

**WORLD RAW POWERLIFTING FEDERATION/ WRPF**



**TECHNICAL RULES OF BENCH  
PRESS AMONG THE  
ATHLETES WITH THE  
PHYSICAL FEATURES**

*Edition 01.02.2021*

**Current technical rule book is an official publication of technical rules of the competitions according to the World Raw Powerlifting Federation/ WRPf.**

**Rules are approved by the Presidium of the WRPf Russian and go into operation and the publication on 01 February 2021.**

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# I. General

1. "WRPF / World Raw Powerlifting Federation" (further - WRPF) recognizes the following lifts among athletes with physical features during the competitions:

## 1.1. Lifts:

- 1) Bench Press

## 1.2. Approval of the competition and its results

WRPF recognizes only those results in the Bench Press, which were carried out in accordance with the current technical rules and during the competition which was officially approved.

2. The participation of athletes with physical features in competition by WRPF and conditions of their admission.

### 2.1. To compete in the Bench Press are allowed athletes with physical features:

- 1) athletes with a single or double amputation of the lower limb, with amputation at the ankle or above, up to the isolation at hip level.

Note: athletes with amputation at footstep level or toes of feet are the compete on a common basis, wheelchair-using athlete with spinal cord lesion, with a significant decrease in the mobility of the lower limbs of a permanent nature, or with paralysis of the lower limbs, and moving in a wheelchair or using crutches with saved the active functions of the upper extremities.

Note: athletes with a curvature of the spine (scoliosis, kyphosis, lordosis), without a disability compete on a common basis,

- 2) other athletes with the defeat of the musculoskeletal system, with the motor paresis of the lower extremities, arthrosis of the foot, ankylosis or limitation joint mobility, shortening of the lower extremity is not less than 5 cm., Etc.,
- 3) athletes with cerebral palsy, including children - cerebral palsy, mild to severe muscle tone, brain diseases non-progressive nature with a dysfunction of the musculoskeletal system,
- 4) athletes with amputation upper limb or limbs, with prostheses and / or special devices for safety for the athlete to capture and / or clamping a bar. Before the start of the competition the central referee must check the special devices and allow to use of on the platform.

### 2.2. Terms of admission of athletes with physical features of the competition:

- 1) In the case of a disability a Head coach of Team / athlete coach / athlete provides the organizers of the competition with an application / medical certificate, with a doctor's signature and stamp of the hospital, indicating the type of disability and the group of disability and, if possible, the diagnosis of disease. Otherwise, during the weigh-in before the competition the head coach of Team / athlete coach / athlete must provide organizers the original medical certificate MSE (Medical and social expertise).

Note: in case of absence of the documents above, the athlete is not allowed to compete. He can take part in competition on a general basis, but only under the resolution of the Chief Referee. The athlete must pay the entry fee.

- In case of the absence of disability, athlete may be allowed to compete in the following cases if he was disabled since childhood or disability has been cured. At the weigh-in the athlete should provide the document which states the old MSE, which contains the category of "disabled child" or a reference MSE specifying the last validity of the disability,

Note: in the case of providing inaccurate data on the health status of an athlete who claims to compete in the WRPf sports federation, as well as concealing any medical contraindications, the entire responsibility for the consequences falls on the athlete while he is putting his personal signature on the athlete's card at the weigh-in. Competition organizers, judges and other officials of the WRPf Sports Federation are not responsible for the consequences.

### 3) Bodyweight Categories among athletes with physical features

#### **Men**

##### Weight Class - Kilograms

- up to 48 kg - 0-48,00
- up to 52 kg - 48,01-52,00
- up to 56 kg - 52,01-56,00
- up to 60 kg - 56,01-60,00
- up to 67,5 kg - 60,01-67,50
- up to 75 kg - 67,51-75,00
- up to 82,5 kg - 75,01-82,50
- up to 90 kg - 82,51-90,00
- up to 100 kg - 90,01-100,00
- up to 110 kg - 100,01-110,00
- up to 125 kg - 110,01-125,00
- up to 140 kg - 125,01-140,00
- over 140 kg - 140,01 to unlimited

#### **Womens**

##### Weight class - Kilograms

- up to 40 kg - 0-40,00
- up to 44 kg - 40,01-44,00
- up to 48 kg - 44,01-48,00
- up to 52 kg - 48,01-52,00
- up to 56 kg - 52,01-56,00
- up to 60 kg - 56,01-60,00
- up to 67,5 kg - 60,01-67,50
- up to 75 kg - 67,51-75,00
- up to 82,5 kg - 75,01-82,50
- up to 90 kg - 82,51-90,00
- over 90 kg - 90,01 to unlimited

Note: At the discretion of the organizers of the competition the age and weight categories can be combined, in order to increase the value of competition titles.

### 4) Age Categories among athletes with physical features Age Categories: (men and women)

- Sub-Junior:

younger 13-15 y.o.,  
middle-age 16-17 y.o.,  
older 18-19 y.o.;

- Juniors: 20-23;
- Men and women - open: 24-39;
- Men and women - masters: 40-49, 50-59, 60-69, 70-79 , 80 and upwards.

Note: At the discretion of the organizers of the competition the age and weight categories can be combined, in order to increase the value of competition titles.

#### 5) The composition of the teams to participate in competitions

The team championship can be held at the tournament, according to Statement. The amount and team composition is determined by the Statement.

The system of point scoring for team championship is also regulated by the Statement.

The main rule for point scoring is the following: team points could be got for first ten places and are allocated in the following order: 12 points – for the 1 place, 9 points – for the 2 place, 8 points – for the 3 place, 7 points – for the 4 place, 6 points – for the 5 place, 5 points – for the 6 place, 4 points – for the 7 place, 3 points – for the 8 place, 2 points –for the 9 place and 1 points – for the 10 place. All the participants of the competition ranked below the 10th place earn 1 point for command superiority. The team which gets the maximum number of points becomes a winner in the command superiority. If the number of team points are equal for two teams, the command which has more taken 1st places becomes a winner. In case of having the same amount of 1st places the winner is determined by the number of taken 2d, 3d, 4th and so on places.

There could be Increasing coefficients for team scores which could be attained according to the athletes level in Sports standard (NB: in Russia there is a system of Sports standard which is based on the bodyweight, lifted total, type of powerlifting usage of equipment and other parameters).

Team entry form should be sent by the Captain of the Team accordingly to deadline announced in the Statement. Changes and additions after deadline could be made only with the approval of the Organizing committee of the tournament.

There can be run several team championships during the competition. For example, the championship between teams of different countries, between teams of different regions or between teams of different sport clubs.

Other questions about team championship are regulated by the Competition Rules.

#### 7) Entry fee for athletes with physical features in the sports federation competitions WRPF

Athletes with physical features of the first and second disability group, competing in WRPF competitions are fully exempt from payment of the entry fee. The exception is specified in these Technical Rules.

## **II. Equipment and specification**

### **1. Platform**

Lifts shall be carried out on a platform measuring between of a minimum of 2.46m X 2.46m (8x8 feet). The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet (i.e. free from irregularities and projections). The surface of the platform can be covered with rubber mats or other similar material. During the lifts the presence of other persons besides the Athlete, assistants, three referees and other officials is prohibited. Any action by cleaning or installation of the platform should be done only by assistants. At the national and international competitions, there should be a pedestal for rewarding athletes. For the safety of competitors and spectators who attend the competitions, competition area can be separated along the perimeter of the rope / tape etc.

The coach / personal assistant is allowed to be in the competition area, at the same time it should not interfere with the referees, assistants and spectators. Any action on the regulation of equipment on the platform made with the only approval of the central referee or the competition organizer.

### **2. Bars**

All bars have to be an Olympic type (the thickness of the bar of 29 mm to 30 mm, length 2200 mm). There should be a diameter machined marking or the bar taping on the bar so as to measure 81 cm in between.

### **3. Collars**

Collars of weigh 2.5 kg each must be used at the competitions.

### **4. Discs**

Discs should be used in weight range from 1.25 kg to 50 kg. Discs weighing 0,25 kg, 0,5 kg and 1 kg can be used only for the establishment of records. The heaviest disks must be installed facing inwards, the other discs - outwards, in descending order: heavier discs inward (toward the center of the bar), and the lighter discs to the edge.

### **5. Bench**

On the Bench Press competition among athletes with physical features can be used the two types of benches: standard and special wide.

#### **5.1. Standard bench**

In the warming up room there should be provided at least two (2) standard benches.

Standard bench for Bench Press must have a strong design and provide maximum stability and conform to the following dimensions:

- 1) Length - not less than 1.22 m and shall be flat and level.
- 3) Width - not less than 29 cm and not exceeding 32 cm. Height - not less than 42 cm and not exceeding 45 cm measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.

- 4) The height of the uprights, which must be adjustable, shall be a minimum of 82 cm to a maximum of 100 cm measured from the floor to the bar rest position. The height of the uprights, which not adjustable, shall be a minimum of 87 cm to a maximum of 100 cm measured from the floor to the bar rest position.

5) Maximum width between insides of bar rests shall be 1.10 m.

#### 5.2. Special wide bench

If the organizers of the competition have the opportunity to provide the athletes with the physical features a special wide bench, then this shall be indicated in the Statement of competition, and additionally announced at the weigh-in. The special wide bench can be 1 piece or composite.

The special wide bench should have a sturdy design and provide maximum stability and conform to the following dimensions:

- 1) Length (1 piece or composite) - not less than 210 cm, must have a strong design and provide maximum stability. Composite bench should not be parts sally up or down of drowning. Prefix of composite bench should be fully included in the basic bench and don't have large gaps.
- 2) The width of the front section of the bench – 29-32 cm; the width of the main part – 61 cm (at a distance of 70 - 71 cm from the top of the bench until its completion), the width of the projections – up to 15,5 cm from each side.
- 3) Height – up to 42 from 50 cm., measured from the floor to the top of the padded surface of the bench without it being depressed or compacted. In the case of composite bench must be guarantee that the height of the main bench and his attachment are the same throughout the length and width.
- 4) The height of the bench with adjustable height racks should be from 82 cm to 100 cm. The height of the racks with non-adjustable height should be from 87 cm to 100 cm. The height is measured between the floor and bar, which lies on the racks.
- 5) The maximum width between the inner parts of the rack should be 110 cm.

## 6. Lights

A system of lights shall be provided to let the referees announce their decisions. Each referee will have a control remote with a white and a red light. These two colours represent a “good lift” and “no lift” respectively. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags with which to make known their decisions.



### **III. Personal equipment**

An athlete's personal equipment is not checked. Responsibility for compliance with the rules for the use of equipment is fully on the athlete and his coach. Informing athletes about the use of authorized equipment (if such is carried out) begins one hour, but no later than half an hour before the start of the competition. If a new record is established, the central judge must immediately, upon attempt, check the athlete's equipment, bar weight and equipment on the platform. In the case when an athlete was using prohibited equipment his record would be canceled, the attempt would be also considered unsuccessful.

#### **1. Suits**

Athletes with physical features must wear an unsupported type singlet to perform a bench press. It should be made of a single-layer stretchable material (for example, lycra (20%) or cotton-elastic (maximum 10% elastic) without patches or linings) and should be worn over a T-shirt. The straps of the singlet should be worn on the shoulders. In general it can be of any color, monophonic or multi-colored. It should have legs, the length of which should not exceed the mid-thigh (median line, defined between the crotch and the top of the patella). It is allowed to wear singlets such as aerobics suit with shoulder straps and with the legs of length from 10 cm up to the total leg length. Trouser leg may have footstraps. Tights can be any color, monochrome or colored.

#### **2. T-Shirt**

A t-shirt must be worn under the lifting suit by all lifters. Under the suit athlete should be wearing a t-shirt, with the sleeves not covering the elbows. Any logos and signs, except for inscriptions insulting are allowed.

#### **3. T-shirt and sweatpants (shorts)**

Athletes with physical features, allowed compete in sportswear, consisting of two parts - for the upper and lower parts of the body. They can be put on a t-shirt and comfortably close-fitting sweatpants / shorts, however the T-shirt must be tucked under a sweatpants / shorts.

#### **4. Belt**

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

Width of belt maximum 10 cm / 4.12 inches at the widest part. Thickness of belt maximum 13 mm / 1/2 inch. There are no limitations regarding the construction and materials from which the belt is made.

#### **5. Shoes**

Shoes shall be worn. It is prohibited to use the shoes with metal spikes and plank, as well as sneakers, shale, flip-flops. It is allowed to perform Bench Press with a shoe in prostheses or orthoses with boots / shoes with orthotic devices.

#### **6. Wrists wraps**

Wrists wraps shall not exceed 1 m in length and 8 cm in width. Permission is granted to use only one pair of wraps. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift. A wrist coverage shall not extend beyond 10 cm/4 inches above and 2,5 cm/ 1 inch below the center of the wrist joint.

#### **7. The fixing belt**

Athletes with physical features, who are competing in the Bench Press on plain or special wide bench, are allowed to be attached to the bench with a special fixing belt. There could be one or two belts. Attaching the fixing belt to a bench is allowed from ankle to hip level. Fixing the feet should be made under visual supervision of judges by an athlete or his a coach / personal assistants.

### **8. The pillow or wedge**

Athletes with physical features permitted to use a pillow or wedge placed under the knees. Dimensions pillow or wedge must comply with the personal anatomy athlete. The official note of the use of pillow or a wedge entered the competition card of the athlete during weighing or the warming up.

### **9. General**

- 1) No additional substances may be applied on the platform or equipment.
- 2) It is allowed to use a spray adhesive only on the clothing of athlete.
- 3) The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire.
- 4) The powder should be used only in the platform area.

### **10. Additional requirements for women.**

Women can wear underwear (panties), and a bra, if it does not give additional advantages. You can use tampons, pads and other feminine hygiene products.

## **IV. Bench Press and rules of performance**

Before the competition all referees, appointed by the refereeing committee of WRPf sport federation can be trained according to the technical rules of the competition among athletes with physical features.

The central referee shall assist in competitions to the athletes with physical features, to give them opportunity to realize their abilities, and in controversial cases, it is recommended to take the side of the athlete.

### **1.1 Bench Press**

1.1.1 During the Bench Press it should be used:

- standard bench and attachment to it, which will be added in the case of a special wide bench;
- one-piece special wide bench (if not used set-top box).

1.1.2 The bench shall be placed on the platform with the head facing the front to a central referee. The type of the bench, which was stated at the weigh-athlete must be indicated on the card. While announcing the weight and height of the bar, the referee-speaker also announces the kind of bench (standard or special). Assistants-insurers have to insert a prefix to the basic bench, then set the bar weight and racks height and report it to the central referee, who checks the evenness and levelness composite bench and weight on the bar. The central referee is personally responsible for the accuracy of installation the bench and weight on the bar. When ready, he tells the referee-speaker of the "Bench is ready", "Weight is ready". After that the speaker calls an athlete to come to the platform.

1.1.3 Athletes with physical features, who used to move the wheelchair, have the right to unimpeded access to the platform on their own or with the help of an assistant. Organisers may provide low walkways, ramps or special gutters. In the absence of such an opportunity, the athlete assistance is provided by his personal assistants. The athlete is solely responsible for the behavior and performance of the personal assistants.

1.1.4 After each attempt, during one (1) minute an athlete is obliged to set the weight for the next attempt, and transmit a request to the Secretary-table. This minute is counted from the moment when an athlete has left the platform. If the athlete does not submit an application for the following approach, secretary-referee must:

1.1.4 In the case of a successful attempt:

- automatically lift the weight of the second or third approach in the Bench Press on 2,5 kg,
- in the case of an unsuccessful attempt to leave the previous approach weight in any exercise.

Starting position of athletes on the bench depended on its type.

### **1.2 Bench Press on standard bench**

1.2.1 The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor/ plinth. This rule does not apply to athletes with amputation of the limb (limbs), compete without prostheses. In order to reduce unwanted spastic movements and increase support permitted the fixing belt attached to the bench. To provide a solid support for legs, the athlete may use plinths (disks, blocks, platforms, etc.). Their size should not exceed 45cm x 45cm. When selecting any position of legs, any part of the soles should be in contact with the surface of platform or plinth, if they are used.

### **1.3 Bench Press on special wide bench**

- 1.3.1 Athletes must lie on his back, spread out one's legs (if possible) or lay prosthesis along the bench, head, shoulders and buttocks in contact with the bench surface. Rule relating to heels position does not apply to athletes with amputated limbs or those athletes who can not stretch the legs by the anatomic or medical condition.
- 1.3.2 Athletes with physical features can be attached with one or two fixing belts to the bench (to avoid unwanted spastic movements), as well as under the bent legs may underlay cushions or wedges that are allowed to be used by judges when weighing. Athletes with an amputation of lower limbs, with damage to the spine and other athletes with physical features can perform the Bench Press with a shoe in prostheses or orthoses with shoes.
- 1.3.3 Athlete with physical features from the moment when he was called to the platform, is given two (2) minutes before the start of lift. The coach or personal assistant (assistants) are allowed to assist the athlete on the platform when entering and when leaving the platform. During the lift coach or personal assistant (assistants) may remain on of the platform (if they do not assist in removing the bar from the racks), without impeding the visibility of the referees, jury and spectators.
- 1.3.4 There may be from two to six assistants on the platform. The athlete may request the help of assistants in removing the bar from the racks. The bar should be placed on straightening arms, rather than on the chest. At the request of the athlete while unracking the bar from the racks the process may be assisted by a personal assistant, who after the bar will be removed from the racks must immediately leave the platform, so as not to interfere with the work of the central referee. In this case an assistant needs to go on the platform in a neat sport suit only, which doesn't impede movements and doesn't have inscriptions and drawings with provocative or offensive sense.
- 1.3.5 The distance between the hands on the bar must not exceed 81 cm (32 inches). Permission is given to reverse grip, but in this case the distance is measured between the little fingers.
- 1.3.6 After removing the bar from the racks on straightened arms, the lifter must lower the bar to the chest, hold it motionless, after which the central referee will signal the audible command Press.
- 1.3.7 The audible command consists of the word «Press» and should be given immediately after the stop bar on the chest. The lifter must then return the bar to straight arms.
- 1.3.8 Upon receiving the command, the athlete must bench the barbell up and straighten his arms, fix his elbows, and wait for the Rack / Rack command. During the bench press, a slight tilt of the rod is allowed (no more than 12 cm / 5 inches), but the hand movement should not stop until the end of the movement and the “turning on” of the elbows should occur at the same time. After completion of the exercise the barbell may not be in an absolutely horizontal position.
- 1.3.9 Athletes with physical features who can not fully straighten the arms at the elbows by anatomic or medical reasons, can compete in the Bench Press, if the loss of this ability no more than 20 degrees in each elbows. The athlete or official coach / representative team must notify the problems with straightening arms at the elbows when weighing. The corresponding entry is made in the personal card competitor. Only in this case, the bench press will be set right.
- 1.3.10 The representative of the judicial committee attend at the weigh-in, must be officially informed about each athlete having trouble straightening arms to the referee-secretary, filling the personal card. The representative of the judicial committee is required to hold an appropriate instruction to all the central and side referees appointed for the competition on the Bench Press among athletes with physical features.
- 1.3.11 Athlete, coming on the platform and before approaching the bench, with a special gesture reminds to all three judges that he can not fully straighten the arm at the elbow due to an anatomical deformation or

disease (gesture consists of capturing the palm of one hand wrist the other arm or crossing palms of the hands). Referees are strictly forbidden to require the athlete lying on a bench and ready to lift - the approach and demonstrate the ability to straighten hands.

- 1.3.12 It is allowed to stop the bar during the upward movement, but strictly prohibited movement of the bar down.
- 1.3.13 It is permitted to move head during the lift.
- 1.3.14 Leg movement on the platform is not considered a violation, but it is not allowed a complete separation of the feet from the surface of the platform. This rule does not apply to athletes with limb amputation, compete without a prosthesis, and to the athletes, who keep your feet on weight.
- 1.3.15 Buttocks should be in contact with the surface of the bench throughout the lift.
- 1.3.16 After the lift the athlete must leave the platform within one (1) minute after the shot fixing belt and rose from the bench on their own or with the help of a coach / personal assistant (assistants). However, judges should give more time to those athletes who have a serious defeat of the musculoskeletal system and can not move independently without assistance. In this case, the coach / personal assistants are obliged to do everything possible to help the athlete as quickly as possible to leave the platform. In this case, the judge did not apply any sanctions to the athletes and their coaches.
- 1.3.17 If an athlete has to go to the platform after himself, then he is given time to rest from the three (3) to eight (8) minutes to establish the fourth (record) attempt. If a flight consist of 2 to 5 athletes use the same temporary rules.

### **Causes for Disqualification of a Bench Press:**

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. The gap between the buttocks from the surface of the bench, and complete separation of the legs / feet from the surface of the platform or the soles of the feet of the original fixed point of contact with the bench.
3. Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier (any downward movement of the whole of the bar in the course of being pressed out), after central referee command "Press".
4. The movement of the bar down after receiving the judge's command center "Press". However, if the bar on the chest athlete having a disease of the central nervous system or spinal column due to spastic involuntary body movements and / or hands, had a slight inertial motion up or down, the weight can be good.
5. Any movement with a bias of more than 12 cm / 5 inches, the movement of the arms during lifting. An exception to this rule is made for athletes who, at the weigh-in, declared their impossibility to straighten their arms in their elbow joints.
6. Deliberate contact between the bar and the racks in order to make the lift easier.
7. Any contact of the lifter's feet with the bench or its supports. This rule does not apply to athletes performing Bench Press on a conventional bench in a prosthesis or orthosis / orthotic devices.
8. Help from assistants between the commands of referee.
9. The responsibility for the personal assistant, helping athlete in removing the bar from the racks rests with the athlete. Assistant that helps athlete in removing the bar from the racks , must immediately leave the platform, because it limits the review to the central referee. Failure to do so may lead to the fact that the attempt will not be counted. Assistant that helps athlete in removing the bar from the racks, must follow safety rules when leaving the platform.

## 2 Weighing in

### 1. Rules of weighing in one of two mandatory sessions

Weighing of participants should be carried out 24 hours before the start of the competition in the respective weight category. Initial weighing lasts an hour and a half. Re-weighing is carried out in two hours and ends half an hour before the start of the competition in the respective weight category. This two weighing sessions are mandatory. The possibility of further sessions of the preliminary weighting stay on the decision of the Organizing Committee of the competition. Information about all sessions of the weighing should be brought to the attention of athletes and coaches. All athletes respective weight category must pass the weigh-in during one of the two compulsory or further (if provided) sessions that are carried out in the presence of at least one certified referee of WRPf sport federation.

### 2. Registration of athletes with physical features when weighing

#### 2.1. The documents that shall be presented at the weigh-in

- 2.1.1 Before the procedure of weighing the athlete must present a passport, documents confirming the limited capacity (the original MSE reference) and a medical certificate of admission to the competition;
- 2.1.2 Organizations participating in the competition may submit an application, including full name Athlete (fully), the date of birth (in full), and a serial number of MSE, group disability and, if possible, the diagnosis of the underlying disease leading to disability or physical features, as well as a mark on the admission of the doctor.
- 2.1.3 The application must be signed by the head of the organization or the head coach of the team, as well as the physician medical-sports clinic and stamped by the organization, the personal round seal of physician, stamp clinic.

#### 2.2. Card of participant of competition

Card of participant of competition shall contain the following information:

- 1) The name and date of the competition;
- 2) Full name of the athlete;
- 3) The date, month and year of birth of athlete, his age and age category;
- 4) The weight of the athlete with accurate to a 0.05 kg and weight category;
- 5) Membership to the sports organizations / sports school, city, region, country;
- 6) Weight for the first attempt;
- 7) The height of the racks in the Bench Press (specified immediately prior to the competition, during the warming up on the platform);
- 8) Additional information: the need for the plinths, the inability to straighten your hands in the Bench Press, etc .;
- 9) E-mail address and telephone number of the athlete or his coach;
- 10) Information about the sporting performance of an athlete, his hobbies, titles and records, etc.

### 3. General

3.1. Weighing competitors among athletes with physical features should be carried out, if possible, out of turn and line up in a queue. Team members must be weighed in the presence of Head Coach / Team Representative. Procedure of weighing provides that the weighting was conducted by members of the Organizing Committee of the competition, or their designated representatives. The presence of a representative of the judicial committee of the WRPf sport federation is desirable.

3.2. The referee who conducts weighing should help the athlete with physical features undergo this procedure in accordance with his capabilities. Particular attention must be paid to athletes who can not stand on the scales yourself (can not keep his balance, have an amputation lower limb (s), was moving in a wheelchair and etc.).

3.3. To simplify the procedure of weighing organizers can use scales with a wide platform or a special scale with a chair. In the absence of special scales, the referee in weighing must help the athlete to undergo this procedure on conventional scales. Coach / personal assistant / assistants / members of the team might help the referee to carry out weighing procedure. It is allowed for athletes of one team to help each other during weighing.

3.4. If an athlete is weighed during the first weigh-in and fit into the weight category specified in the preliminary application, this weight is recognized as final, re-weighing for any purpose is not permitted. If the athlete's weight is outside the declared weight category, to a smaller or larger side, then he is allowed to participate in competitions in the weight category that is was defined in weighing.

3.5. Athletes may be weighed nude or in underwear. The athlete with the physical features that will compete in prosthesis or orthosis / orthosis with shoes must be weighed in the prostheses (without shoes or in it) or orthoses (with shoes or without it), in the card indicates the weight that was recorded on the scales. If an athlete with an amputation will participate in the competition without the prosthesis, his weighed without prostheses is indicated as "clean" the weight.

3.6. In competitions in which women are competitors, the weigh in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Male athlete may request that are weighed by the referee of their own sex.

3.7. If at the time of weighing there are recorded athletes with the same weight, and they are getting the same total at the end of the competition, they have to go through re-weighing. An athlete who weighs less gets the first place, and which weighs more - the second place. However, if after re-weighing their weight is the same, then the first place is divided between them and each of them gets the prize. In this case, following them athlete will be in third place, etc.

### 3 Order of competition

1. These officials are appointed by the organizers of the competition:

- 1.1 Speaker (referee-informant);
- 1.2 The Controller of time (the timekeeper);
- 1.3 The Secretaries;
- 1.4 The assistants on the platform;
- 1.5 Other individuals, if necessary.

2. The Round System

- 2.1. The athlete, who declared attempt with less weight, gets the right to lift first. Weight of bar can not be changed after the announcement that it was set. It is also prohibited within the same approach to set weight is less than the weight, which was approached by the previous competitor, except in rare cases - if the athlete or coach discovered establishment of incorrect weight and It did not take place the execution attempt.
- 2.2. If athletes have ordered the same weight on the attempt, in the same flight and attempt, a participant having a smaller own weight, lifts first.
- 2.3. Changing weights on the first attempt in the any lift must be no later than 5 minutes before the start of the first attempt in lift. Number of re-changing the weight is not limited.

3. Order of attempts

An athlete can not perform a second attempt, without doing the first attempt; third attempt should be preceded by the second attempt. Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in the third round. Allowed the implementation of the fourth attempt, but only after the previous three are successful, at least one attempt should be successful. The fourth attempt may be allowed by the main referee / organizers of the competition only for setting the record. The fourth attempt may be allowed at the discretion of the organizers of the competition, with no time constraints.

4. The procedure of increasing the weight of the bar between a successful attempts

During the competition, the weight of the bar must be a multiple of 2.5 kg. Increasing the weight of the bar between the first and the second attempts should be at least 5 kilograms (men), and between the second and third attempts - 2.5 kilograms.

5. Errors during the load of weight on the bar:

- 5.1 If the weight of bar was smaller than ordered, and the attempt is successful, the competitor may accept the result of this attempt, or try again with the ordered weight. If the athlete wants to try again, this can be done at the end of the round.
- 5.2 If the weight of the bar was bigger than ordered and attempt has been successful, this approach is counted. However, after that attempt, weight of bar can be reduced, if necessary to other athletes. If the attempt was unsuccessful, the lifter will be granted a further attempt at the correct weight.
- 5.3 If on the ends of the bar set a different weighting, or if there has been any change in weight on the bar or discs during the attempt, or in the platform emerged damage and attempt failed, the athlete will be granted a further attempt at the correct weight.



- 5.4 If the Speaker made mistake in declaring the weight of the bar is more than necessary for the athlete, the weight on the bar must be reduced to the ordered and the athlete is allowed to perform attempt.
6. Requirements for registration of records among athletes with physical features
  - 6.1. Competitions must be approved by the WRPf sport federation.
  - 6.2. All referees on the platform must be certified referees in WRPf federation.
  - 6.3. National records can be set on any approved competitions, under the following conditions:
    - the necessary formation of athletes with physical features in a separate division,
    - presence of all referees certified by WRPf federation (minimum one of them international or national category)
  - 6.4. Athlete / his coach / official representative of team must fill in the registration form of record. The form must be completely filled in and sent by mail or through online methods on the official website WRPf federation.
  - 6.5. Records are recorded if the "Record Standard" is fulfilled and the athlete makes a "good lift" attempt at the competition, provided that the athlete has performed at least 8 repetitions (for any age and weight category) that were counted by the referees on the platform. The "Record Standard" in the open age group is equal to the "Candidate in Master of Sports" standard, and in the age groups Sub-Junior / Girls, Juniors and Veterans 40+ "Record Standard" is equated to the sports category "I Sport Title".
  - 6.6. Only citizens of the country can set national records. For example, citizens of the Russian Federation can only set Russia's records; only U.S. citizens can set America's records, and so on.
7. Rewarding ceremony after the competition.

#### General rules

- 7.1. The procedure for awarding the athletes with physical features should be organized so that all the winners and prize-winners will be awarded in a ceremony.
- 7.2. If it possible, organizers should foresee ramps for athletes in wheelchairs and / or stairs for athletes with physical features. If it is impossible to install ramps and / or stairs, the award shall be carried out in close proximity to the podium, but in any case, not apart from it.
- 7.3. For making an award, organizers can invite a leaders of WRPf federation, guests, leading sportsmen of federation and the best athletes with physical features.
- 7.4. Master of awarding Ceremony should take into account the possibility of athletes with physical features, calling the athlete for awarding clearly, loudly and slowly, to do everything in their power so that the athletes have felt all the solemnity of the ceremony.
- 7.5. It is desirable to provide additional time for photographing athletes who are on the podium, so that they can be photographed with the Directors of WRPf federation, honored guests, top athletes and other officials of the competition.
- 7.6. The winner in the personal classification in each weight category is determined by the largest lifted weight. If the results of two or more athletes are the same, the preference is given to the athlete with the lighter bodyweight. If two athletes in the weight-in were registered with the same body weight and by the end of the competition set the same amount, the procedure of re-weighting will take place. The

higher place will take the athlete whose body weight will be lighter. If the bodyweight of the athletes will be the same, then both athletes are given the same place and the next place is not occupied.

8. Violations, according to which an athlete can be disqualified

- 8.1. Any athletes or representative, who by reason of his misconduct tries to discredit the sport, should 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. This rule is valid, even if the athlete has finished the competition. Any athlete / representative who caused intentional physical harm to a referee, an official of competition or official of WRPF federation will be immediately banned forever from participating in all competitions at the WRPF. Any athlete / representative, which causes significant damage to the equipment, on which the competition is held, or which the interfere to participate of other athletes in these competitions, will be disqualified from the competition for a period determined by the President of the WRPF sport federation.
- 8.2. Any valid referee of WRPF sport federation may be removed permanently because of actions against or in favour of an athlete.
- 8.3. If an athlete / representative causes physical harm to the official of competition, the athletes - competitors or spectators, the organizers of the competition no later than three days from the time of the incident are obliged in writing to inform the President of the WRPF sport federation indicating the names of the participants of the incident.

## 4 Referees

### 1. Referees on the platform

There should be 3 referees - the center referee and two side referees. All referees are equal against each other. Decision of referees cannot be changed and without appeal.

### 2. Responsibilities of the center referee

The center referee is responsible for giving the necessary signals for all three lifts.

### 3. Location of referees on the platform

The three referees may seat themselves in what they consider to be the best viewing positions around the platform.

### 4. Interaction of referees and assistants

The three referees may seat themselves in what they consider to be the best viewing positions around the platform without the need to bend, move and do not leave your seat (chair). A judge should not to ask assistants to shift so that he (the judge) was clearly seen an athlete how he lifted, that do not pose a security threat to the athlete. Safety athlete on the platform is placed on the first place, but the hands of assistants (insurers) should not turn a blind review.

### 5. Specificity of the refereeing

All three referees responsible for the actions that take place on the platform and actions of the athlete. However, the central judge, unlike the side judges, has no advantages with respect to certain aspects of the determination of the correctness of the exercise. So each referee is responsible for his area of review.

### 6. If an assistant blocked view for referee

If an assistant inadvertently blocked view on the lift for the referee, then the referee evaluates lift in favor of an athlete.

### 7. The referees duties

#### 4.1 Before the contest, the three referees shall jointly ascertain that:

4.1.1 The platform and competition equipment comply in all respects with the rules.

4.1.2 Bars, discs and collars are checked for weight and comply in all respects with the technical rules for 12 months prior to the competition.

4.1.3 The athletes weigh in within the limits of weight and time for their body weight category.

4.1.4 Ensure that all information concerning the existing rules, brought to all competitors and they are informed about the time of the competition.

#### 4.2 During the competition the three referees must jointly ascertain that:

4.2.1 The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with loading charts for this purpose. It is their joint responsibility.

4.2.2 On the platform the lifter's personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect he must after completion of the lift, inform the Chief Referee of his suspicions.

8. The referee actions, if he sees the errors during the lift

The referee, who noticed a mistake in the lift, must give the signal, after the ending of the lift. A referee shall not attempt to influence the decisions of the other referees, except, if an error endangers an athlete or assistants. Any an athlete have a right to lodge a complaint against (in writing) about incompetent refereeing, to the president of the sport federation WRPF, regarding the violations, which athlete noticed on competitions approved by this organization. Front office of sport federation WRPF must give a formal response on every complaint (in writing), within two weeks.

9. An athlete actions for determine of violations committed by his

An athlete with the physical features (or his coach), who got a red light, has a right resort to a referee, to clarify the reasons for why was the red light, only after the ending of his lift (before the next athlete will be invitation following it on), but not in any other period of time. A referee is obliged of clearly and briefly to comment the violation, for prevent the delay of the competition.

If the evaluation was the 2 to 1 of referee, an athlete (or representative) has the right to appeal, within one minute (if there a video of his lift, in a good quality, on which you can identify an error of referee, only). The athlete (or representative) hand over to the referee the video and a security deposit in the amount of 1 000 Russian rubles.

If the fact of erroneous decisions of the referee is acknowledged, the security deposit is returned immediately to the athlete (or representative), and the athlete is given an additional attempt at the end of the round, that going in at the moment (if before the end of this round, left only three (or less) performances of other athletes, before his additional attempt will be a break of three minutes). Evaluation in a controversial attempt can not be changed of referee.

In case, if a jury acknowledges the correct evaluation of the referee, or if on the video is impossible clearly and accurately to determine the correct lift of athlete, additional attempt is no given to the athlete, a security amount is not refundable and give to the cashier for further expenditure, to the discretion of the Chief Judge of the competition.

10. Influence a referee on the decision of the other referees

A referee shall not attempt to influence the decisions of the other referees. No circumstances should not influence on the decisions making for all athletes. All athletes should be in the same conditions.

11. Interaction between the referees

The referees may consult with each other or with any official of competition in order to accelerate the competition or bug fixes. Consultations should be short and general, so as not to interfere with the competition. The athlete is not responsible for mistakes of officials of the competition. All misunderstandings are interpreted in his favor. For referees are strictly forbidden to argue with each other during the competitions, except in places that a specially designated for this (judging room).

Referees will be uniformly dressed as following:

**Men, winter:** Dark blue blazer or jacket with appropriate WRPF badge on the left breast, trousers with a white shirt and appropriate WRPF tie. White shirt – polo is allowed.

**Men, summer:** Grey trousers with a white shirt and appropriate WRPF tie is allowed. White shirt - polo is allowed.

**Women, winter:** Dark blue blazer or jacket with appropriate WRPF badge on the left breast, skirt or trousers and a white blouse or shirt. White shirt - polo is allowed.

**Women, summer** Dress, skirt or trousers and a white blouse or shirt. White shirt - polo is allowed.

## 12. Rights of officials of sport federation WRPF

The President has the right to amend and supplement the Technical Rules, if that became necessary. He also decides on the competence of the Supervisory Board in performing its duties and has the right to disband and appoint the Supervisory Board.

The Supervisory Board makes the final decisions in all activities of sport federation WRPF.

The Panel of Referees is responsible for the testing of new judges and makes the final decision on the results of the competition in the provided of the responsible if the person of the Supervisory Board is absence. The Panel of Referees, in conjunction with the competition organizers, instructs the referees appointed to officiate the competition among athletes with physical features.

Organizers of the competition are responsible for carrying out of competitions, the appointment of judges and other personnel for the competition. The organizer of the competition is a part of the any Commission on the competition. Organizers of the competition are responsible for sending the competition results to relevant organizations, in particular to the President of the sport federation WRPF.

## **5 Insurance**

The WRPF does not provide accident, medical, or liability insurance for lifters or spectators at meets. The WRPF assume no liability for injury, damages, personal losses or death resulting at an event.

A proof of insurance is an insurance policy obtained on the time of the competition.

WRPF recommends to the organizers of the competition to provide an opportunity to insure the full competition in the amount of \$ 500 for each day of the competition.

## **6 Memberships in national WRPF**

All athletes, referees, and other officials of the competition have to be active members of their national WRP Federation on the day of the tournament.

Heads of national offices could set annual Federation membership fee (the "Fee"). The fee amount could be specified in the Competition Rules. The payment is made by athletes at the registration (during the Technical rules book WRPF Page 12 weighing procedure). Payment by the referees is made after the initial assignment of judicial category, or at the at the registration of the participants, before beginning of the referee work.

Fee is made once a year and valid through 12 months from the date of payment. After this period the fee has to be repaid.

In international competitions all the athletes and referees should be members of the national WRPF offices. If WRPF office in the current country does not exist, they should come to the national federation of the country which holds the tournament by paying the annual membership fee. The same rule applies to foreign participants, referees at any tournament of national WRP Federation.

All members of the WRPF must be entered into a one database. This database is available in every tournament at weighing secretary. Secretary have to conduct verification of participants in this database in registering participants. If athlete from other country participates in competitions and if it is necessary, organizers can request the member's database of the national department WRPF from this country.

In order to apply for opening a regional department of WRPF, you must submit your application in any form. Sending a request by e-mail [info@russia-powerlifting.ru](mailto:info@russia-powerlifting.ru) and leaving contacts for feedback.

The President of WRPF one and the only makes the decision to open a National Office.

## **7 Approval of the competition**

The organizer of the competition shall not later than three (3) months apply for running the competition sanctioned by WRPF sending a letter or via e-mail, to obtain authorization. The President of WRPF is obliged to give an answer, within five (5) days. Athletes with physical features of the first and second group of disability are exempt from any fees by order of front office WRPF.

At the discretion of the President WRPF, the organizers of the competition should reimburse representative (s) of WRPF for accommodation and travel to the venue of the competition, during the whole trip up to the moment when the representative of the WRPF leave the venue of competition.



## **8 The strongest athlete definition formula**

Formula of Glossbrenner used to determine the strongest athlete on competitions sanctioned by WRPF.

Age coefficient of McCullough (for the veterans) is can be used in competitions to determine the strongest athletes in order to ensure a level playing field for athletes with physical features of different age class.

## **9 Duties of the organizers of competition**

- 11.1 Organizers of the competition are required to be courteous and polite to all athletes, including the athletes with physical features.
- 11.2 The organizers of the competition may take part in the competition as athletes and representatives of athletes.
- 11.3 The maximum number of athletes per day:
  - One platform, Powerlifting competitions: a maximum of 70 athletes per day. If participate 50 or more athletes per the day the participants should be divided into two sessions: morning and afternoon, or three sessions: morning, afternoon and evening.
  - Two platform, Powerlifting competitions: a maximum of 140 athletes per day. If participate 100 or more athletes in the day, the participants should be divided into two sessions: morning and afternoon, or three sessions: morning, afternoon and evening.
  - Three or more platforms can be used in competitions, at the discretion of the organizers.
  - One platform, Single Lifts competitions: a maximum of 150 athletes per day. If involved 50 or more athletes in the day, the participants should be divided into two sessions: morning and afternoon, or three sessions: morning, afternoon and evening.
  - Three or more platforms can be used in Single Lifts competitions, at the discretion of the organizers.
- 11.4 The organizers of competitions may not use their position to influence the decision of referees.
- 11.5 The organizers of the competition are can not to speak in a rough tone with any of the officials of the competition, athletes and spectators.
- 11.6 The organizers of the competition must send scoresheet copy to Secretary General of WRPF by e-mail within 3 days.
- 11.7 The organizers of the competition can provide a video recording of the competition, in particular, that it was clearly visible lights of referees.
- 11.8 The organizers should not give advantage to any athlete, team or coach. They should make all the decisions, regardless of their relationship with the athletes, teams and coaches.
- 11.9 The sound of music should not prevent the participation of the athletes and for the work referees.
- 11.10 Competitors are prohibited to warm up on the equipment installed on the platform. The athlete may be disqualified if he doesn't comply with this requirement. However, the organizers must allow athletes with physical features use a platform for measurement the rack heights in the Bench Press, as well as the option to install the plinths and the possibility of using the fixing belts etc.
- 11.11 At the discretion of the President WRPF, the organizers of the competition are should reimburse representative (s) of WRPF for accommodation and travel to the venue of the competition, for the whole duration of the trip up to the moment when the representative of the WRPF leave the venue of competition.
- 11.12 All the results of weighing and sequence of performances of athletes with physical features must be declared immediately after weighing. It is desirable also to provide a regulation / competition schedule to head coach / team representative.
- 11.13 The organizers of the competition are required to draw up a list of equipment that will be used during the competition on the platform and in the warming-up room.

11.14 The organizers of the competition shall provide the athletes a chalk in the warming-up room and on the platform.

11.15 At the discretion of the organizers, on the national and regional competitions the commands of referees can be replaced by a similar command in the national language.

Note: Failure to comply with any provisions of these requirements leads to the imposition of sanctions on the organizers of the competition, including the denial to running of theirs competitions throughout the year.