

COMPETITION FORMAT & STANDARDS

- 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.
- **A list** of the athlete their weight class and category must be released online/the GPCGB website before the competition starts.

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

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

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:
 - 32-35mm 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.

- Foot blocks** for benching.
- Box** with adequate supply of chalk.
- Cleaning materials**, (broom, mop, vacuum cleaner, and towel).
- Wire brush** for cleaning the bars.
- A disinfecting solution** or similar for disinfecting the bars.
- Seats (3)** for the referees.
- Seats** at the rear of platform for loaders.
- A lifting attempt board**, showing the actual weight on the bar.
- Winner'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 75m² – 100m²
- A minimum of TWO (2)** platforms.
- A minimum of TWO (2)** Mono-lifts with safety straps
- A minimum of TWO (2)** Adjustable Benches with crash bars.

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.
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 32/35mm; 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 centres.

Disc dimensions:

- The diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- **All discs** used in competition must weigh within 0.25% of their correct face value.
- **Discs** must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg and 50kg.
- **For record setting purposes** discs of 0.5kg and 0.25kg should also be available.
- **For records**, even lighter discs may be used to achieve a weight of at least 500 grams more than the existing record.

- Discs must be clearly marked with their weight and loaded in the sequence of heavier disc innermost with the small discs in descending weight.
- The 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.
- The diameter of the largest disc shall be no more 45cm.
- Discs conform to the following color-coding 10kg and below any colour; 15kg yellow; 20kg blue; 25kg red; 50kg green.

Collars:

- Must be used at every competition.
- Must 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.
- The design of the mono-lift shall allow adjustments that accommodate all lifters.
- Height adjustments should be at incremental stages not exceeding 5cm.
- For extra safety all mono-lifts should be capable of being secured at the required height by means of pins.
- In 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.
- 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 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 .
 - The 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.
- Each referee will control a white and red light, representing a "good lift" or "no lift" respectively.
- The lights must be wired in such a way that they light up together and not separately when activated by the three referees.
- It is preferable that the lights be arranged horizontally corresponding with the positions of the three referees.
- For 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.