

# Elite Powerlifting Federation

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# EPF OFFICIAL RULE BOOK

The EPF has recognized a lot of rules and regulations that just don't make sense. Part of the reason is because when lifting equipment changes and training methods improve, no one updated the rules to accommodate safety and intelligence. The EPF has taken a close look at these rules and without jeopardizing the safety of the lifter, we've eliminated the few that just don't make sense for the lifting styles of today. We also felt the need to eradicate rules that have nothing to do with aiding the lift. I assure you it has all been done for the good of the sport & the safety of the lifter. I hope you enjoy the EPF and help us continue to be open to change.

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<b>EPF state chairmen or EPF meet directors:</b>	

**Event insurance** – You must purchase insurance for every EPF contest. YOU MUST list the EPF as an additional insured entity, and furnish us with a copy of that certificate at least 3 weeks prior to your event. The reason why you purchase event insurance for your EPF powerlifting contest is to protect yourself your officers and all sponsors from being sued in case of any injury or negligence prior to or during the event. This insurance usually cost approximately \$300 per event. If you do not submit the certificate to the EPF office before your event we will not sanction your event and The EPF will have no connection of any kind to that event. For more information or an insurance recommendation contact the EPF.

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## Lifts contested

1. The Elite Powerlifting Federation (EPF) Allows the following lifts. Listed in the order sequence which must be performed in all events applicable under EPF rules:

a. Squat      b. Bench Press      c. Deadlift      = Total

The highest total completed successfully of each category of each lift will result in the lifters Total. The highest Total will determined the winner.

2. The EPF also recognizes National and International competitions of its member Federations.

3. The EPF additionally recognizes and registers world records for the same lifts within the age and body weight categories as follows:

### Age Categories -

Men and Women - Open (Senior): from 13 years upward.

Teenage    from 13 years to and including 15 years of age  
                  from 16 years to and including 17 years of age  
                  from 18 years to and including 19 years of age

Junior      from 20 years to and including 23 years of age

Sub Master from 33 years to and including 39 years of age

### Master

from 40 to and including 44 years of age    from 45 to and including 49 years of age  
from 50 to and including 54 years of age    from 55 to and including 59 years of age  
from 60 to and including 64 years of age    from 65 to and including 69 years of age  
from 70 to and including 74 years of age    from 75 to and including 79 years of age  
from 80 years upward

The Age restriction for competitors. The lifter shall be aged 13 years and over. The lifter must be the competition age no later than the day of the contest.

A Teenager must lift in the age group in which he or she is currently in, until they legally reach the stated upper limit of that category. Juniors and masters must first enter in their age group before entering in the open division class.

### Records

Juniors and masters are allowed to break open division records.

Depending on the number entry's, not all age groups will be available to enter as a choice, however the records are still recorded for each age group.

2

## Body weight Categories

**MENS CLASSES:** OPEN, 114.5, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308.5, SUPERS.

TEEN MEN (13 – 15) (16-17) (18-19) JUNIOR MEN. (20-23)

MENS SUBMASTER: (33 - 39) MENS MASTER: (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70 PLUS)

**WOMENS OPEN:** 97, 105, 114.5, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, Unl.

TEEN WOMEN: (13-15) (16-17) (18-19) JR WOMEN: (13 - 23)

WOMEN'S SUBMASTER: (33-39) WOMEN'S MASTER: (40-44) (45-49) (50-54) (55-59) (60+)

### Teams

Teams must be entered and paid before the entry deadline of the competition. One entry fee per team.

In order to join a team you must first be entered in the singles competition.

Each team must present a list to the meet director with the team members full name and division they are representing. The division must be the same as their entry form. Each team will consist of a minimum of three members and a maximum of eight. Each member will receive a point for their ranking in the competition.

1<sup>st</sup> place = 5 points, 2<sup>nd</sup> place = 3 points and 3<sup>rd</sup> place = 1 point. 0 points thereafter.

The team with the most points wins. In the case of a tie, the team having the largest number of first places wins. If a tie still repeats then the coefficient formulas will be totaled per team and the highest team total wins.

### Awards

The official formula utilized to determine overall best lifter awards at any EPF sanctioned competition shall be the Schwartz Formula for men and the Malone Formula for women. The Schwartz Master's Formula shall be used for lifters 40 years of age and older.

### In case of Lifter's Tie

If two lifters weigh the same at weigh-in and eventually tie in their totals, they shall be re-weighed. The lifter weighing the lightest shall take first place and the heavier lifter second place. If they still weigh the same after the re-weigh, both lifters shall share first place and the person who would have regularly placed third will still be third and so on. If two lifters tie for first place, team scoring will be computed by adding the first and second place points and dividing them equally.

For **National Championships**, lifters entered in the event must have a current EPF federation membership card prior to the event. It must be presented at weigh-ins. Failure to present a current membership card may result in the lifter purchasing a new card to compete.

For **World Championships**, lifters entered in the event must have A current Elite Powerlifting Federation membership card prior to the event, and supply photo copy of card with entry form application, as well as present card at weigh-ins.

At anytime during an EPF event you may be asked to present a valid photo ID. Failure to do so may result in loss of title, record or membership.

## 3

## Equipment and Specifications

### 1. Platform

All lifts shall be carried out on a platform not less than 8ft x 6ft. It must be secure enough to insure the safety of the lifter, spotters, and loaders. The surface of the platform must be firm, non-slip, and level with no discernible seams in the vicinity of the general lifting area. Rubber mats or similar sheeting materials are permitted.

No one is allowed on the platform during lifting sessions except the lifter, the designated spotters, the referees on duty, and other meet officials as designated if the need arises. Any cleaning, mopping, brushing, or adjusting of the platform, or equipment will be handled solely by these personnel.

### 2. Bars and plates

For all powerlifting competitions under the rules of the EPF, only disc barbells are permitted. Only bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished. Different bars suited to particular lifts may be utilized providing that they conform to the specifications.

Specifications are as follows:

### **Bar**

The bar shall be straight, well knurled and grooved and conform to the following Dimensions:

1. Total overall length not to exceed 2.2 m. ( 7.2 ' )
2. Distance between the collar faces is not to exceed 1.32 m ( 52" ) or be less than 1.31 m. ( 51 5/8" )
3. Diameter of the bar is not to exceed 29 mm or be less than 28 mm.
4. Weight of the bar and collars are to be 25 kg. ( 55 .lbs )
5. Diameter of the sleeve not to exceed 52 mm or be less than 50 mm.
6. There shall be a diameter machined marking or the bar taped so as to measure 81 cm ( 31 7/8" ) between marking or tape.

Specialized squat bar shall have a maximum diameter of 32mm; a maximum sleeve length of 508mm; distance between inside collar faces not to exceed 1434mm; a maximum overall length of 2400mm. Weight 30kg include collars and shall be voted on by competitors.

**Discs** shall conform as follows:

1. All discs used in competition must weigh within 0.25 percent or 10 grams of their face value.
2. The hole size in the middle of the disc must not exceed 53 mm or be less than 52 mm.
3. Discs must be within the following range: 2.5 lbs, 5 lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs, 100 lbs.  
For state and national meets during record setting purposes discs of 1 lbs shall also be available.
4. For national or world record purposes, lighter discs may be used to achieve a weight of at least 1 lb greater than existing World or American record.
5. Discs weighing 45 lbs and over must not exceed 6cm in thickness. Discs weighing 35 lbs and under must not exceed 4 cm in thickness. Rubber discs do not have to conform to the stated thickness.
7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
8. The first and heaviest discs loaded on the bar must be loaded face in; with the rest of the discs loaded face out.
9. The diameter of the largest discs shall not be more than 45 cm.
10. Rubber or rubber covered discs are acceptable provided there is a minimum of 10 cm from the outside of the collars to the end of the bar, for spotter grip outside of the discs.  
Collars Shall always be used in competition. Must weigh 5 lbs each unless specialized squat bar is used. Collars made specifically for specialized squat bar are to be used with that specific bar.

**Misc.** Should blood appear on the bar, or open wounds on lifter, it must be rectified immediately, use 1 part bleach and 1 part water to clean bar.

### **Squat Racks**

- a) 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 loaders/spotter. It may consist of a one piece unit or two separate stands designed to hold the bar in a horizontal position.
- b) The design of the squat racks shall allow adjustments that accommodate all lifters.
- c) Height adjustments should be at incremental stages not exceeding 5cm.
- d) For extra safety all hydraulic racks should be capable of being secured at the required height by means of pins.
- e) In all World or National level competitions an adjustable hydraulic rack, mono lift or a non conventional squat rack should be used.

### **Bench**

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:

- a) Length - not less than 1.22m and shall be flat and level.
- b) Width - 29-32cm
- c) Height - 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- d) The height of the uprights on adjustable benches should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position. On nonadjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position.
- e) The minimum width between the insides of the bar rests shall be 1.10m.

## 5. Lights

A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and a red light, representing a "good lift" or "no lift" respectively. It is preferable that the lights be arranged horizontally corresponding with the positions of the three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees should also be provided with small white and red flags with which to make known their decisions, or using thumbs up or down.

## 4

## Lifting Attire And Personal Equipment

### 1. Lifting Suit

A lifting suit of the basic design illustrated shall be worn. It must be an individual full length article of cloth fabric. Its construction may consist of multiple plies to any thickness but must, as a whole, be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any color or colors. The length of the leg, when worn, must not extend beyond mid-thigh (medial point between crotch and top of knee cap). A t-shirt may be worn underneath. Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted. A wrestling singlet or spandex shorts/pants may also be worn.

### 2. Undershirt

One undershirt (of a design consistent with what is commonly called a T-shirt) with or without sleeves, may be worn under the lifting suit. It must be an individual article of cloth fabric. Its construction may consist of multiple plies but must, as a whole, be a singular component. The thickness(es) shall not be designed to increase, enlarge, or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the **competition.**

### 3. Briefs

A pair of briefs of any design may be worn, provided that the length of the legs does not exceed mid thigh, and that the waist does not extend beyond approximately midtorso. The briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole, be a singular component. Athletic supporters are permitted under the briefs.

**Raw-** You cannot wear any supporting gear such as super suits or multi ply clothing. It must be an individual full length article of cloth fabric . No bench press shirts, squat/deadlift suits powerlifting briefs of any kind. A wrestling singlet is suggested. Spandex pants/shorts may also be worn.

Belt, Wrist/knee wraps are acceptable as long as they meet our specifications.

### 4. Socks

One pair of socks may be worn. When worn they may not extend over the knee nor on the leg so that they touch any knee wrapping or knee cap supporter. Full length leg stockings, tights, or hose are not permitted.

### 5. Special Considerations

Women may wear additional protective briefs or panties. Women may also wear a bra provided it contains no special

support. The use of tampons, sanitary napkins, or related articles used for feminine hygiene protection are permitted. Plastic or fabric shin guards may be worn but must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

## 6. Belt

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.

### Materials and Construction:

- a) The main body shall be made of leather in one or more laminations which may be glued and/or stitched together, or of cloth, vinyl, or nylon with no metal materials allowed in belt except as noted below.
- b) It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminations of the belt.
- c) A metal buckle, studs, and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching. The belt shall not have any inflatable component on or within any of its surfaces.
- d) A leather, cloth, vinyl, or nylon tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- e) The lifter's name, the name of the lifter's nation, state or club may appear on the outside of the belt.
- f) A one or two prong buckle as well as the "lever action" fastening device may be used.

### 7. Dimensions:

- a) Width of belt to be a maximum of 13cm.
- b) Thickness of belt to be a maximum of 13mm along the main length.

## 8. Footwear

Footwear more substantial than basic socks must be worn. The only restrictions to such footwear is that no metal cleats or spikes are permitted.

## 9. Wraps

The fabric nature shall be an elastic weave primarily of polyester, cotton, or medical crepe singly or in combination.

Wraps may be used as follows:

- a) Wrists - Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively, elasticated wrist bands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wrist bands are of the wrap-around style, they may have a thumb loop not to be attached during lift and velcro patch for securing them. A wrist wrap shall not exceed beyond 10cm above and 2-1/2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions.
  - b) Knees - Wraps not exceeding 2-1/2m in length and 8cm in width may be worn. Alternatively, elasticated knee supports not exceeding 20cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the centre of the joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.
  - c) Elbows - Wraps may be worn only during the Squat and Deadlift competition but not during the Bench press. They may cover the general elbow area but not extend to the wrist or shoulder. They may be supportive sleeves of rubberized material or elastic wrap, but must be of one single unit only, and be one meter or less in total length.
  - d) Wraps - May be joined together, but the fabric may not overlap, ie they must be joined end to end only.
- a) Band aids, spot plasters or tape may be worn on the thumbs, but nowhere else without official permission of the referees or appointed "EPF."
  - b) With the permission and supervision of the referees, the appointed "EPF Contest Officials", the official doctor, or assigned paramedic, the lifter may apply spot plasters, bandages, tape or band aids to muscle injuries on the body. Similarly strip plasters, tape, or band aids may be applied to injuries on the inside of the hand, but in no circumstances must these applications extend around the back of the hand.

## 10. General

- a) The use of oil, grease or other lubricants and liquids on the body, costume or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic use of liniments, or rubs. However, such items must not be in evidence during platform attempts. Only powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Spray stickum may be used, but only on the lifter, not on the weight equipment.

- b) Nothing may be purposely applied to the platform, bench, or bars.
  - c) All articles of lifter's costumes and personal equipment shall be clean and generally neat and presentable. At the discretion of the referee, a lifter will not continue in the competition if this provision is not met.
  - d) Excessive "psyching up" techniques (ie swearing, hitting) shall be limited at the referee's discretion.
- No hats may be worn during the bench press or squats

## 5

### Inspection of Costume and Personal Equipment

1. At all competitions there will be no official inspection of costume and personal equipment prior to lifting.
2. It will be the lifters responsibility to be present on the platform outfitted in accordance with the rules governing costume and personal equipment.
3. Any items mentioned previously under costume and personal equipment may be inspected prior to the competition if the lifter has any doubt as to the legality of that item. Such inspections should be requested during the weigh-in sessions and directed to one of the EPF referees present, not an appointed weigh-in official. Such inspections may also be made at any time prior to lifting or upon leaving the platform by one of the appointed "EPF Contest Officials" or EPF referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed "EPF Contest Officials".
4. Items of personal attire not covered in the rules governing costumes and personal equipment such as: Headbands, mouthpieces, watches, costume jewelry, eyewear, and feminine hygiene articles are permitted. However, hats, or headbands worn to cover the head as a hat are not permitted to be worn on the platform.
5. Any items worn on the platform considered objectionable by virtue of being unclean, torn or tattered, indecent, or offensive to the spirit of the competition shall be rejected before the lifter is permitted to proceed.

If a lifter performs on the platform wearing or using any item that is illegal or not verifiably approved, the lifter shall lose credit for that lift, and may be disqualified from the competition. Any minor oversights, or items covered in (5) above, noticed before the lifter performs, should be indicated to the lifter and rectified prior to continuing.

7. Any lifter performing on the platform may be inspected before or after a lift if any of the referees doubt the legality of the costume or personal equipment being used.
8. Any lifter successful in a world record attempt must be inspected. Inspection may be solely visual when the legality of the lifter's costume and personal equipment is obvious, or otherwise more thorough. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or officials delegated by the referees in cases where the lifter is of the opposite sex. In all cases an announcement shall be made by the head referee to the speaker and records processor that the record has been verified.

## 5.2

### Logos for EPF National and Regional Competitions

One logo may be worn on the lifting suit and/or t-shirt in National or local level competition representing the lifter's National organization, his/her EPF registered club/team, or his/her EPF Regional/State logo. Manufacturers wishing to display their logos on the competition platform should apply for permission with the EPF President. The inclusion of such a logo may require the payment to the EPF of an annual or one time sponsor's fee. The EPF Executive Committee reserves the right to refuse permission for such use if it considers that the logo falls below the standard of good taste or conflicts with any previous agreement with another manufacturer. A single fee shall cover the various items presented by the manufacturer and shall be in effect for the designated time frame set fourth by both sides.

**Sponsors:** If you wish to be a sponsor of our event/s please contact us for your options.

## 6

### Powerlifts and Rules of Performance

**It is the sole responsibility of the meet director to provide safe lifting conditions during each event. There should be enough spotters and loaders during every lift attempt to assure safe lifting conditions.**

# Squat

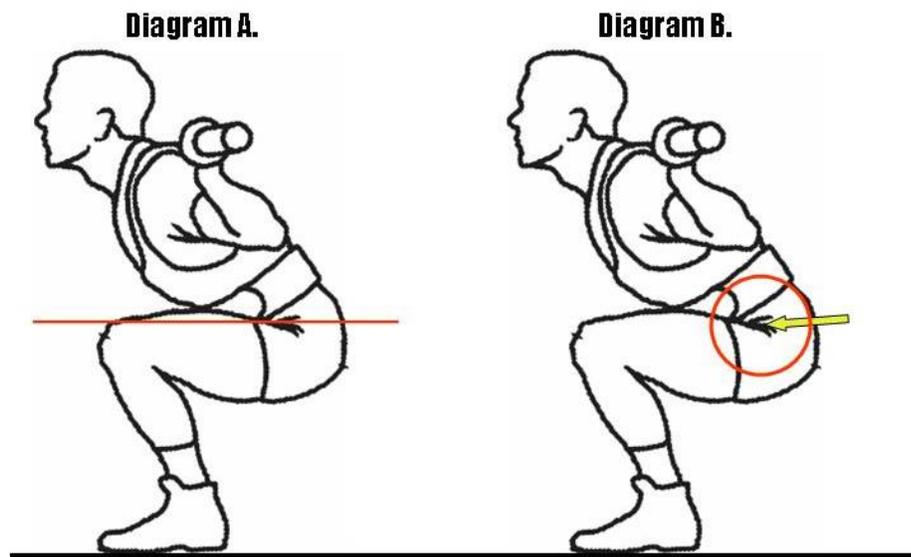
## 6.1

1. The lifter shall start out facing the front of the platform. The bar shall be held horizontal across the Shoulder's, hands and fingers gripping the bar, and the top not be more than 3cm below the top of the anterior deltoids. Hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, when the lifter is motionless, erect with knees locked, and the bar properly positioned the head Referee will give the signal to begin the lift. ( If squat racks are used the lifter must move backwards to establish the starting position.) The signal shall consist of a downward movement of the arm and the audible command "squat". *(the lifter may be aided in the removal of the bar from the racks by the spotter/loaders. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any evident instability)*
3. Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of knees. (See Diagrams A & B).
4. 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 head Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "
6. **It is the sole responsibility of the meet director to provide safe lifting conditions during each event. There should be enough spotters and loaders during every lift attempt to assure safe lifting conditions.** Extra spotters must stay just outside the platform in a position that doesn't impair the view of the judges.
7. The lifter will be allowed only one start signal per attempt.
8. The lifter may be given an additional attempt at the same weight at the head referee's discretion if failure in an attempt was due to any error by one or more of the spotters.

### Causes for Disqualification of a Squat

1. Failure to observe the head referee's signals at the commencement or completion of a lift.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with knees locked at the commencement and completion of the lift.
4. Movement of the feet laterally, backward or forward that would constitute a step or stumble.
5. Failure to bend the knees and lower the body until the surface of the legs at the hip joint are lower than the tops of the knees. (Refer to Diagrams A & B)
6. Any resetting of the feet after the squat signal.
7. Contact with the bar by the spotters between the referee's signals.
8. Contact of elbows or upper arms with the legs.
9. Failure to make a bona fide attempt to return the bar to the racks.
10. Any intentional dropping or dumping of the bar.

The surface of the legs at the hip joint must be lower than the tops of the knees.



6.2

## Bench Press

1. The front of the bench must be placed on the platform facing the head referee.
2. The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifter's shoes or toes must be in solid contact with the platform or surface. If the feet come up or move they must regain stability immediately. The position of the head is optional.
3. To achieve firm footing, a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.
4. **It is the sole responsibility of the meet director to provide safe lifting conditions during each event. There should be enough spotters and loaders during every lift attempt to assure safe lifting conditions.** The lifter may enlist the help of one or more of the designated spotters or enlist a personal spotter in removing the bar from the racks. Only designated spotters may remain on the platform during the lift. The lift off must be to arms length and not down to the chest. A designated spotter, having provided a center lift off, must immediately clear the area in front of the head referee and move to either side of the bar. If the personal spotter does not immediately leave the platform area and/or in any way distracts or impedes the head referees' responsibilities, the referees may determine that the lift is unacceptable, and be declared "no lift" by the referees and given three red lights.
5. **The spacing of the hands** shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee, and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt. The reverse or underhand grip is permitted.
6. Should the lifter choose to use a **thumb less grip** the lifter assumes all responsibility of any liability to him/herself or anyone on the platform as a result of using this grip. If the lifter cannot show safe control of the bar with a thumb less grip, they will be notified by any platform judge to change grip for any remaining attempts. If the lifter refuses to change grip from a thumb less grip to standard or reverse grip, they will forfeit any remaining attempts.

7. After receiving the bar at arms length, the lifter shall lower the bar to the chest and await the head referees' signal.
8. The signal shall be an audible command "Press" and given as soon as the bar is motionless on the chest. The bar must touch the lifters chest or lower sternum area. NO BELLY PRESSES. (Refer to Diagram C.)
9. The lifter will be allowed only one commencement signal per attempt.
10. After the signal to commence the lift has been given, the bar is pressed upward. The bar is allowed to sink into the chest or move downwards prior to the lifter's attempt to press upward. The lifter will press the bar to straight arm's length and hold motionless until the audible command "Rack" is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.

### Causes for Disqualification of a Bench Press

1. Failure to observe the Chief referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position or the raising of the buttocks, or lateral movement of the hands, during the lift proper (between the referee's signals). Any excessive movement of the feet during the lift proper.
3. Bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after receiving the referee's signal.
5. Pronounced uneven extension of the arms during or at the completion of the lift. By judgment of the referees
6. Any downward motion of the bar during the course of being pressed out.
7. Contact with the bar by the spotters between the referee's signals.
8. Any contact of the lifter's shoes with the bench or its supports.
9. Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.

**Diagram C.**



It is the responsibility of the lifter to inform any personally enlisted spotters to leave the platform as soon as the bar is secured at arms length. Such spotters shall not return to the platform upon completion or failure of the attempt. It is especially important for a spotter providing a centre lift off to leave the platform quickly so as not to impair the head referee's view. Failure of any personal spotters to leave the platform may cause disqualification of the lift.

### 6.3

## Deadlift

**It is the sole responsibility of the meet director to provide safe lifting conditions during each event. There should be enough spotters and loaders during every lift attempt to assure safe lifting conditions.**

1. The bar must be 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. The bar may stop but there must be no downward motion of the bar.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect.
4. The head 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 an apparent finished position.
5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

## Causes of Disqualification of a Deadlift

1. Any downward motion of the bar before it reaches the final position.
2. Failure to stand erect.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. 'Supporting' is defined as a body position adopted by the lifter that could not be maintained without the counterbalance of the weight being lifted.
5. Movement of the feet laterally, backward or forward that would constitute a step or stumble.
6. Lowering the bar before receiving the head referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.

## 7

### **Weigh-In**

1. Weighing-in of the competitors shall be initiated in the night before the competition and the morning of the competition. Both sessions shall take place at the location of the event. The initial weigh-in session shall be a minimum duration of one and a half hours. There shall be another weigh-in session commencing two hours before and ending one hour before the start of the competition for all categories unless otherwise stated in the event form. These two weigh-in sessions are mandatory. Additional interim weigh-in sessions may be provided at the discretion and agreement of the competition Organization Committee and appointed 'EPF Contest Officials'. All weigh-in sessions and their durations must be posted and communicated to all lifters and coaches.
2. All lifters in the category must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence or authority of at least one EPF referee. However all lifters must report to the first weigh-in session to acknowledge their presence.
3. The weigh-ins must be in a private area, where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials represent. The lifter's recorded body weight must not be made public until all lifters competing in that particular category have been weighed. There must be at least 2 officials from different countries at the weigh-in at World Championships.
4. Lifters must be weighed nude or in standard underwear (briefs for men, bra and panties for women). The weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex. Additional officials may be appointed for this purpose.
5. During the weigh-in sessions lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the WPC referees.
6. Lots will be drawn to establish the order of the initial weigh-in. The lots drawn also establish the order of the lifting throughout the competition when lifters require the same weights for their attempts.
7. Each lifter may only be weighed 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 during one of the official weigh-in sessions and before the end of the final weigh-in sessions, otherwise they will be eliminated from the competition for that body weight category. Lifters trying to make weight may be reweighed as often as they wish within the allowances of time and the posted weigh-in schedule.
8. A lifter who is too heavy may move into the next higher category. The lifter must again be weighed during the weigh-in sessions scheduled for the new category. All qualifying standards must be met. Proof of qualification

resides with the lifter.

9. A lifter who weighs lighter than the lower limit of the category, may drop into the next lower category, provided it has not already taken place. All qualifying standards must be met. Proof of qualification resides with the lifter.
10. Official body weights shall be recorded to the nearest tenth of a kilogram.
11. Any lifter that has not weighed in and had his or her opening attempts recorded at the last weigh-in session that ends thirty minutes prior to the start of his or her session, round or flight, may not compete in that session, round or flight. In the case where there is one session in the competition, that competitor shall not be allowed to participate in the competition. In cases where inclement weather and/or hazardous conditions exist in the area of the venue, extension of weigh-in time shall be determined upon the discretion of the technical officer or appointed EPF contest official.
12. If two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will be reweighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after reweighing, they will share the placing, and each receive any award that is being presented. In such circumstances, should two lifters be in first place, the next lifter shall be placed third and so forth.
13. Lifters should, if required, check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition. Additionally, the first attempts will be required of the lifters at the time of weigh-in.

## 8

### Order of Competition

1. The "Round System" - Each lifter in the flight must lift once before the second attempts begins. The weights are in order from lightest to heaviest. If there are three attempts with the same weight then the order would go lightest body weight first and so on. Once all lifters have lifted once, then the second attempts can begin with the lightest weight attempted and continues up to the heaviest. You should not arrange the order any differently.
  - a. At the weigh-in, the lifter must declare a first attempt for all three lifts.
  - b. 10 or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights though again one Flight is preferable. Over 15 lifters must be split into appropriate Flights. Decisions on such divisions shall be made by the appointed "EPF Contest Officials" in conjunction with the competition Organizing Committee. Wherever possible lifters in the same body weight category should all compete in the same Flight.

## 09

### Qualifying for the World Championships

Lifters may qualify for the National Championships by placing 1-3 in a weight class at their State Championships within the same year as the National Championship. Lifters may qualify for the World Championships by placing 1-3 in a weight class at the National Championships within the same year as the World Championship.

**World Records-** The EPF does not keep world records. Powerlifting Watch logs all world records of all federations. [www.powerliftingwatch.com](http://www.powerliftingwatch.com)

### Who May Compete in Championships

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

## 10

### SANCTIONING COMPETITIONS

EPF does not charge a fee for sanctioning an EPF contest, However all state meets must be approved by the EPF president. The meet director must apply for the state sanction at least 12 weeks prior to the date of the competition. There should be no other EPF competitions in that state within 50 miles on the date of the competition. All competitors

at EPF state sanctioned events must be EPF members. The meet director will sell EPF memberships at the competition and must mail all registrations and 100% of the fees received to the EPF within seven days after the competition. The membership kick backs will be mailed to the meet director shortly after receiving all items and reviewing the process.

**National meets** – To host a National meet you must apply for the opportunity with the EPF president at least 20 weeks prior to the event. When hosting a national event you are representing the federation. You must have the following equipment.

Microphone and speakers, judging lights, EPF banner, clothed tables for the announcing and awards table, EPF polo shirts for the chairmen and all judges, EPF event shirts for the spotters, chairs for spectators and clean bathrooms.

## 11

### Loading Errors or Incorrect Announcements by Speaker

1. If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt or elect to take the attempt again at the weight originally requested. If the lifter chooses to re-take the attempt, he/she will be placed in rotation at the end of the round.
2. If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be credited with the attempt. However, the weight may be reduced again if required by other lifters. If the attempt is not successful, the lifter will be granted another attempt at the original weight at the end of the round.
3. If the loading is not equal on each side, or if any changes occur on the bar or discs during the lift and the lift is not successful, the lifter will be granted another attempt at the original weight requested. If the announcer fails to announce a lifter at the appropriate weight, then the weight on the bar shall be reduced as necessary and the lifter will be allowed to take the attempt.

## 12

### General Rules and Reasons for Disqualification

1. A lifter shall not adjust or wrap his equipment within the vicinity of the platform. The only exception to this rule is the belt may be adjusted.
2. Three unsuccessful attempts in any lift will automatically eliminate a lifter from the competition. If a lifter sets a record in one of the other lifts prior to being eliminated and the proper officials are present, the lifter will be granted the record in that lift. He, however, will not be allowed to continue with the competition.
3. Upon completion of a lift, the lifter has 30 seconds to leave the platform. Failure to comply after being warned will result in disqualification of the lift.
4. If a lifter suffers an injury, the official doctor will examine the injury. If he/she considers it inadvisable to continue, the lifter must retire from the competition. If no doctor is present, the referees or meet director will determine if the lifter can continue.
5. Any lifter or coach, who by reason of misconduct upon or near the competition platform is likely to discredit the sport and shall receive one official warning. If the misconduct continues, the referees will disqualify the lifter and order the coach to leave the venue. This rule applies even if it is the lifter's last lift of the day at a competition. Any lifter who strikes an official or any other individual at a competition will be permanently banned from all EPF competitions.

Any lifter who causes a disruption that seriously interferes with efficient operation of a competition, or interferes with lifters preparing for a lift will be suspended from the competition and all lifts will be voided and the lifter will be asked to leave the venue. The EPF President may take further action by suspending the lifter for a longer period of time.

6. Any certified EPF referee who through his/her actions is obviously showing favoritism or bias towards a lifter will be permanently suspended as an EPF referee.

7. If a lifter assaults an official, competitor or spectator, the meet director shall notify the EPF in writing within three days of the incident. A written complaint should include the name/s and the lifter/s involved.

### **Ramifications of "Cheating"**

If it has been determined that a lifter has "Artificially" shortened the path needed to perform a lift by using foreign objects under or inside his allowed apparel will suffer the following consequences:

A. Any lifter competing in an EPF sanctioned event will be immediately removed from the competition, all lifts will be voided and the lifter will be suspended for a period of 1 year.

B. If the lifter is competing in a Pro/Am event where prize money is awarded, in addition to being removed from competition and lifts being voided, Lifter WILL BE SUSPENDED FOR LIFE.

### **REFEREES**

#### **Referee Dress Code**

Referees should dress neatly and appropriately. National and World Championships. Referees will be required to wear the official EPF referee shirt which can be purchased through the EPF at cost.

#### **Referee-Spotter Cooperation**

Referees should position themselves in the best viewing position possible. As the lift is in progress, the rear and side spotters must position themselves so each referee has a clear view of the lifter. The lifter may utilize his/her own rear spotter for the squat if requested. **If the lifter's own spotter/s interfere with the judges' ability to see the lift being performed and accurately judge the lift, the lift will be disqualified. If the spotter/s at fault for impeding the judges' view is part of the platform personnel, the lifter will be given another attempt.**

#### **Non-Influence of Referees Toward Each Other**

All lifting attempts are to be judged equally. A referee should not attempt to influence the decision of the other referees. No conditions should interfere with fair judgment of all lifters. Absolutely no favoritism will be tolerated. **To ensure fair judging, any sitting referee who is an EPF Board Member can overturn another referee's judgment if the Board Member deems the call flagrantly unfair.**

#### **Acceptable Referee Communication**

Referees may consult with each other or any other official to expedite the competition or to correct faults. Consultations should be kept brief and not interfere with the progression of the competition. The lifter will never be penalized by an official's error and will always receive the benefit of corrections.

#### **Designation of Platform Referees**

There are three platform referees: one center referee and two side referees. Side referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. The center referee is located in the center of the platform only.

The center referee is responsible for giving the necessary signals for all three lifts. The center referee may disqualify a squat for depth ONLY if the depth achieved by the lifter is flagrantly high.

### **Duties of the Platform Chief Referee**

The head 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.

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.

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#### **EPF Chain of Command**

The **EPF President** has the power to supplement or change the rules in this Rulebook if situations arise and are undefined in this Rule Book. He will make final judgments should the Executive Committee be unable to settle a discrepancy. The **Executive Referees** have final decisions in all meet situations, unless an Executive Board Member is present and is needed to help settle a discrepancy. The meet director is also included in any consultation regarding a discrepancy during the competition. The meet director is also responsible for sending meet results to the home office and to Powerlifting Pub

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#### **Filing a Complaint:**

Any valid EPF member has the right to lodge a formal complaint with the Home Office regarding misconduct, bad refereeing, or any infraction they may have been involved in or witness to at any EPF sanctioned meet. The Home Office will accept complaints issued using the official EPF Complaint Form (available online at [www.elitepowerlifting.com/complaint](http://www.elitepowerlifting.com/complaint) ) Available on line.

In participation in a **powerlifting** Competition is potentially hazardous. You should not enter unless you are able and properly trained. You should understand and agree that neither Bill Durant, the EPF, nor its employees or offers may be held liable for any occurrence in connection with this competition which could result in injury, death, or damages to you. In consideration of being allowed to compete in any EPF event, you hereby assume all risks in connection with this event and release the EPF, **Galaxy Gym**, Bill Durant its Weightlifting Club operators and all other employees or officers or persons in any way connected with this event or with the EPF, for any injury or damage which may befall on you while you engaged in the event, including all risk connected therewith, whether foreseen or unforeseen; and you do further agree to save and hold harmless the Elite Powerlifting Federation and all the above-mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of your participation in any EPF event.

The EPF is only a sponsor of these powerlifting events and is not liable for any injury or claims of any kind.