



Bench Press



COMPETITION MANUAL

Updated August 2025



GUIDING BODY:

World Police & Fire Games Federation (WPFGF)
7944 Convoy Court, San Diego, CA 92111 USA
Tele: (858) 571-9919; Email: 4info@cpaf.org

The official Bench Press rules of the World Police and Fire Games (WPFG) are based upon recognized international bench press rules and standards. The WPFG Bench Press event **is** NON-sanctioned and **NOT** affiliated with any known powerlifting organizations, councils, federations, etc.

1. **Lifts:** The WPFG recognizes the following lift for this event:
 - (a) **Bench Press**
2. **Competition** takes place between lifters in categories defined by gender, bodyweight and age.
3. **Rules** apply to all competitions sanctioned by the WPFG.
4. **Attempts:** Each competitor is allowed three attempts. The lifter's best valid will be his/her competition total. **No fourth attempts are permitted for the setting of records.** The winner of a category shall be the lifter who achieves the highest valid lift. Lifters failing to achieve a valid lift are eliminated from the competition. If two or more lifters in an identical category achieve the same total, the lighter lifter ranks above the heavier. If the lifters weighed in at the same body weight at the official weigh in, then the lifters will be reweighed by an official at the earliest convenience and the lighter lifter will be ranked above the heavier lifter
5. **Age Categories:** Age grouping is determined by the lifter's actual age on the first day of the WPFG.

Men	18-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80+
Women	18-29, 30-39, 40-49, 50-59 & 60+
6. **Changing Divisions (Age):** Competitors have the option to compete in their appropriate age category or may choose to compete in the 18-29 category and must state this on his or her entry form. All changes the competitor wishes to make must be completed prior to the beginning of the WPFG.
7. **Registration:** Competitors will not be permitted to register for the Bench Press Competition at the weigh-in venue or the competition venue. Officials conducting



the equipment check and the weigh-in are **not** authorized to alter any documents supplied through official registration channels.

8. Eligibility: Only persons eligible to enter WPFGE competitions shall compete in the Bench Press competition.

9. Registration Cards: WPFGE competitions are **closed** events hence **no** Powerlifting Federation membership cards will be required for participation.

10. Inspection of Costume and Personal Equipment: All competitors shall submit their costume and personal equipment for inspection prior to their admission to the weigh-in room.

Note: All WPFGE Bench Press events are “RAW” or non-supportive competitions. The use of supportive apparel is not permitted. This exclusion includes, but is not limited to: specialized bench shirts, support shirts, reinforced lifting suits, specialized support briefs and all wraps. Knee wraps are likewise excluded.

Age as of Date: First day of Competition

Entry Deadline: 2/28/2027

EVENTS:

The Event for Bench Press are the below bodyweight classes in each of the age divisions above for men and each of the age divisions above for women.

BODYWEIGHT CATEGORIES

CLASS	FROM	TO	IMPERIAL WEIGHT
MEN			
59.0 kg	0.0 kg	59.0 kg	130 lbs. & under
66.0 kg	59.01 kg	66.0 kg	145 ^{1/2} lbs. & under
74.0 kg	66.01 kg	74.0 kg	163 lbs. & under
83.0 kg	74.01 kg	83.0 kg	182 ^{3/4} lbs. & under
93.0 kg	83.01 kg	93.0 kg	205 lbs. & under
105.0 kg	93.01 kg	105.0 kg	231 ^{1/4} lbs. & under



120.0 kg	105.01 kg	120.0 kg	264 ^{1/2} lbs. & under
135 kg	120.01 kg	135.0 kg	297 ^{1/2} lbs. & under
135+ kg	135.01 kg	Unlimited	Over 297 1/2 lbs.
WOMEN	FROM	TO	IMPERIAL WEIGHT
47.0 kg	0.0 kg	47.0 kg	103 ^{1/2} lbs. & under
52.0 kg	47.01 kg	52.0 kg	114 ^{1/2} lbs. & under
57.0 kg	52.01 kg	57.0 kg	125 ^{1/2} lbs. & under
63.0 kg	57.01 kg	63.0 kg	138 ^{3/4} lbs. & under
72.0 kg	63.01 kg	72.0 kg	158 ^{1/2} lbs. & under
84.0 kg	72.01 kg	84.0 kg	185 lbs. & under
84.0+ kg	84.01 kg	unlimited	Over 185 lbs.

MEET PERSONNEL

The Sports Coordinator is directly responsible for providing all the personnel and equipment needed to stage the meet. The success of the meet will largely depend on this factor. (See Meet Directors Site Inspection Form, page 8.)

Minimum personnel needed for the Bench Press Contest:

	One Platform	Two Platforms
Loaders/Spotters	4	8
Announcers	1	1
Scorekeepers	3	6
Expeditors	1	2
Warm-up Area Monitors	1	2
Referees	5	8
Medical (EMT)	1	1

LOADERS and SPOTTERS

Loaders and spotters to add or subtract from the weights must be highly competent and have knowledge of the sport. The Host **MUST** conduct a training session for all loaders and spotters **ONE (1)** month in advance of the WPMG, so they can protect lifters during the lift.

Scheduling Facilities: This may be a one-, two- or three-day meet, (depending upon number of athletes). Facilities will be required from early morning until late



at night. The facility shall be available for set-up the day before the meet begins, and the day after for teardown.

You can expect many spectators. Adequate means should be provided to keep spectators separated from competitors. CHILDREN are not allowed in the staging area, nor are they allowed on stage at any time DURING the lifting competition.



SPORT COORDINATOR (MEET DIRECTOR) SITE INSPECTION FORM

MEET: _____

DATE: _____

EQUIPMENT, PERSONNEL, OPERATIONS AND AWARDS	SATISFACTORY	IMPROVEMENT NEEDED	COMMENTS
1. PLATFORM(S)			
a. BENCH(ES)			
b. BAR(S)			
c. PLATES			
d. CHALK BOX			
e. LIGHTS			
f. WEIGHT JACK			
g. FOOT BLOCKS			
2. WARMUP AREA			
a. BENCHES			
b. BAR(S)			
c. PLATES			
d. CHALK BOX			
e. FRUIT			
f. WATER/CUPS			
3. PERSONNEL			
a. SPEAKER			
b. SCOREKEEPERS			
c. TIMER(S)			
d. EXPEDITOR(S)			
e. SPOTTERS/LOADERS			
f. REFEREES			
g.			
4. PRE-MEET ACTIV/EQUIP			
a. SCALE(S) (certified)			
b. WEIGH-IN			
c. EQUIPMENT CHECK			
d. RULES BRIEFING			
e. INFORMATION CARDS			
f. RULES BOOK/RECORDS			
g. AV Camera and Monitors (3)			
5. MEET OPERATION			
a. STARTING PROMPT			
b. USE/MEET TIME			
c. COMMUN/PA SYSTEM			
d. GEN. FAC. COND.			
e. FLIGHT SHEETS POSTED (printer)			
f. LOAD CHARTS IN WARM UP ROOM			
6. AWARDS			

ADDITIONAL COMMENTS: _____

MEET DIRECTOR



WORLD POLICE AND FIRE GAMES

SAMPLE FORM

NAME OF INJURED: _____ **Date of Birth:** _____

NAME OF AGENCY: _____

Address if Spectator: _____

Contact Telephone Number: _____

SPORT: _____ **DATE OF INJURY:** _____

Venue Location: _____

TYPE OF INJURY: _____

How did injury occur? _____

On site treatment provided by: _____

Hospitalized: Yes No **Name of Hospital:** _____

Family notified: Yes No **Name of family member notified:** _____

Contact telephone number for family member: _____

Coordinator of Event: _____

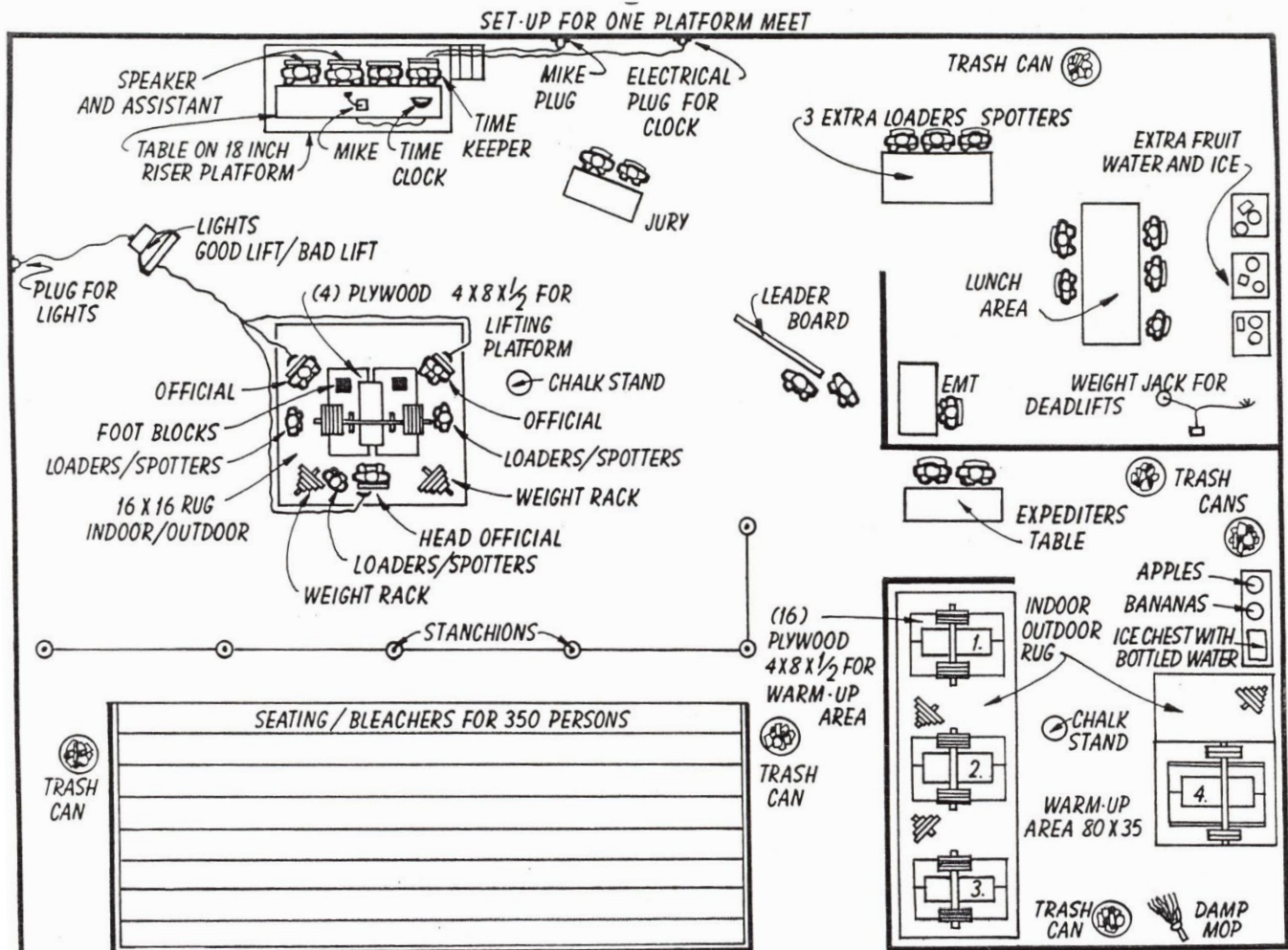
Federation Director Notified: _____

**This completed report shall be submitted to the WPMFG Federation before the end of each day.
Failure to do so could result in a fine being levied against the Host.**

SAMPLE COPY – SPORTS INJURY OR ACCIDENT REPORT



EQUIPMENT AND SPECIFICATIONS



Platform

Size: Minimum 2.5 m x 2.5 m; Maximum 4.0 x 4.0 m

The surface of the platform must be flat, firm, non-slip, and level. It must not exceed 10 cm in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating, e.g., boat deck paint.

Bars

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

1. Total overall length not to exceed 2.2 m.
2. Distance between collar faces is not to exceed 1.32m or be less than 1.31m
3. Diameter of the bar is not to exceed 29mm or be less than 28 mm.



4. Weight of the bar and collars to be 25 kg.
Diameter of the sleeve not to exceed 52mm or be less than 50mm.
5. The bar shall have machine markings, or the bar taped so as to measure 81 cm between marking or tape.

Discs

1. All discs used in competition must weigh within 0.25% of their face value.
2. The hole in the middle of the disc must not exceed 53mm or be less than 52mm.
3. Discs must be of the following weight range: 1.25 kg; 2.5 kg; 5 kg; 10 kg; 15 kg; 20 kg; and 25 kg.
4. For record purposes, lighter discs may be used to achieve a weight at least 500 grams 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: 10 kg and under—any color; 15 kg-yellow; 20 kg-blue, 25 kg-red.
7. All discs must be clearly marked with their weight.
8. Discs must be loaded in the sequence of heavier discs innermost with the smaller discs in descending weight.
9. The first and heaviest discs loaded on the bar must be loaded face-in; with the rest of the discs loaded face-out arranged so the referees can read the weight on each disc.
10. The diameter of the largest disc shall not be more than 45 cm.
11. Rubber or rubber covered discs are acceptable provided there is a minimum of 10 cm from the outside of the collars to the end of the bar, for grip outside the discs.

Collars

- (a) Must always be used.
- (b) Must weigh 2.5 kg each

Bench

The Bench shall be of sturdy construction for maximum stability and conform in the following dimensions:

1. Length – not less than 1.2 m and shall be flat and level.
2. Width – not less than 29 cm and not exceeding 32 cm.
3. Height – not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface without being depressed or compressed. The height of the uprights, which must be adjustable, shall be a minimum of 75 cm to a maximum of 110 cm measured from the floor to the bar rest position.
4. Minimum width between insides of bar rest shall be 1.10 cm.



5. The head of the bench shall extend 22 cm beyond the center of the uprights with a tolerance of 5 cm either way.

Lights

A system of lights shall be provided whereby the referees shall make known their decisions. 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 to correspond to the positions of the referees. They must be wired in such a way that they light up together and not separately when activated by the three referees. For emergency purposes, i.e., a breakdown in the electrical system, the referees will be provided with small white and red flags or paddles with which to make known their decisions on the Chief Referee’s command “**Flags.**”

Scoreboard

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

In the absence of a clearly visible scoreboard, a weight indicator **shall** be used to aid the referees, spotter/loaders, and the audience to identify the load on the bar.

Plate Racks

Each competition platform **SHALL** have one set of (2) plate racks for discs.

P.A. System

The system should have adequate speakers for the lifters and spectators to be kept informed. Whenever possible a speaker should be placed in the warm-up area so that lifters can follow the progress of the competition.

AV Equipment

The Host shall provide a number of large-screen monitors and cameras for both the competition and warm-up areas. In addition, two large-screen monitors shall be used to display the score/flight sheets, with one being in the warm-up area and the other being in the competition area for the officials and audience.

- (a) One camera will be placed to provide a view of the competition platform. This view will be displayed in the warm-up area on the dedicated monitor for this visual.
- (b) Two monitors will be used to display the score/flight sheets, with one positioned near the competition area and the other in the warm-up area.

Chalk Bowl or Box

A chalk box with an adequate amount of gymnastic chalk should be placed next to each platform.

Timing Device



A timing device that is plainly visible to the announcer, lifters, loaders, and referees.

(1 for a one platform meet) and (2 for a two platform meet)

EQUIPMENT NEEDED FOR A ONE OR TWO PLATFORM MEET

1. **Competition Area:** All equipment SHALL be set up the day before the competition.

a. **Platform:** Minimum size 2.5m x 2.5m, maximum size 4m x 4m. Suggested sizes 8'x 12'; use 3/4" thick plywood. Double the thickness if extra protection is needed.

b. **Benches:** One bench for a one-Platform meet and two benches for a two-Platform meet.

c. **Bars:** There SHALL BE one bar for each platform and one extra for a backup (total of three in competition area for a 2-platform meet). All bars shall be straight, well knurled and grooved and shall conform to all IPF WPF G dimensions.

d. **Discs:**

Disc weight/quantity for a **one-platform** meet:

15 kg/2	2.5 kg/2	
25 kg/6	10 kg/2	1.25 kg/2
20 kg/2	5 kg/2	

Disc weight/quantity for a **two-platform** meet:

15 kg/4	2.5 kg/4	
25 kg/12	10 kg/4	1.25 kg/4
20 kg/4	5 kg/4	

e. **Collars:**

i. Shall always be used in competition.

ii. Must weigh 2.5 kg each.

f. **Plate Racks:** Each competition platform SHALL have one set of two (2) plate racks for discs.

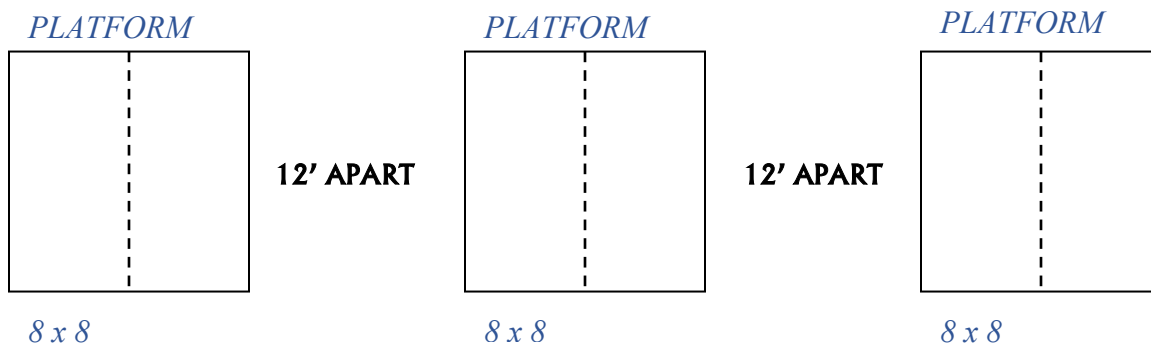
g. **Referee Lights:** A system of lights shall be provided for each platform whereby the referees make known their decisions. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the referees.



- f. Timing device that is plainly visible to the announcer, lifters, loaders, and referees.
- g. **CURRENT COPY OF THE WPFG SPORT RULES FOR THE BENCH PRESS and THE WPFG GENERAL RULES:**
- h. List of current WPFG records.
- i. Bleach Solution. Add $\frac{1}{4}$ cup of bleach per gallon of water (1-10 ratio) and have an adequate supply of clean rags to aid in removing foreign substances from the bars.
- j. Three (3) pairs of rubber gloves.
- k. Ten chairs
- l. Ten pencils, five pens
- m. Paper and scratch pads
- n. Scotch tape
- o. Five towels (bath size)
- p. Score Board
- q. Two (2) Kilo to Pound conversion table charts (2 by 3 feet) see sample, page 19.

5. EQUIPMENT: WARM-UP AREA

- a. **PLATFORMS:** For a one-platform meet, you shall have a minimum of three (3) platforms in the warm-up area (approximate size: 2.5M x 2.5M [8'x8']). For a two-platform meet you shall have a minimum of four (4) platforms in the warm-up area (approximate size: 2.5M x 2.5M [8'x8']).



- b. **BARS:** A regulation power bar with collars shall be provided for each warm-up platform.
- c. **DISCS:**
 - i. Disc Weight/Quantity; for a **one-platform** meet:

4 @ 50 kg or 100#	8 @ 25 kg or 45#
4 @ 15 kg or 35#	4 @ 10 kg or 25#



4 @ 2.5 kg or 10#

4 @ 1.25 kg or 5#

4 @ 250 gm or 2.5#

for a **two-platform** meet:

6 @ 50 kg or 100#

12 @ 25 kg or 45#

6 @ 15 kg or 35#

6 @ 10 kg or 25#

6 @ 2.5 kg or 10#

6 @ 1.25 kg or 5#

6 @ 250 gm or 2.5#

- d. **BENCHES:** Two regulation benches for a one-platform meet. Three regulation benches for a two-platform meet.
- e. **DILUTED BLEACH:** One quart (2 liters) of diluted bleach solution and an adequate supply of clean rags to aid in removing foreign substances from the bars.
- f. **GLOVES:** Three pairs of rubber gloves.
- g. **CHALK BOX:** containing an adequate supply of gymnastic chalk (Magnesium Carbonate).
- h. **ICE:** and four packs.
- i. **WATER:** Large containers of chilled water plus other beverages.
- j. **CUPS:** minimum of 200
- k. **FRUIT:** large box of bananas and apples (each day of the meet).



NEW LIFTING CARD

<u>WORLD POLICE and FIRE GAMES</u>						M - F	AGE	LOT #
BP								
LIFTER						FLIGHT	Weight Class	Age Division
DEPARTMENT						Body Weight	Rack	Block
						Lifter's Initials	Judge's Initials	
BP 1		BP2		BP3		PLACE	BEST BP	
SUIT	SHIRT	SOCKS	BRIEFS	BELT	WRAPS	OTHER	TOTAL	



CSE REPORT

The CSE report will have every athlete in every division and in every category. This report will tell you how many and what type medals you will need for the medal presentation ceremony and will be your final report of which athletes received gold, silver and bronze in each age, weight and gender categories. The records will be put on this CSE report and this will be turned into results. The CSE report will also allow you to keep track of anyone who did not pick up their medal.



KILO CONVERSION TABLE

To convert kilos to pounds multiply kilos by 2.2046. Weightlifting rules state that poundages shall be rounded off by reducing to the nearest quarter. An example: 107.5 kilos multiplied by 2.2046 equals 236.99450. The poundage then becomes 236 ¾ rather than 237.

<u>Kilos</u>	<u>Pounds</u>	<u>Kilos</u>	<u>Pounds</u>	<u>Kilos</u>	<u>Pounds</u>	<u>Kilos</u>	<u>Pounds</u>
25	55	157.5	347	290	639 ¼	422.5	931 ¼
27.5	60.5	160	352.5	292.5	644 ¾	425	936 ¾
30	66	162.5	358	295	650 ¼	427.5	942 ¼
32.5	71.5	165	363 ¾	297.5	655 ¾	430	947 ¾
35	77	167.5	369 ¼	300	661 ¼	432.5	953 ¼
37.5	82.5	170	374 ¾	302.5	666 ¾	435	959
40	88	172.5	380 ¼	305	672 ¼	437.5	964.5
42.5	93.5	175	385 ¾	307.5	677 ¾	440	970
45	99	177.5	391 ¼	310	683 ¼	442.5	975.5
47.5	104.5	180	396 ¾	312.5	688 ¾	445	981
50	110	182.5	402 ¼	315	694 ¼	447.5	986.5
52.5	115.5	185	407 ¾	317.5	699 ¾	450	992
55	121 ¼	187.5	413 ¼	320	705 ¼	452.5	997.5
57.5	126 ¾	190	418 ¾	322.5	710 ¾	455	1003
60	132 ¼	192.5	424 ¼	325	716 ¼	457.5	1008.5
62.5	137 ¾	195	429 ¾	327.5	722	460	1014
65	143 ¼	197.5	435 ¼	330	727.5	462.5	1019.5
67.5	148 ¾	200	440 ¾	332.5	733	465	1025
70	154 ¼	202.5	446 ¼	335	738.5	467.5	1030.5
72.5	159 ¾	205	451 ¾	337.5	744	470	1036
75	165 ¼	207.5	457 ¼	340	749.5	472.5	1041.5
77.5	170 ¾	210	462 ¾	342.5	755	475	1047
80	176 ¼	212.5	468 ¼	345	760.5	477.5	1052.5
82.5	181 ¾	215	473 ¾	347.5	766	480	1058
85	187 ¼	217.5	479.5	350	771.5	482.5	1063.5
87.5	192 ¾	220	485	352.5	777	485	1069
90	198 ¼	222.5	490.5	355	782.5	487.5	1074.5
92.5	203 ¾	225	496	357.5	788	490	1080 ¼
95	209 ¼	227.5	501.5	360	793.5	492.5	1085 ¾
97.5	214 ¾	230	507	362.5	799	495	1091 ¼
100	220 ¼	232.5	512.5	365	804.5	497.5	1096 ¾
102.5	225 ¾	235	518	367.5	810	500	1102 ¼
105	231 ¼	237.5	523.5	370	815.5	502.5	1107 ¾
107.5	236 ¾	240	529	372.5	821	505	1113 ¼
110	242.5	242.5	534.5	375	826.5	507.5	1118 ¾
112.5	248	245	540	377.5	832	510	1124 ¼
115	253.5	247.5	545.5	380	837.5	512.5	1129 ¾
117.5	259	250	551	382.5	843 ¼	515	1135 ¼
120	264.5	252.5	556.5	385	848 ¾	517.5	1140 ¾
122.5	270	255	562	387.5	854 ¼	520	1146 ¼
125	275.5	257.5	567.5	390	859 ¾	522.5	1151 ¾
127.5	281	260	573	392.5	865 ¼	525	1157 ¼
130	286.5	262.5	578.5	395	870 ¾	527.5	1162 ¾
132.5	292	265	584	397.5	876 ¼	530	1168 ¼
135	297.5	267.5	589.5	400	881 ¾	532.5	1173 ¾
137.5	303	270	595	402.5	887 ¼	535	1179 ¼
140	308.5	272.5	600 ¾	405	892 ¾	537.5	1184 ¾
142.5	314	275	606 ¼	407.5	898 ¼	540	1190 ¼
145	319.5	277.5	611 ¾	410	903 ¾	542.5	1195 ¾
147.5	325	280	617 ¼	412.5	909 ¼	545	1201 ½
150	330.5	282.5	622 ¾	415	914 ¾	547.5	1207
152.5	336	285	628 ¼	417.5	920 ¼	550	1212 ½
155	341.5	287.5	633 ¾	420	925 ¾	552.5	1218



COSTUME AND PERSONAL EQUIPMENT

1. Costume

A lifting costume **shall** consist of a **one-piece non-supportive** full length lifting suit such as a wrestling singlet or weightlifting costume. It shall have lets of a minimum of 3 cm and the legs may be longer than 15 cm but may not reach the knee. Only costumes officially approved by the WPFG Technical Committee **shall** be permitted for use in the **Bench Press** competition. (See samples for all authorized costume and personal gear on page 22.)

2. T-Shirt

A T-Shirt shall be worn under the lifting suit during the performance of the Bench Press for both men and women. The T-Shirt shall be made of cotton or polyester, or a combination thereof, but not of stretch material or denim. It shall not have sleeves that terminate below the elbow or up at the deltoid. The T-Shirt shall be plain but may have your department logo on it or be the official T-Shirt of the WPFG. That which is offensive or likely to bring the WPFG into disrepute is not allowed. A sponsor's logo must conform to the technical rules of the WPFG. **Specialized Bench Shirts or other supportive type shirts are not permitted.**

3. Belt

Competitors **may** wear a belt. If worn it **shall** be worn on the outside of the lifting suit. 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. It may not have additional padding, bracing or supports of any material concealed within the laminations of the belt. The belt may have a buckle with one or two prongs or (quick release) type buckle. The maximum width of the belt is 10 cm. The maximum thickness along the main length is 13 mm. Velcro belts are not permitted.

The lifting belt will be the only supportive gear permitted.

4. Briefs/Supporters

A standard commercial "athletic supporter" or standard commercial brief of any mixture of cotton, nylon or polyester, but not swimming trunks or any other garment consisting of rubberized or similar stretch material (except in the waistband) **shall** be worn under the lifting suit. Provided that:

- a. Any support to the body of the lifter, which may be provided by the "athletic supporter" or briefs, is limited to the lifter's lower abdominal wall.



- b. The garment **does not have legs** and does not extend down the lifter's thighs.

5. Shoes/Boots

Lifting shoes or boots shall be worn. Shoes include boots, support shoes, trainers, gymnastic slippers, or any foot covering that has a patterned molding or foot type outline that provides an innersole. Shoes with metal spikes or cleats are not permitted. Height of the heel shall not exceed 5 cm.

6. Socks must be worn.

7. Wrist Wraps

- a. The use of wrist wraps will be permitted under the following restrictions:
 - i. Only one wrist wrap is permitted on each hand.
 - ii. The wraps may not exceed 1 meter (36 inches) in length or 8cm (3.2 inches) in width.
 - iii. The wraps may not exceed a covering width of 12cm (4.7 inches).
 - iv. The tightening loops must not be over the thumb during the lift.
- b. Standard commercial sweatbands may be worn, not exceeding 12 cm's in width.
- c. A combination of wrist wraps, and sweatbands is not allowed.

GENERAL

1. Medical Tape: contingent upon the approval by the Jury, Official Doctor, Paramedic, EMT personnel on duty may apply medical tape to bodily injuries in a fashion that would not grant the lifter undue advantage. Medical tape may not be used as aids to the lifter in holding the bar. In the absence of Jury or medical personnel, the Chief Referee shall have jurisdiction over the use of medical tape.
2. The use of oil, grease or other lubricants on the body, costume or personal equipment is **strictly forbidden**.
3. Baby Powder, resin, talc, or magnesium carbonate are the only substances that may be added to the body and attire.
4. The use of any form of adhesive on the underside of footwear is **strictly forbidden**. This applies to any built-in adhesive, e.g., glass paper, emery cloth, etc., and also includes resin and magnesium carbonate.
5. **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 sterilizing agent in cleaning of the bar, bench, or platform.

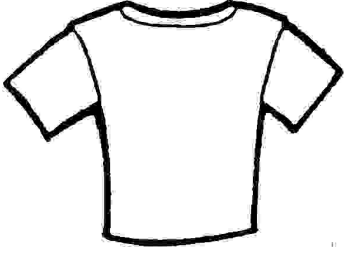
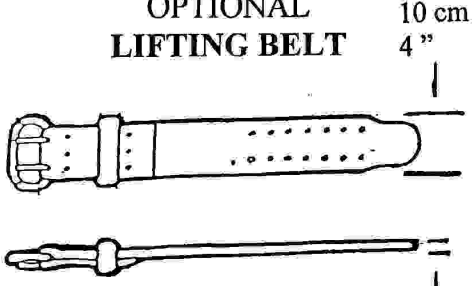
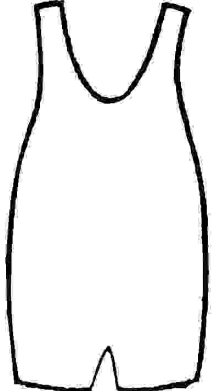
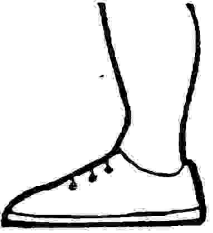
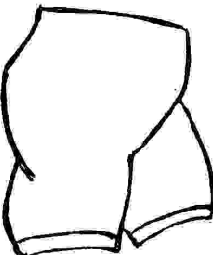
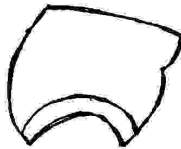
INSPECTION OF COSTUME AND PERSONAL EQUIPMENT



1. The inspection of costume and personal equipment for each and every lifter in the competition may take place at any time prior to or during the weigh-in as well as throughout the meet, prior to and within twenty minutes of the start of his/her particular flight.
2. All items mentioned previously under costume and personal equipment shall be inspected.
3. Any item considered unclean or torn **shall be rejected**.
4. The referees shall record each item on the official inspection sheet. The inspection sheet shall be given to the Jury at the end of the inspection period.
5. If, after the inspection, a lifter appears on the platform wearing any item not listed on the Inspection Sheet, other than that which the referees may have inadvertently passed, the **lifter shall immediately be disqualified from the competition**.
6. Hats/caps, watches, and jewelry, with the exception of wedding rings are strictly forbidden to be worn on the platform during lifting, items such as eye wear and feminine hygiene products need not be inspected. Standard commercial headbands may be worn while lifting; however, such headbands must be declared and listed during the check of personal equipment.



COSTUME AND PERSONAL GEAR CHART

 <p>MANDATORY T-SHIRT</p>	<p>OPTIONAL LIFTING BELT</p>  <p>10 cm 4" 13 mm</p>
 <p>MANDATORY LIFTING COSTUME</p>	 <p>MANDATORY SHOES OR BOOTS</p>
<p>ILLEGAL</p>  <p>INCORRECT MAY <u>NOT</u> HAVE LEGS</p> <p>MANDATORY BRIEFS</p> <p>LEGAL</p> 	



BENCH PRESS RULES OF PERFORMANCE

1. The bench shall be placed on the platform with the head end facing the front or angled up to 45 degrees.
2. The lifter must lie on his/her back with shoulders and buttocks in contact with the bench surface. The soles and heel of his/her shoes should be in contact with the floor or blocks. This body position must be maintained throughout the lift. **Lifter's hand and fingers must grip the bar with "thumbs around" grip while the bar is positioned in the racks. This grip must be maintained throughout the lift.** (See sample of only legal grip on page 24.)
3. To achieve firm footing, the lifter may use flat surfaced discs or blocks not exceeding 30 cm in total height to build up the platform. Slight or very minor foot movement is allowed on the platform or on the blocks.
4. Not more than five and no fewer than two spotter/loaders shall be on the platform at any time. After correctly positioning themselves, 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 to full arms extension.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks). If in the case of some old injury the lifter is unable to grip the bar equally with both hands, he/she must inform the referees prior to the lift-off for each attempt and if necessary, the bar will be marked accordingly. **The use of the reverse grip is forbidden.**
6. 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 is properly positioned. 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 second, he/she is not in the correct position to begin the lift.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command **"START"**.
8. After receiving the signal, the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause. (Motionless means stopped). The Chief Referee will then give the audible command **"PRESS"**. The lifter must then return the bar to full extension of the arms with no



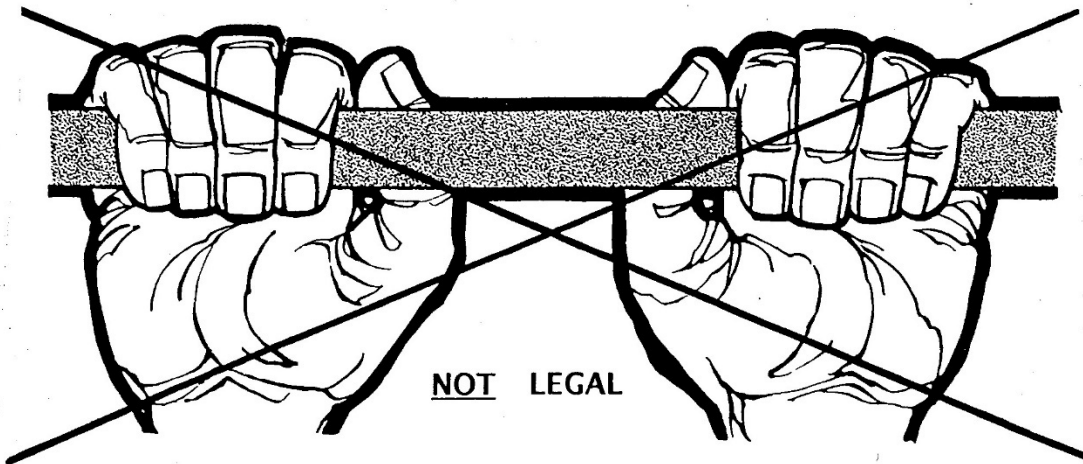
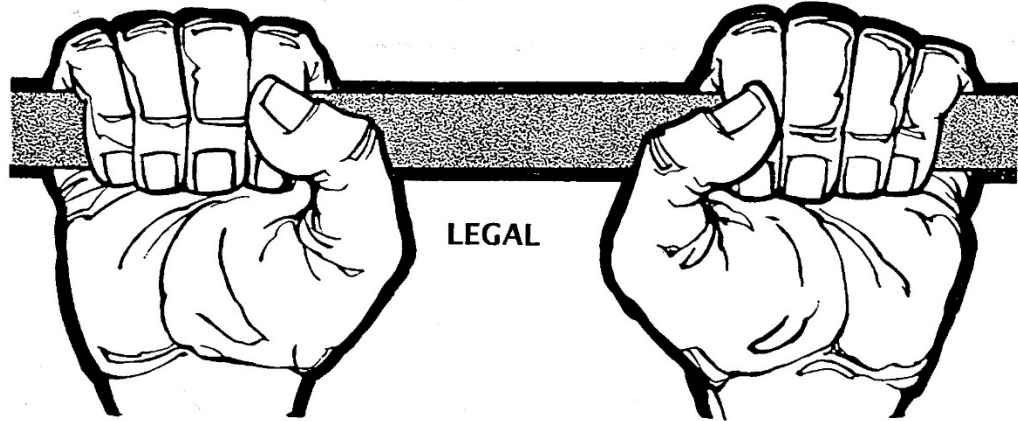
excessive/immoderate uneven extension of the arms, both arms locking out simultaneously/together. When held motionless in this position the audible command “**RACK**” shall be given together with a backward motion of the arms, and at this time the spotter may assist in replacing the bar.

9. If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.

Bench Press Grip for “BENCH PRESS”

The **ONLY LEGAL GRIP** for the Bench Press shall be as follows:

1. As a lifter grips the bar, the palms shall be facing outward and away from the face.
2. As a lifter grips the bar, the thumbs shall be placed around the bar toward the palm side of the hand with the thumbnail in close proximity to the tip of each forefinger.







CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

1. Failure to observe the Chief Referee's signals at commencement and completion of the lift.
2. Any change in the elected position during the lift proper, i.e., any raising movement of the shoulders, buttocks, from the bench or feet from the floor/blocks-discs or lateral movement of the hands on the bar.
3. Heaving, bouncing, or sinking the bar into the chest after it has been motionless on the chest and the **"PRESS"** has been given, 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 simultaneously at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals, to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the Rules of Performance

FAILURE CARDS/PADDLES

After the lights have been activated and appeared, the referees will raise a card or Paddle or activate a light system to make known the reason(s) why the lift has been failed.

(OPTIONAL to Cards/Paddles -- REFEREES VERBAL EXPLANATION)

In most Cases the judge will tell the lifter what the red light was for. This will not be a discussion, merely an explanation so the lifter will know what to correct on his/her next attempt.

REFEREE'S NUMBERED CARD SYSTEM – Reasons for failure

Color of Cards

Failure #1 = Red

Failure #2 = Blue

Failure #3 = Yellow

BENCH PRESS

1. Red Card

Bar not motionless on chest thus not waiting for **"PRESS"** command.



2. Blue Card

Any pronounced or exaggerated uneven extension of the arms during the lift.

Any downward movement of the bar in the course of being pressed out.

Failure to press the bar to full extension of the arms simultaneously at completion of the lift.

3. Yellow Card

Heaving, bouncing, or sinking the bar after the “PRESS” command has been given, in such a way as to aid the lifter.

Failure to observe the Chief Referee’s signals at the commencement and completion of the lift.

Any change in the elected lifting position during the lift proper, i.e., any raising movement of the shoulders, buttocks, or feet from his/her original points of contact with the bench or floor or lateral movement of the hands on the bar. Slight or very minor foot movement is allowed.

Contact with the bar or the lifter by the spotter/loaders between the Chief Referee’s signals, in order to make the lifter easier.

Any contact of the lifter’s feet with the bench or its supports.

Deliberate contact between the bar and the bar rest supports in order to make the lift easier.

Failure to comply with the rules of performance.

WEIGHT CLASS

Weight class must be declared on the entry form. All changes the competitor wishes to make must be completed prior to the beginning of the WPF. Participants should be encouraged to adhere to the weight class designated on their Entry Form.

WEIGH-IN PROCEDURES

1. AT WEIGH-IN, ALL COMPETITORS **SHALL HAVE THE FOLLOWING AUTHORIZED LIFTING GEAR WITH THEM BEFORE BEING ALLOWED TO STEP ON THE SCALES.** T-SHIRT, LIFTING COSTUME, BRIEFS,



SHOES OR BOOTS AND A LIFTING BELT IS OPTIONAL. **NO EXCEPTIONS.**

2. Weighing in of competitors shall not take place more than 24 hours prior to competition for the specific weight category. An additional weigh-in shall be held two hours prior to the actual competition and shall last one hour. (See check-in and weigh-in area on page 31, and weigh-in schedule on page 32).
3. If not already done based on receipt of entry forms, lots will be drawn to establish the order of the weigh-in. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weight for their attempts.
4. Weigh-in will be in secret and the lifters allowed in one at a time. The weigh-in room will be locked, and the only persons allowed in are the lifter and his/her coach or trainer. The weigh-in results will not be made known until after all weigh-ins are completed.
5. Lifters shall be weighed-in nude or in briefs. For reasons of hygiene the lifter should wear socks on the scale's platform. The platform may also be covered with paper toweling. The weigh-in procedures shall ensure that all lifters are weighed by officials of their own gender. Additional female officials may be appointed for this purpose.
6. **Each lifter can only be weighed once**, except those heavier or lighter than the category limit. They are allowed to return to the scales. They are allowed one and one-half hours at a maximum from the beginning of the weigh-in session to make proper weight. The lifter in question must wait until all lifters have been weighed once and then those re-weighing may have as many opportunities to re-weigh as time allows, in an orderly fashion with consideration given to lot numbers. Only one re-weigh will be allowed if the time limit has expired.
7. A lifter who is too heavy or too light will move into the appropriate category, provided that that class has not competed already.
8. If there are no other lifters in the class which the lifter entered and the lifter designated on his/her original entry that he/she Does Not wish to be moved in bracketing, the lifter will remain in that class and, upon successfully completing his/her lifts, receive a gold medal. If a number of lifters have applied but only one or two show, they may not be moved. They must lift in the age category which they indicated on their entry form.

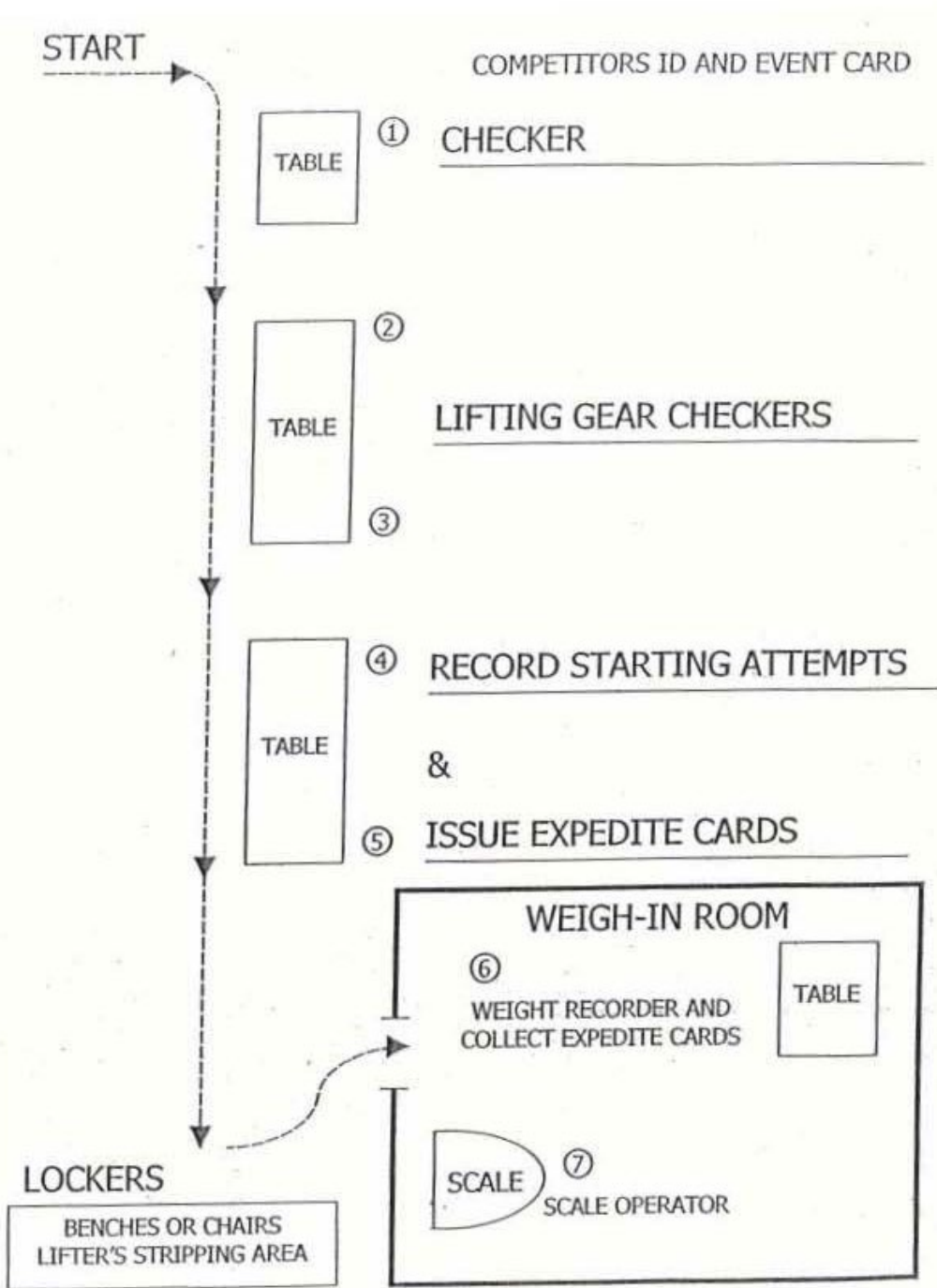


9. When two lifters register the same weight at the weigh-in preceding a competition, and during the competition achieve the same total, they shall be re-weighted with the lighter lifter taking preference.

10. Lifters should check bench press rack heights, and, if needed, prepare the use of foot blocks/discs if desired prior to the start of the competition. The rack height sheet and noting of the use of foot blocks/discs should be initialed by the lifter or his/her coach.



CHECK-IN AND WEIGH-IN AREA
CHART HERE





WEIGH-IN and LIFTING SCHEDULE

ALL Women's Classes and Men through 74 kg (163.00#) and under;

4:00 pm – 5:30 pm	Night Prior	Weigh-in (or)
7:00 am – 8:00 am	Day of Competition	(Late) Weigh-In
8:30 am – 9:00 am		Rules Briefing
9:30 am		Lifting Starts

All Men in the following weight divisions: 83.00 kg (182.75#) and under; 93.00 kg (205.00#) and under; and 105.00 kg (231.25#)

4:00 pm – 5:30 pm	Night Prior	Weigh-in (or)
7:00 am – 8:00 am	Day of Competition	(Late) Weigh-In
8:30 am – 9:00 am		Rules Briefing
9:30 am		Lifting Starts

All Men in the following weight divisions: 120.00 kg (264.50#) and under; –(135 kgs (297.50#) and under; and 135+ kgs (297.50# and over)

4:00 pm – 5:30 pm	Night Prior	Weigh-in (or)
7:00 am – 8:00 am	Day of Competition	(Late) Weigh-In
8:30 am—9:00 am		Rules Briefing
9:30 am		Lifting Starts

SCALES

Two scales officially certified as accurate (within two (2) days preceding the competition) shall be provided at the location. **A copy of the scale's certification SHALL BE AVAILABLE ON-SITE** and to be given to the WPFGEF Director for the Bench Press.

WEIGH-IN ROOM EQUIPMENT

Pencils (sharpened)
KILO Chart
Copy of Official Weight Classes
Lifter Cards (extras) if not completed prior
Table and Chairs (2 per room)

ORDER OF COMPETITION

The Round System (Bracketing)

- At the weigh-in, the lifter or lifter's coach must declare a starting weight/opening attempt for the bench press. Starting weights/opening attempts must be entered on the lifting card, signed by the lifter or lifter's coach, and retained by the



officials conducting the weigh-in. In the Bench Press event there will be an attempt table where the lifter or coach will submit the lifters next attempt to the official at the attempt table by writing his/her full name, the amount of the attempt, and then initialed or signed by lifter with in the one-minute time limit. Responsibility for submitting attempts within the time allowance rests solely with the lifter or lifter's coach.-In the Bench Press event, the fourth and fifth boxes are to be used for the two permitted changes in the third attempt, if required.

- b. Where 10 or more lifters are competing in a session, groups **may** be formed consisting of approximately equal number of lifters. However, groups **must** be formed when 15 or more lifters are competing in the same session. A session may be composed of a single bodyweight category or any combination of bodyweight categories at the discretion of the responsible competition officials.
- c. Each lifter will take a first attempt in the first round, a second attempt in the second round, and a third attempt in the third round.
- d. 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 one minute; 4 lifters add two minutes; for 3 lifters add three minutes. Three minutes is the maximum time allowance permitted. For compensatory time where groups are involved, unloading the bar will take place at the end of the compensatory time, reloaded, then the one minute to begin the lift.
- e. The bar must be loaded progressively during each round on the principle of the rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in item (h) of this section, and then only at the end of the round.

Note: See also Errors in Loading, item (b), pg. 41.

- f. Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two or more lifters choosing the same weight, the lifter with the lowest lot number will lift first. The same applies to third round single-lift Bench Press attempts and third round Dead Lift attempts, where the weight may be changed twice, subject to the bar not already having been loaded for the lifter's originally chosen weight.

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.



- g. If unsuccessful with an attempt, the lifter does not follow himself/herself, but must wait until the next round before attempting that weight again.
- h. If in a round, an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases the lifter shall take his/her extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he/she shall be granted a three-minute rest prior to making his/her attempt.
- i. A lifter is permitted one change of weight on the first attempt of the bench press. 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 the lifter is in the first group, this change may take place when the announcer calls for first flight opening lift changes. The following groups are accorded a similar privilege once the announcer has called for opening lift changes for that flight. 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 five minutes of such announcement.
- j. A lifter must submit their second and third attempts within one minute of completing their preceding attempt. The one minute will begin from the time the lights are activated. If no weight is submitted within the one-minute time allowance, the lifter's next attempt will automatically be the same as the preceding "NO LIFT" attempt and/or will automatically be assumed at 2.5 kg more than the preceding "GOOD LIFT" attempt.
- k. Weights submitted for second round attempts cannot be changed. Under this rule once a second attempt has been turned in, it cannot be withdrawn. The bar shall be loaded to the turned in weight and the clock will run.
- l. In the third round of the Bench Press competition, two weight changes are permitted. The change may be higher or lower than the lifters previously submitted third attempt. However, these are only permitted provided the lifter has not been called to the bar already loaded to his/her previously submitted weight. If the bar is declared "**READY**" or words to that effect by the Chief Referee, then the lifter is committed to the attempt.

Note: On the principle of the rising bar, should the lifter fail his/her second attempt, or should the lifter declare that he/she "forfeits" his/her second



attempt, the weight cannot be lowered when the two (2) weight changes of third attempt are permitted.

REFEREES

Head Referee/Judge

The Head Referee/Judge MUST be approved by the WPFG Federation Director responsible for Bench Press.

Subsequently, ALL officials MUST be approved by the WPFG Federation Director responsible for Bench Press.

It is highly recommended for the host city to use the accredited and certified officials, score keepers (computer program) and expeditor from the WPFG personnel pool.

There shall be at least five officials for a one platform meet and eight officials if two platforms are to be used. Of the three officials that are used at one time per platform, all must be WPFG accredited officials.

Persons from the audience or lifters who are not accredited WPFGF judges shall not be used.

If a WPFG Official is an active or retired police officer or fire fighter and holds a WPFG record in the Bench Press event they **shall not** officiate on a platform while an attempted lift is being made to break their own record, **when at all possible.**

Expenses for Referees

Host shall provide a **PER DIEM** for each day of the meet for all referees and personnel involved in the staging of the meet, and the **Host shall** provide Bench Press officials, announcer, and IT staff with payment or reimbursement for expenses as established in the WPFG General Rules (I.E. plane tickets and hotel rooms.)

Additional Sports Fees

If required, Host may request an additional sport fee for Bench Press Contest due to the cost factor of bringing in the required officials. Submit this request in writing to the WPFGF through the Director for Bench Press. If this sport has full sponsorship, you may not need additional sports fees.

Referees Duties



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

Lift	Commencement	Completion
Bench Press	a visual signal consisting of a downward movement of the arm together with the audible command “Start,” then when the bar is motionless on the chest, the command “Press” .	A visual signal consisting of a backward movement of the arm together with the audible command “Rack” .

4. Once the bar has been placed in the racks at the completion of the lift, the referees will announce their decisions by means of lights. White for a “good lift” and “red” for “no lift”. The cards/paddles will then be raised to indicate the reason for “no lift”. Or the officials may verbally indicate the reason for “no lift”
5. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the lifts to be visible to the Chief Referee so that he/she can observe their hands being raised.
6. Before the contest, the three referees shall jointly ascertain that:
 - a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies and defective equipment discarded. A second bar and collars should be readied and put aside in case of damage to the original bar and collars.
 - b. The scales work correctly and are accurate (certified).
 - c. The lifters weigh-in within the limits of weight and time for their bodyweight categories.
 - d. The lifter’s costume and personal equipment has been inspected to comply with the rules in all respects.

It is the duty of the **lifter** to ensure that all items he/she wishes to wear on the platform have passed scrutiny of the examining referees. Lifters discovered



wearing or using apparel that has not been checked-in may be subject to penalty, e.g., disqualification of the attempt.

7. During the competition the three referees must **jointly ascertain** that:
 - a. The weight of the loaded bar agrees with the weight announced by the speaker. Referees will be issued loading charts for this purpose. Verification of the weight of the loaded bar is the **joint responsibility** of all three referees.
 - b. On the platform the lifter's costume and personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect the referee must, after the completion of the lift, inform the Chief Referee of his/her suspicions. The President of the Jury may then examine the lifter's costume and personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have been inadvertently 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, then that lift will not count, and the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.
8. Prior to commencement of a lift, if either of the side referees do not accept the starting position of the lifter, they will raise a hand to call attention to the fault. If there is a majority of opinion among the referees that a fault exists, the Chief Referee will not give the signal to commence the lift. The lifter or lifter's coach shall, on request, be informed of the reason for not receiving a start signal.

Similarly, the lifter or lifter's coach may request the reason for a "no lift" decision. Such request must be made before the lifter's next attempt. The Jury shall be responsible for conveying such information to the lifter. The referee's card/paddle should give some indication to the lifter and coach for the reason for "no lift". The lifter has the remainder of his/her unexpired time allowance in which to correct his/her position to receive the commencement signal. 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 the lifter's 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, the Jury or any other official as necessary in order to expedite the competition.
12. The Chief Referee may order that the bar and/or the platform be cleaned. If the lifter or lifter's coach requests the bar and/or the platform to be cleaned, the request **must** be made via the Chief Referee and not the spotter/loaders.
13. After the competition, the three referees shall sign the official score sheets or any other documents requiring a signature.
14. Referees and members of the Jury will be uniformly dressed as follows:
Officials – Black trousers and white shirt with WPFG OFFICIAL logo.

RESPONSIBILITIES OF THE OFFICIALS

- a. The **Speaker** is responsible for the efficient running of the competition. He acts as the Master of Ceremonies and arranges the attempt 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, who will in turn immediately announce that the bar is **ready** and call the lifter to the platform.
To clarify – when the chief Referee indicates to the Speaker that the bar is **ready/loaded**, then the lifter is committed to the attempt.
- b. The **Technical Secretary** will compile the Jury and Referee schedules for duty throughout the competition. The Technical Secretary will initiate the score sheet, equipment check sheet, rack height sheet and order of weigh-in sheet for each category of the competition, entering the names of all the lifters participating in the category. If not already accomplished lots will be drawn to establish weighing-in and lifting order. He/she will make out speaker competition cards for every lifter. An adequate supply of lifter's attempt slips/cards will be handed to the Chief Referee for the appropriate session. The Technical Secretary will conduct a rule briefing for both the referees and the lifters and their coaches.
- c. The **Timekeeper** is responsible for accurately recording the lapse between the announcement that the bar is **ready** and the lifter starting his/her attempt. The Timekeeper is also responsible for recording time allowances whenever required, e.g., after an attempt the lifter shall leave the platform with 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 lifter's coach check the height of the bar rest uprights and the availability of blocks/discs for the feet prior to being called, as once the bar is announced as being **ready**, the clock will be started. Any further adjustments to the racks or placement of the foot blocks/discs must be made within the lifter's one minute time allowance, unless the lifter has designated the bar rack height, and this has been incorrectly set by the spotter/loaders. It is therefore essential that the bar rack height and the use of blocks/discs for the feet be initialed by the lifter or lifter's coach on the appropriate sheet. This is an official document, which should verify in any dispute.

The lifter is allowed one minute in which to start their attempt after being called to the platform. If lifter does not start the attempt within this time allowance, the Timekeeper 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 Bench Press the start is to coincide with the Chief Referee's commencement signal: "**Start**".

- 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/her last attempt and informing the Speaker, via the marshal, of the weight required for his/her 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 or any other documents requiring signatures.
- f. **Spotter/Loaders** are responsible for loading and unloading the bar, adjusting the bar rest uprights 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 fewer than two or more than five spotter/loaders on the platform.

When a lifter prepares for an attempt, the spotter/loaders may assist in removing the bar from the racks. Spotter/loaders may also assist in replacing the bar after the attempt. However, spotter/loaders 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 is deprived of an otherwise successful attempt by the error of the spotter/loaders, and through no fault of his/her own, he/she shall be awarded another attempt at the discretion of the Referees and the Jury, and this attempt will take place at the end of the round.

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

Vicinity of the Platform

- a. During any competition taking place on a platform or stage, only the lifter, lifter's coach, members of the Jury, officiating referees and the spotter/loaders will be allowed around the platform or on the stage. During the execution of the lift only the lifter, the spotter/loaders and the officiating referees are permitted to be present on the platform. Coaches **shall** remain within the designated area as defined by the Jury or Technical Secretary.
- b. A lifter **shall not** adjust his/her costume or use ammonia within view of the public. The only exception to this rule is that he/she may adjust his/her belt.

Progression of the Bar

The weight of the barbell must always be in multiples of 2.5 kg between successful attempts. The weight of the bar shall be announced in kilograms.

Errors in Loading

The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. The Chief Referee's decisions will be given to the Speaker who will then make the appropriate announcement.

Example in Errors in Loading;

- a. If the bar is loaded lighter 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 of 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 heavier 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 with the correct weight, 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, or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take their attempt again. If the successful attempt is not a multiple of 2.5 kg, then the closest lower multiple of 2.5 kg will be recorded on the score sheet. If the attempt is not successful, 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 that is lighter or heavier than 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 lifter's coach to remain in the vicinity of the platform in order to follow the competition and the lifter misses his/her attempt because the speaker omitted to announce the lift at the appropriate weight, then the weight will be reduced as necessary, and the lifter allowed to take the attempt at the end of the round.

Disqualification

1. Three unsuccessful attempts in the Bench Press event will automatically eliminate the lifter from the competition.
2. 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.
3. If, during competition warm-up, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly jeopardize the lifter's health and wellbeing, the official medical officer has the right of examination. If the medical officer considers it inadvisable for the lifter to continue, the medical officer may, in consultation with the Jury, insist on the lifter retiring from the competition. If present, the lifter's team manager or coach must be officially informed of such a decision.
4. Any lifter or coach who by reason of their misconduct upon or near the competition platform is likely to discredit the sport shall be officially warned. If the misconduct continues, the Jury, or referees in the absence of the Jury, may disqualify the lifter or coach and order the lifter or coach to leave the venue. If present, the lifter's team manager must be officially informed of both warning and disqualification.



5. The Jury and Referees may, by majority decision, **immediately disqualify a lifter or coach or manager if they are of the opinion that any misconduct is serious enough to warrant immediate disqualification rather than an official warning.**

Appeals/Complaints

All appeals against referee's decisions, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition must be made to the Jury. The Jury may require the appeal to be made in writing. The appeal or complaint must be lodged with the President of the Jury by the team manager, or coach, or in their absence, the lifter. This must be done immediately following the action upon which the appeal or complaint is based. It will not be considered unless these terms are met. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a majority verdict, the Jury will return, and the president will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which had been suspended, the next lifter shall be given three minutes to commence their lift.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not wear their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report with all of the new weight classes after all competitors have weighed in. This will determine and verify which event the athlete was entered into.