



The U.S. Affiliate to the World Drug-Free Powerlifting Federation, Inc.

ADFPF CONDENSED RULEBOOK: 2024

Designed for use by all ADFPF members including referees, coaches, meet directors, state chairs and athletes covering basic current rules used by both the ADFPF & the World Drug-Free Powerlifting Federation, Inc.

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The AMERICAN DRUG-FREE POWERLIFTING FEDERATION'S Mission Statement:

To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To ensure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

History of the A.D.F.P.F

From the 1988 formation of the World Drug-Free Powerlifting Federation through early 1997, the American Drug-Free Powerlifting Association (ADFPA) had been the sole U.S. Affiliate to the World Drug-Free Powerlifting Federation (WDFPF). After an executive board decision to change the name to USA Powerlifting and join the International Powerlifting Federation (IPF), the ADFPA/USAPL could no longer be the WDFPF's U.S. affiliate. A replacement U.S. affiliate was needed. The American Drug-Free Powerlifting Federation (ADFPP) was quickly formed, becoming the necessary vehicle through which U.S. drug-free lifters might participate in international competition against drug-free lifters of WDFPF member nations. Two other powerlifting federations applied to become the WDFPF U.S. affiliate but were unqualified due to being unable, or unwilling to meet the WDFPF's stringent drug-testing rules, regulations and policies. The ADFPF was accepted as the sole U.S. Affiliate to the WDFPF from 1999 through to 2003.

The first organizational meeting of the fully established current ADFPP was held on June 11, 2005. The original Board of Directors consisted of Richard Van Eck (President), Dennis Brady (Vice-President), Judy Gedney (Secretary/Treasurer), and Tim Piper. The very first meet was the Bill Beckwith Memorial Meet held in Wayland Michigan. For many of the early years of the ADFPP Judy Gedney single-handedly dealt with the majority of meet entries, fees, and drug tests. The ADFPP grew under her tireless dedication. Dick Van Eck was also instrumental in the early success of the ADFPP through his contributions, as the first president, as a judge, and various donations to the federation. The federation also owes a debt of gratitude to all of those who made equipment and monetary donations, many of which were made quietly and anonymously. As of 2005, once again the ADFPP successfully became the WDFPF's U.S. affiliate. A Board of Directors has been established to run the business affairs of the ADFPP. The ADFPP is a not-for-profit 501(c)(3) organization.

Special thanks to Zach Jones for his help developing this rulebook and to Mason Reed, Nolan Banks, Charla Wrenn, and Emily Phillips for modeling for the pictures throughout this rulebook.



Becoming a Member

Visit ADFPF.NET/REGISTER-FOR-ADFPF/. Fill out the form with the appropriate information. After filling out the information and submitting a form you will be sent an email within 24 hours containing further instructions. Upon receiving the email, you will have 7 days to pay the annual membership fee (\$30 for adults, \$20 for teens). If you have not paid, or contacted **Bill Sias**, within 7 days your application will be deleted. **You will not be a member, and therefore not be permitted to compete, until both parts of membership registration are completed.** Membership fees are non-refundable.

*Membership is open to drug free lifters who are 14 years of age or older.

Basic Rules of Performance

These rules are NOT exhaustive, and coaches and lifters should review the most recent WDFPF rules found at: <http://adfpf.net/wdfpf>

1. DIVISIONS of COMPETITION: The UNEQUIPPED Division: See non-supportive equipment. The EQUIPPED Division: See supportive equipment.

UNEQUIPPED

The following items of costume are permitted within this category of competition:

1. A one-piece lifting suit is to be worn it must be a leotard of the non-supportive type, as defined under 'Personal Equipment Specifications'
2. A belt, conforming to specifications
3. Wrist wraps, conforming to specifications

EQUIPPED

The following items of costume are permitted within this category of competition:

1. A one-piece lifting suit is to be worn. It may be a leotard of the non-supportive or recognized supportive type, as defined under 'Personal Equipment Specifications'
2. A belt, conforming to specifications
3. Wrist wraps, conforming to specifications
4. Knees wraps or sleeves, conforming to specifications
5. Bench Shirt, conforming to WDFPF specification

NOTE: A lifter **MUST** be equipped to enter an equipped event. In full power this may be one or more of the disciplines. In single lifts the lifter must be equipped as defined above.

#2. ADFPF & WDFPF Categories (For age related categories the OFFICIAL Lifter's age is their age on the specific day of competition). All divisions are both men and women:

- Open:** From 14 years upwards with no additional age-related restrictions.
- Teenage 1:** From 14 up to and including 15 years of age.
- Teenage 2:** From 16 up to and including 17 years of age.
- Teenage 3:** From 18 up to and including 19 years of age.
- Junior:** From 20 up to and including 23 years of age.
- Masters':** M1 lifters from 40 through 44 years; M2 from 45 through 49 yrs.; and so on in 5 year increments.
- Police/Fire/Military:** Open category only. To qualify, lifters must be full-time "police" (includes Prison Guards), "fire" and/or "military" personnel.



#3. ADFPF & WDFPF Bodyweight Classifications:

Men	Women
52.0 kg Class up to 52.0 kg	44.0 kg Class up to 44.0 kg
56.0 kg Class from 52.01 kg to 56.0 kg	47.5 kg Class from 44.01 kg to 47.5 kg
60.0 kg Class from 56.01 kg to 60.0 kg	50.5 kg Class from 47.51 kg to 50.5 kg
67.5 kg Class from 60.01 kg to 67.5 kg	53.0 kg Class from 50.51 kg to 53.0 kg
75.0 kg Class from 67.51 kg to 75.0 kg	55.5 kg Class from 53.01 kg to 55.5 kg
82.5 kg Class from 75.01 kg to 82.5 kg	58.5 kg Class from 55.51 kg to 58.5 kg
90.0 kg Class from 82.51 kg to 90.0 kg	63.0 kg Class from 58.51 kg to 63.0 kg
100.0 kg Class from 90.01 kg to 100.0 kg	70.0 kg Class from 63.01 kg to 70.0 kg
110.0 kg Class from 100.01 kg to 110.0 kg	80.0 kg Class from 70.01 kg to 80.0 kg
125.0 kg Class from 110.01 kg to 125.0 kg	90.0 kg Class from 80.01 kg to 90.0 kg
145.0 kg Class from 125.01 kg to 145.0 kg	110.0 kg Class from 90.01 kg to 110.0 kg
+145.0 kg Class from 145.01 kg to unlimited	+110.0 kg Class from 110.01 kg to unlimited

WEIGHING IN:

1. All lifters are required to be members in order to take part in sanctioned events, be sure to bring member cards. Lifters who are contesting in specific age-based categories must also bring proof of age to the weigh-in. See Becoming a Member, on page 3.
2. Weighing in of the competitors must take place no earlier than two hours before the start of the **competition; i. e. NOT the flight the individual is participating in.** All lifters must attend the weigh-in.
3. The weigh-in period will last one hour with ½ hour allowed for re-weighs only. All lifters must be present within the first hour of weigh-in advertised times. The first hour of the scheduled weigh-ins is indicated as the standard time, the next 30 minutes is registered specifically for re-weigh-ins. Where a lifter has failed to make their weight category and opted to re-weigh priority is given to those who have not attempted to weigh-in yet within the first hour, re-weighs will be conducted in the following 30 minutes unless there are no remaining waiting competitors to weigh in within the first hour. The remaining half hour prior to the commencement of the lifting will be used for the purpose of final competition preparation only.
4. Lifters may be weighed nude or wearing underpants or briefs. The briefs being worn at the event must be worn at the weigh-in or held in hands for those who choose to weighing-in nude. Excessive clothing may not be worn at the weigh in in order to move up a category. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that the lifters are weighed in by officials of their own sex. Additional female officials may be appointed for this purpose.
5. Each lifter may weigh in only once. Only those whose bodyweight 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 within the limits of the 1.5 hours allotted for weigh-ins. If weight is not made, that competitor will be eliminated from competition for that body weight category.
6. Starting weights for all lifts shall be declared by all lifters at the weigh-in. Changes on the first attempts may occur before each flight of first attempts. There are **NO** changes permitted in the second and third attempts in Full Power events – with the exception made for the third attempt deadlift which may be changed twice. Single lift events allow 2 changes of the third attempt in the specific discipline.



4. QUALIFICATIONS Scores for WDFPF World Championship:

Age and weight class specific qualifying totals are in the back of the rule book. Lifters must meet the qualifying minimum weight in a ADFPF sanctioned meet for whichever lift(s) in which they plan to compete in at WDFPF Single Event Championships. To qualify for WDFPF full power championships lifters must meet the qualification scores for each individual score for squat, bench press, and deadlift.

#5. ADFPF & WDFPF Team Composition: Teams may be entered in each of the Age Categories listed. Each team may consist of a MAXIMUM of 3 lifters per weight class as listed in # 3. on pg. 2. However during the competition, only the specified teams of 12 MALE lifters or 11 FEMALE lifters may earn Team Points. A list of each official Team Membership must be turned in to the Meet Director or Chief Referee prior to the start of the competition.

6. Team points: 1st place receives 12 points; 2nd place receives 9 pts.; 3rd place received 8 pts.; 4th place received 7 pts.; 5th place receives 6 pts.; 6th place receives 5 pts.; 7th place receives 4 pts.; 8th place receives 3 pts.; 9th place receives 2 pts. and 10th place receives 1 point.

7. Personal Equipment Specifications:

A. GENERAL: All items worn on the platform MUST be CLEAN, UNTOURN and in good repair or they will NOT pass the equipment inspection. Supportive briefs/underwear are NOT allowed. The lifting costume may NOT display Obscenities/ profanities. Items not mentioned specifically in THIS rule book, are to be considered illegal for use in competition. (I. e braces, lifting straps)

B. SUITS: The lifting suit shall consist of a full-length suit made of one ply stretch material WITHOUT any patches or padding NOR fasteners of any type (ties, Velcro, etc.). The straps must be worn over the shoulders during all the competitive attempts.

SUPPORTIVE SUITS (used ONLY in the EQUIPPED Division) are restricted to the following constraints:

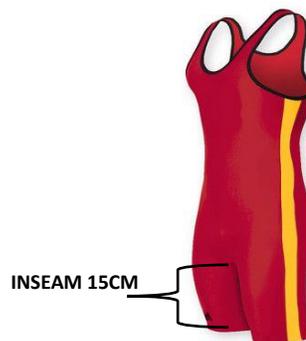
1. May be of any color/colors including stripes, patterns & prints.
2. The suit including the crotch panel must be of one ply
3. The suit may bear a badge, emblem, logo or inscription of the ADFPF, WDFPF, the lifter's nation, ADFPF registered team or sponsor IF it is NOT offensive or liable to bring the sport into disrepute
4. A suit that has a piece of the same color & similar material added to the strap to lengthen the suit is a legal suit.
5. Where a strap has been folded & seamed to meet seam requirements, the suit is legal. The folded strap may NOT be stitched down to the suit.
6. Seams & hems may NOT exceed 3 cm. (1.18 ins.) in width and 0.5 cm (0.2 ins) in thickness.
7. Seams may be protected or strengthened by narrow gauge webbing or stretch material NOT exceeding 2 cm in width or 0.5 cm (0.2 ins) in thickness.
8. Length of the leg must NOT exceed 15 cm (5.9 ins) from the middle of the crotch.
9. Only one suit at a time may be worn (2 suits are NOT allowed).
10. Any alterations to the suit exceeding the widths, lengths or thickness constraints shall make the suit ILLEGAL for competition.
11. Leotards with or without sleeves or suits with high cut legs are NOT allowed.
12. The suit cannot be constructed so as to place seams at a position which, in the opinion of the ADFPF, might tend to assist the athlete in powerlifting competition.



NON-SUPPORTIVE SUITS: Non-Supportive lifting suits are subject to the following above listed constraints:

1. General & B 1., 3., 9. & 11. These suits may have a 2-ply crotch panel; legs may NOT be longer than 15 cms. They may NOT be in contact with the knee or with knee wraps.

NOTE: Meets involving only teens or new lifters may adjust the rules to allow participants to wear non-baggy shorts and T-shirts.



Within the Muslim culture: it is traditional for women to wear clothes that DO NOT hug the body shape, however this will prevent accurate refereeing during certain disciplines. In such cases women are permitted to wear an item of clothing that does not provide additional support such as leggings and a long sleeve top in order to meet the requirement to cover the ankles and the arms. There are no restrictions when weighing in within the culture but is not uncommon for the women to cover themselves from navel to knee around non-family females. In all instances the referees must be satisfied there is no advantage in the clothing selected.

C. SHIRTS: In an effort to protect against blood-borne pathogens and infections, ALL athletes must wear T-shirts with short sleeves minimum 10 cm (5.9 ins.) in length, of any color(s), in all events by women and. T-shirts are optional for men ONLY.

Shirts must be worn UNDER the lifting suit.

All shirts must FULLYCOVER the lifter's torso, including chest, shoulders and back.

Lifters are limited to wearing only one shirt at a time **during competition.**

NON-SUPPORTIVE SHIRTS are legal providing that the shirt:

1. is NOT ribbed.
2. does NOT consist of rubberized or stretch materials such as Lycra or spandex.
3. does NOT have pockets, buttons, zippers, or reinforced collar.
4. does NOT have reinforced seams.
5. is made of cotton or of polyester or a combination of both.
6. does NOT have sleeves which terminate below the elbow or up at the deltoid; athletes may NOT push sleeves up to deltoid when competing.
7. must fit loosely enough so that it does NOT provide physical support. may NOT be turned inside out for any reason.
8. Emblems on shirts may include the ADFPF & WDFPF logos, the current competition, the name of an ADFPF registered team IF it is NOT offensive or liable to bring the sport into disrepute.



SUPPORTIVE BENCH SHIRTS with short sleeves meeting the above T-shirt requirements may be worn ONLY in the EQUIPPED Division BENCH PRESS EVENT of ADFPF & WDFPF sanctioned events.

The bench shirt must meet the listed qualifications:

1. 1, 2, 3, 4, 6, & 8; along with the following:
2. May NOT be made of canvas.
3. Must be SINGLE PLY; it may NOT have double ply material.
4. It must fit similar to a T-shirt, covering the entire torso (shoulders and chest), both front and back with closed seams (NO open seams are allowed anywhere on the shirt).
5. It may NOT have fasteners of any kind.

SLEEVE LENGTH (FROM SEAM TO
END OF SLEEVE) 10 cm (3.9 in)



D. UNDER-GARMENTS:

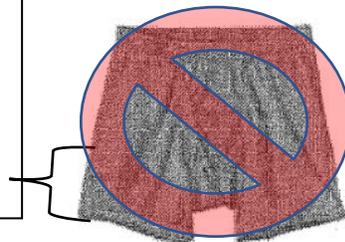
A standard commercial “athletic supporter,” or standard commercial under-briefs of any combination of cotton, nylon or polyester (but NOT swimming trunks or any other garment consisting of rubberized or similar stretch material except in the waistband) shall be worn under the lifting suit. The garment shall NOT have legs; the garment may NOT act as a girdle and may NOT be supportive or extend past the hips or navel.

CORRECT



ANY form of inseam is deemed ILLEGAL according to WDFPF rules. Absolutely NO undergarments with ANY inseam are allowed in competition

INCORRECT



Women may wear protective briefs or panties as long as they shall NOT be deemed supportive in any way. Women may also wear a bra as long as the bra cup does NOT maintain its shape when placed upright on a flat surface and does not contain any wire or supportive devices. Leotards are NOT allowed. The use of tampons, sanitary napkins or related articles used for feminine hygiene protection are legal.



E. SOCKS:

Any type of socks or any color may be worn; 2 pair may be worn at a time. Socks may NOT touch the knee wrapping or the suit. Full-length tights, stockings or panty hose are NOT permitted. Knee socks are REQUIRED for the Deadlift event.



Fault: sock passes the base of the knee cap

F. SHOES:

Lifting shoes or boots MUST be worn on the platform and must meet the following requirements:

1. Shoes may include sports shoes, boots or slippers that have a patterned molding, or foot-type outline that includes a sole.
2. Shoes with metal spikes or cleats are NOT permitted.
3. The underside shall not be higher than 5 cm. (1.95")
4. The underside must be uniform on both sides.
5. Loose inner soles that are not a part of the manufacturer's shoe shall be limited to 1 cm. (.39") thickness.



Fault: Not in good state of repair and not one uniform sole





G. BELTS: Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit and meet the following restrictions:

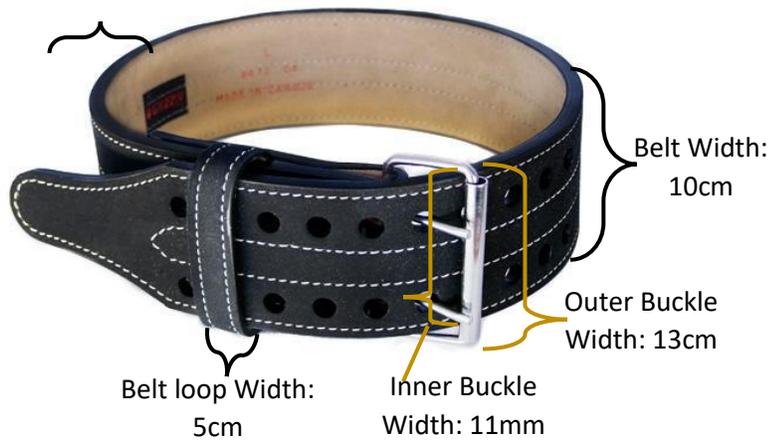
MATERIALS and CONSTRUCTION:

1. The main body shall be made of leather, vinyl or other similar non-stretch material in one of more laminations that may be glued and/or stitched together.
2. It shall NOT have additional padding bracing or supports of any material either on the surface or concealed within the laminations of the belt.
3. Any type of buckle may be worn including a one or two prong, or a quick release type, providing the under-loop of the two ends of the belt does NOT exceed 10 cm. (3 ¾ in.).
4. A tongue loop shall be attached close to the buckle by means of studs/or stitching.
5. A Velcro fastener on a belt is permitted as long as it does not extend the full length of the belt and wrap around its start point.
6. The lifter's name, nation, state, registered club, ADFPF or WDFPF may appear on the outside of the belt.

MAXIMUM DIMENSIONS OF THE BELT

1. Width of belt maximum of 10 cm (3.9 in.)
2. Maximum belt thickness 13mm along main length. (0.5 in.)
3. Inside width of buckles maximum 11 cm. (4.35 in.)
4. Outside width of buckles maximum 13 cm. (5.13 in)
5. Tongue loop maximum width 5 cm. (1.98 in.)
6. Distance between end of belt and far end of tongue loop maximum 15 cm. (5.9 in.)

Belt Thickness:
13mm





H. KNEE Support: (Allowed ONLY in the EQUIPPED and/or MODERN RAW Divisions).

1. Wraps may NOT exceed 2m (78 ¾ in) in length and 8 cm (3 1/3 in) in width. A knee wrap shall NOT extend beyond 15 cm (5 7/8 in) above and 15 cm (5 7/8 in) below the center of the knee joint and shall NOT exceed a total covering width of 30 cm. An elasticized kneecap supporter NOT exceeding 20 cm in length may be worn.
*Combinations of the two are NOT allowed. *
2. Wraps shall not be in contact with the socks or lifting suit.
3. Knee wraps shall not have any type of fastening devise, e.g. Velcro, metal clips, etc.
Alternatively, an elasticated knee cap supporter not exceeding 20cm (7.87 in) in length may be worn. A combination of the two is forbidden.
4. Knee sleeves may be worn in the EQUIPPED division for those competing in WDFPF level meets.
5. Knee sleeves must not be more than 30cm (11.81 in). They are allowed to be 7mm thickness maximum. Wraps/sleeves shall not touch the socks or lifting suit.
6. The “**Modern Raw**” division allows lifters to wear knee sleeves during squats without being listed as “equipped”. World records for Modern Raw will count toward WDFPF “equipped” records only as the WDFPF still classifies knee sleeves as equipped lifting. They can be used to set records in the modern raw divisions for local and National level competition.
7. Knee sleeves used in the modern raw division must be shown to judges on the platform for each squat, starting pulled down below the kneecap. Lifters must then demonstrate that they can be pulled up over the kneecap with the fingers. Special straps, tools, equipment, or banned substances may NOT be used to pull knee sleeves up on the platform. After any record attempt in the Modern Raw division the knee sleeves must be checked by a judge on the platform to ensure that the knee sleeves meet the standards set forth by the ADFPF and WDFPF.





I. WRISTWRAPS:

Only wraps or bandages 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 substitutes are NOT allowed. Wraps may be used as follows:

1. Wrist wraps not exceeding 1m. (3 ft 3.8 ins) in length and 8cm (3.1/3 ins.) in width may be worn. Alternatively, wrist bands not exceeding 10 cm (3.937 ins.) in width may be worn. A combination of the two is NOT allowed.
2. If wristbands are “wrap around style”, they may have a thumb-loop and Velcro patch for securing them. However, the thumb-loop shall NOT be over the thumb during the actual lift. The Velcro may NOT totally surround the wrist.
3. A wrist wrap shall NOT extend beyond 10 cm. (3.937 ins.) above or 2 cm (0.8 ins) below the center of the wrist joint, not exceeding a covered width of 12 cm. (4.70 ins.).
4. Wrist wraps may not be in contact with the barbell. Wrist wraps ARE allowed in the un-equipped division.



J. PLASTERS (BAND-AIDS), BANDAGES

1. Two layers of plasters, bandages or Band-Aids may only be worn on the thumbs, but nowhere else without official permission of the Chief Referee or Technical Officer. No plaster, bandage, or Band-Aid may be used as a strap to help the lifter hold the bar.
2. With permission of the Chief Referee or Technical Officer, the official doctor or paramedic on duty may apply spot plasters, bandages, or Band-Aid to muscle injuries on the body. Similarly, he/she may apply strip plasters, bandages, or Band-Aids to injuries on the inside of the hand, but in no circumstances may the plaster, bandage, or Band-Aid continue around the back of the hand.

Spot plaster that does NOT continue to back of hand



Band-Aid around thumb



Two layers of tape MAX





K. REJECTED PERSONAL EQUIPMENT RULES:

1. Rejected equipment may be resubmitted within the specified inspection time after it has been altered to meet regulations. (If the knee wraps are too long, the lifter may trim them and then resubmit them to the equipment check area.) If there is a double crotch in a supportive suit, it may be resubmitted after removal of the innermost crotch panel.
2. With the exception of the belt, the costume may NOT be adjusted on the lifting platform. ONLY the belt may be adjusted while on the platform.
3. The lifter may be warned of minor attire infractions that could be cleared up before reaching the platform.
4. If after inspection, a lifter appears on the platform wearing or using any illegal item NOT marked and/or recorded on the inspection form, the lifter will be immediately disqualified from the competition.

L. HEADBANDS

A professionally made elastic headband may be worn by the lifter to keep hair out of the eyes. No handkerchiefs, bandanas, hats or other head gear will be allowed on the platform unless required for religious reasons. Where required individuals may for religious reasons wear non-supportive garments under their singlet in line with modesty as required in their culture. ***Within the Muslim culture*** it is traditional for women to wear clothes that DO NOT hug the body shape, however this will prevent accurate refereeing during certain disciplines. In such cases women are permitted to wear an item of clothing that does not provide additional support such as leggings and a long sleeve top in order to meet the requirement to cover the ankles and the arms. There are no restrictions when weighing in within the culture but it is not uncommon for the women to cover themselves from navel to knee around non-family females. In all instances the referees must be satisfied there is no advantage in the clothing selected.

#8. POWDER, SPRAYS, ETC.:

1. The use of oil, grease or other lubricants, including water, on the body, costume or personal equipment is NOT allowed.
2. Baby powder, talc or magnesium carbonate is the only substance that may be added to the body and attire. These may NOT be applied to the wraps.
3. The use of any form of adhesive on the underside of footwear is NOT allowed. This includes any form of built in adhesive, e.g. sand paper, emery cloth, etc. Resin, magnesium carbonate, or “stick-type” sprays are NOT allowed on footwear. A spray of water is acceptable.
4. NO foreign substances 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 or platform.



#9. ADFPF & WDFPF DRUG CONTROL: ADFPF members must lifetime drug free athletes ADFPF active members are subject to NIL-notice IN & OUT-OF COMPETITION testing as well as Target Testing. If tested POSITIVE, the lifter may choose to have Sample B tested at their expense. Lifters testing positive for anabolic steroids and related substances, OR who refuse to be drug tested INCOMPETITION and/or OUT-OF COMPETITION receive a LIFETIME BAN. A minimum of 10% of lifters will be tested.

Beta Blockers are acceptable medications. Positive ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. Any level of ephedrine indicated by a drug test will cause a loss of title and record(s) set. The penalty will be based on the following:

1. Up to 10 ppm will result in a warning.
2. Over 10 ppm will result in a 2-year ban (and the removal of any title, placing and record(s) set, if an in-competition test.
3. A second positive ephedrine test will result in a lifetime ban. The suspension from competition begins on the date the test was taken. ADFPF/WDFPF doping control policies follow the World Anti-Doping Agency (WADA) guidelines that will be applied in cases for substances not covered below. Banned substances include ANABOLIC STEROIDS, GROWTH HORMONES, PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS.

Many over-the-counter substances violate ADFPF & WDFPF Drug Control rules. Check all ingredients; phone the **Drug Hotline** if necessary: 1-800-233-0393.

For supplements, you should check everything you are considering taking by checking the ingredients through **the Informed Sport website**. They are a third-party contract that tests supplements to check the accuracy of labeling and also verify the product is not banned for competition. They do not test everything, it is a voluntary program in which manufacturers pay to participate. <https://sport.wetestyourtrust.com/certified-brands>

#10 RULES FOR PERFORMANCE:

ATTEMPTS:

1. The lifter at the weigh-in must declare starting attempts for all three events. One change on first attempts may occur up to 5 minutes prior to the starting time for each flight. Unless injured, the change may not exceed 20 kgs. If injured, the change may exceed 20 kgs. But the lifter may ONLY attempt that weight and may not raise the bar for subsequent attempts. Lifters are then recorded in results as "injured". Granted repeat attempts must take place at the end of that round.
2. No changes are permitted in the second and third attempts with the exception of the third attempt deadlift, which may be changed twice. During single event only competitions, the third attempt may be changed twice, under the same conditions as the deadlift during three event competitions.
3. The lifter or coach has 1 minute between completing the last attempt and submitting to officials the weight for their next attempt. If the attempt weight is not turned in, the next attempt MAY be forfeited.
4. Increases between each successful attempt must be a minimum of 2.5 kg.
5. Three unsuccessful attempts in any event will eliminate the lifter from the competition; a competition total will NOT be allowed.
6. Once the bar has been loaded and the lifter called to the platform the lifter has 1 minute to get the signal to start that lift or the attempt will be forfeited.



Conditions for the Establishment of Breaking of Records

- All records and bodyweight must be registered in metric values
- Records may only be set at ADFPF sanctioned events that meet the required criteria
- The lifter must have fulfilled weigh in rules by establishing official body weight within two hours prior to the start of the competition
- Following a successful record setting attempt the lifter must be subject to inspection by the adjudicating referee(s). Refer to “Personal Equipment Specifications”
- The official score sheet signed by the adjudicating referee(s), a copy of the current scales certificate and age verification where necessary, must be submitted to the ADFPF within one calendar month of the record setting lift.
- In a three-lift powerlifting competition, records set in individual lifts will only be valid if the lifter makes a total in the competition, which meets or exceeds the qualifying total for that event.
- Individuals may not attempt records for events they are not entered in that Single Lift records may not be transferred to Full Power and vice versa.
- In an event that two lifters break either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If body weights are identical, the lifters are to be re-weighed immediately following the competition. If during the re-weigh, both lifters weigh the same, both will be record holders. *This rule only applies where lifters of the same bodyweight category are lifting in simultaneous flights.* Where lifters are in the same flight the individual who lifts the weight first is the record holder.
- New records are only valid if they exceed the previous record by 500 grams. Where the record has been set in this manner the same individual may only lift to the 2.5 kg increment rule thereafter for attempts within the normal 3 attempts. For example, if the lifter sets a new record with a jump of 500 grams on his/her first or second attempt (i.e. 93 kgs) their next attempt must be 95 kg or greater, unless it is a 4th attempt, in which case the jump could again be 500 grams.
- The record will only be valid for the bodyweight category of the lifter as determined at the official weigh in.

REQUIREMENTS FOR RECORD SETTING FOURTH ATTEMPT

1. Only lifters actually taking part in a competition may attempt records as 4th attempt.
2. A lifter may be granted a 4th attempt for purposes of setting a record at the discretion of the Chief Referee, IF the third attempt was successful and within 20kg of the current record. In no case will further additional attempts be granted.
3. 4th attempts may be granted for any record, State or American, in any ADFPF sanctioned event.
4. 4th attempts are also allowed at the Single Event Nationals and Full Power Nationals, keeping in mind that these records are specific to those two meets. In other words, Single Event National records are only set at the Single Event National meet and Full Power National records are only set at the Full Power National meet.
5. 4th attempts for WORLD records are only allowed at national or international competitions. Three WDFPF officials must judge every WDFPF record attempt and it is the responsibility of the lifter or coach to make sure that the appropriate judges are in place during the record attempt.
6. No 4th attempts may be included in the total. Therefore, a fourth attempt cannot be made to break a total record alone.
7. Fourth attempts must be relevant to the level of competition being undertaken.



ORDER OF LIFTING:

1. ADFPF competitions must use the rounds system. In the rounds system, the bar is loaded progressively for each attempt. (The lifter requiring the lightest weight lifts first.)
2. When two or more lifters declare the same attempt, they lift in the order determined by Lot Numbers that were drawn during the weigh-in or equipment check. If Lot Numbers were not used, the lighter lifter goes first.
3. In the rounds system, all lifters in the first flight will complete their first attempt, then their 2nd attempt, and then their 3rd attempt of the squat prior to the start of the squat event for the next flight. As all flights in the session complete the squat event, the first flight will return to begin the bench press event, etc.
4. Fourth attempts are allowed only in WDFPF Sanctioned events for the purpose of setting World Records and will follow the 3rd attempt of the lifter's flight.
5. The squat event is always first, followed by the bench press and then by the deadlift.

TIME LIMITS & REFEREE SIGNALS:

1. Following the referee's announcement that the bar is loaded, the lifter has 1 minute to get the signal for that event. The referee's verbal and visual signals are as follows:
 - Squat event:** "Squat" with a downward arm motion.
 - Bench Press event:** "Start" (given when the bar is at arm's length following lift-off).
 - Deadlift event:** A determined effort to lift the bar from the platform must be made within 1 minute (no referee's signal given to begin the lift).
2. If the lift does not begin within the time limit, the Referee will give the verbal command "Rack" or "Down" depending on the event. The attempt will be recorded as a missed lift.
3. If the lifter is not in the correct starting position, a referee may verbally indicate the adjustment that needs to be made. The lifter may replace the bar, using whatever time remains on the clock to adjust or correct the starting position and receive the command from the Referee to commence the attempt.
4. The lifter must leave the platform within 30 seconds following their attempt. Failure to do so may result in disqualification of the attempt.

LOADING, SPOTTING and ANNOUNCING ERRORS:

When errors are made by spotters/loaders the lifter may be given a repeat attempt at the called weight. The repeat attempt will be taken at the end of that round. If the error occurs with the last lifter of the flight, the lifter will be given a 3-minute rest before the repeated attempt is made. This rest time is NOT part of the 1 minute that the lifter has to begin their attempt once the referee announces that the bar is loaded.

MISCELLANEOUS RULES RELATED TO PERFORMANCE:

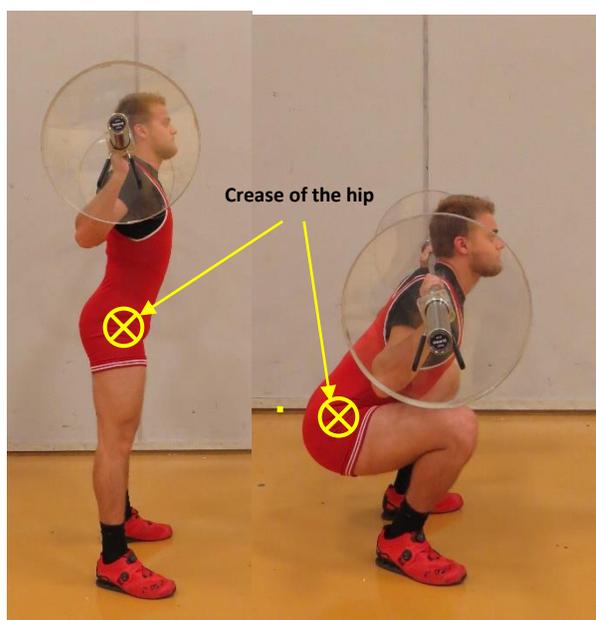
1. Coaches are NOT permitted on the platform, NOR at the sides, OR back of the platform during the lift. Coaches must remain outside the designated lifting area.
2. Any lifter or coach, whose conduct is deemed to discredit the sport, shall be officially warned. If the misconduct continues, the Jury (or referees in the absence of a Jury) may disqualify the lifter and/or order the coach to leave the area or venue.
3. All lifters must weigh within the 1-hour period beginning 2 hours prior to the start of the competition.
4. Other than initial removal of the bar from the racks in BENCH PRESS ONLY, the lifter will not receive any help from the spotter-loaders in assuming the start position for an attempt.



#11. POWERLIFTS and RULES OF PERFORMANCE:

SQUAT:

1. The lifter faces the front of the platform with the bar held horizontally across the shoulders (top of the bar not more than 3 cm. (1.8") below the top of the anterior deltoids). Hands grip the bar anywhere inside and/or in contact with the inner collars. Holding the collars is NOT allowed.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter/loaders) the lifter must move backwards without aid of spotters to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned, the Referee will give the signal to begin the lift. Before receiving the "squat" signal, the lifter may make position adjustments, without penalty.
3. Following the Referee's signal, the lifter must bend the knees lowering the body until the top surface of the legs at the hip joint is lower than the top of knees. Only one descent attempt is allowed. The attempt is deemed to have commenced when the lifter's knees have unlocked. See diagrams below.
4. Slight movement of the bar on the lifters back from its starting position downwards during the performance of the lift is allowed.
5. 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 during the upward phase is NOT permitted. When the lifter is motionless (in the apparent final position with knees locked) the Referee gives the rack signal consisting of a backward motion of the arm and the verbal command "rack".
6. Following the "rack" signal, the lifter must move forward returning the bar to the racks. After a step is taken, aid may be given by the spotter/loaders in returning and replacing the bar in the racks. The lifter must stay with the bar during this process.
7. No more than 5 nor less than 3 spotters/loaders may be on the platform for the squat event.



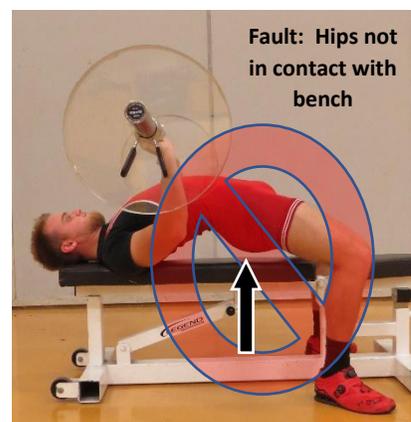
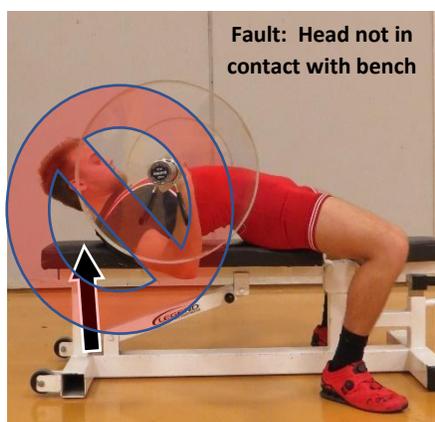
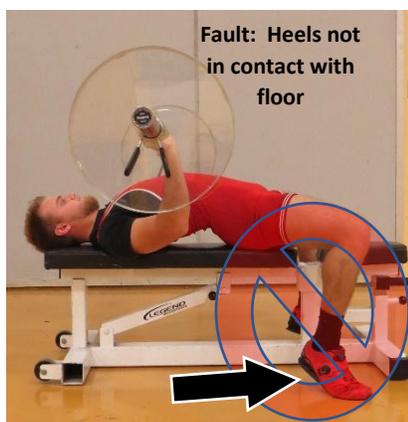


CAUSES FOR DISQUALIFICATION OF THE SQUAT:

1. Failure to observe the Chief Referee's signal at either the start or completion of the lift.
2. Changing the position of the hands laterally in/out on the bar after receiving the signal to begin the lift (opening/closing of fingers is allowed).
3. Double bouncing or more than one recovery attempt from the bottom of the lift.
4. Any downward movement of the bar during the upward phase.
5. Failure to assume an upright position with the knees locked at the start and completion of the attempt.
6. Any movement of the feet other than the lifting of the toes or heels which must return to the original position.
7. Failure to bend the knees lowering the body until the top surface of the legs at the hip joint are lower than the top of the knees as in the diagram below.
8. Movement of the bar on the back (more than an insignificant amount) that would be an aid to the lifter.
9. Aid to the lifter's attempt by the spotter/loaders contacting the bar, plates or the lifter between the Referee's signals.
10. Supportive contact of the elbows or upper arms with the legs that would aid the lifter.
11. Failure to make a bona fide attempt to return the bar to the racks.
12. Any intentional dropping or dumping of the bar.
13. Failure to comply with any of the items outlined under Rules of Performance for the squat.
14. See # 2 and #4 of "MISCELLANEOUS RULES RELATED TO PERFORMANCE"

BENCH PRESS:

1. The front of the bench shall be placed on the platform facing the position of the Chief Referee.
2. The lifter must lie on their back with shoulders, hips and head in contact with the bench surface. The shoes must be flat on the floor or blocks. Once the "start" signal is given, this body position shall be maintained throughout the lift.
3. To achieve firm footing the lifter may use plates (not exceeding 45 cm. x 45 cm. (17.7" x 17.7") or blocks not exceeding 30 cm (11.81") in height to build up the surface of the platform. The entire foot must be flat on the surface.
4. Not more than four and not less than two spotter/loaders shall be on the platform at any time. The lifter may lift to self or enlist the help of the Spotter/loaders or coach in removing the bar from the racks. The lift-off must be to arm's length.
5. The spacing of the hands shall NOT exceed 81 cm (31.9") measured between the forefingers (both forefingers must be within the 81 cm marks. A reverse grip is permitted; the distance between the little fingers may NOT exceed 81 cm.
6. After receiving the bar at arm's length, the "start" signal will be given. The lifter shall then lower the bar to the CHEST and await the referee's audible command "PRESS" which shall NOT be given until the bar is MOTIONLESS on the CHEST.
7. After receiving the signal, the bar is pressed upwards to arm's length with elbows locked and held motionless until the audible command "rack" is given.
8. The bar is allowed to stop during the upward phase; the bar is NOT allowed any downward movement once the "press" signal has been given. Downward movement of the bar to be determined by downward movement of either or both hands.
9. Before receiving the "start" command the lifter can adjust without penalty. The bar and lifter must be motionless to receive the "start" command.



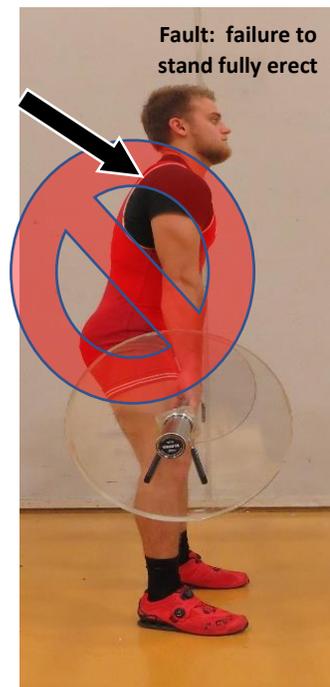
CAUSES FOR DISQUALIFICATION OF THE BENCH PRESS:

1. Failure to observe the Chief Referee's signals at the "Start" signal (bar motionless at arm's length), at the "Press" signal (bar motionless on the chest) or at the "Rack" signal (completion of the upward phase, bar motionless at arm's length),
2. Any change in the elected lifting position during the attempt, i.e., any movement of the shoulders, lifting hips and/or head from the bench, or movement of the feet which must remain flat on the surface.
3. Heaving, bouncing, or sinking the bar into the chest after the "Press" signal has been given.
4. Any uneven extension of the arms at the completion of the attempt.
5. Any downward movement of one or both hands during the upward phase of the bar.
6. Failure to press the bar to full extension of the elbows at the completion of the attempt.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the items outlined under the Rules of Performance.
10. See # 2 and #4 of "MISCELLANEOUS RULES RELATED TO PERFORMANCE".



DEADLIFT:

1. The lifter shall face the front of the platform with the bar positioned horizontally in front of the lifter.
2. The lifter may use a hand grip of choice, lifting the bar upward without any downward movement to the completion position.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders erect (NOT forward or rounded).
4. The Chief Referee's signal shall be 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.
5. Any raising of the bar from the platform – or any deliberate attempt to do so, will count as an attempt.





CAUSES FOR DISQUALIFICATION OF THE DEADLIFT:

1. Any downward movement of the bar during the upward phase.
2. Failure to stand erect with shoulders in erect position; see diagram below.
3. Failure to lock the knees straight at the completion of the lift; see diagram below.
4. Supporting the bar on the thighs during the performance of the lift. Determined by any attempt at secondary knee flexion. As the bar is raised from the platform, the legs must extend without additional knee flexion taking place at any time during the upward phase of the bar.
5. Any movement of the feet laterally, backward or forward.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.
8. Failure to comply with any items outlined under Rules of Performance.
9. See # 2 of MISCELLANEOUS RULES RELATED TO PERFORMANCE.

REMINDER: Single Lift Championships

The preceding rules governing the Squat, Bench Press, and Deadlift, remain the same for Single Lift events but two weight changes will be allowed on the final attempt as on the Deadlift in Powerlifting Completions.

Types of competitions common in the ADFPF and WDFPF.

Full Power meets: These meets consist of the squat, bench press, and deadlift. The placing of lifters in Full Power meets is based solely on the heaviest successful squat, bench press, and deadlift being added together, referred to as a "total". Lifters must achieve at least one successful lift in each of the three lifts to receive this total for the Full Powerlifting meet. Lifters who fail to achieve at least one successful lift in any of the three lifts would result in be disqualified from the meet, referred to as a "bomb out" or "bombing".

Single Event meets: These meets consist of the same three lifting disciplines as Full Power meets but are scored differently. In these Single Event meets lifters compete in each lift separately and there is no "total" as in the Full Power meets. Lifters are not required to compete in all three lifts as placing is not dependent on the "total" so most choose to compete in those events in which they feel most comfortable. In Single Event meets a lifter would receive a placing based upon their results for each lifting discipline in which they competed and achieved at least one successful lift.

A variation of the Single Event meet may include only two single lifts, the bench press and deadlift. These meets are often referred to as "push-pull" meets. There is not a separate national or world championship for these "push-pull" meets.

It is not uncommon for Single Event meets to be held in conjunction with Full Power meets. In these cases, lifters may enter and compete for awards/placing in both the full power as well as the single event competition.



ADFPF conversion chart



Kilos	Pounds
25.0	55.1
27.5	60.6
30.0	66.1
32.5	71.6
35.0	77.2
37.5	82.7
40.0	88.2
42.5	93.7
45.0	99.2
47.5	104.7
50.0	110.2
52.5	115.7
55.0	121.3
57.5	126.8
60.0	132.3
62.5	137.8
65.0	143.3
67.5	148.8
70.0	154.3
72.5	159.8
75.0	165.3
77.5	170.9
80.0	176.4
82.5	181.9
85.0	187.4
87.5	192.9
90.0	198.4
92.5	203.9
95.0	209.4
97.5	214.9
100.0	220.5
102.5	226.0
105.0	231.5
107.5	237.0
110.0	242.5
112.5	248.0
115.0	253.5
117.5	259.0

Kilos	Pounds
120.0	264.6
122.5	270.1
125.0	275.6
127.5	281.1
130.0	286.6
132.5	292.1
135.0	297.6
137.5	303.1
140.0	308.6
142.5	314.2
145.0	319.7
147.5	325.2
150.0	330.7
152.5	336.2
155.0	341.7
157.5	347.2
160.0	352.7
162.5	358.2
165.0	363.8
167.5	369.3
170.0	374.8
172.5	380.3
175.0	385.8
177.5	391.3
180.0	396.8
182.5	402.3
185.0	407.9
187.5	413.4
190.0	418.9
192.5	424.4
195.0	429.9
197.5	435.4
200.0	440.9
202.5	446.4
205.0	451.9
207.5	457.5
210.0	463.0
212.5	468.5

Kilos	Pounds
215.0	474.0
217.5	479.5
220.0	485.0
222.5	490.5
225.0	496.0
227.5	501.5
230.0	507.1
232.5	512.6
235.0	518.1
237.5	523.6
240.0	529.1
242.5	534.6
245.0	540.1
247.5	545.6
250.0	551.2
252.5	556.7
255.0	562.2
257.5	567.7
260.0	573.2
262.5	578.7
265.0	584.2
267.5	589.7
270.0	595.2
272.5	600.8
275.0	606.3
277.5	611.8
280.0	617.3
282.5	622.8
285.0	628.3
287.5	633.8
290.0	639.3
292.5	644.8
295.0	650.4
297.5	655.9
300.0	661.4
302.5	666.9
305.0	672.4
307.5	677.9

Kilos	Pounds
310.0	683.4
312.5	688.9
315.0	694.4
317.5	700.0
320.0	705.5
322.5	711.0
325.0	716.5
327.5	722.0
330.0	727.5
332.5	733.0
335.0	738.5
337.5	744.1
340.0	749.6
342.5	755.1
345.0	760.6
347.5	766.1
350.0	771.6
352.5	777.1
355.0	782.6
357.5	788.1
360.0	793.7
362.5	799.2
365.0	804.7
367.5	810.2
370.0	815.7
372.5	821.2
375.0	826.7
377.5	832.2
380.0	837.7
382.5	843.3
385.0	848.8
387.5	854.3
390.0	859.8
392.5	865.3
395.0	870.8
397.5	876.3
400.0	881.8
402.5	887.4

Kilos	Pounds
405.0	892.9
407.5	898.4
410.0	903.9
412.5	909.4
415.0	914.9
417.5	920.4
420.0	925.9
422.5	931.4
425.0	937.0
427.5	942.5
430.0	948.0
432.5	953.5
435.0	959.0
437.5	964.5
440.0	970.0
442.5	975.5
445.0	981.0
447.5	986.6
450.0	992.1
452.5	997.6
455.0	1003.1
457.5	1008.6
460.0	1014.1
462.5	1019.6
465.0	1025.1
467.5	1030.7
470.0	1036.2
472.5	1041.7
475.0	1047.2
477.5	1052.7
480.0	1058.2
482.5	1063.7
485.0	1069.2
487.5	1074.7
490.0	1080.3
492.5	1085.8
495.0	1091.3
497.5	1096.8

Loading chart found on <http://www.loadingcharts.com>



Qualification Standards

The following standards currently apply for qualification to WDFPF competitions. Refer to WDFPF rule book for most recent standards.

To qualify for WDFPF full power competition lifters must meet the qualification minima for each listed minimum score for squat, bench press, and deadlift.



WDFPF MINIMUM STARTING WEIGHT AT WORLD CHAMPIONSHIPS "Single and Powerlifting "

WOMENS' SQUAT - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	40	45	50	55	60	57,5	55	52,5	50	47,5	42,5	37,5	35	32,5	30	
47,5	42,5	47,5	52,5	57,5	65	62,5	60	57,5	55	50	47,5	40	37,5	35	32,5	
50,5	45	50	55	60	67,5	65	62,5	60	57,5	55	50	45	40	37,5	35	
53	47,5	52,5	57,5	62,5	70	67,5	65	62,5	60	57,5	55	47,5	42,5	40	37,5	
55,5	50	55	60	67,5	75	72,5	70	67,5	65	62,5	60	50	45	42,5	40	
58,5	52,5	57,5	65	72,5	80	75	72,5	70	67,5	65	62,5	52,5	47,5	45	42,5	
63	55	60	67,5	77,5	85	80	75	72,5	70	67,5	65	55	57,5	47,5	45	
70	60	67,5	72,5	80	90	85	80	75	72,5	70	67,5	57,5	52,5	50	47,5	
80	65	72,5	80	90	100	95	90	85	77,5	75	72,5	60	55	52,5	50	
90	72,5	80	87,5	97,5	107,5	102,5	97,5	92,5	85	82,5	75	67,5	60	55	52,5	
90+	77,5	85	95	105	117,5	112,5	107,5	102,5	95	87,5	82,5	75	67,5	60	55	

WOMENS' BENCH PRESS - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	25	25	27,5	30	32,5	30	27,5	25	25	25	25	25	25	25	25	
47,5	25	27,5	30	32,5	35	32,5	30	27,5	25	25	25	25	25	25	25	
50,5	27,5	30	32,5	35	40	35	32,5	30	27,5	27,5	27,5	27,5	25	25	25	
53	27,5	32,5	35	37,5	42,5	37,5	35	32,5	30	30	27,5	27,5	25	25	25	
55,5	30	35	37,5	40	45	42,5	40	37,5	35	32,5	30	27,5	25	25	25	
58,5	32,5	37,5	40	42,5	47,5	45	42,5	40	37,5	35	32,5	30	27,5	25	25	
63	32,5	37,5	40	45	50	47,5	45	42,5	40	37,5	35	32,5	30	27,5	25	
70	35	40	42,5	47,5	52,5	50	47,5	45	42,5	40	37,5	35	32,5	30	27,5	
80	37,5	42,5	47,5	52,5	57,5	55	52,5	50	47,5	45	40	37,5	35	32,5	27,5	
90	40	45	50	55	60	57,5	55	52,5	50	47,5	42,5	40	37,5	35	27,5	
90+	45	50	55	60	67,5	65	62,5	60	57,5	52,5	50	45	40	37,5	30	

WOMENS' DEAD LIFT - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
44	47,5	52,5	57,5	65	72,5	70	67,5	65	62,5	60	55	50	45	42,5	35	
47,5	52,5	57,5	62,5	70	77,5	72,5	70	67,5	65	62,5	57,5	52,5	50	45	37,5	
50,5	55	60	67,5	75	82,5	80	75	72,5	67,5	65	62,5	60	55	47,5	40	
53	57,5	62,5	70	77,5	87,5	85	77,5	75	70	67,5	65	62,5	57,5	50	42,5	
55,5	60	65	75	85	95	90	85	80	75	72,5	70	65	62,5	55	45	
58,5	65	72,5	80	90	100	95	90	85	77,5	75	72,5	67,5	65	60	47,5	
63	67,5	75	85	92,5	105	100	95	90	85	80	75	70	67,5	62,5	50	
70	75	80	92,5	102,5	112,5	107,5	102,5	97,5	90	87,5	80	72,5	70	65	52,5	
80	80	87,5	97,5	107,5	120	115	110	105	100	92,5	85	77,5	75	70	52,5	
90	87,5	97,5	107,5	120	132,5	125	120	115	107,5	100	95	85	80	75	55	
90+	92,5	102,5	112,5	125	140	132,5	125	120	112,5	105	100	90	85	80	55	



WDFPF MINIMUM STARTING WEIGHT AT WORLD CHAMPIONSHIPS "Single and Powerlifting "

MENS' SQUAT - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
52	75	82,5	92,5	102,5	112,5	107,5	102,5	97,5	92,5	87,5	85	72,5	65	57,5	52,5	
56	82,5	90	100	110	122,5	117,5	112,5	107,5	102,5	97,5	92,5	80	72,5	65	57,5	
60	87,5	97,5	107,5	120	132,5	125	120	115	110	105	100	85	77,5	70	62,5	
67,5	97,5	107,5	120	132,5	147,5	140	132,5	125	120	115	107,5	92,5	82,5	75	67,5	
75	107,5	120	132,5	147,5	162,5	155	147,5	140	132,5	125	120	102,5	92,5	82,5	75	
82,5	115	127,5	142,5	157,5	175	167,5	160	152,5	145	137,5	127,5	112,5	102,5	92,5	82,5	
90	122,5	135	150	167,5	185	175	167,5	160	152,5	145	130	117,5	105	95	85	
100	125	140	155	172,5	192,5	182,5	175	165	157,5	150	135	122,5	110	100	90	
110	132,5	147,5	162,5	180	200	190	180	170	162,5	155	140	125	112,5	102,5	92,5	
125	137,5	152,5	170	187,5	207,5	197,5	187,5	177,5	167,5	160	145	130	117,5	105	95	
145	142,5	157,5	175	195	217,5	207,5	200	187,5	177,5	167,5	150	135	122,5	110	100	
145+	147,5	165	180	202,5	225	215	205	195	185	175	157,5	142,5	127,5	115	105	

MENS' BENCH PRESS - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
52	55	60	67,5	75	82,5	77,5	72,5	70	67,5	65	60	52,5	47,5	42,5	37,5	
56	57,5	65	72,5	80	90	85	80	75	72,5	70	65	57,5	52,5	47,5	42,5	
60	65	72,5	80	90	100	95	90	85	80	75	70	60	55	50	45	
67,5	70	82,5	92,5	102,5	112,5	107,5	102,5	97,5	92,5	87,5	80	72,5	65	57,5	52,5	
75	80	87,5	97,5	107,5	120	115	110	105	100	95	87,5	77,5	70	62,5	57,5	
82,5	82,5	92,5	102,5	115	127,5	120	115	110	105	100	92,5	80	72,5	65	60	
90	90	100	110	122,5	135	127,5	120	115	110	105	95	85	77,5	70	62,5	
100	92,5	102,5	112,5	125	140	132,5	125	120	115	110	100	87,5	80	72,5	65	
110	97,5	107,5	115	127,5	142,5	135	127,5	125	117,5	112,5	102,5	90	82,5	75	67,5	
125	100	110	122,5	135	150	142,5	135	127,5	120	115	105	92,5	85	77,5	70	
145	102,5	115	127,5	142,5	157,5	150	142,5	135	127,5	120	107,5	97,5	87,5	80	72,5	
145+	105	120	132,5	147,5	162,5	155	147,5	140	132,5	125	117,5	100	90	82,5	75	

MENS' DEAD LIFT - UNEQUIPPED																
leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85	
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	
52	82,5	92,5	102,5	112,5	125	120	115	110	105	100	92,5	80	72,5	65	57,5	
56	90	100	110	122,5	135	127,5	120	115	110	105	97,5	85	77,5	70	62,5	
60	95	105	117,5	130	145	137,5	130	122,5	117,5	112,5	107,5	92,5	82,5	75	67,5	
67,5	107,5	120	132,5	147,5	165	157,5	150	142,5	135	127,5	120	102,5	92,5	82,5	75	
75	120	132,5	147,5	162,5	180	170	162,5	155	147,5	140	130	112,5	102,5	92,5	82,5	
82,5	125	140	155	172,5	192,5	182,5	172,5	165	157,5	150	140	122,5	110	100	90	
90	135	150	167,5	185	205	195	185	175	167,5	160	145	130	117,5	105	95	
100	142,5	157,5	172,5	192,5	217,5	207,5	197,5	187,5	177,5	167,5	150	135	122,5	110	100	
110	147,5	165	182,5	202,5	225	215	205	197,5	182,5	172,5	155	140	125	112,5	102,5	
125	152,5	170	190	210	232,5	220	210	200	190	180	162,5	147,5	132,5	120	107,5	
145	155	172,5	192,5	215	240	227,5	217,5	205	195	185	167,5	150	135	122,5	110	
145+	165	182,5	200	225	250	237,5	225	215	205	195	175	157,5	142,5	127,5	115	



The following charts are the Equipped divisions. Refer to previous pages in this rulebook regarding the rules for equipment regulations for all equipped lifting events.



WDFPF MINIMUM STARTING WEIGHT AT WORLD CHAMPIONSHIPS "Single and Powerlifting "

WOMENS' SQUAT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	45	50	55	60	67,5	65	62,5	60	57,5	55	50	45	40	35	32,5
47,5	47,5	52,5	57,5	65	75,5	70	67,5	65	62,5	60	55	50	45	37,5	35
50,5	52,5	57,5	62,5	70	77	72,5	70	67,5	65	62,5	57,5	52,5	47,5	40	37,5
53	55	60	65	72,5	80	75	72,5	70	67,5	65	60	55	50	52,5	37,5
55,5	57,5	62,5	70	77,5	85	80	75	72,5	70	67,5	62,5	57,5	52,5	45	40
58,5	60	65	72,5	80	90	85	80	75	72,5	70	65	60	55	47,5	42,5
63	62,5	67,5	75	82,5	92,5	87,5	82,5	77,5	75	72,5	67,5	62,5	57,5	50	42,5
70	67,5	75	82,5	92,5	102,5	97,5	92,5	87,5	82,5	77,5	70	65	60	52,5	47,5
80	75	82,5	92,5	102,5	115	110	105	100	95	90	80	72,5	62,5	57,5	52,5
90	80	90	100	110	122,5	117,5	112,5	107,5	102,5	97,5	87,5	80	72,5	65	57,5
90+	87,5	97,5	107,5	120	132,5	125	120	115	110	105	95	85	77,5	70	62,5

WOMENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	27,5	30	32,5	35	40	37,5	35	32,5	30	27,5	25	25	25	25	25
47,5	30	32,5	35	37,5	42,5	40	37,5	35	32,5	30	27,5	27,5	27,5	27,5	25
50,5	32,5	35	37,5	40	45	42,5	40	37,5	35	32,5	30	30	30	30	25
53	35	37,5	40	42,5	47,5	45	42,5	40	37,5	35	32,5	32,5	32,5	32,5	25
55,5	37,5	40	42,5	45	50	47,5	45	42,5	40	37,5	35	35	35	35	27,5
58,5	40	42,5	45	47,5	52,5	50	47,5	45	42,5	40	37,5	37,5	37,5	37,5	27,5
63	42,5	45	47,5	52,5	57,5	55	52,5	50	47,5	45	40	40	40	40	27,5
70	45	47,5	52,5	57,5	62,5	60	57,5	55	52,5	50	45	42,5	42,5	40	30
80	47,5	52,5	57,5	62,5	70	67,5	65	62,5	60	57,5	52,5	47,5	45	42,5	32,5
90	50	55	60	67,5	75	72,5	70	67,5	65	62,5	57,5	52,5	50	50	35
90+	52,5	57,5	65	72,5	80	75	72,5	70	67,5	65	60	55	52,5	52,5	37,5

WOMENS' DEAD LIFT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	52,5	57,5	65	72,5	80	75	72,5	70	67,5	65	57,5	52,5	47,5	42,5	37,5
47,5	67,5	62,5	70	77,5	85	80	75	72,5	70	67,5	60	55	50	45	40
50,5	60	65	72,5	80	90	85	80	75	72,5	70	62,5	57,5	52,5	47,5	42,5
53	62,5	67,5	75	82,5	92,5	87,5	82,5	77,5	75	72,5	65	60	55	50	45
55,5	65	72,5	80	87,5	97,5	92,5	87,5	82,5	77,5	75	67,5	62,5	57,5	52,5	47,5
58,5	67,5	75	82,5	92,5	102	97,5	92,5	87,5	82,5	77,5	70	65	60	55	50
63	72,5	80	90	100	110	105	100	95	90	85	77,5	70	62,5	57,5	52,5
70	80	85	97,5	107,5	120	115	110	105	100	95	85	77,5	70	62,5	57,5
80	85	95	105	117,5	130	122,5	117,5	112,5	107,5	102,5	92,5	82,5	75	67,5	60
90	92,5	102,5	115	127,5	142,5	135	127,5	120	115	110	100	90	80	72,5	65
90+	100	110	122,5	135	150	142,5	135	127,5	120	115	102,5	92,5	82,5	75	67,5



WDFPF MINIMUM STARTING WEIGHT AT WORLD CHAMPIONSHIPS "Single and Powerlifting "

MENS' SQUAT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	82,5	92,5	102,5	112,5	125	120	115	110	105	100	90	80	72,5	65	57,5
56	90	100	110	12,5	135	127,5	120	115	110	105	95	85	77,5	70	62,5
60	95	105	117,5	130	145	137,5	130	122,5	117,5	112,5	102,5	92,5	82,5	75	67,5
67,5	107,5	120	132,5	147,5	162,5	155	147,5	140	132,5	125	112,5	102,5	92,5	82,5	75
75	117,5	130	145	160	177,5	167,5	160	152,5	145	137,5	125	112,5	102,5	92,5	82,5
82,5	125	137,5	152,5	170	190	180	170	162,5	155	147,5	132,5	120	107,5	97,5	87,5
90	132,5	147,5	162,5	180	200	190	180	170	162	155	140	125	112,5	102,5	92,5
100	140	155	172,5	192,5	212,5	202,5	192,5	182,5	172,5	165	147,5	132,5	120	107,5	97,5
110	142,5	157,5	175	195	217,5	207,5	197,5	187,5	177,5	167,5	150	135	122,5	110	100
125	147,5	165	182,5	202,5	225	215	205	195	185	175	157,5	142,5	127,5	115	102,5
145	155	172,5	192,5	212,5	235	222,5	212,5	202,5	192,5	182,5	165	147,5	132,5	120	107,5
145+	160	177,5	197,5	220	245	232,5	220	210	200	190	170	152,5	137,5	125	112,5

MENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	57,5	62,5	70	77,5	85	80	75	72,5	70	67,5	60	55	50	45	40
56	60	67,5	75	82,5	92,5	87,5	82,5	77,5	72,5	70	62,5	57,5	52,5	47,5	42,2
60	65	72,5	80	90	100	95	90	85	80	75	67,5	60	55	50	45
67,5	75	82,5	92,5	102,5	112,5	107,5	102,5	97,5	92,5	87,5	80	72,5	65	57,5	52,5
75	80	90	100	110	122,5	117,5	112,5	107,5	102,5	97,5	87,5	80	72,5	65	57,5
82,5	87,5	97,5	107,5	120	132,5	125	120	115	110	105	95	85	77,5	70	62,5
90	92,5	102,5	112,5	125	140	132,5	125	120	115	110	100	90	80	72,5	65
100	97,5	107,5	120	132,5	147,5	140	132,5	125	120	115	102,5	92,5	82,5	75	67,5
110	102,5	112,5	125	137,5	152,5	145	137,5	130	122,5	117,5	105	95	85	77,5	70
125	105	115	127,5	142,5	157,5	150	142,5	135	127,5	120	107,5	97,5	87,5	80	72,5
145	107,5	120	132,5	147,5	165	157,5	150	142,5	135	127,5	115	102,5	92,5	82,5	75
145+	112,5	125	137,5	152,5	170	1+2,5	155	147,5	140	132,5	120	107,5	97,5	87,5	80

MENS' DEAD LIFT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	87,5	97,5	107,5	120	132,5	125	120	115	110	105	95	85	77,5	70	62
56	92,5	102,5	115	127,5	142,5	135	125	120	115	110	100	90	80	72,5	65
60	102,5	112,5	125	137,5	152,5	145	137,5	130	122,5	117,5	105	95	82,5	77,5	70
67,5	112,5	125	140	155	172,5	165	157,5	150	142,5	135	122,5	110	85	90	80
75	125	137,5	152,5	170	187,5	177,5	167,5	160	152,5	145	130	117,5	105	95	85
82,5	132,5	147,5	165	182,5	202,5	192,5	182,5	172,5	165	157,5	142,5	127,5	115	102,5	92,5
90	140	155	172,5	192,5	215	205	195	185	175	167,5	150	135	122,5	110	100
100	147,5	165	182,5	202,5	225	215	205	195	185	175	157,5	142,5	127,5	115	102,5
110	152,5	170	190	210	232,5	220	210	200	190	180	162,5	147,5	132,5	120	107,5
125	157,5	175	195	217,5	242,5	230	217,5	207,5	197,5	187,5	170	152,5	137,5	125	112,5
145	167,5	185	205	227,5	252,5	240	227,5	215	205	195	175	157,5	142,5	127,5	115
145+	172,5	192,5	215	237,5	265	252,5	240	227,5	215	205	185	167,5	150	135	122,5