

AAUPowerlifting Rule Book and Regulations

Revised 8-15-2011

PREAMBLE

The AAU Powerlifting National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations for the advancement of that purpose.

NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION**A. National Committee Structure and Procedures**

1. **National Chair** – The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers.
2. **Executive Committee Composition** - (statement on the composition of the Executive Committee as adopted by Sport Committee operating rules. To include the number of members – how membership is determined, how vacancies are filled, removal provisions.)
3. **National Sport Committee Composition** - The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each Affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large
4. **Other Committee Positions** - such as Commissioners, Regional Directors, Disciplinary Committee, Bid Committees, etc. (Description of how positions are filled, purpose of the committee, composition, how vacancies are filled, removal provisions, etc.)
5. **Voting** –Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year, shall be allowed to vote in the National Sport Committee meeting.
6. **National Office** – General Information
The National Office for AAU Powerlifting is the National Office for the AAU located in Orlando Florida. All technical questions should be addressed to the National Chairman at his address. Questions concerning meets or lifters issues may also be addressed to the Vice Chairs at their addresses as well. Correspondence concerning the AAU should be addressed to the Sports representative for Powerlifting at the AAU National Office.

B. Sport Committee Meetings

1. **National Sport Committee Regular Meetings**. Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
2. **Non – Regular Sport Committee Meetings** - National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings**. Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
4. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of Executive Committee Meetings.
5. **Agenda Additions -**
 - a. **Sport Committee Meeting Order (Agendas)-** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

SPORT POLICIES AND PROCEDURES

A. Meet Sanctions

The AAUPC recognizes as valid only those lifts and totals performed in accordance with AAUPC rules at AAU sanctioned Powerlifting competitions. Sanctions are to be obtained from the AAU National Office by contacting Ivy Schuler at 407-828-4014. The AAUPC District/State Chairperson prior to submitting to the AAU National Office must also approve sanctions. The AAUPC Board prior to submittal must approve sanctions for national and world competitions. Bids for national and world competitions may be obtained from the AAU National Chair or the AAUPC Meet Director's Chair. When the sanction is approved, the Meet Director will receive a copy of the signed sanction. If the Meet Director wishes to receive a Meet Director's Package or Handbook, they must send/fax a copy of the signed sanction to the Meet Director's Chair. Sanctions must be completed 100 days before the competition if proof of insurance is needed. When obtaining a meet sanction from the national office, also send a copy of the meet flier along. When completing the meet flier, do not use the word Olympic. The USOC retains sole control over the use of the word. Use of the phrase "drug free" is to be used with AAU permission only. The phrase "drug tested" is ok for use.

B. AAUPC Clubs

Before a Meet Director can receive a sanction for a meet, the Meet Director must first form an AAU Club for Powerlifting. This is done through the local district or through the AAU National office. During this process the meet director must become an AAU member. All insurances for the Meet Director are carried through the AAU club. As a note, it is wise for all people helping at a club event or competition to be an AAU member for insurance purposes.

C. Age Limits for Competitions

There are minimum and maximum age limits for competitions at this time. Where age limits apply, the lifter must have attained the minimum age limit and be less than the maximum age limit on the day of the competition. The lifter must compete in the age group that he/she is in on the day of the competition.

A special circumstance is permitted when a lifter must qualify for a competition and that competition has age groups. If the lifter qualifies in one age group and attains the age of the next older age group on the day of the competition, the lifter is then qualified for the next older age group.

The following age groups are recognized for both male and female lifters. They are the:

- 1) Men's and Women's – No age limits
- 2) Youth 11 and younger:
 - 6 to 7 years old
 - 8 to 9 years old
 - 10 to 11 years old
- 3) Men's and women's Teenage:
 - 12 to 13 years old
 - 14 to 15 years old
 - 16 to 17 years old
 - 18 to 19 years old
- 4) Men's and Women's Juniors:
 - 20 to 23 years old
- 5) Men's and Women's Sub-masters:
 - 35 to 39 years old
- 6) Men's and Women's Masters and Lifetime Masters

40 to 44 years old
 45 to 49 years old
 50 to 54 years old
 55 to 59 years old
 60 to 64 years old
 65 to 69 years old
 70 to 74 years old
 75 to 79 years old
 80 to 84 years old
 85 to 89 years old
 90+ years old

D. Lifter Registration

- All lifters, administrators, referees, and committee members participating in AAUPC sanctioned competitions, national meetings, and any other form of official Committee business must maintain a current AAU membership.
- The current registration fee for adult AAU membership is \$32.00 and the registration fee for Youth 19 and under is \$12.00.
- AAU membership cards must be purchased prior to the powerlifting meet. Membership cards are available from the National Office or from the area district. AAU membership is available on-line by logging into the AAU web site www.aausports.org.
- AAU membership runs from September 1st each year to August 31st the following year.
- A lifter is considered a member of the state/district in which they maintain a residence. The district must be declared at the time of the registration. If the lifter's residence changes before the yearly membership expires, the lifter is responsible for notifying the AAU of the change of residence. A residence is defined as the state in which the lifter maintains a drivers license. If a lifter does not have a driver's license, the residency shall be defined as the lifter's voting address or address declared for their federal taxes in that order. Lifters aged 19 years or younger are considered residents of the state/district in which their parents or guardians reside.
- All meet directors must maintain an AAU Club registration in the state/district in which they reside. Registration is accomplished through the area districts or by contacting the AAU national office. All teams must have an AAU club membership.
- Military personnel may register in the state/district in which they are a resident or in which they are stationed. They may choose only one.
- Out-of-State students of educational institutions may register in the state/district in which they are a resident or in which they attend. They may choose only one

E. AAUPC Teams for Local, State, National, and International Competition

- AAUPC lifters may form teams for competition by filling out the necessary AAU forms obtained from the local district, the National AAU Office, or the AAU web site. Lifters may belong to one team at a time for state and national competitions. The resident address of the team shall be that of the team captain, president, or coach in that order. All team members must have a current AAU membership. Teams may have any number of lifters, male or female at any one time. All teams must have a current Club membership.
- For state competitions, the lifters making up the team must reside in the state in which the competition is held 30 days prior to the competition. For local competitions, teams may form at any time. For scoring purposes, the team make-up shall be given to the meet director 15 minutes following the final weigh-in before competition.
- For the purpose of competition, all teams must have a minimum of three (3) competitors

and a maximum of ten (10) competitors spread throughout the age, sex, and weight classes. There may be no more than two team members in a specific age, sex, and weight class. All teams may have a maximum of two (2) reserves or alternates. The alternates or reserves will weight-in and compete in a normal individual manner. For scoring purposes, the alternate or reserve score will count only if a team member is unable to finish the meet due to injury or illness. Teams may be of mixed sex, age groups, and weight classes. In the case of junior, teen and lower age groups, Junior and teens may be grouped for competition, youth shall be separate from junior and teens. No more than 3 members of an adult team may be 11 years of age or younger. Youth teams may be made up of anyone 11 years or younger.

F. Making Reference to religious or Other Groups

- Due to the fact that the AAU is a 501-3C non-profit entity, no club, competition, or other representation of the AAUPC shall make reference to a religion, political party, etc.

G. Zero Tolerance Policy for Sexual Abuse

- It is the policy of AAU Powerlifting that there shall be no sexual abuse of any participant involved in any of its sanctioned programs, its Training Camps, Clinics (Coaches, Referee and Sport), Regional and National Tournaments or other AAU events by an employee, volunteer, or independent contractor.
- Sexual abuse of a participant occurs when an employee, volunteer or independent contractor touches a participant for the purpose of causing the sexual arousal or sexual gratification of either the minor participant or the employee, volunteer or independent contractor. Sexual abuse of a participant also occurs when an athlete touches an employee, volunteer or independent contractor for the sexual arousal or sexual gratification of either the minor participant or the employee, volunteer or independent contractor, if the touching occurs at the request or with the consent of the employee, volunteer or independent contractor.
- Neither consent of the athlete to the sexual contact, mistake as to the participant's age, nor the fact the sexual contact did not take place at a AAU function are defenses to a complaint of sexual abuse. Upon proof of violation of this policy, the violator will be permanently banned or suspended from AAU sanctioned programs.

H. Weigh-Ins

- Weighing-in of competitors may take place up to 24 hours before the start of competition if so designated on the entry and decided by the Meet Director. Records may be set under a 24 hour weigh-in, including American and/or World records.
- On the day of the meet, the weighing-in and equipment check of competitors must take place no earlier than 2 hours prior to the start of competition for a particular bodyweight class.
- ALL weigh-in and equipment check sessions will last 1 1/2 hours.
- A minimum of two referees shall be present at the weigh-in. One referee shall attend the scale reading the weight of the lifter and adjusting the scale. The second referee shall record the weight of the lifter.
- A minimum of one referee shall be at the equipment check site. The head referee will appoint as many referees as needed to complete the equipment check in the allotted time.
- Lifters should be weighed in the nude or in underwear in accordance with the section on briefs. In all competitions, members of their OWN sex must weigh in lifters. If needed additional female officials may be appointed to accomplish this. The door shall be closed and the lifter's coach may be in attendance.
- Each lifter should be weighed only once. Only those whose body weight is heavier or lighter than

the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight in the 1-1/2 hour period in which they have entered the weigh-in otherwise, they are eliminated from competition in that weight class. A lifter may weight as often as practical while also ensuring that all lifters receive equal chances to weigh. If at the end of the session, all lifters present have not weighed, all lifters will receive a chance to weigh. Lifters actual weights will not be made public until after the weigh-in session are completed.

- A lifter who is too heavy may move up into the next higher weight class provided the lifter has achieved the minimum qualifying total for the heavier class, if qualifying totals were used. Said lifter may compete for team points in the heavier class provided that not more than one lifter from their team is already in that class. The lifter must be present for the weigh-in of the heavier weight class.
- A lifter who weighs in lighter than the weight class he or she entered may compete in the lighter weight class for team points provided that not more than one lifter from his/her team is already in that class, and provided that the lighter weight class has not already started competition. Said lifter must have also achieved the qualifying total, if used, for the lighter class while competing at that class's bodyweight.
- The final weight of the lifter shall be recorded in ink along with the lifters opening attempts in pencil. It is recommended that any formula coefficients to be used shall be recorded at this time.
- Lifters shall be weighed in the order that they appear at the weigh-in.

I. Weight Classes

Competition in Weight Classes

- A lifter must always compete in the same weight class he/she made weight in. Lifters are not allowed to switch or to gain weight to enter other or additional weight classes during the competition.
- A lifter may not compete in one weight class and in the same competition using the same lifts get credit or qualify for another weight class.
- Youth and teen lifters wishing to enter the men's or women's equipped competition that are in youth/teen weight classes below the minimum weight classes for men and women will be placed in the minimum weight class for men (52.0 Kilo) or women (44.0 Kilo) with respect to gender.

Weight Class Limits

The following body weight classes are recognized for youth and teen:

CLASS	WEIGHT IN KILOS	WEIGHT IN POUNDS ANALOG SCALE	WEIGHT IN POUNDS DIGITAL SCALE
Girls/Boys	30.0	66.25	66.4
Girls/Boys	35.0	77.25	77.4
Girls/Boys	40.0	88.25	88.4
Girls/Boys	44.0	97.00	97.0
Girls/Boys	48.0	105.75	105.8
Girls/Boys	52.0	114.50	114.6
Girls/Boys	56.0	123.50	123.6
Girls/Boys	60.0	132.25	132.4
Girls/Boys	67.5	148.75	148.8
Girls/Boys	75.0	165.25	165.4
Girls/Boys	82.5	181.75	182.0
Girls/Boys	90.0	198.25	198.4
Girls/Boys	100.0	220.25	220.6
Girls	100.0+	220.25+	220.6+
Boys	110.0	242.50	242.6

Boys	125.0	275.50	275.6
Boys	140.0	308.5	308.6
Boys	140.0+	308.5+	308.6+

The following body weight classes are recognized for juniors, men and women:

CLASS	WEIGHT IN KILOS	WEIGHT IN POUNDS ANALOG SCALE	WEIGHT IN POUNDS DIGITAL SCALE
Women	48.0	105.75	105.8
Women	52.0	114.50	114.6
Women / Men	56.0	123.50	123.5
Women /Men	60.0	132.25	132.3
Women /Men	67.5	148.75	148.8
Women /Men	75.0	165.25	165.3
Women /Men	82.5	181.75	181.9
Women /Men	90.0	198.25	198.4
Women /Men	100.0	220.25	220.5
Women	100.0+	220.25+	220.5+
Men	110.0	242.50	242.5
Men	125.0	275.50	275.6
Men	140.0	308.5	308.5
Men	140.0+	308.5+	308.5+

J. Equipment Check Process

- A lifter must present to the referee at the equipment check all equipment that he/she will be using during the competition.
- The referee will examine the equipment presented and ensure that all items are with-in AAU rules for use during the appropriate competition. This check is not intended to closely examine all items and to require minimal changes to any equipment but to require reasonable changes to ensure compliance.
- The referee will closely examine all suits and shirts to ensure compliance.

K. Injuries

Medical Band Aids: (not to be confused with supportive wraps)

- **Type, location, purpose allowed for:**
Two layers of medical tape may be worn on the thumbs but nowhere else without official permission from the Jury or Head Referee. None of these may be used as straps to help the lifter hold onto the bar. With permission of the jury, the Head or Chief Referee may require a lifter to cover excessive bleeding on the shins. This may be done with socks and or tape that is determined to be of no support to the lifter.
- **Who may apply them:**
With permission of Jury or Head Referee, the official doctor, paramedic, or paramedical personnel may apply them to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- **Informing the Jury/Head Referee:**
The official doctor or paramedic on duty shall inform the Jury/Head Referee immediately after applying band-aids or bandages to the injury. He may also give advice regarding additional applications that are considered necessary. These may be applied only with the permission of the Jury or Head Referee.

Plasters

- Type, location, purpose allowed for:
Two layers of plasters may be worn on the thumbs. These items may not be worn anywhere else on the body without official permission of the Jury or Chief Referee. Plasters may not be used as aids to the lifter in holding the bar.
- Who may apply them:
With permission of Jury or Head Referee, the official doctor or paramedic may apply them to muscle injuries on the body. Similarly, strip plasters may be applied to injuries on the inside of the hand, but in no circumstances may they continue around the back of the hand, fingers, arms, legs, or other body parts. NOTE: While this does not refer to supportive knee or wrist wraps used in equipped competition, it would apply to any tape or other non-qualifying material used to secure the wraps.
- Informing the Jury/Head Referee:
The official doctor or paramedic on duty shall inform the Jury/Head Referee immediately after applying plasters to the injury. He may also give advice regarding additional applications that are considered necessary. These may be applied only with the permission of the Jury or Head Referee.

Juries and Medical Personnel not available.

- At all competitions where there is no Jury or medical personnel, the Head Referee shall have jurisdiction over the use of band-aids and bandages.

Rules Concerning Injured Lifters:

- If during a meet a lifter is injured, the official doctor has the right of examination. If the injury is such that it is inadvisable to continue competition, the doctor may, in consultation with the Jury or Head Referee, insist that the lifter retire from the meet. The team manager or coach shall be officially advised of that decision.

L. Lot Numbers

- Meet Directors may number entries in the order they are received. This number may then be used as the lot number that can be noted on the weigh-in cards and on the score sheet. This lot number may be used to establish the weigh-in and lifting order when lifters call for the same weight.

M. General

- The use of oil, grease, water, or other lubricants on the body, costume or personal equipment is strictly forbidden.
- Baby powder, resin, talc, or magnesium carbonate are the only substances that may be added to the body and attire. Not the wraps.
- The use of any adhesive on the underside of footwear is strictly forbidden. This applies to any built in adhesive, e.g. glass paper, emery cloth, etc. including resin and magnesium carbonate. A spray of water is acceptable.
- The use of shin guards to prevent bleeding in the dead lift is allowed. Said shin guards shall not extend past the top of the knee, and shall be considered non supportive. Lifter assumes all and any risk from using said shin guards.
- No foreign substance may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, and equipment.
- The use of any smelling salts shall be by lifters 20 years and older only and shall be used away or out of public viewing.

N. Adult Out-of-Competition Substance Abuse Program

Introduction

- The AAU Powerlifting Committee has revised and re-instituted its Substance Abuse Program. It was re-instituted because the AAUPC wishes to reaffirm its dedication to the ideal of fair and equitable competition at all sanctioned events and wishes to uphold Article 303.2.5 of the Amateur Athletic Union. So that no one participant might have an artificially induced advantage, so that no one participant might be pressured to use chemical substances in order to remain competitive, and to help safeguard the health and safety of participants, the AAUPC has instituted a Substance Abuse Program.
- **Information**
A copy of this program may be obtained by logging on to the AAU web site at www.aausports.org. If there are questions regarding this program, the lifter may call the AAUPC Substance Abuse Chairman, Harry Halverstadt at 530-676-9729 or e-mail at hcwzkds@jps.net. The lifter may also contact the Dietary Resource Exchange Center by e-mail at www.drugfreesport.com/rec, or by toll free phone at 877-202-0769 or at 816-474-7321. All lifters, aged 19 and over are subject to this program.

Recognition of other Suspensions

- The AAU Powerlifting Program will honor all other federation's substance abuse suspension lists.
- If an athlete is under suspension from any of these groups or federations for substance abuse, the athlete is not eligible for competition in the AAU Powerlifting Program and must petition the AAU directly for membership.

O. Technical/Referee's Committee

- This committee shall consist of five (5) members appointed by the Executive Committee. The Executive Committee shall appoint the Chairman of this committee.
- Duties, The duties of the committee shall be to examine all requirements, procedures, and changes of a technical nature brought to the AAUPC. All proposed rule changes should be routed through this committee when practical.
- All decisions of this committee are subject to review of the Executive Committee and the National Committee.

P. Referee Testing

General qualifications for taking of the referee's test:

- Candidates must be currently registered AAU members in good standing. The membership card shall be presented to official giving tests.
- The candidate must have State/District Chairman's endorsement.
- Candidates must be active for a minimum of one (1) year for State and three (3) years for National in at least one of the following categories:
 - Lifter
 - Coach/ trainer/ manager
 - Meet Director
 - Scoring table official/announcer
 - Candidates must attend a referees' rules clinic prior to taking test.
- General Guidelines for taking of the referee's test:
 - All test copies shall be requested from the Chairman of the Referee Committee and issued by him.
 - All test results shall be returned to the Chairman of the Referee Committee who shall grade them and advise the National Chairman who shall officially inform the candidate of the results.
 - A rules clinic should be given prior to the test. The state referee's test shall be given as open-book.
 - Following the test a discussion of the answers should be conducted to ensure that all new referees understand the meaning of the rules.

- **Qualifications for the State Test**
 - May be given by State Chairman or AAUPC Board Member at any AAUPC sanctioned meet upon prior request to the State/District Chair.
 - Candidate must be at least 18 years old.
 - Candidate shall sit for two meets with experienced referees to get practice.
 - Candidate shall take and pass a practical test at 80% and a written test and pass at 80%.
 - Retesting of a failed test may be done after 6 weeks.

- **Qualifications for the National Test**
 - May be given at all State/District and National Championships by a referee appointed by the Referee Committee.
 - Candidate must be at least 20 years old.
 - Candidate must be an active State Referee for at least 2 years.
 - A resume of candidate's career should be mailed to the Chairman of the Referee's

- **Committee at least one month prior to proposed test date.**
 - Candidate must pass a practical test (administered by a National Referee or higher) and a written test, both at 90%.
 - Retesting of a failed test may be done after 6 months.

- **Qualifications for the International Test**
 - Given only at National or International Championships by an International Referee appointed by the Referee's Committee.
 - Candidate must submit resume of AAU Power lifting career to the Chairman of the Referee Committee at least one month prior to the proposed test date. Said committee will evaluate resume. Candidate must have approval of this committee to take test.
 - Candidate must have been an active National Referee for at least 3 years.
 - Candidates must pass a practical test (administered by an International Referee) and a written test, both at 90%.
 - Retesting of a failed test may be done after 6 months.
 - Grandfather Clause. When beneficial to the growth and development of the AAUPC, referees as noted can be Grand fathered until such time as the Executive Committee determines otherwise. USPF, USAPL, NASA, and APF referees, upon submission of resume to chairman of Referee Committee, may request referee status in AAU Power lifting. The appropriate State Chairman must sign resume as approval. If there is no State Chairman, resumes shall be sent directly to the Chairman of the Referee Committee. Each case will be individually considered. Approval is not automatic. To be grandfathered, a referee from another organization must become an AAU member and must take the state referee test in open-book fashion.

Q. Championships

National Championships

- The AAUPC recognizes the following National Championships. They are the:
 - Men's and Women's Combined Equipped National Championships.
 - Men's and Women's Combined Raw National Championships.
 - National Push/Pull Championships, Bench Press and National Deadlift Championships.
 - AAU Junior Olympics – Teenage National Championships.
 - National Equipped and Raw High School Championships
 - Armed Forces Men's and Women's Equipped and Raw National Championships.
 - Armed Forces Men's and Women's Equipped and Raw Bench Press National Championships.

World Championships

- The AAUPC recognizes the following World Championships. They are the:
 - Men's and Women's Combined Equipped World Championships.
 - Men's and Women's Combined Raw World Championships.
 - World Bench Press Championships
 - World Push/Pull Championships.

Awards for National and World Championship

- .Awards for individual competition at national and world championships will be given for the first three places. In the case of a tie, the lifter with the lighter body weight will be ranked higher. If the lifters are tied at body weight, a re-weigh will be done and the lighter lifter will be ranked higher.
- .Awards for team competition at national and world championships will be given for the first three places. In case of a tie, the team with the most first places will be ranked first. If the teams are still tied, the team with the most second places will be ranked higher.
- “Best Lifter” awards may also be made for higher and heavier classes. The scoring method shall be done by using the appropriate formulas for sex, weight, and age.

Who May Compete in Championships

- US citizens may compete in any AAUPC Championship. Permanent residents planning on becoming US citizens may also compete in AAUPC Championships. Non-US citizens may lift as guest lifters in any state or national championship. Non-US citizens may compete in any world championship.

Special Championships

- Special championships may also be held for two categories. They are collegiate and high school. To be eligible for a collegiate championship, a lifter must be a full time under graduate or graduate student in good standing with their 2 or 4 year institution during the semester of the championship and not be 24 years or older. To be eligible for a high school championship, a lifter must be a student in good standing with their high school during the time of the championship and not be 20 years or older.

Age groups offered at Championships

- The following age groups are recognized for both male and female lifters. They are the:

Men’s and Women’s Equipped – No age limits

Youth 11 and younger:

6 to 7 years old

8 to 9 years old

10 to 11 years old

Men’s and women’s Teenage:

12 to 13 years old

14 to 15 years old

16 to 17 years old

18 to 19 years old

Men’s and Women’s Juniors:

20 to 23 years old

Men’s and Women’s Sub-masters:

35 to 39 years old

Men’s and Women’s Masters and Lifetime Masters:

40 to 44 years old

45 to 49 years old

50 to 54 years old

55 to 59 years old

60 to 64 years old

65 to 69 years old

70 to 74 years old

75 to 79 years old

80 to 84 years old

85 to 89 years old

90+ years old

- Beginning in 2009, the category of Lifetime will be offered only for the master classes.

Special Classes offered at Championships

- Special classes of competition while not a part of the recognized championships may be offered but are not required. These classes are:
- Law and Fire, Men and Women.
- Life Time, Men and Women Masters only.

State/District Championships

- States/Districts are encouraged to hold state championships. Lifters may compete only in State/District championships in which they reside. Lifters may not compete in more than one state/district championship in one membership year. Age groups and classes are the same as at national competitions.

R. Records

Types of Records

- The AAUPC maintains two types of records. The first are Powerlifting Records and the second are Single Lift Records. Records are maintained for the Equipped Powerlifting and for Raw Powerlifting. They are maintained for all age groups and for male and female lifters in those groups. Records are maintained at the National level for American Records, World records. National Records are not kept at this time. State/District records are maintained at the state/district level and are administered at the state/district level.

Powerlifting Records

- Powerlifting records are lift records and total records set in three lift meets that are sanctioned and run in accordance with AAUPC rules for Powerlifting.

Single Lift Records

Single lift records are lift records set in single lift meets that are sanctioned and run in accordance with AAUPC rules for Powerlifting. They may be set for the bench press and the dead lift.

Age Groups

- . The following age groups are recognized for both male and female lifters. They are the:

Men's and Women's Equipped – No age limits

Youth 11 and younger:

6 to 7 years old

8 to 9 years old

10 to 11 years old

Boy's and Girls Teenage Division:

12 to 13 years old

14 to 15 years old

16 to 17 years old

18 to 19 years old

Men's and Women's Junior Division:

20 to 23 years old

Men's and Women's Sub-masters:

35 to 39 years old

Men's and Women's Masters & Lifetime Masters:

40 to 44 years old

45 to 49 years old

50 to 54 years old

55 to 59 years old

60 to 64 years old

65 to 69 years old

70 to 74 years old

75 to 79 years old

80 to 84 years old

85 to 89 years old

90+ years old

Who May Set and Hold Records

- US Citizens may set hold American and World Records. Non-citizens may hold AAUPC World Records only. Permanent Residents planning on becoming US Citizens may also hold American and World Records. American and World Records may be set at a World or International Meet. American records can be set at any AAU sanctioned meet. You cannot set World records outside of the World or International Meets
- Only Residents of a state may set state records. If a resident of a state moves out of the state the record shall remain.
- If more than one lifters make the same lift or total at the same bodyweight, they shall be reweighed. If they re-weigh the same, they shall both share the record. Should they re-weigh at different body weights, the lightest lifter shall be awarded the record.

Special or Classes of Competition

- At this time, no records are kept for special championships or classes of competition.

State/District Records

- Each state/district can maintain records for that state/district. Lifters may set records only in the state in which they reside at the time of the competition. State/District records may be set only in state/district competitions. Age groups and weight classes shall apply in all state/associate record keeping.

Use of Small Discs for Setting Records

- For the purposes of setting records in an AAUPC sanctioned competition, lighter discs (less than 1.0 Kilo or 2.2 lbs) may be used to reach a weight at least 500 g (1.1 lbs) more than the current record.

Where Records May Be Set

- World records may be set at a World or International meet only.
- American records may be set at any meet that is sanctioned and operated in accordance with the rules of the AAUPC.
- State records may be set at a meet that is sanctioned and operated in accordance with the rules of the AAUPC.

Actions Required To Set Records

- When a record is going to be attempted, the lifter or the lifter's coach must inform the scorer's table and the platform of the attempt.
- To receive permission to try a fourth (4th) attempt the lifter must have successfully completed his/her third (3rd) Lift.
- The Chief Referee will ensure that referees with the correct qualifications are seated before the platform is declared ready.
- At the completion of the attempt, if the attempt is declared good, the referees on the platform will conduct a brief equipment check to ensure that the lifter has met all equipment requirements.

Referee Shortage at National and International Competitions

- Should there be a shortage of international referees at an international competition, one national referee may be used in all duties with the approval of the AAU National Office.
- Should there be a shortage of national referees at a national competition, one state referee may be used in all duties with the approval of the AAU National Office.

S. Scoring General

- The scoring and determining of winners and places in conventional powerlifting is done by means of the lifted total. This is defined as the sum of the best lift in each event in the competition. Scoring in this way is done only within a weight class, age group and sex. To receive a score, a lifter must have a successful lift in each event in the competition.

Example: Men's Equipped 148 Pound Class, Pounds are used.

Name 1-SQT 2-SQT 3-SQT 1-BCH 2-BCH 3-BCH 1-DL 2-DL 3-DL Total

John D. 500 510 515

Jim A. 525 575 -

Eric W. - - 475

Tom B. **450 475 500** - - - - -

- **Special Categories**
Special categories may be considered such as best lifter in a group of weight classes. In order to establish the award weight, age, gender and equipment status criteria may be used at the discretion of the Meet Director. Information on the recommended formulas for these considerations is as follows.
- **Fourth Attempts**
Fourth attempts are given for record purposes only and are not considered for scoring purposes. **Fourth attempts are only given if the lifter has successfully completed his/her third attempt.**
- **Scoring Teams**
Team scoring shall be as follows:
 - For national and international competitions the points shall be 12,9,8,7,6,5,4,3,2,1 for the first ten places.
 - For all other competitions the points shall be 7,5,3,2,1 for the first five places.
 - In the event of a tie between teams, the tie shall be broken by the team having the larger number of first places, if tied again, the number of second places and so on.
 - If a tie remains after consideration of places, the combined weight of both teams at weigh-in shall be determined and the lighter team shall win. If a tie still remains, a reweigh shall be conducted and the lighter team shall win.
- **Breaking Ties between lifters**
If 2 lifters make the same total at the same bodyweight, they shall be re-weighed. If they re-weigh the same, they shall both share the placing and no award shall be given to the next in line. Should they reweigh at different body weights, the lighter lifter shall be awarded the higher place. at different body weights, the lighter lifter shall be awarded the higher place

Sports Operations

A. Current Year Rule Changes

- Highlighted items are rule changes for the year 2010-2011

B. Competition Equipment and Specifications (These rules shall apply to all AAU Sanctioned events unless modified).

▪ Weights

Pound or kilo weights shall be used as follows:

- At the state level and below, meets may be run in either system and records may be kept in either system.
- At the national and world level, meets shall be run in the kilo system and records shall be kept in the kilo system
- At the national and world level, special permission may be granted to use the pound system when the kilo system is not practical to use.

▪ Platform

The platform shall conform to the following requirements:

- Size: The required size of the platform shall not be less than 2.5 meters x 2.5 meters (8x8 ft) minimum and 4.0 meters x 4.0 meters maximum.
- Surface: The surface of the platform must be flat, firm, non-slip, and level. It must not exceed 10 cm (about 4 inches) in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating e.g. boat deck paint. Loose rubber mats or similar fitting sheeting materials are not permitted. No discernible seams are permitted in the general vicinity of the lifter. Interlocking rubber mats or solid rubber mats similar to plywood sheets are permitted for a platform covering as long as they cover the minimum area of 2.5 meters by 2.5 meters minimum and are not larger than the platform. These mats shall not be slippery or loose fitting. Permanent rubber mat inserts, flush with the platform surface, may be used to reduce noise. Inserts are preferably placed on either side of lifter, where the bar would rest, not under lifter's feet. A hard carpet may also be used to cover the complete platform.
- Boundaries of the lifting area: Boundaries of the lifting platform/area shall be clearly marked for the knowledge of the officials, lifters, coaches, and audiences. No coaches or spectators shall be permitted within the lifting area. It is recommended that this boundary surrounding the platform, judges, lifter, spotters be 10 meters by 10 meters.
- Platform care during competition: The only people permitted on the platform/lifting area will be the lifter, designated spotters/ loaders, referees, and the platform manager. Any cleaning, mopping, brushing, or adjusting of the platform or equipment will be handled by these personnel unless otherwise directed by the Chief Referee or Jury. A solution of 1 part Clorox to 10 parts water shall be used to remove blood from the platform or equipment.

▪ Bars and Discs

General:

- Only disc barbells are permitted. The use of bars and discs that do not conform to the correct specifications will invalidate the contest and any records accomplished. Only those bars and discs, which meet all specifications, may be used through the entire competition and for all lifts. The bar will not be changed during the competition unless it is bent or otherwise damaged in some way as determined by the referees. It is allowable to change to a dead lift bar (one without center knurling) for the bench and dead lift provided it meets all other requirements and is used for the entire event. Sutherland or Pasnella bars may be used in the squat and/or bench press, provided that the proper loading charts are available for use by the referees and loaders.

Bar:

- The bar shall be straight and well knurled or grooved and shall conform to the following requirements:
- Total overall length not to exceed 2.2 m (7.216 ft).
- Center knurling to be a minimum of 4 inches wide with a maximum 6-inch smooth space unknurled on each side. Total of the center knurled and unknurled space must equal 16

inches. If a separate bar is used for dead lifting or benching, it need not have center knurling. Use of center knurling bar for squatting is recommended but not mandatory.

- Distance between the collars is not to be less than 1.31 m (4.297 ft).
- Diameter of the bar is not to exceed 29mm or be less than 28 mm on the smooth portion.
- Diameter of sleeve is 50-52 mm.
- Weight of the bar and collars shall be 25 kg (55 lbs). A weight variance of 2.5% is allowed.
- There will be a diameter machine marking on the bar or the bar is to be marked so as to measure 81 cm (about 32 inches) between markings.
- The Sutherland and the Pasanella Bars are not approved for use in competition unless special permission is received prior to the competition. If used, the bars must meet the following:
 - Bar Diameter: 31.75 mm or 1.250 in.
 - Overall Length: 2400 mm or 94.5 in.
 - Distance between inside Collars: 1434 mm or 56.5 in.
 - Sleeve Length: 450 mm or 17.7 in.
 - Center Knurl Length: 460 mm or 18.1in.
 - Bearings - oil filled bronze: QTY 4 0 3.0
 - Bar and Collars Weight: 32.5 kg or 71.5 lb.
- For children registered in the "Youth" age classes, when lifting less than 35 KGs, lifters may use a commercially made 6' or 6.5" bar combined with collars that equal 7.5 KG, 10 KG, 12.5 KG, 15 KG, 17.5 KG, 20 KG or 22.5 KG. The bar and collars must be weighed by the Meet Director or Head Referee prior to the start of the meet on calibrated scales. The bar with collars must weight within 2.5% of the intended weight."

Discs:

Discs shall conform to the following requirements:

- All discs, bars, and collars used in the competition must be weighed prior to the competition and the exact amount recorded for record purposes. Discs must weigh within 1.25% of the face value for national and international competition:

Plate Weights

Kilos	Pounds
.25	
.50	1.25 for records
1.25	2.50
2.50	5.00
5.00	10.00
10.00	25.00
15.00	35.00
20.00	45.00
25.00	
45.00	100.00
50.00	

- All discs must be clearly marked with their face value weight.
- The first and heaviest discs shall be loaded first and face in, and all other plates shall be loaded face out in the sequence of heavier weights innermost with the smaller/lighter discs in descending weight arranged so that the referee may read the numbers on each disc. Both sides of the bar shall be equally loaded with the same number of discs of corresponding value. It is never acceptable to deliberately miss-load a bar so one side has a different number of discs and/or a different weight than the other side. Should a bar be deliberately miss-loaded to break a record, the record shall not be accepted.
- It is strongly recommended that the 45.00 and 50.00 kg plates and the 100.00 lb plates not be used unless necessary.
- Discs may be either pounds or kilos.

Discs: The following recommendations are made for disc dimensions and weights:

- The hole size in the middle of the disc may be approx. 53mm.
- Discs other than bumper plates weighing 25 kg (or 100 lb plates), or greater must not exceed

6 cm (2.36") in thickness; discs weighing 20 kg (45 lbs) or less shall not exceed 3cm (about 3/16 inches) in thickness. The diameter of the largest discs shall be no more than 45.5 cm (17.9 "), and not less than 44.5 cm (17.5"), per international standards

- **Collars**

- Collars shall always be used in competition.
- Collars shall conform to the following requirements:
- Collars must weigh 2.5 Kg. (5.5 lbs). A variance of 2.5% is allowed.

- **Squat Racks**

- Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotters. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
- Racks must be capable of settings "OUT" and "IN". "OUT" means that the rack saddles are near the inside collars and "IN" means that the racks are near the 81 cm markings.
- Monolifts may not be used in national or world competitions but may be used in state or local competitions.
- A new design flat bar support with the flat bar on the outside edge of the support column may also be used instead of the standard design. This allows maximum distance between the support bars so that the need to move the racks in and out for large lifters is either reduced or eliminated.
- The following recommendations are made for dimensions:
The squat racks shall be designed to adjust from a minimum height of 1m (about 3 ft 3 inches), in the lowest position to a maximum of 1.7 m (about 5 ft 6 3/4 inches) in the highest position.
- Height adjustments must be at increments not to exceed 5 cm (about 2 inches). All squat racks must be capable of being secured at the required height by pins.
- The bar rest saddles may be a minimum of 5 cm (about 2 inches) to a maximum of 6 cm (2 3/8 inches) wide and a minimum of 6 mm thick (about 1/4 inch) and have a vertical backing plate no less than 20 cm (7 7/8 inches) high and a 45-degree roll-out with a safety lip of 3 cm (1 3/16 inches) maximum.

- **Bench**

- The bench shall be of a sturdy construction for maximum stability and conform to the following dimensions:
- Bench: The following recommendations are made for dimensions:
- Length: Not less than 1.22 m (4 ft), and shall be flat and level.
- Width: 29 to 32 cm (11 1/2 to 12 5/8 inches).
- Height: 42 to 45 cm (16 1/2 to 17 3/4 inches) measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
- Height of adjustable uprights: 82-100 cm (31 1/4 -39 3/16 inches) measured from the floor to the bar rest position.
- Height of non-adjustable uprights: 87-97 cm (34 1/2-36 1/4 inches) measured from the floor to the bar rest.
- Minimum width between the insides of the bar rests 1.1 m (3 ft 7 1/8 inches). Bar rest saddles should be a minimum of 5 cm (about 2 inches) wide and 6 mm (1/4 inch) thick minimum with a vertical backing plate no less than 15 cm (5.9 inches) high and a 45-degree roll-out safety lip 3 cm (1 3/16 inches) maximum. Height adjustments should be at increments not to exceed 5 cm (2 inches). Bench padding should not exceed 3 cm (1 3/16 inches). Anti-tilt bar on the bottom of the bench at the base of the uprights shall be about 5-6 cm (2-3/8 inch) wide and about 20 cm (7 7/8 inches) long.

- **Lights**

- A system of lights shall be provided by which the referees shall make their decisions known. The lights shall be arranged horizontally to correspond to the positions of the three referees. They should be wired in such manner that they light up together, not separately. The Chief Referee shall control the master switch. When a master switch is not available, each referee shall make his decision known at the completion of the lift. All lights shall be turned off as the lifter leaves the platform or as the announcer announces the decision.
- Each referee will control a white light signaling a GOOD lift and red light signaling NO lift.
- Should lights not be available and for backup purposes, white and red flags/paddles should be available for the referees.

C. Costume and Personal Equipment

GENERAL COSTUME

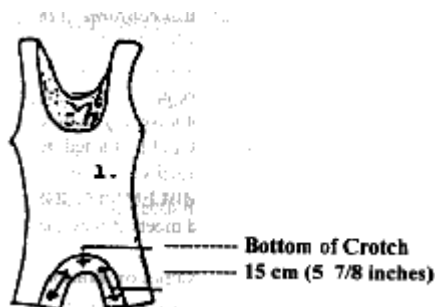
- **For international, local, state and national championships.**
 - In RAW meets, lifters may use a leather belt, wrist wraps and knee sleeves with a non-supportive suit. No other supportive gear may be worn.
 - In EQUIPPED meets supportive gear may be worn along with a leather belt. This includes, but is not limited to, wrist wraps, knee wraps, supportive shirt, and supportive suit.
 - All men and women members age 20 and older shall wear a one-piece full length lifting suit. A T-shirt is required by both sexes in the squat, bench press and deadlift. Leotards and such are not acceptable.
 - The wearing of shorts and a T-shirt will be limited to youth members (age 19 and younger) at state or local level meets only. Youth lifters will have to wear a one-piece lifting suit at all national or higher level meets. At state or local meets, teenagers may wear non-supportive shorts in good repair, instead of a one-piece lifting suit. Cut-off jeans, walking shorts, etc., are not allowed. Legs must be clearly above knees and/or knee wraps. If legs touch knee wraps, lifts are not allowed. Loose fitting/baggy shorts are not allowed. Undergarments, same as for one-piece lifting, shall be worn. Spandex type shorts are not suitable. It is preferred that shorts mid-thigh in length. Shorts should be snug, not tight. Shorts made of canvas, cut-off/altered power suits or jeans, etc are not allowed. Referees shall determine if shorts are supportive. The only belt allowed with shorts is a lifting belt as defined in the rules.
 - EMBLEMS/LOGOS may be worn in all AAU sanctioned meets if they meet the following requirements: Names of sponsors shall be allowed, or they are powerlifting-related or they promote a drug-free attitude, and they are not obscene or degrading..
 - Common sense shall govern when examining and measuring the lifting costume.
 - The lifting suit or shirt shall not have gussets, saddle patches, maintenance patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Jury, or in their absence the referees are incorporated into the costume or shirt purely as a form of reinforcement or bracing, shall invalidate the costume or shirt from being used. All suits and shirts shall be made of single ply material only. Fused material is not permitted.

COSTUME (SUIT)

- **For international, local, state and national championships.**
 - General: The non-supportive lifting suit shall consist of a one-piece full-length suit of one-ply cotton material or polyester material or a combination of the two without any additional patches or padding. The supportive lifting suit shall consist of a one-piece full-length suit of one-ply stretch cotton material or polyester material or a combination of the two without any additional patches or padding. Denim may not be used. The straps must be worn over the shoulders while on the platform. Only one suit may be worn at a time.
 - The lifting suit shall conform to the following requirements:
 - It may be of any color.
 - Emblems may be worn representing the lifter's AAU affiliation, registered club, region or state. Teenagers and Collegians may wear wrestling suits bearing the school's name/logo on it.
 - Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness. A non-supportive suit may have seams and hems exceeding 3 cm in width. The non-supportive suit may also have a double thickness of the same material size 12 cm x 24 cm in the area of the crotch.
 - Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness. The added material must be of the same material as the suit.
 - The suit must have legs. The length of leg must be a minimum of 3 cm and a maximum of 15 cm. Measurement is to be taken on a line from the top of the crotch down in the inside of the leg. The leg of the suit need not be cut to form exactly a parallel around the leg. It may be cut higher on the outside of the leg. Non supportive suits may have legs length to a maximum of 25 cm.
 - Any alterations to the suit which exceed the established widths, lengths or thicknesses stated shall make the suit illegal for competition.
 - Although alterations/pleats to form a tightening/loosening of the suits do not make them illegal, these must be made on the original seams.

- Should a tightening/loosening have been made, the excess material must not be folded and sewn back on to the suit. It is recommended that when the suit shoulder straps are shortened it is sewn in such a way that the excess material is under the strap, rather than the unsightly tufts that appear when material is above the straps.
- The straps must not be cut from the shirt and must be closed prior to stepping on the platform.

SUIT DIAGRAM



COSTUME (SHIRTS)

- T-shirts, bench, and erector shirts for international, local, state and national championships.
- General: Male or female lifters under the lifting suit in raw or equipped competition must wear only one shirt (T-shirt or supportive) in the squat, bench press and deadlift. The shirtsleeve shall not touch the elbow. Supportive bench/erector shirts with sleeves may be worn in all AAU-equipped sanctioned meets only and may be worn for all three competitive lifts, see diagram below. The shirt shall be tucked into the suit. The shirt shall not be long enough so as to cover the buttocks when tucked into the suit and therefore serve as extra support. Any supportive shirt may not be worn when lifting in a raw division.

SHIRT DIAGRAM



- All shirts shall conform to the following construction and material requirements:
 - Is made of cotton, polyester, or a combination of the two.
 - Does not consist of any rubberized or similar stretch material.
 - It may have a "V" or "U" shaped neck opening.
 - Does not have any buttons, pockets, zippers, or collars.
 - Does not have reinforced seams.
 - Shirts may not be turned inside out to hide inscriptions.
 - Torn or soiled shirts are not permitted.
 - Velcro straps/open backed shirts are not allowed.
 - Emblems may be worn representing the lifter's AAU affiliation, registered club, region, school, or state.
- All shirts shall conform to the following dimensional requirements:
 - A minimum sleeve length of 10 cm (about 4 inches long).

COSTUME (ATHLETIC SUPPORTERS OR BRIEFS):

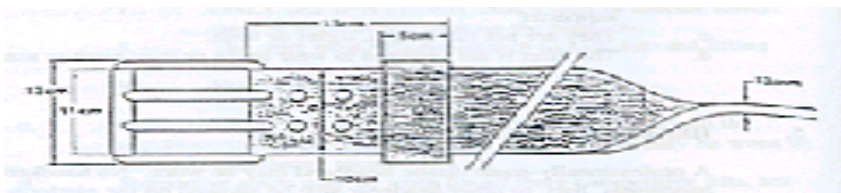
- General
 - A standard commercial “athletic supporter” or standard non-supportive commercial briefs, boxers, or boxer-briefs of any mixture of cotton, nylon or polyester shall be worn under the lifting suit by both sexes for both raw and equipped competition. The length of the leg measured from the crotch shall not exceed 15 cm (5 7/8 in). The leg shall not protrude from beneath the lifting suit at any time.
 - Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waist band, shall not be worn under the lifting suit. It must be recognized that the supportive undergarment manufactured specifically for powerlifting (groove briefs) is not legal for use in competitions.
 - Women may wear a one-piece cotton or cotton blend running or sports bra in addition to a shirt.
 - The use of tampons, sanitary napkins or related articles for feminine hygiene protection is permitted without inspection.

COSTUME (SOCKS):

- General
 - A lifter may wear socks in a raw or equipped competition. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.
 - The Socks shall conform to the following requirements:
 - They may be of any color or colors and may have manufactures logos.
 - They shall not be of such length on the leg that they come into contact with the knee wraps or knee cap, or knee cap supporter.
 - Full length leg stockings, tights or hose are strictly forbidden.

COSTUME (BELT):

- General:
 - A lifter may wear a belt, only on the outside of the lifting suit in equipped or raw competition conforming to the following requirements. The lifter is not required to wear a belt.
 - The Belt shall conform to the following construction and material requirements:
 - The belt shall be made of leather in one or more laminations, which may be glued and/or stitched together.
 - Velcro is not permitted.
 - It shall not have any additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.
 - The buckle shall be attached at one end of the belt by means of studs and/or stitching.
 - The belt may have a buckle with one or more prongs or “quick release” type. (“quick release” referring to a lever.)
 - A tongue loop shall be attached close to the buckle by means of studs and/or stitching. Many belts still appear with a sliding loop and some with two loops. This is incorrect and makes the belt illegal. The tongue end of the belt is often wrapped two thirds of the way around the waist and studded into the belt. This is not correct and in point of fact can make the belt up to 26 mm thick, illegal. A customized belt tailored to fit the lifter is much more presentable.
 - The name of the lifter, the lifter’s nation, state, or club may appear on the outside of the belt.
 - The Belt shall conform to the following dimensional requirements:
 - Width of the belt maximum of 10 cm (about 4 inches)
 - Thickness of belt maximum of 13 mm (about 1/2 inch) along the main length.
 - Inside width of buckle 11 cm (about 4 3/8 inches)
 - Outside width of belt buckle of 13 cm (about 5 1/8 inches).
 - Tongue loop maximum width of 5 cm (about 2 inches).
 - Distance between end of belt and the far end of the tongue loop 15 cm (about 5 7/8 inches).
- See diagram below.

Belt Diagram

COSTUME (SHOES OR BOOTS):

- General:
 - Lifting Shoes or boots shall be worn.
 - The shoes shall conform to the following requirements:
 - Shoes with metal cleats or spikes are not permitted.
 - No Part of the underside shall be higher than 5 cm.
 - The underside must be uniform on both sides.
 - Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.

COSTUME (HEADBANDS/HATS):

- A professionally made elastic headband not exceeding 12 cm in width may be worn in either raw or equipped competition. No handkerchiefs, bandannas, hats, or other headgear will be allowed on the platform.

COSTUME (WRAPS AND SLEEVES):

- General:
 - Only wraps of one ply commercially woven elastic that is covered with polyester, cotton, or a combination of both materials or medical crepe are permitted. Bandages of rubber or rubberized material are strictly forbidden.
 - The wrist wraps shall conform to the following requirements:
 - **Wrist wraps may be used in Raw or Equipped meets.** They may not exceed 1 m. in length and 8 cm in width. Any sleeves and Velcro patches/tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. **The loop may not be over the thumb or fingers during the actual lift.**
 - A wrist covering shall not exceed 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.
 - **Knee sleeves may be used in Raw or Equipped meets. Knee sleeves are to be single ply neoprene without any attaching or tightening mechanisms such as Velcro (or similar material), clips, or straps. Knee sleeves may not exceed 30cm in length or ¼" in thickness.**
 - The knee wraps shall conform to the following requirements:
 - Men or women in weight classes below 90 k may wear knee wraps not exceeding 2 m (about 6 ft 6 3/4 inches) in length and 8 cm (about 3 5/16 inches) in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering of 30 cm.
 - Men or women in weight classes 90 k and above may wear knee wraps not exceeding 2.5 m in length and 8 cm (about 3 5/16 inches) in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering of 30 cm. Alternately, an elasticized knee cap supporter not exceeding 30 cm in length may be worn. Knee sleeves 30 cm in length as worn by W/L are also legal. A combination of the two is strictly forbidden. Note: The IPF does not permit this wrap to be used.
 - Wraps shall not be in contact with the socks or lifting suit.
 - Wraps shall not be used elsewhere on the body.

Inspection of Costume and Equipment

- The inspection of costume and personal equipment for each and every lifter in the competition may take place at any time throughout the meet prior to and within twenty minutes of the start for their particular bodyweight category.
- If a lifter is found with an illegal item prior to lifting, the lifter shall be immediately warned and allowed to correct the infraction.
- If a lifter appears on the platform wearing any major illegal items (mainly supportive gear, wraps, briefs, belts), the lifter shall be immediately warned and allowed to correct the problem within the time remaining if possible. If the lift has been completed, that lift shall be declared void. If the items are minor, the lifter shall be warned. Continued equipment infractions are cause for the lifter to be removed from the competition.
- . A minimum of two referees of any level shall be appointed to fulfill the duty of costume inspection. The suits and shirts shall be examined and approved for use. All other items shall be

reviewed and any items to legal for use shall be brought to the lifters attention and the lifter shall be warned regarding their use.

- Any item considered unclean, torn, or not in repair shall be rejected for use.
- The referees shall mark/record each item on the official inspection sheet. The inspection sheet shall be handed to the head referee or president of the jury at the end of the inspection period.
- Items such as watches, costume jewelry, mouthpieces, eye wear, or feminine hygiene articles need not be inspected.
- Any lifter successful in a national or world record attempt may be immediately inspected by the head referee or jury. If the lifter is found to be wearing or using any illegal item, other than that which may have been inadvertently been passed by the referees, the lift shall be declared invalid and the lifter shall be disqualified from the competition.

D. Rules for Competition – The Lifts

▪ Recognized Lifts

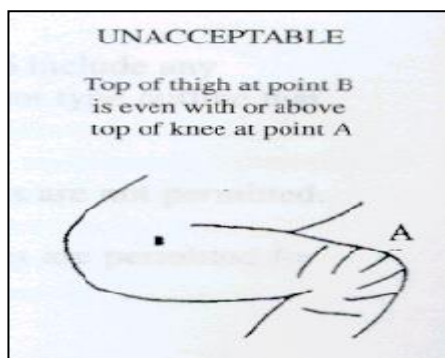
- The AAUPC recognizes the following lifts that must be taken in the sequence listed in all competitions for powerlifting. They are the:
Squat
Bench Press
Dead Lift

▪ Squat

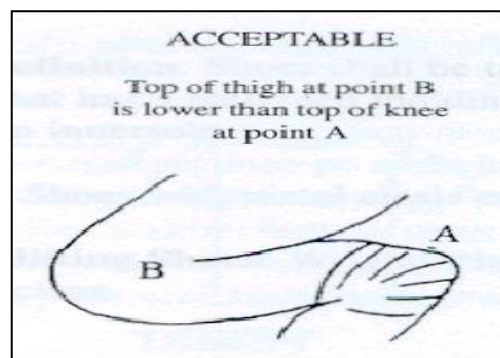
Rules of Performance:

- The lifter shall face the front of the platform. The bar shall be held horizontal across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- After removing the bar from the racks, (the lifter may be aided in the removal of the bar from the racks by the spotter/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “squat”. Before receiving the signal to “squat”, the lifter may make any position adjustments within the rules, without penalty. For reasons of safety, the lifter may be requested to “rack” the bar if after a five (5) second period he is not in the correct position to begin the lift. The signal to replace the bar shall consist of a backward movement of the arm and the audible command “rack”. The lifter may resume the attempted lift after racking the bar if time permits under the 60 second rule.
- Upon receiving the Chief Referee’s signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness of the bar during the performance of the lift.

UNACCEPTABLE SQUAT



ACCEPTABLE SQUAT



- The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
 - The signal to rack the bar will consist of a backward motion of the arm and the audible command “rack”. The lifter must then move forward and return the bar to the racks. For reasons of safety, the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks.
 - The lifter must stay with the bar at all times during the lift and while returning the bar to the racks.
 - No more than five and not less than two spotter/loaders shall be on the platform at any time. The Chief referee shall decide the number of spotter/loaders needed on the platform. Designated spotter/loaders may not be replaced unless approved by the Chief Referee. A lifter may use spotters other than those on the platform with the approval of the Chief Referee. If in the opinion of the meet director, additional spotters are needed and the spotting can be done safely, additional spotters may be used.
- **Causes for Disqualification:**
 - Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
 - Double bouncing at the bottom of the lift, or any downward movement of the bar during the ascent.
 - Failure to assume an upright position with knees locked at the commencement and completion of the lift.
 - Stepping forwards or backwards during the performance of the lift. Lateral movement of the sole and rocking the feet between the ball and heel is permitted.
 - Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees as shown above.
 - Any movement of the bar on the back more than the diameter of the bar below its starting position.
 - Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier. Slight contact is permitted if there is no supporting that might aid the lifter.
 - Contact of the elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
 - Any intentional dumping or dropping of the bar as determined by a majority of the referees.
- **Bench Press**

Rules of performance:

 - The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
 - **The lifter must lie on his back with the head, shoulders and buttocks in contact with the bench surface.** The sole and heel of his shoes must be in contact with the floor or blocks. His hands and fingers must grip the bar positioned in the rack stands with thumbs around grip of the bar . The back of the lifter's head must be in contact with the bench surface throughout the lift. This body position shall be maintained throughout the lift. Raising the head is not permitted.
 - **THUMBLESS GRIP IS NO LONGER ALLOWED IN ANY AAU MEET.**
 - To achieve firm footing, the lifter may use flat surfaced plates or blocks not exceeding 45 cm x 45 cm x 30 cm (about 17 ¾ x 17 ¾ inches x 11 ¾ inches) in total to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, 30 cm may be made available for foot placement if feasible. The sole and heel of the lifter's shoes must be in contact with the floor or blocks and with the surface provided. Note: The rules allow a maximum block height of 30cm and minimal foot movement i.e. the width of one foot laterally and half the length of the foot forward or backward.
 - Not more than 3 nor fewer than 2 spotter/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/loader in removing the bar from the racks. The lift-off must be at arm's length. The hand off may be from the center of the bar or from the ends of the bar.
 - The spacing of the hands shall not exceed 81 cm (31 7/8 inches) measured between the forefingers (both forefingers must be within the 81 cm marks). If in the case of some old

injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary, the bar must be marked accordingly.

- After receiving the bar at arm's length the lifter shall await the referee's "Start" command. The lifter shall then lower the bar to the chest and await the "Press" command. The "Press" command shall be given when the bar is motionless on the chest. If the lifter has a hearing defect, the referee may use an agreed upon signal such as a touch of the hand to the lifter for the "Start", "Press" and "Rack" commands. For reasons of safety the lifter will be required to "rack" the bar if after a period of five seconds he is not in the correct position to begin the lift. The signal by the Chief referee to return the bar to the rack shall be the audible "Rack" command.
 - After the press command has been given, the bar is pressed upward to arm's length, elbows locked out, and held motionless until the audible command "RACK" is given. No excessive/immoderate uneven extension of the arms is permitted and lock out of both arms must be simultaneously together. The bar is allowed to stop during the upward movement but is not allowed any downward movement. Downward movement refers to that portion of the bar between the hands only, and not to that portion between the outside edge of the hand and the end of the bar.
 - If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.
- Causes for Disqualification:
 - Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
 - Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, buttocks, from the bench, or feet from the floor/blocks/plates or lateral movement of the hands on the bar. Minimal foot movement is allowed i.e. the width of one foot laterally and half the length of the foot forward or backward.
 - Heaving, bouncing, or sinking the bar into the chest after the press signal has been given.
 - Any pronounced/exaggerated uneven extension (more than a bar width) of the arms during the lift.
 - Any downward movement of the bar in the course of being pressed out.
 - Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
 - Contact with the bar of the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.
 - Any contact of the lifters feet with the bench or its supports.
- **Dead Lift**
 - Rules of performance:
 - The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect. There is no signal from the Chief Referee to start the lift.
 - On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position.
 - The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position. If the bar is shaking when at the knee area, this is not cause for failure.
 - Any raising of the bar or any deliberate attempt to do so will count as an attempt. Only one attempt is permitted. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. Settling at the shoulders at the end of the lift is not cause for failure.
- Causes for Disqualification:
 - Any downward movement of the bar before it reaches the final position. Stopping of the bar is not cause for failure.
 - Failure to stand erect with the shoulders in an erect position.
 - Failure to lock the knees straight at the completion of the lift.
 - Supporting the bar on the thigh during the performance of the lift. As the bar is lifted, the

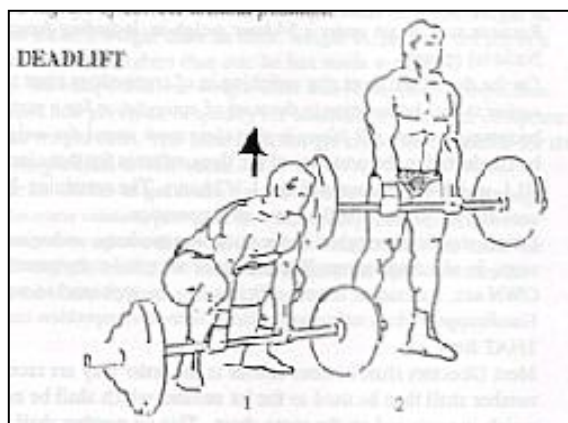
knees **MUST** continually extend without additional flexion of the knees at any time during the lift. If the bar edges up the thigh but is not supported this is not reason for failure of the lift.

- Stepping backward or forward, or lateral movement of the foot. Rocking of the feet between the ball and heel is permitted.
- Lowering the bar before receiving the Chief referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands. Some noise and impact is expected and is not cause for failure of the lift, but dropping the bar or obvious lack of control is not allowed. The bar must be controlled to prevent free fall.
- Any intentional dumping or dropping of the bar as determined by a majority of the referees

ACCEPTABLE DEADLIFT

Diagram of correct start and lockout position:

The correct start and finish position for the dead lift is shown above. The lifter is standing erect with the knees locked straight, shoulders in erect position not forward or rounded.



E. Rules for Competition – The Types of Competition, Equipped or Raw

- **Types of Competitions Recognized by the AAUPC**
- Equipped
 - Equipped competition is defined as allowing the lifter to wear any or all of the costume defined in and as permitted in Section IV. "Costume and Personal Equipment". Lifters of any age group may enter equipped competition. It is the responsibility of the parent/coach to ensure that a minor is properly coached when wearing equipment.
- Raw
 - Raw competition is defined as allowing the lifter only the following items as defined in and as permitted in Section IV. "Costume and Personal Equipment".
 - These items are limited to:
 - A loose fitting suit.
 - T-shirt.
 - Shoes and socks.
 - Belt.
 - Headband.
 - Athletic supporter.
 - Women may wear a non-supportive bra.

- **Types of Competitions within a Meet**
 - The AAUPC does not discriminate between either raw or equipped competitions. A lifter may enter either or both competitions. If the lifter enters both, he must lift as defined by raw competition.
- **Offering Types of Competitions**
 - The AAUPC does not discriminate between either raw or equipped competitions. It is the Meet Director's choice to offer either or both competitions.
- **Progression for Types of Competitions**
 - The bar may progress by rounds system as defined in Section VIII. "Rules for Competition – Order of Competition" in the equipped competition

F. Rules for Competition – Order of Competition

- **Persons allowed on the Platform during the Competition**
 - During competition, only the lifter, his/her coach, spotters, members of the Jury, and the officials will be allowed on the platform or stage. During the actual lift, only the lifter, the spotters, and the referees are allowed on the platform stage. A coach may give a hand-off in the bench but must leave the platform immediately. Coaches shall not be allowed at the back or sides of the platform area and must remain outside of the boundaries of the designated lifting area unless receiving permission from the Chief Referee.
- **Adjusting Equipment While on the Platform:**
 - A lifter may adjust only the belt while on the platform. No other preparations may be made on the platform including use of smelling salts, etc.
- **Progressive Loading of the Bar:**
 - In power lifting meets, meet directors shall use the rounds system in all meets.
 - If there are more than 60 lifters per platform in any one session of a three-lift meet or 100 lifters per platform in a single/specialty meet, it is recommended that the meet director take action to reduce the number of lifters on the platform for that session. The meet director may choose to add a platform or he/she may choose to add sessions.
 - In all systems, the bar is loaded progressively for each attempt. The lifter calling for the lightest weight lifts first. When two or more lifters call for the same weight, the lowest lot number goes first. If lot numbers are not used, the lighter lifter goes first. The bar will not be reduced in weight once the lift has been performed with the announced weight unless there is an error on the part of the announcer. In this case, the bar will be reloaded to the correct weight and the meet shall continue.
 - Meet Directors shall number entries in the order they are received. This number may then be used as the lot number that can be noted on the weigh-in cards and on the score sheet. This lot number may be used to establish the weigh-in and lifting order when lifters call for the same weight.
- **Attempt Priority Rule:**
 - In the rounds system, all first attempts will be taken in round one, all second attempts will be taken in round two, and all third attempts will be taken in round three. Corrective attempts will be taken at the end of each round.
 - Record attempts may be taken at any time, even if small plates are added.
 - There are fourth attempts in AAU Powerlifting competitions for American and World records only. Permission must be received from the Chief Referee for a fourth attempt. The lifter may ask for a fourth attempt only if they were successful on the third attempt and that lift was within 5 percent of the existing record. The bar may not be lowered for a fourth attempt.
- **Minimum Amount of Weight Increase Between Successful Attempts**
 - The weight of the bar must always be in multiples of 2.5 kg (5.0 lbs in a pound meet). The progression of the bar between each lifter's successful attempts shall be a minimum of 2.5 kg (5.0 lbs in a pound meet).
 - American and World Records may be broken by an increase of a minimum of 500 grams in any round. The exact weight of the bar will be recorded on the records form. The meet results will show the weight to the nearest 2.5 kg (5 lbs in English) increment.

- **Loading Errors or Incorrect Announcements by the Announcer:**
 - The Chief Referee shall be solely responsible for corrective action in case of loading errors or incorrect announcements made by the announcer. This decision will be given to the announcer who will announce it.
 - Examples of Loading Errors:
 - If the bar is loaded lighter than called for and the attempt is successful, the lifter may accept the lift or he may choose to take the attempt over at the correct weight. If the misloaded attempt was not successful, the lifter will be granted another attempt at the correct weight at the end of the round. In Modified Conventional System, the lifter, if he follows himself, shall become the minimum of 5th lifter up.
 - If the bar is loaded heavier than called for and the attempt is good, the lifter will be credited with that weight. The bar will be reduced in weight if required for other lifters. If the attempt is not successful, the lifter will be granted another attempt at the correct weight at the end of the round. In Modified Conventional System, the lifter, if he follows himself, shall become the minimum of 5th lifter up.
 - If the weights are not the same on both sides of the bar, if any changes occur on the bar or discs during the lift, or if the platform is disarranged and the lift is successful, the lifter has the option to accept the lift or to take the attempt over. If the lift is not successful, the lifter will be granted another attempt at the end of the round.
 - If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform to follow the progress of the meet or the lifter misses an attempt due to the announcer's failure to announce it, the bar shall be reduced and the lifter shall take the attempt without waiting until the end of the round.
- **Disqualifications**
 - Disqualification of a lifter for failing to successfully make an attempt in any lift:
A lifter must make at least one successful attempt in each lift to continue in the meet. Failure to do so will eliminate the lifter from further participation in the meet. For a lifter entered in two meets held concurrently (e.g. a power meet and a bench meet), this would apply separately to each meet. In this example, failing a successful squat would still permit the lifter to bench, but for the bench meet total only, and would eliminate the lifter from the deadlift.
 - Spotter's aid to the Lifter:
Other than initially aiding in the removal of the bar from the rack, the lifter shall not receive any further help in setting up/assuming the starting position. Such aid will disqualify the lift.
 - . Disqualification due to Platform Time Limits:
On the completion of a lift, the lifter has 30 seconds to leave the platform. Failure to do so MAY result in disqualification of that attempt at the discretion of the Chief Referee.
 - Disqualification due to Conduct:
Any lifter or coach, who by reason of misconduct on or near the competition platform that is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury or Head Referee may disqualify the lifter and order the lifter and/or coach to leave the venue. The team manager or coach must be officially informed of both the warning and disqualification.
- **Appeals, Protests or Complaint Procedures:**
 - All appeals against referee's decisions, complaints regarding the progress of the meet or against the behavior of anyone taking part in the meet will be made verbally or in writing to the Jury if requested. The team manager or coach must lodge the appeal or complaint with the Jury Chairman. This must be done immediately following the incident that is the cause of the appeal or complaint. If deemed necessary, the Jury may temporarily suspend the meet and retire to consider its decision. After discussion, the Jury shall make known the majority decision via the Chairman who will inform the complainant of the decision. The decision is final with no other appeal available.
 - In the event that a jury is not seated, the head referee shall appoint a committee of three to decide the appeal. That committee shall consist of one senior referee, one senior lifter and the head referee. If deemed necessary, the committee may temporarily suspend the meet and retire to consider its decision. After discussion, the committee shall make known the majority decision via the head referee who will inform the complainant of the decision. The decision is final with no other appeal available.

- **Break Time between Each Contested Event:**
 - A compulsory break of 5 minutes must take place between the completion of one lift (ex: squat) and the beginning of the next (ex: bench press). If more time is needed, it shall be given for warm-up, setting up the platform, etc. When the meet consists of only one flight, the minimum time shall be 30 minutes.
 - When a small number of lifters comprise a flight in the rounds system, it may be necessary to increase the time between rounds to allow adequate time for the lifters to prepare for their next attempts.
- **Prohibition of Attempt Changes:**
 - Once the flight begins, the lifter may not make any changes to the opening attempt. The lifter may change the third attempt of the deadlift twice for competition purposes.
- **Recommended Flight Size**
 - In the round system, it is recommended that flights contain at least 10 but no more than 15 lifters.
 - **Grouping Flights by Weight Classes**
When grouping flights by weight classes, they should be divided so as to equalize the number of lifters in each flight or on each platform. Two or more weight classes may be joined in a flight. In any system, the meet may be broken up into two or more sessions as announced on the entry form. However, the meet director must organize the schedule so that the lifters in ALL sessions have weigh-ins within 24 hours of the start of their session.
 - When organizing flights, lifters competing against each other shall be placed in the same flight. In the interest of time, when organizing flights lifters competing against each other may be separated into different flights only if there is a vote taken and all lifters agree. A lifter may be placed in another flight if their lifts are of such difference that there is no real competition.
- **Communication of Decisions Concerning Special Problems**
 - Any decisions concerning an attempt, the removal of a lifter or coach, or the granting of another attempt must be made known to the Announcer, Scorekeeper, coach and lifter as soon as the decision is made. Either the Chairman of the Jury or the Head Referee makes the communication in absence of a jury.

G. Rules for Competition – Appointment of Personnel and Personnel Responsibilities

- **Officials to be Appointed by the Meet Director:**
 - Head Referee will be appointed by the Meet Director and will be a qualified National or International Referee for National and World Championship.
 - Speaker/Announcer
 - Marshals/Expeditors
 - Scorers
 - Spotters/Loaders
 - AAU Substance Abuse Site Coordinator who may not be the meet director or the head Referee.
 - Other positions as needed such as an additional set of expeditors or scorekeepers, etc.
 - Additional officials may be appointed as required: doctors, paramedics, etc.
- **Officials to be Appointed by the Head Referee**
 - Referees for each session and event. On each platform a chief referee and two side referees shall be appointed.
 - Platform Timekeepers.
 - Record keepers (for National and World Championships only).
 - Two Officials to be in charge of the weigh-in and one at the equipment check.
 - Platform managers if needed.
- **Responsibilities of Officials Appointed by the Meet Director**
 - **Speaker/Announcer:**
 - This person is responsible for the efficient running of the meet. Acts as Master of Ceremonies and arranges the attempts in an orderly fashion dictated by weight, lot numbers, and attempts. He announces the weight for the next attempt, rack setting, name of lifter and names of the next 3-5 lifters. When the bar is loaded and ready for the lifter, the Chief Referee will indicate that fact to the announcer who will call the lifter to the platform. The timekeeper will begin the one-minute clock. Suggested minimum information when calling a lifter should include:

- Attempted weight in kilos and/or pounds
- Weight class of lifter
- Attempt number
- Lifter's name

Expeditors:

- These persons are responsible for accepting the next weight attempt from the lifters or their coaches and passing this information to the scorers. The lifter or coach shall seek out the Expeditors to provide this information within one minute of completing their last attempt. After five minutes have elapsed, the lifter will be warned. Then, if the lifter fails to provide the next attempt, that attempt will be forfeited. The Marshals/Expeditors shall keep time. The bar shall continue during this five-minute period. The lifter must be aware of the progression of the weight. Once a weight has been called for loading on the bar, the lifter must take that weight or a higher one. The weight shall not be lowered due to a miscalculation by the lifter.

Scorers:

- These officials are responsible for accurately recording the results and progress of the meet. Upon completion, the Meet Director shall authenticate the official score sheet.

Spotters/Loaders:

- These officials are responsible for the loading and unloading of the bar, adjustment of rack heights, cleaning of bar, and platform and generally ensuring that the platform is well maintained and neat. At no time shall there be less than 2 or more than 5 spotters. The spotters may assist the lifter in removing the bar from the racks and in replacing the bar to the racks. They may not touch the bar or the lifter during the lift, between signals, unless ordered to do so by the Chief Referee or the lifter. This action will result in NO lift. The lifter is encouraged to remain with the bar and aid in its placement in the racks. If a lifter is deprived of an otherwise successful attempt by an error on the part of the spotters and through no fault of the lifter, another attempt at the same weight may be granted at the discretion of the Chief Referee. This shall be granted at the end of the round in the Rounds System. If the lifter is the last lifter in the round, he will be allowed a three-minute wait with a warning given at the end of two minutes.
- The lifter's coaches, friends, companions, etc. only with permission of the chief referee on the platform may replace the spotter/loaders.
- AAU Substance Abuse Site Coordinator: This official is the coordinator between the Outside Independent Collection agency and the AAUPC at the meet. This official is responsible for providing the agency team an overview and briefing of the meet and its activities. This official will also provide any information required by the agency as needed or the gathering of individuals as needed by the agency. This official may not be the meet director or the Head Referee of the meet.

Responsibilities of Officials Appointed by the Head Referee**Timekeeper:**

- This official is responsible for assuring that the time lapse between announcing that the bar is ready and the start of the lift is within the given time 60 second time constraint. He is also responsible for timing all other activities such as the three-minute rest period for a lifter following himself, the 30-second period the lifter has to leave the platform following an attempt, and the time to declare the next attempt. The lifter has 60 seconds to start an attempt after he has been called to the platform. If the lift has not been started within this time, the timekeeper shall call "TIME" and the Chief Referee shall give the audible signal "RACK" or "DOWN" and NO LIFT declared. When the lifter starts the lift within the allotted time, the clock shall be stopped. Once the clock has been started for a lifter, it can be stopped only by completion of the time allowance, by the start of the lift, or at the discretion of the Chief Referee. Therefore, it is of great importance that the lifter or coach checks the rack height prior to being called. Once the clock is started, any adjustments must be made within the time allowance. The definition of the start of an attempt depends on the particular lift. In the squat and bench press, the start coincides with the Chief Referee's signal. Any attempt to perform the lift prior to receiving that signal will result in NO LIFT. In the dead lift, the start of the lift coincides with the lifter making an obvious attempt to raise the bar from the platform. In the power clean the start of the lift coincides with the lifter making an obvious attempt to raise the bar from the platform.

Record-Keeper:

- Referees in charge of the weigh-in: The two officials responsible for the weigh-in shall report to the weigh-in area 15 minutes prior to the beginning of the weigh-in. Officials for the weigh-in must be of the same sex as the lifters being weighed. If officials of the same sex are not available, knowledgeable people of the same sex shall be appointed to perform the duties of weighing in. One official shall call the next lifter and then shall conduct the weighing of the lifter. The second official shall record the information. These officials shall remain at the weigh-in site until the completion of the weigh-in.

Platform Managers:

- The platform manager shall call out the plates to be loaded onto the bar and the rack height for the next lifter. The platform manager shall then ensure the platform is in a state of readiness for the next lifter and shall then inform the chief referee when the platform is ready.

Responsibilities of the Head Referee

- The primary duties of the Head Referee will be to assign the chief referee and side referees for each platform, the time-keepers, record-keepers, jury, and weigh-in officials. Copies of these assignments will be posted and given to the Jury.
- Referees available for duties should make their availability known to the Head Referee.
- The Head Referee will handle all matters concerning assignments, conduct, disputes, rule infractions, and in general work with and assist the Meet Director.
- The Head Referee shall record the credited activities for each referee in each referee's record book. This information shall include the name and date of the competition including the duties performed. The duties receiving credit are:
 - Head Referee
 - Chief Referee
 - Expediter
 - Side Referee
 - Record-keeper
 - Speaker/Announcer
 - Timekeeper
 - Weigh-in Official
 - Jury Member
 - Scorekeeper
 - Spotters/Loaders
 - Platform Manager

H. Referees, Jury, Technical/Referee's Committee, and Testing

- **Referee Membership**
 - All AAUPC referees must have current AAU cards and be members in good standing to officiate at any AAUPC sanctioned meets.
- **Designation of Platform Referees**
 - The head Referee shall appoint three (3) platform referees for each platform. They are the Chief Referee who sits in the center chair and 2 side referees.
 - Platform referees duties may be rotated during the competition. A referee may serve as a chief referee during one flight and a side referee during another flight.
 - Platform referees must maintain their assignment for the duration of the flight. The head Referee may change an assignment after receiving approval from the jury.
- **Duties of the Platform Referees**
 - The Chief Referee is responsible for giving the necessary signals for the 3 lifts, and is in charge of the platform and all decisions concerning loading errors. They are:
 - Lift Start Signal
 - Squat Start - Downward Motion of the hand and audible "Squat".

- Bench Press Start - Audible "Press". If lifter has a hearing defect, an alternate signal may be used.
 - Deadlift Start - None
 - Lift Completion Signal
 - Squat Completion - Backward motion of the hand and audible "Rack".
 - Bench Press Completion - Audible "Rack".
 - Deadlift Completion - Downward motion of hand, and audible "Down".
 - Once the bar has been replaced on the racks or on the platform at the completion of a lift, the referees will signal their decision by means of LIGHTS. A white light shall indicate the decision of the referee that the lift is good. A red light shall be used to indicate that the decision is to not grant the lift. A lifter must receive two white lights for the lift to be acceptable for scoring.
- **Positioning of the Platform Referees:**
 - The three referees may seat themselves in what they consider to be the best viewing position around the platform for each lift. The Chief Referee must always be easily visible to the lifter when performing the squat or deadlift.
 - The referees may lean or shift to improve their view, but shall remain seated. The referee may ask the spotter to reposition themselves should they interfere with their view, and the spotter will, without jeopardizing the lifter's safety, make an adjustment in their position. If repositioning jeopardizes the lifter's safety, the side referees may at this time leave their seat to a position to best judge the lift. If the hands of the rear spotter interfere with the viewing of the hip joint, this should be corrected. In any lift, should the spotter block the referee's view of the lift, the referee shall give the lifter a white light.
 - All three referees have the responsibility for judging all aspects of each lift, within reason. It is evident that the vantage point of the Chief Referee makes it more difficult to judge some aspects of a lift as compared to the side referees; however, he still has the responsibility to judge all aspects and is neither excused nor prohibited from doing so. Duties of Referees prior to the contest and weigh-in
 - The platform referees shall assure that the platform and equipment comply in all aspects with the rules. Any equipment that does not shall be removed. If the weights are not exact, their true value shall be marked and noted for record keeping purposes.
 - The head referee shall meet with the meet Director and assure that the scales used for weigh-in work correctly and have been certified within 12 months of the meet date.
- **Duties of Referees at Weigh-in**
 - Assure that the lifters weigh in within the proper time period and within class limits.
 - Assure that the lifters are currently registered with the AAU. This should be done prior to any other activity involving the lifter.
- **Duties of Referees During the Meet**
 - Assure that the bar is loaded correctly. It is recommended that each referee be issued a loading chart.
 - Assure that the lifter's equipment is correct while on the platform. If this is in doubt, after the lift, the Chief Referee should be informed of the item in question and the three referees shall examine it. If the lifter has worn an illegal item, he/she shall be warned, the lift voided, or disqualified.
 - Judging all aspects of each lift, within reason. If doubt exists in a referees mind regarding the performance of the lift, judgment shall go in favor of the lifter.
- **Referee Shortage at National and International Competitions**
 - Should there be a shortage of international referees at an international competition, one national referee may be used in all duties with the approval of the Meet Director and Head Referee.
 - Should there be a shortage of national referees at a national competition, one state referee may be used in all duties with the approval of the Meet Director and Head Referee.

- **Procedures for a Referee Observing Lifting Faults:**
 - Side Referee - When a side referee observes a fault, he shall raise his hand to indicate his intention not to pass the lift. If another referee is in agreement, he shall raise his hand. At this majority, the Chief Referee shall stop the lift with appropriate visual and audible signals.
 - Chief Referee - The Chief Referee does not raise a hand when observing a fault, but shall note if a side referee is in agreement. If one is, the lift shall be stopped as previously described. Only a majority may stop a lift, unless the Chief Referee feels that the lifter's safety is at risk. Then he shall take the necessary action to protect the lifter.

- **Procedures for Incorrect Bar Placement in the Squat.**
 - Prior to the start of the lift, should any referee not accept the bar position, they will call attention to it. If a majority of referees agree, then the signal to squat shall not be given. While the Chief Referee is not required to explain the fault, it is suggested that he do so. The lifter must make a correction within the time allowed.

- **Referee's Commentary Following a Lift.**
 - After a lifter receives red light(s) for rules infractions, he or his coach may ask the Chief Referee why the red light(s) were given. The Chief Referee will inquire and inform the lifter/coach of the reason. Should further discussion be required, the lifter/coach shall immediately leave the platform and go to the Head Referee or Chairman of the Jury for further clarification or ruling. Other than this procedure, referees shall abstain from commentary and shall not be given any document or verbal account concerning the progress of the meet.

- **Influencing Referee's decisions**
 - No referee or meet official shall attempt to influence the decisions of any referee.
 - Referees may not veto or overrule one another.
 - It is recommended that the scoring lights all come on at once.

- **Referee's Duties Following the Meet**
 - The three referees shall sign the official score sheets and record certificates or any other documents requiring a signature.

- **Referee's Uniforms**
 - The AAUPC recognizes three referee's uniforms. They are the:
 - Traditional uniform consisting of a red polo shirt with AAU patch and referee name and qualifications to be worn with grey or khaki slacks.
 - The optional summer uniform of the same red polo shirt with AAUPC emblem on the left breast. The referee's name and ranking may be positioned on the right breast if desired may be worn with khaki shorts or skirt.
 - The current uniform shall be worn at all competitions unless it is decided by a majority decision of the AAUPC Executive Committee that the traditional uniform shall be worn at a particular competition.

- **Jury**
 - At all AAUPC National and World Championships, a Jury shall preside over each lifting session. When possible, this Jury shall consist of the AAUPC National Chairperson and four (4) senior qualified referees one of whom should be the Chairman of the Referee's Committee. When possible, these referees shall be from different states and countries. One reserve member shall also be appointed.
 - The Chairperson of the Jury shall be the AAUPC National Chairman. In his absence, the Chairperson shall be appointed in the same manner as the Head Referee. The Head Referee makes appointments to the Jury.
 - The function of the Jury is to see that the rules are correctly followed.
 - Jury Replacement of a Referee.
 - During the competition, the Jury by majority vote may replace any referee whose decisions in its opinion are questionable or show incompetence. The referee in question shall first be warned and given an opportunity to correct the problem. If the problem remains, the Jury may then remove the referee.
 - The impartiality and decision making of a referee cannot be doubted. However, mistakes can be made in good faith. The referee shall be given an opportunity to explain any decision or action to which warning is given.

- Should a member of the Jury wish to query a referee's decision or action, the Jury member shall make this known to the Chairperson of the Jury who shall then inform the remaining members of the jury. Appropriate action shall be based on the majority.
- If a serious mistake occurs which is contrary to the rules, the Jury may take appropriate action to correct the mistake. The Jury may award additional attempts but may not overrule the decision of the referee.
- The Jury shall position itself in such a way to ensure an unimpeded view of the competition.
- Duties of the Chairperson of the Jury. Prior to the beginning of the competition, the Chairperson shall ensure that all members of the Jury have a thorough knowledge of their roles and of the rules and any changes that have been made.
- When practical, a jury shall be seated at all competitions. When not practical, the functions of the jury shall be made by a committee appointed by the Head Referee of the competition. There shall be three members of this committee one of whom is the Head Referee. The remaining two shall be a senior referee and a knowledgeable senior lifter. Any actions taken shall be based on majority.
- **Technical/Referee's Committee**
 - This committee shall consist of five (5) members appointed by the Executive Committee. The Executive Committee shall appoint the Chairman of this committee.
 - Duties, The duties of the committee shall be to examine all requirements, procedures, and changes of a technical nature brought to the AAUPC. All proposed rule changes should be routed through this committee when practical.
 - All decisions of this committee are subject to review of the Executive Committee and the National Committee.
- **Rules Briefings**
 - It is recommended that a rules briefing be given prior to any National or World Championship. This briefing should be conducted prior to the beginning of the competition when all lifters would be present. This briefing should be given by the senior-most knowledgeable official present.
 - It is recommended that a rules briefing be given prior to any competition. This briefing should be conducted prior to the beginning of the competition when all lifters would be present. This briefing should be given by the senior-most knowledgeable official present.
- **Referee Testing**
 - General qualifications for taking of the referee's test:
 - Candidates must be currently registered AAU members in good standing. The membership card shall be presented to official giving tests.
 - The candidate must have State/District Chairman's endorsement.
 - Candidates must be active for a minimum of one (1) year for State and three (3) years for National in at least one of the following categories:
 - Lifter
 - Coach/ trainer/ manager
 - Meet Director
 - Scoring table official/announcer
 - Candidates must attend a referees' rules clinic prior to taking test.
 - General Guidelines for taking of the referee's test:
 - All test copies shall be requested from the Chairman of the Referee Committee and issued by him.
 - All test results shall be returned to the Chairman of the Referee Committee who shall grade them and advise the National Chairman who shall officially inform the candidate of the results.
 - A rules clinic should be given prior to the test. The state referee's test shall be given as open-book.
 - Following the test a discussion of the answers should be conducted to ensure that all new referees understand the meaning of the rules.
- **Qualifications for the State Test**
 - May be given by State Chairman or AAUPC Board Member at any AAUPC sanctioned meet upon prior request to the State/District Chair.
 - Candidate must be at least 18 years old.
 - Candidate shall sit for two meets with experienced referees to get practice.
 - Candidate shall take and pass a practical test at 80% and a written test and pass at 80%.
 - Retesting of a failed test may be done after 6 weeks.

- **Qualifications for the National Test**
 - May be given at all State/District and National Championships by a referee appointed by the Referee Committee.
 - Candidate must be at least 20 years old.
 - Candidate must be an active State Referee for at least 2 years.
 - A resume of candidate's career should be mailed to the Chairman of the Referee's Committee at least one month prior to proposed test date.
 - Candidate must pass a practical test (administered by a National Referee or higher) and a written test, both at 90%.
 - Retesting of a failed test may be done after 6 months.
- **Qualifications for the International Test**
 - Given only at National or International Championships by an International Referee appointed by the Referee's Committee.
 - Candidate must submit resume of AAU Power lifting career to the Chairman of the Referee Committee at least one month prior to the proposed test date. Said committee will evaluate resume. Candidate must have approval of this committee to take test.
 - Candidate must have been an active National Referee for at least 3 years.
 - Candidates must pass a practical test (administered by an International Referee) and a written test, both at 90%.
 - Retesting of a failed test may be done after 6 months.
- **Grandfather Clause**
 - When beneficial to the growth and development of the AAUPC, referees as noted can be Grand fathered until such time as the Executive Committee determines otherwise. USPF, USAPL, NASA, and APF referees, upon submission of resume to chairman of Referee Committee, may request referee status in AAU Power lifting. The appropriate State Chairman must sign resume as approval. If there is no State Chairman, resumes shall be sent directly to the Chairman of the Referee Committee. Each case will be individually considered. Approval is not automatic. To be grandfathered, a referee from another organization must become an AAU member and must take the state referee test in open-book fashion.

I. Disabled Athletes

- **General Information**
- **Same as Conventional Powerlifting unless specified in this section.**
- **Sports Recognition**
 - The AAU Powerlifting Committee recognizes the International Paralympic Committee as the governing body for physically challenged (disabled) lifters.
- **Order of Rules Application**
 - The rules for physically challenged (disabled) lifters shall be applied in the following order. The rules in this section shall govern first followed by the rules as set forth in the IPC, then lastly, the rules for conventional Powerlifting.

J. Lifters Eligibility for Competition

- Eligibility
- General: Same as for Part 1, Section 1. – Exceptions are made.
- To be eligible for competition, a lifter must have:
 - Amputation(s) of lower limb(s).
 - Motor Paresis of lower extremity (certified major loss of muscle strength)
 - Loss of joint mobility – hip, knee, ankle, or elbow. Note that a lifter must have the ability to fully extend arms with no more that 20-degree loss of full extension of either elbow.
 - Shortening of one lower limb (at least 7 cm difference).
 - Spinal chord injury.
 - Maximum height of 4 feet 9 inches (DWARFS).
 - Cerebral palsy.

K. Competition Equipment and Specifications

- **Bench**
 - The bench shall be of a sturdy construction for maximum stability and conform to the following dimensions:
 - .Bench: The following dimensions are required:
 - Length: Shall be 2100 mm overall, and shall be flat and level.
 - Width: The main body of the bench shall be 610 mm wide, but for a distance of 705 mm from the head end, the width shall be 305 mm leaving two equal shoulders of 152.5 mm.
 - Height: Not less that 450 mm and not more that 500 mm as measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
 - Height of adjustable uprights: Not less that 770 mm and not more that 1000 mm as measured from the floor to the bar rest position.
 - Height of non-adjustable uprights: Not less that 770 mm and not more that 1000 mm measured from the floor to the bar rest.
 - Minimum width between the insides of the bar rests 1.1 m (3 ft 7 1/8 inches). Bar rest saddles should be a minimum of 5 cm (about 2 inches) wide and 6 mm (1/4 inch) thick minimum with a vertical backing plate no less than 15 cm (5.9 inches) high and a 45-degree roll-out safety lip 3 cm (1 3/16 inches) maximum. Height adjustments should be at increments not to exceed 5 cm (2 inches). Bench padding should not exceed 3 cm (1 3/16 inches). Anti-tilt bar on the bottom of the bench at the base of the uprights shall be about 5-6 cm (2-3/8 inch) wide and about 20 cm (7 7/8 inches) long.
- **COSTUME (SUIT): For international, local, state, and national championships.**
- **Costume and Personal Equipment**
 - The lifting suit shall be non-supportive lifting suit consisting of a one-piece full-length suit of one-ply cotton material or polyester material or a combination of the two without any additional patches or padding. The straps must be worn over the shoulders during the performance of a lift during competition.
 - The lifting suit shall conform to the following requirements:
 - It may be of any color.
 - A suit strap that has a piece of material added using similar material as the suit for the purpose of lengthening the strap is legal.
 - A strap that has been folded and seamed to meet seam requirements is legal. The folded strap may not be stitched down to the suit.
 - There will be no obscenities on any lifting attire to be worn on the platform.
 - All items worn on the platform must be clean, untornd, and in a good state of repair.
 - Emblems may be worn representing the lifter's AAU affiliation, registered club, region or state. The same applies to T-shirts. Teenagers and Collegians may wear suits bearing the school's name/logo on it.
 - The legs shall be no less that 10 cm in length and may extend to the ankles and include a stirrup.
- **COSTUME (UNDERSHIRTS OR T-SHIRTS):**
- **Undershirts or T-shirts for international, local, state and national championships.**
 - General: male or female lifters in competition under the lifting suit must wear one non-supportive shirt.
 - All shirts shall conform to the following construction and material requirements:
 - The shirt must be made of cotton, polyester, or a combination of the two.
 - It shall not be ribbed or consist of any rubberized or similar stretch material.
 - It may have a "V" or "U" shaped neck opening.
 - It shall not have any buttons, pockets, zippers, or collars.
 - Shirts may not be turned inside out to hide inscriptions.
 - Torn or soiled shirts are not permitted.
 - EMBLEMS/LOGOS may be worn in all AAU sanctioned meets if they meet the following requirements:
 - Names of sponsors shall be allowed, or
 - They are powerlifting-related or
 - They promote a drug-free attitude, AND,
 - They are not obscene or degrading.

- The shirt must be long enough to tuck into the lifting suit.
 - Velcro straps are not allowed.
 - Denim is considered permissible to use as a material for the shirt.
 - All shirts shall conform to the following dimensional requirements:
 - A minimum sleeve length of 10 cm (about 4 inches long).
- **COSTUME (BANDAGES or WRAPS):**
 - General: Wraps or bandages may be worn at the wrist. Alternately, wristbands may be worn as well at the wrist.
 - The wrist wraps shall conform to the following construction and material requirements:
 - One-ply commercially woven elastic that is covered with polyester, cotton or a combination of both, or medical crepe, are permitted in equipped competition. Bandages of rubber or rubberized material are strictly forbidden.
 - If wrist wraps are wrap-around style, they may have a thumb loop and Velcro patch for securing them, but the loop may not be over the thumb during the lift, and the Velcro may not encircle the thumb. 2. A wrist wrap shall not extend beyond 10 cm (about 4 inches) above and 2 cm (about 3/4 inch) below the center of the wrist joint, not to exceed 12 cm (about 4 3/4 inches) in both directions.
 - The wrist wraps shall conform to the following dimensional requirements:
 - Wraps not exceeding 1 m (about 39 3/8 inches) in length and 8 cm (about 3 5/16 inches) in width may be worn. Alternately, wristbands not exceeding 100 mm (about 4 inches) in width may be worn. A combination of the two is not allowed. "Common sense" shall prevail when measuring and checking wraps.
 - Knee sleeves may be used in Raw or Equipped meets. Knee sleeves are to be single ply neoprene without any attaching or tightening mechanisms such as Velcro (or similar material), clips, or straps. Knee sleeves may not exceed 30cm in length or 1/4" in thickness.
- **COSTUME (WEDGE):**
 - General: Cerebral Palsy lifters only may use a personal wedge.
 - The wedge shall conform to the following dimensional requirements:
 - A wedge shall not exceed 600 mm across. "Common sense" shall prevail when measuring and checking wedges.
 - Width may be worn. A combination of the two is not allowed. "Common sense" shall prevail when measuring and checking wraps.

L. Rules for Competition – Weigh-In

- **General**
 - The order of competition shall be that as defined in Part I. Section V. Exceptions are made. "Common sense" shall prevail at the weigh-in.
- **Additional Weight**
 - Additions to the body weight will be made. These additions are:

Table 1.
Add for each through ankle amputation

WEIGHT ADDED TO ACTUAL BODY WEIGHT	WEIGHT CLASS
1/2 kg	Up to 67.5 kg
1/2 kg	From 75 kg up to +100 kg

Table 2.
Add for each below knee amputation

WEIGHT ADDED TO ACTUAL BODY WEIGHT	WEIGHT CLASS
1 kg	Up to 67.5 kg
1 1/2 kg	From 75 kg up to +100 kg

Table 3.
Add for each above knee amputation

WEIGHT ADDED TO ACTUAL BODY WEIGHT	WEIGHT CLASS
1 ½ kg	Up to 67.5 kg
2 kg	From 75 kg up to +100 kg

Table 4.
Add for each hip disarticulation

WEIGHT ADDED TO ACTUAL BODY WEIGHT	WEIGHT CLASS
2 ½ kg	Up to 67.5 kg
3 kg	From 75 kg up to +100 kg

M. Rules for Competition – The Bench Press

- **General**
 - The order of competition shall be that as defined in Part I. Section IV for the bench press. Exceptions are made.
- **Positioning on the Bench**
 - General: The lifter must assume the following position on the bench, which must be maintained during the complete lift: with head, trunk (including buttocks), legs and both heels extended on the official bench. The Jury may consider medical exceptions.
 - Cerebral Palsy lifters must assume the following position on the bench, which must be maintained during the complete lift: with head, trunk (including buttocks), flexed legs supported by an approved wedge and both feet extended on the official bench.
 - Lifting with prosthesis is allowed and orthosis with shoes is allowed.
 - Lifting is not allowed without shoes. The Jury may consider medical exceptions.
- **Strapping Belt**
 - General: Any lifter is allowed to be strapped to the bench with the official strapping belt or with his/her personal strapping belt. The lifter is allowed a maximum of two (2) strapping belts.
 - The strapping belt shall conform to the following dimensional requirements:
 - The maximum width of any strapping belt is 100 mm.
 - "Common sense" shall prevail when measuring and checking the strapping belt.
- **Coach Assistance**
 - General: In addition to aiding the lifter in the application of the strapping belt, the coach may assist the lifter on his arrival, positioning, and departure from the platform/bench.
 - During the lift proper, the coach must remain within the designated coaching area as defined by the Jury or the Head Referee.
- **Other**
 - General: if the lifter cannot fully stretch the arms resulting from anatomical deformation, he must report this fact to the three referees before the beginning of each attempt during the competition.
 - The same rule applies to the lifter with anatomical deformation or medically certified neurological problems of the legs.
- **Bench press**
 - **Rules of performance:**
 - The front of the bench must be placed on the platform facing the Chief Referee so that the uprights are closest to him.
 - Not more than 4 nor fewer than 2 spotters shall be on the platform at any time. The lifter may enlist the help of the spotter or a personal coach in removing the bar from the racks. This lift-off or self take-off must be at arm's length, not down to the chest.

- The spacing of the hands shall not exceed 81 cm (31 7/8 inches) measured between the forefingers. A reverse grip is allowed provided that the distance between the little fingers does not exceed 81 cm.
 - After receiving the bar at arm's length the lifter shall await the referee's "Start" command. The lifter shall then lower the bar to the chest and await the "Press" command. The "Press" command shall be given when the bar is motionless on the chest. If the lifter has a hearing defect, the referee may use an agreed upon signal such as a touch of the hand to the lifter for the "Start", "Press" and "Rack" commands. For reasons of safety the lifter will be required to "rack" the bar if after a period of five seconds he is not in the correct position to begin the lift. The signal by the Chief referee to return the bar to the rack shall be the audible "Rack" command.
 - After the signal to start has been given, the bar is pressed upward to straight arm's length, elbows locked out, and held motionless until the audible command "RACK" is given. Elevation of the bar need not be equal during the entire lift, but lock out of both arms must be simultaneous.
 - The bar is allowed to stop during the upward motion but is not allowed any downward movement. Downward movement refers to that portion of the bar under and between the hands only, and not to that portion between the outside edge of the hand and the end of the bar.
 - The thumbless grip is not permissible.
 - The hand off may be from the center of the bar, not from the ends of the bar.
- Causes for Disqualification:
 - Failure to observe the signals at the start and completion of the lift.
 - Any change in the elected lifting position once the start signal has been given. Lateral movement of the hands is not allowed. Raising of the head is permissible.
 - Heaving, bouncing, any downward movement of the bar or allowing bar to sink into the chest after the start signal has been given is not allowed.
 - Any uneven extension of the bar at the completion (lock-out).
 - The bar may stop during the lift, the Chief Referee will give "RACK" signal if after 2 seconds the bar does not resume upwards progress or, if in the referee's opinion, the lifter's safety is in question.
 - Any downward movement of either hand or the bar during the lift.
 - Contact of the bar by the spotters between signals.
 - Deliberate contact between the bar and the upright during the lift that could make the lift easier.

N. Rules for Competition – Order of Competition

- **General**
 - The order of competition shall be that as defined in Part I. Section VIII. Exceptions are made.
- **Timing**
 - From calling the name, country, and weight until the press signal, the lifter has two (2) minutes.
 - A second call and signal marks the last minute.