

**AAUPC**  
**STATE REFEREE TEST**  
80% is a passing grade  
Please provide all information in **CLEAR PRINT**

Full Name, as registered with AAUPC \_\_\_\_\_

Street Address \_\_\_\_\_

City, State & Zip Code \_\_\_\_\_

Phone Number with Area Code \_\_\_\_\_

Signature of Applicant \_\_\_\_\_

AAUPC Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Date & Location of Test \_\_\_\_\_

Examiner Present During Test \_\_\_\_\_

State Chairman \_\_\_\_\_

**SEND TEST TO:** Larry Larsen, 155 Belcher St., Holbrook, MA 02343 for grading

----- For Official Use Only -----

Test Score \_\_\_\_\_ Signature of Referee Chairman \_\_\_\_\_

Date of notification of test results to National Office \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Send test to: Larry Larsen  
155 Belcher St.  
Holbrook, MA 02343

STATE CHAIRMAN ARE NOT TO RETAIN COPIES OF THIS TEST!

**AAUPC  
State Referee Test**

**AAU Powerlifting  
State(Association) Referee's Test**

**The following statements are either TRUE or FALSE. Circle T to indicate TRUE or circle F to indicate False.**

- |   |   |     |  |
|---|---|-----|--|
| T | F | 1.  | Singlet straps need not be worn over the shoulders during the bench press event.   |
| T | F | 2.  | Swim trucks of rubberized or similar stretch material may be worn in place of an athletic supporter.                                 |
| T | F | 3.  | At the completion of the deadlift, the knees must be locked and the shoulders erect.   |
| T | F | 4.  | A lifter may continue in the contest even though he has missed all the attempts of the previous lift.                                |
| T | F | 5.  | The lift off in the bench press must be received by the lifter at arm's length   |
| T | F | 6.  | The Chief referee may over rule the side referees.   |
| T | F | 7.  | Uneven extension of the arms at the completion of the bench press is cause to disqualify the lift.                                   |
| T | F | 8.  | In the bench press, the referee's signal shall be given when the bar touches the chest.  |
| T | F | 9.  | In the event of a spotter errors a new attempt is granted to the lifter.   |
| T | F | 10. | Coaches shall not be allowed on the side or rear of the lifting platform during the performance of the lifter.                       |
| T | F | 11. | The use of talc, baby power, and cornstarch is permitted.  |
| T | F | 12. | Failure to assume the upright position at the start and the completion of the squat will disqualify the lift.                        |
| T | F | 13. | All lifters are required to wear shoes but they are not required to wear T-shirts.   |
| T | F | 14. | Hats may not be worn on the platform by the lifter.  |
| T | F | 15. | Once on the lifting platform the only piece of personal equipment the lifter may adjust is the wrist wraps.                          |
| T | F | 16. | Once a lifter has declared opening attempts they may not be changed.   |
| T | F | 17. | Knee wraps may touch the lifting suit or socks as long as they do not exceed the correct length.                                     |
| T | F | 18. | The bar may stop in all three lifts.   |
| T | F | 19. | The lifting suit must be a one-ply full-length suit and have no repair patches.  |
| T | F | 20. | State records can only be set in that state's annual State Championship Meet.  |
| T | F | 21. | A lifter may change his third attempt in each lift provided that the bar has not been loaded to the weight he originally called for. |
| T | F | 22. | If a lifter joins the AAUPC after September first, he must renew his membership after January first of the new year.                 |
| T | F | 23. | If a lifter fails to declare his next attempt in 1 minute, they forfeit their next   |

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State Referee Test**

attempt.

**Fill-in the blank with the correct answer:**

24. If the weight is dropped intentionally, the lifter (*may or must*) \_\_\_\_\_ be declared no lift and the lifter (*may or must*) \_\_\_\_\_ be disqualified.
25. After the bar is ready and the lifter's name has been called, how much time does the lifter have to get the signal to begin the lift? \_\_\_\_\_
26. In the squat, the top of the bar may rest not more than \_\_\_\_\_ below the top of the \_\_\_\_\_.
27. What should a side referee do when a serious fault is observed during a lift?  
\_\_\_\_\_
28. When several lifters declare that they wish to take an attempt with a similar load, what determines the lifting order? \_\_\_\_\_
29. For an American record attempt a minimum of \_\_\_\_\_ Nationally Rated Referees must be on the platform.
30. The first plate loaded on the bar must face \_\_\_\_\_, the next plate loaded should face \_\_\_\_\_, and all other plates should face \_\_\_\_\_
31. Give referee's signal for the squat explaining what they are and when they are given (Hint – 16 words)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
32. Give referee's signals for the bench press, explaining what they are and when given. (8 words)  
\_\_\_\_\_  
\_\_\_\_\_

**AAUPC  
State Referee Test**

**Circle the correct answer:**

33. Which choice is **CORRECT** concerning who may attend a weigh-in? \_\_\_\_\_  
A. Lifter, coach and trainer  
B. One referee, lifter and coach  
C. Lifter, trainer and two referees  
D. Three referees, lifter and coach
34. The bar is loaded heavier than requested and the lifter is successful in the attempt. Which of the following procedures is followed? \_\_\_\_\_  
A. The lift is granted as completed.  
B. The lift must be taken over at the proper weight called for.  
C. The lift is good but cancels the next attempt.  
D. The lift is not good, as it was the wrong weight; the lifter may call and repeat that weight or go higher on the next lift opportunity.
35. A team roster may contain up to a maximum of \_\_\_\_\_.  
A. Eight lifters for both men and women  
B. Ten lifters for both men and women  
C. Eleven lifters for men, ten lifters for women  
D. Ten lifters for both men and women, plus two alternates.
36. The maximum length of the leg on the supportive lifting suit is \_\_\_\_\_.  
A. 8 cm      B. 10 cm      C. 13 cm      D. 15 cm
37. The maximum width of the lifting belt is \_\_\_\_\_.  
A. 8 mm      B. 10 cm      C. 11 cm      D. 11 mm
38. The maximum thickness of the lifting belt is \_\_\_\_\_.  
A. 10 mm      B. 13 mm      C. 10 cm      D. 6 mm
39. Upon receiving the referee's signal to squat, the lifter must bend the knees and lower the body until which of the following occurs: \_\_\_\_\_  
A. The top of the legs is parallel to the floor.  
B. The top of the surface of the legs, at the hip joint, is parallel to the top of the knees.  
C. The bottom of the surface of the legs is parallel to the floor.  
D. The top of the surface of the legs at the hip joint is lower than the top of the knees.
40. Upon completion of an attempt, the lifter must leave the platform \_\_\_\_\_.  
A. Within 30 seconds.  
B. Within 45 seconds  
C. Within one minute.  
D. Before the next lifter is called.

**AAUPC  
State Referee Test**

41. The order of weigh-ins shall be determined by which of the following:
- A. The choice is up to the meet director.
  - B. Drawing of lot numbers.
  - C. First come, first serve.
  - D. The choice is up to the Chief Referee.
42. What is the maximum size platform? \_\_\_\_\_
- A. 13 x 13 ft.
  - B. 2.5 x 2.5 meters.
  - C. 8 x 8 ft.
  - D. None
43. In an Open RAW meet the lifter may wear: \_\_\_\_\_
- E. Singlet or shorts
  - F. Singlet and belt
  - G. Singlet or shorts, belt, and wrist wraps
  - H. Singlet or shorts, belt wrist wraps and knee wraps
  - I. Singlet and shoes
44. To achieve firm footing while bench pressing, the lifter may use: \_\_\_\_\_
- J. Any kind of plate or block as long as they have been approved by the Chief Referee.
  - K. Plates or blocks not exceeding 18 cm in height.
  - L. Plates or block not greater than 45 cm x 45 cm
  - M. Any size plate or block without referee's permission
45. Once the bar is loaded correctly to the requested weight and the next lifter has been called, the lifter; \_\_\_\_\_
- N. May change their attempt only with the permission of the Chief Referee.
  - O. May increase but not decrease the weight on that attempt.
  - P. May not change the attempt.
  - Q. Has 30 seconds to request a change of load on that attempt.
46. After completing an attempt, the lifter; \_\_\_\_\_
- A. Shall immediately inform the expeditor of the weight required for the next attempt.
  - B. Is allowed 30 seconds before informing the scoring table of the next weight.
  - C. Is allowed one minute before informing the scoring table of the next weight.
  - D. Must give the next attempt before 5 other lifts take place.

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State Referee Test**

**Complete the following questions:**

47. Give referee signal's for the deadlift, explaining what they are and when given.  
(8 words) \_\_\_\_\_
48. List 5 reasons for disqualification in the squat event:  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_  
D. \_\_\_\_\_  
E. \_\_\_\_\_
49. List 5 reasons for disqualification in the bench press event:  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_  
D. \_\_\_\_\_  
E. \_\_\_\_\_
50. List 5 reasons for disqualification in the deadlift event:  
A. \_\_\_\_\_  
B. \_\_\_\_\_  
C. \_\_\_\_\_  
D. \_\_\_\_\_  
E. \_\_\_\_\_