



# IPF RULEBOOK DIGEST

## A GUIDE TO NEW LIFTERS

### AGE CATEGORIES

- **OPEN- 14YEARS+**
- **SUB-JUNIOR- 14YEARS – 18YEARS**
- **JUNIOR- 18YEARS-23YEARS**

### EQUIPMENT

- **APPROVED BRANDS: INZER, TITAN, METAL, SBD, STRENGTHSHOP, BEAST GENETICS, BOKIYA, ELEIKO, REHBAND, SLINGSHOT, WAHLANDER, LIFTING LARGE, BEST BELTS, AND IRON TANKS.**
- **YOU NEED: SINGLET, LEGLESS UNDERWEAR** (whitey tights), **T-SHIRT, SOCKS** (must not go over the knee joint), **BELT, WRIST WRAPS, KNEE SLEEVES** (see approved brand list), **AND ATHLETIC SHOES. NO COMPRESSION CLOTHING OF ANY KIND.**
- **CLOTHING DEEMED OFFENSIVE OR ILLEGAL WILL NOT BE ALLOWED TO BE WORN DURING COMPETITION. YOUR BEST BET IS WEARING THE MEET T-SHIRT, BUT THAT IS NOT A REQUIREMENT.**

### WEIGH-IN AND EQUIPMENT CHECK

- **STARTS 2 HOURS BEFORE YOU COMPETE AND LASTS 1.5 HOURS. YOU CAN WEIGH-IN AS MANY TIMES AS YOU WANT IN THAT TIME PERIOD TO MAKE YOUR WEIGHT CLASS. IF YOU DO NOT MAKE WEIGHT, YOU WILL AUTOMATICALLY MOVE INTO YOUR NEW WEIGHT CLASS. MISSING WEIGHT DOES NOT EXCLUDE YOU FROM COMPETING AT CPU/APU COMPETITIONS.**
- **BRING YOUR CPU MEMBERSHIP CARD** (print it out beforehand), **YOUR 1<sup>ST</sup> ATTEMPTS IN KILOGRAMS, KNOW YOUR SAFETY PIN HEIGHT** (for bench) **AND RACK HEIGHTS** (squat and bench) **ON AN ER EQUIPMENT RACK.**
- **DURING EQUIPMENT CHECK, THE REFEREE WILL GO THROUGH THE CLOTHING AND GEAR YOU WILL BE USING ON THE PLATFORM TO MAKE SURE YOU ARE USING LEGAL/APPROVED GEAR. MAKE SURE TO HAVE EVERYTHING ALREADY FOR THE REFEREE TO SPEED UP THE PROCESS.**

### AFTER EACH ATTEMPT

- **AFTER EACH ATTEMPT DURING THE COMPETITION YOU HAVE 60 SECONDS FROM THE COMPLETION OF THE ATTEMPT TO HAND IN YOUR ATTEMPT CARD TO THE TABLE STAFF. IF YOU DO NOT DO THIS WITHIN THE 60 SECONDS, THEN YOUR NEXT ATTEMPT WILL BE INCREASED BY 2.5KG IF SUCCESSFUL OR REMAIN THE SAME IF UNSUCCESSFUL.**

### FOLLOWING REFEREE COMMANDS

**THE CHART TO THE RIGHT IS THE STRUCTURE OF THE COMMANDS FOR EACH LIFT AND WHAT THE REFEREES ARE LOOKING FOR. YOU MUST FOLLOW ALL COMMANDS TO HAVE A SUCCESSFUL LIFT IN COMPETITION. BEFORE YOU ARE TO START YOUR LIFT YOU MUST WAIT FOR THE ANNOUNCER OR HEAD REFEREE TO STATE THAT THE "BAR IS LOADED", THEN YOU MAY STEP ON THE PLATFORM TO START THE PROCESS.**

Lift	Commencement	Completion
Squat	A visual signal consisting of a downward movement of the arm together with the audible command "squat"	A visual signal consisting of a backward movement of the arm together with the audible command "rack"
Bench Press	A visual signal consisting of a downward movement of the arm together with the audible command "start".  During: The audible command "Press" after motionless at the chest and the visible signal of an upward movement of the arm.	A visual signal consisting of a backward movement of the arm together with the audible command "rack"
Deadlift	No signal required	A visual signal consisting of a downward movement of the arm together with the audible command "down"

When a lifter fails to complete a squat or a bench press, the command is "rack".

## TECHNICAL GUIDELINES

**HERE, IN THIS CHART, ARE THE TECHNICAL DISQUALIFICATIONS FOR EACH LIFT. MOST OF THESE YOU WILL NEVER HAVE TO WORRY ABOUT, BUT IT IS RECOMMENDED TO LOOK THIS OVER TWICE TO GET A BETTER UNDERSTANDING OF WHY YOU MAY MISS A LIFT IN COMPETITION.**

## FURTHER READING




**THIS INFORMATION IS BY NO MEANS COMPREHENSIVE BUT WILL SET YOU UP FOR SUCCESS FOR YOUR FIRST FEW COMPETITIONS. IT IS RECOMMENDED THAT YOU READ THE IPF RULEBOOK FULLY.**

### **FOR MORE INFORMATION:**

[WWW.POWERLIFTINGAB.COM](http://WWW.POWERLIFTINGAB.COM)

[WWW.POWERLIFTING.CA](http://WWW.POWERLIFTING.CA)

[WWW.POWERLIFTING-IPF.COM](http://WWW.POWERLIFTING-IPF.COM)

 <b>SQUAT</b>	 <b>BENCH PRESS</b>	 <b>DEADLIFT</b>
<p><b>1. (red)</b> Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees</p>	<p><b>1. (red)</b> Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or is touching the belt.</p>	<p><b>1. (red)</b> Failure to lock the knees straight at the completion of the lift.  Failure to stand erect with the shoulders back</p>
<p><b>2. (blue)</b> Failure to assume an upright position with the knees locked at the commencement and completion of the lift.</p>	<p><b>2. (blue)</b> Any downward movement of the whole of the bar in the course of being pressed out.  Failure to press the bar to straight arms length elbows locked at the completion of the lift.</p>	<p><b>2. (blue)</b> Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.  Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</p>
<p><b>3. (yellow)</b> Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.  Failure to observe the Chief Referees signals at the commencement or completion of the lift.  Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent.  Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier.  Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored.  Any dropping or dumping of the bar after completion of the lift.  Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p><b>3. (yellow)</b> Heaving, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter.  Failure to observe the Chief Referees signals at the commencement, during or completion of the lift. Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.  Contact with the bar or the lifter by the spotters/loaders between the Chief Referees signals, in order to make the lift easier.  Any contact of the lifters feet with the bench or its supports.  Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier.  Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>	<p><b>3. (yellow)</b> Lowering the bar before receiving the Chief Referees signal.  Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand.  Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.  Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</p>