



**NATIONAL POWERLIFTING LEAGUE**

**TECHNICAL RULES, &  
REGULATIONS**

*(Revised March of 2023)*

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# **NPL TECHNICAL RULES ~ ALL DIVISIONS**

Throughout this rulebook, wherever personal and possessive pronouns (he, she, his, or hers) occur, such reference is deemed to apply to either sex.

## **Chapter 1.**

### **GENERAL RULES:**

1. The National Powerlifting League recognizes the following:
  - 1.1. All lifts must be taken in the same sequence in all "three-lift competitions" conducted under NPL rules:
    - 1.1.1. Squat
    - 1.1.2. Bench Press
    - 1.1.3. Deadlift.
  - 1.2. Competition takes place between lifters in categories defined by sex, body weight, age, and equipment division. The Men's and Women's Open class permit lifters of any age more than 13 years.
  - 1.3. The rules apply to all levels of competition that it is conducted under NPL Rules.
  - 1.4. Each competitor is allowed three attempts on each lift. Any exceptions are explained in the appropriate section of the rulebook. The lifter's best valid attempt on each lift, disregarding any fourth attempts for record purposes, counts toward his competition total. The winner of a category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order of total. Lifters failing to achieve a total are eliminated from the competition. If two or more lifters achieve the same total, the lighter lifter by body weight ranks above the heavier lifter as determined at weigh-ins. If bodyweight at weigh-ins is the same both lifters will be imminently re-weighed. The lifter with the lower body weight will be the winner.
2. The NPL through its member federations shall award sanctions for World and National events, such as but not limited to:
  - 2.1. Men's Open World and National Championships
  - 2.2. Women's Open World and National Championships
  - 2.3. Men's and Women's Combined Junior World and National Championships
  - 2.4. Men's and Women's Combined Master's World and National Championships
  - 2.5. Squat, Bench Press, and/or Deadlift World and National Championships
  - 2.6. Any other World or National Championships approved by the NPL.
3. The NPL only recognizes sanctioned competitions as described in the Bylaws, Article VII.
4. The NPL also recognizes and registers records for the same lifts within the categories described in Chapter 1.
5. **AGE CATEGORIES**
  - 5.1. Competitive lifting shall be restricted to competitors aged 13 years and over. The lifter must have attained minimum age on the day of the competition where age limits are imposed. Proof of age must be provided as detailed in Chapter 4, para #10. Age grouping for sections
    - 5.1.1-5.1.6 is determined by the lifter's actual birth date.
      - 5.1.1. Men - Open: from 13 years of age and upward.
      - 5.1.2. Women - Open: from 13 years of age and upward.
      - 5.1.3. Youth - from 13 years to and including 23 years of age with divisions of 13 to 15, 16 to 17, 18 to 19, 20 to 23
      - 5.1.4. Sub-Masters: 35 to and including 39 years of age,
      - 5.1.5. Masters: 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, and 80 & over.

## 6. BODYWEIGHT CATEGORIES

### 6.1. Men: kg/lbs.

- 52.0 kg/114 lb. class from 52.0 kg/114.5 lbs. and below
- 56.0 kg/123 lb. class from 52.01 to 56.0 kg/114.75 to 123.5 lbs.
- 60.0 kg/132 lb. class from 56.01 to 60.0 kg/123.75 to 132.25 lbs.
- 67.5 kg/148 lb. class from 60.01 to 67.5 kg/132.5 to 148.8 lbs.
- 75.0 kg/165 lb. class from 67.51 to 75.0 kg/149.0 to 165.25 lbs.
- 82.5 kg/181 lb. class from 75.01 to 82.5 kg/165.5 to 181.75 lbs.
- 90.0 kg/198 lb. class from 82.51 to 90.0 kg/182.0 to 198.25 lbs.
- 100.0 kg/220 lb. class from 90.01 to 100.0 kg/198.5 to 220.25 lbs.
- 110.0 kg/242lb class from 100.01 to 110.0 kg/220.5 to 242.5 lbs.
- 125.0 kg/275 lb. class from 110.01 to 125.0 kg/242.75 to 275.5 lbs.
- 140.0 kg/308 lb. class from 125.01 kg to 140.0 kg/275.75 to 308.25 lbs.
- SHW class from 140.01 kg/308.75 lbs. to unlimited

### 6.2. Women: kg/lbs.

- 44.0 kg/97 lb. class from 44.0 kg/97.0 lbs. and below
- 48.0 kg/105 lb. class from 44.01 to 48.0 kg/97.25 to 105.75 lbs.
- 52.0 kg/114 lb. class from 48.01 to 52.0 kg/106.0 to 114.5 lbs.
- 56.0 kg/123 lb. class from 52.01 to 56.0 kg/114.75 to 123.5 lbs.
- 60.0 kg/132 lb. class from 56.01 to 60.0 kg/123.75 to 132.25 lbs.
- 67.5 kg/148 lb. class from 60.01 to 67.5 kg/132.5 to 148.8 lbs.
- 75.0 kg/165 lb. class from 67.51 to 75.0 kg/149.0 to 165.25 lbs.
- 82.5 kg/181 lb. class from 75.01 to 82.5 kg/165.5 to 181.75 lbs.
- 90.0 kg/198 lb. class from 82.51 to 90.0 kg/182.0 to 198.25 lbs.
- 100.0 kg/220lbs. class from 90.1 to 100kg/198.5 to 220.5 lbs.
- 110.0 kg/242lb class from 100.01 to 110.0 kg/220.5 to 242.5 lbs.
- SHW class from 110.1kg/ 242.5 lbs to unlimited

## 7 Local, State, Regional or National Teams are structured as follows:

- 7.1 Each team is allowed a maximum of twelve competitors spread throughout the range of the twelve-bodyweight categories for both men and women. There must not be more than two competitors from any one team in the same bodyweight category.
- 7.2 Each team is allowed a maximum of two alternates or reserves. The names and weight classes of the alternates or reserves must be submitted at the time the original team roster is submitted. Alternate or reserve lifter DOTS scores may only be used as a substitute for an original team member in the same weight class who bombs out of the competition
- 7.3 Teams competing in Local, State, Regional, or National competitions may be mixed with both men and women lifting on the same team when there are not enough lifters to compile same gender only teams.
- 7.4 Point scoring shall consist of the top six team member's DOTS formula from each participating team towards their team total.
- 7.5 Point scoring shall be according to the DOTS formula. No Master's formula shall be used.
- 7.6 Each team must submit to the meet director a team roster giving the name of each lifter and their bodyweight category on or before

the registration deadline of the competition. No changes of team members are permitted after registration closes.

All competing teams and team members must be in the same gear category.

Minimum number of team members is 4

## **Chapter 2**

### **EQUIPMENT AND SPECIFICATIONS**

1. Platform - All lifts shall be carried out on a platform measuring between 1.8 m x 1.8 m (8 ft x 8 ft) minimum and 4.0 m x 4.0 m (12ft x 12ft) maximum. The surface of the platform must be flat, firm, non-slip, and level. It must not exceed 10 cm (4 inches) in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating. This includes carpet, permit-attached rubber matting, or non-slip floor paint. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to, or incorporated into the platform or its surface unless it is a specially constructed weightlifting platform. This type of platform is subject to the approval of the National Committee.

2. Bars - For all powerlifting contests organized under the rules of the NPL, only disc barbells are permitted. The use of bars, which do not meet the current specifications, will invalidate the contest and any records accomplished. Only those bars that meet all specifications may be used throughout the entire competition and for all lifts. Only bars discs that have official NPL approval may be used at World Championships.
  - 2.1. Bars – They shall be straight and well knurled and grooved and shall conform to the following dimensions:
    - 2.1.1. Total overall length not to exceed 2.4 m. (7.9 ft.)
    - 2.1.2. Distance between the collar faces is not to exceed 1.48 m (4.9 ft.) or be less than 1.31 m. (4.3 ft.)
    - 2.1.3. The diameter of the bar is not to exceed 32 mm (1.3 in.) or be less than 27 mm. (1 in.)
    - 2.1.4. The weight of the bar and collars are not to exceed 30kg (66 lbs.).
    - 2.1.5. Diameter of the sleeve not to exceed 53 mm (2.1 in.) or be less than 50 mm (1.9 in.)
    - 2.1.6. There shall be a diameter-machined marking, or the bar taped to measure 81 cm (32 in.) between the marking and tape.
3. Discs - The use of discs, which do not meet the current specifications, will invalidate the contest and any records accomplished. Only discs that meet all specifications may be used throughout the entire competition and for all lifts. No bumper or rubberized discs allowed. Only kilo discs that have official NPL approval may be used at World Championships
  - 3.1. Discs – They shall conform as follows:
    - 3.1.1. All discs used in competition must be calibrated to weigh within 0.25 percent of their correct face value.
    - 3.1.2. The hole size in the middle of the disc may not exceed 53 mm or be less than 51 mm. (2 in. for non-kilo discs).
    - 3.1.3. All discs must be 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.
    - 3.1.4. The first and heaviest discs loaded on the bar must be loaded face in; with the rest loaded face out.
    - 3.1.5. The diameter of the largest disc shall not be more than 45 cm (17.7 in.).
    - 3.1.6. Discs shall be in kilogram weights within the following range: 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg, 20 kg, and 25 kg
    - 3.1.7. Lighter discs may be used to achieve a weight of at least 500 gr. or 1 pound more than the existing record.
    - 3.1.8. Discs in kilogram weights weighing 25 kg must not exceed 6 cm (2.4 in.) in thickness. Discs weighing 20 kg and under must not exceed 3 cm (1.2 in.) in thickness.
    - 3.1.9. Discs in kilogram weights must conform to the following color code:  
10kg and under - any color, 15 kg - yellow, 20kg - blue, 25 kg - red,
4. Collars
  - 4.1. 2.5kg collars shall always be used in competition.
  - 4.2. Bar and collar combination must not exceed 30kg for bench and deadlift and not exceed 35kg for squat.
5. Combo Racks
  - 5.1. Combo racks shall be of the following brand: ER, Texas Strength Systems, Elite, Ghost, Rouge, and State of the Arc. Other brands may be approved upon request of the National Committee.

6. Mono-lifts

- 6.1. The use of machines with swing arm levers (a.k.a. Mono lifts) is permitted. However, the swing arm lever pin must be in, and the swing arm lever cannot be used. The lifter must still un-rack the weight and backward wards to establish his position.
- 6.2. Mono-lifts shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter loaders. It may consist of a multi-piece unit designed to hold the bar in a horizontal position.
- 6.3. The mono-lifts shall be designed to adjust from a minimum height of 1.00 m (3.3 ft) in the lowest position to extend to a height of at least 1.70 m (5 ft 7 in) in 5 cm (2 in) increments.
- 6.4. All hydraulic racks and swing arm levers must be capable of being secured at the required height using pins.

7. Judging Lights

- 7.1. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light. These two colors represent a "good lift" and "no lift" respectively.
- 7.2. The lights shall be arranged horizontally to correspond with the positions of the three referees.
- 7.3. For emergency purposes, i.e., a breakdown in the electrical system, the referees will be provided with small white and red flags or paddles with which to make known their decisions on the center Referee’s audible command "flags" or a “thumbs up” and “thumbs down”.

## Chapter 3

### COSTUME AND PERSONAL EQUIPMENT (Refer to APPENDIX A for Approved Gear)

**Quick Reference Chart (See Items below for actual specifications.)**

Division	Non-Supportive Single Ply Singlet	Supportive Single Ply Singlet	Multi-Ply Singlet	Belt	Knee Sleeves	Knee Wraps	Wrist Wraps	Elbow Sleeves	Bench Shirt	Undershorts aka “Groove Briefs”
Raw KS Division	Yes	No	No	Yes	Yes	No	Yes	Yes Squat and Dead lift Only	No	No
**Raw KW	Yes	No	No	Yes	YES	Yes	Yes	Yes Squat and Dead lift Only	No	No
Single Ply	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes Squat and Dead lift Only	Yes	Yes
Multi-Ply	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes Squat and Dead	Yes	Yes



								lift Only		
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**\*Head gear, hats, and any type of gloves are not allowed during the lifter's competition lifts.**

**\*\* Raw KW (Knee Wraps) is ONLY available for Full Power**

Costume – Only costumes officially registered and approved by the NPL Technical Committee shall be permitted for use in powerlifting competitions.

Note: The only exception will be a “Special Attire” exception for lifters Special needs shall have the option of lifting in a one-piece lifting suit, or shorts and a T-shirt, as the shorts comply with the material and length described in the Chapters within the Division they lifting along with their T-shirt.

1.1. All

1.1.1. Costumes may not contain profanity or offensive text or images

1.2. **For Both Raw Divisions**

The lifting costume shall consist of a one-piece non-supportive weightlifting/wrestling singlet made of single-ply stretch material in which no support or aid is given to the lifter.

Note: Single-Ply is defined as a thickness, layer of folded, interwoven, or laminated material that cannot be separated anywhere within the confines of the material. The construction of the singlet must be without any patches, padding, or division into panels using seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Meet Director are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The costume must be form-fitting without any looseness when worn by the lifter but not so tight as to aid the lifter.

The straps must be worn over the shoulders at all times while lifting in competition. Only costumes officially approved by the NPL Referee shall be permitted for use in powerlifting competitions. Singles must be free of rips and or tears.

1.2.1. The non-supportive weightlifting/wrestling singlet may have seams and hems not exceeding 3 cm (1.2 in) in width. The non-supportive weightlifting/wrestling singlet will have a single thickness of the same material in the area of the crotch.

1.2.2. The non-supportive weightlifting/wrestling singlet must have legs. The minimum length of the leg is to be 3cm (1.2 in) and cannot exceed 25 cm (10 in). The measurement of the leg will be taken on a line from the top seam of the crotch down the inside of the leg to the center of the knee.

**For Single Ply Division**

The lifting costume shall consist of a one-piece full-length-lifting suit of one or single-ply stretch material. (Non-supportive singlets as allowed in Raw may also be worn.) Note: Single-Ply is defined as a thickness, layer of folded, interwoven, or laminated material that cannot be separated anywhere within the confines of the material. The construction of the suit must be without any patches, padding, or division into panels using seams not necessary in the manufacture of the costume and have a maximum overall material thickness not exceeding 1.3mm at any measured point, except at any seam. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The costume must be form-fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition.

1.2.3. Seams and hems must not exceed 3 cm (1.2 in) in width and 0.5 cm (.2 in) in thickness.

The non-supportive weightlifting/wrestling type suits may also have a double

thickness of the same material size 12 cm x 24 cm (4.7 in x 9.4 in) in the area of the crotch.

- 1.2.4. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm (.8 in) in width and 0.5 cm (.2 in) in thickness.
- 1.2.5. It must have legs and the length of the leg must not exceed 15 cm (6 in) from the middle of the crotch. Measurements are to be taken on a line from the top seam of the crotch down the inside of the leg.

#### **For Multi-Ply Division**

The lifting costume shall consist of a one-piece full-length-lifting suit of two or double-ply stretch material. Note: Double-Ply is defined as a thickness or layer of two pieces of material, interwoven or laminated together. The construction of the suit must be without any patches, padding, or division into panels using seams not necessary in the manufacture of the costume. The costume must be form-fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. Velcro shoulder straps are permitted.

- 1.2.6. It must have legs and the length of the leg must be a minimum of 3 cm (1.2 in) to a maximum of 15 cm (6 in) in length.
- 1.3. It may be of any color or combination of colors.
  - 1.4. The singlet may bear the badge, emblem, logo, and/or inscription of the lifter's nation, national association, or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed. Other powerlifting organizations' logos or advertising are not allowed. Other powerlifting organizations' logos may be permanently covered.
  - 1.5. Any alterations to the costume, which exceed the established widths, lengths, or thickness previously stated, shall make the suit illegal for competition.

#### **Undershirt**

- 1.3. An undershirt (commonly known as a "T-shirt") with or without sleeves must be worn under the lifting suit during the performance in (squats and bench. Only one T-shirt can be worn at a time. The undershirt is subject to the following provisions: It can be of any color or combination of colors and must not have any pockets, buttons, zippers, or a reinforced collar or seams.
  - 1.3.1. It is not ribbed and does not consist of any rubberized or similar stretch material or threading. The T-shirt must be made either exclusively of cotton or polyester, or a mixture of cotton and polyester.
  - 1.3.2. Is not constructed to place seams in a position, which, in the opinion of the NPL Meet Director, might tend to assist the lifter in a powerlifting competition.
  - 1.3.3. It shall not have sleeves, which terminate either below the elbow or above the upper deltoid.

Note: Lifters may not push the sleeves of such an undershirt up to the deltoid when competing in competitions.
  - 1.3.4. Fits loosely enough on the lifter's body to ensure that it does not afford the lifter any physical support.
  - 1.3.5. It may not be worn under a bench press or erector shirt. It must be an individual article of cloth.
  - 1.3.6. The T-shirt must not contain anything offensive, obscene, or likely to bring the sport into disrepute. Other powerlifting organization logos or advertising is prohibited.

#### **Bench Shirt**

- 1.4. Special bench shirts that have been approved by the technical committee and noted in the

list of approved equipment and clothing issued periodically by the Technical Committee Chairman may be worn for the bench press in the Divisions as stated in Chapter 3.1.1. - 3.1.3.

1.4.1. **Bench shirt is not allowed in Raw Divisions. For Single Ply Division 1: The shirt's construction may only consist of a single visible ply and must, as a whole, be of single-material construction. open-back.**

1.4.2. For Multi-Ply Division 2: The shirt's construction may consist of double-ply material and must, as a whole, be of the singular component.

- 1.5. These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt as defined in the rules may be worn during the squat and deadlift.
- 1.6. It is not ribbed and does not consist of any rubberized or similar stretch material or threading. It is made either exclusively of cotton or polyester, or a mixture of cotton and polyester. Denim is allowed; however, canvas material is not permitted.
- 1.7. No Velcro is allowed to fasten the lifter's shirt to their body, along with no open-backed shirts are allowed.
- 1.8. Is not constructed to place seams in a position, which, in the opinion of the NPL meet director, might tend to assist the lifter in a powerlifting competition.
- 1.9. It shall not have sleeves that terminate below the elbow when worn. Note: Sleeves that extend below the elbow cannot be rolled up above the elbow for that would be considered more plies than allowed.
- 1.10. It may be of any color or colors.

#### Erector Shirts

1.11. **Erector shirt is not allowed in Raw Division.**

1.12. An "erector" shirt with or without sleeves is permitted. It may be of any color or color. It may be used in place of a T-shirt. Its construction stipulations are the same as with the bench press shirt as specified in Chapter 3 above. No Velcro or canvas material is permitted anywhere on the shirt, this includes any equivalent material using a different generic name. The "erector" shirt can only be used during the deadlift.

#### Undershorts

1.13. Undershorts - A standard commercial "athletic supporter" or standard commercial undershorts leg less of any mixture of cotton, nylon, or polyester (but not swimming trunks or any other garment consisting of rubberized or similar stretch material except in the waistband) may be worn under the lifting suit provided that:

1.13.1. Any support to the body of the lifter, which may be provided by the "athletic supporter" or undershorts, is limited to the lifter's lower abdominal wall. **Only non-supportive undershorts are allowed in Raw Divisions.**

1.13.2. For hygiene purposes both men and women may wear additional small non-supportive protective cotton briefs/panties. Boxer-type shorts or any other material is not permitted. Women may also wear a bra. The use of tampons, sanitary napkins, or related articles used for feminine hygiene protection is permitted.

5.1.3 For Single Ply Division 1 only: Specialized undershorts (a.k.a. Groove Briefs) can be worn. This garment can or cannot have legs, depending on the style the lifter chooses to wear. The waistband of the briefs cannot extend over the lifter's naval (a.k.a. the belly button). If briefs with legs are used, the legs cannot extend below or be seen below the opening of the squat suit on the lifter's thigh. (See examples below).

5.1.2. For Multi Ply Division 2 only: Lifting briefs (a.k.a. groove briefs or power pants)

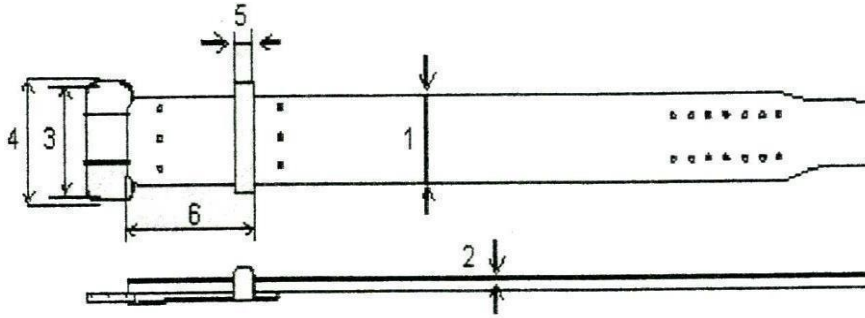
may be worn. The garment can have legs with a minimum of 3 cm (1.2 in) to a maximum of 15 cm (6 in) in length. Measurements are to be taken on a line from the top seam of the crotch down to the bottom of the leg. See the example below. The waistline of the briefs cannot extend beyond approximately the lifter's mid-torso. The construction may consist of 2-ply of any thickness, but must, as a whole, be an individual article of cloth fabric. The leg of the brief cannot extend below the leg of the squat suit. (See examples below.)

### Socks

- 1.14. Socks may be worn, however only one pair of socks at a time.
- 1.15. They may be of any color or colors.
- 1.16. They shall not be of such length on the leg that they meet any knee wrapping or kneecap supporter when in use.
- 1.17. Full-length leg stockings, tights, or hoses are strictly forbidden.
- 1.18. During the execution of the deadlift, one pair of knee-length socks must be worn.
- 1.19. Socks must not contain anything offensive, obscene, or likely to bring the sport into disrepute is not allowed. Other powerlifting organization logos or advertising is prohibited.

### Belt

- 1.20. Competitors may wear a belt. If worn it shall be on the outside of the lifting suit with the buckle in the front or rear of the lifter's body. However, the lifter cannot wear the buckle of his belt at his back during the bench press.
- 1.21. Materials and Construction are as follows:
  - 1.21.1. The main body shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together.
  - 1.21.2. It either shall not have additional padding, bracing, or supports of any material on the surface or concealed within the laminations of the belt.
  - 1.21.3. A standard metal buckle and studs are the only non-leather components permitted. The buckle shall be attached at one end of the belt using studs and/or stitching.
  - 1.21.4. The belt may have a buckle with one or two prongs, "quick release" type or ratchet style. No Velcro allowed.
  - 1.21.5. A leather or vinyl tongue loop shall be attached close to the buckle using studs and/or stitching.
  - 1.21.6. The names of the lifter and the lifter's nation, state, or club may appear on the outside of the belt.
  - 1.21.7. Belts must not contain anything offensive, obscene, or likely to bring the sport into disrepute is not allowed. Other powerlifting organization logos or advertising is prohibited
  - 1.21.8. Dimensions:
    - 1.21.8.1. Width of belt maximum 10 cm (4 in).
    - 1.21.8.2. Thickness of belt maximum 13 mm (.5 in) along the main length.
    - 1.21.8.3. Inside width of buckle maximum 11 cm (4.3 in).
    - 1.21.8.4. Outside width of buckle maximum 13 cm (5 in).
    - 1.21.8.5. Tongue loop maximum width 5 mm (.2 in).
    - 1.21.8.6. Distance between the end of the belt and the far end of the tongue loop maximum of 15 cm (6 in).



## Supportive & Non-Supportive Wraps, Knee Sleeves, & Wristbands

### 8. 1. Wrist Wraps

9.1.1. Wraps not exceeding 1 meter in length and 8 cm (3.1 in) in width may be worn.

9.1.2. If wrist wraps are wrap-around style, with or without stitching to form a sleeve, they may have Velcro patches/tabs to secure the wrap. These patches/tabs must be incorporated in the 1-meter (3.3 ft) length. A thumb loop may be attached to the wrap but will not be measured regarding the 1-meter length specified. The thumb loop shall not be over the thumb during the actual lift.

9.1.3. A wrist wrap shall not extend beyond 10 cm (4 in) above and 2 cm (.8 in) below the center of the wrist joint and shall not exceed a total covered width of 12 cm (4.7 in).

### 9.2. Knee Sleeves

9.2.1. One-ply elasticized neoprene knee sleeves or supporter not exceeding 30 cm in length or 7mm in thickness may be worn. Knee sleeves can be of any color or combination of colors.

9.2.2. Knee sleeves shall not be in contact with the lifter's socks or singlet.

9.2.3. Knee sleeves shall not be used elsewhere on the body.

9.2.4. The combination of the two types of knee sleeves is strictly forbidden.

9.2.5. Knee sleeves shall not be more than 7mm thick.

9.2.6. Knee sleeves shall not be more than 3m in length

### 9.3. Knee Wraps:

9.3.1. Knee Wraps are only allowed in **Raw KW, Single Ply, and Multi-Ply**.

9.3.2. Wraps not exceeding 3m in length and 8 cm (3.1 in) in width may be used. A knee wrap shall not extend beyond 15 cm (6 in) above and 15 cm (6 in) below the center of the knee joint and shall not exceed a total covered width of 30 cm (11.7 in). Alternatively, an elasticized kneecap supporter not exceeding 20 cm (7.8 in) in length may be worn. A combination of the two is strictly forbidden.

9.3.3. Wraps shall not be in contact with the socks or lifting suit.

9.3.4. Wraps shall not be used elsewhere on the body. Exception: See Chapter 3 - paragraphs 9.2 & 9.6.

### 9.4. Elbow Sleeves:

9.4.1. Elbow sleeves may be used during squat and deadlift only

9.4.2. Elbow sleeves shall not be more than 7mm thick.

9.4.3. Elbow sleeves shall not be more than 20 cm in length.

9.4.4. Elbow sleeves must be centered on the point of the elbow

## 9 Shoes or Boots

1.22. Lifting shoes or boots shall be worn. They may be of any color or colors.

1.23. Shoes include boots, sports shoes, trainers' gymnastic slippers, or any foot.

covering that has a patterned molding or foot-in type that provides an inner sole.

- 1.24. Shoes with metal spikes or cleats are not permitted.
- 1.25. Boot height cannot exceed mid-calf.
- 1.26. Shoes or Boots must not contain anything that is offensive, obscene, or likely to bring the sport into disrepute is not allowed. Other powerlifting organization logos or advertising is prohibited.

#### 10 Shin Pads/Guards

- 1.27. The use of soccer-style shin guards is permitted over the lifter's shin during the deadlift only. The shin guards must be placed under the lifter's sock which is required during the deadlift.

#### 11 Blood Management

- 1.28. Blood management and/or open wounds are not allowed on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt. Should blood come in contact with the bar or equipment the lifting shall be stopped, and the bar or equipment sterilized with a bleach solution. This shall consist of 1 part bleach to 3 parts water. It is the Meet Director's responsibility to have such a solution present at the competition.

#### 12 General

- 1.29. The use of, oil, grease, or other lubricants on the body, costume, or personal equipment is strictly forbidden.
- 1.30. The use of any form of adhesive on the underside of shoes or boots is strictly forbidden.
- 1.31. Pool hall chalk, liquid chalk, baby powder, or magnesium carbonates are the only substances that may be added to the body and attire. The Meet Director may determine its application in a designated area only.
- 1.32. No foreign substances may be applied to the equipment or wraps. Nothing may be purposely applied to the platform, bench, or bars.
- 1.33. The uses of substances like ammonia snaps, smelling salt, etc. cannot be used anywhere near the lifting platform. Lifter is responsible for disposing of these substances after his attempt.

### **Chapter 4.** **WEIGHING IN**

1. Weighing-in of the competitors must take place no earlier than two hours before the start of the competition or not more than 24 hours before the start of the competition.
2. The weigh-in period will last a minimum of one and a half hours. During the weigh-ins, a bodyweight class limit sheet should be located near the scale for reference for the officials and the lifters.
3. The weigh-in Official must certify that the scale has been recalibrated to be accurate within the last 12 months.
4. The weigh-in for each competitor will be carried out in a locked room with only the competitor, his coach or manager and the referees present. The lifters agreed body weight must not be made public until all the lifters competing in the particular category have been weighed in. Minors must be weighed in by two officials of the same sex with a guardian present
5. Lifters must be weighed in either their singlet or in their underwear or nude and without shoes or belt, jewelry, or other items which do not effectively change the lifter's weight may be left on. Lifter may keep socks on. In competitions where women are competitors, the weigh-in procedure may be altered to ensure that officials of the same sex weigh lifters. Additional female officials may be appointed for this purpose.
6. Each lifter may only officially weigh-in once. Only those whose body weights are heavier or

lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the time allowed for the weigh-ins otherwise; they will be eliminated from the competition for that bodyweight category. Lifters being weighed in for the first time take precedence over lifters being re-weighed. A lifter can only be re-weighed after all lifters have been called to the scales. Lifters trying to make weight may be weighed as often as time and orderly progression by lots allow. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the Meet Director.

7. Lifters must check squat and bench press rack heights and foot blocks before them leaving weigh-ins..
8. For any age-related class, proof of age must be provided. Documents unsupported by photographic proof are not acceptable for proof of age. Only official documents giving photographic evidence with corresponding personal details will be acceptable: i.e., passport, driver's license, state I.D. with photo on it, etc. This shall also apply to Master and Teen lifters competing in the open class in support of any record attempts. A birth certificate with an official document (i.e., passport, driver's license, state I.D., etc.) may also be used for any additional verification.
9. Every Lifter must have a current NPL membership before completing weigh-ins.
10. Inspection of Costume and Personal Equipment
  - 10.1. The lifter's Costume must be inspected before weigh-ins are complete.
  - 10.2. Wrist wraps over the permitted length shall be rejected but may be cut to the correct length and resubmitted within the specified inspection time. It is the responsibility of the lifter to cut the wrist wraps. The examining referee is not permitted to perform this service.
  - 10.3. Any item considered unclean or torn shall be rejected.
  - 10.4. The referees shall record each item on the official inspection sheet.
  - 10.5. If after the inspection, a lifter appears on the platform wearing or using any illegal item or article not recorded on the inspection sheet, the lifter shall immediately be disqualified from the competition.
  - 10.6. All items mentioned previously under Costume and Personal Equipment shall be inspected before the competition together with any other items that the lifter may wish to wear on the platform. Headgear, hats, and any gloves are strictly forbidden and may not be worn on the platform during lifting. Items such as watches, costume jewelry, mouthpieces, eyewear, and feminine hygiene articles need not be inspected.
  - 10.7. Any lifter successful in a national or world record attempt must immediately present himself to one of the three referees for inspection. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid, and the lifter shall be disqualified from the competition.
  - 10.8. Lifter will be asked to remove the following and hand to referee one wrist wrap, knee wrap, and belt.
  - 10.9. Referees using the back of their hands will inspect shoulders, hips, and knee sleeves for hidden items.

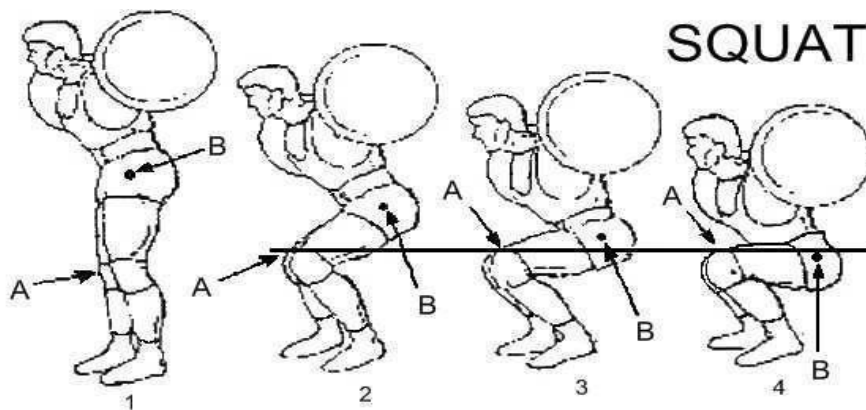
## **Chapter 5.**

## POWERLIFTS AND RULES OF PERFORMANCE

\*only approved spotters/ loaders may be permitted on the platform

### 1. Squat

- 1.1. The lifter shall face the front of the platform.
- 1.2. Not more than five and not less than three spotters/loaders shall be on the platform at any time.
- 1.3. The lifter may enlist the help of the spotter/loaders in centering and removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further concerning proper positioning, foot placement, bar positioning, etc.
- 1.4. The lifter shall not hold the collars, sleeves or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collars.
- 1.5. After removing the bar from the combo racks or the mono-lift, the lifter must move backward to establish his position. The lifter shall assume an upright position with the top of the bar not more than 3 cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.
  - 1.5.1. Where a mono-lift is in place, the swing arm pin and lever cannot be actuated.  
The lifter must still un-rack the weight and move backward to establish his position.
- 1.6. The lifter shall wait in this position for the Center Referee's signal. The signal shall be given as soon as the lifter is motionless, and the bar properly positioned. The Center Referee's signal shall consist of a downward movement of the arm and the audible command "SQUAT".
- 1.7. Upon receiving the Center 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.



A: Top of the Knees    B: Top surface of the leg at the hip joint

The diagram above shows a lifter just below parallel. Point "B", is the top surface of the leg at the hip joint below point "A", the top of the knee. This is a good lift.

- 1.8. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the Center Referee will give the signal to rack the bar.
- 1.9. The signal to rack the bar will consist of a backward motion of the hand and the audible command "RACK".



1.9.1. The lifter must make a bona fide attempt to return the bar to the rack once the “RACK” command is given.

1.10. The lifter may, at the Center Referee’s discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the spotter/loaders.

## 2. Causes for Disqualification of a Squat

2.1. Failure to observe the Center Referee’s signals at the commencement or completion of a lift.

2.2. Double bouncing or more than one recovery attempt at the bottom of the lift.

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

2.4. Any shifting of the feet laterally, backward or forwards, during the performance of the lift.

2.5. 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 (below parallel).

2.6. Changing the position of the bar across the shoulders after the commencement of the lift.

2.7. Contact with the bar by the spotter/loaders between the referee’s signals.

2.8. Contact of elbows or upper arms with the legs.

2.9. Failure to make a bona fide attempt to return the bar to the racks.

2.10. Any dropping or dumping of the bar after completion of the lift.

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

2.12. Contact the Combo rack that assists in the completion of the lift.

## 3. Bench Press

3.1. The head of the bench must be placed on the platform facing the Center Referee.

3.2. The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. The hands may grip the bar in a way the lifter prefers, They may not grip outside the 81cm mark. The lifter’s shoes must remain on the floor maintaining contact with the platform or surface. This position shall be maintained throughout the attempt. The head may rise during the lift.

3.3. To achieve firm footing the lifter may use flat surfaced plates or blocks to build up the surface of the platform. Whichever method is chosen, the foot must be flat on the surface. Placement and removal of the blocks are the lifter's responsibility. Attempt time will not start until blocks are in place.

3.4. Not more than five and not less than three spotters/loaders shall attend. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift-off, if assisted by the spotter/loaders, must be to arm’s length. They may use their own handoff person. That person must leave the platform before the start command is given.

3.5. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait motionless, and the bar properly positioned, and elbows locked before he can begin to descend the bar to his chest. Note: The lifter's elbows must show a definite and visible locked position before the bar can be lowered. No “soft starts” are allowed. The center referee will have the lifter rerack if their elbows are not locked.

3.6. Once the bar is motionless, the audible command “START” will be given.

3.7. The lifter must lower the bar to the chest; hold it motionless on the chest. Note: The chest area is defined as from the bottom of the collarbone to the bottom of the pectoral muscle line as it crosses the sternum.

3.8. Once the bar is motionless on the chest, the audible command “PRESS” will be given. The

bar must be pressed upwards with an even extension of the arms to arm's length with elbows fully locked. Note: If a lifter has any physical abnormality, handicap or incapacity of extending their arm or arms to arm's length with elbows fully locked, they must inform the Center Referee prior to the start of their lift.

3.9. When the bar is held motionless in this position the audible command "RACK" is given.

4. Causes for Disqualification of a Bench Press

4.1. Failure to observe the Center Referee's signals at the start, middle, or completion of the lift.

4.2. Any change in the elected lifting position other than the head during the lift i.e., any raising movement of the shoulders, buttocks, or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar. Feet must remain in contact with the floor, however, incidental movement fore and aft as much as ½ the length of the lifters foot is now permitted.

4.3. Heaving, bouncing or sinking the bar after it has been motionless on the chest.

4.4. Any uneven extension of the arms during the lift.

4.5. Any downward movement of the bar after the "Press" is given.t.

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

4.7. Contact the bar by spotter/loaders between the Center Referee's signals.

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

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

4.10. If a lifter wears the buckle of his belt at his back during the bench presses.

4.11. If a lifter's elbows do not show a definite and visible locked position before the bar is lowered, a.k.a. a "soft start" the center referee will have them rerack the bar.

4.12. Contact the Combo rack that assists in the completion of the lift.

5. Deadlift

5.1. The lifter shall face the front of the platform.

5.2. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands. The lifter can start the lift at any time before the one-minute clock expires. Once started, it must be lifted without any downward movement until the lifter is standing erect.

5.3. Upon completion of the lift, the knees shall be locked in a straight position and the shoulders back.

5.4. The Center Referee's signal shall consist of a downward movement of the hand and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.

5.5. After the down signal, the lifter will lower the bar to the platform under control. This will end the lift

5.6. Any rising of the plates or any deliberate attempt to do so will count as an attempt.

6. Causes for Disqualification of a Deadlift

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

6.2. Failure to stand erect with the shoulders back.

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

6.4. Supporting the bar on the thighs during the performance of the lift.

6.5. Any movement of the feet before the end of the lift. Rocking feet between the ball and heel is permitted.

6.6. Lowering the bar before receiving the "Down" signal.

6.7. Allowing the bar to return to the platform without both hands on the bar.

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

## **Chapter 6.**

### **ORDER OF COMPETITION**

#### 1. Flights

No more than 15 lifters shall be in a flight. Meet directors will attempt to keep all lifters competing against each other in the same flight.

#### 2. Round System

2.1. A meet consists of 3 rounds: 1<sup>st</sup> round for 1<sup>st</sup> attempts, 2<sup>nd</sup> round for 2<sup>nd</sup> attempts, and the 3<sup>rd</sup> round for last attempts. Flight 1 lifts first until all lifters in this flight have completed all 3 attempts in the squat. This procedure continues until all flights have completed the 3 attempts in the squat. The same order continues through the bench press and deadlift. Fourth attempts are only allowed for an NPL national or World Record and are not added to the lifter's Total. Fourth attempts are done at the end of the flight and are only allowed if the lifter's 3<sup>rd</sup> attempt was a good lift. No fourth attempts for state records.

2.2. Lifting order for the flights in each round is determined by the lifter's amount of weight he chooses to lift starting with the lowest attempt to the highest attempt consecutively. If two lifters in a flight have the same amount of weight for an attempt, the lower body weight lifts first. The weight on the bar is never lowered for any reason except for an official error in loading. Each lifter receives one attempt in each round. If the bar is loaded higher than what is written on the scorecard or attempt sheet due to an official's error and the lifter doesn't make the lift, he can take that attempt over at the end of the round, with the correct amount of weight on the bar. If the bar is loaded to a lower amount of weight than what is written on the scorecard or attempt sheet due to an official's error and the lifter makes the lift, he has the option of either accepting the lift or taking the attempt over, with the correct amount of weight on the bar, at the end of that round.

2.3. When the Center Referee says, "Bar is Loaded", the lifter has one minute to begin his lift. If the lifter exceeds one minute, he forfeits that attempt.

2.4. Intervals between the squat and bench press, or bench press and deadlift, shall not be more than 30 minutes.

#### 3. Attempts

3.1. Attempts must be taken in accordance with the discs being used.

3.2. Lifters must give their first attempts, and initial them, on their scorecard or attempt sheet at Weigh-Ins. First attempts may be changed up to 5 minutes before the flight commences. Second attempts on the squat, bench press, and deadlift cannot be changed once given nor can the third attempt on the squat or bench press. Third attempts can only be changed for the deadlift with an allowance of two weight changes. Once the bar is loaded for the lifter, no changes can be made. After an attempt is completed, the lifter has one minute to give his next attempt to the scorekeeper or expeditor. If the lifter fails to do so, the scorekeeper will add 2.5 kilos to the previous good attempt for the lifter's next attempt or enter the same weight if the lift was no good.

3.3. The lifter must make at least one good attempt of the three in a round or he will be eliminated, aka "bombed", from that event and can no longer lift in that event. If the lifter bombed in the squat and entered one of the Single Lift Bench Press, Single Lift Deadlift, or Push-Pull events, he may continue to lift for those events. A lifter cannot enter any

event once the meet commences, including multiple-day meets (for example NPL National Championships).

4. Scorecard and Attempt Sheets

4.1. Electronic scoring software may be used.

4.2. Official NPL scorecards must be used.

4.3. A lift that is deemed “good”, the attempt is circled; “bad”, the attempt has a line drawn diagonally through it.

5. Appointed Officials ~ The Meet Director will appoint the following officials:

5.1. Speaker/Announcer ~ Responsibilities are as follows:

5.1.1. The Speaker is responsible for the efficient running of the competition and acts as the Master of Ceremonies. The Speaker announces the attempts chosen by the lifters in an orderly fashion, dictated by weight and flight numbers, and announces the weight required for the next attempt with the lifter's name.

5.2. Scorekeeper/Computer Operator ~ Responsibilities are as follows:

5.2.1. Scorekeepers, in conjunction with the meet director, are responsible for accurately recording the progress of the competition and upon the completion of the competition, ensuring that the three referees sign the official score sheets, record certificates or any other document requiring signatures.

5.2.2. The scorekeepers and/or computer operators should have full knowledge of the software's function and capabilities. They are both responsible for accuracy.

5.3. Spotter/Loaders ~ Responsibilities are as follows:

5.3.1. Spotter/Loaders are responsible for loading and unloading the bar, adjusting combo racks or mono-lift as required, cleaning the bar or platform at the request of the Center Referee, and generally ensuring that the platform is well maintained and presents a neat appearance at all times.

5.3.2. At no time shall there be less than three or more than five Spotter/Loaders on the platform.

5.3.3. 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, the time that elapses between the commencement and completion signals. The only exception to this rule is that if the lift is in jeopardy and likely to result in an injury to the lifter, the Spotter/Loaders may, either at the request of the Center Referee or the lifter himself, step in and relieve the lifter of the bar.

5.3.4. If the lifter is deprived of an otherwise successful attempt by the error of a Spotter/Loader and through no fault of his own, he may be awarded another attempt at the discretion of the referees at the end of the round.

5.4. Additional officials may be appointed as needed, i.e., doctors, paramedics, etc.

6. During any competition-taking place on a platform or stage, only the lifter and his coach, officiating referees, and spotter/loaders will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter/loaders, and referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Meet Director.

7. A lifter shall not wrap or adjust any part of his costume or equipment within the vicinity of the platform. The only exception to this rule is that he may adjust his belt. Items such as chalk, inhalants, etc. cannot be utilized within the vicinity of the platform.

8. Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
9. Other than the initial removal of the bar from the racks, the lifter will not receive any help from the spotter/loaders in positioning himself for an attempt.
10. Upon the completion of an attempt, a lifter shall have one minute to submit their next attempt. The only exception to this rule is if a lifter's equipment is being inspected after a record attempt. The lifter time will start after the inspection is complete. Any referee working the meet may complete the inspection.
11. If during warm-up or competition, a lifter suffers injury or in any other way exhibits signs of a condition that may unduly or significantly jeopardize the competitor's health and well-being, the official doctor has the right to examination. If the doctor (if present) considers it inadvisable for the lifter to continue, he may, in consultation with the meet director, insist upon the lifter retiring from the competition.
12. Any lifter or coach, who because of his misconduct upon or near the competition platform is likely to discredit the sport, shall be officially warned. If the misconduct continues, the meet director or Center Referee and officiating Officials, may disqualify the lifter and order the coach to leave the venue. Banging the head on the bar (e.g., before squatting) will not be permitted. The lifter will be warned once. Any further violations will result in the disqualification of the lifter.
13. 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 of such special considerations.
14. If a lifter missing a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, is permitted the use of a strap. However, this strap may be used on that hand and attached to the wrist only.
15. In NPL-recognized competitions, the weight of the barbell must always be a multiple of 2.5 kg. The progression must be at least 2.5 kg. between all attempts. Exceptions to this rule are as follows:
  - 15.1. In a record attempt, the weight of the barbell must be at least 500 grams (.5 kg) above the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition.
  - 15.2. During the competition, a lifter may request a record attempt that is not a multiple of 2.5 kg. but is to be attempted within his prescribed attempts.
  - 15.3. Record attempts may be taken on any or all of a lifter's prescribed attempts provided that he maintains a minimum increase of 500 grams (.5 kg.).
16. The Center 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 Loading are as follows:
  - 16.1. 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.
  - 16.2. 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.

- 16.3. 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.

## **Chapter 7.**

### **REFEREES**

1. The referees shall be three in number, the Center Referee and two side referees.
  - 1.1. The same referee must be seated throughout an entire flight once it starts. No referee changes can occur once a flight has begun. However, the only exception to this rule is if a record-breaking attempt is being made and the required referee classifications are not met by the existing seated referees (ex., two National referees are needed for a National record).
2. The Center Referee, is responsible for giving the necessary signals for all three lifts.
  - 2.1. Signals required for the three lifts are as follows:
    - 2.1. SQUAT
      - 2.1.1. Commencement: A visual signal consisting of a downward movement of the arm together with the audible command "squat".
      - 2.1.2. Completion: A visual signal consisting of a backward movement of the arm together with the audible command "rack".
    - 2.2. BENCH PRESS
      - 2.2.1. Commencement: An audible command of "start".
      - 2.2.1. Mid (after a pause at the chest): An audible command of "press".
      - 2.2.3. Completion: A visual signal consisting of a backward movement of the arm together with the audible command "rack".
    - 2.3. DEADLIFT
      - 2.3.1. Commencement: No signal required.
      - 2.3.2. Completion: A visual signal consisting of a downward movement of the arm together with the audible command "down".
3. Once the bar has been reracked or on the platform at the end of the lift, the referees will announce their decisions through the lights; White for a "good lift" and red for "no lift".
4. 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 Center Referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift. If possible the side referees should not be seated behind the lifter or below the level of the platform.
5. During the contest the three referees must jointly ascertain that:
  - 5.1. 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 generates generate bar loading software may also be used and projected onto a screen that is in a clear and visible location, from the platform, for the three referees.
  - 5.2. On the platform the lifter's costume and personal equipment are exactly as declared,

examined, and marked at the weigh-in. If any referee has reason to doubt a lifter's integrity in this respect, they must after the lift, inform the Center Referee of his suspicions. The three referees may then re-examine the lifters' costume and personal equipment. If the lifter is found to be wearing or using any illegal item, the lifter will immediately be disqualified from the competition.

6. Before the commencement of a lift, if either of the side referees does not accept the bar placement or starting position of the lifter, they will raise a hand to call attention to the fault. If there is a majority opinion among the referees that a fault exists, the Center Referee will not give the signals to commence the lift. The lifter or his coach shall on request be informed of the reason for his not receiving a "start" signal. Similarly, the lifter or his coach may request the reason for a "no lift" decision. Such a request must be made before the next lifters attempt. The Meet Director or Center Referee shall be responsible for conveying such information to the lifter. The lifter has the remainder of his un-expired time allowance in which to correct the position of the bar or his stance to receive the commencement signal. Once a lift has commenced, the side referees will not call attention to faults during the execution of the lift.
7. Referees shall abstain from commentary and not give any document or verbal account concerning the progress of the competition.
8. A referee shall not attempt to influence the decisions of the other referees.
9. The Center Referee may consult with the side referees, or any other official as necessary to expedite the competition.
10. At his discretion, the Center Referee may order that the bar and or platform be cleaned.
11. Attire: Colors are solid OD green for the upper and solid black for the lower.
  - 11.1. Official NPL polo will be worn.
  - 11.2. Male referees shall wear black slacks or dress shorts
  - 11.3. Female referees may wear black slacks, dress shorts, or business skirts.
  - 11.4. Mostly black shoes and appropriate socks shall be worn.
12. Qualifications for a Referee are as follows:
  - 12.1. Must be a member of the NPL in good standing.
  - 12.2. Must be recommended by his State Chairman or National Committee
  - 12.3. Referees must maintain a record of all meets judges. which shall include the meet name, date, and location, the Meet Director's name, number of flights, and position word. This may be a paper record or digital keep.
13. Testing Procedures

All NPL written tests can be obtained from the National Committee.

  - 13.1. Anyone interested in becoming an NPL Referee can contact the State chairman A brief powerlifting bio is required for State level applicants.
  - 13.2. After successful completion of a background check the applicant shall be given the written exam.

\*Any exceptions can be determined by the National Committee.
  - 13.3. **Written Exam**
    - State Referee

A State Chairperson can administer the state test to an applicant. A score of 90% or higher must be obtained to pass.. If the applicant does not pass, he must wait four weeks before he can retest.
    - National Referee

An applicant must be a State Referee for one year and has refereed at least six NPL meets. The National Committee can administer this test or appoint an NPL Official to do so. State Chairpersons cannot appoint or "promote" anyone as a National Referee. A score of 95% or higher must be obtained to pass. If the applicant does not pass, he must

wait six months before they can retest.

World Referee TDB

#### 13.4. **Practical Exam**

State Referee

An applicant must sit next to a National or World Referee and “call” at least 25 attempts in each squat, bench press, and deadlift. If the applicant’s call does not match the testing Referee’s call, they must explain their reasoning for the call. For an applicant to pass, they must call at least 95% of the lifts correctly. This is determined by testing the Referee. If the applicant does not pass, he must wait four weeks before he can retest. The applicant must pass both the written and practical tests before the State Chairperson State Referee.

#### 14. Registration

14.1. All referees must renew their NPL membership annually to maintain their current qualifications at an acceptable standard.

17.3. A referee who has been inactive for one year or who fails to re-register or renew their NPL membership annually will forfeit his credentials. Refer to Bylaws regarding reinstatement.

17.4. World Referees should referee a minimum of one National Championship or one World Championship during the previous four-year period to renew their current World referee status.

17.5. All referees’ rankings with another federation of reputable standings will be honored and no test on a case by case basis approved by the National Committee.

## **Chapter 8.**

### **General**

#### 1. Records defined:

World Records: May only be set at World level events.

National Records

Lifters must be a resident within the nation of which they are a citizen.

State Records

Lifters must be a resident within the state to which they are applying. State Records can be made at any NPL-sanctioned meet if the rules and criteria are met.

2. Records can only be obtained through an NPL-sanctioned competition or event. All NPL rules must be followed, and criteria met in the aforementioned rules.

3. The lifter must have a current NPL membership.

4. The lifter must enter the Event, Division, Category, etc. to apply for the corresponding NPL record, with no exceptions.

5. Records can only be made in the lifter’s bodyweight category entered at the official weigh-ins.

6. Records are only valid if the lifter makes a Total in the competition event(s) entered. He must complete at least one “good lift” in each of the three attempts. The lifter cannot “bomb” and then apply any “good lifts” towards records in the event they did not complete. No exceptions.

#### 7. **Fourth attempts**

7.1. attempts allowed outside of the competition for record purposes only and do not count towards the lifter’s competition Total.

7.2. Allowed in any competition in which NPL Records can be obtained.

7.3. The lifter must show the Scorekeeper the documented record he is attempting to break at



- the time he is giving his fourth attempt. If not, the attempt will not be allowed.
- 7.4. A lifter can only take a fourth attempt if his third attempt is a successful or “good” lift.
  - 7.5. Only lifters competing in a competition may attempt records as fourth attempts outside the competition.
  - 7.6. Fourth attempts are not valid towards the lifter’s competition scoring, Totals, or meet placement.
  - 7.7. In no case can any further additional attempts be granted.
  - 7.8. A lifter can only be granted a fourth attempt for National or World records.
  8. The lifter must advise the Scorekeeper of any State, National, and/or World Record attempts. The Scorekeeper will note it on his scorecard and computer system.
  9. The lifter must advise the Center Referee of any State, National, and/or World Record attempts before the lift. The Center Referee will then insure the proper level referees are in place.
  10. In the event of two lifters breaking either a current individual or a Total record of the same weight, the lighter lifter will be declared the new record holder. If both lifters originally weighed in at the same weight, they must be reweighed. If both lifters reweigh at the same body weight, both will be declared record holders.
  11. New records are only valid if they exceed the previous record by at least 500 grams
  12. Referees
    - 12.1. All criteria for NPL Referees must be met.
    - 12.2. Must have a current NPL membership.
    - 12.3. Referees needed for records:
      - State Records ~ All three referees must be ranked at an NPL State level or above. National Records ~ At least two of the three referees must be ranked at a national level or a World level.
      - World Records ~ At least two of the three referees must be ranked at a World level and the third at a National or World level.
  13. Meet Directors
    - 13.1. The Meet Director must supply the necessary Record Chairs (National and State) with a copy of the competition's official score sheet or meet results within 5 days of the completion of the competition to verify any record applications submitted. This includes the names and ranks of the judicatory referees. For those states without a State Chair, the meet results are to be sent to the National Records Chair.
    - 13.2. Responsible for noting all record attempts on the official score sheet or meet results sent to Chairs to validate records.
  14. National and State Record Chairs ~ See Bylaws for duties.
  15. To Certify & Register Records
    - 15.1. All NPL rules and criteria must be met before a record can be certified.
    - 15.2. The Meet Director must supply the relevant NPL Record Chairs with a copy of the official score sheet or meet results within 5 days of the completion of the competition. Failure to do so will negate any records from that event. Exceptions will be dealt with on a case-by-case basis by the Records Chair(s).

## **Chapter 9.**

### **RULES FOR DISABLED LIFTERS**

#### 1. GENERAL

- 1.1. If the lifter cannot fully stretch the arms resulting from anatomical deformation of the elbow, he must report this fact to the three referees before the beginning of each attempt during the competition.
- 1.2. If the lifter cannot fully stretch the legs resulting from anatomical or neurological disease, he must report this fact to the three referees before the beginning of each attempt during the competition.
- 1.3. Any lifter is allowed to be strapped to the bench with the official strapping belt (10cm. wide) or with their strapping belt.
  - 1.3.1. Strapping is allowed on the legs from the ankles to the hips.
  - 1.3.2. Strapping of the legs must be done by the lifter, the coach, or the loaders under the supervision of the referees.
- 1.4. The coach is allowed to help the lifter on arrival at or upon leaving the platform. Coaches shall remain within the designated coaching area as defined by the Jury or Technical Officer in charge.
- 1.5. The lifter is allowed two minutes in which to start his attempt after being called to the platform. A warning call and time signal will be given at the one-minute remaining stage.
- 1.6. The lifter must lie supine on the bench. His head, shoulders, trunk (including buttocks), legs, and both heels extended must remain in contact with the bench throughout the attempt. An exception regarding the heels is granted in the case of lower-limb amputees.

## **Chapter 10**

### **Guest Lifter**

1. Meet directors may allow guest lifters as long as they do not exceed the maximum number of lifters allowed for a meet.
2. **ALL** NPL Rules are to be followed with the following additions/exceptions
3. WEIGH-INS
  - 3.1. A T-Shirt & Singlet must be worn.
  - 3.2. Guests must have a parent/guardian or coach accompany them.
4. RECORDS
  - 4.1. No records are available for guest lifters

## **Chapter 11**

### **Drug Testing**

1. Testing selection/ Protocol
  - 1.1. 10 % of the lifters in the meet must be tested. All best lifts and up to 10% of the number of lifters in the meet shall be tested. If the number of best lifters is less than 10% the Meet Director will select other lifters until the 10% is met.
  - 1.2. Samples will be collected by an NPL official of the same sex who has been trained in NPL drug testing procedures.
  - 1.3. Collected Samples shall be sent to the testing lab within 24 hours of collection.
2. Drug Testing Results
  - 2.1. Results will not be made public at any time.
3. Drug Testing Failures
  - 3.1. Upon failing the drug test the following will occur:
    - 3.1.1. Lift time band from all NPL Drug tested events.
    - 3.1.2. Loss of all drug test records and removal from all drug test meet results.
    - 3.1.3. One-year ban for lifting at any NPL meets and renewal of NPL membership.
    - 3.1.4. Forfeit of current NPL membership.

4. Banned Substances

- 4.1. 1-Androstendiol
- 1-Androstendione
- 4- Androstendiol
- 4- Androstendione
- 5- Androstendiol
- 5- Androstendione
- Bolandiol (Norandrostendiol)
- Bolasterone
- Boldenone
- Boldione
- Calusterone
- Clenbuterol (anabolic agent)
- Clostebol
- Danazol
- Dehydrochlormethyltestosterone
- Desoxymethyltestosterone
- 5-Dihydrotestosterone/Drostandiol
- Drostanolone
- Epitestosterone (masking agent)
- Ethisterone
- Ethylestrenol
- Fluoxymesterone
- Formebolone
- Formestane (anti-estrogen)
- Furazabol
- Halodrol
- 4-Hydroxy-testosterone
- Mestanolone
- Mesterolone
- Methandriol
- Methandrostenolone
- Methasterone
- Methenolone
- 6-Methylandrostandione
- Methyl-1-testosterone
- Methylnortestosterone
- Methyltestosterone
- Mibolerone
- Nandrolone
- 19-Norandrostandione
- 19-Norandrostandione
- Norbolethane
- Norclostebol
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone
- Oxymetholone
- Probenecid (masking agent)

Prostanazol  
Quinbolone  
Stanazolol  
Stenbolone  
Testolactone (anti-estrogen)  
1-Testosterone  
Testosterone  
Trenbolone