

Men

53.0kg class: up to 53.0kg (this class only applies to sub-junior and junior lifters)

59.0kg class: up to 59.0kg

66.0kg class: from 59.01kg up to 66.0kg

74.0kg class: from 66.01kg up to 74.0kg

83.0kg class: from 74.01kg up to 83.0kg

93.0kg class: from 83.01kg up to 93.0kg

105.0kg class: from 93.01kg up to 105.0kg

120.0kg class: from 105.01kg up to 120.0kg

120.0+kg class: from 120.01kg up to unlimited

Women

43.0kg class: up to 43.0kg (this class only applies to sub-junior and junior lifters)

47.0kg class: up to 47.0kg

52.0kg class: from 47.01kg up to 52.0kg

57.0kg class: from 52.01kg up to 57.0kg

63.0kg class: from 57.01kg up to 63.0kg

72.0kg class: from 63.01kg up to 72.0kg

84.0kg class: from 72.01kg up to 84.0kg

84.0+kg class: from 84.01kg up to unlimited

Platform

All lifts shall be carried out on a platform measuring between 2.5m x 2.5m minimum and 4.0m x 4.0m maximum. It must not exceed 10cm in height from the surrounding stage or floor. The surface of the platform must be flat, firm and level and covered with a material of non-slip smooth carpet (i.e. free from irregularities and projections). Rubber matting or similar sheeting materials are not permitted.

Bar

For all powerlifting contests organized under the rules of the IPF, only disc barbells are permitted. The use of discs which do not meet the current specifications will invalidate the contest and any records accomplished. Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the Technical Committee, Jury or Referees. Bars to be used at all IPF Championships shall not be chromed on the knurling. Only bars and discs that have official IPF approval may be used at IPF World Championships or the setting of world records. As from 2008 the "knurling" distances on IPF approved bars will become universal/standard based on one of the originally approved bars.

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

1. Total overall length not to exceed 2.2m.
2. Distance between collar faces is not to exceed 1.32m or be less than 1.31m.
3. Diameter of the bar is not to exceed 29mm or be less than 28mm.
4. Weight of the bar and collars are to be 25kg.
5. Diameter of the sleeve not to exceed 52mm or be less than 50mm.
6. There shall be a diameter machined marking (or the bar taped) so as to measure 81cm between marking (or tape).

Squat Racks

1. Only squat racks from commercial manufacturers officially registered and approved by the IPF Technical Committee shall be permitted for use in International Championships.
2. The squat racks shall be designed to adjust from a minimum height of 1.00m in the lowest position to extend to a height of at least 1.70m in 5cm increments.

3. All hydraulic racks must be capable of being secured at the required height by means of pins.

SQUAT

1. Red

Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees.

2. Blue

Failure to assume an upright position with the knees locked at commencement and completion of the lift.

3. Yellow

Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.

Failure to observe the Chief Referee's signals at the commencement or completion of the lift. Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.

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

Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.

BENCH PRESS

1. Red

Bar is not lowered to chest or abdominal area (i.e., not reaching the chest or abdominal area, or is touching the belt).

2. Blue

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

Failure to press the bar to straight arms length elbows locked at the completion of the lift.

3. Yellow

Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.

Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.

Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders, or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.

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

DEADLIFT

1. Red

Failure to lock the knees straight at the completion of the lift.

Failure to stand erect with the shoulders back

2. Blue

Any downward movement of the bar before it reaches the final position.

If the bar settles as the shoulders come back this should not be reason to disqualify the lift.

Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.

3. Yellow

Lowering the bar before receiving the Chief Referee's signal.

Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand). Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.

Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

Any dropping or dumping of the bar after completion of the lift. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

Any contact of the lifter's feet with the bench or its supports. Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

Belt

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

Materials and construction of the belt are as follows:

(a) The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and/or stitched together.

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

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

(d) The belt may have a buckle with one or two prongs or "quick release" type ("quick release" referring to lever). Velcro is not allowed.

(e) A tongue loop shall be attached close to the buckle by means of studs and/or stitching.

(f) The name of the lifter, the lifter's nation, state or

club may appear on the outside of the belt.

Belt Dimensions:

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

Wraps

Only wraps of one-ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials or medical crepe are permitted.

Wrists

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

Knees

1. Wraps not exceeding 2m in length and 8cm in width may be used. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the knee joint and shall not exceed a total covering width of 30cm. An elasticized knee cap supporter not exceeding 30cm in length may be worn. Knee sleeves 30cm in length are also legal and the medical/surgical sleeves are also an option. A combination of the two is strictly forbidden. Neoprene may be “synthetic” rubber but is only acceptable in the knee sleeve.
2. Wraps shall not be in contact with the socks or lifting suit.
3. Wraps shall not be used elsewhere on the body.

General

- (a) The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.
- (b) Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire. No substance may be directly applied to the wraps.
- (c) The use of any form of adhesive on the underside of footwear is strictly forbidden. This applies to any built-in adhesive (e.g., glass paper, emery cloth, etc.) and includes resin and magnesium carbonate. A spray of water is acceptable.
- (d) No foreign substances may be applied to the powerlifting equipment. This takes into account all

substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

(e) Socks may be worn in the squat and bench press. Shin-length socks must be worn to cover and protect the shins while performing the deadlift.

Squat

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.

2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotters/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless and erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to

begin the lift. The Chief Referee will then convey the reason why the signal was not given.

3. Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifter's knees have unlocked.

4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.

5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then move forward and return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotters/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

6. Not more than five and not less than two spotters/loaders shall be on the platform at any time. The Referees may decide to the number of spotters/loaders required

on the platform at any time
2, 3, 4, or 5.

**Causes for
disqualification of
a squat:**

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