

GENERAL RULES OF THE WNPF (2024-25)

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. Lifters are required to keep a receipt for their cards and we will keep all members in our WNPF database since we no longer send out cards.

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.

NEW WNPF WORLD RULES

WNPF WORLD RULES ALL LIFTERS MUST PLACE FIRST IN A WNPF STATE EVENT AND/OR PLACE IN THE TOP THREE AT A WNPF NATIONAL OR MAJOR EVENT TO LIFT IN THE WORLD CHAMPIONSHIP. OTHER RULES ARE LISTED IN THE RULE BOOK

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)

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 have a minimum of (3) years drug free. The Lifetime Open division is for lifters that are Lifetime Drug Free. Lifetime Lifters can lift in the Lifetime and Natural Open divisions!

2-5. All Police/Fire/Military category lifters must be former or current employees 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 18-23 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 at 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

3- BODYWEIGHT CATEGORIES, WILKS FORMULA AND TEAMS

3- 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.

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)

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

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

TEAM COMPETITION- In order for a team to compete as a team all lifters must enter individually first and members of the team must be in the same event such as bench only, deadlift only, etc. for points to count towards the team event. Your team can have lifters in multiple events but you must choose one event to enter your team in. We also allow teams to enter certain age groups or genders like masters only or women's only or a teenage team.

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 are completed otherwise your team will be considered for a forfeit.

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). ELBOW SLEEVES CANNOT BE WORN DURING THE BENCH PRESS.

KNEE HIGH SOCKS FOR THE DEADLIFT ONLY

COTTON MATERIAL ONLY IS ALLOWED, ALL SHIRTS MUST HAVE SLEEVES

DRI FIT OR PERFORMANCE MATERIAL IS NOT 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.

NOTE: Raw classic is not offered in the Bench Press, Ironman or Deadlift only divisions!

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: Please read the note at the end!

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.

NOTE: Lifters that are not masters age 40+ (ONLY OPEN, SUBMASTERS AND POLICE/FIRE/MILITARY) can wear a slingshot BUT you will be put in the single ply division if you are lifting in the following events. (BENCH ONLY, IRONMAN OR FULL MEET). This is for lifters that don't want to hassel of putting on a bench shirt.

OR

Master lifters 40+ can wear a SLINGSHOT in the IRONMAN AND FULL MEET but you will be entered as a SINGLE PLY LIFTER, NOT MASTERS SLINGSHOT

REPEAT- The Masters slingshot division is for BENCH PRESS ONLY

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.

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 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. Political shirts are not allowed on the WNPF platform or in the WNPF facility.

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 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 or RAW classic 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 ELBOWS, WRIST OR KNEES except wraps or sleeves.

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 checked 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. Swimsuit, boxer shorts, shorts or any other garment with legs or made of rubberized or similar stretch material or that function 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 always act in a professional manner. 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 if 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 starts 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. Specialists can change their second and third attempts one time as long as you are not in the LIFTER UP, ON DECK, IN THE HOLE OR 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).

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. (FULL MEET LIFTERS ONLY)

6-7. Lifters can take three total attempts RAW and have them count for EXAMPLE: RAW and RAW CLASSIC in the squat (FULL MEET LIFTERS ONLY)

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. (FULL MEET LIFTERS ONLY)

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 and you must lift RAW first.

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 five pound, or 2.5 kilo jump minimum for your next attempt if your previous attempt was successful. We will be 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 of five hundred 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 always are WNPF officials and staff. Coaches are allowed to back spot ONLY in the squat if there is a shortage of spotters for that 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 warmup 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 more than two coaches in the warm-up room or more than one coach near the platform will be warned first and then a disqualified lift for a second offense.

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. Fourth 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 must be a current record in your class. Fourth attempts are not allowed in any other meet but the WNPf World Championships. If there is not a current record in your class you will receive the normal three attempts, not four.

8-5. Note- 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.

Anti-Doping Organizations/International-Standards/Prohibited-List/ The WADA Code can be seen here: <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-DopingOrganizations/The-Code/> WADA Site: <http://www.wada-ama.org/en>

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Organizations/The-Code/ WADA Site: <http://www.wada-ama.org/en/>

Therapeutic Use Exemptions

The use of a prohibited substance for a valid medical purpose is possible by virtue of a therapeutic use exemption (TUE). The criteria for use of a TUE are as follows:

1. The athlete would experience significant health problems without taking the prohibited substance or method,
2. The therapeutic use of the substance would not produce significant enhancement of performance, and
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.
4. An abbreviated TUE is to be used for glucocorticosteroids and for beta-2 agonists.

Abbreviated TUE: www.wada-ama.org/rtecontent/document/simplified.pdf

A standard TUE is to be used for all other applications.

Standard TUE:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/International-Standard-for-Therapeutic-Use-Exemptions/>

It is the responsibility of the athlete to make sure that the TUE is filled out and that all documentation is supplied. The TUE committee is not responsible for and will not pursue missing information.

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 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.

9-7. Weigh-ins will be conducted the night before the event for one hour or 1.5 hours and/or the day of the event for half an hour to one hour. The morning weigh-in will take place at least two hours before the event starts. 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 do not have to take off any clothes. The only people allowed in the weighing room are the lifters (maximum three 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 if it is within the weigh in time limits. If two lifters complete the same total at the end of the meet the lighter lifter will win. If two 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 your 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 stops 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 try 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! (THREE OFFICIALS WILL BE USED)

DQ's

1. Any downward movement of the bar before it reaches the final position.
2. Leaning back or to either side to assist the lifter in raising the weight.
3. Dipping either or both shoulders. Any significant torso rotation to assist the lifter in raising the weight.
4. Scapulas or buttocks coming off the platform during the lift both while going up & down.
5. Failure to stand erect with the scapulas and buttocks flat against the vertical platform at the completion of the lift.

6. Failure to keep your knees locked during the lift.
7. Failure to keep feet flat during the lift
8. Any shifting of the feet or any foot movement such as rocking 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 assist the lifter in starting the upward motion.
11. Uneven lockout at the completion of the lift.

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 as they want! Lifters must have on a singlet! (THREE OFFICIALS WILL BE USED)

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 past your toes to gain momentum to lift the weight.
- 8- Failure to keep the knees locked during the beginning of the lift.

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. Your lockout must be even, no uneven lockout reps will count!

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
- 7- Uneven lockout

(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, 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, 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 substances found 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 contests 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 does 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.

Calibrated plates are 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!

Texas Bars, Rogue Bars, 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 warmup room; adjustable racks can be used in the warmup area.

Forza and benches like 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 face the audience and the feet 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

Any lifter can lift in a WNPf NATIONAL or MAJOR event.

The road to the WNPf World Championships

1- LIFTERS MUST PLACE FIRST IN A STATE MEET OR TOP THREE IN A NATIONAL OR MAJOR EVENT

SOME RULES FOR COMPETING IN THE WNPf WORLDS ONLY, this does not apply to state and national events

- 1- Lifters cannot go down a weight class! Lifters could go 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 lifter. 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. You must compete in a WNPf in that calendar year, not the year before.

Exemptions- This will be determined by the WNPf President or Vice President only

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 (three hundred 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 ten 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.

WNPF BREAKDOWN OF EVENTS

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- Powerfest-2K23, 7- All American Championships, 8- U.S. Open Championships, 9- World Series of Powerlifting, 10- Rick Padgett All-Americans

WNPf WORLD TOURNAMENT FORMAT RULES

The same rules apply as listed above in addition too: The tournament will be either a four- or five-week event where events will be held in different cities within that period. This means that lifters from the entire event will be going against each other in other cities not just your city, but the results will not be posted until the event is finished. We will update the records while the event is going on so lifters will know if they can set records in their class! Awards will be given out at each event, but some lifters will not receive their plate for their award or placing until the event is complete. If you are the only lifter in your class, you will be the WNPf Champion! But we ask all lifters not to post anything until the meet is complete. Also do not post any videos especially if you are going against another lifter in another city. All best lifter awards will be sent out to lifters at the end of the event unless you are at the last event we will hand out the best lifter award to you. Also, all team awards will be given out without the plate until the meet is finished. This format creates much more competition at Worlds for most lifters, not all!

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			

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 ONLY, BENCH ONLY, DEADLIFT ONLY 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

BENCH ONLY

SINGLE PLY														RAW											
BENCH ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW			
Women																									
INT. ELITE	115	125	135	145	155	175	190	205	215					85	95	105	115	125	145	160	175	185			
ELITE	85	95	105	115	125	145	160	175	185					55	65	75	85	95	115	130	145	155			
MASTER	55	65	75	85	95	115	130	145	155					45	55	65	75	85	105	120	135	145			
CLASS 1	45	55	65	75	85	105	120	135	145					35	45	55	65	75	95	110	125	135			
CLASS 2	35	45	55	65	75	95	110	125	135					25	35	45	55	65	75	95	110	125			
CLASS 3	25	35	45	55	65	75	95	110	125					15	25	35	45	55	65	75	95	110			
CLASS 4	20	25	35	45	55	65	75	95	110					10	20	25	35	45	55	65	75	95			

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
CLASS 4	100	150	200	250	300	350	375	400	425	475	525	550
DOUBLE PLY												
BENCH ONLY	97	105	114	123	132	148	165	181	SHW			
Women												
INT. ELITE	135	145	155	175	190	205	215	225	250			
ELITE	105	115	125	145	160	175	185	195	220			
MASTER	75	85	95	115	130	145	155	165	190			
CLASS 1	65	75	85	105	120	135	145	155	180			
CLASS 2	55	65	75	95	110	125	135	145	170			
CLASS 3	45	55	65	75	95	110	125	135	160			
CLASS 4	35	45	55	65	75	95	110	120	150			

DOUBLE PLY												
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Men												
INT. ELITE	290	330	370	410	450	490	505	530	540	550	575	600
ELITE	240	280	320	360	400	440	465	490	500	510	535	560
MASTER	200	240	280	320	360	400	425	450	460	470	495	520
CLASS 1	180	220	260	300	340	380	405	430	440	450	475	500
CLASS 2	160	200	240	280	320	360	385	410	420	430	455	480
CLASS 3	120	160	200	240	280	320	360	385	410	420	445	470
CLASS 4	100	120	160	200	240	280	320	360	385	410	435	460