room ten minutes before the commencement of the weigh in for his final choice of bodyweight category. If he wishes to move up, the lifter must also report to the Chief Referee of his originally nominated lower category, ten minutes before the commencement of the weigh in for that category in order to be excused. If a lifter changes categories and the lot draw has already been carried out, then the lifter shall be placed at the top of the draw. It is also courteous to let the Chief Referee from one's originally nominated class know of the move; simply because he may not have received the information or to have been in the vicinity of the venue at the time.

Example (a) - A lifter nominated at 90 kg wishes to lift at 82.5 kg. He must present himself to the Chief Referee of the 82.5 kg category ten minutes before the commencement of the weigh in for that category.

Example (b) - A lifter nominated at 90kg wishes to lift at 100kg. He must report to the Chief Referee of the 90kg category ten minutes before the weigh in commences and state that he wishes to move up into the 100kg category and therefore does not wish to weigh in. He must then also present himself to the Chief Referee of the 100kg category ten minutes before the commencement of the weigh in for that category.

It is the responsibility of the lifter to know the bodyweight category for which he was originally nominated. A claim that an error had been made on the final nomination form will not be accepted.

In the case where groups are formed e.g. A – B and or C in a particular weight class, and the B and C group lift earlier in the day to that of the A group, any lifter moving up from his nominated weight category at the Technical Meeting, must present himself ten minutes before the scales open for his nominated category and inform the officials of his intentions. Any lifter changing weight categories will be placed in the C group if groups are split into three, or the B group if split into two.

8. Lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition. The rack height sheet must be signed or initialed after the check by the lifter or coach. It is in their interest. A copy of this official document goes to the Speaker and Platform Manager.

## **ORDER OF COMPETITION**

### **The Round System**

(a) At the weigh-in, the lifter or his coach must declare a starting weight for all three lifts. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh in. The speaker's card is deemed to be the appropriate first attempt card. The lifter will then be given eleven blank attempt cards for use during the competition. Three for the squat, three for the bench press, and five for the deadlift. Each lift distinguished by using a different colored card. Having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for his second attempt. This weight must be filled in where indicated upon the card and submitted to the marshal/expeditor before the one minute time allowance has elapsed. The same procedure is to be used for the second and third attempts on all three lifts. Responsibility for submitting attempts within the time limit rests solely with the lifter or his coach. Under the round system, the need for numerous marshals is eliminated, the attempt card being handed directly to the designated official. Remember that the box for first attempts on the cards in the lifters possession is only to be used for the permitted first attempt change if required. Similarly, the fourth and fifth boxes on the deadlift card are only to be used for the two permitted changes on the third attempt deadlift if required. In single bench press and/or deadlift competitions a card similar to that of the deadlift will be used.

(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 meet director for purpose of presentation.

(c) Grouping shall be determined by the meet director.

(d) Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round.

(e) When a group consists of less than 6 lifters, compensatory time allowances shall be added at the end of each round as follows: For 5 lifters add 1 minute; 4 lifters add 2 minutes; 3 lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round. Should a lifter follow himself when the compensatory clock is in operation, 3 minutes is the maximum allowance permitted. For compensatory time where groups are involved, unloading of the bar will take place at the end of the compensatory time, reloaded, then the one minute to begin the attempt.

(f) The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight on the bar be lowered within a round except for errors as described in item (i), and then only at the end of a round.

(g) Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lowest lot number drawn at the weigh in, will lift first. The same applies to third round deadlift attempts, whereby the weight may be changed twice, subject to the bar not having already been loaded to the lifters originally chosen weight **and the lifter having been called to the bar by the speaker.**

Example: Lifter A with lot number 5 puts in 250.0 kg.

Lifter B with lot number 2 puts in 252.5 kg.

Lifter A fails with 250.0 kg. Can Lifter B drop the weight to 250.0 kg to win?

No, the order of lifting is still determined by the lot number.

(h) If unsuccessful with an attempt, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.

(i) 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 five 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.

(j) A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will change accordingly. If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within five attempts from the end of the previous group's last round of that lift. Prior notice of these deadlines shall be announced by the speaker. If proper notice of these deadlines is not given, then an announcement authorizing such changes shall be made and a lifter may make a change within one minute of such announcement.

(k) A lifter must submit his second and third attempts within one minute of completing his preceding attempt. The one minute will begin from the time that the lights are activated. If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5 kg increase on his next attempt. Should the lifter have failed his previous attempt and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight

(l) 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.

(m) In the third round of the deadlift, two changes are permitted. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight by the speaker.

(n) In bench press or deadlift single lift competition rules in general are the same as for three lift competitions. However, in the third round, two weight changes are permitted and the rules as stated in (m) above for the deadlift apply equally here.

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

(p) 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.

For example, if there are two groups taking part in a session, the first group will complete all three rounds of the squat. They will be followed immediately by the second group who will complete their three rounds of squat. The platform will then be set up for the bench press and the first group will complete their three rounds of the bench press, immediately followed by the second group who will similarly complete their three rounds of the bench press. The platform will then be set up for the deadlift and the first group will complete their three rounds of the deadlift, immediately followed by the second group who will similarly complete their three rounds of the deadlift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts.

**The Technical Committee with the co-operation and assistance of the organizer will appoint the following officials:**

(a) Speaker / Announcer

(b) Technical Secretary, a national or international referee

(c) Time Keeper, (a qualified referee)

(d) Marshals / Expeditors

(e) Scorers.

(f) Spotter / Loaders. Correct code of dress - Meet T-Shirt or regular T-Shirt uniform in color. Track suit trousers uniform in color and sports shoes.

(g) Technical Controller (a qualified referee)

Additional officials may be appointed as required, e.g. doctors, paramedics etc.

**Responsibilities of the Officials are:**

(a) The speaker is responsible for the efficient running of the competition. He acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and, if necessary, lot number. He announces the weight required for the next attempt and the name of the lifter. When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker. When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin.

To clarify, - when the Speaker announces that the bar is "ready / loaded", then the lifter is committed to the attempt. Attempts announced by the speaker must be displayed upon the scoreboard erected in a prominent position, with the lifters names in order of lot number.

(b) The Technical Secretary is responsible for the referee schedules from the names of those referees declared available for duty throughout the competition. He will complete the necessary "Duty Referees" lists for the competition. At weigh-in, the technical secretary will initiate a score sheet, non itemized equipment check sheet, rack height sheet and order of weigh in sheet for each category in the competition, entering the names of all lifters nominated in that category. He will also make out speaker competition cards for every lifter in the category. The above paper work together with an adequate supply of lifter's attempt slips/cards will be placed in the appropriate envelope for each bodyweight category in the competition and handed to the Chief Referee for that category. The technical secretary will either attend or appoint other officials to attend each weigh in. He will advise the duty referees upon procedure and any matters that require attention. He should be a national referee and able to deal with any problem that may arise. It is the responsibility of the meet director to provide all necessary blank forms and paperwork to enable the technical secretary to carry out his work.

(c) The time keeper is responsible for accurately recording the lapse between the announcement that the bar is ready and the lifter starting his attempt. He is also responsible for recording time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or his coach check the height of the squat racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one minute allowance, unless the lifter has nominated his rack height and this has been incorrectly set by the spotter / loaders. It is therefore essential that the rack height sheet be signed or initialed by the lifter or coach. This is an official document, which should verify in any dispute. The lifter is allowed one minute in which to start his attempt after the Speaker calls the lifter to the bar. If he does not start his attempt within this time allowance, the time keeper will call time and the Chief Referee shall give the audible command "rack" together with a backward movement of the arm. The lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped. The definition of the start of an attempt depends upon the particular lift being performed. In the squat and bench press, the start is to coincide with the Chief Referee's commencement signal. Refer to "Referees" item 3. In the deadlift, the start is when the lifter makes a determined attempt to raise the bar.

(d) Marshals / Expeditors are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, of the weight required for his next attempt.

(e) Scorers are responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets, record certificates or any other document requiring signatures. Speaker to make an announcement to this effect before the referees disappear.

(f) Spotter / Loaders are responsible for loading and unloading the bar, adjusting squat racks and benches as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times. At no time shall there be less than two or more than five spotter / loaders on the platform.

(g) Platform manager is responsible for the decisions taken in the case of loading errors or incorrect announcements by the speaker. His decisions will be given to the Chief referee; who will in turn give that to the speaker who will make the appropriate announcement.

When the lifter prepares for his attempt, the spotter / loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter / loaders may, either at the request of the Chief Referee or the lifter himself, step in and relieve the lifter of the bar. If the lifter himself is deprived of an otherwise successful attempt by the error of a spotter / loader and through no fault of his own, he shall be awarded another attempt at the discretion of the Referees and Jury at the end of the round.

(g) The Technical Controller will ensure that the lifter that is announced is properly attired before mounting the platform.

1. During the competition, only the lifter and his coach, officiating referees, spotter / loaders, Platform manager, and the Technical Controller will be allowed around the platform or on the stage. During the execution of the lift, only the lifter, spotter / loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Technical Controller.

2. A lifter can adjust his costume or use ammonia within view of the public.

3. In the RUPC, 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.

(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.

(c) Record attempts may be taken on any or all of the lifter's prescribed attempts.

(d) A lifter may only take increments of less than 2.5 for record attempts in the championship in which he is competing.

(e) In the event of a weight posted for the following round, which is not a multiple of 2.5 kg to exceed a record, the weight will be reduced to the nearest multiple of 2.5 kg, should a fellow competitor have exceeded this weight in the previous round.

Example 1: The current record is 302.5 kg.

Lifter A squats 300 kg in the first round then posts 303.5 kg, Lifter B squats 305 kg in the first round.

Lifter A second attempt now is reduced to 302.5 kg.

Example 2: The current record is 300 kg.

Lifter A posts only a 1 kg increment (301 kg) having achieved his first attempt of 300 kg in the above scenario, Lifter B squats 305 kg in the first round, Lifter A must now take the nearest 2.5 kg above (302.5kg).

4. The Platform Manager will be responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decisions will be given to the Chief referee; who will give them to the speaker-who will make the appropriate announcement.

Examples of Errors in Loading:

(a) If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.

(b) If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the end of the round in which the error occurred.

(c) If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest, multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.

(d) If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter. The Chief Referee will make the same decisions as for errors in loading.

(e) If for any reason it is not possible for the lifter or his coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round.

5. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the overall competition. He may still compete on individual lifts if he makes bona fide attempts on each of the lifts i.e. weights attempted must be within his reasonable capabilities.

6. Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter / loaders in positioning himself for an attempt.

7. On the completion of an attempt, a lifter shall leave the platform within 30 seconds; failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. This rule was designed for lifters who may have received some injury during the course of the lift, or perhaps the less able bodied, e.g. the blind lifter.

8. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well being, the official doctor has the right to examination. If the doctor considers it inadvisable for the lifter to continue, he may, in consultation with the judges, insist upon the lifter retiring from the competition. The handler or coach must be officially informed of such a decision. To avoid contamination a solution of one part household bleach to 10 parts water is recommended to clean blood or tissue from the bar or platform and that in the warm up area; should "accidents" occur.

9. Any lifter or coach, who by reason of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the referees may disqualify the lifter or coach and order the lifter or coach to leave the venue.

10. The referees may by a majority decision immediately disqualify a lifter or official if they are of the opinion that any misconduct is serious enough to warrant immediate disqualification rather than an official warning.

11. If deemed necessary, the referees may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the referees will return and the Chief referee will inform the complainant of its decision. The referees' verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lift.

## **REFEREES**

1. The referees shall be three in number, the Chief Referee or Center Referee and two side referees.

2. The Chief Referee is responsible for giving the necessary signals for all three lifts.

3. Signals required for the three lifts are as follows:

<b>Lift</b>	<b>Commencement</b>	<b>Completion</b>
<b>Squat</b>	A visual signal consisting of a downward movement of the arm together with the audible command "squat"	A visual signal consisting of a backward movement of the arm together with the audible command "rack"
<b>Bench press</b>	A visual signal consisting of a downward movement of the arm together with the audible command "start". During. The audible command "Press" after motionless at the chest.	A visual signal consisting of a backward movement of the arm together with the audible command "rack"
<b>Deadlift</b>	No signal required	A visual signal consisting of a downward movement of the arm together with the audible command "down"

7. During the contest the three referees must jointly ascertain that:

(a) The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with loading charts for this purpose. It is their joint responsibility. (b) On the platform the lifter's personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect he must after completion of the lift, inform the Chief Referee of his suspicions. The Technical Controller may then examine the lifter's personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have inadvertently been passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.

Should a Technical Controller be in evidence, the lifter's attire will be scrutinized before he/she is allowed onto the platform.

8. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.

9. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition. Therefore, it is essential that the lot number of each lifter accompanies his name on the scoreboard so that the referees can follow the order of lifting.

10. A referee shall not attempt to influence the decisions of the other referees.

11. The Chief Referee may consult with the side referees or any other official as necessary in order to expedite the competition.

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 not the spotter / loaders.

13. After the competition, the three referees shall sign the official score sheets, record certificates or any other documents requiring a signature.

14. All referees and meet officials will be uniformly dressed at the discretion of the Meet Director.

15. All RUPC judges should be national level judges or higher.

### **World, American and Meet Records**

1. Requirements for recognition of a Meet or American record are as follows:

(a) 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 attempts must be made both on squat and deadlift.

(b) In the event of two lifters breaking either a current individual or total record of the same weight the lifter with the lowest body-weight at the weigh-in will be declared the new record holder. If both lifters register the same body-weight at the weigh-in, the lifter breaking the record first will be the record holder.

(c) New records are only valid if they exceed the previous record by at least **0.5** kg.