

Frequently Asked Questions

1- What is the difference between RAW and RAW Classic?

Raw lifters can wear approved knee sleeves or lift with nothing on their knees. They can also use wrist wraps and an optional belt.

Raw Classic lifters can lift with knee wraps, elbow sleeves in the squat and Deadlift only, wrist wraps and optional belt.

2- Does the WNPf have an equipped division?

Yes and we allow single ply and double equipment only. Denim and canvas material is not allowed. All bench shirts must be made of poly and they must be fully closed in the back. We do not allow open back shirts. Lifters are allowed to lift with a singlet on and squat briefs under the singlet, this is also considered single ply.

3- How do I qualify for Nationals?

Nationals is open to any drug free lifter

4- Can I use the false grip in the bench press?

Yes you can but you will be doing this at your own risk.

5- Can anyone enter a WNPf meet without qualifying?

Yes but you must be a minimum of 3 years drug free and you can enter local and state meets without qualifying. There are a few exceptions below.....

6- How do I qualify for worlds?

If you live in a state where the nearest national or major meet is more than 300 miles from you can qualify in a WNPf state or local event. If you live more than 500 miles from a WNPf meet you can request an exemption to the WNPf Worlds. There are new requirements for qualifying for the WNPf Worlds, please check the RULES and CLASSIFICATION CHART.

7- Does the WNPf have the Powercurl or Strict Curl?

Yes, we offer both events but not at all WNPf meets. All rules are on the WNPf website for the strict curl.

8- Can I set records in the Lifetime Open division?

Yes you can if it is offered at the meet. If it is not offered and you are Lifetime Drug free you can put in a request for the record.

9- Is there much competition in the WNPf?

In most classes yes but if you want competition please enter the open division even if you are a teen, submaster or master lifter.

10- In the bench for reps can I do rapid fire reps?

No! All reps must be locked out and touch your chest. The head ref will tell you to stop if you don't abide by the rules

11- Can I set a record in a division or event that I didn't enter?

No! You must enter that event and division to set the record

12- If I enter a WNPf meet with a team do I still pay an individual fee or just the team fee?

You must pay the individual fee. If you want to also enter a team into the team competition then the team fee must be paid too.

13- Is the entry fee the same for all lifters?

Yes it is. If you enter the full power event or the specialist event such as bench only, etc. the first initial fee is the same. The additional fee for 2nd event, etc. is lower and you will receive an award for all additional events you enter as long as you make one lift.

14- Must I become a WNPf member to compete?

Yes all lifters are required to become WNPf members each year. These fees help with admin cost, transportation, new equipment and more. You will also have access to ipowerlift.net with your WNPf membership where they have taken more than 20,000 photos for you to choose from.

15- Does my coach, spotter or handler pay admission at a WNPf meet?

Yes all non lifters must pay an admission fee to get in to watch the meet or help you unless we offer a free ticket with your entry.

16- How does drug testing work in the WNPf?

We choose lifters at random at WNPf events; we have tested so many lifters over the last 30 years and some multiple times. We have a lot of lifters that return to meets 2-3 times per year for many, many years. We will test anyone we feel needs to be tested. We will test you at a meet or outside of a meet. If you refuse a drug test you will be suspended for LIFE! If you leave a venue without being tested you will be suspended for LIFE! If you take a test and fail the test you will be suspended for 36 months minimum. You can request to take the test again but you will be responsible for payment of the second test.

17- Are we looking for WNPf meet directors?

Yes, yes, yes. If you would like to bring the WNPf to your area please email me at wnpf@aol.com. We need meet directors everywhere including Canada and outside the US.