



NATIONAL POWERLIFTING LEAGUE
RULE BOOK

(Revised October of 2024)

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Chapter 1

GENERAL RULES

1. The National Powerlifting League (NPL) recognizes the following rule for Powerlifting meets. Direct all questions to the NPL National Office at info@npleague.net:
2. All lifts shall be conducted in squat, bench press, and deadlift order under NPL rules.
3. Competition occurs between lifters in categories defined by sex, body weight, age, and equipment division. The Men's and Women's Open classes permit lifters of any age more than 13 years.
4. The rules apply to all competition levels conducted under NPL Rules.
5. Each Lifter is permitted to make three attempts on each lift. Any exceptions to this rule are explained in the appropriate section of the rulebook. The Lifter's best "good" attempt on each lift, excluding any fourth attempts made for record purposes, will be counted towards their competition total. The Lifter with the highest total will be the category winner. The remaining lifters will be ranked by total in descending order. Lifters who fail to make at least one lift will be eliminated from the competition. If two or more lifters have the same total weight, the lighter body weight is placed above the heavier Lifter. If body weight at weigh-ins is the same, both lifters will be immediately reweighed with the lower body weight lift placing height.
6. The NPL, through its National Committee, shall award sanctions for World and National events, such as but not limited to:
 - a. World and National Championships
 - b. Drug Tested World and National Championships
 - c. The NPL shall approve any other World or National Championships.
7. The NPL only recognizes sanctioned competitions as described in this rulebook.
8. The NPL also recognizes and registers records for the same lifts within the categories described in Chapter 1.
9. You may only compete if you are 13 years and over on the day of the meet. The Lifters' 13th birthday must be the date of the meet. For age-limited categories, proof of age must be provided as prescribed below.
10. the Lifter's actual birth date determines age grouping for sections.
 - a. Men - Open: from 13 years of age and upward.

- b. Women - Open: from 13 years of age and upward.
- c. Teen- 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
- d. Sub-Masters: 35 to and including 39 years of age,
- e. 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.

11. Body Weight Classes

Men: kg

- 52.0 kg class from 52.0 kg and below
- 56.0 kg class from 52.1 to 56.0 kg
- 60.0 kg class from 56.1 to 60.0 kg
- 67.5 kg. class from 60.1 to 67.5 kg
- 75.0 kg class from 67.6 to 75.0 kg
- 82.5 kg class from 75.1 to 82.5 kg
- 90.0 kg class from 82.6 to 90.0 kg
- 100.0 kg class from 90.1 to 100.0 kg
- 110.0 kg class from 100.1 to 110.0 kg
- 125.0 kg. class from 110.1 to 125.0 kg
- 140.0 kg class from 125.01 kg to 140.0 kg
- SHW class from 140.1 kg and above

Women: kg

- 44.0 kg class from 44.0 kg and below
- 48.0 kg class from 44.1 to 48.0 kg
- 52.0 kg. class from 48.1 to 52.0 kg
- 56.0 kg. class from 52.1 to 56.0 kg
- 60.0 kg class from 56.1 to 60.0 kg
- 67.5 kg class from 60.1 to 67.5 kg
- 75.0 kg class from 67.6 to 75.0 kg
- 82.5 kg class from 75.1 to 82.5 kg.

90.0 kg class from 82.6 to 90.0 kg

100.0 kg class from 90.1 to 100kg

110.0 kg class from 100.1 to 110.0 kg

SHW class from 110.1kg and above

12. Meet directors, may allow for team competition during their meet.

13. Teams are structured as follows:

14. Each team is allowed a maximum of ten competitors.

15. The team with the highest DOT score will be the winner.


Chapter 2

WEIGHING IN

1. The competitors' weighing-in must occur at least two hours before the start of the competition or at most 24 hours before the start of the competition.
2. The weigh-in period will last at least one and a half hours.
3. The Meet Director must certify that the scale has been calibrated for accuracy within the last 12 months. They shall provide the calibration certificate upon request.
4. The weigh-in for each Lifter will be carried out in an isolated space with only the competitor, their coach/manager/parent/guardian, and the judges present. The lifters' official body weight shall only be made public once all the lifters competing in the meet or session have been weighed in. Two officials of the same sex must weigh in minors with a parent or guardian present. The parent or guardian will initial the front of the scorecards and sign the back.
5. Lifters may weigh in their singlet, Underwear, or nude without shoes or belts. Jewelry watches or other items that do not effectively change the Lifter's weight may be left on. The 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 the lifters. A non-judge of the same sex as the Lifter may be temporarily appointed if not enough judges are present.
6. Each Lifter may only officially weigh in once. Only those whose body weights are heavier or lighter than the class limits registered can attempt to make weight an additional time. They must return to the scales and make weight within the boundaries 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 reweighed- lifters. A lifter can only be reweighed after all lifters have had a chance to weigh in. Lifters trying to

make weight may be reweighed as often and/or as time permits. A lifter may only be weighed outside the time limit of one and a half hours if they present himself within the time limit, but due to the number of lifters trying to achieve weight, they are denied the opportunity of mounting the scales. They may then be allowed one to reweigh at the discretion of the Meet Director.

7. Lifters must check squat and bench press/ face saver rack heights and foot blocks before they leave weigh-ins.
8. If you compete in a class other than open, proof of age must be provided. Only official identification containing a photograph will be acceptable: i.e., passport, driver's license, state I.D. with a photo on it, etc. For teen lifters who do not yet have a driver's license, a birth certificate with the parent's photo and I.D. will be accepted.
9. Every Lifter must have a current NPL membership before completing weigh-ins. Lifters will be required to show a current NPL membership card during weigh-ins. The card can be printed or digital.
10. The Lifter's Uniform must be inspected before weigh-ins are complete.
11. Wrist wraps over the allowed length shall be rejected but may be cut to the correct size and resubmitted within the specified inspection time. It is the Lifter's responsibility to cut the wrist wraps. The examining Judge is not permitted to perform this service.
12. Any item considered unclean or torn shall be rejected.
13. The judges shall record each item on the back of Lifters scorecard.
14. If a lifter enters the platform wearing or using any illegal item or article not checked in on the back of the scorecard after the weigh-ins, the Lifter shall immediately be disqualified from the event.
15. All items mentioned previously under Uniform shall be inspected before the competition, as shall any other items the Lifter may wish to wear on the platform. Headgear, hats, earbuds, and gloves are forbidden and may not be worn on the platform during lifting. Items such as watches, uniform jewelry, mouthpieces, eyewear, and feminine hygiene articles need not be inspected.
16. PowerComp™ is the only authorized lifting software used at an NPL meet. It will generate the official NPL scorecard.
17. Official NPL scorecards must be used.
18. Fill out all blocks on scorecard. See example below.

Name: Joe B Lifter		State: PA		Lot #36		Weight: 108.3		Age: 44		Date: 10 July 24	
Event: <input checked="" type="checkbox"/> FP <input type="checkbox"/> BPO <input type="checkbox"/> DLO <input type="checkbox"/> PP Class: <input checked="" type="checkbox"/> OPEN <input type="checkbox"/> JR <input type="checkbox"/> SUBMASTER <input checked="" type="checkbox"/> MASTER Division: <input checked="" type="checkbox"/> RAW KS <input type="checkbox"/> RAW KW <input type="checkbox"/> SPLY <input type="checkbox"/> MPLY						Lifter: JBL		NPL SCORECARD  T-Shirt Size: XL			
						Guardian (If minor):					
						Judge 1: JJ					
						Judge 2:					
Platform:			Flight: A			Weight Class: 110			Men/Women: Men		
ATTEMPT:	RACK	INTL	1 ST	2 ND	3 RD	4 TH	TOTAL				
SQUAT	19 IN	JBL	S N W	S N W	S N W	S N W	285				
	IN/OUT		275	285	Pass						
BENCH	15	JBL	S N W	S N W	S N W	S N W	190				
			180	180	190						
DEADLIFT		JBL	S N W	S N W	S N W	S N W	320				
			300	310	320	320.5					

GEAR INSPECTION

Costume

- Singlet
- Shoes
- DL Socks
- T-shirt
- ~~Underwear~~
- No-underwear
- ~~Headband~~

Gear

- Belt
- Wrist Wraps (1M)
- Knee Sleeves (30CM)
- ~~Knee Wraps (3M)~~
- ~~Elbow Sleeves (20CM)~~
- ~~Squat Suit~~
- ~~Bench Shift~~
- ~~Deadlift Suit~~

MEMBERSHIP EXP. DATE

01 July 2025

LIFTER INITIALS JBL

INSPECTOR'S NAME John Judge

19. An attempt is deemed "good," the attempt is circled; if "no lift," the attempt has a line drawn diagonally.
20. Circle all record attempts.
21. Write the best lifter for each event in the far-right total box.

22. If a lifter passes an attempt, write "Pass" in that attempt block.
23. If the Lifter withdraws from the meet, write "Withdraw" on the card.
24. The Judge who completes the card at weigh-ins will print their name as inspector.
25. Lifter Shall initial for their bodyweight, for each of their opening attempts, and on the back that the equipment check in is the only equipment they will use on the platform.
26. After the events are completed, cards must be scanned and emailed to info@npleague.net or mailed to NPL Head Office, 111 Broad St, Marysville, PA 17053. If emailed, the meet Director must maintain the cards for one year from the meet date.

Chapter 3

EQUIPMENT AND SPECIFICATIONS

1. Platform: All lifts shall be carried out on a platform measuring between 1.8 m x 1.8 m minimum and 4.0 m x 4.0 m maximum. The surface of the platform must be flat, firm, non-slip, and level. It must be at most 10 cm in height from the surrounding stage or floor without a ramp. The surface of the platform must be covered 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 or incorporated into the platform or its surface. This type of platform is subject to the approval of the National Committee.
2. Bars—Only plate barbells are permitted for all NPL powerlifting contests. Bars that do not meet the specifications below will invalidate the contest and any records accomplished. Only bars that meet all specifications may be used throughout the entire competition and for all lifts. Only bar plates with official NPL National Committee approval may be used at the World Championships.
 - a. They shall be straight and well knurled and grooved and shall conform to the following dimensions:
 - i. Total overall length not to exceed 2.5 m.
 - ii. Distance between the collar faces should not exceed 1.48 m or be less than 1.31 m.
 - iii. The diameter of the bar should not exceed 32 mm or be less than 27 mm
 - iv. The weight of the bar and collars is not to exceed 30kg.

- v. The diameter of the sleeve is not to exceed 53 mm or be less than 50 mm
 - vi. There shall be a ring machined marking or the bar taped to measure 81 cm between the marking and tape.
3. Plates - Uncalibrated plates will invalidate the contest and any records accomplished. Only plates that meet all specifications may be used. No bumper or rubberized plates allowed. Only kilo plates that have official NPL approval may be used at World Championships
- a. They shall conform as follows:
 - b. All plates used in competition must be calibrated to weigh within 0.25 percent of their correct face value.
 - c. The hole size in the middle of the plate may not exceed 53 mm or be less than 51 mm. (for non-kilo plates).
 - d. All plates must be marked with their weight and loaded in the sequence of the heavier plates innermost, with the smaller plates arranged in descending weight so that the judges can read the weight on each plate.
 - e. The first plate loaded on the bar must face in, with the remainder loaded face out.
 - f. The diameter of the largest shall not be more than 45 cm
 - g. Plates 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
 - h. Lighter plates may be used to achieve a weight of at least 0.5 kg more than the existing record.
 - i. Plates in kilogram weights weighing 25 kg must not exceed 6 cm in thickness. Plates weighing 20 kg and under must not exceed 3 cm in thickness.
 - j. Plates in kilogram weights must conform to the following color code
 - i. 10kg and under - any color
 - ii. 5 kg – yellow
 - iii. 20kg – blue
 - iv. 25 kg - red,
4. Collars
- a. 2.5kg slack-removing collars shall always be used in competition.

- b. The bar and collar combination must not exceed 25 kg for bench and deadlift or exceed 30 kg for squat.
5. Combo Racks
- a. Combo racks shall be of the following brands: E.R., Texas Strength Systems, Elite, Ghost, Rouge, and State of the Arc. The National Committee may approve other brands upon request.
6. Mono-lifts
- a. Machines with swing arm levers (a.k.a. mono lifts) are permitted. However, an additional spotter must operate the swing arms. Safety straps shall be used with a minimal working load of 1000kg or 2200 lbs.
 - b. Mono-lifts shall be sturdy and provide maximum stability. The base shall not impede the Lifter or the spotter. It may consist of a multi-piece unit designed to hold the bar horizontally.
 - c. 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.
 - d. All hydraulic racks and swing arm levers must be capable of being secured at the required height using pins.
7. Scoring Computer software
- a. PowerComp (T.M.) is the NPL competition's only authorized score software.
 - b. One display must be visible on the platform for the platform judge spotter.
 - c. At least one additional display is recommended in the lifter tank or warm-up area.
8. Judging Lights
- a. A system of lights shall be provided whereby the judges make known their decisions and shall be easily visible from the scores table. Each Judge will control a white and red light. White represents a "good lift," and red represents "no lift," respectively.
 - b. The lights shall be arranged horizontally to correspond with the positions of the three judges.
 - c. If the System goes down, judges will be provided with small white and red flags or paddles to make their decisions known.

Chapter 4

UNIFORM

Violations of the following rules, intentionally or accidentally, will not be tolerated. For the first violation, a lifter will be given a verbal warning and told how to correct the violation. For the second violation, the Lifter will forfeit their current attempt. On the Third violation, the Lifter will be disqualified from the event.

1. Uniform – Only uniforms inspected during official weigh-ins will be used during the meet.
 - a. Exception- Special uniform exception for lifters with Special Needs or religious beliefs shall be approved on a case-by-case basis by NPL National Office
2. All
 - a. Uniforms may not contain profanity or offensive text or images.
3. Raw and Wraps Divisions
 - a. The lifting Uniform shall consist of a one-piece non-supportive weightlifting/ wrestling singlet made of single-ply stretch material without support or aid to the Lifter. Note: Single-Ply is defined as a single-layer, threaded, 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 Uniform. Any false or otherwise seams that, in the opinion of the Meet Director, are incorporated into the Uniform purely as a form of reinforcement or bracing shall invalidate the Uniform from being used in the competition. The Uniform must be form-fitting without any looseness when worn by the Lifter but not so tight as to aid the Lifter.
 - b. The singlet straps must always be worn over the shoulders while on the platform. If not, the Lifter will be asked to leave the platform and put their straps up. Only uniforms officially approved by the NPL Judge during weigh-ins shall be permitted in powerlifting competitions. Singlets must be free of rips and or tears.
 - c. The non-supportive weightlifting/wrestling singlet may have seams and hems not exceeding 3 cm (1.2 in) in width. It will have a single thickness of the same material in the crotch area.
 - d. The non-supportive weightlifting/ wrestling singlet must have legs. The leg's minimum length is 3cm (1.2 in) and cannot cover the Lifter's knee.

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.

4. Single Ply Division

- a. The lifting Uniform 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 suits must be constructed without any patches, padding, or division into panels using seams not necessary in the manufacture of the Uniform and have a maximum overall material thickness not exceeding 1.3mm at any measured point except at any seam. Any false or otherwise seams that, in the opinion of the judges, are incorporated into the Uniform purely as a form of reinforcement or bracing shall invalidate the Uniform from being used in the competition. The Uniform must be form-fitting without any looseness when worn by the Lifter. The straps must always be worn over the shoulders while lifting in competition.
- b. Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness.
- c. The non-supportive weightlifting/wrestling type suits may also have a double layer of the same material size, 12 cm x 24 cm, in the area of the crotch.
- d. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness.
- e. The item must have legs, and the length of each leg must not exceed 15 cm from the middle of the crotch. Measurements should be taken along a line from the top seam of the crotch down the inside of the leg.

5. Multi-Ply Division

- a. The lifting Uniform shall consist of a one-piece full-length-lifting suit of two or more stretch materials. Note: Multi-Ply is a layer of two or more pieces of material interwoven or laminated together. The construction of the Uniform must be without any patches, padding, or division into panels using seams not necessary in the manufacture of the Uniform. The Uniform must be form-fitting without any looseness when worn by the Lifter. The straps must always be worn over the shoulders while lifting in competition. Velcro shoulder straps are permitted.
- b. It must have legs, and each leg must be a minimum of 3 cm and a maximum of 15 cm long.
- c. It may be of any color or combination of colors.

- d. The singlet may feature the badge, emblem, logo, and/or inscription of the Lifter's nation, national association, or sponsor. Offensive or disreputable elements are not allowed. Other powerlifting organizations' logos or advertising are not allowed. Other powerlifting organizations' logos may be permanently covered.
- e. Any alterations to the Uniform that exceed the established widths, lengths, or thickness previously stated shall make the suit illegal for competition.

6. T-shirt

- 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.
- b. It may not be a tank top or have sleeves cut away into the back or chest.
- c. It is not ribbed and has no 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.
- d. 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.
- e. Sleeves shall not terminate below the Elbow or above the upper deltoid. Lifters may not push the sleeves of such an undershirt up to the deltoid when competing in competitions.
- f. It should not be tight enough on the Lifter's body to ensure it does not afford any physical support.
- g. It may not be worn under a bench press or erector shirt. It must be an individual article of cloth.
- h. 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.

7. Underwear

- a. Underwear - A standard commercially available legless underwear or athletic supporter "jock strap" may be worn. Examples are v-cut briefs, thongs, and bikini briefs.
- b. Underwear shall not support the Lifter for the Raw and Wraps divisions.

- c. For hygiene purposes, men and women may wear additional small, non-supportive sanitary undergarments such as tampons, napkins, adult diapers, or related articles for feminine hygiene protection. These undergarments must be legless. Bra's that do not contain removable pads, hard inserts, or hard layers may be worn.
- d. Bra that does not contain removable pads, hard inserts, or hard layers may be worn.
- e. For Single Ply Division 1 only: Specialized Underwear (a.k.a. Groove Briefs) can be worn. This garment may have legs, depending on the brand the Lifter chose. 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.
- f. For Multi Ply Division 2 only: Lifting briefs (a.k.a. groove briefs or power pants) may be worn. The waistline of the briefs cannot extend beyond approximately the Lifter's mid-torso, and the leg shall not extend past the Lifter single or suit. The construction may consist of 2 or more layers, but each must be an individual layer of fabric. The leg of the brief cannot extend below the leg of the suit.

8. Bench Shirt

- a. Bench shirt is not allowed in Raw or Wraps Divisions. Bench Shirts shall only be used during the bench press. They are prohibited from use during the squat or deadlift. The following characteristics apply to all bench shirts:
 - i. Maybe any color
 - ii. Shall not display other lifting federation.
 - iii. Shall not display any profanity, obscene language, or pictures
 - iv. Shall not be fastened to the Lifter's body
- b. For Single Ply Division: These shirts shall be constructed only of a single visible ply or layer and must, as a whole, be of single-material construction. No cross-stitching or extra stitching is allowed anywhere on the bench shirt.
 - i. Shall be constructed solely of a mix of cotton, polyester, or denim
- c. For Multi-Ply Division: These shirts shall be constructed of one or more ply or layers of material. Each ply shall be of the singular component.
- d. All Bench Shirts must be worn under the singlet.

- e. It may have an open back but must be closed with a hook and loop (Velcro). No other means of closing the back is permitted. The back must be closed while the lift is performed. T-shirts shall not be worn if wearing a bench shirt.

9. Erector Shirts

- a. Erector shirt is not allowed in the Raw or Wraps Division.
- b. 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 those for the bench press shirt specified 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.

10. Socks

- a. Only one pair of socks is worn at a time.
- b. They may be of any color or colors.
- c. They shall not contact the knee sleeve, wrapping, or above the knee, and the sock shall not support the kneecap.
- d. Full-length leg stockings, tights, or hoses are strictly prohibited.
- e. For deadlift, one pair of knee-length socks shall be worn.
- f. Deadlift socks must come to the bottom of the Lifter's knee.
- g. 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.

11. Belt

- a. Maybe worn during all lifting events. Belts shall be worn on the outside of singlets or suits. The Lifter may have the buckle to the front or rear for squatting or deadlifting. During bench, the buckle must
- b. belts shall be construed as follows:
 - i. The main body shall be made of leather or vinyl in one or more laminations, which may be glued and/or stitched together.
 - ii. Additional padding, bracing, or supports of any material on the surface or concealed within the laminations are not permitted.
 - iii. The buckle, made of metal, shall be attached at one end of the belt using studs and/or stitching.

- iv. The belt may have a buckle with one or two prongs, a "quick release" type, a ratchet-style, or a ratchet strap. No hook-and-loop "Velcro" is allowed anywhere on the belt.
- v. A leather or vinyl tongue loop may be attached close to the buckle using studs and/or stitching.
- vi. Belts should not contain anything offensive, obscene, or likely to bring the sport into disrepute, which is not allowed. Other powerlifting organization logos or advertising is prohibited.
- vii. Maximum belt width 10 cm.
- viii. Maximum thickness 13 mm along the body.

12. Wrist Wraps

- a. Shall not exceed 1 meter long and 8 cm wide. This will not include the thumb loop or other closing device
- b. Wrist wraps may have a hook and loop (Velcro) or tie closure device. The thumb loop shall not be over the thumb during the actual lift.
- c. A wrist wrap shall not extend beyond one wrap below the wrist's center line. Wrist wraps will not extend onto the palm to the point where they will interfere with skin contact with the bar.

13. Knee Sleeves

- a. Single-ply knee sleeves or supporters may be worn in all divisions. Sleeves shall not exceed 30 cm in length or 7mm in thickness and may be constructed of elasticized neoprene. Knee sleeves can be of any color or combination of colors.
- b. Knee sleeves shall not be used elsewhere on the body.
- c. Only one set of knee sleeves shall be worn at a time.

14. Knee Wraps

- a. Knee Wraps may be worn in the Wraps Single-ply or Multi-ply division
- b. Wraps shall not exceed 3m long and 8 cm wide. A single set of knee wraps can be used on the knee only. Wraps shall not extend more than a quarter up the Lifter's thigh or down the Lifter's calve.
- c. Wraps shall not contact the socks or single/ suit.

15. Elbow Sleeves:

- a. May be used during squats and deadlifts only.

- b. Shall not be over 20 cm long or 7mm thick.
- c. Shall be worn centered on the Elbow.

16. Footwear

- a. Footwear shall be worn during all lifts. They may be of any color or color.
- b. Footwear must have a separate material for the sole and then its body. It must completely cover the foot and have a device to secure it to the foot. Footwear with metal spikes or cleats is not permitted.
- c. Shin Pads/Guards are permitted to be worn during deadlift. Shin guards must be worn below the knee and under the Lifter's deadlift socks.

17. Other Substances

- a. 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 designate an area for this substance to be applied. This substance shall not be applied directly to the bars, platform, or bench.
- b. No other substance shall be applied to the Lifter's body, Uniform, or equipment. Examples are adhesive on the underside of shoes or boots, body or hands, oil, grease, or other lubricants.
- c. Kinesiology tape is not permitted to be used.
- d. Smelling salts or ammonia shall not be used where spectators can view it.

Chapter 5

POWERLIFTS AND RULES OF PERFORMANCE

1. General

- a. Sportsmanship: Using profanity and/or other obscene language or gestures is prohibited. If a lifter or their coach uses profanity or other obscene language or gestures while on or near the platform, the meet director shall be notified, and the Lifter will forfeit their current attempt, even if the effort was good. The second time a lifter or coach uses profanity, obscene language, or gestures on or near the platform, the meet Director will disqualify them from the competition.
- b. Dumping the squat bar. If the three judges on the platform agree that a lifter has internally dumped or walks out on a squat, the meet director will disqualify that Lifter from the meet and be told to leave the venue.
- c. Fighting

- i. If a Lifter, coach, or spectator participates in a fight, they will be disqualified from the event and asked to leave the venue.
- d. Only meet spotters and judges are allowed around the platform. The exception is for the hand of the bench. A coach may hand off for their Lifter. Once the Lifter has the bar, the coach must leave the platform area.
- e. If a Lifter, Judge, or Spotter sees they cannot complete a lift, the Lifter is in danger. They will say, "Take it," to allow the Spotter to secure the Lifter and the bar.
- f. Other than items listed in Chapter 4, paragraph 17, no other item is allowed to assist the lifter in gripping or securing the bar.

2. Squat

- a. The Lifter may enter the platform when the center judge lifts their arm and says, "Bar Loaded." They shall face the front and center judge.
- b. No less than three or more than five spotters shall be on the platform anytime. A sixth spotter is required to operate the swing arms of the mono-lift if one is used.
- c. The Lifter may enlist the help of the spotters or their coach, (with signed waiver) in centering the bar on their back. The lift may ask the spotters for assistance in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not assist the Lifter further regarding proper positioning, foot placement, bar positioning, etc.
- d. The Lifter shall not hold the collars, sleeves, or plates at any time during the squat performance. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collars.
- e. After removing the bar from the combo racks, the Lifter shall move backward to establish their position. If using a Mono-lift, the Lifter may still step back or remain in place. 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 should be flat on the platform with the knees locked.
- f. The Lifter shall wait in this position or the Center Judge's signal. The signal shall be given when the Lifter is motionless, and the bar is positioned correctly. The Center Judge's signal shall consist of a downward arm movement and simultaneously the audible command "Squat."

- g. Upon receiving the Center Judge's signal, the Lifter shall bend the knees and lower the body until the crease of the hip joint is lower than the top of the knees.
- h. The Lifter shall return to an upright position with the knees locked. When the Lifter is motionless, the Center Judge will give the signal to rack the bar. Moving their arms up and backward simultaneously with the audible command "Rack."
- i. When the "Rack" command is given, the Lifter moves the bar to the rack. The Spotter assists the Lifter and or moves the mono-lift's swing arm back in place.
- j. Lowering the bar before the "Squat," the Center Judge will call "Take It," and the Lifter will fail that attempt.

3. Causes for Disqualification of a Squat

- a. Failure to obey the Center Judge's signals.
- b. Any downward motion after upward motion has started
- c. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- d. Any shifting of the feet laterally, backward or forwards, during the lift performance.
- e. Failing to bend the knees and lower the body until the crease of the hip joint is lower than the top of the knees (not below parallel).
- f. Changing the bar's position across the shoulders after the commencement of the lift.
- g. Contact with the bar by the spotters between the Judge's signals.
- h. Contact of elbows or upper arms with the legs.
- i. Failure to make a bona fide attempt to return the bar to the racks.
- j. Any dropping or dumping of the bar after completion of the lift.
- k. Failure to comply with any of the requirements in the general description of the lift precedes this list of disqualifications.
- l. Contact the rack that assists in the completion of the lift.

4. Bench Press

- a. The Lifter may enter the platform when the center judge lifts their arm and says, "Bar Loaded." Their head shall face the center judge.

- b. The Lifter shall lie on their back with shoulders and buttocks in contact with the flat bench surface. The hands may grip the bar in a way the Lifter prefers, as long as the Lifter hand is within or part of the hand covers the 81 cm ring. The toe of the Lifter's shoes must maintain contact with the platform. This position shall be maintained throughout the attempt. The head may rise during the lift.
- c. Lifter feet may be on the toes or flat. The feet may change between toes or flat during the lift. No movement of feet laterally, backward or forwards, is allowed after the "Start" is given.
- d. 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 in contact with the surface. The Lifter is responsible for selecting and providing blocks for the platform. Spotters will place and remove the blocks. Attempt time will not start until blocks are in place.
- e. No less than 3 or more than 5 spotters shall be on the platform for the bench. The Lifter may ask the spotters to remove the bar from the racks. If the spotters assist the lift-off, it must be at arm's length. Lifters may have their coach (with signed waiver) handoff for them. The coach must leave the platform before the start command is given.
- f. After removing the bar from the racks or receiving it from a handoff person, the Lifter shall wait motionless, with elbows locked. This is a good starting position. No "soft starts" are allowed. The center judge will have the Lifter rereack if their elbows are not locked.
- g. Once the Lifter has a good starting position, the center judge will lower their arm and give the audible command "Start." The Lifter shall lower the bar to the chest, which is the area from the bottom of the collarbone to the bottom of the sternum.
- h. Once the bar is motionless on the chest, the center judge will lift the palm of their hand and simultaneously give 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. If lifters cannot physically lock their elbows, they must declare that to the center judge before entering the platform. The Lifter must start and stop in the same elbow position.
- i. When the bar is held motionless in the start position, the center judge will move their arm back and simultaneously give the audible command "Rack" is given. The Lifter shall attempt to place the bar in the rack. Spotters will guide and assist the bar in getting into the rack.

- j. Lowering the bar before the "Start," the Center Judge will call "Take It," and the Lifter will fail that attempt.

5. Causes for Disqualification of a Bench Press

- a. Failure to observe the Center Judge's commands.
- b. Changing the body position on the bench during the bench in the other than the head, i.e., raising movement of the shoulders, buttocks, or feet from their original points of contact with the floor or lateral movement of the hands on the bar. The toe of the foot must remain in contact with the floor; however, incidental movement fore and aft as much as $\frac{1}{2}$ the length of the Lifter's foot is now permitted.
- c. Any downward motion after the "Press" command.
- d. Any uneven extension of the arms during the lift.
- e. Failure to press the bar to fully extend the arms after the end lift.
- f. Contact the bar by spotters between the Center Judge's signals.
- g. Any contact of the Lifter's feet with the bench.
- h. Contact of the bar and the face savers.
- i. Contact of the bar and the Lifter's belt.
- j. Contact the rack that assists in the completion of the lift.

6. Deadlift

- a. The Lifter may enter the platform when the center judge lifts their arm and says, "Bar Loaded." They shall face the front and center judge.
- b. The Lifter may begin lifting at any time.
- c. The Lifter will lift the bar until their knees are straight and their shoulders back, with the bar motionless.
- d. The Center Judge's signal shall consist of a downward arm movement and simultaneously the audible command "Down."
- e. After the down signal, the Lifter will lower the bar to the platform under control. When the bar is back on the platform, the lift is complete.
- f. Any rising of the plates or deliberate attempt to do so will count as an attempt.

7. Causes for Disqualification of a Deadlift

- a. Any downward movement of the bar before it reaches the final position.
- b. Failure to stand erect with the shoulders back.
- c. Failure to lock the knees straight.
- d. Unlocking the knees after they have been locked.
- e. Supporting the bar on the thighs during the lift performance.
- f. Any movement of the feet before the end of the lift. Rocking feet between the ball and heel is permitted.
- g. Downward bar before receiving the "Down" signal.
- h. Allowing the bar to return to the platform without both hands on the bar.
- i. Failure to comply with any of the requirements in the general description of the lift precedes this list of disqualifications.

Chapter 6

RUNNING of MEET

1. Flights shall have up to 15 lifters. Meet directors will attempt to keep all lifters competing against each other in the same flight.
2. No more than 4 flights are allowed on one platform daily. This includes multi-session meets.
3. Round System
 - a. Each flight shall have three rounds or 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. This same sequence continues through the bench press and deadlift. Fourth attempts are only allowed for an NPL National and World Record. Fourth attempts 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 3rd attempt was a good lift, and the amount being attempted must be reasonable to not put the Lifter or Spotter at risk for harm. For example, the Lifter completes their third attempt at 100 kg. Then, ask for a fourth attempt to break the National Record at 200 kg. No fourth attempts for state records. If they are the last Lifter in the round, they will get up to 4 minutes before "Bar is Loaded" is called. If they are the second to last Lifter in the round, they will get 3 minutes until "Bar is Loaded" is called after the last Lifter completes their lift. The third last will get 2 minutes, and the fourth last will get 1 minute

after the previous Lifter completes their lift. The Lifter asking for a fourth attempt shall tell the score table and judge the current record when submitting the attempt.

- b. The lifting order will be from the lowest attempt to the highest weight in that round. If two lifters in a flight have the same weight for an attempt, the lower lot number Lifter will go first. The weight on the bar is never lowered for any reason. Each Lifter receives one attempt in each round. If the bar is loaded higher than what is written on the scorecard due to an error by meet personnel and the Lifter doesn't make the lift, they can take that attempt again at the end of the round with the correct weight on the bar. If the bar is loaded to a lower amount of weight than what is written on the scorecard due to an error by meet personnel and the Lifter makes the lift, they have 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.
- c. When the Center Judge says, "Bar is Loaded," the Lifter has one minute to begin their lift. If the Lifter exceeds one minute, they forfeit that attempt.
- d. Intervals between the squat and bench press or bench press and deadlift shall be no more than 30 minutes.

4. Attempts

- a. Lifters must give their first attempts and initial them on their scorecard at weigh-ins. First attempts may be changed up to 5 minutes before the flight commences. The second and third attempts for the squat, bench press, and deadlift cannot be changed once given. The third attempt deadlift can be changed once after the attempt has been given. The change cannot be less than the current bar weight. No changes can be made once the bar is loaded for the Lifter. This also applies to BPO and DLO Lifters for their third attempt.
- b. After an attempt is completed, the Lifter has one minute to give their next attempt to the Scorekeeper. If the Lifter fails to do so, the Scorekeeper will add 2.5 kilos if the previous attempt is good, or if the previous attempt is not good, enter the same weight for the next attempt. The attempt may be submitted by themselves or a coach
- c. A lifter must make at least one good attempt at each lift, or they will be eliminated, aka "bombed," from that meet. They will no longer be able to compete for a medal, place, best lifter prize, or set record. If they are registered for BPO or DLO, they can continue to compete in those events. If they are not, the Lifter may continue as a Guest Lifter.

- d. Only the Lifter and their coach, platform Judges, and Spotters will be allowed around the platform or on the stage during any competition. During the execution of a lift, only the Lifter, Spotter, and judges are permitted to be present on the platform. Coaches shall remain within the designated coaching area defined by the Meet Director.
- e. A lifter shall not wrap or adjust any part of their Uniform or equipment on the platform. The only exception to this rule is that they may adjust their belt. Items such as chalk, inhalants, etc., cannot be utilized within the vicinity of the platform.
- f. Three unsuccessful attempts in any lift will automatically eliminate the Lifter from the competition. However, they may continue to lift as guest lifters by asking the Meet Director.
- g. Other than the initial removal of the bar from the racks, the Lifter will not receive any help from the spotters to position himself for an attempt. The Lifter may ask the Spotter to center them on the Squat bar.
- h. Upon completing 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's time will start after the inspection is completed. Any judge working the meet may complete the inspection.
- i. If a lifter suffers an injury or is at risk of injury themselves, the meeting director may stop the competition and not allow the Lifter to continue.
- j. Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to comply with the rules fully should be brought to the attention of and explained to the Meet Director before the start of the meet. The Lifter, Meet Director, and the platform judges for the particular flight will decide on special considerations for the Lifter. Deafness, blindness, limb, or joint deformities that prevent proper straightening or extension are examples of such special considerations.
- k. The weight of the barbell must always be a multiple of 2.5 kg. Unless a record is being attempted. A record may be broken by 0.5 kg. A Lifter shall not be allowed to break a record by anything other than .5 kg or 2.5 kg. For example, they cannot request to break a record by 1 kg.
- l. The Center Judge will be solely responsible for decisions in case of loading errors or incorrect announcements by the speaker. Their decision will be given to the speaker, who will make the appropriate announcement. Examples of Errors in Loading are as follows:

- m. Blood management and/or open wounds are prohibited on the platform. Any one wound must be treated before a lifter's attempt. Only a single layer of cloth medical tape may be on the palm of the hand. This will be inspected by the Meet Director to ensure they do not give the Lifter a grip advantage. Should blood contact with bar or equipment, the lifting shall be stopped, and the bar or equipment sterilized with a bleach solution
- n. The Lifter must stop all bleeding before entering the platform. If they cannot stop the bleeding before their 1-minute clock expires or if they forfeit that attempt.

5. Meet Staff

- a. The Meet Director is the final decision maker at the meeting. They must ensure NPL rules are followed during the meet and are responsible for the conduct of all persons working the meet. They will
- b. The Announcer is responsible for running the event efficiently and acts as the Master of Ceremonies. The announcer announces the current attempts, weight, Lifter, and the following three lifters. They will also announce records and may announce the Lifter's bio, if provided, as well as sponsors or vendors at the event.
- c. Scorekeepers are responsible for correctly filling out the scorecards. This will assist the Lifter or coach in getting the next attempt and ensure the computer operator has entered the next attempt.
- d. Computer operators should fully know the PowerComp™ function and capabilities. They are both responsible for being attentive and selecting "good" or "no lift" promptly. Computer operators will accurately enter the subsequent attempt records and change them to rake height.
- e. Spotters
 - i. Spotters are responsible for loading and unloading the bar, adjusting combo racks or mono-lifts as required, cleaning the bar or platform at the Center Judge's request, and generally ensuring that the platform is well maintained and neatly presented at all times.
 - ii. There will be no less than three or more than five Spotters on the platform. A sixth spotter will operate the mono-lift's swing arms.
 - iii. When the Lifter prepares for their attempt, the Spotter may assist them in removing the bar from the racks. They may also help in replacing the bar after the attempt. However, they shall not touch the Lifter or the bar during the attempt. The only exception to this rule is if the lift is in jeopardy and likely to result in an injury to the Lifter. "Take it" will be yelled by either the Spotter, Center Judge or

the Lifter; all Spotters shall step in and assist the Lifter in returning the bar to the rack.

- iv. If the Lifter is deprived of an otherwise successful attempt by the error of a Spotter and through no fault of their own, they may be awarded another attempt at the discretion of the Center Judges. That attempt will happen at the end of the current attempt in that flight.
- v. Before the meet starts, complete the NPL spotter waiver at NPLLeague.net.
- f. Additional officials may be appointed as needed, i.e., doctors, paramedics, D.J., etc.

Chapter 7

JUDGES

1. The platform shall have three judges: the Center Judge and two side judges.
2. Once a flight starts, the same Judge must be seated throughout it. No judge 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 judge classifications are not met by the existing seat judges (e.g., two National judges are needed for a national record).
3. The Center Judge is responsible for giving the necessary signals for all three lifts and to verify the correct plates are loaded for the attempt.
4. Once the bar has been racked or is on the platform at the end of the lift, the judges will announce their decisions through the lights: white for a "good lift" and red for "no lift."
5. The three judges 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 Judge must always be one step off the center of the platform.
6. Side judges shall verify plates are loaded correctly on their side.
7. On the platform, if the Lifter's Uniform and equipment are precise as declared marked at the weigh-in, If any judge has reason to doubt a lifter's integrity in this respect, they must, after the lift, inform the Meet Director of their suspicions The meet director shall examine the lifters' Uniform and equipment If the Lifter is found to be wearing or using any illegal item, the Lifter will immediately be disqualified from the competition.
8. Before the commencement of an if, if either side judge 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 judges that a fault exists, the Center Judge will command the Lifter to rack the bar. The Lifter or their coach shall be informed of the reason and given another chance to perform the lift. The 1-minute clock will stop when the Center Judge explains the fault but will continue and not be reset to 1 minute.

9. The Lifter or their coach may request the reason for a red light/ "no lift" decision. This shall be done before the next Lifter attempts.
10. Judges shall remain neutral while performing their duties.
11. A judge shall not attempt to influence the decisions of the other judges.
12. The Center Judge may consult with the side judges to expedite the competition.
13. At their discretion, the Center Judge may order that the bar and or platform be cleaned.
14. Attire: Colors are solid green for the upper and solid black for the lower.
 - a. Official NPL polo will be worn.
 - b. Male judges shall wear black slacks or dress shorts.
 - c. Female judges may wear black slacks, dress shorts, or business skirts.
 - d. Shoes that are primarily black and appropriate socks should be worn
 - e. All black or white, long-sleeved, or short-sleeved shirts may be worn under the polo. Or a black NPL sweatshirt maybe worn over the polo.
 - f. Only a ball cap style hat may be worn if it has the logo for the NPL, the current Meet Directors company, the current location for the meet, or the meet sponsor. No other hats may be worn.
 - g. No logos, maybe visual on Judge's attire.
15. Qualifications for a Judge are as follows:
 - a. Must be a member of the NPL in good standing.
 - b. Must be recommended by their State Chairman or National Committee
 - c. Judges must maintain a record of all meets judges, including the meet name, date, location, the Meet Director's name, number of flights, and position word. This may be a paper record or digital keep.
16. Testing Procedures
 - a. All NPL written tests can be obtained from the NPL Judge Chairperson.

- b. Anyone interested in becoming an NPL Judge can contact the State chairperson. A brief powerlifting bio is required for state-level applicants.
- c. The applicant shall be given the written exam after completing a background check.
- d. Any exceptions can be determined by the National Committee.

17. Written Exam

- a. State Judge
 - 1. The NPL Judge 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, they must wait four weeks before retesting.
- b. National Judge
 - 1. To be promoted from the State to the National Judge, the individual must be recommended by a meeting director. The Director may submit a paragraph to the National Powerlifting League Council explaining why the individual should be raised to the National Level. All requests must be submitted on Wednesday before the meeting.
- c. World Judge TDB

18. Practical Exam

- a. State Judge
 - 1. An applicant must sit next to a National or world Judge and "call" at least 25 attempts in each squat, bench press, and deadlift. If the applicant's call does not match the testing Judge'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 Judge. If the applicant does not pass, they must wait four weeks before they can retest. The applicant must pass the written and practical tests before they are granted state Judge status.

19. Registration

- a. All judges must renew their NPL membership annually to maintain their current qualifications at an acceptable standard.
- b. A judge who has been inactive for one year or fails to re-register or renew their NPL membership annually will forfeit their credentials. They must apply to be reinstated as a new judge. The NPL Council will determine the level at which they are reinstated.

- c. To retain their current world judge status, World Judges should judge at least one National Championship or World championship during the previous four years.
- d. All judges' rankings with another federation of reputable standings will be honored, and the National Committee will approve no test on a case-by-case basis.

Chapter 8

RECORDS

1. General

- a. Records defined
 - i. World Records: May only be set at World level events.
 - ii. National Records: Lifters must be citizens of the nation they are attempting to record for. \
 - iii. State Records: Lifters must be residents of the State to which they apply the record. State Records can be made at any NPL-sanctioned meeting if the rules and criteria are met.
- b. Records can only be obtained through an NPL-sanctioned competition or event. All NPL rules must be followed, and the criteria set in this rulebook shall be met.
- c. The Lifter must have a current NPL membership.
- d. The Lifter must enter the Event, Division, Category, etc., that apply to the corresponding NPL record, with no exceptions.
- e. Records can only be made in the Lifter's bodyweight category entered at the official weigh-ins.
- f. Records are only valid if the Lifter makes a Total in the competition event(s) entered. They must complete at least one "good lift" in each event. The Lifter cannot "bomb" and then apply any "good lifts" towards records if they do not complete the meet. No exceptions.
- g. Any lifter successful in a National or World record attempt must immediately present himself to a judge for inspection. If the Lifter wears illegal wraps or clothing, the lift shall be declared "no lift," and the Lifter shall be disqualified from the competition.

- h. Lifter will be asked to remove the following and hand to judge one wrist wrap, knee wrap, and belt.
 - i. Judges will inspect shoulders, hips, and knee sleeves using the backs of their hands for hidden items.
2. Fourth Attempts
- a. Attempts are allowed outside the competition for record-setting only and do not count towards the Lifter's Total.
 - b. Allowed in any competition in which NPL Records can be obtained.
 - c. c. When they give their fourth attempt, the Lifter must show the Scorekeeper the documented record they attempt to break. If not, the attempt will not be allowed.
 - d. A Lifter can only take a fourth attempt if their third attempt is a successful or "good lift."
 - e. Only Lifter competing in the competition may attempt records as fourth attempts outside the competition. Guest Lifters cannot have fourth attempts.
 - f. Four attempts will not be applied toward the Lifter's competition scoring, Totals, or meet placement.
 - g. A lifter can only be granted a fourth attempt for National or World records.
3. The Lifter must advise the Scorekeeper of any State, National, and/or World Record attempts before they are called to the platform. The Scorekeeper will note them on their scorecard and computer system.
4. If two lifters break either a current individual or a Total record of the same weight, the lighter Lifter will be declared the new record holder. If 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.
5. New records are valid if they exceed the previous record by at least 0.5 kg.
6. The Scorekeeper shall inform the Center Judge to have the proper level of judges in place. Judges needed for records.
- a. State Records: All three judges must be ranked at a state level or above.
 - b. National Records: At least two judges must be ranked at national or World levels.
 - c. World Records: At least two judges must be ranked at the World level.

7. 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 completion to verify any record applications submitted. This includes the names and ranks of the judicatory judges. The meeting results will be sent to the national records chair for states without a state chair.
8. The Meet Director is responsible for ensuring all record attempts are noted on the official score sheet or meeting results sent to Chairs to validate records.
9. Record Chairs are responsible for updating all records and to certify & register records
10. The current NPL Records Chair is Katie Canihan, katie@npleague.net.

Chapter 9

RULES FOR DISABLED LIFTERS

1. GENERAL

- a. If the Lifter cannot fully extend their arms due to anatomical deformity of the Elbow, they must report this fact to the three judges before the beginning of each attempt during the competition.
- b. If the Lifter cannot fully stretch the legs resulting from anatomical or neurological disease, they must report this fact to the three judges before the beginning of each attempt during the competition.
- c. A disabled lifter can be strapped to the bench with the official strapping belt (10cm. wide) or with their strapping belt.
- d. Strapping is allowed on the legs from the ankles to the hips.
- e. The Lifter, the coach, or the spotter must strap the legs under the supervision of the judges.
- f. The coach can help the Lifter enter and leave the platform. Coaches shall exit the platform before the attempt begins.
- g. After being called to the platform, the Lifter is allowed two minutes to start their attempt. A warning call and time signal will be given when one-minute is remaining.
- h. The Lifter must lie supine on the bench with head, shoulders, trunk (in leading buttocks), legs, and both feet and remain in contact with the bench throughout the lift. An exception is made regarding the placing of feet in the case of lower-limb amputees.
- i. If a Lifter misses at least 50% of their total fingers, including the thumb, in the hand responsible for gripping a bar in the deadlift, they are permitted

to use a strap. However, this strap may be used on that hand and attached to the Lifter only.

Chapter 10

GUEST LIFTER

1. Meet directors may allow guest lifters if they are within 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
4. A T-Shirt & Singlet must be worn.
5. Guests under 13 must always have a parent/guardian or coach accompany them.
6. No records are available for guest lifters.

Chapter 11

DRUG TESTING

1. Testing Selection/ Protocol
 - a. 10 % of the Lifter in a drug-tested meet shall be tested.
 - b. There are no exceptions for prescriptions.
 - c. All lifters must be present during the drug test announcement.
 - d. All best lifts and up to 10% of the lifters in the meet shall be tested. If the number of best lifters exceeds 10%, the Meet Director will select which best lifters are tested. If after all best lifters are tested 10% has not been met the Meet Director will select other lifters until the 10% is met.
 - e. The Meet Director may select any lifter for the drug test or use Power Comp to choose a random lifter.
 - f. If a drug test is selected and you are not present or you do not provide a sample in a reasonable time, it shall be considered an automatic failure.
 - g. A written appeal, with a detailed reason for not providing a sample, may be submitted to the NPL national office for consideration.
 - h. Samples will be collected by an NPL official of the same sex trained in NPC drug testing procedures.

- i. Collected Samples shall be sent to the testing lab within 24 hours of collection.
 - j. During a non-tested meet, a lifter may choose to purchase a drug test. Their results will be published as tested and may set tested records. They must purchase the drug test before the meet has started.
2. Drug Testing Results
- a. Results will not be made public at any time.
 - b. Results will be posted for Meet Directors only.
 - c. The NPL national office will contact drug test failures directly.
3. Drug Testing Failures
- a. Upon failing a drug test, the following will occur:
 - i. Lifetime ban from all NPL Drug tested events.
 - ii. Loss of all drug test records and removal from all drug tested meet results.
 - iii. One-year ban for lifting at any NPL meets and renewal of NPL membership.
 - iv. Forfeit of current NPL membership.
 - v. Loss of all drug-tested records.

4. Banned Substances

1-Androstenediol

1-Androstenedione

4- Androstenediol

4- Androstenedione

5- Androstenediol

5- Androstenedione

Bolandiol (Norandrostendiol)

Bolasterone

Boldenone

Boldenone

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
Methyltestosterone
Methyltestosterone
Mibolerone
Nandrolone

19-Norandrosterone
19-Norandrostendione
Norbolethane
Norclostebol
Norethandrolone
Oxabolone
Oxandrolone
Oxymesterone
Oxymetholone
Probenecid (masking agent)
Prostanazol
Quinbolone
Stanazolol
Stenbolone
Testolactone (anti-estrogen)
1-Testosterone
Testosterone
Trenbolone