

GPC Great Britain Rule Book 2013



01. General Rules

- a. Membership & Fees
- b. General Contest rules
- c. Age categories
- d. Body weight categories

02. Contest Officials

- a. Technical committee
- b. Referees

03. Technical Competition Rules

- a. Power lifts & Rules of Performance
- b. Intentional faults
- c. General
- d. Errors in loading

04. Weighing-In

05. Order of Competition

06. Costume & Personal Equipment

07. World and National Records

08. Competition Organizer

- a. Reference
- b. Insurance
- c. Competition organization
- d. Technical checklist
- e. Equipment & specification

01. GENERAL RULES

a. Membership & fees

- **Membership fees:** \$80 for a new adult member, \$60 for a renewing adult member, \$50 for teens (under 20 years old).
- **Memberships** are valid for one year from the date of purchase and allow lifters to enter competitions in which records may be broken.
- **In order to receive the 'renewing member' price** members must pay for the coming years membership **before** their previous year's membership expires.
- **Membership forms and fees** must be sent to the treasurer via post or email.

b. General contest rules

- **The Annual General Meeting (AGM)** should always be held during the weekend of the national championships. All members will be invited before the AGM; their points can be part of the agenda. The items for discussion must be sent to the secretary no later than 2 weeks before the competition. Concerning elections, each committee member and each state delegate has got one vote, and they are able to vote in and out new committee members.
- **The Board members, Technical officers and Presidents** must be able to decide and take decisions by need during course of the year. All they must be involved by the secretary without an AGM.
- **The Global Power lifting Committee (GPC)** recognizes the following lifts, which must be performed in the designated sequence in all applications conducted under GPC rules:

Squat / Bench Press / Dead Lift / Total
- **All competitions under GPC Australia** must be run conducted as per this rule book and in kilograms.
- **GPC Australia** additionally recognizes and registers national records (in kilograms) for the same lifts within the age and body weight categories.
- **At all competitions** where "Best Lifter Awards" are presented, places will be calculated with the "Glossbrenner" Formula. Only winners of weight classes will be eligible towards Best Lifter.
- **The largest successful attempt** of each lift will result in a Total. The Winner of the competition will be determined by highest Total. No fourth attempts or numbers not a multiple of 2.5kg may be included in the total. If an attempt is taken at an odd number such as 363kg or 240.5kg the attempt will be rounded down to the nearest 2.5kg increment e.g 362.5kg and 240kg respectively.
- **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 re-weighed at the end of the competition and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will share the placing, and each receives 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.

c. Age categories

Teenage:

From 13 years to and including 19 years of age. The day a teenager turns 20 years he or she is no longer a teenager.

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. The day a junior turns 24 years he or she is no longer a junior.

Sub Master:

From 33 years to and including 39 years of age.

This division is for record purposes only. Sub masters shall lift in the open (senior) division.

Master:

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

Open:

All ages.

- **A** teenager, Junior and Master can also compete in the Open class.
(No double registrations see 04.Weighing-in)
- **C**ompetitive lifting shall be restricted to competitors aged 13 years and over.
The lifter must have attained minimum age on day of the competition where age limits are imposed.

d. Body weight categories

Men:

52.0 kg Class up to 52.0kg
56.0 kg Class from 52.01 to 56.0 kg
60.0 kg Class from 56.01 to 60.0 kg
67.5 kg Class from 60.01 to 67.5 kg
75.0 kg Class from 67.51 to 75.0 kg
82.5 kg Class from 75.01 to 82.5 kg
90.0 kg Class from 82.51 to 90.0 kg
100.0 kg Class from 90.01 to 100.0 kg
110.0 kg Class from 100.01 to 110.0 kg
125.0 kg Class from 110.01 to 125.0 kg
140.0 kg Class from 125.01 to 140.0 kg
140.0 kg + Class from 140.01 to Unlimited kg

Women:

44.0 kg Class up to 44.0kg
48.0 kg Class from 44.01 to 48.0 kg
52.0 kg Class from 48.01 to 52.0 kg
56.0 kg Class from 52.01 to 56.0 kg
60.0 kg Class from 56.01 to 60.0 kg
67.5 kg Class from 60.01 to 67.5 kg
75.0 kg Class from 67.51 to 75.0 kg
82.5 kg Class from 75.01 to 82.5 kg
90.0 kg Class from 82.51 to 90.0 kg
90.0 kg+ Class from 90.01 to Unlimited kg

02. CONTEST OFFICIALS

a. Technical Committee

- The Technical Committee is responsible for attending a technical meeting prior to the competition.
- Technical Officers MUST be present at any state/national level competition.
- Before each competition, the Technical Director must satisfy himself that the Technical Officers and Referees on duty have a complete knowledge of their role and any new rules or regulations.
- All Technical Officers must be at least GPC Referee category 1.
- Technical Officers will be responsible for:
 1. Examination of referees.
 2. Answering technical questions at competitions
 3. Overseeing events to make sure GPC rules and standards are upheld.

The Technical Director may during the competition replace any referee whose decisions in their opinion prove the referee to be incompetent. The referee concerned MUST have received a warning prior to any action of dismissal.

- If a serious mistake occurs in the refereeing which is contrary to the technical rules, the Technical Officers may take appropriate action to correct the mistake. They cannot overrule or change the decisions of the referees but can grant an extra attempt to the lifter by authorization.
- At least one by preference two Technical Officers shall be present at all lifting sessions.
- The platform and competition equipment complies in all respects with the rules.
- Bars and discs are checked for weight discrepancies and defective equipment discarded.
- Scales work correctly and are accurate and have a certificate of accuracy provided to the technical officer at the start of each calendar year.
- The lifters weigh-in within the limits of the body weight categories and within the time frame of the posted weigh-in sessions.
- Any lifter's costume or personal equipment, if requested, is inspected and approved or rejected.
- That speaker/announcer, timekeeper, marshals/expeditors, scorers, record processor and loaders/spotters understand their duties and the rules that may pertain to them.

b. Referees

GPC Australia Referee Classifications:

- **Category 1:** referees must have passed the written GPC Australia referee's exam as confirmed by the national technical officer and may head or side judge at novice competitions as well as side judge at state competitions.
- **Category 2:** referees must have head judged at a novice competition and side judged at a state competition and been approved by a state representative of GPC Australia. These referees may head judge at state competitions and side judge at national competitions.

- **Category 3:** referees must have head judged at a state competition and side judged at a national competition and been approved by a state representative of GPC Australia. These referees may head judge at national competitions.
- **Category 4:** referees must have head judged at national competitions. These referees are now able to sit the GPC world exam to sit in on, and authenticate GPC world record attempts
- Any national Referee that wishes to take a test to become an International Referee must notify the Technical Director . They will be placed on a waiting list and notified of the next available opportunity for them to take the test.

National Referees who successfully pass stages (1) & (2) of the international test will qualify to become a category (1) referee ,advancement to category (1) will depend upon the performance of the referee at international level. Only when the Technical Director is satisfied that the referee is fully competent at that level will advancement take place'

- **GPC** referees may have their refereeing status revoked upon consideration of their performance and abilities by the Technical Director.
- **All** international referees, (cat 1, 2 or 3) who do not referee an international event for 2 consecutive years will lose this international referee status, and if they wish to continue as an international referee they must re sit the referees test.
- Any GPC referee whom through his/her actions shows bias towards a lifter or partiality will be suspended.
- In order to pass the written exam a member must answer 100% of the questions in section A correct and at least 85% of the questions in section B correct.
- **GPC Australia** referees may have their refereeing status revoked upon consideration of their performance and abilities.
- By agreement of the president, vice president and national technical officer a member may be granted category 1, 2 or 3 referee status without having completed the usual prerequisites.
- **All referees must judge at least one competition every two years in order to keep their referee status from expiring.**

AT ALL GPC AUSTRALIA COMPETITIONS, REFEREES SHALL BE UNIFORMLY DRESSED.

- **Men:** Black Jeans, trousers or dress shorts, closed-in shoes, together with official t-shirt
- **Women:** Black Jeans, trousers, skirt or dress shorts, closed-in shoes, together with official t-shirt
- **Referees** on the platform are not permitted to wear hats or caps.

Referees on duty:

- There will be three referees - the head referee and two side referees.
- **At World and International Competitions only GPC Referees will adjudicate the lifting. Two referees of the same nationality or relatives cannot be selected to adjudicate on the same platform at one time.**
- At GPC Australia competitions where National records can be set, a minimum of one Category 3 referee and two Category 2 referees is required.
- **The selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another session.**
- **The head referee is responsible for giving the necessary signals for all three lifts, for indicating to the speaker and timekeeper when the bar is ready, for communicating to the speaker the verification of world records and any special decisions upon performance decided by the referee.**
- **The head referee may consult with the side referees, the appointed GPC Contest Officials or other official as necessary in order to expedite or facilitate the running of the competition.**
- **The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Dead lift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless and seated between signals .**
- **The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter errors, or other platform altercations of the speaker to make the appropriate announcement. Such decisions shall be first discussed with the other platform referees.**
- **The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift. Lifter's safety shall take priority over anything else.**
- **The side referee should not impose upon the spotter's duties but should make adjustments to their own seating position and may lean sideways or forward during a lift to obtain the best viewing vantage.**
- **Side referees during the squat must be positioned to the side or front of the squatter and not to the rear. Spotters for the squat **must** provide a window for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins.**
- **The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose.**
- **Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.**
- **After the event round (squat/bench press/deadlift), the three referees shall sign the official record applications .**

A referee observes a fault sufficient to give a cause for disqualification of the lift the procedure is as follows:

- **The referees may stop the lift for discretionary safety. The head referee shall signal the lifter with a downward motion of the arm and the audible command of "Down" for the Dead Lift and shall instruct the spotters to take the bar on the Squat and Bench Press, only if safe and appropriate to do so.**

- **P**rior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the setup of the lifter, they will call attention to the fault as previously described. If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee sees a fault that may not be visible to the side referees, e.g. hands holding the sleeves or discs on the Squat or a grip in excess of 81cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter will be reminded within his remaining time that he can repeat his attempt with the fault corrected. Note: for the above reasons it is important that the timekeeper stops timing the attempts on the Squat and Bench Press only when the lifter has received the commencement signal.
- **P**rior to the commencement of a lift, if either of the side referees observes an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either case the referees will be called together to inspect the lifter. If the fault is considered a purposeful intention to cheat, the lifter will be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered and the action taken will be at the discretion of the referees on duty.
- **P**rocedure when a referee is blocked out of viewing a lift in progress: If during the lift, a spotter unintentionally gets in the way of a referee's view, so that he does not actually see the lift, the referee should give the lifter a white light, and the spotter is warned.
- **R**eferees shall, if requested, explain to a lifter or coach the reason or reasons why a lift was judged "no lift". All that is required of such an explanation is an accurate statement, debates will not be entered into, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document, verbal or video account concerning the progress of the competition.
- **A** referee shall not attempt to influence the decision of other referees. Once any lift has begun, each referee will withhold his individual judgment until the completion of the lift, indicating such with a red or white light. Under no condition should a referee raise his hand after the lift has commenced unless to insure the safety of the lifter.
- **I**f any of the referees suspect without certainty any infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified or infractions deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.

03. TECHNICAL COMPETITION RULES

a. Power lifts & Rules of Performance

Signals and implementation of the three lifts are as follows:

1. SQUAT

Start: A visual signal consisting of a downward movement of the arm, together with the audible command "Squat".

Completion: A visual signal consisting of a backward movement of the arm, together with the audible command "Rack".

- **After** removing the bar from the Monolift while facing the front of the platform, the lifter must not step either backwards or forwards, however the lifter may adjust their feet outwards or inwards to obtain their chosen stance .The top of the bar shall not be more than 3cm below the top of the posterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/ or fingers gripping the bar , and the feet flat upon the platform with the knees locked
- **The** lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".
- **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 is lower than the top of the knees.
- **The** lifter must recover at will, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery. As soon as the lifter demonstrates a controlled final position, the head referee will give the signal indicating completion of the lift and to replace the bar.
- **The** signal to replace the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then make a legitimate attempt to return the bar to the racks.
- **The** lifter shall face the front of the platform, towards the head referee.
- **The** lifter shall not hold the sleeves or discs at any time during the performance of the lift. however, the edge of the hands gripping the bar may be in contact with the inner surface of the sleeve.
- **Not** more than six and not less than four loaders/spotters shall be on the platform at the same time during the squat . This includes one monolift operator.
- **The** lifter may enlist the help of spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any evident instability.
- **The** lifter will be allowed only one commencement signal per attempt.
- **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.
- **Once** the bar has been replaced in the racks at the completion of the lift, the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".

Causes for Disqualification of a Squat:

- **Failure** to observe the head referee's signals at the commencement or completion of a lift.
- **Double bouncing** or more than one recovery attempt at the bottom of the lift.
- **Failure** to assume an upright position with knees locked at the start and completion of the lift.
- **Failure** to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
- **Any forward or backward step after removing the bar from the Monolift**
- **Any** resetting of the feet after the squat signal.
- **Contact** with the bar by the spotters between the referee's signals.
- **Contact** of elbows or upper arms with the legs.
- **Failure** to make a legitimate attempt to return the bar to the racks.
- **Movement** of the feet laterally, backward or forward between the referee's signals that would constitute a step or stumble; (rocking the feet between the ball and the heel is permitted).
- **Any** intentional dropping or dumping of the bar.

2. BENCH PRESS

Start: An audible command of "Press" given AS SOON AS the bar is **motionless on the lifters chest.**

Completion: An audible command of "Rack" when the bar has been pressed to straight-arm's length.

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 lifters shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.

- **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.
- **Not** more than four and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designate spotters or enlist personal spotters, in removing the bar from the racks. Only designated spotters may remain on the platform during the lift.
- **The** lift off must be to arm's length and not down to the chest.
- **After** receiving the bar at arm's length, the lifter shall lower the bar to the chest and await the head referee's signal.
- **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 arm's length. Such spotters shall not return to the platform upon completion or failure of the attempt.
- **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 head referee may determine that the lift is unacceptable and be declared "no lift" by the referees and given three red lights. Failure of any personal spotters to leave the platform may cause disqualification of the lift.
- **Failure** of any personal spotters to leave the platform may cause disqualification of the lift.
- **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.**
- **The bar must be at straight arms length and motionless before the lift is commenced.**
- **The lifter will be allowed only one commencement signal per attempt.**
- **After the press call has been given, the bar is pressed upward. The bar shall not be 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.**
- **Once the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".**

Causes for Disqualification of a Bench Press:

- **Failure to observe the referee's signals at the commencement or completion of the lift.**
- **When arms are not straightened and motionless before the lift was commenced.**
- **Any change in the elected lifting position or the raising of the buttocks, (as long as some portion of the buttocks remains on the bench and a referee cannot see straight through the lift is permissible).**
- **Lateral movement of the hands during the lift (between the referee's signals).**
- **Any movement of the feet during the lift.**
- **Bouncing the bar off the chest.**
- **Allowing the bar to sink into the chest after receiving the referee's signal.**
- **Excessive uneven extension of the bar during or at the completion of the lift as judged by the referees. As a guide, if the plates would slide off the bar without collars holding them in place.**
- **Any downward motion of the bar during the course of pressing out.**
- **Contact with the bar by the spotters between the referee's signals.**
- **Any contact of the lifter's shoes with the bench or its supports.**
- **Contact between the bar and the bar rest uprights during the lift to assist the completion of the press .**

3. DEAD LIFT

Start: No signal required.

Completion: A visual signal consisting of a downward movement of the arm together with the audible command "Down".

- **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.**
- **The lifter shall face the front of the platform.**
- **On completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect, (the shoulder will not be forward or rounded. it is not necessary that they be back past the erect position.**

- The head referee's signal shall not be given until the bar is held motionless and the lifter is an apparent finished position.
- Any rising of the bar or any deliberate attempt to do so will count as an attempt.
- Once the bar has been replaced on the platform at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".
- Knee high socks are required.

Causes of Disqualification of a Dead lift:

- Any downward motion of the bar before it reaches the final position, (at the completion of the lift, if the bar settles as the shoulders come back this should not be reason to disqualify the lift).
- Failure to stand erect, (the shoulders will not be forward or rounded. It is not necessary that they be back past the erect position. All be it is permissible).
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs in a manner that the lifter can obtain leverage or hitching.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble.
- Lowering the bar before receiving the head referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands.

b. Intentional faults

Faults that should be considered as a purposeful intention to cheat are:

- The use of more than one lifting suit or illegal lifting suits.
- The use of more than one supportive undershirt or illegal undershirt.
- The use of more than one pair of briefs.
- The use of more than one pair of wraps, or wraps substantially over regulation length (more than 10% i.e. greater than 2.75m).
- Any additions in excess of the prescribed costume and personal equipment .
- Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead lift.
- Other infractions of similar gravity.

Faults as oversight or genuine mistakes:

- Socks overlaid by or touching knee wraps.
- Wraps applied as to obviously exceed the width dimensions allowed for the wrist (12cm) or knee (30cm).
- Wraps slightly in excess of the prescribed regulation (less than or equal to 10%).
- Items forgotten to be removed that may have been worn for warm-ups or to maintain warmth, e.g. hats, rubber elbow bands, etc.,
- Other infractions of similar consequence.

c. General

- Blood or other foreign substances appear on the bar or equipment must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.
- No one is allowed on the platform during lifting sessions except the lifter, the designated loaders/spotters, the three referees on duty and any other meet officials as designated if the need arises. Solely these personnel will handle any cleaning, mopping, brushing or adjusting of the platform or equipment.

- **Personal non-designated spotters** are not permitted on the platform for the Squat or Dead lift. Personal non-designated spotters are permitted to lift-off on the Bench press, however, once the bar has been correctly positioned at the lifter's arms length any personal spotter must quickly leave the platform area .
- **Coaches** shall remain back from the platform ,The appointed GPC Contest Officials should define a coaching area.
- **When** the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time between commencement and completion signals from the head referee.

Important exception:

If the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee or lifter has requested intervention then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back on the racks.

- **Other** than initial removal of the bar from the racks the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat the spotters should assist in steadying the lifter until control has been regained.
- **After** the "Rack" command is given, the spotters may guide the bar back into the rack, (once the "Rack" command has been given, the lift is officially over).
- **Lifters** shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform.
- **Removing** wraps, belts and costume shall be performed off the platform.
- **Nothing** may be purposely applied to the platform, bench or bars (oil, grease, other lubricants and liquids, rubs, oil, liquids, or sprays. Powder includes chalk, talc, and magnesium carbonate.
- **Items** such as chalk, inhalants, talc, etc. should be utilized away from the platform area.
- **In** competitions under GPC jurisdiction including any competitions where world records are set, the weights used must be in kilograms, and the barbell must always be a multiple of 2.5kg.

Exceptions to this rule:

A World / **National** record attempt (see WORLD AND NATIONAL RECORDS).

- **The** weights shall be announced in kilograms .
- **In** all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
- **The** minimum increase between any attempts shall be 2.5kg. Except for men, from 1st attempt to 2nd attempt a 5kg increase must be taken, or 2nd attempt will be forfeited and will be called the 3rd attempt.
- **A** lifter is permitted one change of weight on the first attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round.

- **Lifters** must submit their second or third attempts within one minute of completing the preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter will forfeit the next round attempt.
- **Weights** submitted for second and third attempts on the Squat and Bench Press **can** not be changed.
- **In** the Dead lift, changes of weight are permitted. The lifter may not change an attempt if he or she has been called to lift and the bar has been called as "ready" or "loaded". On second attempts, the lifter shall be allowed one change in weight, and on third attempts, the lifter shall be allowed two changes in weight if he or she has been called to lift, but the bar has not been called as "ready" or "loaded".
- **In** single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter's flight. Third attempts may be changed as many times as the lifter desires as long as his or her name has not been called to lift.
- **On** the completion of an attempt the lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.
- **Any** physical abnormality, handicap, or incapacity of a lifter that may cause, or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed GPC Contest Officials. This should be in advance of the start of the lifter's flight. The lifter, GPC Contest Officials and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations.
- **If**, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed GPC Contest Officials together with the referees on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue. The team manager must be officially informed of both warning and disqualification.
- **Excessive** psyching up techniques (yelling, hitting/slapping) shall be done in the warm up room not at the platform or in view of the public. Swearing on the platform is not permitted. In the first instance, the lifter may receive a warning. Repeated infractions will result in the lift not be awarded, and depending on severity, disqualification from the competition.

Any lifter or coach who strikes an Official or any other individual at a competition will be banned from all GPC competitions indefinitely.

- **All** appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition will be made to the appointed GPC Contest Officials. This must be done immediately following action of which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.
- **The** appointed GPC Contest Officials will consider all such complaints. If deemed necessary, the appointed GPC Contest Officials may temporarily suspend the progress of the completion to consider the situation fully. After due consideration the complainant will be informed of any decision and any appropriate measures that may be taken. The verdict of the appointed GPC Contest Officials will be considered final and there will be no right or appeal to any other body.
- **When** athletes do three unsuccessful attempts in any lifts (squat, bench, dead lift) they will be allowed to finish the competition but they can not claim a record or a place in the results.

- **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, and magnesium carbonate. Spray may be used, but only on the lifter, not on the weight equipment.**

d. Errors in Loading

- **If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted, or elect to take the attempt again at the originally requested weight.**
- **If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.**
- **If the weight is not the same on each side of the bar and the lift is successful, rules for overloaded and under loaded bars, as above apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not a multiple of 2.5kg (I.e., a 1.25kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5kg. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.**
- **If any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.**
- **Should the platform or equipment become disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight, at the discretion of the referees on duty.**
- **If the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the referees will make the same decisions as for loading errors.**
- **All attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.**
- **If a lifter misses an attempt because the speaker failed to announce the lifter's name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again, this shall be at the discretion of the referee on duty.**

04. WEIGHING-IN

- **All weigh-in sessions and their duration's must be posted and communicated to all lifters and coaches on official websites, official hotels, warm up rooms and social media if applicable.**
- **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 are present. 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 European or World Championships.**

- There will be a weigh-in commencing 24 hours before the particular lifting day of those categories.
- There is a 2 hour weigh-in on the day of the lifting classes, to conclude 1 hour before lifting of the classes commences.
- Additional interim weigh-in sessions may be provided at the discretion and agreement of the competition Organization Committee and appointed GPC Contest Officials.
- 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 GPC contest official.
- 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 GPC referee.
- At European or World competitions no double registrations are allowed, e.g. masters /open.
- All non-open lifters must at the weigh in produce proof of birth ID passport, driving license. Non-open lifters who do not produce proof of age will not be allowed to weigh-in.
- Lifters must be weighed nude or in standard underwear (briefs for men, bra and briefs 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.
- During the weigh-in session's lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the GPC referees.
- 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, the lowest lot number drawn will lift first .
- Each lifter may only be weighed once. Only whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to the scale. 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 re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule.
Exception: If a lifter steps on the scale and officially enters a certain weight class, he is not allowed to be re-weighted to make another weight class.
- 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 qualifications resides with the lifter.
- 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.
- Official body weights shall be recorded to the nearest tenth of a kilogram.
- At the weigh-in, the lifter must declare a first attempt for all three lifts.
- Any lifter that has not weighed in and had his or her opening attempts recorded at the last weigh-in session that ends one hour 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.

- **W**eigh-in record forms must be completed in full after every session and given to the Technical Director before the start of lifting.

05. ORDER OF COMPETITION

- **T**he competition has to be organized in a manner of rise so that the competition starts with the light lifters and end with the heavy lifters.
- **L**ifters should if required check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition.
- **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 if preferable.
- **O**ver 15 lifters must be split into appropriate Flights. The appointed GPC Contest Officials shall make decisions on such divisions, in conjunction with the competition Organizing Committee.
- **W**herever possible lifters in the same body weight category should all compete in the same flight.
- **F**lights should be classified "A", "B", "C", etc. Flight "A" will normally consist of lifters in one body weight category, Flight "B" the next higher body weight category, and so on. Should the amount of lifters in any particular category necessitate that category being split into more than one Flight, and then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results.

Exception: Competitions combining men and women lifters may make different determinations.

- **W**here there are multiple Flights, Flight "A" will complete all three rounds of the Squat (all three attempts), then Flight "B" will make all three rounds of the Squat, and so on, repeating the same process for the Bench press and Dead Lift.
- **W**hen there is more than one Flight in a session, the lifting will be organized on an alternating flight base. Consequently, a time interval between flights is not required other than the time necessary for arranging the platform. Lifters not in the first Flight will be able to warm-up while the first Flight is being conducted.
- **I**f a lifting session consists of a single Flight, at least 20 a 30-minute interval will be taken between lifts in order to ensure adequate warm-up time.
- **I**n the event that the number of lifters in a flight drops to ten or less, there will be an automatic 5 minute rest following the completion of all first attempts, then again after all record attempts.
- **A**ll lifters will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.
- **T**he bar must be loaded progressively during a round on the principle of a raising bar. At no time will the bar be reduced within a round except for errors as described herein, and then only at the end of the round.
- **L**ifting order in each round will be determined by the lifter's choice of weight per attempt. When two lifters choose the same weight, the lifter with the lowest lot number drawn prior to weigh-in, will lift first.
- **A** lifter will not be allowed to call for a weight lower than the attempted in the previous round.
- **I**f unsuccessful with an attempt the lifter will wait until the end of the round before attempting that weight again.
- **A**ll attempts taken over due to a scorekeeper's error, loader's or spotter's error, or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in

which the error occurred, regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in the round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt again within four minutes of the bar being loaded.

Also, if such an error occurs to the first lifter in a round, and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round, then four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the following round. These are two of the rare occasions when lifters will follow themselves.

- **A** lifter is permitted one change of weight on the first attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. The speaker will announce prior notice of these deadlines. Oversights in making these announcements should not be at the jeopardy of the lifter. The three platform referees or GPC Contest Officials shall rule on such discrepancies that arise.

06. COSTUME & PERSONAL EQUIPMENT

- **O**n the platform the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.
- **S**hirts or suits shall not portray indecency or be offensive to the spirit of the competition.

Inspection of costume & personal equipment:

- **I**t will be the lifter responsibility to be presents the costume/equipment in accordance with the rules.
- **A**ny item 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 GPC referees present, not an appointed weigh-in official.
- **I**nspections may also be made at any time prior to lifting by one of the appointed GPC Contest Officials or GPC Referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed GPC Contest Officials.
- **I**tems of personal attire not covered in the rules governing costumes and personal equipment such as: headbands, mouthpieces, ribbons, watches, costume jewelry, eye wear and feminine hygiene articles are permitted.
Exception: hats, bandanas or headbands worn as to cover the head as a hat are not permitted to be worn on the platform.
- **A**ny 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.

Squat / lifting suit

- **A** lifting suit 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 colour or colours. The length of the leg, when worn must not exceed beyond mid-thigh (medial point between crotch and top of kneecap). Women may wear a one-piece suit of comparable design to the lifting suit.
Exception: Leotards with sleeves or high cut leg lines are not permitted.

- Reasonable patching to repair tears is permitted, but the number and placement of the patching shall not be designed to increase, enlarge or enhance the body's natural musculature, or to alter the design of the shirt.
- Only one lifting suit may be worn.
- One shirt (of a design consistent with what is commonly called a T-shirt) with or without sleeves may be worn under the squat / lifting suit.

No squat suits of any description are to be worn in raw competitions.

Briefs

- A pair of briefs of any design may be worn provided that the length of the legs are less than those of the squat / lifting suit when worn, and that the waist does not extend beyond approximately mid-torso.
- The briefs must be individual articles of a 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.
- Only one pair of briefs may be worn under the squat / lifting suit.

No briefs of any description are to be worn in raw competitions .

Bench Shirt

- The bench shirt must be an individual article of fabric consisting of cloth or polyester , its construction may consist of multiple plies but as a whole be a singular component. Reasonable patching to repair rips or tears is permitted but the number and placement shall not be designed to increase , enhance or alter the design of the shirt .
- The collar of the shirt may be open at the back , the back of the shirt may also be open but not excessively .The skin of the back must be covered by additional material sewn into the shirt and if need be secured by Velcro straps.
- One shirt of a design consistent with what is commonly called a t-shirt with or without sleeves may be worn under the shirt to cover the skin of the back , t-shirts may not be worn under closed back shirts.
- The sleeves of the bench shirt must remain above the elbow when worn and the shirt must cover the armpits fully at the front of the torso, the shirt may be any colours.

No Bench shirts of any description are to be worn in raw competitions.

Belt

- A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.
- Width of belt to be a maximum of 10cm.
- Thickness of belt to be a maximum of 13mm, along the main length.

Materials and construction:

- The main body shall be made of leather in one or more laminates that 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.
- It shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminates of the belt.
- 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 or stitching.
- The belt shall not have any inflatable component on or within any of its surfaces.
- A leather, cloth, vinyl or nylon tongue hoop shall be attached close to the buckle by means of studs and/or stitching.
- The lifter's name, the name of the nation, state or club may appear on the outside of the belt.
- A one or two prong buckle as well as the lever action-fastening device may be use

Socks

- Socks may be worn; when worn they may not extend over the knee or on the legs so that they touch any knee wrapping or kneecap supporter. Full-length leg stockings, tights, or hose are not permitted.
- Only one pair of socks may be worn.
- Knee length socks are required on the deadlift.

Footwear

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

Wraps

- The fabric nature shall be elastic weave primarily of polyester, cotton or medical crepe singly or in combination. Wraps of rubber or rubberized substitutes are not permitted except as noted for the elbows.
- Wraps, maybe joined together, but the fabric may not overlap i.e. they must be join end to end only.

In raw competitions wrist wraps may only be worn on Bench Press & squat.

Wrist: Wraps not exceeding 1m in length and 8cm in width may be worn ,they may have a thumb loop and Velcro patch for securing them the thumb loop must be removed before lifting A wrist wrap shall not exceed beyond 10cm above and 2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions

Knees: Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticized 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 center of the knee joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits. **In raw competition, knee wraps/sleeves can only be worn during the squat.**

Elbows: Wraps may be worn only during the squat and Dead lift equipped competition and not during the bench press. They may cover the general elbow area and 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. No Elbow wraps to be worn in raw competitions.

Plasters

- Two layers of plasters, band-aids or tape may be worn on the thumbs, but nowhere else without official permission of the referees or appointed GPC Contest Officials. No plasters or tape may be utilized as a strap to help the lifters hold the bar.
- With the permission and supervision of the referees, the appointed GPC 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.

Health issues

- Should blood or other foreign substances appear on the lifter, it must be rectified immediately. A wound must be cleaned and a patch or bandage applied so as to prevent further contamination of the bar or equipment.

Special considerations:

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

General

- **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. Only powder may be used, powder includes chalk, talc; resin, and magnesium carbonate, spray may be used, but only on the lifter, not on the weight equipment.
- **All articles of lifters costumes and personal equipment** shall be clean and generally neat and presentable. In the discretion of the referee, a lifter will not continue in the competition if this provision is not met.
- **Emblems, logos or inscriptions** on the lifters suit, shirt or belt that which is offensive or liable to bring the sport in disrepute is not allowed.
- **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 should 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 approved**, the lifter shall lose credit for that lift, and may be disqualified from the competition. Any minor oversights, or items covered above, noticed before the lifter performs, should be indicated to the lifter and rectified prior to continuing.

07. WORLD AND NATIONAL RECORDS

At any World, International or National Championship recognized by the GPC, World records will be accepted provided that:

- **The competition** must be conducted under GPC rules or a national variation or the rules accepted by the GPC.
- **The World / National record applicant** must be a current member of The National Federation affiliated to the GPC or a current GPC Affiliate Member from a country not organized with a National Federation affiliated to the GPC.
- **For World records**, at least two current International GPC referees must adjudicate the lift and vouch that all conditions at the competition meet the technical standards and procedures required. The third referee must be at least a current National referee of a National Federation affiliated to the GPC.
- **For National records**, at least one GPC Australia Category 3 referee must adjudicate the lift, and the remaining two referees must be a minimum of Category 2.
- **The barbell and discs** were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or appointed GPC Contest Officials or weighed immediately after the successful attempt by the referees.
- **The lifter** weighed in correctly before the competition.
- **The scales** were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, is available.

- **The lifter's costume and personal equipment was in accordance with the rules. Any lifter successful in a world record attempt must be inspected. Inspection may be solely visual when the legality of the lifters 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 the head referee shall make an announcement to the speaker and records processor that the record has been verified.**
- Duplicate copies of fully completed World signed by the three referees must be sent separately to the World / National Records Register and Technical Director (as indicated on the Record Application Form) within one calendar month of the date of the record being set. A copy of the official score sheet must also accompany both record applications.
- For Teenage, Junior (under 24) and Master World / National records proof of age must be satisfactorily established and attested to by the adjudicating GPC referees. If such proof was not available when the record was established, it is the lifter's responsibility to furnish such proof (copy of birth certificate, passport, or driver's license) independently to both the World / National Records Registrar and the Technical Director before the record can be ratified.
- If in any competition recognized by the GPC, a lifter is successful with their third attempt and that falls within 20kg of a current World / National record the lifter may request a fourth attempt that exceeds the record. Such an attempt will be registered outside the competition. Additional attempts will not be permitted.
- **Only** lifters actually competing in a competition may attempt World / National records.
- **In** no circumstances may lifters not taking part in the full competition be permitted to attempt World or National records on individual lifts.
- **Records** are only valid for the body weight category of the lifter as determined at the official weigh-in.
- **In** the event of two lifters at the same competition breaking either a current individual or total record with the same weight the lighter lifter will be declared the new record holder. If both lifters weighed in at the same body weight they will be re-weighed. If they reweigh the same both will be record holders.
- **For** a World / National record attempts the completion (4th attempt) weight of the barbell must be at least 500 grams in excess of the current record. Such record attempts will be made at the end of the third round of the lifting flight.
- **For** a World / National record attempt made within the prescribed attempts of the competition, a lifter may request on any attempt a weight that exceeds the current record by at least 500 grams. If the lift is successful, only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will be recorded on the record application.
- **New** individual lift records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored; eg- 87.7kg would be registered as 87.5kg.
- **There** is an official World record for the total of three lifts.

It will be recognized subject to the following additional stipulations:

1. The record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg.
2. No fourth attempts may be included in the total. Records set on individual lifts will only be valid if the lifter makes a total in the competition.

3. Records set in competitions which contest one lift only shall not be considered as GPC World / National powerlifting records .
 - **If** a lifter attempting a fourth attempt World/ National record is one of the last four lifters of the flight in the third attempts, they will received up to 3 additional minutes rest prior to their fourth attempt.
 - **The** very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes = a total of 6 minutes.

08. COMPETITION ORGANIZER

- **Officials** and Referees on duty during the competition shall be granted that at least one free meal, and should also have the benefit of non-alcoholic drinks served each competition day in the competition area.
- **The** name of the athlete must be followed by the three most recent lifts and total. Also needed are their weight class, category and country. The promoter must put it online before the competition and email it to the webmaster to put it on the World Website.

b. Insurance

- **It** is advisable that all Meet Directors have the lifter sign a waiver of liability form which clearly states that the Meet Director, Sanctioning Officials and co-operators will not be held liable for any injury etc., that occurs at an event, the release form should also state that the competitor acknowledges he/she is competing at his/her own risk.

c. Competition Organization

- The use of a uniform system (software) for leading the contest (more info at the secretariat).

Will appoint the following officials:

1. Speaker-Announcer
2. Time Keeper (Preferably a GPC referee)
3. Marshal/Expeditors
4. Record keeper
5. Loaders/Spotters
6. Additional officials

Responsibilities of these officials are:

The speaker

Is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot number, and announces the weight required for the next attempt along with the name of the lifter. Additionally the speaker announces, in order, the three lifters succeeding the lifter on deck. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the Round System, the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight.

The timekeeper

Is responsible for accurately recording the time laps between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for an attempt, it can only be stopped by the completion of the time allowance, the start of the lift, or at the discretion of the head referee who shall inform the timekeeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one-minute allowance. The definition of the start of an attempt depends upon particular lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Dead lift, the start is when the lifter makes a determined attempt to raise the bar. It is the timekeeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

Marshals/Expeditors

Are responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to scorer's table and speaker preferably in the form of the suggested colored attempt cards. The lifter is allowed one minute between completion of one attempt and submitting to the marshal/expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the marshal/expeditor, under the auspices of the head referee.

The record keeper

Is specifically accountable for all world records broken, for collecting the details and initiating the paperwork information, and is responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets.

Loaders/Spotters

- **A**re responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring that the platform is well maintained and of a neat and tidy appearance at all times.
- **A**t no time shall there be less than two or more than five loaders/spotters attending to the platform.
- **B**lood or other foreign substances appear on the bar or equipment must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.

Additional officials

Will be appointed as required, or by need Doctors, Paramedics, etc.

d. Technical Checklist

National level requirements:

Lifting area

- B**oundaries of the lifting area must be marked clearly for the knowledge of the officials, lifters and spotters. It is recommended that this area will be at least 7m long x 5m broad (22ft x 16ft).
- C**oaches shall not be allowed at the back or sides of this area.
- A** scoreboard, preferably an overhead projector to replace the scoreboard.
- T**able and seats near the platform for, announcer, record and timekeeper, computer operator, etc...
- A** table and chairs for the Technical Officers.
- A** table for display of trophies

Platform

- A**ll lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) and secure enough to insure the safety of the lifter, spotters and loaders.
- T**he 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.
- L**oose mats or similar sheeting materials are not permitted.

Platform equipment

- T**ake into account the possibility that in today's competition that the bar can be loaded in the excess of 500kg.
- M**ono-lift with safety straps, adjustable bench with crash bars (minimum 300mm in length), and disc racks.
- B**ars:
35mm Squat bar
28-29mm Power bar
27-27.5mm deadlift bar
collars.
Discs: 14x25kg, 2 x 20, 2x 15, 2 x 10, 2 x 5, 2 x 2,5, 2 x 1,25 and Record discs, 2 x 1 kg, 2 x 0,5, 2 x 0,25.
- F**oot blocks for benching.
- B**ox with adequate supply of chalk.
- C**leaning materials, (broom, mop, vacuum cleaner, and towel).
- S**crubbing brush for cleaning the barbell.
- A** disinfecting solution or similar for disinfecting the barbell.
- S**eats (3) for the referees.
- S**eats at the rear of platform for loaders.
- A** lifting attempt board, showing the actual weight on the bar.
- W**inner's podium, 1, 2 & 3rd place.
- A** lighting system for scoring (white, red light).
- A** clock, visible for lifters, showing the remainder time.

Warm up area

- The warm up area should be at least 100 m².
- A** minimum of three platforms.
- A** minimum of three Mono-lifts with safety straps
- A** minimum of three adjustable benches.

State level requirements:

Lifting area

- B**oundaries of the lifting area must be marked clearly for the knowledge of the officials, lifters and spotters. It is recommended that this area will be at least 7m long x 5m broad (22ft x 16ft).
- C**oaches shall not be allowed at the back or sides of this area.
- A** scoreboard, preferably an overhead projector to replace the scoreboard.
- T**able and seats near the platform for, announcer, record and timekeeper, computer operator, etc...
- A** table and chairs for the Technical Officers.
- A** table for display of trophies

Platform

- A**ll lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) and secure enough to insure the safety of the lifter, spotters and loaders.
- T**he 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.
- L**oose mats or similar sheeting materials are not permitted.

Platform equipment

- T**ake into account the possibility that in today's competition that the bar can be loaded in the excess of 500kg.
- M**ono-lift with safety straps, adjustable bench with crash bars (minimum 300mm in length), and disc racks.
- B**ars:
 - 35mm Squat bar
 - 28-29mm Power bar
 - 27-27.5mm deadlift bar
- c**ollars.
- D**iscs: 14x25kg, 2 x 20, 2x 15, 2 x 10, 2 x 5, 2 x 2,5, 2 x 1,25 and Record discs, 2 x 1 kg, 2 x 0,5, 2 x 0,25.
- F**oot blocks for benching.
- B**ox with adequate supply of chalk.
- C**leaning materials, (broom, mop, vacuum cleaner, and towel).
- S**crubbing brush for cleaning the barbell.
- A** disinfecting solution or similar for disinfecting the barbell.
- S**eats (3) for the referees.
- S**eats at the rear of platform for loaders.
- A** lifting attempt board, showing the actual weight on the bar.
- W**inner's podium, 1, 2 & 3rd place.
- A** lighting system for scoring (white, red light).
- A** clock, visible for lifters, showing the remainder time.

Warm up area

The warm up area should be at least 75m²

A minimum of 2 squat racks – Preferably monolifts

A minimum of 2 benches – Preferably with crash bars

A minimum of 2 platforms

- **Weigh in room**
 - **A** lockable and clean room.
 - **A** certified weight scale, (preferable digital).
 - **A** second scale will be available for the lifters for the whole duration of weigh in days.
 - **T**able and chairs for referees.

e. Equipment & Specifications

Bars, discs & collars

For all power lifting competitions under the rules of the GPC, only disc barbells are permitted. Only bars and discs that meet all specifications can 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:

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

1. Total overall length not to exceed 2.2m, except for specialized squat and deadlift bar.
2. Distance between the inside collar is not to exceed 1.32m or be less than 1.31m except for specialized squat and deadlift bar bar.
3. Diameter of the bar is not to exceed 28mm, except for specialized squat bar.
4. Diameter of specialized deadlift bar may be 27mm.
5. Weight of the bar and collars are to be 25kg.
6. Weight of specialized squat bar and collars are to be 30kg.
7. Specialized squat bar shall have a maximum diameter of 35mm; a maximum sleeve length of 508mm; distance between inside collar faces not to exceed 1434mm; a maximum overall length of 2400mm.
8. Diameter of the sleeve 49.5 - 52mm.
9. There shall be circumference machine markings on the bar to measure 81cm between marking centers.

Disc dimensions:

- **T**he diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- **A**ll discs used in competition must weigh within 0.25% of their correct face value.
- **D**iscs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg, and 50kg.
- **F**or record setting purposes discs of 0.5kg and 0.25kg should also be available.
- **F**or records, even lighter discs may be used to achieve a weight of at least 500 grams more than the existing record.
- **D**iscs must be clearly marked with their weight and loaded in the sequence of heavier disc innermost with the small discs in descending weight.
- **T**he first and heaviest discs loaded on the bar must be loaded faces in; with the rest of the discs loaded face out as weight is loaded.
- **T**he diameter of the largest disc shall be no more 45cm.
- **D**iscs conform to the following color-coding 10kg and below any color; 15kg yellow; 20kg blue; 25kg red; 45kg gold; 50kg green.

Collars:

- **M**ust be used at every competition.
- **M**ust weigh 2.5kg each .

Mono-lifts:

- **Mono-lifts** 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 / spotters.
- **T**he design of the mono-lift shall allow adjustments that accommodate all lifters.
- **H**eight adjustments should be at incremental stages not exceeding 5cm.
- **F**or extra safety all mono-lifts should be capable of being secured at the required height by means of pins.
- **I**n all competitions an adjustable Mono lift with a hydraulic mechanism must be used.

It is compulsory in all GPC competitions that safety straps are used for mono lifts on both the platform and warm up mono lifts. The safety straps must have a suitable safety rating.

Bench:

The bench shall be of sturdy construction and maximum stability, crash bars are compulsory in all GPC competitions. The bench must conform to the following dimensions.

1. Length: not less than 1.22m and shall be flat and level.
 2. Width: 29-32cm.
 3. Height: 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- **T**he 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 non-adjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position, all benches must be fitted with crash bars .
 - **T**he minimum width between the insides of the bar rests shall be 1.10m.
 - The minimum length of the crash bars is to be 300mm

Lights

- **A** system of lights shall be provided whereby the referees make known their decisions.
- **E**ach referee will control a white and red light, representing a "good lift" or "no lift" respectively.
- **T**he lights must be wired in such a way that they light up together and not separately when activated by the three referees.
- **I**t is preferable that the lights be arranged horizontally corresponding with the positions of the three referees.
- **F**or emergency purposes like 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.

Scoreboard

A proper detailed scoreboard visible to the spectators, officials, and all concerned with the progress of the competition must be provided.