

Rules

International Powerlifting Organization

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GENERAL RULES

b. General contest rules

5. The International Powerlifting Organization (IPO) recognizes the following lifts, which must be performed in the designated sequence in all applications conducted under IPO rules:

- Squat
- Bench Press
- Dead Lift
- Total

6. The highest total of the best successes of each lift will result in a Total. Winner of the competition will be determined by highest Total, (no fourth attempts may be included in the total).

7. The IPO additionally recognizes and registers World / American records (in kilograms) for the same lifts within the age and body weight categories as follows:

c. Age categories

Open

From 24 years to and including 39 years of age

A teenager, Junior, sub-master, and Master can also compete in the Open class.

Master

From 40 years to 80 and upward

From 40 years to and including 44 years of age

From 45 years to and including 49 years of age

From 50 years to and including 54 years of age

From 55 years to and including 59 years of age

From 60 years to and including 64 years of age

From 65 years to and including 69 years of age

From 70 years to and including 74 years of age

From 75 years to and including 79 years of age

From 80 years upward

Sub Master: from 35 years to and including 39 years of age.

Junior: From 20 years to and including 23 years of age.

Teenage: From 13 years to and including 15 years of age

From 16 years to and including 17 years of age

From 18 years to and including 19 years of age

- Competitive lifting shall be restricted to competitors aged 13 years and over. The lifter must have attained minimum age on day of the competition where age limits are imposed.

- The day a teenager turns 20 years he or she is no longer a teenager.

- The day a junior turns 24 years he or she is no longer a junior.

d. Body weight categories

Men

52.0 kg Class up to 52.0kg
56.0 kg Class from 52.01 to 56kg
60.0 kg Class from 56.01 to 60.0kg
67.5 kg Class from 60.01 to 67.5kg
75.0 kg Class from 67.51 to 75.0kg
82.5 kg Class from 75.01 to 82.5kg
90.0 kg Class from 82.51 to 90.0kg
100.0 kg Class from 90.01 to 100.0kg
110.0 kg Class from 100.01 to 110.0kg
125.0 kg Class from 110.01 to 125.0kg
140.0 kg Class from 125.01 to 140.0kg
140.0 kg + Class from 140.01 to Unlimited

Women

44.0kg Class up to 44.0kg
48.0kg Class from 44.01 to 48.0kg
52.0kg Class from 48.01 to 52.0kg
56.0kg Class from 52.01 to 56.0kg
60.0kg Class from 56.01 to 60.0kg
67.5kg Class from 60.01 to 67.5kg
75.0kg Class from 67.51 to 75.0kg
82.5kg Class from 75.01 to 82.5kg
90.0kg Class from 82.51 to 90.0kg
90.0kg+ Class from 90.01 to Unlimited

Point scoring for all Team Championships shall be 12, 9, 8, 7, 6, 5, 4, 3, 2, 1 for the first 10 places in any body weight category.

In National Championships only six competitors from each team shall score points towards the national team total. These six competitors will be selected before the competition begins and shall be the six highest placers of the competitors from a particular team. A maximum of three competitors from the same team shall be eligible for point scoring in a particular body weight category. Each team may have three lifters per body weight category.

In the case of a tie in the points of national teams, the team having the largest number of first places within the six point scoring competitors 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 ranked first, and so on through the ten places.

At all competitions where "Best Lifter Awards" are presented, places will be calculated with the Reshel Formula. A separate best lifter medal will be awarded to open and master competitors.

At all competitions where a "raw" and "equipped" division is contested the best lifter and team champion awards will be calculated with the following formula:

In bench press only competitions a raw bench press competitor will have 30% of his total added to his total for comparison with the equipped bench press competitor's

total..

In full powerlifting competitions a raw powerlifter will have 22% of his total added to his powerlifting total for comparison with the equipped powerlifter's total.

For all IPO sanctioned contests lifters entered in the event must be members of a National Organization.

2. The competition Organizing Committee

will appoint the following officials:

- o Speaker-Announcer
- o Time Keeper
- o Marshal/Expeditors
- o Record keeper
- o Loaders/Spotters

3. Additional officials

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

a. The speaker

is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot number, and announces the weight required for the next attempt along with the name of the lifter. Additionally the speaker announces, in order, the three lifters succeeding the lifter on deck. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the Round System, the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight.

b. The timekeeper

is responsible for accurately recording the time lapse between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of the lift, or at the discretion of the head referee who shall inform the timekeeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one-minute allowance. The definition of the start of an attempt depends upon particular lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Dead lift, the start is when the lifter makes a determined attempt to raise the bar. It is the timekeeper's duty to

stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

c. Marshals/Expeditors

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

d. The record keeper

is specifically accountable for all world records broken, for collecting the details and initiating the paperwork information, and is responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets.

e. Loaders/Spotters

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

03. REFEREES

- There will be three referees, the head referee and two side referees.
- At National Championships only IPO and or other International Referees associated with the IPO will adjudicate the lifting. No two referees who are related by blood or marriage will sit in the chairs at the same time or judge a relative who is competing.
- The head referee is responsible for giving the necessary signals for all three lifts for indicating to the speaker and timekeeper when the bar is ready, for communicating to the speaker the verification of national or world records, and any special decisions upon performance decided by the referee.

a. Signals

required for the three lifts are as follows:

SQUAT

- A visual signal consisting of a downward movement of the arm, together with the audible command "Squat".
- Completion. A visual signal consisting of a backward movement of the arm, together with the audible command "Rack".

BENCH PRESS

- An audible command of "Press" when the bar is motionless on the lifter's chest.
- Completion. An audible command of "Rack", when the bar has been pressed to straight-arm's length.

DEAD LIFT

- No signal required.
- Completion. A visual signal consisting of a downward movement of the arm, together with the audible command "Down".

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

The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift, (don't ask the spotter to move. to get a better view. lifter's safety shall take priority over any thing else).

The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Dead Lift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless between signals.

The side referee should not impose upon the spotter's duties but should make adjustments to their own seating position and may lean sideways or forward during a lift to obtain the best viewing vantage.

Side referees during the squat must be positioned exactly to the side or front of the squatter and not to the rear. Spotters for the squat must provide a window for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins.

Procedure when a referee is blocked out of viewing a lift in progress. If during the lift a spotter unintentionally gets in the way of a referee's view, so that he does not actually see the lift, the referee should give the lifter a white light, and the spotter is warned.

b. During the competition

the three referees on duty must jointly ascertain that:

- The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose.
- Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.
- On the platform, the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.

c. During the execution of a lift

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

- The referees may stop the lift for discretionary safety. The head referee shall signal the lifter with a downward motion of the arm and the audible command of "Down" for the Dead Lift and shall instruct the spotters to take the bar on the Squat and Bench Press, only if safe and appropriate to do so.
- Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the set up of the lifter, they will call attention to the fault as previously described. If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee sees a fault that may not be visible to the side referees, e.g. hands holding the collars or discs on the Squat or a grip in excess of 81cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter will be reminded within his remaining time that he can repeat his attempt with the fault corrected. Note: for the above reasons it is important that the timekeeper stops timing the attempts on the Squat and Bench Press only when the lifter has received the commencement signal.
- Prior to the commencement of a lift, if either of the side referees observe an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either case the referees will be called together to inspect the lifter. If the fault is considered a purposeful intention to cheat, the lifter will be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered and the action taken will be at the discretion of the referees on duty.

d. Intentional faults

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

- The use of more than one lifting suit or illegal lifting suits.
- The use of more than one supportive undershirt or illegal undershirt.
- The use of more than one pair of briefs.
- The use of more than one pair of wraps, or wraps substantially over regulation length.
- Any additions in excess of the prescribed costume and personal equipment rules, e.g. body wraps, towel inserts, bracing's etc.
- Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead Lift.
- Other infractions of similar gravity.

e. Faults as oversight or genuine mistakes:

- Socks overlaid by, or touching, knee wraps.
- Wraps applied as to obviously exceed the width dimensions allowed for the wrist (12cm) or knee (30cm).
- Wraps slightly in excess of the prescribed regulation.
- Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth, e.g. hats, rubber elbow bands, etc.,
- Other infractions of similar consequence.
- If any of the referees suspect without certainty any infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified or infractions deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.
- Referees shall, if requested, explain to a lifter or coach the reason or reasons why a lift was judged "no lift". All that is required of such an explanation is an accurate statement, debates will not be entered into, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal account concerning the progress of the competition.
- A referee shall not attempt to influence the decision of other referees. Once any lift has begun, each referee will withhold his individual judgment until the completion of the lift, indicating such with a red or white light. Under no condition should a referee raise his hand after the lift has commenced unless to insure the safety of the lifter.
- The head referee may consult with the side referees, the appointed IPO Contest Officials or other official as necessary in order to expedite or facilitate the running of the competition.
- The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter errors, or other platform altercations of the speaker to make the appropriate announcement. Such decisions shall be first discussed with the other platform referees.
- After the competition, the three referees shall sign the official score sheets, record applications, and any other documents requiring their signatures.
- The selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another session.

- All referees will be uniformly dressed to include the following:
 - **Men winter:** Dark Blue Blazer or cardigan with Referee badge on the left breast (pocket) and trousers with a white shirt and tie.
 - **Men summer:** White shirt and trousers, ties optional.
 - **Women winter:** Dark Blue blazer or cardigan with Referee badge on the left breast (pocket) and skirt or trousers with a white blouse or top.
 - **Women summer:** Dress, skirt or trousers and a white blouse or top.

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

04. ORGANIZER

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b. Insurance

- The IPO and AFFILIATE FEDERATIONS do not provide accident, medical, or liability insurance for lifters or spectators at meets and organized training sessions. It is the responsibility of the Meet Director to Secure Insurance if he wishes to do so.
- The IPO, AFFILIATE ORGANIZATIONS, SANCTIONING OFFICIALS and CO-OPERATORS assume no liability for injury, damages, personal losses or death resulting at an event.
- It is advisable that all Meet Directors have the lifter sign a waiver of liability form which clearly states that the Meet Director, Sanctioning Officials and co-operators will not be held liable for any injury etc., that occurs at an event, the release form should also state that the competitor acknowledges he/she is competing at his/her own risk.

c. Technical Checklist for organizers

1. Platform equipment

- Bar, collars.
- Discs, 4 / 6 x 50kg, 8 /12 x 25, 2 x 20, 2x 15, 2 x 10, 2 x 5, 2 x 2,5, 2 x 1,25
- Reckon with the possibility, that in today's competition, that the bar can be loaded in the excess of 500kg.
- Record discs, 2 x 1 kg, 2 x 0,5, 2 x 0,25.
- Squat stands, bench and disc racks.
- Foot blocks for benching.

- Winners podium, 1, 2 & 3rd place.
- Box with adequate supply of chalk
- Cleaning materials, (broom, mop, vacuum cleaner, and towel).
- Scrubbing brush for cleaning the barbell.
- A disinfecting solution or similar for disinfecting the barbell.
- 3 seats for the referees.
- Seats at the rear of platform for loaders.
- Table and seats near the platform for, announcer, record and timekeeper, computer operator, etc...
- A table and chairs for the Technical Officers.
- A scoreboard.
- Preferably an overhead projector to replace the scoreboard.
- A lighting system for scoring (white, red light).
- A lifting attempt board, showing the actual weight on the bar.
- A clock, visible for lifters, showing the remainder time.
- A table for display of trophies, (near the lifting area).

2. Warm up area

- The warm up area should be at least 100 m².
- A minimum of four platforms.
- A minimum of two squat racks and two benches.
- Each platform equipped with a bar, collars and the necessary discs.

3. Weight in room

- A lockable and clean room.
- A certified weight scale, (preferably digital).
- Table and chairs for referees.

4. Dressing room

- Man and Women separately.
- All normal facilities.

5. Officials room

- A clean room (preferably locked).
- Tables and chairs.
- Facilities for change of clothes.
- Connectors for charge batteries and laptops.

d. Equipment & Specifications

1. Platform

All lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) and secure enough to insure the safety of the lifter, spotters and loaders.

The surface of the platform must be firm, non-slip and level with no discernible seams in the vicinity of the general lifting area. Rubber mats or similar sheeting materials are permitted.

Loose mats or similar sheeting materials are not permitted.

No one is allowed on the platform during lifting sessions except the lifter, the designated spotters for the Squat and Bench Press, the three referees on duty and any other meet officials as designated if the need arises.

Solely these personnel will handle any cleaning, mopping, brushing or adjusting of the platform or equipment.

2. Lifting area

Boundaries of the lifting area must be marked clearly for the knowledge of the officials, lifters and spotters. It is recommended that this area will be at least 7m long x 5m broad (22ft x 16ft). Coaches shall not be allowed at the back or sides of this area.

3. Bars & discs

For all power lifting competitions under the rules of the GPC, only disc barbells are permitted. Only bars and discs that meet all specifications can be used throughout the entire competition and for all lifts. The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished. Different bars suited to particular lifts may be utilized providing that they conform to the specifications.

Bar Specifications:

The bar must be straight, well knurled and grooved, and shall conform to the following dimensions:

- Total overall length not to exceed 2.2m, except for specialized squat bar.
- Distance between the inside collar is not to exceed 1.32m or be less than 1.31m except for specialized squat bar.
- Diameter of the bar is not to exceed 29mm, or be less than 28mm, except for specialized squat bar.
- Weight of the bar and collars is to be 25kg. Weight of specialized squat bar and collars are to be 30kg.
- Diameter of the sleeve 49.5 - 52mm.
- There shall be a circumference machine marking or the bar shall be taped so as to measure 81cm between machining or tape.
- Specialized squat bar shall have a maximum diameter of 32mm; a maximum sleeve length of 508mm; distance between inside collar faces not to exceed 1434mm; a maximum overall length of 2400mm.

Disc dimensions:

- All discs used in competition must weigh within 0.25% of their correct face value.
- The diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- Discs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg, and 50kg. For record setting purposes discs of 0.5kg and 0.25kg should also be available.
- For records, even lighter discs may be used to achieve a weight of at least 500 grams more than the existing record.
- Discs must be clearly marked with their weight and loaded in the sequence of heavier disc innermost with the small discs in descending weight.
- The first and heaviest discs loaded on the bar must be loaded faces in; with the rest of the discs loaded face out as weight is loaded.
- The diameter of the largest disc shall be no more 45cm.
- Discs conform to the following color-coding 10kg and below any color; 15kg yellow; 20kg blue; 25kg red; 45kg gold; 50kg green.

Collars:

- Must be used at every competition.
- Must weigh 2.5kg each unless specialized squat bar is used. Collars made specifically for specialized squat bar are to be used with that specific bar.

4. Squat racks

- Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the loaders / spotters. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position. Whenever possible a monolift should be used on the contest platform and in the warm up room.
- The design of the squat racks shall allow adjustments that accommodate all lifters.
- Height adjustments should be at incremental stages not exceeding 5cm.

- For extra safety all hydraulic racks should be capable of being secured at the required height by means of pins.

5. Bench

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:

- Length: not less than 1.22m and shall be flat and level.
- Width: 29-32cm.
- Height: 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- The height of the uprights on adjustable benches should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position. On non-adjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position.
- The minimum width between the insides of the bar rests shall be 1.10m.

6. Lights

A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light, representing a "good lift" or "no lift" respectively. The lights must be wired in such a way that they light up together and not separately when activated by the three referees. It is preferable that the lights be arranged horizontally corresponding with the positions of the three referees.

For emergency purposes i.e. a breakdown in the electrical system, the referees should also be provided with small white and red flags with which to make known their decisions, or using thumbs up or down.

05. WEIGHING-IN

- Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. A competitor may be permitted to weigh in any time during the 24 hour period before the contest begins. The meet director may schedule regular weigh in times during the 24 hour period.
- Referees on duty at the weigh in, fill in, both weigh in forms in full and given them to the Technical Officer before the start of lifting on that day.
- All lifters in the category must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence or authority of at least one IPO referee.

- All non-open lifters must at the weigh in produce proof of birth ID, passport, or driving license. Non-open lifters who do not produce proof of age will not be allowed to weigh in.
- The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials are present. The lifter's recorded body weight must not be made public until all lifters competing in that particular category have been weighed.
- Lifters may be weighed nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex. Additional officials may be appointed for this purpose.
- During the weigh-in session's lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the IPO referees.
- Lots will be drawn to establish the order of the initial weigh-in. The lots drawn also establish the order of the lifting throughout the competition when lifters require the same weights for their attempts.
- At the weigh-in, the lifter must declare a first attempt for all three lifts.
- Each lifter may only be weighed once. Only those whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to the scale. They must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in sessions, otherwise they will be eliminated from the competition for that body weight category. Lifters trying to make weight may be re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule. If a lifter steps on the scale and officially enters a certain weight class, he is not allowed to be re-weighed to make another weight class.
- A lifter who is too heavy may move into the next higher category. The lifter must again be weighed during the weigh-in sessions scheduled for the new category. All qualifying standards must be met. Proof of qualifications resides with the lifter.
- A lifter who weighs lighter than the lower limit of the category, may drop into the next lower category, provided it has not already taken place. All qualifying standards must be met. Proof of qualification resides with the lifter.
- Official body weights shall be recorded to the nearest tenth of a kilogram.
- Any lifter that has not weighed in and had his or her opening attempts recorded at the last weigh-in session that ends thirty minutes prior to the start of his or her session, round or flight, may not compete in that session, round or flight. In the case where there is one session in the competition, that competitor shall not be allowed to participate in the competition. In cases where inclement weather and/or hazardous conditions exist in the area of the venue, extension of weigh-in time shall be determined upon the discretion of the technical officer or appointed IPO contest official.

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

06. COSTUME & PERSONAL EQUIPMENT

a. Lifting suit

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

b. Undershirt/ bench shirt/ lifting suit

- One shirt (of a design consistent with what is commonly called a T-shirt or bench shirt) with or without sleeves may be worn under the lifting suit. It must be an individual article of fabric and consisting cloth, polyester or denim material. Its construction may consist of multiple plies to a thickness of one or two plies, but must, as a whole, be a singular component. The back may be open. Reasonable patching to repair tears is permitted, but the number and placement of the patching shall not be designed to increase, enlarge or enhance the body's natural musculature, or to alter the design of the shirt. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

c. Briefs

A pair of briefs of any design may be worn, provided that the length of the legs are less than those of the lifting suit when worn, and that the waist does not extend beyond approximately mid-torso.

- The briefs must be individual articles of a cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole, be a singular component. Athletic supporters are permitted under the briefs.
- Only one pair of briefs may be worn under the lifting suit.

d. Belt

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

Dimensions:

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

Materials and construction:

- The main body shall be made of leather in one or more laminations that which may be glued and/or stitched together, or of cloth, vinyl, or nylon with no metal materials allowed in belt except as noted below.
- It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations of the belt.
- A metal buckle, studs and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs or stitching.
- The belt shall not have any inflatable component on or within any of its surfaces.
- A leather, cloth, vinyl or nylon tongue hoop shall be attached close to the buckle by means of studs and/or stitching.
- The lifter's name, the name of the lifters nation, state or club may appear on the outside of the belt.
- A one or two prong buckle as well as the lever action-fastening device may be used.

e. Socks

Socks may be worn; when worn they may not extend over the knee or on the legs so that they touch any knee wrapping or kneecap supporter. Full-length leg stockings, tights, or hose are not permitted.

Special considerations

- Women may wear additional protective briefs or panties. Women may also wear a bra provided it contains no special support. The use of tampons, sanitary napkins or related articles used for feminine hygiene is permitted.
- In the deadlift a protective fabric or socks must be worn over the shins.) Plastic or fabric shin guards may be worn but must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

f. Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear are that no metal cleats or spikes are permitted.

g. Wraps

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

Wraps may be used as follows:

- [Wrists](#): Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively elasticized wristbands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wristbands are of the wrap-around style, they may have a thumb loop and Velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.
- [Knees](#): Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticized knee supports not exceeding 20cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the knee joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.
- [Elbows](#): Wraps may be worn only during the squat and Dead lift competition and not during the bench press. They may cover the general elbow area and not extend to the wrist or shoulder. They may be supportive sleeves of rubberized material or elastic wrap, but must be of one single unit only, and be one meter or less in total length.
- [Wraps](#): Maybe joined together, but the fabric may not overlap i.e. they must be joined end to end only.

h. Plasters

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

i. Health issues

- Should blood or other foreign substances appear on the bar or equipment, it must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.

- Should blood or other foreign substances appear on the lifter, it must be rectified immediately. The wound must be cleaned and a patch or bandage applied so as to prevent further contamination of the bar or equipment.

j. General

- The use of oil, grease or other lubricants and liquids on the body, costume or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic use of liniments, or rubs. However, such items must not be in evidence during platform attempts. Only powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Spray may be used, but only on the lifter, not on the weight equipment.
- Nothing may be purposely applied to the platform, bench or bars.
- All articles of lifters costumes and personal equipment shall be clean and generally neat and presentable. In the discretion of the referee, a lifter will not continue in the competition if this provision is not met.
- Emblems, logo's or inscriptions on the lifters suit, shirt or belt that witch is offensive or liable to bring the sport in disrepute is not allowed.
- Excessive psyching up techniques (i.e. swearing, hitting) shall be limited at the referee's discretion.

k. Inspection of costume & personal equipment

- At all competitions there will be no official inspection of costume and personal equipment.
- It will be the lifter responsibility to be presents the costume/equipment in accordance with the rules.
- Any item mentioned previously under costume and personal equipment may be inspected prior to the competition if the lifter has any doubt as to the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to one of the IPO referees present, not an appointed weigh-in official.
- Inspections may also be made at any time prior to lifting by one of the appointed IPO Contest Officials or IPO referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed IPO Contest Officials.
- Items of personal attire not covered in the rules governing costumes and personal equipment such as: Headbands, mouthpieces, ribbons, watches, costume jewelry, eyewear and feminine hygiene articles are permitted.
- Any items worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent or offensive to the spirit of the competition should be rejected before the lifter is permitted to proceed.
- If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift, and may be

disqualified from the competition. Any minor oversights, or items covered above, noticed before the lifter performs, should be indicated to the lifter and rectified prior to continuing.

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

07. ORDER OF COMPETITION

- Lifters should, if required, check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition.
- 10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights though again one Flight if preferable.
- Over 15 lifters must be split into appropriate Flights. The appointed APC Contest Officials shall make decisions on such divisions, in conjunction with the competition Organizing Committee. Wherever possible lifters in the same body weight category should all compete in the same flight.
- Flights should be classified "A", "B", "C", etc. Flight "A" will normally consist of lifters in one body weight category. Flight "B" the next higher body weight category, and so on. Should the amount of lifters in any particular category necessitate that category being split into more than one Flight, then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results. Competitions combining men and women lifters may make different determinations.
- Where there are multiple Flights, Flight "A" will complete all three rounds of the Squat (all three attempts), then Flight "B" will make all three rounds of the Squat, and so on, repeating the same process for the Bench Press and Dead Lift.
- Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. Only at local or regional contests will this be left to the meet director's judgment.
- In the event that the number of lifters in a flight drops to ten or less, there will be an automatic 5-minute rest following the completion of all first attempts, then again after all record attempts.
- All lifters will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.
- The bar must be loaded progressively during a round on the principle of a raising bar. At no time will the bar be reduced within a round except for errors as described herein, and then only at the end of the round.
- Lifting order in each round will be determined by the lifter's choice of weight per attempt. When two lifters choose the same weight, the lifter with the lowest lot number drawn prior to weigh-in, will lift first.

- A lifter will not be allowed to call for a weight lower than the attempted in the previous round.
- If unsuccessful with an attempt, the lifter will wait until the end of the round before attempting that weight again.
- All attempts taken over due to a scorekeeper's error, loader's or spotter's error, or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in the round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt over within four minutes of the bar being loaded.
Also, if such an error occurs to the first lifter in a round, and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round, then four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the following round. These are two of the rare occasions when lifters will follow themselves.
- A lifter is permitted one change of weight on the first attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round.
The speaker will announce prior notice of these deadlines. Oversights in making these announcements should not be at the jeopardy of the lifter. The three platform referees or GPC Contest Officials shall rule on such discrepancies that arise.
- Lifters must submit their second or third attempts within one minute of completing the preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter will forfeit the next round attempt.
- Weights submitted for second and third attempts on the Squat and Bench Press could not be changed.
- In the Dead Lift, changes of weight are permitted. The lifter may not change an attempt if he or she has been called to lift and the bar has been called as "ready" or "loaded". On second attempts, the lifter shall be allowed one change in weight, and on third attempts, the lifter shall be allowed two changes in weight if he or she has been called to lift, but the bar has not been called as "ready" or "loaded".
- In single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter's flight. Third attempts may be changed as many times as the lifter desires as long as his or her name has not been called to lift.
- To avoid any doubt or confusion with regards to submitting attempts, the following procedure is suggested for adoption:
- The chosen weights for attempts are to be given in writing, in the form of attempt cards, to the marshal/expeditor. Different colored cards will be used for each lift, 3 of the same color for the Squat, 3 of another color for the Bench Press, and 3 of a third color for the Dead Lift. The lifter or the coach will complete the appropriate attempt cards with the weight requested and

sign the card. For first attempts the attempt cards will only be used when the weight given at the weigh-in is changed.

- If a lifting session consists of a single Flight, at least 20 a 30-minute interval will be taken between lifts in order to ensure adequate warm-up time.
- When there is more than one Flight in a session, the lifting will be organized on an alternating flight base. Consequently, a time interval between flights is not required other than the time necessary for arranging the platform. Lifters not in the first Flight will be able to warm-up while the first Flight is being conducted.

08. POWERLIFTS & RULES OF PERFORMANCE

1. Squat

- After removing the bar from the racks while facing the front of the platform, the lifter may move forward or backward to establish the lifting position. The top of the bar not more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/or fingers gripping the bar, and the feet flat upon the platform with the knees locked.
- The lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".
- Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- The lifter must recover without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery. As soon as the lifter demonstrated a controlled final position, the head referee will give the signal indicating completion of the lift and to replace the bar.
- The signal to replace the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then make a bona fide attempt to return the bar to the racks.
- The lifter shall face the front of the platform, towards the head referee.
- The lifter shall not hold the collars or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.
- Not more than five and not less than two loaders/spotters shall be on the platform at any time.
- The lifter may enlist the help of spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any evident instability.
- The lifter will be allowed only one commencement signal per attempt.
- The lifter may be given an additional attempt at the same weight at the head referee's discretion if failure in an attempt was due to any error by one or more of the spotters.

Causes for Disqualification of a Squat

- Failure to observe the head referee's signals at the commencement or completion of a lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with knees locked at the commencement and completion of the lift.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble; "rocking the feet between the ball and the heel is permitted".
- Failure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
- Any resetting of the feet after the squat signal.
- Contact with the bar by the spotters between the referee's signals.
- Contact of elbows or upper arms with the legs.
- Failure to make a bona fide attempt to return the bar to the racks.
- Any intentional dropping or dumping of the bar.

2. Bench press

- The front of the bench must be placed on the platform facing the head referee.
- The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifter's shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.
- To achieve firm footing, a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.
- Not more than four and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designate spotters or enlist personal spotters, in removing the bar from the racks. Only designated spotters may remain on the platform during the lift. The lift off must be to arm's length and not down to the chest. A designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee and move to either side of the bar. If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referee's responsibilities, the referees may determine that the lift is unacceptable, and be declared "no lift" by the referees and given three red lights.
- The spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee, and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt. The reverse or underhand grip is permitted.
- The bar must be at straight arms length and motionless before the lift is commenced.

- After receiving the bar at arm's length, the lifter shall lower the bar to the chest (not below the sternum) and await the head referee's signal.
- The signal shall be an audible command "Press" and given as soon as the bar is motionless on the chest.
- The lifter will be allowed only one commencement signal per attempt.
- After the signal to commence the lift has been given, the bar is pressed upward. The bar shall not be allowed to sink into the chest or move downwards prior to the lifter's attempt to press upward. The lifter will press the bar to straight arm's length and hold motionless until the audible command "Rack" is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.

Causes for Disqualification of a Bench Press

- Failure to observe the referee's signals at the commencement or completion of the lift.
- When arms are not straightened and motionless before the lift was commenced.
- Any change in the elected lifting position or the raising of the buttocks, (as long as some portion of the buttocks remain on the bench and a referee cannot see straight through. the lift is permissible).
- Lateral movement of the hands during the lift (between the referee's signals).
- Any excessive movement or change of the feet during the lift.
- Bouncing the bar off the chest or touching the stomach below the sternum.
- Allowing the bar to sink into the chest after receiving the referee's signal.
- Pronounced a major uneven extension of the bar during or at the completion of the lift as judged by the referees.
- Any downward motion of the bar during the course of pressing out.
- Contact with the bar by the spotters between the referee's signals.
- Any contact of the lifter's shoes with the bench or its supports.
- Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press, (contact in order to make the lift easier).

It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arm's length. Such spotters shall not return to the platform upon completion or failure of the attempt. It is especially important for a spotter providing a center lift off to leave the platform quickly so as not to impair the head referee's view. Failure of any personal spotters to leave the platform may cause disqualification of the lift. One spotter or coach is permitted to adjust the lifter on the bench before the hand off.

3. Dead lift

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

- The lifter shall face the front of the platform.
- On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect, (the shoulder will not be forward or rounded. it is not necessary that they be back past the erect position. al be it is permissible).
- The head 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 an apparent finished position.
- Any rising of the bar or any deliberate attempt to do so will count as an attempt.

Causes of Disqualification of a Dead Lift

- Any downward motion of the bar before it reaches the final position, (at the completion of the lift, if the bar settles as the shoulders come back this should not be reason to disqualify the lift).
- Failure to stand erect, (the shoulders will not be forward or rounded. It is not necessary that they be back past the erect position. All be it is permissible).
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs in a manner that the lifter can obtain leverage or hitching.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble.
- Lowering the bar before receiving the head referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands.

4. General

- When the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time between commencement and completion signals from the head referee. The important exception, for the spotters, to this rule is if the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee or lifter has requested intervention, then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back on the racks.
- After the "Rack" command is given, the spotters may guide the bar back into the rack, (once the "Rack" command has been given, the lift is officially over).
- During a competition taking place on a platform or lifting area, only the lifter, the lifter's coach, the three referees on duty, other meet officials recognized by need, and the loaders/spotters will be allowed around the platform and lifting area.
- During the execution of a lift, only the lifter, designated loaders/spotters and the three referees on duty are permitted to be present on the platform.

- Coaches shall remain back from the platform. The appointed IPO Contest Officials should define a coaching area.
- Personal, non-designated spotters are not permitted on the platform for the Squat or Dead Lift. Personal non-designated spotters are permitted to lift-off on the Bench Press, however, once the bar has been correctly positioned at the lifter's arms length, any personal spotter must quickly leave the platform area to a discreet position.
- Lifters shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.
- In competitions under IPO jurisdiction, including any competitions where world records are set, the weights used must be in kilograms, and the barbell must always be a multiple of 2.5kg. The weights shall be announced in kilograms and may additionally be announced in pounds.

Exceptions to this rule:

- For a World / Continental record attempt made outside the completion (4th attempt), the weight of the barbell must be at least 500 grams in excess of the current record. Such record attempts will be made at the end of the third round of the lifting flight
- For a World / Continental record attempt made within the prescribed attempts of the competition, a lifter may request on any attempt, a weight that exceeds the current record by at least 500 grams. If the lift is successful, only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will be recorded on the record application. Pound weights may be used if they are weighed properly and converted to kilos.
- In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
- The minimum increase between any attempts shall be 2.5kg. Except for men, from 1st attempt to 2nd attempt a 5kg increase must be taken, or 2nd attempt will be forfeited and will be called the 3rd attempt.
- Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- Other than initial removal of the bar from the racks, the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat, the spotters should assist in steadying the lifter until control has been regained.
- On the completion of an attempt, the lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.

- Any physical abnormality, handicap, or incapacity of a lifter that may cause, or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed IPO Contest Officials. This should be in advance of the start of the lifter's flight. The lifter, IPO Contest Officials and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations.
- If, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed IPO Contest Officials together with the referees on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue. The team manager must be officially informed of both warning and disqualification.
- Any lifter or coach who strikes an official an Official or other individual at a competition will be banned for all IPO competition indefinitely.
- All appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition will be made to the appointed IPO Contest Officials. This must be done immediately following action of which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.
- The appointed IPO Contest Officials will consider all such complaints. If deemed necessary, the appointed IPO Contest Officials may temporarily suspend the progress of the completion to consider the situation fully. After due consideration the complainant will be informed of any decision and any appropriate measures that may be taken. The verdict of the appointed IPO Contest Officials will be considered final and there will be no right or appeal to any other body.

5. Errors in loading

- If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted, or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
- If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
- If the weight is not the same on each side of the bar and the lift is successful rules for overloaded and under loaded bars, as above apply.

However, if the attempt is credited to the lifter, and the weight of the bar lifted is not a multiple of 2.5kg (I.e., a 1.25kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5kg. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.

- If any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.
- Should the platform or equipment become disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight, at the discretion of the referees on duty.
- If the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the referees will make the same decisions as for loading errors.
- All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.
- If a lifter misses an attempt because the speaker failed to announce the lifter's name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again, this shall be at the discretion of the referee on duty.
- Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. Only at local or regional contests will this be left to the meet director's judgment.

09. World Records

At any IPO World Championship World records will be accepted provided that:

- The competition must be conducted under IPO, or other IPO International affiliate rules or a national variation or the rules accepted by the IPO or other IPO International affiliate.
- The World / Continental record applicant must be a current member of the IPO International affiliate.
- At World / Continental records, at least two current International or other IPO affiliate referees must adjudicate the lift and vouch that all conditions at the competition meet the technical standards and procedures required. The third referee must be at least a current National referee of a World Federation affiliated to the IPO.
- The barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or

appointed IPO Contest Officials or weighed immediately after the successful attempt by the referees.

- The lifter weighed in correctly before the competition.
- The scales were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, is available.
- The lifter's costume and personal equipment was in accordance with the rules. Any lifter successful in a world record attempt must be inspected. Inspection may be solely visual when the legality of the lifter's costume and personal equipment is obvious, or otherwise more thorough. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or officials delegated by the referees in cases where the lifter is of the opposite sex. In all cases the head referee shall make an announcement to the speaker and records processor that the record has been verified.
- Duplicate copies of fully completed World / Continental record applications, signed by the three referees, must be sent separately to the World / Continental Records Register and Head of the World sanctioning Technical Committee (as indicated on the Record Application Form) within one calendar month of the date of the record being set. A copy of the official score sheet must also accompany both record applications. For Teenage, Junior (under 23) and Master World / Continental records, proof of age must be satisfactorily established and attested to by the adjudicating World referees. If such proof was not available when the record was established, it is the lifter's responsibility to furnish such proof (copy of birth certificate, passport, driver's license) independently to both the World / Continental Records Registrar and Head of the APC Technical Committee, before the record can be ratified.
- If, in any National or International competition recognized by the IPO, a lifter is successful with an attempt that falls within 20kg of a current World / Continental record, the lifter may request a fourth attempt that exceeds the record. To be granted a fourth attempt the lifter must have been successful with his/her third attempt. Such an attempt will be registered outside the competition and not included in the total. Additional attempts will not be permitted.
- Only lifters actually competing in a competition may attempt World / Continental records.
- In no circumstances may lifters not taking part in the full competition be permitted to attempt world records on individual lifts.
- In the event of two lifters, at the same competition, breaking either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If both lifters weighed in at the same body weight they will be re-weighed. If they reweigh the same, both will be record holders.

- New individual lift records are only valid if they exceed the previous record by at least 500 grams. Fractions less than 500 grams must be ignored; e.g. 87.7kg would be registered as 87.5kg.
- Records are only valid for the body weight category of the lifter as determined at the official weigh-in.
- There is an official World record for the total of three lifts. It will be recognized subject to the following additional stipulations:
 - a. The total record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg.
 - b. No fourth attempts may be included in the total. Records set on individual lifts will only be valid if the lifter makes a total in the competition.
- Records set in competitions, which contest one lift only, shall not be considered as IPO or other IPO Records but shall be noted and established as Official One Lift Records only e.g. a World / Continental Bench Press Record for the World / Continental Bench Press Committee, and a World / Continental Dead Lift Record for the World / Continental Dead Lift Committee.
2013 AGM: A powerlifting record, although higher, will not replace a single lift record.
- If a lifter attempting a fourth attempt world record is one of the last four lifters of the flight in the third attempts, they will received up to 3 additional minutes rest prior to their fourth attempt. The very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes.

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