

Global Powerlifting Alliance

Rules

Last updated February 10, 2022

GENERAL RULES

a. General contest rules

5 The Global Powerlifting Alliance (GPA) recognizes the following lifts, which must be performed in the designated sequence in all applications conducted under GPA rules:

- Squat
- Bench Press
- Dead Lift
- Total

6. The highest total of the best successes of each lift will result in a Total. Winner of the competition will be determined by highest Total, (no fourth attempts may be included in the total).

7. The GPA additionally recognizes and registers World records (in kilograms) for the same lifts within the age and body weight categories as follows:

b. Age categories

Open

From 24 years to and including 39 years of age

A Teenager, Junior, and Master can also compete in the Open class.

Master

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 to and including 84 years of age
From 85 years to and including 89 years of age
From 90 years upward

Junior: From 20 years to and including 23 years of age.

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

- Competitive 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.

- The day a teenager turns 20 years he or she is no longer a teenager.

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

Age clarification: A lifter must compete at his attained age on the day of a particular competition where he competes.

C. Body weight categories

Men

52.0 kg Class up to 52.0kg
56.0 kg Class from 52.01 to 56kg
60.0 kg Class from 56.01 to 60.0kg
67.5 kg Class from 60.01 to 67.5kg
75.0 kg Class from 67.51 to 75.0kg
82.5 kg Class from 75.01 to 82.5kg
90.0 kg Class from 82.51 to 90.0kg
100.0 kg Class from 90.01 to 100.0kg
110.0 kg Class from 100.01 to 110.0kg
125.0 kg Class from 110.01 to 125.0kg
140.0 kg Class from 125.01 to 140.0kg
140.0 kg + Class from 140.01 to Unlimited

Women

44.0kg Class up to 44.0kg
48.0kg Class from 44.01 to 48.0kg
52.0kg Class from 48.01 to 52.0kg
56.0kg Class from 52.01 to 56.0kg
60.0kg Class from 56.01 to 60.0kg
67.5kg Class from 60.01 to 67.5kg
75.0kg Class from 67.51 to 75.0kg
82.5kg Class from 75.01 to 82.5kg
90.0kg Class from 82.51 to 90.0kg
100kg Class from 90.1 to 100.0kg
100+kg Class from 100.1 to unlimited

d. Point scoring

Point scoring for all Team Championships shall be 12, 9, 8, 7, 6, 5, for the first 6 places in any body weight category.

In World Championships, International, and National Championships only six competitors from each team shall score points towards the national team total. These six competitors will be selected before the competition begins. A country may enter as many competitors in the contest as they wish but only six can be eligible to score points.

In the case of a tie in the points of national teams, the team having the largest number of first places within the six point scoring competitors will be ranked first. In the case of a tie between two teams having the same number of first places, the Reshel formula will be used to determine the winner starting with the first lifter on the team lists. The Reshel points of all lifters on the teams will be totaled. The team with the most Reshel points wins.

At all competitions where "Best Lifter Awards" are presented, places will be calculated with the Reshel Formula.

1. Each lifter entered in the competition must be a member of his country team. Only one team per country may enter the world championships. Each country will decide on the method of team selection for their particular country.

2. The competition Organizing Committee will appoint the following official:

- Speaker-Announcer
- Time Keeper
- Marshal/Expeditors
- Record keeper
- Loaders/Spotters

3. Additional officials will be appointed as required, e. g. paramedics, etc.

Responsibilities of these officials are:

a. 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.

b. The timekeeper

is responsible for accurately recording the time lapse 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.

c. 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 signed by the coach or the lifter. 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. One expeditor working at the table with the speaker is required to record all 3 attempts of the squat, bench press, deadlift and total on a color coded meet card for a permanent record

d. 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.

e. Loaders/Spotters

are 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. At no time shall there be less than two or more than five loaders/spotters attending to the platform.

REFEREES

- There will be three referees, the head referee and two side referees.
- After the meeting of the Executive Committee May 5, 2016 the Category I and Category II referee designations were adopted. The existing referees will be Category I referees. New referees certified after May 5, 2016 will enter at the designation of Category II. After 2 years and/or 10 documented judging events of GPA Sanctioned contests a Category II referee may apply for the Category I designation.
- At World Championships only GPA and or other International Referees associated with the GPA will adjudicate the lifting. No two referees who are related by blood or marriage will sit in the chairs at the same time or judge a relative who is competing.
- 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 national or world records, and any special decisions upon performance decided by the referee.

- All referees should direct their attention to the lifter/lift in progress from the time the lifter approaches the platform until he/she exits the platform.

a. Signals

required for the three lifts are as follows:

SQUAT

- 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".

BENCH PRESS

- An audible command of "Start" when the bar is held at arms length.
- An audible command of "Press" when the bar is motionless on the lifter's chest.
- Completion. An audible command of "Rack", when the bar has been pressed to straight-arm's length.

DEAD LIFT

- No signal required.
- Completion. A visual signal consisting of a downward movement of the arm, together with the audible command "Down".

Once the bar has been replaced in the racks or on the platform at the completion of the lift and the referees will announce their decisions by means of the lights. White for "good lift" and red for "no lift".

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, (don't ask the spotter to move. to get a better view. lifter's safety shall take priority over any thing else).

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 between signals.

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 exactly 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.

Procedure 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.

b. During the competition

the three referees on duty must jointly ascertain that:

- 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.
- On the platform, the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.

c. During the execution of a lift

a referee observes a fault sufficient to give 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.
- Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the set up 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 collars 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.
- Prior to the commencement of a lift, if either of the side referees observe 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.

d. 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 shirt 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.
- Any additions in excess of the prescribed costume and personal equipment rules, e.g. body wraps, towel inserts, bracing's etc.
- Presence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead Lift.
- Other infractions of similar gravity.

e. 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.
- 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.
- If 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.
- Referees 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 or verbal 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.

- The head referee may consult with the side referees, the appointed GPA Contest Officials or other official as necessary in order to expedite or facilitate the running of the competition.
- 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.
- After the competition, the three referees shall sign the official score sheets, record applications, and any other documents requiring their signatures.
- 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.
- All referees will be uniformly dressed to include the following:
 - **Men winter:** Dark Blue Blazer or cardigan with Referee badge on the left breast (pocket) and trousers with a white shirt and tie. White polo shirt optional.
 - **Men summer:** White shirt and trousers, ties optional. White polo shirt optional.
 - **Women winter:** Dark Blue blazer or cardigan with Referee badge on the left breast (pocket) and skirt or trousers with a white blouse or top. White polo shirt optional.
 - **Women summer:** Dress, skirt or trousers and a white blouse or top. White polo shirt optional.

ORGANIZER

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b. Insurance

- The GPA and AFFILIATE FEDERATIONS do not provide accident, medical, or liability insurance for lifters or spectators at meets and organized training sessions. It is the responsibility of the Meet Director to Secure Insurance if he wishes to do so.
- The GPA, AFFILIATE ORGANIZATIONS, SANCTIONING OFFICIALS and CO-OPERATORS assume no liability for injury, damages, personal losses or death resulting at an event.

- 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. Technical Checklist for organizers

1. Platform equipment

- Bar, collars.
- Discs, 4 / 6 x 50kg, 8 / 12 x 25, 2 x 20, 2x 15, 2 x 10, 2 x 5, 2 x 2,5, 2 x 1,25
- Reckon with the possibility, that in today's competition, that the bar can be loaded in the excess of 500kg.
- Record discs, 2 x 1 kg, 2 x 0,5, 2 x 0,25.
- Squat stands, bench and disc racks.
- Foot blocks for benching.
- Winners podium, 1, 2 & 3rd place.
- Box with adequate supply of chalk
- Cleaning materials, (broom, mop, vacuum cleaner, and towel).
- Scrubbing brush for cleaning the barbell.
- A disinfecting solution or similar for disinfecting the barbell.
- 3 seats for the referees.
- Seats at the rear of platform for loaders.
- Table and seats near the platform for, announcer, record and timekeeper, computer operator, etc...
- A table and chairs for the Technical Officers.
- A scoreboard.
- Preferably an overhead projector to replace the scoreboard.
- A lighting system for scoring (white, red light).
- A lifting attempt board, showing the actual weight on the bar.
- A clock, visible for lifters, showing the remainder time.
- A table for display of trophies, (near the lifting area).

2. Warm up area

- The warm up area should be at least 100 m2.
- A minimum of four platforms.
- A minimum of two squat racks and two benches.
- Each platform equipped with a bar, collars and the necessary discs.

3. Weigh in room

- A lockable and clean room.
- A certified weight scale, (preferably digital).
- Table and chairs for referees.

4. Dressing room

- Man and Women separately.
- All normal facilities.

d. Equipment & Specifications

1. Platform

All 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.

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.

Loose mats or similar sheeting materials are not permitted.

No one is allowed on the platform during lifting sessions except the lifter, the designated spotters for the Squat and Bench Press, 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.

2. Lifting area

Boundaries 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). Coaches shall not be allowed at the back or sides of this area.

3. Bars & discs

For all power lifting competitions under the rules of the GPA, 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.

Bar Specifications:

The following specifications were adopted at the AGM in Tampere, Finland December 6, 2013.

Regular Bar

- 28.5mm Diameter
- 214 cm long
- 20kg Bar Weight
- Center Knurling 10 cm
- Black Oxide Finish
- 186,000 PSI Rating

Deadlift Bar:

- 27mm Diameter

- 230 cm long
- 20kg Bar Weight
- No Centre Knurling
- Black Zinc Oxide Coating
- 186,000 PSI Rating

Squat Bar:

- 30mm Diameter
- 244 cm Long
- 25kg Bar Weight
- Center Knurling 30 cm
- 143 cm Between Collars
- 186,000 PSI Rating

Disc dimensions:

- All discs used in competition must weigh within 0.25% of their correct face value.
- The diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- Discs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg, 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 color; 15kg yellow; 20kg blue; 25kg red; 45kg gold; 50kg green.

Collars:

- Must be used at every competition.

- Must weigh 2.5kg

4. Squat racks

- 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 / spotters. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position. Whenever possible a monolift should be used on the contest platform and in the warm up room.
- The design of the squat racks shall allow adjustments that accommodate all lifters.
- Height adjustments should be at incremental stages not exceeding 5cm.
- For extra safety all hydraulic racks should be capable of being secured at the required height by means of pins.

5. Bench

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

- Length: not less than 1.22m and shall be flat and level.
- Width: 29-32cm.
- 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 75cm (AGM 2011 changed from 82cm to 75cm) 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.
- The minimum width between the insides of the bar rests shall be 1.10m.

6. 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 when activated by the head referee and not individually 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 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.

WEIGHING-IN

- Weighing-in of the competitors shall be initiated 24 hours before the start of the competition for a particular category. A competitor may be permitted to weigh in any time during the 24 hour period before the contest begins. The meet director may schedule regular weigh in times during the 24 hour period.
- Referees on duty at the weigh in, fill in, both weigh in forms in full and given them to the Technical Officer before the start of lifting on that day.
- 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 GPA referee.
- All non-open lifters must at the weigh in produce proof of birth ID, passport, or driving license. Non-open lifters who do not produce proof of age will not be allowed to weigh in. Non-open lifters may enter the open and non-open categories. If a non-open lifter enters the open category he must weigh-in at the same time with the open lifters and the same time with the non-open lifters.
- 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.
- Lifters may 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.
- 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 GPA 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.
- At the weigh-in, the lifter must declare a first attempt for all three lifts.
- 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 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. If a lifter steps on the scale and officially enters a certain weight class, he is not allowed to be re-weighed 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.
- 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 APC contest official.
- 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 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 fourth.

COSTUME & PERSONAL EQUIPMENT

a. Lifting suit

- A lifting suit shall be worn. It must be an individual full-length article of cloth fabric similar to a wrestling singlet and not provide lifting support. Its construction must consist of one ply and, 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 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. Leotards with sleeves or high cut leg lines are not permitted. "AGM 2015. The clarification of the single lifting suit: zippers are not allowed in the lifting suit."
- Only one lifting suit may be worn.

b. Shirt

- One shirt (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 fabric and consisting of one ply of cotton or a cotton blend of cloth material. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition. Women may wear a Brazier (bra) or a sports halter top under the shirt.

c. Briefs

A pair of briefs may be worn, of a design commonly called jockey shorts or boxer shorts. It must be an individual article of fabric of one ply of cotton or a cotton blend of cloth material. Only one pair of briefs may be worn under the lifting suit. Groove briefs or compression shorts are not permitted.

d. Belt

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

Dimensions:

- 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 laminations 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 laminations 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 lifter's 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 used.

e. 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.

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 is permitted.

- (AGM 2011, In the deadlift a protective fabric or socks must be worn over the shins.) 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.
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- AGM 2014, A vote was taken and passed to eliminate requirement for long socks and protective fabric to be used during the Dead Lift competition.
AGM 2018, the AGM 2018 is reinstated (In the deadlift a protective fabric or socks must be worn over the shins.) 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.)
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f. 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.

g. 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 may be used as follows:

- [Wrists](#): Wraps not exceeding 1m in length and 8cm in width may be worn. Alternatively elasticized wristbands not exceeding 10cm in width may be worn. A combination of the two is not permitted. If wristbands are of the wrap-around style, they may have a thumb loop and Velcro patch for securing them. The thumb loop may or may not wrap around the thumb. 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 sleeves 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.
- [AGM 2019](#): Approved lengths of knee wraps in different categories as the following.

Knee wraps single ply 2.5 meters in length for men 52kg – 100kg.

Knee wraps single ply 3 meters in length for men 110kg – 140+kg. This group may also use single ply 2.5 meters.

Knee wraps single ply 2.5 meters in length for women 44kg – 90kg

Knee wraps single ply 3 meters in length for women 100kg – 100+kg. This group may also use single ply 2.5 meters.

- **AGM 2019:** Knee sleeves may not exceed 30cm in length, 9mm in thickness, and be of 1 single ply.
- **Elbows:** Wraps may be worn only during the squat and Dead lift 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.

Beginning with the GPA World Championships in 2014 a new division "without knee wraps" was added. In the "without knee wraps" division the lifter will not wear knee wraps or knee sleeves in the squat or deadlift.

h. 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 GPA 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 GPA 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.

i. Health issues

- Should blood or other foreign substances appear on the bar or equipment, it 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.

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

j. 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. 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. "AGM 2015, Liquid chalk may not be used in the competition" Spray may be used, but only on the lifter, not on the weight equipment.
- Nothing may be purposely applied to the platform, bench or bars.
- 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, logo's or inscriptions on the lifters suit, shirt or belt that witch is offensive or liable to bring the sport in disrepute is not allowed.
- Excessive psyching up techniques (i.e. swearing, hitting) shall be limited at the referee's discretion.

k. Inspection of costume & personal equipment

- At all competitions there will be no official inspection of costume and personal equipment.
- It will be the lifter responsibility to be presents the costume/equipment in accordance with the rules.
- Any 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 GPA referees present, not an appointed weigh-in official.
- Inspections may also be made at any time prior to lifting by one of the appointed GPA Contest Officials or GPA referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed GPA Contest Officials.
- Items of personal attire not covered in the rules governing costumes and personal equipment such as: Headbands, mouthpieces, ribbons, watches, costume jewelry, eyewear and feminine hygiene articles are permitted.
- 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 verifiably 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.
- 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.

ORDER OF COMPETITION

AGM 2013 rule change in order of competition. All single lift contests, bench press, deadlift, and push pull will be scheduled after the full powerlifting contests.

- 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.
- 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.
- Non-open lifters may enter the open category as well as the non-open category. If a lifter enters 2 or more categories he/she must compete in all categories entered. The lifter will be assigned a different flight for each category entered.
- Over 15 lifters must be split into appropriate Flights. The appointed GPA Contest Officials shall make decisions on such divisions, in conjunction with the competition Organizing Committee. Wherever possible lifters in the same body weight category should all compete in the same flight.
- Flights 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, then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results. Competitions combining men and women lifters may make different determinations.
- Where 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.
- Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. Only at local or regional contests will this be left to the meet director's judgment.
- In 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 second attempts.

- All 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.
- The 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.
- Lifting 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.
- If unsuccessful with an attempt, the lifter will wait until the end of the round before attempting that weight again.
- All 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 over 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 GPA Contest Officials shall rule on such discrepancies that arise.
- 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 could 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.

- To avoid any doubt or confusion with regards to submitting attempts, the following procedure is suggested for adoption:
- The chosen weights for attempts are to be given in writing, in the form of attempt cards, to the marshal/expeditor. Different colored cards will be used for each lift, 3 of the same color for the Squat, 3 of another color for the Bench Press, and 3 of a third color for the Dead Lift. The lifter or the coach will complete the appropriate attempt cards with the weight requested and sign the card. For first attempts the attempt cards will only be used when the weight given at the weigh-in is changed.
- If a lifting session consists of a single Flight, at least 20 or 30-minute interval will be taken between lifts in order to ensure adequate warm-up time.
- When 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.

POWERLIFTS& RULES OF PERFORMANCE

1. Squat

- After removing the bar from the racks while facing the front of the platform, the lifter may move forward or backward to establish the lifting position. The top of the bar not more than 3cm below the top of the anterior 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 demonstrated 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 bona fide 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 collars 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 collar.
- Not more than five and not less than two loaders/spotters shall be on the platform at any time.

- 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.

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 commencement and completion of the lift.
- Movement of the feet laterally, backward or forward that would constitute a step or stumble; "rocking the feet between the ball and the heel is permitted".
- 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 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 bona fide attempt to return the bar to the racks.
- Any intentional dropping or dumping of the bar.

2. Bench press

- The head of the bench must be placed on the platform facing the head referee.
- 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 and may not move during the attempt. 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. 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 in any way distracts or impedes the head referee's responsibilities, the referees may determine that the lift is unacceptable, and be declared "no lift" by the referees and given three red lights.

- 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.
- Note: Rule change AGM Tampere, Finland December, 2013.
- After receiving the bar at arm's length, the lifter shall wait for the audible command "Start", then lower the bar to the chest and await the head referee's signal.
- The signal shall be an audible command "Press" and given as soon as the bar is motionless on the chest.
- The lifter will be allowed one commencement signal per attempt
- After the press signal to commence the lift 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.

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 remain 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 excessive movement or change of the feet during the lift.
- Bouncing the bar off the chest or touching the stomach below the sternum.
- Allowing the bar to sink into the chest after receiving the referee's signal.
- Pronounced a major uneven extension of the bar during or at the completion of the lift as judged by the referees.
- 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.
- Deliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press, (contact in order to make the lift easier).

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. It is especially important for a spotter providing a center 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.

3. Dead lift

- 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. although it is permissible).
- 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. The lifter must lower the bar to the platform under control after the down signal to complete the lift.

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.

4. General

- 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. The important exception, for the spotters, to this rule is 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.
- 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).

- During a competition taking place on a platform or lifting area, only the lifter, the lifter's coach, the three referees on duty, other meet officials recognized by need, and the loaders/spotters will be allowed around the platform and lifting area.
- During the execution of a lift, only the lifter, designated loaders/spotters and the three referees on duty are permitted to be present on the platform.
- Coaches shall remain back from the platform. The appointed GPA Contest Officials should define a coaching area.
- 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 to a discreet position.
- Lifters shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform. Likewise, removing wraps, belts and costume shall be performed off the platform. Items such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.
- In competitions under GPA 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. The weights shall be announced in kilograms and may additionally be announced in pounds.

Exceptions to this rule:

- For a World / Continental record attempt made outside the completion (4th attempt), the 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 and will not be counted in the total.
- For a World / Continental 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.
- In all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
- Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- 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.
- 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 GPA Contest Officials. This should be in advance of the start of the lifter's flight. The lifter, GPA 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 GPA 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.
- Any lifter or coach who strikes an official an Official or other individual at a competition will be banned for all GPA competition 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 GPA 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 GPA Contest Officials will consider all such complaints. If deemed necessary, the appointed GPA 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 GPA Contest Officials will be considered final and there will be no right or appeal to any other body.

5. 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 attempt is not successful, the lifter will be granted a further attempt 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.
- Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition. Lifters will not be permitted to re-enter the meet as a guest lifter or to attempt a record lift. Only at local or regional contests will this be left to the meet director's judgment.

WORLD RECORDS

At any GPA World Championship, World records will be accepted provided that:

- The competition must be conducted under GPA, or other GPA International affiliate rules or a national variation or the rules accepted by the GPA or other GPA International affiliate.
- The World / Continental record applicant must be a current member of the GPA or other GPA International affiliate.
- At World / Continental contests, at least two current International or other GPA affiliate 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 World Federation affiliated to the GPA.
- The barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or

appointed GPA 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 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 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 / Continental record applications, signed by the three referees, must be sent separately to the World / Continental Records Register and Head of the World sanctioning Technical Committee (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 23) and Master World / Continental records, proof of age must be satisfactorily established and attested to by the adjudicating World 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, drivers license) independently to both the World / Continental Records Registrar and Head of the GPA Technical Committee, before the record can be ratified.
- If, in any competition recognized by the GPA, a lifter is successful with an attempt that falls within 20kg of a current World / Continental record, the lifter may request a fourth attempt that exceeds the record. To be granted a fourth attempt the lifter must have been successful with his/her third attempt. 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 / Continental records.
- In no circumstances may lifters not taking part in the full competition be permitted to attempt world records on individual lifts.
- 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.
- New individual lift records are only valid if they exceed the previous record by at least 500 grams.

- Records are only valid for the body weight category of the lifter as determined at the official weigh-in.
- There is an official World record for the total of three lifts. It will be recognized subject to the following additional stipulations:
 - a. 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.
- The GPA recognizes World Records in the Bench Press Single Lift and Deadlift Single lift Division along the same guide lines as the Powerlifting World Records.
- If a lifter attempting a fourth attempt world 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.

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