

**WORLD RAW POWERLIFTING FEDERATION/ WRP**



# **TECHNICAL RULES BOOK**

*Edition 01.02.2021*

**Current technical rules 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 February 01, 2021.**

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# **I. GENERAL RULES**

- 1.1. World Federation (Association, Organization) in Powerlifting without equipment (accepted reductions WRPf / WRPA / WRPO), hereinafter «WRPF».
- 1.2. The Technical Rules book of the WRPf is the main document, which identifies basic principles of organizing and running WRPf championships. The athletes, who are performing at the competitions run by WRPf, their coaches, all the officials of the competitions, must know and abide these rules.
- 1.3. Approval of competitions and their results: WRPf recognizes only those results in a strict bicep curl that were lifted in accordance with these Technical Rules in an officially WRPf sanctioned competitions.
- 1.4. WRPf registers Russian, Europe and world records in strict biceps curl.
- 1.5. Competitive results and records are determined in kilograms.

## **II. AGE AND WEIGHT CATEGORIES**

### **2.1 Age categories**

#### **Men:**

Teenagers: from 13 to and including 19

Junior: from 20 to and including 23

Open: from 24 to and including 39

#### Masters:

from 40 to and including 49

from 50 to and including 59

from 60 to older

#### **Woman:**

Teenagers: from 13 to and including 19

Junior: from 20 to and including 23

Open: from 24 to and including 39

#### Masters:

from 40 to and including 49

from 50 to and including 59

from 60 to older

Competitive lifting shall be restricted to competitors aged from 13 years and older. The athlete must be at the minimum age on the day of the competition. The athlete who haven't attained minimum age on the day of the competition can take part in the competition only with the written permission of his parents or the child's legal representative, made in the prescribed form.

The day a Teenager turns 20 years he or she is no longer a Teenager. The day a Junior turns 24 years he or she is no longer a Junior.

### **2.2 Weight categories**

#### **Men:**

52.0 kg Class up to 52.0 kg

56.0 kg Class from 52.01 to 56 kg

60.0 kg Class from 56.01 to 60.0 kg

67.5 kg Class from 60.01 to 67.5 kg

75.0 kg Class from 67.51 to 75.0 kg

82.5 kg Class from 75.01 to 82.5 kg

90.0 kg Class from 82.51 to 90.0 kg

100.0 kg Class from 90.01 to 100.0 kg

110.0 kg Class from 100.01 to 110.0 kg

125.0 kg Class from 110.01 to 125.0 kg

140.0 kg Class from 125.01 to 140.0 kg

140.0 kg + Class from 140.01 to unlimited

**Women:**

44.0 kg Class up to 44.0 kg

48.0 kg Class from 44.01 to 48.0 kg

52.0 kg Class from 48.01 to 52.0 kg

56.0kg Class from 52.01 to 56.0 kg

60.0 kg Class from 56.01 to 60.0 kg

67.5 kg Class from 60.01 to 67.5 kg

75.0 kg Class from 67.51 to 75.0kg

82.5 kg Class from 75.01 to 82.5 kg

90.0 kg Class from 82.51 to 90.0 kg

90.0 kg + Class from 90.1 to unlimited

## **III. TEAM CHAMPIONSHIP**

### **3.1 Team competition rule**

Each official team have include a minimum of seven (7) competitors, maximum number of competitors is unlimited. Members of the team can perform in different weight categories, both in men and women. Teams shall be declared to the Weigh-In official by the end of the first weigh-in session preceding competition.

### **3.2 The system of point scoring for team championship**

Team points are awarded only for the first ten places: 12, 9, 8, 7, 6, 5, 4, 3, 2 and 1. All the participants of the competition ranked below the 10th place earn 1 point for command superiority. The only one of three teams, which gets the maximum number of points, becomes a winner in the team championship. If the numbers of team points are equal for two teams, the team which has more taken 1st places becomes a winner. In case of the same amount of 1st places in the team and the same scores amount the winner is determined by the number of 2d, 3d, 4th and so on places.

## **IV. DRUG-TESTING**

During WRPf competitions there are drug-testing operations which are conducted in accordance with the «WRPF Anti-doping rules».

Information about banned substance list and rules: <http://wrpf.pro/en/doping-kontrol/dokumenty/>.



## V. RECORDS

5.1. WRPf registers the following records:

- world
- continental
- national

There also could be registered Regional WRPf records (of the district, city or town). National and regional representative are responsible for registration and accounting of this records. Registration of region (subject of the country, city) records is not compulsory requirement by Federation.

Only the head of WRPf or official record-speaker of Federation registers world and continental records.

In the case of the establishment of continental or world records on the competitions which are held by WRPf, the Officials of national departments are responsible for providing in 7-days-deadline a protocol of the competition in established form and information about records to the governance of WRPf.

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.

- 5.2. The level of records depends on classification of the tournament. The approved status of records depends on the rank of the referees at these competitions.
- 5.3. All records are registered in each age category, weight category and have difference by sex.
- 5.4. Registration of records only takes place in the tournament sanctioned by WRPf and in full compliance with the rules of this federation and with the full accordance of the equipment, referees qualification to the rules.
- 5.5. Record attempts can be made at any attempt. If within one competition, in one category implemented several successful record-setting attempts, the record WRPf fixed the last, the heaviest weight.
- 5.6. In case when two athletes exceeded the existing record in separate lifts or in the full total by lifting the same weight, the champion will be the one who has the lower body weight. If both athletes during weighing were recorded with the same weight, the champion will be the athlete who was the first to exceed the existing record.
- 5.7. New WRPf Records are only valid if they exceed the previous record by at least by 0.5 kg.
- 5.8. Records in age categories have to be counted even if there is only one participant at this age class.
- 5.9. In case of absence of the record chart results, records are defined by the numbers set by Presidium of WRPf as a «record standard» and are accepted as records of all levels. Only athlete who exceeds «record standard» becomes a record-holder. The "Record Standard" in the open age group is equal to the "Master of Sports" standard, and in the age groups Sub-Junior / Girls, Juniors and Veterans 40+ "Record Standard" is equated to the sports category "Candidate in Master of Sports".
- 5.10. Additional record attempt may be given for athlete only in case of successful (approved by the referees on the platform) third attempt.

- 5.11. Only athletes applied and participated at the competition are allowed to try to set a record in an additional attempt (i.e. an athlete with a zero result in the first three attempts but remaining in the tournament as a guest cannot set a record in the fourth attempt). If the athlete wants to set the record in one movement, he or she must be applied in advance to this division before the start of the tournament, or, by agreement with the organizing committee, 30 minutes before the beginning of the Meet.
- 5.12. The records could be counted by age categories in the following way: depending on whether the athlete applied for the tournament – “Junior” could set a record as “Junior” and in the Open age class, «Teenagers» could set a record as «Teenagers» and in the «Open» age class, athletes from «Open» age class could set a record only in «Open» age class, «Masters» could set a record among «Masters» as well as in «Open» age class.
- 5.13. In case when the class of the tournament determines that all athletes can compete only in the Open category, despite their actual age (Teenagers, Juniors or Masters), the athletes can set a record in their actual age class.
- 5.14. Setting a new record an athlete must go through a complete check of equipment on the platform by Head Referee. This check should be done immediately after the attempt before the athlete leaves the platform.

## VI. EQUIPMENT AND SPECIFICATION

### 6.1 Platform and racks

6.1.1. The lifting should be performed on the special racks which provide support for the back, shoulders, and pelvis on a solid vertical surface. Racks should represent a structured construction which provides safety while performing exercise. All the structural elements should be rigidly fastened together. View of a special racks for a strict bicep curl:



- 6.1.2. Racks for the strict bicep curl could be installed both on the platform and on any flat surface of the floor, located within the technical area of the platform. If the lifting is performed on a platform, the following requirements apply: at least 2.46m by 2.46m, (8x8 ft) in size. The platform should not rise more than 15 cm from the stage or the floor. The surface of the platform should be flat, non-slip. It is not allowed to use a scaffold of several segments that are not fastened together.
- 6.1.3. The surface where the athlete is standing during the lifting should ensure enough adhesion of the athlete's legs with it, it should be non-slippery, firm, even, without gaps. It is forbidden to have unfastened upper coverings on it. A special marking should be made on the surface to determine the right position of the athlete's feet, which is relative to the vertical support for the back. The position is indicated in paragraph 8.10 of the current rules. A coating of soft, prodigious material, such as compressed rubber crumb with over 10 mm thickness, is prohibited. The special platform should be covered with marking (line) at a distance of 25 cm from the vertical support pillar.
- 6.1.4. The vertical back of the rack is a board or plywood covered with a fabric with a soft lining inside. The lining inside should not be more than 20 mm. The backrest should have the height not less than 1,800 mm above the floor, the width is not less than 700 mm. It is allowed to have the lower edge of the back beginning not from the platform on which the athlete stands, but at a height not higher than 600 mm from it. The reinforced emphasis should be set behind the back. It should provide a fixed position during the lifting.
- 6.1.5. During the lifting it is prohibited to have any persons other than the athlete, assistants, three judges and other officials on the platform if necessary.
- 6.1.6. During the exercise on the platform, the presence of other persons except the athlete, assistants and three judges is prohibited.
- 6.1.7. Any actions to clean or install the platform should be carried out by assistants only.

6.1.8. There should be a pedestal for awarding athletes during all national, masters and international competitions.

6.1.9. For the safety of competitors and spectators who present at the competition, the competition area should be separated around the perimeter with a rope / ribbon, etc.

## 6.1 Bars and collars

6.2.1. During WRPF competitions only those bars and collars are applicable which ensure the safe execution of exercises.

6.2.2. The bar should be factory made, EZ or WZ type, clean from rust, have a good notch, knurling. The collars are used to fix the weight on the bar. They must ensure reliable fixation of the disks on the bar.

6.2.3. Bar and collar must meet the following general requirements:

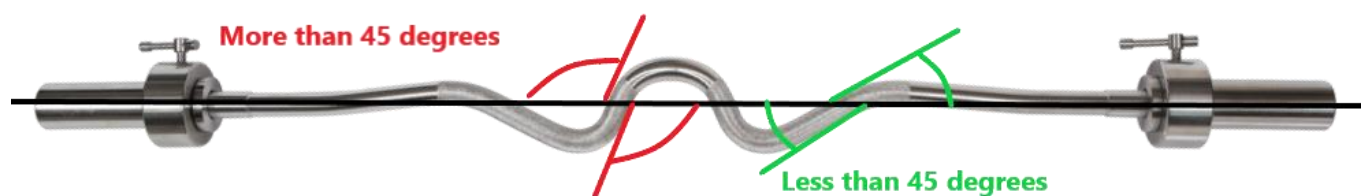
- the total length of the bar should be from 1200 to 1500 mm;
- the distance between the inner ends of the bar should be at least 900 mm;
- the diameter of the bar should not exceed 30 mm or be less than 25 mm.
- the weight of the bar with collars should be equal to 12.5 kg;
- permissible error of the weight of the bar and collars  $\pm 0,25\%$  of their permissible weight.



The value of the bend, for which the bar can be grabbed during the exercise, should not exceed 45 degrees from the longitudinal axis of the bar.

It is permissible that some sections of the bar have a greater bend, but in this case, during the lift, the athlete cannot grab the bar for this area.

You can find permissible angles in the photo:



## 6.2 Discs

Discs used in competitions WRPF must meet the following requirements:

6.3.1. All discs used in competition must be created on factory production, there shouldn't be no chips, cracks and other defects which can affect on their safe usage;

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

- 6.3.3. The hole size in the middle of the disc must not exceed 53 mm or be less than 51 mm.
- 6.3.4. Discs must be within the following range: 0,25 kg, 0,5 kg, 1 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25 kg. Discs 50 kg are permitted for use.
- 6.3.5. Discs weighing 25 kg must not exceed 6 cm in thickness. Discs weighing 20 kg and under must not exceed 5 cm in thickness. These are the rules for metal discs, not rubber-coated.
- 6.3.6. Discs must be colored as the following: 0,25 kg; 0,5 kg; 1,25 kg; 2,5 kg; – any monochromatic color; 5 kg – white; 10 kg - green, 15 kg - yellow, 20 kg - blue, 25 kg - red, 45 kg - gold, 50 kg - green. Acceptable to use disks of other color only in agreement with the head of the national branch of the federation.
- 6.3.7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
- 6.3.8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
- 6.3.9. The diameter of the largest discs shall not be more than 45 cm. The diameter of the discs of 50 kg, 25 kg and 20 kg must be strictly 45cm.
- 6.3.10. Rubber discs are acceptable provided there is a minimum of 5 cm from the outside of the collars to the end of the bar, for spotter grip outside of the discs.

### **6.3 Lights**

- 6.4.1. A system of lights shall be provided to let the referees make known their decisions. A system of lights should have an information board with three white signals and three red signals located in a horizontal row and also one panel for each of the three referees on the platform. Also judicial board should have a two-tone alarm sound. Alarms and evaluation have to be visible to the referees on the platform, to the jury, to the secretary, athlete speaking on the platform and to the audience.
- 6.4.2. When a referee detects an infraction he activates his control. Each referee will control a white and a red light. These two colors represent a “good lift” and “no lift” respectively. Additionally, in case of «no lift», when referees give signals they have to use error information card, more about this see at chapter 2.9 of the Rules.
- 6.4.3. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees.
- 6.4.4. The referees are obliged to monitor the correct completion of the athlete’s competitive movement. In case of breaking the rules the referee has the right to enable the remote optical signal before completing the lift. When most of referees turn on the remote control, there is an alarm that informs the athlete that his attempt is failed.
- 6.4.5. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”. In case of having no flags referees show their decisions by hand gestures. The thumb lifted upwards - «good lift», thumbs down - «no lift».

## **6.4 Clocks**

- 6.5.1. The timer (stopwatch) is used to set a time limit, after calling the athlete on the platform, and before the start of the lift.
- 6.5.2. The timer must be placed within the overall visibility of the referees on the platform, secretary, jury, spectators and athletes in the exit area on to platform. There should be a information board on which is visible countdown allotted for athlete output.

## **VII. PERSONAL EQUIPMENT**

Organizers do not make equipment check. It is fully under the athlete and his coach responsibility to show the costume/equipment in accordance with the rules. Any item, which is worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent or offensive to the spirit of the competition must be rejected before the athlete is permitted to lift. Informing athletes about acceptable equipment (if any) begins within one hour, but no later than half an hour before the start of the competition. If the athlete was successful in a new record, the Head referee have to check personal equipment, device etc. immediately. If referees or organizers find out the use illegal wraps or clothing, the lift shall be declared as “no lift” and the athlete may be disqualified from the competition.

### **7.1 Suit**

- 7.1.1. The suit shall be one-piece and must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- 7.1.2. Any seams, trims or other details which, in the opinion of the members of the Technical Committee, the jury and in case of their absence, referees, applied in suits exclusively to enhance or consolidate are cause for prohibiting the use of such suit at the competition.
- 7.1.3. The suit shall be form fitting without any looseness when worn.
- 7.1.4. The suit straps must be worn over the lifters shoulders at all times in all competitions.
- 7.1.5. The lifting suit must conform to the following specifications:
  - Can be created in any color, be monochrome or multicolored.
  - The suit may bear the logos or emblems - of the lifter's nation - of the lifter's name - of the lifter's club or individual sponsor.
  - It is prohibited to have prints or labels with offensive or discrediting the sport slogans.
- 7.1.6. Seams and hems must not be wider than 3 cm and a thickness of 0.5 cm. The seams may be covered or reinforced narrow band of stretchable fabric material is not more than 2 cm in width and 0.5 cm in thickness. Only weightlifting or wrestling suits may have seams and hems exceeding 3 cm in width. Also in suits in the crotch area may be two layers of the same with itself suits material no larger than 12 x24 cm.
- 7.1.7. The suit must have legs, the length of the outer side of which may reach 25 cm, but the length along the inner side of leg from middle of crotch shall not be less than 5 cm and not more than 15 cm. Measurement is made from passing through the top of the crotch seam along the inside of the leg.
- 7.1.7. Do not use suites with:
  - sleeves of any length.
  - any fasteners or other parts from metal, plastic or other materials that may cause injury or damage during the completing the movement.
  - it is forbidden to sew on material residues, if the straps of suit was stitched.

7.1.9. Others suits, that are not accepted by these Rules, are not allowed for use in competitions.

## **7.2 T-Shirt**

7.2.1. A t-shirt must be worn under the lifting suit by all lifters. Also women can wear under the t-shirt the bra or top, provided that it has no additional support. You can wear only one a T-shirt at the same time.

7.2.2. The t-shirt must conform to the following specifications:

- T-shirt must be made only of cotton and / or polyester. T-shirts consist of any rubberized stretch material use is prohibited. Also, denim and canvas prohibited.
- The shirt must not have any reinforced seams or pockets, buttons, zippers or V-neck collar.
- The shirt must not have reinforced seam.
- The shirt must have sleeves. Those sleeves must terminate below the lifter's deltoid and must not extend onto or below the lifter's elbow. The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- T-shirt can be an officially branded t-shirt of a competition, or may bear the logo or emblem of the lifter's nation, the lifter's club or individual sponsor.
- T-shirt must be to sit free on the athlete what is guaranteed not to give him any physical support.

## **7.3 Belt**

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

7.3.2. The belt 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.

7.3.3. It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.

7.3.4. The buckle shall be attached at one end of the belt by means of studs and/or stitching.

7.3.5. The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever.) A tongue loop shall be attached close to the buckle by means of studs/or stitching.

7.3.6. Permissible to place on the belt any inscriptions or drawings that are not abusive and did not discredit the sport.

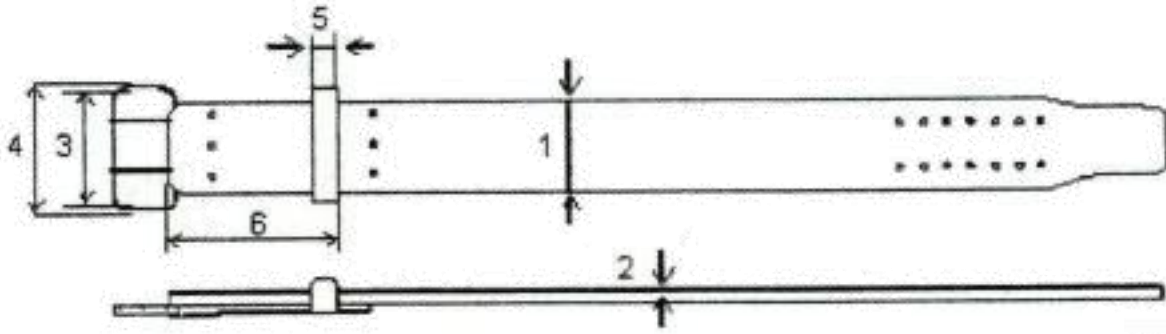
Dimensions:

1. Width of belt maximum 10 cm. (1)
2. Thickness of belt maximum 13 mm along the main length. (2)
3. Inside width of buckle maximum 11 cm. (3)
4. Outside width of buckle maximum 13 cm. (4)



5. Tongue loop maximum width 5 cm. (5)

6. Distance between end of belt and far end of tongue loop maximum 15 cm. (6)



## 7.4 Shoes or boots

7.4.1. Shoes or boots must be worn while during completing the lifts.

7.4.2. Forbidden to use shoes with metal spikes or strips, pads.

## 7.5 Wrist wraps

7.5.1. Wrists wraps shall not exceed 1 m in length and 8 cm in width.

7.5.2. Using more than one wrap on one hand at the same time is prohibited.

7.5.3. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one meter length.

A loop may be attached as an aid to securing.

7.5.4. The loop shall not be over the thumb or fingers during the actual lift.

7.5.5. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

## 7.6 General

7.6.1. No substances may be applied to the equipment and to the platform.

7.6.2. 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.

7.6.4. Powder shall be used on platform only.

## **VIII. RULES OF PERFORMANCE**

- 8.1. The athlete is facing the front of the platform.
- 8.2. Only reverse (outer) grip is permitted, palms up and forward. The thumb should grab the bar from the outside to the castle. The grip width can be any of a kind, the main thing is that this does not interfere with the technically correct movement.
- 8.3. The capture of the bar can be carried out over sections whose bends do not exceed 45 degrees from the longitudinal axis of the bar.
- 8.4. The athlete independently removes the bar from the racks, without a judge's command. After removing the bar from the rack, the athlete must move back to the wall in order to get the initial (starting) position: Legs should be flat on the platform and straightened at the knees. Athlete's heels should be located no closer than 25 cm from the vertical stop. The top of the back and buttocks of the athlete should be closely pressed against the vertical emphasis. This position should be maintained throughout the entire movement. The projectile should be located in the athlete's hands, hands should be fully extended at the elbows.
- 8.5. The athlete must wait in the starting position for the signal of the chief referee. A signal will be given as soon as the athlete takes a fixed position and the bar is correctly positioned. The signal of the chief judge consists of a movement of the arm up and the voice command "Curl"
- 8.6. After the command of a senior judge, the athlete curls his arms to the position of fully bent arms in the elbow joint. In the final position, the bar is in bent arms at the level of the athlete's throat or chin.
- 8.7. During the lift, the use of legs (hips) or the body is not allowed to create a push to complete the exercise. As well as moving up the shoulders with the help of the trapezius (shrugs with shoulders).
- 8.8. When the bar is stable and the athlete has reached the final position, the senior referee gives a signal by moving his hand down with a "Down" command. The athlete releases the bar after a team of senior referees. Letting go of the projectile with the team is a mistake in accepting the final position.
- 8.9. Any movement of the bar up or any intentional attempt to raise the bar is considered a used attempt. However, if the athlete started the movement without the "Curl" command, and did not take the final position, he can take the starting position again and wait for the command to start the exercise, complete the attempt.
- 8.10. The beginning of the exercise is the command of the senior judge - "Curl" ("Curl"), the end of the command - "Down" ("Down").

### **Causes for Disqualification of the Strict Curl:**

1. Any movement of the bar. Any movement of the bar down, after the start of the movement, until it reaches the final position and the "Down" command is given. Or more than one attempt to lift the weight after the "Curl" command.
2. A mistake in accepting the final position and simultaneously with the command of the senior judge "Down", to let the bar down.
3. Error in the adoption of the starting position.
4. Failure to comply with the signals of the central judge regarding the beginning and end of the lift. Except as described in paragraph 5.13 of these rules.
5. Separation of the top of the back or buttocks from the upright during the entire exercise.
6. Bouncing (indenting) the bar from the hips to facilitate lifting the bar.

7. Any use of the legs (hips) or body to create a push to complete the exercise. As well as lifting the shoulders up with the help of the trapezius (shrugs with shoulders).
8. Bending the legs at the knees, as well as any steps or detachment of the foot, including partial detachment of the foot from the floor.

## **IX. WEIGHING IN**

- 9.1. Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. The meet director may schedule regular weigh in times during the 24 hour period. The first weighing in session lasts an hour and a half minimum. Second weighing in session is held two hours before and is completed a half of an hour before the start competing appropriate weight class. These two sessions are mandatory. Additional sessions are possible by decision of Organizing committee. Information about all sessions should be brought to the attention of athletes and coaches.
- 9.2. All athletes in the category/categories must be weighed during one of two mandatory or additional (if so provided) sessions, which are carried out in the presence of at least one certified WRPf referee.
- 9.3. Schedule of weighing in is established in the regulations and it is a mandatory part of it.
- 9.4. Weighing in of each participant held in separate room behind closed doors or a screen, where the participant is, his coach or manager and referee or appointed official.
- 9.5. Athletes should be weighed naked or in underwear (briefs for men; bra and panties for women). Weighing in must be conducted by officials of the same sex as the athlete. In this case can be appointed additional officials having a corresponding category of referees.
- 9.6. To establish the order a draw must be conducted on the weighing in. A draw determines the order of the access to the platform during the competition, when athletes order in their attempts the same weight. In the case of an automated system of the competitions conduct (program)is using, a draw determines the program.
- 9.7. Each athlete is weighed only once. Re-weighing is allowed only to those athletes, whose own weight was less or more than the permissible limits of the weight category. These athletes must return to weigh-in and be weighed again on one of two mandatory sessions, before the end of the last weighing session for the one and a half hours for this category, other way they will be excluded from the competition in this weight class. Athlete, who trying to correct weight, can weighing many times, but in time for this weight class.
- 9.8. If weight of athlete exceeds border of weight class, he can go to the next, heavier weight class. This athlete must weigh-in in time for next weight class, if it establishes by the regulations. Athlete must match for all established qualification standards of this competition. Qualification check is performed in the presence of the athlete. If weight of athlete is lower of border of weight class, he can go to the next, lower weight class, provided that the procedure for weighing this weight class is not over yet. Qualification check is performed in the presence of the athlete.
- 9.9. Official weight of athlete, which is recorded in the protocol, will be fixed with rounding up to 100 grams.
- 9.10. Participants of age categories “Teenagers”, “Juniors” and “Masters” may declare their participation or reconsider in “Open” category without additional weigh-in, or be weighed again if they wish.
- 9.11. At the weigh-in the athlete's data are entered in the participant's cards or in tournament program. Required to include following information:
  - Name and surname of an athlete;
  - Division, which athlete competing;
  - Birth date, age and age category;

- Country, region and city;
- Weight of athlete after weigh-in and weight class;
- First tries in all lifts;
- Wilks coefficient value;
- Team;
- Name and surname of coach;
- Draw number
- -A form about accepting responsibility in the event of injury or an accident that occurred due to the fault of the athlete;
- Contacts of an athlete (telephone number, post address and e-mail);
- Date of Filling in and signature of athlete;

9.12. The secretary at weigh-in should correctly enter the information, and athlete should check correctness of all entered data. After signing of the participant's card an athlete assumes responsibility for the reliability of all data in it. The participant's card is an official document of tournament.

9.13. Registration and weighing of participants are made only upon presentation of a document certifying the identity of an athlete.

9.14. On any session of weigh-in can be appointed mandatory equipment check. This information must be published in the statement of the tournament. In other way equipment check is not mandatory on weigh-in, but athlete may ask referee to check his equipment.

9.15. When athletes from different weight classes weighing on one session, athletes, who compete after 2 hours of current time, have priority. Other way, athletes determine queue.

9.16. In case of severe weather or emergency situations in the competition area, time of weigh-in may be extended by decision of technical secretary or jury member.

# **X. ORDER OF COMPETITION**

## **10.1 The Round system**

- 10.1.1. All competitors are distributed by round according to the rules of the tournament. Every round consists of three attempts for each athlete in each lifts. According of rounds and attempts queue must comply with the rules given in this chapter.
- 10.1.2. If there are more than 20 athletes on competition, they must be separated into few rounds with an approximate number of participants. In one round must be no more than 20 athletes.
- 10.1.3. The round may include one or several weight classes, by the opinion of organizer. Rounds must be classified by numbers or letters.
- 10.1.4. Rounds are formed by weight and age classes by increasing the declared weight in the first attempt. Athletes of the lightest weight classes with the lowest first attempts are forming first round (Round 1). Next rounds forming by ascending weight classes and weights of first attempts.
- 10.1.5. If number of participants in one round less than 10, an added time should be provided in the end of each round: 9 athletes – 1 minute, 8 athletes – 2 minute, 7 athletes – 3 minutes and so on: 1 minute more for 1 athlete less. Tournament secretary must make an announcement about that breaks and turn on a timer after the last athlete in the round. За минуту до его окончания, секретарь на помосте должен объявить минутную готовность.
- 10.1.6. In each round a bar weight is set from smallest to largest (in accordance with the existing applications of athletes). Weight can makes less only after mistakes. Each athlete makes first lift in the first round, second lift in the second round and third lift in the third round. All record lifts will be after the third round for each lifts.
- 10.1.7. Athlete can change the first attempt weight only one time in each lifts. Weight can be increased or decreased, after that order of lifts in round must be changed. The change of the weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight by the speaker.
- 10.1.8. If two athletes declared the same weight, athlete who have less draw number lifts first.
- 10.1.9. Time to attempt is one minute. Time to attempt starts after a signal of a referee "the bar is loaded".
- 10.1.10. If attempt failed by a bar loading mistake, should be given an additional attempt with declared weight in the end of round. If wrong weight loaded and it checked by athlete before he start to lift, he can continue a lift after mistake fix or take additional attempt in the end of a round. If an athlete is the last in this round, 5 minutes adds to his next attempt.
- 10.1.11. An athlete must to declare the second and the third attempts in one minute after his lift. If next attempt not declared, 2.5 kg automatically added to last attempt weight. If last attempt was not good and athlete was not declaring a next attempt weight, he will repeat this weight in next lift. Responsibility for weight declaring lies on an athlete.
- 10.1.12. Weight of the third attempts can be changed twice.
- 10.1.13. Minimal weight change is 2.5 kg.

## 10.2 The officials

- a) Speaker/Announcer - a national or International referee (preferably) who is able to converse in English and that of the host nation.
- b) Technical Secretary - an International Referee preferably able to converse and write in English and that of the host nation.
- c) Time Keeper (a qualified referee).
- d) Marshals/Expeditors.
- e) Secretaries.
- f) Spotter/Loaders.
- g) Additional officials may be appointed as required, e.g. doctors, paramedics etc.

### Responsibilities of the Officials are:

#### 10.2.1. Speaker/Announcer:

- The speaker is responsible for the efficient running of the competition.
- He acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and, if necessary, lot number. He works with the protocols and participants' cards.
- He announces the weight required for the next attempt and the name of an athlete.
- Additionally the speaker announces, in order, the three lifters succeeding the lifter on platform.
- When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker. When the Speaker announces that the bar is ready and calls the lifter to the platform, the clock will begin. To clarify, - when the Speaker announces that the bar is "ready/loaded", then the lifter is committed to the attempt. Attempts announced by the speaker must be displayed upon the scoreboard erected in a prominent position, with the lifters names in order of lot number.

#### 10.2.2. Technical Secretary:

- The Technical Secretary is responsible for compile the Jury, Referee and the other officials schedules from the names of those referees declared available for duty throughout the competition.
- If a full jury of three people is not required, he can be the one responsible for enforcing WRPf rules. If the technical secretary is absent from the competition, then the official of the highest status must fulfill his duties.
- He is responsible interact with all the personnel of the competition, with the referees and athletes, resolve any disputable issues, referring to the technical rules.
- He is responsible to check and monitor compliance with the technical requirements for hosting WRPf tournaments, the availability of all necessary documentation in the tournament

- He is responsible for registering the new records and collecting information for the preparation of documents.

#### 10.2.3. Time Keeper:

- The time keeper is responsible for accurately recording the lapse between the announcement that the bar is ready and the lifter starting his attempt.
- He is also responsible for recording time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. The only exception is if the referee checks the equipment of the athlete, after setting a new record. Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of the lift, or at the discretion of the Chief Referee. Consequently, it is of great importance that the lifter or his coach check the height of the racks prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one minute allowance.

The lifter is allowed one minute (or two, for Professional) to start his attempt after the Speaker calls the lifter to the bar.

#### 10.2.4. Marshals/Expeditors:

- They are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information without delay to the speaker. The lifter is allowed one minute between completing his last attempt and informing the speaker, via the marshal, of the weight required for his next attempt.
- They are responsible control compliance with the rules of athlete equipment in the warming-up zone. If an attempt is found to violate the requirements for the equipment, for example: use a few wrist wraps, etc., they are must immediately indicate to the participants (or his representative) who violates the rule. If this is not possible, then inform the Chief Referee or the referee on the platform.

#### 10.2.5. Secretaries:

- They are responsible for the weighing and registering participants, competitions, recording all results and providing signatures of three judges on the records of the competitions, records of new records and other documents requiring signatures.
- They are responsible for prepare the award ceremony. Also they are printout of diplomas of winners of personal, absolute and team championships. As far as possible, the functions of the Speaker and the Secretary should be distributed among several official representatives. And, they are responsible for admission of the referees to the WRPf competitions.

#### 10.2.6. Spotter/Loaders:

- They are responsible for the safety of the athlete, and provide him with immediate assistance in case he cannot overcome the declared weight during the lift.
- Spotter/loaders are responsible for loading and unloading the bar, adjusting racks as required, cleaning the bar or platform.



- All the spotters should work together as a team, and should be neatly dressed in a clean uniform, including in tournament T-shirts.
- All the spotters must inform the chief referee of any malfunctions in the equipment so that they can assess the problem and take the necessary measures to solve it.
- At no time shall there be less than two or more than six spotter/loaders on the platform.
- When the lifter prepares for his attempt, the spotter/loaders may assist him in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time that elapses between the commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the spotter/loaders may, either at the request of the Chief Referee or the lifter himself, step in and relieve the lifter of the bar. If the lifter himself is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of his own, he shall be awarded another attempt at the discretion of the Referees and Jury at the end of the round.
- Any additional spotter that an athlete may need must be selected before the competition and be instructed by the spotter 30 minutes before the start of the competition. Additional spotter should be available to all athletes in all types of lifts.

## **10.4 General rules**

- 10.4.1. During any competition taking place, only the lifter and his coach, members of the Jury, officiating referees and spotter/loaders will be allowed to be present around the platform or on the stage. During the execution of a lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Chief Referee in charge. The selection of a zone for coaches should be made in such a way that each coach can choose within this zone a convenient place to observe the performance of the exercises and provide instructions and signals to the athlete regarding technical details. At the same time, it must not interfere with the work of referees, juries, secretaries and spotters. Photo/video reporters also can be admitted on the platform by agreement.
- 10.4.2. The form of coaches' clothes at international competitions is a national team's sports suit, plus a national team's T-shirt or T-shirt, approved by WRPF. In case of violation of the established form of clothing, the Chief Referee or the jury may prohibit the coach from being at the venue of the competition.
- 10.4.3. A lifter shall not wrap or adjust any part of his costume or equipment while on the platform. The only exception to this rule is that he may adjust his belt. Items such as inhalants, ammonia caps, etc. cannot be utilized on the platform.
- 10.4.4. In all WRPF recognized competitions, the weight of the barbell must always be a multiple of 2.5kg. The progression must be at least 2.5kg between all attempts. The weight shall always be announced in kilograms.
- 10.4.5. In a record attempt, the weight of the barbell must be at least 500 grams in excess of the current record.
- 10.4.6. During the course of the competition, a lifter may request a record attempt that is not a multiple of 2.5kg, but is to be attempted within his prescribed attempts.
- 10.4.7. Record attempts may be taken on any or all of a lifter's prescribed attempts provided that they

maintain a minimum increase of 500 grams.

- 10.4.8. The athlete can make permitted additions to the weight of the bar less than 2.5 kg for attempts to set a record, only speaking at competitions corresponding to the planned record for the division and the weight class. However, if the athlete performs in an open age category, but by age is a teenager, junior or veteran, he can set a record in only his age category.
- 10.4.9. In the case where one athlete has ordered a weight that is not a multiple of 2.5 kg for the next round, in order to establish a new record, and another one performing in the same age and weight category after that shows a higher result, then the weight declared by the first athlete must be Changed to the nearest weight, a multiple of 2.5 kg.
- 10.4.10. The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. His decision will be given to the speaker who will make the appropriate announcement.

#### **Examples of errors in setting the weight of the bar:**

- If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.
  - If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
  - If the loading is not the same on each end of the bar; or any change occurs to the bar or discs during the execution of the lift; or the platform is disarranged, if despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5 kg, then the lower closest multiple of 2.5 kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt. Further attempts may only be taken at the end of the round in which the error occurred.
  - If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the same decisions as for errors in loading.
  - If for any reason it is not possible for the lifter or his coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses his attempt because the speaker omitted to announce him at the appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take his attempt, but only at the end of the round. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- 10.4.11. Three unsuccessful attempts in any exercise automatically exclude the athlete from the competition in the total score.
- 10.4.12. The spotters should not help the athlete in taking the starting position in any of the lifts, their assistance is allowed only with the initial removal of the bar from the racks.
- 10.4.13. On the completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees. The only exception to this rule is if a lifter's equipment is being inspected after a record

attempt. The lifter is required not to leave the platform for this inspection to certify the records attempt.

- 10.4.14. If, during warm up or competition, a lifter suffers injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardize the competitor's health and well-being, the official doctor, Meet Director, or Chief Referee has the right to examination. If considered inadvisable for the lifter to continue, the lifter and / or their coach will be notified of the decision and the lifter will be removed from the meet.
- 10.4.15. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed Contest Officials. This should be in advance of the start of the lifter's Flight. The lifter, Contest Officials, and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb, or joint abnormalities that prevent proper straightening or extension, are examples for such special considerations.
- 10.4.16. It is considered a verbal warning if any official contacts and corrects a lifter prior to, or after a lift, about a technical portion of their lift, a rules violation, or about any equipment violations they may have. If the lifter repeats the violation it is mandatory that their lift will be turned down by all three officials. If an official gives any lifter a verbal warning to a lifter, they must immediately inform all other officials on the platform that an official warning was given, and the reason for it, so the three officials can work together as a team at all times. A repeated violation by a lifter will result in a mandatory red light by all officials.
- 10.4.17. Blood or particles of skin caught on the bar or platform, it is recommended to clean off with the solution of antiseptic or alcohol to avoid infection.
- 10.4.18. Any lifter or coach, who by reason of his misconduct before, during, or after the competition is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Meet Director or Head Referee may disqualify the lifter and order the coach to leave the venue. This includes any lifter, coach, or the lifters support personal, from arguing, using foul language, or becoming abusive with any Referee or official about the outcome of any lifts, or the legality of equipment determinations.
- 10.4.19. The jury or referees may by their majority decision immediately disqualify an athlete or official if they believe that the violation of the rules is serious enough to entail an immediate disqualification rather than a warning.
- 10.4.20. In the case of a decision "2 to 1" referees, the athlete or his representative has the right to appeal to the jury within one minute (if there is a video recording of his attempt of appropriate quality, on which you can determine the error of the referees). Together with the video material, the sportsman or his representative will give the jury a deposit amount of 1,000 Russian rubles. If the jury recognizes the fact of the erroneous decision of the referees, the deposit is immediately returned to the athlete or his representative, and the athlete is given an additional attempt at the end of the round currently in progress (if, up to the end of this round, three other athletes or less, Who filed an appeal, acted as the last in the approach, then before his additional attempt a break is given for three minutes). Decision of the referees in a controversial attempt is not subject to change. In the case that the jury recognizes the referees' assessment is correct, or the video cannot unambiguously and unmistakably determine the correctness of the athlete's approach, an additional attempt is not given to the athlete, the lien is not returned to the athlete and transferred to the cashier for further expenditure at the discretion of the Chief Referee of the competition.

10.4.21. Within a 30 day period of all WRPF sanctioned meets should clear and credible video of any record lift become available to the WRPF that demonstrates a lift was misloaded it will be reviewed by the Executive Committee. If the bar was determined to be under loaded the correct weight will be credited. If this amount is still a new record, the record will be awarded at the new lower amount. If the bar was determined to be overloaded the correct weight will be credited and the new record will stand at the correct amount of weight as determined by the Committee.

10.4.22. The order of awarding.

All athletes must attend the award ceremony. If the athlete is absent the award is not guaranteed.

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.

## **XI. REFEREE**

- 11.1. The referees shall be three in number, the Head Referee or Center Referee and two side referees.
- 11.2. The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief Referee must always bear in mind the need to be visible to the lifter. Side referees should not sit strictly from on each side from the athlete. Because the discs on the bar will close the view on the athlete's.
- 11.3. The referees are responsible for the qualitative and timely evaluation of attempts.
- 11.4. The referees supervise observance of rules of competitions and performance of lift.
- 11.5. The Chief Referee is responsible for giving the necessary signals for all three lifts. The side referees can give a signal to the Chief Referee if they see from their point a violation in taking the starting position by the athlete.
- 11.6. Before the contest, the three referees shall jointly ascertain that:
  - 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 or collars.
  - The scales work correctly and are accurate.
  - The lifters weigh in within the limits of weight and time for their body weight category.
  - The lifters costumes and personal equipment comply with the rules in all respects.
- 11.7. During the contest the three referees must jointly ascertain that:
  - The weight of the loaded bar agrees with the weight announced by the speaker. Referees may be issued with bar loading charts for this purpose or a computer generated bar loading software may also be used and projected on a screen that is in a clear and visible location, from the platform, for the three referees.
  - On the platform the lifter's personal equipment complies with the rules. If any referee has reason to doubt a lifter's integrity in this respect he must after completion of the lift, inform the Chief Referee of his suspicions. The president of the Jury may then examine the lifter's personal equipment. If the lifter is found to be wearing or using any illegal item other than that which may have inadvertently been passed in error by the examining referees, the lifter shall be immediately disqualified from the competition. If wearing any illegal item passed in error by the examining referees, and the lift in which the discovery was made is successful, the lift will be rejected and then the lifter will be granted a new attempt (having removed the illegal item) at the end of the round.
  - In cases of minor disruption in the equipment, the athlete's attempt may be counted. In this case, he is issued a warning so that this violation has been eliminated to the next approach. If such a violation is found before the approach begins, the judge should ask to correct this violation. However, the time allotted to the athlete does not stop at the approach.
- 11.8. Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a "good lift" and red for "no lift". The cards will then be raised to indicate the reason for the "no lift".

- 11.9. The lifter or their coach may request the reason for a "no lift" decision from any of the Referees immediately following their lifters attempt. Such request must be made before the next lifters attempt begins, so as not to interfere with the progression of the competition.
- 11.10. Referees shall abstain from commentary and not receive any document or verbal account concerning the progress of the competition.
- 11.11. A referee shall not attempt to influence the decisions of the other referees.
- 11.12. The impartiality of referees cannot be doubted, but a mistake in refereeing can be committed in good faith. In such a case, the referee shall be allowed to give his explanation for making the decision, which is the subject of his receiving a warning.
- 11.13. If a serious mistake occurs in the refereeing which is contrary to the technical rules, the jury may take appropriate action to correct the mistake. They may at their discretion, grant the lifter a further attempt.
- 11.14. The referees decide on the legitimacy of record attempts, conduct re-checks of equipment of athletes who have made a record attempts, directly on the platform (not allowing the athlete to leave the competition zone, until the end of the check).
- 11.15. The Chief Referee may consult with the side referees, the jury or any other official as necessary in order to expedite the competition.
- 11.16. The Chief Referee may, at his own discretion, instruct to clean the bar or platform. If the athlete or coach to ask to clean the bar or platform, that this request should be directed to the Chief Referee, and not to the spotters on the platform.
- 11.17. Change the referee team in the process of competing one Round is forbidden. Except when the qualifications of the referees are not sufficient to register a record attempt. It is desirable that worked one referee team at the one and the same lift in different categories.
- 11.18. The selection of a referee to act as Chief Referee in one category does not preclude his selection as a side referee in another category.
- 11.19. Cell phones or other similar electronic devices are not allowed to be used while judging.
- 11.20. Referees should be uniformly dressed as follows:

**Men, winter:** Black/Dark blue blazer and black/dark blue trousers with a white shirt.

**Men, summer:** Black/Dark blue trousers with a white shirt.

**Women, winter:** Dark blue blazer and black/dark blue skirt or trousers and a white blouse or shirt.

**Women, summer:** Black/Dark blue skirt or trousers and a white blouse or shirt.

The referees of tournaments WRPF must have the appropriate distinctive signs, chevrons. Only black shoes, boots, or tennis shoes (no sandals or open toed shoes) are allowed. All apparel items will be neat and clean at all times.

11.21. Examples of faults that should be considered a minor oversight are:

- Thumb loops not being removed prior to the lift.
- The leg length of the singlet exceeding proper requirements.

11.22. Examples of infractions that must be corrected prior to the lifter making their attempt are:

- The lifters suit/singlet straps not being worn over their shoulders.
- Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth (e.g. hats, rubber elbow sleeves, etc.)
- Lifters not wearing a t-shirt.

11.23. Examples that should be considered a purposeful attempt to cheat are:

- The use of more than one lifting suit or any suit that has been altered beyond the specs within the rulebook.
- Wearing more than one pair of underwear or illegal support briefs.
- The use of more than one shirt or an illegal supportive shirt or illegal undershirt.
- The use of more than one pair of wraps, more than one ply (wraps sewn together) or wraps over regulation length.
- Any additions such as body wraps, towel inserts, bracing, etc. Presence of oil, grease, liquids, or lubricants other than chalk or approved powder.

11.24. The referees of WRPf tournaments whose activities will be deemed unsatisfactory must be suspended from the performance of judicial functions until the moment of recertification.

The conditions for the removal of referees are:

- Improper adherence to the conditions of refereeing, specified in these rules.
- Biased judging, actions in favor of one or more athletes to the detriment of the rest of the tournament participants.
- The performance in WRPf competitions of action or actions discrediting their reputation in relation to any states, nations, races, individuals or legal entities.

## **XII. BEST LIFTERS**

Best Lifters are defined by the Wilks coefficient in each age category among all weight categories. While calculating points in “Masters” category additionally applies McCullough formula.

The final result of the participant in kg is multiplied by this coefficient, and this result (point) became a criterion for comparing athletes and ranking athletes among absolute winners. Athlete who get the maximum amount of points became a winner. Other places are ranked in decreasing order of number of winner's points.



## **XIII. INSURANCE**

The WRPf does not provide accident, medical, or liability insurance for lifters or spectators at meets. The WRPf assumes no liability for injury, damages, personal losses or death resulting at the event. A proof of insurance is an insurance policy obtained during the competition.

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