

GENERAL RULES OF THE WNPF (2022)

Print out these rules and study for the Officials exam. Officials will be given a written test, then a practical exam. You must then judge at a few WNPF meets to be certified as a state official. Officials from other feds can be grandfathered into the WNPF with proof of status from another federation and by taking a WNPF rules exam.

All lifters must be current members of the WNPF. You must show a WNPF receipt at weigh-ins. If you do not have an up to date card you can buy one in advance or at weigh-ins.

All members must abide by the rules and regulations of the WNPF which includes testing at WNPF events and Out of meet testing. No member shall use performance/strength enhancing drugs. The WNPF/ has the right to test you at anytime and anywhere once you become an official member. If you do not want to be tested please do both parties a favor and do not join the WNPF.

1- POWERLIFTING EVENTS

The World Natural Powerlifting Federation recognizes the following lifts: Squat, Bench, and Deadlift (either singularly or total) also Strict curl, Powercurl and Bench for Reps.

2- AGE CATEGORIES & DIVISIONS ALLOWED FOR EACH

2-1. YOUTH 7-8, 9-10 & 11-12, (RAW ONLY DIVISIONS)

TEEN 13-14, 15-16 & 17-19, (RAW AND RAW CLASSIC DIVISIONS ONLY)

JUNIOR 20-23, (RAW, RAW CLASSIC AND SINGLE PLY ONLY)

SUBMASTERS 35-39, (RAW, RAW CLASSIC, SINGLE AND DOUBLE PLY)

MASTERS in five year increments but the **STRICT & POWER CURL** will remain in 10 year increments for masters. (RAW, RAW CLASSIC, SINGLE AND DOUBLE PLY)

OPEN FROM 13 YEARS UPWARD (OPEN TO ALL LIFTERS) - (RAW, RAW CLASSIC, SINGLE AND DOUBLE PLY)

POLICE/FIRE/MILITARY- ALL ONE COMBINED DIVISION- (RAW, RAW CLASSIC, SINGLE AND DOUBLE PLY)

NOVICE CLASS II – open to any lifter that has a class II or below lift or total according to WNPf standards (RAW, RAW CLASSIC AND SINGLE PLY ONLY)

MORE INFORMATION ON DIVISIONS.....

2-2. The Open division is for lifters that want to lift against all lifters and this division is open to anyone with no age restrictions.

2-3. All Youth, Teen and Junior lifters must be lifetime drug free otherwise you are not eligible to compete in these divisions, you must compete in the Open division.

2-4. The Open division is for lifters that are a minimum (3) years clean with no age restrictions. All Submaster, Master and Police/Fire/Military division lifters must be minimum of (3) years clean up to lifetime drug free. The Lifetime Open division is for lifters that are Lifetime Drug Free and you want to lift in the open class. Lifetime Lifters can lift in the Lifetime and Natural Open divisions!

2-5. All Police/Fire/Military category lifters must be former or current employee at the time that you compete in a WNPf meet. You must show proof to compete in this category.

2-6. collegiate lifters must be current college athletes between the ages of 19-23 years of age. You must show proof to compete in this category.

2-7. All Youth, Teen, Junior and Lifetime Open lifters must be drug free for LIFE, No exceptions.

2-8. GUEST LIFTERS ARE NOT ALLOWED TO LIFT IN WNPf COMPETITIONS.

2-9. Meet directors cannot lift in their own WNPf sanctioned event.

2-10. Full Power- Squat, Bench & Deadlift combined for a total

2-11. Bench only- For lifters that want to compete in the bench press only event.

2-12. Deadlift only- For lifters that want to compete in the deadlift only event

2-13. Squat only- For lifters that want to compete in the squat only event

2-14. STRICT or POWER CURL- For lifters that want to compete in the STRICT or POWER CURL events. We offer Youth, Teen, Open and Masters only in this event.

2-15. Rep contest- For lifters that want to compete in the bench press for reps contest

2-16. Ironman- A combined bench & deadlift for a total. We usually offer the Ironman with bench press and deadlift only events and not with full power events.

3- BODYWEIGHT CATEGORIES, WILKS FORMULA AND TEAMS

The 60, 75, 90 & 105 lb. weight classes are for youth (boy) lifters only and not for any other age groups. The 60, 75, 90 lb. weight classes are for youth (girls) lifters only and not for other age groups.

Men- 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308 & SHW

Women- 97, 105.75, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75 & SHW

3-1. GIRLS classes start at 60 pounds- (youth only 7-12 years old) – BOYS classes start at 60 pounds- (youth only 7-12 years old)

3-2. The formula used in all WNPF meets to determine best or outstanding lifters is Wilks

3-3. Teams-Each team is allowed a maximum of twelve lifters and a minimum of three lifters. Your team can consist of lifters in the same division or different divisions. You cannot have more than three lifters in the same weight class on your team. FINAL rosters must be handed in after the morning weigh-ins is completed otherwise your team will be considered for a forfeit. Lifters that win best lifter in a meet will receive an additional 5 points for their team.

3-4. Point scoring for teams- If a lifter finishes in the following places your team will receive the following points. Once the meet is complete all points will be added up and the team with the most points will win. 12- 1st place, 9- 2nd place, 8- 3rd place, 7- 4th place, 6- 5th place, 5- 6th place, 4- 7th place, 3- 8th place, 2- 9th place, 1- 10th place, BEST LIFTER- 5 pts.

4- ATTIRE- All attire must be clean and not torn or soiled in any way

EQUIPMENT RULES

RAW LIFTERS CAN WEAR THE FOLLOWING

SINGLET

4' WIDE BELT

NEOPRENE KNEE SLEEVES UP TO 7MM THICKNESS & 30 CM OR BARE KNEES (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR KNEE SLEEVES)

WRIST WRAPS UP TO 36" LONG

KNEE HIGH SOCKS FOR THE DEADLIFT ONLY

COTTON SHIRT, NO DRI FIT MATERIAL IS ALLOWED. ALL SHIRTS MUST HAVE SLEEVES

COTTON UNDERWEAR, NO DRI FIT OR BIKER TYPE MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

RAW CLASSIC LIFTERS CAN WEAR THE FOLLOWING

SINGLET

4" WIDE BELT

KNEE WRAPS UP TO 2.5 METERS

NEOPRENE KNEE SLEEVES UP TO 7MM & IN THICKNESS AND 30CM (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR KNEE SLEEVES)

WRIST WRAPS UP TO 36" LONG

ELBOW SLEEVES UP TO 5MM IN THICKNESS FOR THE SQUAT AND DEADLIFT ONLY- (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR ELBOW SLEEVES)

KNEE HIGH SOCKS FOR THE DEADLIFT ONLY

COTTON OR DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON OR DRI FIT BIKER MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

SINGLE PLY LIFTERS- CANVAS AND DENIM IS NOT ALLOWED

SINGLET

ONE PLY SQUAT SUIT MADE OF POLY ONLY WITHOUT ADJUSTABLE STRAPS

ONE PLY BENCH SHIRT MADE OF POLY ONLY THAT MUST CLOSE COMPLETELY IN THE BACK TOP TO BOTTOM. EXTRA SHIRTS CANNOT BE WORN UNDER YOUR BENCH SHIRT. YOUR SINGLE PLY SHIRT MUST FIT OVER THE TOP OF THE DELTOIDS, NO EXCEPTIONS!!!!

ERECTOR SHIRTS ARE ALLOWED

SINGLE PLY DEADLIFT SUITS ARE LEGAL

4" WIDE BELT

KNEE WRAPS UP TO 2.5 METERS

NEOPRENE KNEE SLEEVES UP TO 7MM IN THICKNESS & 30CM- (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR KNEE SLEEVES)

WRIST WRAPS UP TO 36" LONG

ELBOW SLEEVES UP TO 5MM IN THICKNESS FOR THE SQUAT AND DEADLIFT ONLY- (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR ELBOW SLEEVES)

KNEE HIGH SOCKS FOR THE DEADLIFT ONLY

COTTON OR DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON OR DRI FIT BIKER MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

DOUBLE PLY LIFTERS- CANVAS AND DENIM IS NOT ALLOWED

SINGLET

TWO PLY SQUAT SUIT MADE WITH POLY ONLY WITH OR WITHOUT ADJUSTABLE STRAPS

ONE PLY SQUAT SUITS WITH ONE PLY BRIEFS CAN BE WORN TO COMBINE INTO DOUBLE PLY

TWO PLY BENCH SHIRTS MADE OF POLY ONLY, SHIRTS CANNOT BE REINFORCED AROUND THE NECK OR ALTERED IN ANY WAY, A VELCRO STRAP IN THE REAR IS ALLOWED TO CLOSE THE SHIRT. (OPEN BACK SHIRTS ARE NOT ALLOWED). EXTRA SHIRTS CANNOT BE WORN UNDER YOUR BENCH SHIRT. YOUR SHIRT MUST FIT OVER THE TOP OF YOUR DELTOIDS, NO EXCEPTIONS!!!!

ERECTOR SHIRTS ARE ALLOWED

DOUBLE PLY DEADLIFT SUITS ARE LEGAL

4" WIDE BELT

KNEE WRAPS UP TO 2.5 METERS

NEOPRENE KNEE SLEEVES UP TO 7MM IN THICKNESS & 30CM- (VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR KNEE SLEEVES)

WRIST WRAPS UP TO 36" LONG

NEOPRENE ELBOW SLEEVES UP TO 5MM IN THICKNESS FOR THE SQUAT AND DEADLIFT ONLY-(VELCRO TIGHTENERS OR BUCKELS ARE NOT ALLOWED ON YOUR ELBOW SLEEVES)

KNEE HIGH SOCKS FOR THE DEADLIFT ONLY

COTTON OR DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON OR DRI FIT BIKER MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

MASTER SLINGSHOT LIFTERS. THIS IS FOR BENCH PRESS ONLY LIFTERS, NOT FULL MEET LIFTERS OR IRONMAN

ALL SLINGSHOT LIFTERS WILL LIFT WITH THE SAME EQUIPMENT AS RAW LIFTERS MINUS THE KNEE SLEEVES.

SINGLET

4' WIDE BELT

WRIST WRAPS UP TO 36" LONG

COTTON SHIRT, NO DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON UNDERWEAR, NO DRI FIT OR BIKER TYPE MATERIAL IS ALLOWED

THE FOLLOWING EQUIPMENT IS PERMITTED

LEGAL EQUIPMENT FOR THE SLINGSHOT DIVISION INCLUDES

MARK BELL- REACTIVE & ORIGINAL (SINGLE PLY ONLY)

BENCH DADDY- GOLD STINGRAY (SINGLE PLY) & SINGLE PLY RADICAL BLACK

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

BENCH FOR REPS LIFTERS

SINGLET

4' WIDE BELT

WRIST WRAPS UP TO 36" LONG

COTTON SHIRT, NO DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON UNDERWEAR, NO DRI FIT OR BIKER TYPE MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

POWERCURL & STRICT CURL LIFTERS

ALL POWERCURL AND STRICT CURL LIFTERS WILL LIFT WITH THE SAME EQUIPMENT AS RAW LIFTERS MINUS THE KNEE SLEEVES.

SINGLET

4' WIDE BELT

WRIST WRAPS UP TO 36" LONG

COTTON SHIRT, NO DRI FIT MATERIAL IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

COTTON UNDERWEAR, NO DRI FIT OR BIKER TYPE MATERIAL IS ALLOWED

SHOES WITH A SOLE MUST BE WORN, SNEAKERS, BOOTS, SLIPPERS, SQUAT SHOES are some of the shoes allowed. You cannot lift on the platform with just socks on for safety reasons.

MASTERS RAW CLASSIC BENCH PRESS LIFTERS- WE NO LONGER OFFER THIS DIVISION

MORE EQUIPMENT RULES

POWER BRIEFS, SPANDEX, COMPRESSION, LEOTARDS, TIGHTS, BIKER SHORTS, DRI-FIT OR POLYESTER are not allowed at all in the WNPf Raw/ Raw Classic divisions. Cotton undergarments are the only material allowed in the Raw/Raw Classic divisions.

POWER OR SQUAT BRIEFS- Are allowed in the DOUBLE PLY division only, the briefs must be single ply and can be worn with a single ply suit, not a double ply suit.

FULL LENGTH SOCKS- must be worn in the deadlift event

GLOVES- Are not allowed at all

LIFTING STRAPS- Are not allowed at all

4-1. All lifters in the squat and bench press events must have on a full t-shirt with sleeves, no tank tops or sleeveless shirts. Lifters that are participating in the deadlift have the option of wearing a t-shirt or no t-shirt at all. Your shirt cannot have **pockets, collar, zippers or profanity**. You are allowed to wear WNPf, WNPf sold attire or your gym shirt on the platform and only one shirt can be worn at a time.

4-2. Spandex pants and biker shorts are not allowed under your suits. Leotards, tights and aerobic type suits are not allowed.

4-3. Socks can be any color (All shoes, socks or slippers must have a sole on the bottom). Full length tights or stockings are not permitted.

- 4-4. Wraps- Knee wraps can be a maximum of 2.5 meters 98.4 inches. Wrist wraps can be a maximum of 36 inches. Ace bandages cannot be used as wraps.
- 4-5. Suits- All lifters must have on a one piece suit or wrestling singlet at all times with straps in the upward over the shoulder position. Shorts are not allowed on the platform.
- 4-6. Shirts- Compression type material is not allowed in the WNPF Raw division. Raw lifters must wear a cotton t-shirt in the squat and bench press events, no Dri-fit or compression material is allowed.
- 4-7. No other type of apparatus can be worn on the arms or legs except wraps or sleeves. **You can use your knee sleeves as protection for your shins in the deadlift only.**
- 4-8. A four inch MAXIMUM belt can be worn (Velcro belts are allowed- 4" MAXIMUM) and it must be worn on the outside of the suit. Buckles and quick release are allowed. **Six inch wide belts are not allowed.**
- 4-9. (No Compression shirt, shorts or tights are allowed, cotton tees only)
- 4-10. Lifters will have their equipment check periodically by a WNPF official while the meet is going on. If a piece of equipment was not recorded or is illegal the lifter will receive a warning. If it happens a second time the lifter will be disqualified from the meet.
- 4-11. Shin guards are now legal in the deadlift but they must be inspected first and must be worn on the inside of your socks.
- 4-12. Deadlift straps and gloves are not permitted.
- 4-13. Sneakers, tennis shoes, work boots, deadlift slippers and wrestling shoes are permitted.
- 4-14. T-shirts with WNPF, WNPF sold attire is permitted along with your gym shirt, short sleeve only and no tank tops allowed. You cannot wear a shirt with a collar or thermal/sweatshirt. T-shirts only.
- 4-15. Legal head wear includes- Bandanas, elastic headbands, beanie, toboggan or a close fitted skull cap. No thick winter skull caps, baseball caps or loose fitting caps are allowed.
- 4-16. Knee braces/sleeves are allowed to be worn on their knees during the bench press for lifters with knee problems.

4-17- Athletic supporters or standard cotton nylon briefs of a single ply shall be worn under the lifting suit. Swim suit, boxer shorts, shorts or any other garment with legs or made of rubberized or similar stretch material or that act as a girdle is not allowed.

4-22-No items are allowed on your hands except chalk, we will allow tape or bandage on the hands if a callus is broken on your hand but it must be approved by the judges. Tape cannot be used as an aid in any of the lifts.

CONDUCT

5. We expect all lifters and coaches to act in a professional manner at all times. No profanity or abusive language is allowed. A warning will be issued first then a disqualification from the meet will follow. We will not tolerate lifters, coaches, spectators or anyone in the facility using profanity in the warm-up area or anywhere in the contest facility. Lifters can ask a WNPF official about a red light as long as it is done properly and it does not delay the contest in any way. Any coach, spectator or lifter that disrupts the contest in any way will be disqualified and removed from the contest immediately.

6-FIRST ATTEMPTS AND 2nd AND 3Rd attempts

6-1. Lifters have ten minutes before the meet start to change their first attempt or if you are in another flight other than flight one you have until the flight ahead of you reaches round three to change your attempt.

6-2.Full meet lifters cannot change their second or third attempt in the squat on bench press. Specialist can change their second and third attempts one time as long as you are not in the FOLLOWED BY ORDER. (ORDER OF LIFTING- LIFTER UP, ON DECK, IN THE HOLE AND FOLLOWED BY)

6-3. Lifters must submit their next attempt one minute after the completion of their previous lift. If you do not you will go back into the rotation with the same lift or forfeit your lift.

6-4. Lifters are allowed to change their third attempt in the deadlift until they are on deck if they are going for the win (attempts can INCREASE but not DECREASE). You can change one attempt in each lift as long as you are not the next lifter up, on deck, in the hole or the number four lifter. You must be five out or more.

6-5. Lifters must leave the platform no more than 30 seconds after their attempt.

6-6. Lifters must leave the platform by themselves. If a lifter cannot leave the platform by themselves the head official or meet director will evaluate the lifter to determine if he or she can continue in the meet. The head judge or meet director has the final decision not the lifter.

RULES FOR LIFTERS ENTERING MULTIPLE EVENTS SUCH AS MASTERS RAW AND MASTERS SLINGSHOT OR RAW POWERLIFTING AND RAW CLASSIC POWERLIFTING.

You will receive a total of 3-4 attempts, NOT 6 ATTEMPTS. You can take your 3-4 attempts in the following order.

6-7. Lifters can take three total attempts RAW and have them count for EXAMPLE: RAW and RAW CLASSIC in the squat

6-7a- Lifters can take two attempts RAW first, then take two attempts RAW CLASSIC. You must make one attempt in both divisions to stay in both divisions.

6-7b- Lifters can take four attempts total in the bench (2- RAW and 2-SLINGSHOT). You must make one attempt in both divisions to stay in both divisions.

6-7c- Each lifter in the curl will receive four total attempts (2-Strict curl & 2- Powercurl). You must make one attempt in both divisions to stay in both divisions.

6-8.You must make a 5 pound or 2.5 kilo jump minimum for your next attempt if your previous attempt was successful. We will begin using CHIP PLATES at the World Championships only.

6-9. Lifters have 1 minute to remove the bar from the rack or start the pull from the floor after the bar is called (LOADED). If you do not move the bar within this time limit your lift will be called a NO LIFT due to time.

6-10. once a lifter informs the score table that they will forgo their next attempt, that lifter cannot come back later and take the next attempt.

7-COACHES

7-1. Lifters are allowed one coach on the platform to handoff during the bench press. Attempts with 500 pounds or more we will allow a coach to stay on the platform to assist our spotters if the lifter cannot complete the lift. In some cases we will have four spotters on the platform to assist a lifter if the lifter cannot complete the lift. The only people that will be allowed around the platform at all times are WNPf officials and staff. Coaches are allowed to back spot ONLY in the squat if there is a shortage of spotters for that particular meet and this will be announced at each event. Coaches can also assist their lifters in the squat by determining depth for them but they must remain in the coach's box.

7-2. Coaches can help their lifters get ready in the warm up area to step on the platform or if there are designated chairs near the platform for lifters they can be helped in this area also. There are no other areas around the platform where you can get your lifters ready. We do not want lifters coming out of the audience and stepping on the platform.

7-3. Lifters that have no more than two coaches in the warm-up room or no more than one coach near the platform will be warned first and then a disqualified lift for a second offense. (DUE TO COVID-19 EACH LIFTER IS ALLOWED ONE COACH TO BE WITH THEM)

8- RECORDS

8-1. WNPf State records can be set at any WNPf event.

8-2. WNPf National records can be set at any WNPf National or Major Championship.

8-3. WNPf World records can only be set at the WNPf World or International title event.

8-4. 4th attempt World record attempts will be allowed at the WNPf world championship only and you must make all three of your previous attempts and there is a current record in your class. 4th attempts are not allowed in any other meet but the WNPf World Championships.

8-5. Note- In order to break a record in a certain class or division you must lift in that class or division to break the record. If the class is not offered at the meet you will receive credit for the record if you qualify for the record.

8-6- Lifters can weigh-in the evening before an event and will be able to set records in their weight class.

9- OTHER RULES

9-1. Ammonia capsules are allowed but cannot be used on the platform. You must discard them before you step on the platform.

9-2. The use of oil, grease and lubricants on the body or equipment is forbidden. Baby powder and chalk are the only substances that can be used in competition.

9-3. An overhand or reverse grip must be taken during the bench press (34" maximum) your index finger can be one inch outside the rings. False grips are allowed in the WNPf. If you choose to lift with a false grip you are fully responsible for any injuries that may occur with this lifting technique.

9-4. Lifters that enter the teenage, junior or lifetime drug free divisions must be drug free for life. All other divisions will require you to be at least 36 months drug free minimum. Drug testing methods include polygraph and urinalysis IN AND OUT OF CONTEST. If you do not want to be tested please do not enter a WNPf

meet. We have the right to test you in or out of contest once you step onto our platform or join the WNPf/ or if you are a former member of the WNPf/. **ANYONE THAT FAILS A WNPf/ DRUG TEST WILL BE SUSPENDED FOR 3 YEARS or LIFE depending on the situation.** Androstenedione and other related products are strictly prohibited by the WNPf. Please inform us of when was the last time you took this supplement before you enter a WNPf event. You are responsible for all supplements and chemicals that you put into your body. Please go to the WADA website at www.wada-ama.org to check all supplements, etc. Lifters that are called for testing and do not report will be on probation at first. We will then evaluate the situation and determine a suspension immediately after. **Lifters can also be banned from the WNPf for bad sportsmanship, failure to follow WNPf rules as a lifter or meet director and slandering 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 warm up 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 video tape from the audience. Instant replay will not be used for any reason at all at WNPf events.

9-7. Weigh-ins will be conducted the night before the event for one hour and/or the day of the event for one hour. The morning weigh-in will take place at least two hours before the event will start. Early weigh ins will not always take place at WNPf events and it is not mandatory please check your contest applications for weigh in times. Lifters are allowed to weigh-in with clothes on but we will not take any pounds off for your clothes or you can weigh-in in the nude or with socks/underwear and t-shirts only. If we do not have a female official to weigh in any females we will estimate and deduct weight from your official weigh-in so you don't have to take off any clothes. The only people allowed in the weigh in room are the lifters (maximum 3 at a time), lifters coach and the weigh in officials. Once you officially weigh in and/or your attempts are recorded you will not be allowed to weigh in again. Lifters can only compete in one weight class, you cannot weigh in one weight class and then come back to weigh in another weight class. If you do not make weight you will be allowed to weigh in once again as long as it is within the weigh in time limits. If 2 lifters complete the same total at the end of the meet the lighter lifter will win. If 2 lifters weigh the same once the meet starts and both lifters complete the same total both lifters will be reweighed and the lighter lifter will win.

10- RULES OF PERFORMANCE

SQUAT

You will un-rack the weight with knees locked. The lifter will then give a signal to the judge to let him know that he is ready. Once you relay your signal to the judge that you are ready you will then receive the SQUAT signal. You must squat below parallel where the top of the hip joint is below the top of the knee joint. You will then come out of the deep squat position with your knees locked in the finished position. The judge will then tell you to RACK the weight. The spotters will assist you in getting the weight back into the rack.

Cause for disqualifications include

- 1- Foot movement or any steps after you receive the signal to squat
- 2- Knees not being locked before and after the lift
- 3- The bar being placed any lower than the bottom of the trap muscle/rear deltoid attachment (2" below) or rolling the bar down your back while performing the lift
- 4- Not obeying the squat and rack commands
- 5- Coming out of the low squat position, going back downward and coming back up. Once your body goes back down the judges will tell the spotters to take the bar. Also no double bouncing!!
- 6- Elbows touching the thighs while squatting
- 7- Failure to squat below parallel. The top of your hip joint must be below the top of your knee joint.
- 9- Any intentional dumping of the bar
- 11- Failure to make a bona fide attempt to put the weight back in the rack
- 12- Having your hands on the sleeves of the bar or touching the plates

11- BENCH PRESS

The lift will start once the lifter has his butt and shoulders on the bench and you must un-rack the weight. Once the weight is out of the rack you must lock your arms and then bring the bar down and touch your chest or (no lower than the sternum/ top abdominal area). Once the bar stop and is motionless you will receive the PRESS signal. You must then press the weight back up with your arms in the locked position. Once you are locked out the judge will tell you to RACK the weight.

Cause for disqualification include

- 1- Intentional contact between the uprights and the bar

2- Seesawing or uneven lockout

3- Excessive foot movement or any shifting of the feet

4- Lifting of the buttocks off the bench or having your butt off the bench throughout the entire motion of the lift. Your butt must remain in contact with the bench once you receive the PRESS SIGNAL.

5- Not locking the arms after receiving a handoff or when you take the bar off the rack

6- The bar going downward after you make an attempt to press upward

7- Failure to lock out completely

8- Not waiting for the press and rack signal

9- Sinking the bar into your chest or heaving the bar after the press signal is given

10- Any contact with the bench supports with your feet

11-Bringing the bar down below the sternum or stomach area

12- Not touching the bar to your chest during the downward movement

Note- lifters are allowed to lift with their feet flat or on their toes but your feet must remain in the same position throughout the entire lift. Lifters are not allowed to lift on their heels.

Your head is allowed to be on or off the bench during your attempt.

Wrist wrap thumb loops can be on the thumbs or off the thumbs whichever you prefer.

12- DEADLIFT

The lifter will begin the lift once he starts the initial pull from the floor. The lift will be considered complete once the lifter is standing straight with (shoulders, hips and knees) straight and erect. The head referee will then give the DOWN signal. The lifter will then set the weight back down on the floor with both hands under control.

Cause for disqualification include

1- Any shifting or movement of the feet

2- Hitching

3- Any excessive knee bending or supporting of the bar on the thighs while pulling the bar up

4- Not being completely locked out with shoulders straight and knees locked. Your shoulders cannot be forward, they must be in a straight line with your body or pulled back

5- Any downward movement once you start upward with the bar

6- Double knee locking (Once your knees lock you cannot unlock them while the bar is moving upward)

7- Not waiting for the down signal

8- Dropping the weight, driving the weight down or not controlling the weight after the down signal

9- Not having on knee high socks

13- STRICT CURL-

An E-Z curl bar will be used for all competitions. All lifters will be placed on a wall or apparatus at the venue. You will remove the bar from the rack or the spotters will place the bar in your hands in an underhand grip fashion. Your feet must be straight, not staggered in anyway. Your arms must be locked at the start of the lift and your knees must stay locked throughout the lift. Once you are set (motionless) you will receive the CURL command. You will then curl the weight upward without moving your body (butt and back) off the wall. Bouncing the bar off your thighs or swinging and heaving the bar upwards is cause for disqualification. The bar must not go down once you start the lift and the bar must come up evenly on both sides. Lifters must have on a singlet!

DQ's

- 1- **Failure to wait for the CURL or DOWN signal.**
- 2- **Any downward motion of the bar and any unevenness of the bar. (The bar must come up in a straight fashion, you cannot have one side of the bar come up then the other)**
- 3- **Any swinging or heaving of the bar.**
- 4- **Any shifting of the feet from its original position or lifting your heels off the floor.**
- 5- **Failure to maintain control at the finish position.**
- 6- **Bouncing the bar off the thighs to start the lift.**
- 7- **Your buttocks or back coming off the wall**
- 8- **Unlocking your knees**

13A- POWERCURL

An E-Z curl bar will be used for all competitions. You will remove the bar from the rack or the spotters will place the bar in your hands in an underhand grip fashion. Your feet must be straight, not staggered in anyway. Your arms must be locked at the start of the lift and your knees must be locked at the beginning of the lift only. Once you are set (motionless) you will receive the CURL command. You will then curl the weight upward without moving your body FORWARD excessively! (Your head cannot go past your toes). Coming up on your toes where your heels leave the floor is a cause for disqualification. Bouncing the bar off your thighs or swinging and heaving the bar upwards is cause for disqualification. Both arms must come up together, no seesawing of the bar or excessive unevenness is allowed. The bar must not go down once you start the lift! Lifters can lean back as far they want! Lifters must have on a singlet!

DQ's

- 1- Failure to wait for the CURL or DOWN signal.
- 2- Any downward motion of the bar and any unevenness of the bar. (The bar must come up in a straight fashion, you cannot have one side of the bar come up then the other)
- 3- Any swinging or heaving of the bar.
- 4- Any shifting of the feet from its original position or lifting your heels off the floor.
- 5- Failure to maintain control at the finish position.
- 6- Bouncing the bar off the thighs to start the lift.
- 7- Your body coming forward pass your toes to gain momentum to lift the weight

14- BENCH FOR REPS Two judges will be used (FRONT & SIDE)- the side judge can deduct reps if your butt comes off the bench or if he feels that you did not lock out the weight or if you are bouncing the weight off your chest.

Rules- The lifter will take the bar out of the rack and the head official will give the command to START. Once you receive the signal you will bring the bar down to your chest to touch then push back up with your arms locked out to completion, you must stop at the top and not bring the bar down until the judge counts your lift, we will not allow rapid fire pressing. The referee will count each repetition if he repeats the same number this means that you broke a rule and he will stop you. After he counts your rep you can then bring the bar down for your next repetition. If you fail to wait for his count before you start your next rep your next attempt will not count. You can rest at the top for two seconds but you cannot rest at the bottom at all. There will be a 2 minute time limit. In the event of a tie the heavier lifter will win. A second judge will sit on the side to watch for any rising of the butt off the bench, if your butt comes up a rep will be deducted.

Men- Will lift their bodyweight for as many reps as possible and men over 315 pounds will rep no more than 315 pounds. Women & Youth- Will lift half of their bodyweight for as many reps as possible

DQ's

- 1- Not waiting for the start signal.
- 2- Not waiting for the official to count your attempt before you begin your next attempt.
- 3- Not locking out your arms completely or stopping at the top.
- 4- Bouncing the bar off your chest.
- 5- Resting more than two seconds at the top position.

6- Resting at the bottom

(RAPID FIRE BENCHING IS NOT ALLOWED, ALL REPS MUST BE CONTROLLED)

15- BANNED SUBSTANCES & DRUG CONTROL

Here is a list of some substances that are banned in the WNPF

15-1. Anabolic Agents:

Including, but not limited to Bolasterone, Boldenone, Clenbutrol, 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, Testosterone/Androstendione/Androstendiol (T/E Ratio > 6), Trenbolone and Metabolites of the above.

The Anabolic Steroid Control Act of 2004 went into effect January 20, 2005. This bill added a number of “prohormone” and “prosteroids” to the already existing list of illegal anabolic steroids. All of these now illegal drugs (1-AD, 1-Testosterone, “M1T”, etc) are banned as of this January 20, 2005. For a complete list of the banned substances included in this new law, please see the following link: [Anabolic Steroid Control Act of 2004](#)

Note: Some “prohormones” and related compounds such as Androstenedione, DHEA, and 7-ketoDHEA, are not currently scheduled on this new law. If at any point in time these substances get added to the list of illegal anabolic steroids, they would be considered banned substances at that time.

15-2. Growth Hormones:

Including, but not limited to Pharmaceutical HGH, HCG, and any other related compound. Oral, spray, or sublingual GH supplements.

15-3. Designer Steroids:

Including, but not limited to, Desoxymethyltestosterone (DMT) - (found in supplements such as Pheraplex, Ergomax, Halodrol, and Methyl-Plex XT), Methasterone - (found in supplements such as Superdrol, Methyl Masterdrol, and Methyl-Drol XT), and Prostanazol - (found in supplements such as Orastan-E).

15-4. Prescription Antiestrogens:

Including, but not limited to Nolvadex, Clomid, Arimidex, Letrozole, etc.

Muscle Implants and Synthol

15-5. Masking Agents:

Chemicals or drugs used for the purpose of deceiving or passing the polygraph test and anything used to attempt altering urine test results including, but not limited to Probenecid, Epitestosterone (> 200 ng/mL).

15-6. Diuretics:

Physician prescribed diuretics within 3 weeks prior to competition including, but not limited to Acetazolamide, Bendroflumethiazide, Bumetanide, Canrenone/Spirolactone, Chlorothiazide, Chlorthalidone, Clopamide, Cyclothiazide, Dichlorphenamide, Ethacrynic Acid, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Methclothiazide, Metolazone, Polythiazide, Quinethazone, Trichlormethiazide.

15-7. Any of the above substance founds in alternative forms available through 'experimental' or "for research purposes only" labeling.

15-8. Lifters will be tested for most or all of these drugs on the banned substance list. Lifters are responsible for any and all drugs that are put into their bodies. **For a list of banned substances please call the IOC at 800 233-0393.**

15-9- the WNPF conducts random testing at most meets and/or out of meet testing. Lifters will be chosen before the meet, during the meet and after the meet for testing. Methods of testing include urinalysis and/or Lie detection.

15-10. Testing methods include urinalysis and/or Lie detection. We will test lifters in and out of contest and by random choice of the meet directors and/or WNPF officials. If a lifter refuses a test a lifetime ban will be enforced. If a lifter fails a drug test exam a three year ban will be enforced in the WNPF. All tests will be considered final results. Some lifters will be tested by out of meet METHODS with no notice drug test. If a lifter does not attend an out of meet drug exam they could be banned for life. If a lifter is called for testing at a meet and do not attend they will be suspended for life.

15-11- Out of meet testing (OMT) will be performed throughout the lifting season. Lifters will be notified 24-48 hours before an OMT test and lifters MUST report. If a lifter refuses to report, that lifter will be suspended from the WNPF for LIFE! Sample A of testing will be paid for by the WNPF. If sample B must be tested, the lifter must pay for sample B.

15-12- Drugs subject to certain restrictions include (1) Alcohol (2) Marijuana (3) Local anesthetics and corticosteroids (4) Excessive amounts of caffeine or caffeine tablets

17- CONTEST EQUIPMENT

The WNPf platform must be no less than 8 x 8 in size. Plywood can be used but it must have a non slip coat on top. Rubber mats are allowed also.

Ivanko, Rogue and York barbell are the plates normally used in WNPf events. Other plates are allowed also but they must be approved in advance. Plates can be in pounds or kilos. All plates not calibrated must be pre weighed on a calibrated scale and must be within 1% of its face value to be used on the platform, NO EXCEPTIONS!

Okie Deadlift, Quest Bars, Ivanko Bars and 55 lb. squat bars are the bars normally used in WNPf events. All bars for the squat must have a center knurling. Other bars are allowed but they must be approved in advance.

A monolift or adjustable squat/combo racks can be used on the platform in WNPf event. It is not required to have a monolift in the warm up room; adjustable racks can be used in the warm up area.

Forza and benches similar to Forza are normally used in WNPf events as well as Combo rack benches. All platform benches must have spotter platforms on the rear of the bench. In the bench press event you must have the head of the bench must be facing the audience and the lower part of the bench must face away from the audience.

Spring, locking or spin lock collars can be used in all events.

Wilks formula in pounds, find your bodyweight and multiply it by your lift or total to determine your wilks score.

18- QUALIFYING FOR WNPf EVENTS

QUALIFICATIONS FOR ALL WNPf CHAMPIONSHIP EVENTS

Qualifying for WNPf/ Nationals and Worlds

STATE MEET QUALIFICATIONS

Any lifter can lift in a WNPf local or state event. First time lifters or Novice lifters are encouraged to lift in these types of events to get some experience.

The road to the WNPf Nationals

Lifters must qualify at a WNPf state or Regional event no more than one year from the next year's National event. Lifters must finish in the top three at the state or regional event to lift in a National event. Lifters using a total outside of the WNPf must reach the minimum qualifying total or requirement chart below. Also if you are trying to lift in a lower weight class that the previous year's weight class you must re-qualify.

Exemptions for lifting in the WNPf National events

- 1- You are the 2021 national champion.

If the WNPf is not in your area (within 200 miles) you can then use a total from another sanction to lift in the WNPf Nationals only **NOT THE WNPf WORLDS**

The road to the WNPf World Championships

- 1- PLEASE SEE THE CLASSIFICATION CHARTS FOR QUALIFICATIONS. ALL LIFTERS MUST MEET THE MINIMUM QUALIFICATIONS TO LIFT IN WORLDS
- 2- Team USA- We will select lifters from all the WNPf National events and major events with the highest totals or lifts to represent Team USA (WNPf) to go against the lifters from the other countries. We will not accept totals or lifts from a state or regional event.

SOME RULES FOR COMPETING IN THE WNPf WORLDS

- 1- Lifters cannot go down a weight class only up one weight class at the World Championships for example if you qualified at 181 you must lift in the 181 or 198 class. If you qualified in two weight classes you will have a choice of competing in either one but please keep in mind that you must lift in the same weight class that you write on your WORLD application, no exceptions. If you turn a year older by the time the world championship come around such as from subs 35-39 to 40-44. The master's class will be your new division for worlds you cannot lift in the submasters division.

- 2- If you qualified RAW you must lift RAW and the same applies for an equipped lifters. If you want to lift in a different fashion you must re-qualify in that division. Lifters that lift in the full power meet or Ironman divisions and qualify can lift in the single lifts such as bench only, deadlift only, etc.

3-EVERY lifter must qualify EVERY YEAR to lift in the WNPf Worlds. You will not be allowed to compete if you do not qualify for worlds every year.

Exemptions-

- 1- We will allow some lifters to lift in the WNPf Worlds if you live in a certain part of the United States where the WNPf does not have sanctioned events or any lifter that resides outside the United States. Before you are invited you must submit a total or lift from another sanction. If you live more than four hours (300 miles) away from the nearest WNPf National meet you can use your total or lift to lift in the WNPf World Championships.
- 2-For lifters outside of the USA & Canada- Proof of drug free status and a recent total from another drug free organization or if you are a former WNPf World Championship lifter.
- 3-The WNPf committee may pick up to 10 lifters (Number 1 ranking lifters in the previous year in certain classes or former WNPf World Champions) for an invite to the Worlds depending on your past achievements in the WNPf within the previous year. Keep in mind this is not set in stone. All lifters need to qualify.

National Championship titles

- 1-Lifetime nationals, 2- Raw Nationals, 3- Drug Free Nationals, 4- Can-Am Nationals, 5- Bench Press and Deadlift Nationals, 6- Teen, Junior, Submaster and Master Nationals, 7-Police/Fire/Military Nationals, 8-Elite Nationals, 9- Women's Nationals

Major Championship titles

- 1- Pan-Am Nationals, 2- North Americans, 3- USA Championships, 4- American Cup Championships, 5- World Record Breakers Championships, 6- Powerfest2K16, 7- All American Championships, 8- U.S. Open Championships, 9- World Series of Powerlifting

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

WNPf CLASSIFICATION CHART

OPEN LIFTERS MUST POST AN **ELITE** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

JUNIOR AND SUBMASTER LIFTERS MUST POST A **MASTER** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

SUBMASTER AND MASTER LIFTERS 40 PLUS MUST POST A **CLASS 1** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

TEEN 17-19 AND MASTER LIFTERS 50 PLUS MUST POST A **CLASS 2** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

TEENAGE 15-16 AND MASTER LIFTERS 60 PLUS MUST POST A **CLASS 3** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

TEENAGE 13-14 MUST POST A **CLASS 4** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

ALL MASTERS 70 PLUS MUST COMPETE IN ONE 2022 WNPf EVENT AND **PLACE FIRST** IN YOUR DIVISION!!!!

YOUTH LIFTERS MUST COMPETE IN **TWO** WNPf MEETS IN 2022 AND PLACE FIRST

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

CLASSIFICATIONS FOR SQUAT, BENCH, DEADLIFT AND CURL BELOW

SPECIALIST

SQUAT ONLY

SINGLE PLY														RAW											
SQUAT ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW			
Women																									
INT. ELITE	220	245	270	295	320	345	370	395	420					160	185	210	235	260	285	310	335	360			
ELITE	190	215	240	265	290	315	340	365	390					140	165	190	215	240	265	290	315	340			
MASTER	160	185	210	235	260	285	310	335	360					120	145	170	195	220	245	270	295	320			
CLASS 1	140	165	190	215	240	265	290	315	340					100	125	150	175	200	225	250	275	300			
CLASS 2	120	145	170	195	220	245	270	295	320					80	105	130	155	180	205	230	255	280			
CLASS 3	100	120	145	170	195	220	245	270	295					60	80	105	130	155	180	205	230	255			
CLASS 4	80	100	120	145	170	195	220	245	270					50	60	80	105	130	155	180	205	230			
SINGLE PLY														RAW											
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW	
Men																									
INT. ELITE	350	400	450	500	550	575	600	625	675	725	750	775	250	300	350	400	450	475	500	525	575	625	650	675	
ELITE	300	350	400	450	500	525	550	575	625	675	700	725	200	250	300	350	400	425	450	475	525	575	600	625	
MASTER	250	300	350	400	450	475	500	525	575	625	650	675	150	200	250	300	350	375	400	425	475	525	550	575	
CLASS 1	200	250	300	350	400	425	450	475	525	575	600	625	125	175	225	275	325	350	375	400	425	475	525	550	
CLASS 2	150	200	250	300	350	375	400	425	475	525	550	575	100	150	195	250	300	325	350	375	400	450	475	500	
CLASS 3	100	150	200	250	300	350	375	400	425	475	525	550	75	100	150	195	250	300	325	350	375	400	450	475	
CLASS 4	75	100	150	200	250	300	350	375	400	425	475	525	50	75	100	150	195	250	300	325	350	375	400	450	

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

DEADLIFT ONLY

EQUIPPED														RAW												
DEADLIFT ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW				
Women																										
INT. ELITE	200	230	260	290	320	350	370	385	400					180	210	240	270	300	330	350	365	390				
ELITE	180	210	240	270	300	330	350	365	390					160	190	220	250	280	310	330	345	370				
MASTER	160	190	220	250	280	310	330	345	370					140	170	200	230	260	290	310	325	350				
CLASS 1	140	170	200	230	260	290	310	325	350					120	150	180	210	240	270	290	305	330				
CLASS 2	120	150	180	210	240	270	290	305	330					100	130	160	190	220	250	270	285	310				
CLASS 3	100	130	150	180	210	240	270	290	305					80	100	130	160	190	220	250	270	285				
CLASS 4	80	110	120	150	180	210	240	270	290					60	80	100	130	160	190	220	250	270				
EQUIPPED														RAW												
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW		
Men																										
INT. ELITE	350	400	450	510	570	600	630	640	680	700	705	710		310	360	410	480	530	560	590	600	640	660	665	670	
ELITE	310	360	410	480	530	560	590	600	640	660	665	670		280	320	370	440	490	520	550	560	600	620	625	630	
MASTER	280	320	370	440	490	520	550	560	600	620	625	630		260	300	350	420	470	500	530	540	580	600	605	610	
CLASS 1	260	300	350	420	470	500	530	540	580	600	605	610		240	280	330	400	450	480	510	520	560	580	585	590	
CLASS 2	240	280	330	400	450	480	510	520	560	580	585	590		220	260	310	380	430	460	490	500	540	560	565	570	
CLASS 3	220	240	280	330	400	450	480	510	520	560	580	585		200	220	260	310	380	430	460	490	500	540	560	565	
CLASS 4	200	220	240	280	330	400	450	480	510	520	560	580		180	200	220	260	310	380	430	460	490	500	540	560	

STRICT CURL

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

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

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			

