

GENERAL RULES OF THE WNPf (2025-26)

WNPF Officials Certification and Membership Requirements

Officials Certification Process

To become a certified state official within the World Natural Powerlifting Federation (WNPF), candidates must follow a structured process:

1. **Study the Rules:** Prospective officials must print out and thoroughly study the WNPF rules to prepare for the certification exams.
2. **Written Examination:** All officials are required to pass a written test that assesses their knowledge of WNPF rules and procedures.
3. **Practical Examination:** A practical exam follows the written test, evaluating the candidate's ability to apply rules in real meet scenarios.
4. **Judging Experience:** Upon passing both exams, officials must judge at several WNPF meets to demonstrate competence before official certification is granted as a state official.
5. **Grandfathering from Other Federations:** Officials who are certified by other federations may be grandfathered into the WNPF by providing proof of current status from their previous federation and successfully completing the WNPF rules exam.

Membership Requirements for Lifters

All lifters participating in WNPF events must hold current membership with the WNPF.

- **Proof of Membership:** Lifters must present a valid WNPF receipt at weigh-ins as proof of membership.
- **Obtaining Membership:** If a lifter does not have an up-to-date membership card, one may be purchased in advance or at the time of weigh-ins.

- Receipt Retention: Lifters are required to keep a receipt for their membership card; the WNPF maintains an active database of all members, as physical cards are no longer mailed out.

Compliance and Drug Testing Policy

WNPF members must adhere to all rules and regulations, including compliance with drug testing policies. Testing may occur at WNPF events or outside of meets.

- Prohibited Substances: The use of performance or strength-enhancing drugs is strictly forbidden.
- Testing Rights: The WNPF reserves the right to test any member at any time or place once official membership has been established.
- Opt-Out Option: Individuals who do not wish to participate in drug testing are advised not to join the WNPF.

WNPF World Rules

All lifters who wish to compete under WNPF World Rules must achieve a placement between first and third in a WNPF event. Additional world rules are detailed in the official rule book.

Recognized Powerlifting Events

The World Natural Powerlifting Federation recognizes the following competitive lifts:

- Squat
- Bench Press
- Deadlift (single or combined total)
- Strict Curl
- Powercurl
- Bench for Repetitions

Age Categories and Divisions

WNPF offers a range of divisions based on lifter age and experience. Each division has specific rules and eligibility requirements:

- Youth (7–8, 9–10, 11–12): Compete in Raw Only divisions.
- Teen (13–14, 15–16, 17–19): Eligible for Raw and Raw Classic divisions.
- Junior (20–23): May compete in Raw, Raw Classic, and Single Ply divisions.
- Submasters (35–39): Raw, Raw Classic, Single, and Double Ply divisions available.
- Masters: Divided into five-year increments, except for Strict & Powercurl, which remain in ten-year increments for Masters. Eligible divisions include Raw, Raw Classic, Single, and Double Ply.
- Open (13+ years): Open to all lifters and divisions.
- Police/Fire/Military: All one combined division; includes Raw, Raw Classic, Single, and Double Ply.
- Novice Class II: Open to lifters with Class II or below lifts/totals per WNPF standards; eligible for Raw, Raw Classic, and Single Ply divisions.

Note: Division changes are not permitted on meet day or during weigh-ins. All changes must be made at least one week prior to the event.

Additional Division Information

- Open Division: Available to all lifters without age restrictions who wish to compete against any participant.
- Youth, Teen, and Junior Divisions: Participants must be lifetime drug free; otherwise, they must compete in the Open division.
- Drug-Free Requirement: Open division lifters must be a minimum of three years drug free. Submasters, Masters, and Police/Fire/Military lifters also require at least three years drug free. The Lifetime Open division is reserved for those who are lifetime drug free, who may also compete in the Lifetime and Natural Open divisions.

- Police/Fire/Military Eligibility: Participants must be current or former employees at the time of competition and must provide proof of status.
- Collegiate Lifters: Must be current college athletes aged 18–23 and must provide proof of eligibility.
- Guest Lifters: Not permitted to compete in WNPF competitions.
- Meet Directors: Are not allowed to lift in their own WNPF-sanctioned events.

Event Offered

- Full Power: Squat, Bench, and Deadlift combined for a total.
- Bench Only: Bench press event only.
- Deadlift Only: Deadlift event only.
- Squat Only: Squat event only.
- Strict or Power Curl: Events offered for Youth, Teen, Open, and Masters divisions.
- Rep Contest: Bench press for repetitions contest.
- Ironman: Combined bench and deadlift total.

Bodyweight Categories, Wilks Formula, and Team Rules

WNPF defines specific bodyweight categories for youth lifters and employs the Wilks formula to determine outstanding lifters. Team composition and point scoring are also regulated:

- Youth Bodyweight Classes (Girls & Boys): 60, 75, 90, and 105 lb. for boys (youth only, ages 7–12); 60, 75, and 90 lb. for girls (youth only, ages 7–12).
- Men's Classes: 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308, and SHW.
- Women's Classes: 97, 105.75, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, and SHW.
- Division Change Policy: Division changes must be made at least one week before the event, not on meet day or during weigh-ins.
- Wilks Formula: Used at all WNPF meets to determine best or outstanding lifters.

- **Team Composition:** Teams may have up to twelve lifters and a minimum of three. Lifters may be from the same or different divisions, but no more than three lifters from the same weight class are allowed per team. Final rosters must be submitted after morning weigh-ins; late submission may result in forfeit.
- **Point Scoring for Teams:** Points are awarded based on individual lifter placement: 1st place – 12 points, 2nd – 9, 3rd – 8, 4th – 7, 5th – 6, 6th – 5, 7th – 4, 8th – 3, 9th – 2, 10th – 1. Best Lifter earns an additional 5 points. The team with the highest total wins.

Attire and Equipment Rules

General Attire Requirements

All attire worn by lifters must be clean and free from any tears or stains.

Raw Lifters

Raw lifters are permitted to wear the following equipment:

- Singlet
- 4-inch wide belt
- Neoprene knee sleeves up to 7mm thick and 30cm long, or bare knees (knee sleeves must not have Velcro fasteners or buckles)
- Wrist wraps up to 36 inches long
- Knee-high socks (required for deadlift only)
- Cotton shirts with sleeves; dri-fit material is not allowed.
- Cotton underwear: dri-fit or biker-type materials are not permitted.
- Footwear with a sole (such as sneakers, boots, slippers, or squat shoes). Lifting on the platform in socks alone is prohibited for safety reasons. Open-toe shoes, Crocs, and slides are not permitted.

Raw Classic Lifters

Raw Classic lifters may use the following equipment:

- Singlet
- 4-inch wide belt
- Knee wraps up to 2.5 meters (not permitted during deadlift except for equipped division lifters)
- Neoprene knee sleeves up to 7mm thick and 30cm long (no Velcro fasteners or buckles)
- Wrist wraps up to 36 inches long.
- Elbow sleeves up to 5mm thick for squat and deadlift only (no Velcro fasteners or buckles; not permitted for bench press)
- Knee-high socks for deadlift only
- Cotton or dri-fit material shirts with sleeves
- Cotton or dri-fit biker material
- Footwear with a sole; lifting in socks alone is prohibited for safety reasons.

Single Ply Lifters

Canvas and denim equipment is prohibited. Permitted items include:

- Singlet
- Single ply squat suits made of poly material only, without adjustable straps.
- Single ply bench shirt made of poly material only, must fully close at the back, no extra shirts underneath. Shirt must fit over the deltoids.
- Erector shirts
- Single ply deadlift suits
- 4-inch wide belt

- Knee wraps up to 2.5 meters.
- Neoprene knee sleeves up to 7mm thick and 30cm long (no Velcro fasteners or buckles)
- Wrist wraps up to 36 inches long.
- Elbow sleeves up to 5mm thick for squat and deadlift only (no Velcro fasteners or buckles)
- Knee-high socks for deadlift only
- Cotton or dri-fit shirts with sleeves
- Cotton or dri-fit biker material
- Footwear with a sole; lifting in socks alone is prohibited for safety reasons.

Double Ply Lifters

Canvas and denim equipment is prohibited. Permitted items include:

- Singlet
- Two ply squat suits made of poly material only, with or without adjustable straps, or one ply squat suit with one ply briefs for double ply effect.
- Two ply bench shirts made of poly material only; no reinforcement or alteration around the neck; shirts may be open or closed at the back; no additional shirts underneath.
- Erector shirts
- Double ply deadlift suits
- 4-inch wide belt
- Knee wraps up to 2.5 meters.
- Neoprene knee sleeves up to 7mm thick and 30cm long (no Velcro fasteners or buckles)
- Wrist wraps up to 36 inches long.
- Neoprene elbow sleeves up to 5mm thick for squat and deadlift only (no Velcro fasteners or buckles)
- Knee-high socks for deadlift only
- Cotton or dri-fit shirts with sleeves
- Footwear with a sole; lifting in socks alone is prohibited for safety reasons.

Slingshot Lifters (Bench Press Only)

For lifters in the Slingshot division (bench press only):

- Singlet
- 4-inch wide belt
- Wrist wraps up to 36 inches long.
- Cotton shirts with sleeves; dri-fit material is not allowed.
- Cotton underwear: dri-fit or biker-type materials are not permitted.
- Permitted slingshot equipment for specified divisions: Open, Subs, Masters, Police/Fire/Military (bench press only). Separate single ply and double ply divisions exist. Slingshots must not cover the elbows.
- Lifters competing in the Ironman event with a slingshot must enter the single or double ply division; full meet lifters cannot use a slingshot!
- Footwear with a sole; lifting in socks alone is prohibited for safety reasons. No crocks, slides, flip flops are allowed on the platform.

Bench for Reps Lifters

Permitted equipment for bench for rep's lifters include:

- Singlet
- 4-inch wide belt
- Wrist wraps up to 36 inches long.
- Cotton shirts with sleeves; dri-fit material is not allowed.
- Cotton underwear: dri-fit or biker-type materials are not permitted.
- Footwear with a sole; lifting in socks alone is prohibited for safety reasons.

Powercurl & Strict Curl Lifters

Powercurl and Strict Curl lifters follow the same equipment rules as Raw lifters, except for knee sleeves:

- Singlet
- 4-inch wide belt
- Wrist wraps up to 36 inches long.
- Cotton shirts with sleeves; dri-fit material is not allowed.
- Cotton underwear: dri-fit or biker-type materials are not permitted.
- Footwear with a sole; lifting in socks alone is prohibited for safety reasons.

Additional Equipment Rules

- Power briefs, spandex, compression garments, leotards, tights, biker shorts, dri-fit, or polyester are not allowed in WNPF Raw/Raw Classic divisions; cotton undergarments are required.
- Power or squat briefs are permitted only in the Double Ply division; briefs must be single ply and may be worn with a single ply suit, but not with a double ply suit.
- Full-length socks are required for the deadlift event.
- Gloves and lifting straps are not permitted.

Equipment and Attire Regulations

Shirts

All lifters competing in the squat and bench press events are required to wear a full t-shirt with sleeves. Tank tops and sleeveless shirts are not permitted for these events. During the deadlift, lifters have the option to wear a t-shirt or to lift without a shirt. Shirts must not have pockets, collars, zippers, or display any profanity. Acceptable shirts include WNPF-branded attire, WNPF-sold apparel, or your gym's shirt; however, only one shirt may be worn at a time. Political shirts are strictly prohibited on the WNPF platform and anywhere within the WNPF facility.

Pants and Suits

Spandex pants and biker shorts are not allowed to be worn under lifting suits. Additionally, leotards, tights, and aerobic-style suits are not permitted. All competitors must wear a one-piece suit or wrestling singlet at all times, with the straps positioned upward and over the shoulders. Shorts are not allowed on the platform.

Socks and Footwear

Socks may be any color, but all footwear—including shoes, socks, or slippers—must have a sole on the bottom. Full-length tights or stockings are not allowed. Acceptable footwear includes sneakers, tennis shoes, work boots, deadlift slippers, and wrestling shoes.

Wraps and Bandages

Knee wraps may have a maximum length of 2.5 meters (98.4 inches), and wrist wraps may be up to 36 inches in length. Ace bandages are not permitted as wraps. No other equipment may be worn on the elbows, wrists, or knees except for approved wraps or sleeves. For lifters with knee problems, knee braces or sleeves may be worn during the bench press.

Belts

A lifting belt with a maximum width of four inches is permitted. Velcro belts are allowed, but the belt must be worn on the outside of the lifting suit. Both buckle and quick-release mechanisms are permitted. Belts wider than four inches are not allowed.

Material Restrictions

Compression-type shirts, shorts, or tights are not allowed in the WNPf Raw division. Raw lifters must wear a cotton t-shirt for the squat and bench press; Dri-fit or compression material is not allowed. Only cotton undergarments are

acceptable. Swimsuits, boxer shorts, shorts, or any garment with legs, as well as garments made from rubberized or stretch materials or those that function as a girdle, are not permitted.

Additional Equipment Guidelines

Shin guards are permitted for the deadlift event, provided they are inspected and worn inside the socks. Deadlift straps and gloves are not allowed. No apparatus other than approved wraps or sleeves may be worn on the elbows, wrists, or knees. For hand protection, only chalk is allowed. If a lifter has a broken callus, tape or bandage may be used on the hands with judge approval; tape cannot be used to assist in the lift.

Headwear

Legal headwear includes bandanas, elastic headbands, beanies, toboggans, or close-fitted skull caps. Thick winter skull caps, baseball caps, and loose-fitting hats are prohibited.

Equipment Checks and Enforcement

Equipment will be periodically inspected by a WNPF official during the meet. If a lifter is found using unrecorded or illegal equipment, they will receive a warning. A second violation will result in disqualification from the meet.

Code of Conduct

All lifters and coaches are expected to maintain professional behavior at all times. Profanity or abusive language is not tolerated. A warning will be issued for the first offense, followed by disqualification for any subsequent violation. This policy applies to all lifters, coaches, and spectators within the contest facility, including the warm-up area. Lifters can inquire about a red light decision with a WNPF official as long as it is done properly and does not delay the contest. Any individual who disrupts the contest will be immediately disqualified and removed from the event.

6. Attempt Procedures

Lifters are allotted ten minutes prior to the commencement of the meet to modify their first attempt. Lifters not in the first flight may make changes until the preceding flight begins round three.

Full meet participants are not permitted to change their second or third attempts in the squat or bench press. Specialists may adjust their second and third attempts once, provided they are not currently in the "Followed By" order (defined as Lifter Up, On Deck, In the Hole, and Followed By).

Lifters must declare their subsequent attempt within one minute following completion of their previous lift. Failure to comply will result in the lifter remaining at the same weight in the rotation or forfeiting the attempt. Third deadlift attempts may be changed up to the point when the lifter is "on deck," provided the attempt increases for the purpose of winning. Changes are allowed if the lifter is five or more positions away from lifting.

After each attempt, lifters must vacate the platform within 30 seconds, independently. If unable, the head official or meet director will assess the lifter's capacity to continue; their decision is final.

Lifters competing in multiple divisions (e.g., master's Raw and Masters Slingshot) are limited to three to four total attempts, not six. For full meet competitors:

- Three raw attempts may count towards both RAW and RAW Classic in the squat.
- Alternatively, two RAW attempts followed by two RAW Classic attempts are permissible; one valid attempt is required in each division to remain eligible.
- In the bench press, four attempts (two RAW and two Slingshot) are allowed, with RAW attempts performed first.
- Curl events permit four attempts (two Strict Curl, two Powercurl); at least one successful attempt is mandatory in each division.
- At World Championships, lifters entering two curl or bench divisions receive three attempts per event.

6-8. Increase on subsequent attempts must be a minimum of 5 pounds or 2.5 kilograms, applicable only after a successful lift. "Chip plates" are allowed exclusively at World Championships.

6-9. Lifters have one minute from the "Loaded" call to commence the lift. Exceeding this time results in a "No Lift" verdict.

6-10. Once an attempt is forfeited, the lifter cannot later reclaim it.

6-11. Failing all attempts in any event disqualifies the lifter from the meet; entry or fees cannot transfer to another event. However, lifters may enter additional events upon request.

7. Coaches

A single coach is permitted on the platform for handoff assistance during the bench press. For lifts of 500 pounds or more, a coach may assist spotters. Only WNPF officials and staff are allowed near the platform at all times.

Coaches may assist lifters in designated warm-up areas or officially sanctioned seating near the platform. No unauthorized access to the platform area is allowed.

Each lifter is allowed, with no more than two coaches in the warm-up room and one coach close to the platform. Breaches result in a warning, then disqualification for repeat offenses.

8. Records

- State records: may be set at any WNPF event.
- National records: may be established at national or major championship events.
- World records: can only be set at WNPF World or International title events.

Fourth attempts for world records are permitted solely at the WNPf World Championship under specific conditions: all previous attempts must be successful, and a current record exists in the lifter's class.

To break a record, lifters must compete in the relevant class or division. Credit is given if the appropriate class is unavailable, but qualifications are met.

Evening weigh-ins prior to an event are permitted; all records set will correspond to the verified weight class.

Attempt Procedures

First and Subsequent Attempts

Lifters are provided with a ten-minute window before the meet begins to adjust their first attempt. If a lifter is not in the first flight, changes to the first attempt may be made until the previous flight begins its third round.

Changes to Attempts

Full meet participants are not allowed to modify their second or third attempts in the squat or bench press. However, specialists have the option to change their second and third attempts once, as long as they are not listed in the "Followed By" order, which includes Lifter Up, On Deck, In the Hole, and Followed By.

Submission of Next Attempt

After completing a lift, lifters must submit their next attempt within one minute. If the lifter does not declare the next attempt in time, they will either remain at the same weight in the rotation or forfeit the attempt.

Deadlift Third Attempt

For the third deadlift attempt, changes can be made up until the lifter is "on deck," provided the change involves an increase in weight for the purpose of winning. These changes are permitted if the lifter is at least five positions away from lifting.

Platform Conduct

Following each attempt, lifters must leave the platform independently within 30 seconds. If a lifter is unable to do so, the head official or meet director will assess their ability to continue; the official's decision is final.

Rules for Multiple Event Participation

Lifters competing in multiple divisions, such as master's Raw and Masters Slingshot, are restricted to three or four total attempts, not six. For full meet competitors, three raw attempts may count toward both RAW and RAW Classic in the squat. Alternatively, lifters may perform two RAW attempts followed by two RAW Classic attempts but must achieve at least one valid attempt in each division to remain eligible. For the bench press, four attempts are allowed (two RAW and two Slingshot), with RAW attempts performed first. Curl events allow for four attempts (two Strict Curl, two Powercurl), and at least one successful attempt is required in each division. At World Championships, lifters participating in two curl or bench divisions are permitted three attempts per event.

Additional Procedures

- Any increase in subsequent attempts must be at least 5 pounds or 2.5 kilograms, applicable only after a successful lift. "Chip plates" are allowed only at World Championships.
- Lifters have one minute from the "Loaded" call to begin the lift. Failure to start within this time results in a "No Lift" rule.
- Once an attempt has been forfeited, it cannot be reclaimed later.
- Lifters who fail all attempts in any event are disqualified from the meet; entry or fees cannot be transferred to another event. However, lifters may request to enter additional events.

Coaches

Bench Press Assistance

One coach is allowed on the platform to assist with handoffs during the bench press. If the lift is 500 pounds or more, a coach may help the spotters. Only WNPf officials and staff are permitted near the platform at all times.

Warming Up and Platform Preparation

Coaches can assist lifters in designated warm-up areas or in seating areas near the platform that are officially permitted. Unauthorized access to the platform area is not allowed.

Coaching Limits

Each lifter may have up to two coaches in the warm-up room and one coach near the platform. Any violations will result in a warning, and repeated offenses will lead to disqualification.

Records

Record Eligibility

- State Records: May be set at any WNPF event.
- National Records: Can be established at national or major championship events.
- World Records: May only be set at WNPF World or International title events.

Fourth Attempts

A fourth attempt for a world record is permitted only at the WNPF World Championship, provided all previous attempts have been successful and a current record exists in the lifter's class.

Class and Division Requirements

To break a record, lifters must compete in the relevant class or division. If the appropriate class is not available but qualifications are met, record credit will be given.

Weigh-Ins

Evening weigh-ins before an event are allowed, and any records set will be assigned to the verified weight class.

Equipment Regulations

Strict compliance with equipment guidelines is required.

- Power briefs, spandex, compression garments, leotards, tights, biker shorts, Dri-Fit, or polyester materials are prohibited in Raw and Raw Classic divisions. Only cotton undergarments are acceptable.
- Power/squat briefs are allowed in Double Ply, provided both suit and briefs are single ply.
- Full-length socks are mandatory for deadlifts. Gloves and lifting straps are prohibited.

Apparel Requirements

Squat and bench press participants must wear a sleeved t-shirt; tank tops and sleeveless attire are not permitted.

For deadlifts, a t-shirt is optional. Shirts must lack pockets, collars, zippers, or offensive content and must be WNPF-approved or gym shirts. Only one shirt may be worn at once, and political messages are banned.

Shorts, spandex, biker shorts, leotards, tights, or aerobic suits are not authorized beneath lifting suits. All footwear must have soles; full-length tights/stockings and shorts are not permitted.

One-piece suits or singlets with straps over the shoulders are mandatory. Compression-type material and Dri-fit apparel are not permitted in the Raw division.

No non-approved arm, wrist, or knee apparatuses, aside from legal wraps or sleeves, are allowed. Knee wraps may be up to 2.5 meters, wrist wraps up to 36 inches. Ace bandages are not permitted as wraps.

Belts up to four inches wide are allowed; larger belts are prohibited. Belts must be worn externally.

Shin guards for deadlifts are permissible if approved and worn inside socks. Only short-sleeved t-shirts are permitted on the platform.

Permitted headwear includes bandanas, elastic headbands, beanies, toboggans, or skull caps; loose or thick winter caps, and baseball caps are not allowed.

Athletic supporters or single-ply cotton nylon briefs must be worn. Garments such as swimsuits, boxer shorts, rubberized or stretch material, or girdle-like clothing are prohibited.

Hand and Conduct Policies

Only chalk is allowed on the hands. Tape or bandages for broken calluses must be judge-approved and cannot aid the lift.

Professional behavior is expected at all times, profanity or abusive language results in warnings and subsequent disqualification for repeated violations. Disruptive individuals will be removed and disqualified. Lifters may consult officials regarding rulings as long as the contest is not disrupted.

Other Rules

Ammonia Capsules

Ammonia capsules may be used, but they are not permitted on the platform. Competitors must discard ammonia capsules before stepping onto the platform.

Substances Permitted on Body and Equipment

The application of oil, grease, or lubricants to the body or equipment is strictly prohibited. Only baby powder and chalk are allowed for use during competition.

Bench Press Grip Requirements

During the bench press, lifters must use either an overhand or reverse grip, with a maximum width of 34 inches. The index finger may be positioned up to one inch outside the rings on the bar. False grips are permitted in the WNPF; however, competitors who choose this technique accept full responsibility for any injuries that may result.

Drug-Free Divisions and Drug Testing

Participants in the teenage, junior, or lifetime drug-free divisions must be drug-free for life. For all other divisions, a minimum of 36 months' drug-free status is required. Drug testing will be conducted using polygraph examinations and urinalysis, both during and outside of competitions. Refusal to participate in drug testing will result in disqualification from WNPF events. The organization reserves the right to administer tests at any time once an individual joins the WNPF, competes, or is a former member.

Failure of a WNPF drug test will result in suspension for either three years or life, depending on the circumstances. The use of androstenedione and related products is strictly prohibited. Entrants must disclose the last time they used such supplements prior to participating in a WNPF event. Competitors are responsible for all supplements and substances they consume. For verification of banned substances, visit the WADA website at www.wada-ama.org. Consult the Anti-Doping Organizations/International-Standards/Prohibited-List and the WADA Code for more details: <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-DopingOrganizations/The-Code/>, WADA Site: <http://www.wada-ama.org/en>, <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>, Organizations/The-Code/ WADA Site: <http://www.wada-ama.org/en/>.

Therapeutic Use Exemptions

Athletes who require the use of a prohibited substance or method for legitimate medical reasons may obtain a Therapeutic Use Exemption (TUE). The criteria for granting a TUE are strictly defined to ensure both the health of the athlete and the integrity of competition.

Criteria for Therapeutic Use Exemption

1. The athlete would suffer significant health problems without using the prohibited substance or method.
2. The therapeutic use of the substance or method will not result in a significant enhancement of performance.

3. No reasonable therapeutic alternatives exist to replace the use of the otherwise prohibited substance or method.

Types of TUEs

There are two forms of TUEs, depending on the type of substance required:

- Abbreviated TUE: This form is to be used for glucocorticosteroids and beta-2 agonists. The relevant documentation and application guidelines can be found at: www.wada-ama.org/rtecontent/document/simplified.pdf
- Standard TUE: This form is to be used for all other prohibited substances or methods. For more information, refer to: <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/International-Standard-for-Therapeutic-Use-Exemptions/>

Athlete Responsibilities

It is solely the athlete's responsibility to ensure that the TUE application is properly completed and that all necessary documentation is submitted. The TUE committee will not pursue missing information or incomplete applications; athletes must provide all required materials themselves.

Testing Protocols and Disciplinary Actions

If a lifter is selected for testing and fails to report, they will first be placed on probation. Following this initial action, the circumstances surrounding the lifter's absence will be reviewed by the appropriate authorities. Based on the evaluation, a determination regarding suspension will be made, and if deemed necessary, the suspension will be imposed immediately.

Lifters can also be banned from the WNPF for bad sportsmanship, failure to follow WNPF rules as a lifter or meet director and slander the WNPF in any way.

9-5. If you have an open wound on your body, you must bandage the wound before your next attempt. We will not allow anyone on the platform with open wounds or cuts. Tape is allowed on the socks to keep your socks up to cover a wound in the deadlift. A first aid kit is always on site in the warmup area.

9-6. Video and still cameras (including cell phones) will not be allowed around the rear platform area or the warm-up room. You can only videotape from the audience. Instant replay will not be used for any reason at all at WNPF events.

Photography and Videography Restrictions

Video and still cameras, including cell phones, are strictly prohibited in the rear platform area and the warm-up room. Recording is only allowed from the audience area. Instant replay technology will not be utilized under any circumstances during WNPF events.

Weigh-Ins

Evening weigh-ins prior to an event are permitted. Any records set during the event will be attributed to the verified weight class established at weigh-in.

Equipment Regulations

All competitors must strictly adhere to equipment guidelines. The following items are prohibited in Raw and Raw Classic divisions: power briefs, spandex, compression garments, leotards, tights, biker shorts, Dri-Fit, or polyester materials. Only cotton undergarments are acceptable.

In Double Ply divisions, power/squat briefs are permitted if both the suit and briefs are single ply. Full-length socks are required for deadlifts, while gloves and lifting straps are not allowed.

Apparel Requirements

For squats and bench press, lifters must wear a sleeved t-shirt. Tank tops and sleeveless shirts are not permitted. Wearing a t-shirt for deadlifts is optional. All shirts must be free of pockets, collars, zippers, or offensive material

and must be either WNPF-approved or standard gym shirts. Only one shirt may be worn at any time, and political messages are strictly prohibited.

Shorts, spandex, biker shorts, leotards, tights, or aerobic suits are not allowed beneath lifting suits. Footwear must have soles, and full-length tights/stockings and shorts are not permitted.

Competitors must wear a one-piece suit or singlet with straps over their shoulders. Compression-type material and Dri-fit apparel are not allowed in the Raw division.

Non-approved arm, wrist, or knee supports, other than legal wraps or sleeves, are not permitted. Knee wraps may be up to 2.5 meters, and wrist wraps up to 36 inches. Ace bandages cannot be used as wraps.

Belts are allowed with a maximum width of four inches and must be worn externally. Shin guards approved for deadlifts may be worn, but only inside socks. Only short-sleeved T-shirts are allowed on the platform.

Permitted headwear includes bandanas, elastic headbands, beanies, toboggans, or skull caps. Loose or thick winter caps and baseball caps are not allowed.

Athletic supporters or single-ply cotton nylon briefs are required. The use of swimsuits, boxer shorts, rubberized or stretch materials, and girdle-like clothing is not allowed.

Hand and Conduct Policies

Only chalk is permitted on the hands. Tape or bandages for broken calluses must be approved by a judge and may not provide any advantage during the lift.

Lifters are expected to maintain professional conduct at all times. The use of profanity or abusive language will result in a warning, with repeated violations leading to disqualification. Individuals causing disruptions will be removed and disqualified. Lifters may consult officials regarding rulings, provided they do not interfere with the contest.

Other Rules

- Ammonia capsules are allowed but must be discarded before stepping onto the platform.
- The use of oil, grease, or lubricants on the body or equipment is forbidden. Only baby powder and chalk may be used during competition.
- For bench press, an overhand or reverse grip is required (maximum 34" width), with the index finger allowed one inch outside the rings. False grips are permitted, but lifters assume full responsibility for any injuries resulting from this technique.
- Competitors in teenage, junior, or lifetime drug-free divisions must be drug-free for life. All other divisions require a minimum of 36 months' drug-free status. Drug testing is conducted via polygraph and urinalysis, both in and out of competition. Refusal to be tested will result in exclusion from WNPF events. Positive test results lead to suspension for three years or life, depending on the circumstances. Androstenedione and related products are strictly prohibited. Lifters are responsible for all supplements and chemicals they use. For guidance, refer to the WADA website and the Prohibited List and Code. Therapeutic Use Exemptions (TUE) may be granted for medical necessity, subject to specific criteria and proper documentation. Failure to report for testing will result in probation and possible suspension. Lifters may also be banned for unsportsmanlike conduct, rule violations, or slander against the WNPF.
- Lifters with open wounds must bandage them before their next attempt. No one with open wounds or cuts is allowed on the platform. Tape may be used on socks to secure coverage for wounds during deadlifts. A first aid kit is available in the warm-up area.
- Video and still cameras, including cell phones, are prohibited in the rear platform area and warm-up room. Recording is only allowed from the audience. Instant replay is not used at WNPF events.

9.7

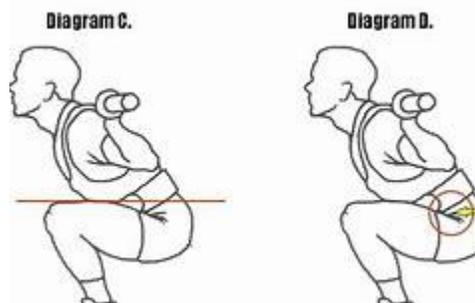
Weigh-ins for WNPF events are conducted either the night before the competition or on the morning of the event. Evening weigh-ins last for one hour or up to one and a half hours, while morning sessions are held two hours prior to the start of the meet and last between thirty minutes and one hour. It is important to note that early weigh-ins are not always scheduled for every event and are not mandatory. Competitors should consult their contest applications for specific weigh-in times.

Lifters may choose to weigh-in with their clothes on; however, no weight will be deducted for clothing. Alternatively, lifters can weigh in nude or wear only socks, underwear, or t-shirts. If a female official is unavailable to supervise the weigh-in for female lifters, an estimated deduction will be made from the official weigh-in so that full disrobing is not required.

Access to the weigh-in room is restricted to lifters (with a maximum of three at a time), the lifters' coaches, and weigh-in officials. Once a lifter has completed the official weigh-in and recorded their attempts, they are not permitted to weigh-in again. Each competitor is allowed to compete in only one weight class and cannot switch classes after the initial weigh-in.

If a lifter fails to make weight during their initial attempt, one additional weigh-in is permitted, provided it occurs within the designated weigh-in period. In instances where two lifters achieve the same total at the end of the meet, the lifter with the lower bodyweight will be declared the winner. If two lifters have identical bodyweights and totals at the start of the meet, both will be reweighed, and the lighter lifter will be awarded the win.

10. Rules of Performance – Squat



Squat Procedure

The lifter begins the squat by un-racking the weight, ensuring that their knees are fully locked. At this point, the lifter must signal to the judge to indicate readiness. Once the judge receives the signal, the lifter will be given the official SQUAT command. The lifter must then perform the squat so that the top of the hip joint descends below the top of the knee joint, achieving a position below parallel. After reaching the appropriate depth, the lifter must ascend from the squat, returning to a standing position with knees locked to finish the lift. Upon completion, the judge will issue the RACK command, at which time spotters will assist the lifter in returning the weight to the rack.

Causes for Disqualification

The following actions will result in disqualification during the squat:

1. Moving the feet or taking any steps after the SQUAT command has been given.
2. Failing to lock the knees before initiating the lift or after completing the squat.
3. Positioning the bar lower than the bottom of the trapezius muscle or rear deltoid attachment (more than 2 inches below) or allowing the bar to roll down the back during the lift.
4. Not following the squat and rack commands issued by the judge.
5. Descending again after rising from the low squat position, known as double bouncing; if the body moves downward again, judges will instruct spotters to take the bar.
6. Allowing the elbows to touch the thighs during the squat.

7. Failing to achieve the required depth, where the top of the hip joint does not drop below the top of the knee joint.
8. Intentionally dumping the bar at any point during the lift.
9. Not making a genuine effort to return the weight to the rack upon completion of the lift.
10. Placing hands on the sleeves of the bar or touching the weight plates during the lift.

Bench Press

The bench press begins when the lifter positions both the buttocks and shoulders firmly on the bench. The lift starts with the lifter un-racking the weight, ensuring that their arms are locked before lowering the bar. The bar should be brought down to touch the lifter's chest or no lower than the sternum/top abdominal area. Upon pausing with the bar motionless on the chest, the judge will issue the PRESS signal. The lifter must then press the weight upward, maintaining locked arms throughout the ascent. Once the lifter achieves full lockout, the judge will instruct them to rack the weight.

Causes for Disqualification

- Intentional contact between the bar and the uprights.
- Seesawing or uneven lockout of the arms.
- Excessive movement or shifting of the feet during the lift.
- Lifting or failure to keep the buttocks in contact with the bench throughout the lift after receiving the PRESS signal.
- Failure to lock the arms after receiving a handoff or after removing the bar from the rack.
- Downward movement of the bar after attempting to press upward.

- Incomplete lockout at the end of the lift.
- Failure to wait for the PRESS and RACK signals from the judge.
- Sinking the bar into the chest or heaving the bar once the PRESS signal is given.
- Any contact between the feet and the bench supports.
- Lowering the bar below the sternum or into the stomach area.
- Not touching the bar to the chest during the downward movement.

Additional Notes

Lifters may choose to have their feet flat or on their toes, but their feet must remain stationary throughout the entire lift. Lifting on the heels is not permitted. The lifter's head may be positioned on or off the bench during the attempt. Wrist wrap thumb loops may be worn on the thumbs or off, according to personal preference.

12- Deadlift



The deadlift begins when the lifter initiates the pull from the floor. To successfully complete the lift, the lifter must stand fully upright, ensuring the shoulders, hips, and knees are straight and erect. Shoulders must be aligned with the body or pulled back, not forward. Upon reaching this position, the head referee will issue the DOWN signal. The lifter is then required to lower the weight back to the floor under control, using both hands.

Disqualification Criteria

- Any shifting or movement of the feet during the lift.
- Hitching the bar.
- Excessive knee bending or supporting the bar on the thighs while pulling upward.
- Failure to achieve complete lockout, including straight shoulders and locked knees. Shoulders must not be forward.
- Any downward movement of the bar after beginning the upward pull.
- Double knee locking: Once the knees are locked, they must remain locked while the bar is moving upward.
- Not waiting for the referee's down signal before lowering the weight.
- Dropping, driving down, or not controlling the weight after the down signal is given.
- Failure to wear knee-high socks.

13- STRICT CURL

An E-Z curl bar is required for all strict curl competitions. Each lifter will be positioned against a wall or designated apparatus at the venue. The bar may be either removed from the rack by the lifter or placed in the lifter's hands by the spotters, utilizing an underhand grip. Lifters must ensure their feet are placed straight, with no staggering permitted. At the start of the lift, arms must be locked, and knees must remain locked for the duration of the lift. Once the lifter is motionless and set in position, the referee will issue the CURL command. The lifter then curls the weight upward, maintaining contact between their buttocks and back with the wall. Any movement that causes the buttocks or back to come off the wall is not allowed. Additionally, bouncing the bar off the thighs, or swinging and heaving the bar upward, are grounds for disqualification. Throughout the lift, the bar must not move downward after the upward motion begins, and both sides of the bar must rise evenly. Lifters are required to wear a singlet during the competition. Three officials will oversee the lift.

Disqualification Criteria

1. Any downward movement of the bar before the bar reaches the final position.
2. Leaning back or to either side in order to assist with raising the weight.
3. Dipping one or both shoulders, or any significant rotation of the torso to aid in lifting the weight.
4. Scapulas or buttocks lifting off the platform at any point during the lift, whether moving upward or downward.
5. Failure to stand erect, with both scapulas and buttocks flat against the vertical platform, upon completion of the lift.
6. Failure to keep knees locked throughout the lift.
7. Failure to keep feet flat on the floor during the lift.
8. Any shifting or movement of the feet, including rocking of the feet.
9. Lowering or racking the bar before receiving the Head Referee's signal.
10. Bouncing the bar off the thighs or bending the back to help initiate the upward motion.
11. Uneven lockout at the completion of the lift.

13A- POWERCURL

The Powercurl event will utilize an E-Z curl bar for all competitions. Lifters will begin by either removing the bar from the rack themselves or having the spotters place the bar into their hands, using an underhand grip. It is required that the feet be positioned straight and not staggered in any way. At the start of the lift, both arms and knees must be fully locked. Once the lifter is completely motionless, the head official will issue the CURL command, signaling the lifter to begin the attempt.

During the lift, the athlete must curl the weight upward without excessive forward movement of the body—specifically, the head must not pass the toes. Rising onto the toes, where the heels leave the floor, will result in

disqualification. Additionally, bouncing the bar off the thighs or using any swinging or heaving motion to aid the lift is prohibited and will also lead to disqualification. Both arms must lift the bar simultaneously; any seesawing or significant unevenness is not permitted. Once the lift has begun, the bar must not move downward at any point. Lifters are allowed to lean back as far as they wish during the attempt. All competitors must wear a singlet for this event. Three officials will preside over ensure strict adherence to all rules.

Disqualification Criteria (DQ's)

- Failure to wait for the CURL or DOWN signal from the official.
- Any downward motion of the bar during the lift, or any significant unevenness—both sides of the bar must rise together without one side lagging behind.
- Any swinging or heaving of the bar to initiate or complete the lift.
- Moving the feet from their original position or lifting the heels off the floor at any point during the lift.
- Failure to maintain control of the bar at the finish position.
- Bouncing the bar off the thighs at the start of the lift.
- Allowing the body to move forward past the toes to generate momentum for the lift.
- Failure to keep the knees locked at the beginning of the lift.

14. Bench for Repetitions: Rules and Disqualification Criteria

The Bench for Reps event will be overseen by two judges; one positioned at the front and one at the side of the lifter. The side judge is responsible for deducting repetitions if the lifter's buttocks rise off the bench, if the lifter fails to achieve a complete lockout, or if the weight is bounced off the chest.

Competition Procedure

1. The lifter will remove the bar from the rack after receiving the command to START from the head official.
2. Upon receiving the signal, the lifter must lower the bar to the chest, ensuring it touches before pressing it back up with arms fully locked out at the top position.
3. After each repetition, the lifter must pause at the top and wait for the judge to count the rep. The bar cannot be lowered again until the judge has counted the current lift.
4. Rapid-fire pressing is not permitted. Each repetition must be controlled; if the referee repeats a number, it indicates a rule violation, and the attempt will be stopped.
5. Lifters may rest at the top position for up to two seconds, but resting at the bottom position is not allowed.
6. There is a strict two-minute time limit for the event.
7. In the case of a tie, the heavier lifter will be declared the winner.
8. The side judge will monitor for any rising of the buttocks off the bench. If this occurs, a repetition will be deducted.
9. Lockout at the top must be even; repetitions with uneven lockout will not be counted.

Weight Requirements

- Men will lift their bodyweight for as many repetitions as possible. Men weighing more than 315 pounds will lift no more than 315 pounds.
- Women and youth competitors will lift half of their bodyweight for as many repetitions as possible.

Disqualification Criteria

- Failing to wait for the start signal before beginning the attempt.
- Failing to wait for the official to count the current repetition before starting the next attempt.
- Not locking out the arms completely or failing to pause at the top position.

- Bouncing the bar off the chest during the lift.
- Resting for more than two seconds at the top position.
- Resting at the bottom position at any time.
- Uneven lockout of the bar at the top position.
- Rapid-fire benching is prohibited; all repetitions must be performed in a controlled manner.

15. Banned Substances & Drug Control

15-1. Anabolic Agents

The WNPF prohibits the use of anabolic agents, which include, but are not limited to, substances such as Bolasterone, Boldenone, Clenbuterol, Clostebol, Danazol, DHCMT (Dehydrochloromethyltestosterone), Dihydrotestosterone, Dromostanolone, Ethylestrenol/Norethandrolone, Fluoxymesterone, Formebolone, Furazabol, Mesterolone, Methandienone (Dianabol, Methandrostenolone), Methandriol, Methenolone, Methyltestosterone, Mibolerone, Nandrolone/Norandrostendione/Norandrostendiol, Oxandrolone, Oxymesterone, Oxymetholone, Stanozolol, and Testosterone/Androstendione/Androstendiol (with a T/E Ratio greater than 6), as well as Trenbolone and metabolites of these substances.

The Anabolic Steroid Control Act of 2004, which took effect on January 20, 2005, expanded the list of banned substances to include various “prohormone” and “prosteroid” compounds such as 1-AD, 1-Testosterone, and “M1T.” All substances made illegal by this legislation are banned within the WNPF. For a comprehensive list of affected substances, refer to the Anabolic Steroid Control Act of 2004.

Please note that certain related compounds, such as Androstenedione, DHEA, and 7-ketoDHEA, are not currently listed under this law. If these substances are ever added to the list of illegal anabolic steroids, they will become banned at that time.

15-2. Growth Hormones

Growth hormones that are banned include Pharmaceutical HGH, HCG, and other related compounds. Any oral, spray, or sublingual GH supplements are also prohibited.

15-3. Designer Steroids

Designer steroids, such as Desoxymethyltestosterone (DMT) found in supplements like Pheraplex, Ergomax, Halodrol, and Methyl-Plex XT, Methasterone found in Superdrol, Methyl Masterdrol, and Methyl-Drol XT, and Prostanazol found in Orastan-E, are banned.

15-4. Prescription Antiestrogens

The use of prescription antiestrogens, including Nolvadex, Clomid, Arimidex, and Letrozole, among others, is prohibited.

15-5. Muscle Implants and Synthol

Muscle implants and the use of Synthol are banned within the WNPF.

15-6. Masking Agents

Any chemicals or drugs used to deceive or pass polygraph tests, or to alter urine test results, are prohibited. This includes substances like Probenecid and Epitestosterone (in concentrations greater than 200 ng/mL).

15-7. Diuretics

Physician-prescribed diuretics, if used within three weeks prior to competition, are not permitted. Banned diuretics include Acetazolamide, Bendroflumethiazide, Bumetanide, Canrenone/Spiroinolactone, Chlorothiazide, Chlorthalidone, Clopamide, Cyclothiazide, Dichlorphenamide, Ethacrynic Acid, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Methclothiazide, Metolazone, Polythiazide, Quinethazone, and Trichlormethiazide.

15-8. Alternative Forms and Experimental Substances

Any banned substances listed above that are available in alternative forms, such as those labeled “experimental” or “for research purposes only,” are also prohibited.

15-9. Drug Testing

Lifters will be tested for most or all substances listed in the banned substance list. Each lifter is responsible for knowing and managing what drugs enter their body. For further information on banned substances, lifters can contact the IOC at 800 233-0393.

The WNPF conducts random drug testing at most meets, as well as out-of-meet testing. Lifters may be selected for testing before, during, or after a meet. Testing methods include urinalysis and lie detection procedures.

15-10. Testing Protocols and Penalties

Testing may occur both during and outside of contests at the discretion of meet directors and WNPF officials, with selection done randomly. Refusal to submit to testing will result in a lifetime ban from the WNPF. Failure to pass a drug test will incur a three-year ban. All test results are final. Out-of-meet testing may occur with no prior notice, and failure to attend an out-of-meet drug exam may also result in a lifetime ban. Similarly, lifters called for testing at a meet who do not attend will be suspended for life.

15-11. Out-of-Meet Testing (OMT)

Out-of-meet testing will be conducted throughout the lifting season. Lifters will receive notification 24 to 48 hours before an OMT test and must report as instructed. Refusal to report will result in lifetime suspension from the WNPF. The WNPF will pay for Sample A testing; if Sample B requires testing, the lifter must cover the expense.

15-12. Restricted Drugs

Certain drugs are subject to specific restrictions, including alcohol, marijuana, local anesthetics, corticosteroids, and excessive amounts of caffeine or caffeine tablets.

16. Contest Equipment

Platform Specifications

The WNPF competition platform must measure at least 8 feet by 8 feet. While plywood is an acceptable platform material, it must feature a non-slip coating on the surface to ensure safety. Alternatively, rubber mats are permitted for use on the platform.

Plates

WNPF events typically utilize calibrated plates. However, other types of plates may also be used, provided they receive prior approval. Plates can display weights in either pounds or kilograms. If plates are not calibrated, they must be pre-weighed on a calibrated scale before use. These plates must not deviate by more than 1% from their stated weight to be allowed on the platform. This requirement is strictly enforced, with no exceptions.

Bars

The standard bars used during WNPF events include Texas Bars, Rogue Bars, Okie Deadlift Bars, Quest Bars, Ivanko Bars, and 55-pound squat bars. For the squat event, all bars must feature a center knurling. Any bars outside of this list must be approved in advance before they can be used in competition.

Racks

A monolift or adjustable squat/combo rack is permitted for use on the competition platform in WNPF events. It is not mandatory to have a monolift in the warmup area; adjustable racks are acceptable for warmup purposes.

Benches

Forza brand benches and benches with similar characteristics are the standard in WNPF competitions, as are combo rack benches. Every bench used on the platform must include spotter platforms at the rear. In bench press events, the setup requires that the head of the bench faces the audience, while the foot of the bench points away from the audience.

Collars

Participants may use spring collars, locking collars, or spin lock collars for all events.

Wilks Formula

To calculate the Wilks score in pounds, lifters should multiply their bodyweight by their lift or total.

17. Qualifying for WNPf Events

Qualifications for All WNPf Championship Events

To participate in WNPf (World Natural Powerlifting Federation) championship events, lifters must meet specific qualifying criteria depending on the event level.

State Meet Qualifications

Any lifter may compete in a WNPf local or state event. These events are especially recommended for first-time or novice lifters to gain experience in competition settings.

National Event Qualifications

All lifters are eligible to compete in WNPf national or major events, regardless of prior competition history.

World Championships Qualifications

- Lifters must either place first in a state meet or finish in the top three at a WNPf national or major event to be eligible for the WNPf World Championships.
- Lifters are not permitted to drop to a lower weight class for the World Championships. However, moving up one weight class is allowed. For example, if a lifter qualified at 181 pounds, they may compete in the 181 or 198 class. If qualification was achieved in two classes, the lifter may choose either class, as long as it matches the weight class indicated on their World Championship application. No exceptions will be made.
- If a competitor moves into a new age division (e.g., from Submasters 35–39 to master's 40–44) by the time of the World Championships, they must compete in the new division. Competing in the previous age category is not allowed.

Division-Specific Qualification Requirements

Lifters must compete in the same division in which they qualified. For example, a lifter who qualified in the Raw division must compete as a Raw lifter, and the same applies to equipped lifters. To compete in a different division, the lifter must re-qualify in that division. Lifters who qualify in a full power meet or Ironman division are eligible to compete in single-lift events such as bench only or deadlift only.

Annual Qualification Requirement

All lifters are required to qualify for the WNPf World Championships every year. Lifters who do not qualify annually will not be permitted to compete in the Worlds.

Exemptions

1. Lifters residing in areas of the United States where there are no sanctioned WNPf events, or lifters living outside the U.S., may be considered for Worlds if they submit results from another sanctioned organization. If a lifter lives more than four hours (or 300 miles) from the nearest WNPf national meet, their total or lift from another sanctioning body may be used for qualification.
2. Lifters outside the USA and Canada must provide proof of drug-free status and a recent total from another drug-free organization or have a history as a former WNPf World Championship competitor.
3. The WNPf committee may select up to ten lifters for invitations to Worlds based on previous year's rankings or achievements, such as being number one in a class or being a former WNPf World Champion. However, this is not guaranteed, and all lifters are expected to qualify as outlined.

National Championship Titles

The following national championship titles are recognized within WNPf:

- Lifetime Nationals
- Raw Nationals
- Drug Free Nationals
- Can-Am Nationals
- Bench Press and Deadlift Nationals
- Teen, Junior, Submaster, and Master Nationals
- Police/Fire/Military Nationals
- Elite Nationals
- Women's Nationals

Major Championship Titles

Major event titles under WNPf include:

- Pan-Am Nationals
- North Americans
- USA Championships
- American Cup Championships
- World Record Breakers Championships
- Powerfest-2K26
- All American Championships
- U.S. Open Championships
- World Series of Powerlifting

WNPf World or National Tournament of Champions Format Rules

The WNPf World Championships are conducted as a four- or five-week tournament, with events hosted in different cities during this period. Lifters will compete against others from all participating cities, and final results will only

be posted after the entire tournament concludes. Records will be updated as the event progresses to allow lifters to track potential record-setting performances.

- Awards will be distributed at each event; however, some may not receive their award plate until the tournament is complete.
- If a lifter is the sole competitor in their class, they will be recognized as the WNPf Champion for that class.
- Lifters are requested not to post results or videos until the tournament has ended, particularly when competing against lifters from other cities.
- Best lifter awards will be sent to recipients at the conclusion of the tournament, except for those present at the final event, where awards will be distributed in person. Team awards will also be given out, with the plates provided after the completion of the meet.
- This format is designed to create a higher level of competition across multiple locations for most participants.

19- WNPf/ CLASSIFICATION STATUS CHARTS- what is your WNPf STATUS? ELITE? CLASS 1? Find out below....

WNPf CLASSIFICATION CHART

WHERE DO YOU RANK IN THE WNPf

******NEW*** ALL LIFTERS MUST PLACE FIRST IN A STATE MEET OR PLACE IN THE TOP THREE OF A WNPf NATIONAL OR MAJOR EVENT TO LIFT AT A WORLD EVENT!**

FULL MEET Raw lifters

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	500	550	600	650	700	750	800	850	900			
ELITE	450	500	550	600	650	700	750	800	850			
MASTER	400	450	500	550	600	650	700	750	800			
CLASS 1	350	400	450	500	550	600	650	700	750			
CLASS 2	300	350	400	450	500	550	600	650	700			
CLASS 3	250	300	350	400	450	500	550	600	650			
CLASS 4	200	250	300	350	400	450	500	550	600			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
ELITE	850	950	1050	1150	1250	1350	1400	1450	1500	1550	1575	1600
MASTER	800	900	950	1050	1150	1250	1300	1350	1400	1450	1475	1500
CLASS 1	700	800	850	950	1050	1150	1200	1250	1300	1350	1375	1400
CLASS 2	600	700	750	850	950	1050	1100	1150	1200	1250	1275	1300
CLASS 3	500	600	700	750	850	950	1050	1100	1150	1200	1250	1275
CLASS 4	400	500	600	700	750	850	950	1050	1100	1150	1200	1250

FULL MEET Raw Classic

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	550	600	650	700	750	800	850	900	950			
ELITE	500	550	600	650	700	750	800	850	900			
MASTER	450	500	550	600	650	700	750	800	850			
CLASS 1	400	450	500	550	600	650	700	750	800			
CLASS 2	350	400	450	500	550	600	650	700	750			
CLASS 3	300	350	400	450	500	550	600	650	700			
CLASS 4	250	300	350	400	450	500	550	600	650			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	950	1050	1150	1250	1350	1450	1500	1550	1600	1650	1675	1700
ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
MASTER	850	950	1000	1100	1200	1300	1350	1400	1450	1500	1525	1550
CLASS 1	750	850	900	1000	1100	1200	1250	1300	1350	1400	1425	1450
CLASS 2	650	750	800	900	1000	1100	1150	1200	1250	1300	1325	1350
CLASS 3	600	650	750	800	900	1000	1100	1150	1200	1250	1300	1325
CLASS 4	550	600	650	750	800	900	1000	1100	1150	1200	1250	1300

FULL MEET Single ply lifters

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	600	650	700	750	800	850	900	950	1000			
ELITE	550	600	650	700	750	800	850	900	950			
MASTER	500	550	600	650	700	750	800	850	900			
CLASS 1	450	500	550	600	650	700	750	800	850			
CLASS 2	400	450	500	550	600	650	700	750	800			
CLASS 3	350	400	450	500	550	600	650	700	750			
CLASS 4	300	350	400	450	500	550	600	650	700			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1000	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800
ELITE	900	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700
MASTER	800	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600
CLASS 1	700	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500
CLASS 2	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400
CLASS 3	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1375
CLASS 4	400	500	600	700	800	900	1000	1100	1200	1250	1300	1350

FULL MEET DOUBLE PLY LIFTERS

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	700	750	800	850	900	950	1000	1050	1100			
ELITE	650	700	750	800	850	900	950	1000	1050			
MASTER	600	650	700	750	800	850	900	950	1000			
CLASS 1	550	600	650	700	750	800	850	900	950			
CLASS 2	500	550	600	650	700	750	800	850	900			
CLASS 3	450	500	550	600	650	700	750	800	850			
CLASS 4	400	450	500	550	600	650	700	750	800			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800	1900
ELITE	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700	1800
MASTER	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600	1700
CLASS 1	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500	1600
CLASS 2	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400	1500
CLASS 3	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1475
CLASS 4	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1450

MASTERS SLINGSHOT BENCH PRESS ONLY- ELITE STATUS

SLINGSHOT												
BENCH ONLY	97	105	114	123	132	148	165	181	SHW			
WOMEN												
40-49	85	95	105	115	125	145	160	175	185			
50-59	55	65	75	85	95	115	130	145	155			
60-69	45	55	65	75	85	105	120	135	145			
70-79	35	45	55	65	75	95	110	125	135			
80-89	25	35	45	55	65	75	95	110	125			
90-99	20	25	35	45	55	65	75	95	110			
SLINGSHOT												
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN												
40-49	160	200	240	280	320	360	400	440	465	490	500	510
50-59	120	160	200	240	280	320	360	400	425	450	460	470
60-69	100	140	180	220	260	300	340	380	405	430	440	450
70-79	80	120	160	200	240	280	320	360	385	410	420	430
80-89	60	100	120	160	200	240	280	320	360	385	410	420
90-99	40	80	100	120	160	200	240	280	320	360	385	410

POWERCURL

POWER CURL		97	105	114	123	132	148	165	181	SHW				
Women														
INT. ELITE		65	75	80	85	90	95	100	105	115				
ELITE		60	65	70	75	80	85	90	95	105				
MASTER		50	55	60	65	70	75	80	85	95				
CLASS 1		40	45	50	55	60	65	70	75	85				
CLASS 2		30	35	40	45	50	55	60	65	75				
CLASS 3		20	25	30	35	40	45	50	55	65				
CLASS 4		20	20	20	25	30	35	40	45	55				
Men														
POWER CURL		114	123	132	148	165	181	198	220	242	275	308	SHW	
INT. ELITE		110	120	130	140	150	170	180	190	200	205	210	220	
ELITE		100	110	115	125	140	160	165	170	175	180	185	190	
MASTER		95	105	110	120	135	155	160	165	170	175	180	185	
CLASS 1		90	100	105	115	130	145	155	160	165	170	175	180	
CLASS 2		85	95	100	110	125	140	150	155	160	165	170	175	
CLASS 3		75	85	90	100	115	130	140	145	150	155	160	165	

CLASS 4		65	75	80	90	105	120	130	135	140	145	150	155

DOUBLE PLY (SQUAT AND BENCH) LIFTERS

SQUAT ONLY	97	105	114	123	132	148	165	181	SHW			
Women												
INT. ELITE	270	295	320	345	370	395	420	445	470			
ELITE	240	265	290	315	340	365	390	425	450			
MASTER	210	235	260	285	310	335	360	385	410			
CLASS 1	190	215	240	265	290	315	340	365	390			
CLASS 2	170	195	220	245	270	295	320	355	370			
CLASS 3	145	170	195	220	245	270	295	320	350			
CLASS 4	120	145	170	195	220	245	270	295	330			
DOUBLE PLY												
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Men												
INT. ELITE	400	450	500	550	575	600	625	675	725	750	775	800
ELITE	350	400	450	500	525	550	575	625	675	700	725	750
MASTER	300	350	400	450	475	500	525	575	625	650	675	700
CLASS 1	250	300	350	400	425	450	475	525	575	600	625	650
CLASS 2	200	250	300	350	375	400	425	475	525	550	575	600
CLASS 3	150	200	250	300	350	375	400	425	475	525	550	575

