

NORCAL POWERLIFTING RULE BOOK



NorCalPowerlifting.com

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1 - Sports Policies and Procedures

1A. About NorCal Powerlifting

NorCal Powerlifting promotes drug-free powerlifting competitions throughout the State of California. Overall, our goal is to promote and enhance the competitive spirit of powerlifting.

NorCal Powerlifting is open to all ages and levels. We offer competitions in Full Powerlifting, Push/Pull, Bench Only, and Deadlift Only in both Raw and Equipped divisions.

1B. Drug-Testing

The NorCal Powerlifting Drug Testing Program was created to protect the health and safety of the athletes and to ensure that no one participant might have an artificially induced advantage or be pressured to use chemical substances. Drugs generally purported to be performance enhancing and/or potentially harmful to the health and safety of the athlete are banned by NorCal Powerlifting. Any use of a substance banned by NorCal Powerlifting may be cause for loss of eligibility. The use of a banned substance is determined by an analysis of an athlete's urine by a NorCal Powerlifting certified laboratory.

1C. Age Limits for Competitions

Age Divisions

KIDS STRONG: 6-7, 8-9, 10-11

YOUTH: 12-13

TEENAGE: 14-15, 16-17, 18-19

JUNIORS: 20-23

OPEN: Anyone who qualifies

SUBMASTERS: 35-39

MASTERS: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc.

NOVICE: All ages and weight classes

Special Olympian

Weight Classes

Men

66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

Women

66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

1D. Lifter Registration

- All lifters, administrators, referees, and committee members participating in NORCAL sanctioned competitions, and any other form of official Committee business must maintain a current NORCAL membership.
- The current registration fee for a membership is \$25.00.
- Annual NorCal Powerlifting membership registration will cover the period of 12 months from the date of issue.

1E. NorCal Powerlifting Teams for Competition

Norcal Powerlifting lifters may form teams for competition by filling out the necessary forms obtained. Lifters can be from any division, male and female. Separate team entry forms should be submitted for full power, bench only, and deadlift only teams. No more than 12 Lifters per team and no more than 1 lifters in each Weight Class. A minimum of six lifters must be submitted to establish a team. If a team submits 12 lifters, the top six lifters from that team will be scored using the Wilks formula then those numbers will be added together to create the Final Wilks Team Score. No age formula will be used to determine final Wilks scoring.

1F. Best Lifter Awards

At all competitions where “Best Lifter Awards” are presented, placing will be established by the “Wilk’s” formula. Scoring the best Masters lifters will additionally entail the use of the “revised” McCulloch formula. Best Lifter awards will be given in all categories that have three or more competitors finishing the meet with totals.

1G. Weigh-Ins

- Weighing-in of competitors may take place up to 24 hours before the start of competition if so designated on the entry and decided by the Meet Director. Records may be set under a 24 hour weigh-in.
- On the day of the meet, the weighing-in and equipment check of competitors must take place no earlier than 2 hours prior to the start of competition for a particular bodyweight class.
- ALL weigh-in and equipment check sessions will last 1 1/2 hours.
- A minimum of one referee shall be present at the weigh-in and check in site. In all competitions, members of their OWN sex must weigh in lifters. If needed additional female officials may be appointed to accomplish this. The door shall be closed and the lifter’s coach may be in attendance.
- Each lifter should be weighed only once. Only those whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight in the 1 ½ hour period in which they have entered the weight-in otherwise they are eliminated from competition in that weight class. A lifter may weigh as often as practical while also ensuring that all lifters receive equal chances to weigh-in. If at the end of the session, all lifters present have not weighted, all lifters will receive a chance to weigh.
- A lifter who is too heavy may move up into the next higher weight class. Said lifter may compete for team points in the heavier class provided that not more than one lifter from their team is already in that class.
- A lifter who weighs in lighter than the weight class he or she entered may compete in the lighter weight class for team points provided that not more than one lifter from his/her team is already in that class, and provided that the lighter weight class has not already started competition. Said lifter must have also achieved the qualifying total, if used, for the lighter class while competing at that class's bodyweight.

1H. Weight Classes - Competition in Weight Classes

- A lifter must always compete in the same weight class he/she made weight in. Lifters are not allowed to switch or to gain weight to enter other or additional weight classes during the competition.
- A lifter may not compete in one weight class and in the same competition using the same lifts get credit or qualify for another weight class.
- Youth and teen lifters wishing to enter the men's or women's equipped competition that are in youth/teen weight classes below the minimum weight classes for men and women will be placed in the minimum weight class for men (52.0 Kilo) or women (44.0 Kilo) with respect to gender.

1I. Equipment Check Process

- A lifter must present to the referee at the equipment check all equipment that he/she will be using during the competition.
- The referee will examine the equipment presented and ensure that all items are with-in NorCal Powerlifting rules for use during the appropriate competition. This check is not intended to closely examine all items and to require minimal changes to any equipment but to require reasonable changes to ensure compliance.

1J. Injuries

A Norcal Powerlifting official may require a lifter to cover excessive bleeding on the shins. This may be done with socks and or tape that is determined to be of no support to the lifter.

1K. Rules Concerning Injured Lifters:

If during a meet a lifter is injured, the official doctor has the right of examination. If the injury is such that it is inadvisable to continue competition, the doctor may, in consultation with the Jury or Head Referee, insist that the lifter retire from the meet. The team manager or coach shall be officially advised of that decision.

- The use of oil, grease, water, or other lubricants on the body, costume or personal equipment is strictly forbidden.
- Baby powder, resin, talc, or magnesium carbonate are the only substances that may be added to the body and attire. Not the wraps.
- The use of any adhesive on the underside of footwear is strictly forbidden. This applies to any built in adhesive, e.g. glass paper, emery cloth, etc. including resin and magnesium carbonate. A spray of water is acceptable.
- The use of shin guards to prevent bleeding in the dead lift is allowed. Said shin guards shall not extend past the top of the knee, and shall be considered non supportive. Lifter assumes all and any risk from using said shin guards.
- No foreign substance may be applied to the powerlifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, and equipment.
- The use of any smelling salts shall be by lifters 18 years and older only and shall be used away or out of public viewing.

1L. Technical/Referee's Committee

- This committee shall consist of five (6) members appointed by the Executive Committee. The Executive Committee shall appoint the Chairman of this committee.
- Duties, The duties of the committee shall be to examine all requirements, procedures, and changes of a technical nature brought to the NorCal Powerlifting. All proposed rule changes should be routed through this committee when practical.
- All decisions of this committee are subject to review by the Chairman.

1M. Referee Testing

General qualifications for taking of the referee's test:

- Candidates must be currently registered NorCal Powerlifting members in good standing. The membership card shall be presented to official giving tests.
- The candidate must have State/District Chairman's endorsement.
- Candidates must be active for a minimum of one (1) year for in at least one of the following categories: Lifter, coach, trainer, manager, meet director, scoring table official/announcer
- Candidates must attend a referees' rules clinic prior to taking test.
- Candidate must be at least 18 years old.
- Candidate shall sit for two meets with experienced referees to get practice.
- Candidate shall take and pass a practical test at 80% and a written test and pass at 80%.
- Retesting of a failed test may be done after 6 weeks.

Referee Committee

- Committee members must be approve by chairman.
- Candidate must be at least 21 years old.
- Candidate must be an active State Referee for at least 2 years.

Grandfather Clause

When beneficial to the growth and development of the NorCal Powerlifting, referees as noted can be Grand fathered until such time as the Executive Committee determines otherwise. USPF, USAPL, NASA, and APF referees, upon submission of resume to chairman of Referee Committee, may request referee status in NorCal Powerlifting. The appropriate Chairman must sign resume as approval. Each case will be individually considered. Approval is not automatic. To be grandfathered, a referee from another organization must become an Norcal Powerlifting member and must take the state referee test in open-book fashion.

1N. Records

NorCal Powerlifting maintains four types of records. Powerlifting, Push/Pull, Bench and Deadlift Only Records.

Records are maintained for the Equipped Powerlifting and for Raw Powerlifting. They are maintained for all age groups and for male and female lifters in those groups.

Age Groups

The following age groups are recognized for both male and female lifters. They are the:

Men's and Women's Equipped – No age limits

- Youth 11 and younger:
 - 6 to 7 years old
 - 8 to 9 years old
 - 10 to 11 years old
- Boy's and Girls Teenage Division:
 - 12 to 13 years old
 - 14 to 15 years old
 - 16 to 17 years old
 - 18 to 19 years old
- Men's and Women's Junior Division:
 - 20 to 23 years old
- Men's and Women's Sub-masters:
 - 35 to 39 years old
- Men's and Women's Masters & Lifetime Masters:
 - 40 to 44 years old
 - 45 to 49 years old
 - 50 to 54 years old
 - 55 to 59 years old
 - 60 to 64 years old
 - 65 to 69 years old
 - 70 to 74 years old
 - 75 to 79 years old
 - 80 to 84 years old
 - 85 to 89 years old
 - 90+ years old

2 - Competition Equipment and Specifications

2A. Weights

Pound or kilo weights shall be used as follows:

NorCal Powerlifting meets shall be run in the kilo system and records shall be kept in the kilo system.

2B. Platform

The platform shall conform to the following requirements:

- Size: The required size of the platform shall not be less than 2.5 meters x 2.5 meters (8x8 ft) minimum and 4.0 meters x 4.0 meters maximum.
- Surface: The surface of the platform must be flat, firm, non-slip, and level. It must not exceed 10 cm (about 4 inches) in height from the surrounding stage or floor. The surface of the platform may be treated with an approved non-slip coating e.g. boat deck paint. Loose rubber mats or similar fitting sheeting materials are not permitted. No discernible seams are permitted in the general vicinity of the lifter. Interlocking rubber mats or solid rubber mats similar to plywood sheets are permitted for a platform covering as long as they cover the minimum area of 2.5 meters by 2.5 meters minimum and are not larger than the platform. These mats shall not be slippery or loose fitting. Permanent rubber mat inserts, flush with the platform surface, may be used to reduce noise. Inserts are preferably placed on either side of lifter, where the bar would rest, not under lifter's feet. A hard carpet may also be used to cover the complete platform.
- Boundaries of the lifting area: Boundaries of the lifting platform/area shall be clearly marked for the knowledge of the officials, lifters, coaches, and audiences. No coaches or spectators shall be permitted within the lifting area. It is recommended that this boundary surrounding the platform, judges, lifter, spotters be 10 meters by 10 meters.
- Platform care during competition: The only people permitted on the platform/lifting area will be the lifter, designated spotters/ loaders, referees, and the platform manager. Any cleaning, mopping, brushing, or adjusting of the platform or equipment will be handled by these personnel unless otherwise directed by the Chief Referee or Jury. A solution of 1 part Clorox to 10 parts water shall be used to remove blood from the platform or equipment.

2C. Bars and Discs

- Only disc barbells are permitted. The use of bars and discs that do not conform to the correct specifications will invalidate the contest and any records accomplished. Only those bars and discs, which meet all specifications, may be used through the entire competition and for all lifts. The bar will not be changed during the competition unless it is bent or otherwise damaged in some way as determined by the referees. It is allowable to change to a dead lift bar (one without center knurling) for the bench and dead lift provided it meets all other requirements and is used for the entire event. Sutherland or Pasnella bars may be used in the squat and/or bench press, provided that the proper loading charts are available for use by the referees and loaders.

Bar:

- The bar shall be straight and well knurled or grooved and shall conform to the following requirements:
- Total overall length not to exceed 2.2 m (7.216 ft).
- Center knurling to be a minimum of 4 inches wide with a maximum 6-inch smooth space unknurled on each side. Total of the center knurled and unknurled space must equal inches. If a separate bar is used for deadlifting or benching, it need not have centerknurling. Use of center knurling bar for squatting is recommended but not mandatory.
- Distance between the collars is not to be less than 1.31 m (4.297 ft).
- Diameter of the bar is not to exceed 29mm or be less than 28 mm on the smooth portion.

- Diameter of sleeve is 50-52 mm.
- Weight of the bar and collars shall be 25 kg (55 lbs). A weight variance of 2.5% is allowed.
- There will be a diameter machine marking on the bar or the bar is to be marked so as to measure 81 cm (about 32 inches) between markings.
- The Sutherland and the Pasanella Bars are not approved for use in competition unless special permission is received prior to the competition. If used, the bars must meet the following:
 - Bar Diameter: 31.75 mm or 1.250 in.
 - Overall Length: 2400 mm or 94.5 in.
 - Distance between inside Collars: 1434 mm or 56.5 in.
 - Sleeve Length: 450 mm or 17.7 in.
 - Center Knurl Length: 460 mm or 18.1in.
 - Bearings - oil filled bronze: QTY 4 0 3.0
 - Bar and Collars Weight: 32.5 kg or 71.5 lb.
- For children registered in the "Youth" age classes, when lifting less than 35 KGs, lifters may use a commercially made 6' or 6.5" bar combined with collars that equal 7.5 KG, 10 KG, 12.5 KG, 15 KG, 17.5 KG, 20 KG or 22.5 KG. The bar and collars must be weighed by the Meet Director or Head Referee prior to the start of the meet on calibrated scales. The bar with collars must weight within 2.5% of the intended weight."

Discs:

Discs shall conform to the following requirements:

All discs, bars, and collars used in the competition must be weighed prior to the competition and the exact amount recorded for record purposes. Discs must weigh within 1.25% of the face value for national and international competition:

Plate Weights

Kilos

- .25
- .50
- 1.25
- 2.50
- 5.00
- 10.00
- 15.00
- 20.00
- 25.00
- 45.00
- 50.00
- All discs must be clearly marked with their face value weight.
- The first and heaviest discs shall be loaded first and face in, and all other plates shall be loaded face out in the sequence of heavier weights innermost with the smaller/lighter discs in descending weight

arranged so that the referee may read the numbers on each disc. Both sides of the bar shall be equally loaded with the same number of discs of corresponding value. It is never acceptable to deliberately miss-load a bar so one side has a different number of discs and/or a different weight than the other side. Should a bar be deliberately miss-loaded to break a record, the record shall not be accepted.

- It is strongly recommended that the 45.00 and 50.00 kg plates and the 100.00 lb plates not be used unless necessary.
- Discs may be either pounds or kilos.

Discs: The following recommendations are made for disc dimensions and weights:

- The hole size in the middle of the disc may be approx. 53mm.
- Discs other than bumper plates weighing 25 kg (or 100 lb plates), or greater must not exceed 6 cm (2.36") in thickness; discs weighing 20 kg (45 lbs) or less shall not exceed 3cm (about 3/16 inches) in thickness. The diameter of the largest discs shall be no more than 45.5 cm (17.9 "), and not less than 44.5 cm (17.5"), per international standards.

Collars

- Collars shall always be used in competition.
- Collars shall conform to the following requirements:
- Collars must weigh 2.5 Kg. (5.5 lbs). A variance of 2.5% is allowed.

2D. 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 spotters. It may consist of a one-piece unit or two separate stands designed to hold the bar in a horizontal position.
- Racks must be capable of settings "OUT" and "IN". "OUT" means that the rack saddles are near the inside collars and "IN" means that the racks are near the 81 cm markings.
- Monolifts may be used in competitions.
- A new design flat bar support with the flat bar on the outside edge of the support column may also be used instead of the standard design. This allows maximum distance between the support bars so that the need to move the racks in and out for large lifters is either reduced or eliminated.
- The following recommendations are made for dimensions: The squat racks shall be designed to adjust from a minimum height of 1m (about 3 ft 3 inches), in the lowest position to a maximum of 1.7 m (about 5 ft 6 3/4 inches) in the highest position.
- Height adjustments must be at increments not to exceed 5 cm (about 2 inches). All squat racks must be capable of being secured at the required height by pins.
- The bar rest saddles may be a minimum of 5 cm (about 2 inches) to a maximum of 6 cm (2 3/8 inches) wide and a minimum of 6 mm thick (about 1/4 inch) and have a vertical backing plate no less than 20 cm (7 7/8 inches) high and a 45-degree roll-out with a safety lip of 3 cm (1 3/16 inches) maximum.

2E. Bench Press Rack

- The bench shall be of a sturdy construction for maximum stability and conform to the following dimensions:
- Bench: The following recommendations are made for dimensions:
- Length: Not less than 1.22 m (4 ft), and shall be flat and level.
- Width: 29 to 32 cm (11 1/2 to 12 5/8 inches).
- Height: 42 to 45 cm (16 1/2 to 17 3/4 inches) measured from the floor to the top of the padded surface of the bench without it being depressed or compacted.
- Height of adjustable uprights: 82-100 cm (31 1/4 -39 3/16 inches) measured from the floor to the bar rest position.
- Height of non-adjustable uprights: 87-97 cm (34 1/2-36 1/4 inches) measured from the floor to the bar rest.
- Minimum width between the insides of the bar rests 1.1 m (3 ft 7 1/8 inches). Bar rest saddles should be a minimum of 5 cm (about 2 inches) wide and 6 mm (1/4 inch) thick minimum with a vertical backing plate no less than 15 cm (5.9 inches) high and a 45-degree roll-out safety lip 3 cm (1 3/16 inches) maximum. Height adjustments should be at increments not to exceed 5 cm (2 inches). Bench padding should not exceed 3 cm (1 3/16 inches). Anti-tilt bar on the bottom of the bench at the base of the uprights shall be about 5-6 cm (2-3/8 inch) wide and about 20 cm (7 7/8 inches) long.

2F. Lights

- A system of lights shall be provided by which the referees shall make their decisions known. The lights shall be arranged horizontally to correspond to the positions of the three referees. They should be wired in such manner that they light up together, not separately. The Chief Referee shall control the master switch. When a master switch is not available, each referee shall make his decision known at the completion of the lift. All lights shall be turned off as the lifter leaves the platform or as the announcer announces the decision.
- Each referee will control a white light signaling a GOOD lift and red light signaling NO lift.
- Should lights not be available and for backup purposes, white and red flags/paddles should be available for the referees.

3 - Costume and Personal Equipment

3A. Costume

Singlet

- The singlet shall consist of a one-piece full length-lifting suit of single-ply stretch material that is non-supportive. Supportive is defined as either the type of material used in the construction of the garment, or the excessive tightness of the garment when worn by the lifter, or a combination of the two. The construction of the suit must be without any patches or padding. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The

costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition.

Biker Shorts

- It must have legs and the length of the leg must not extend below midthigh, or be shorter than 2 inches from crotch. The mid-thigh measurement is to be taken on a line from the top of the knee to the crotch.

Assisted Lifting Costume (Single-ply only)

- The lifting costume (commonly known as a bench shirt, squat or deadlift suit) shall consist of a one-piece costume of single-ply material. The construction of the suit must be without any patches or padding, and have a maximum overall material thickness not exceeding 1.3mm at any measured point, except at any seam. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The straps must be worn over the shoulders at all times while lifting in competition.
- Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness.
- Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness.
- Any alterations to the costume, which exceed the established widths, lengths or thickness previously stated, shall make the suit illegal for competition.
- Any lifting costume which straps have been shortened in any fashion that may leave the excessive material intact, may not stitch or reattach the excess material back down to the suit itself. The maximum amount the excess fabric (a.k.a. “tabs”) may extend is 2 inches above the new seam. Velcro is not allowed on the straps or any part of any lifting costume in either the Raw or Single Ply divisions.
- The “erector” shirt can be used during the squat and deadlift only.

Assisted Bench Shirt (Single-ply only)

- Bench shirts may only consist of a single-ply and must, as a whole, be of single material construction. The shirt cannot have an open back.
- It is not ribbed and does not consist of any rubberized or similar stretch material or threading. It is made either exclusively of cotton or polyester, or a mixture of cotton and polyester. Denim is allowed, however canvas material is not permitted.
- Sleeves that extend below the elbow cannot be rolled up above the elbow for that would be considered multi-ply. .
- Patches or stitching may not be added anywhere on the lifters shirt that may give the lifter an unfair advantage.
- The shoulders of the shirt must cover the deltoids, and the lowest point of the front neckline cannot be below the nipple line. The collar on the front of the shirt cannot be any wider than 1.25 inches.

Costume (SHIRTS)

- Male or female lifters under the lifting suit in raw or equipped competition must wear only one shirt (T-shirt or supportive) in the squat, bench press and deadlift. The shirtsleeve shall not touch the elbow. Supportive bench/erector shirts with sleeves may be worn in all NorCal-equipped sanctioned meets only and may be worn for all three competitive lifts. The shirt shall be tucked into the suit. The

shirt shall not be long enough so as to cover the buttocks when tucked into the suit and therefore serve as extra support. Any supportive shirt may not be worn when lifting in a raw division.

All shirts shall conform to the following construction and material requirements:

- Is made of cotton, polyester, or a combination of the two.
- Does not consist of any rubberized or similar stretch material.
- It may have a "V" or "U" shaped neck opening.
- Does not have any buttons, pockets, zippers, or collars.
- Does not have reinforced seams.
- Shirts may not be turned inside out to hide inscriptions.
- Torn or soiled shirts are not permitted.
- Velcro straps/open backed shirts are not allowed.
- Emblems may be worn representing the lifter's NorCal Powerlifting affiliation, registered club, region, school, or state.

Costume (athletic supporter/briefs):

- A standard commercial "athletic supporter" or standard non-supportive commercial briefs, boxers, or boxer-briefs of any mixture of cotton, nylon or polyester shall be worn under the lifting suit by both sexes for both raw and equipped competition. The length of the leg measured from the crotch shall not exceed 15 cm (5 7/8 in). The leg shall not protrude from beneath the lifting suit at any time.
- Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waist band, shall not be worn under the lifting suit. It must be recognized that the supportive undergarment manufactured specifically for powerlifting (groove briefs) is not legal for use in competitions.
- Women may wear a one-piece cotton or cotton blend running or sports bra in addition to a shirt.
- The use of tampons, sanitary napkins or related articles for feminine hygiene protection is permitted without inspection.

Costume (Socks):

- A lifter may wear socks in a raw or equipped competition. The lifter is not required to wear socks or may wear as many pairs as the lifter wishes.
- The Socks shall conform to the following requirements:
- They may be of any color or colors and may have manufactures logos.
- They shall not be of such length on the leg that they come into contact with the knee wraps or knee cap, or knee cap supporter.
- Full length leg stockings, tights or hose are strictly forbidden.

Costume (Shoes):

- Lifting Shoes or boots shall be worn.
- The shoes shall conform to the following requirements:
- Shoes with metal cleats or spikes are not permitted.
- No Part of the underside shall be higher than 5 cm.

- The underside must be uniform on both sides.
- Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.

Costume (Headbands/hats):

- A professionally made elastic headband not exceeding 12 cm in width may be worn in either raw or equipped competition. No handkerchiefs, bandannas, hats, or other headgear will be allowed on the platform.

3B. Personal Equipment

Wrist & Knee Wraps/ Knee & Elbow Sleeves/Plasters

Wrist Wraps

- Only wraps of one ply commercially woven elastic that is covered with polyester, cotton or combinations of either materials, or medical crape is permitted.
- Wrist wraps may not exceed 1 m in length and 8 cm in width. Any sleeves, and Velcro patches/tabs for securing, must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not cover the thumb or fingers during the lift.
- A wrist wrap shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint, and shall not exceed a covering width of 12 cm when worn.
- Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.

Knee Wraps/Knee Sleeves

- Wraps not exceeding 2.5 m in length and 8 cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covered width of 30 cm.
- Alternatively, a knee sleeve or knee cap made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials of not more than 30 cm in length, and of single-ply thickness, may be worn. The placement of the sleeve is the same as in 3.11.5.
- Raw lifters have the option of single ply knee sleeve or knee wraps during their lift, and it may not have any Velcro on it, must be both non-adjustable and non-fastening.
- Wraps shall not be in contact with the socks or lifting suit.
- Wraps shall not be used elsewhere on the body.
- A combination of a knee wrap and knee sleeve is strictly forbidden.

Medical Tapes / Bandages

- Two layers of bandages or band-aids may be worn on the thumbs. These items may not be worn anywhere else on the body without official permission of the Head Referee. Plasters, bandages or band-aids may not be used as aids to the lifter in holding the bar.
- Contingent upon prior approval by the Head Referee the lifter or medical personnel may apply bandages or wraps to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- At all competitions where a Jury may not be present, and no medical personnel are on duty, the Head Referee shall have jurisdiction over the use of all medical tapes and bandages.

- All medical letters in support of a lifter request to allow the use of medical tape or bandages during their lifts should be presented to the Head Referee prior to the start of the meet for his determination as to its legality under the rules.
- The use of kinesiology tape (KT tape) or similar tapes is allowed, provided they are applied as recommended by the manufacturer.

Elbow sleeves may be used as follows:

- Elbow sleeves made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials not exceeding 20cm in length and 6 mm in thickness.

Shin Guards

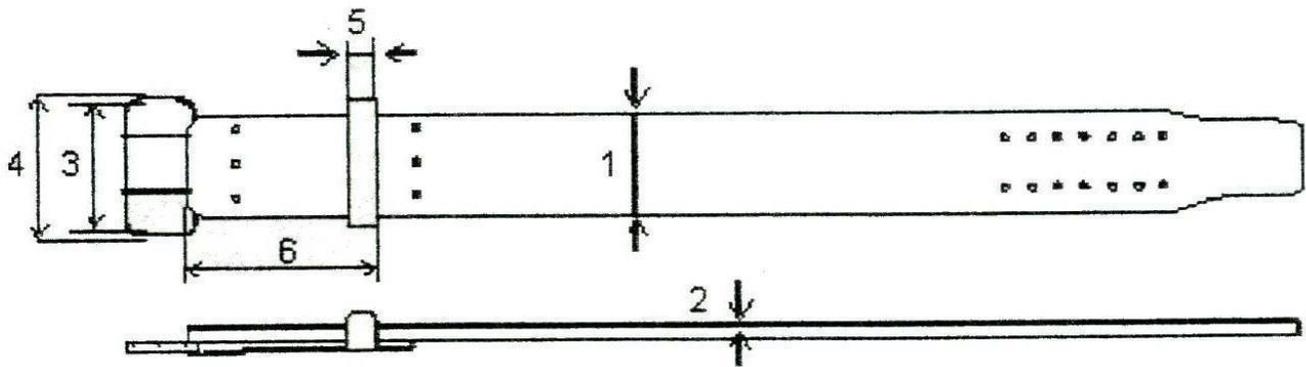
- Shin guards may only be used during the deadlift and must be worn under the socks.

Raw Equipment Definition

- The approved costume and equipment allowed for the raw division competitions is a non-supportive, one-piece, single-ply singlet, biker shorts, t-shirt, socks, belt, shoes, single-ply wrist wraps, elbow and knee sleeves, and knee wraps.

3C. Belt:

- A lifter may wear a belt, only on the outside of the lifting suit in equipped or raw competition conforming to the following requirements. The lifter is not required to wear a belt.
- The Belt shall conform to the following construction and material requirements:
- The belt shall be made of leather in one or more laminations, which may be glued and/or stitched together. Velcro is not permitted.
- It shall not have any additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.
- The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- The belt may have a buckle with one or more prongs or “quick release” type. (“quick release” referring to a lever.)
- A tongue loop shall be attached close to the buckle by means of studs and/or stitching. Many belts still appear with a sliding loop and some with two loops. This is incorrect and makes the belt illegal. The tongue end of the belt is often wrapped two thirds of the way around the waist and studded into the belt. This is not correct and in point of fact can make the belt up to 26 mm thick, illegal. A customized belt tailored to fit the lifter is much more presentable.
- The name of the lifter, the lifter’s nation, state, or club may appear on the outside of the belt.
- The Belt shall conform to the following dimensional requirements:
- Width of the belt maximum of 10 cm (about 4 inches)
- Thickness of belt maximum of 13 mm (about 1/2 inch) along the main length.
- Inside width of buckle 11 cm (about 4 3/8 inches)
- Outside width of belt buckle of 13 cm (about 5 1/8 inches).
- Tongue loop maximum width of 5 cm (about 2 inches).
- Distance between end of belt and the far end of the tongue loop 15 cm (about 5 7/8 inches).



Belt Diagram

Inspection of Costume and Equipment

- Equipment inspections are required and will take place during the weigh-in periods. It is the lifters responsibility to bring all equipment intended for use during the meet to their weigh-in session and have it inspected by an official.
- If a lifter is found with an illegal item prior to lifting, the lifter shall be immediately warned and allowed to correct the infraction.
- If a lifter appears on the platform wearing any major illegal items (mainly supportive gear, wraps, briefs, belts), the lifter shall be immediately warned and allowed to correct the problem within the time remaining if possible. If the lift has been completed, that lift shall be declared void. If the items are minor, the lifter shall be warned. Continued equipment infractions are cause for the lifter to be removed from the competition.
- A minimum of two referees of any level shall be appointed to fulfill the duty of costume inspection. The suits and shirts shall be examined and approved for use. All other items shall be reviewed and any items to legal for use shall be brought to the lifters attention and the lifter shall be warned regarding their use.
- Any item considered unclean, torn, or not in repair shall be rejected for use.
- The referees shall mark/record each item on the official inspection sheet. The inspection sheet shall be handed to the head referee or president of the jury at the end of the inspection period.
- Items such as watches, costume jewelry, mouthpieces, eye wear, or feminine hygiene articles need not be inspected.

4 – Powerlifts and Rules of Performance

Recognized Lifts

NorCal Powerlifting recognizes the following lifts that must be taken in the sequence listed in all competitions for powerlifting. They are the:

- Squat
- Bench Press

- Dead Lift

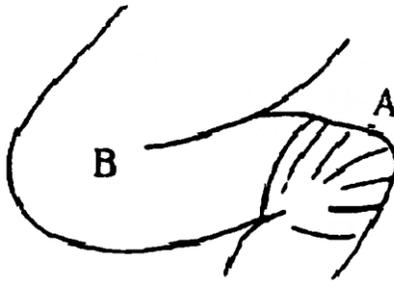
4A. Squat

Rules of Performance:

- The lifter shall face the front of the platform. The bar shall be held horizontal across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- After removing the bar from the racks, (the lifter may be aided in the removal of the bar from the racks by the spotter/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “squat”. Before receiving the signal to “squat”, the lifter may make any position adjustments within the rules, without penalty. For reasons of safety, the lifter may be requested to “rack” the bar if after a five (5) second period he is not in the correct position to begin the lift. The signal to replace the bar shall consist of a backward movement of the arm and the audible command “rack”. The lifter may resume the attempted lift after racking the bar if time permits under the 60 second rule.
- Upon receiving the Chief 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. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifter’s knees have unlocked. The bar may move from its starting position downwards on the lifter’s back the thickness of the bar during the performance of the lift.
- The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
- The signal to rack the bar will consist of a backward motion of the arm and the audible command “rack”. The lifter must then move forward and return the bar to the racks. For reasons of safety, the lifter may request the aid of the spotter/loaders in returning the bar to, and replacing it in the racks.
- The lifter must stay with the bar at all times during the lift and while returning the bar to the racks.
- No more than five and not less than two spotter/loaders shall be on the platform at any time. The Chief referee shall decide the number of spotter/loaders needed on the platform. Designated spotter/loaders may not be replaced unless approved by the Chief Referee. A lifter may use spotters other than those on the platform with the approval of the Chief Referee. If in the opinion of the meet director, additional spotters are needed and the spotting can be done safely, additional spotters may be used.

ACCEPTABLE

Top of thigh at point B
is lower than top of knee
at point A



Causes for Disqualification:

- Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- Double bouncing at the bottom of the lift, or any downward movement of the bar during the ascent.
- Failure to assume an upright position with knees locked at the commencement and completion of the lift.
- Stepping forwards or backwards during the performance of the lift. Lateral movement of the sole and rocking the feet between the ball and heel is permitted.
- 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 as shown above.
- Any movement of the bar on the back more than the diameter of the bar below its starting position.
- Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier. Slight contact is permitted if there is no supporting that might aid the lifter.
- Contact of the elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
- Any intentional dumping or dropping of the bar as determined by a majority of the referees.

4B. Bench Press

Rules of performance:

- The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
- The lifter must lie on his back with the shoulders and buttocks in contact with the bench surface. The sole of his shoes must be in contact with the floor or blocks. His hands and fingers must grip the bar positioned in the rack stands with thumbs around grip of the bar. The back of the lifter's head must be in contact with the bench surface or off the bench throughout the lift. This body position shall be maintained throughout the lift.
- Thumbless grip is not allowed.
- To achieve firm footing, the lifter may use flat surfaced plates or blocks not exceeding 45 cm x 45 cm x 30 cm (about 17 ¾ x 17 ¾ inches x 11 ¾ inches) in total to build up the surface of the platform.

Blocks in the range of 5 cm, 10 cm, 20 cm, 30 cm may be made available for foot placement if feasible. The sole and heel of the lifter's shoes must be in contact with the floor or blocks and with the surface provided. Note: The rules allow a maximum block height of 30cm and minimal foot movement i.e. the width of one foot laterally and half the length of the foot forward or backward.

- Not more than 3 nor fewer than 2 spotter/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/loader in removing the bar from the racks. The lift-off must be at arm's length. The hand off may be from the center of the bar or from the ends of the bar.
- The spacing of the hands shall not exceed 81 cm (31 7/8 inches) measured between the forefingers (both forefingers must be within the 81 cm marks). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary, the bar must be marked accordingly.
- After receiving the bar at arm's length the lifter shall await the referee's "Start" command. The lifter shall then lower the bar to the chest and await the "Press" command. The "Press" command shall be given when the bar is motionless on the chest. If the lifter has a hearing defect, the referee may use an agreed upon signal such as a touch of the hand to the lifter for the "Start", "Press" and "Rack" commands. For reasons of safety the lifter will be required to "rack" the bar if after a period of five seconds he is not in the correct position to begin the lift. The signal by the Chief referee to return the bar to the rack shall be the audible "Rack" command

After the press command has been given, the bar is pressed upward to arm's length, elbows locked out, and held motionless until the audible command "RACK" is given. No excessive/immoderate uneven extension of the arms is permitted and lock out of both arms must be simultaneously together. The bar is allowed to stop during the upward movement but is not allowed any downward movement. Downward movement refers to that portion of the bar between the hands only, and not to that portion between the outside edge of the hand and the end of the bar.

- If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.

Causes for Disqualification:

- Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
- Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, buttocks, from the bench, or feet from the floor/blocks/plates or lateral movement of the hands on the bar. Minimal foot movement is allowed i.e. the width of one foot laterally and half the length of the foot forward or backward.
- Heaving, bouncing, or sinking the bar into the chest after the press signal has been given.
- Any pronounced/exaggerated uneven extension (more than a bar width) of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.
- Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
- Contact with the bar of the lifter by the spotter/loaders between the Chief Referee's signals, in order to make the lift easier.
- Any contact of the lifters feet with the bench or its supports.

4C. Deadlift

Rules of performance:

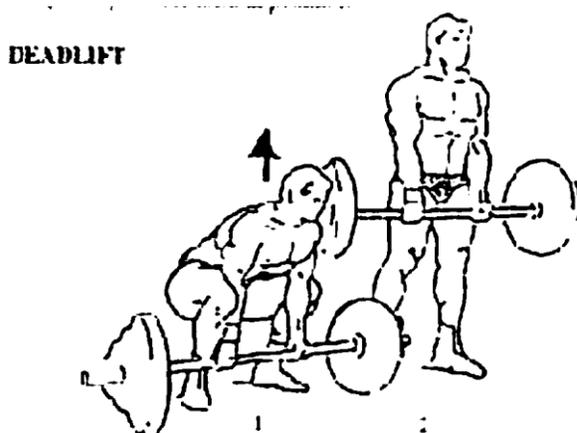
- The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect. There is no signal from the Chief Referee to start the lift.
- On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position.
- The Chief 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 the apparent finished position. If the bar is shaking when at the knee area, this is not cause for failure.
- Any raising of the bar or any deliberate attempt to do so will count as an attempt. Only one attempt is permitted. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. Settling at the shoulders at the end of the lift is not cause for failure.

Causes for Disqualification:

- Any downward movement of the bar before it reaches the final position. Stopping of the bar is not cause for failure.
- Failure to stand erect with the shoulders in an erect position.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thigh during the performance of the lift. As the bar is lifted, the knees MUST continually extend without additional flexion of the knees at any time during the lift. If the bar edges up the thigh but is not supported this is not reason for failure of the lift.
- Stepping backward or forward, or lateral movement of the foot. Rocking of the feet between the ball and heel is permitted.
- Lowering the bar before receiving the Chief referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands. Some noise and impact is expected and is not cause for failure of the lift, but dropping the bar or obvious lack of control is not allowed. The bar must be controlled to prevent free fall.
- Any intentional dumping or dropping of the bar as determined by a majority of the referees

Diagram of correct start and lockout position:

The correct start and finish position for the deadlift is shown above. The lifter is standing erect with the knees locked straight, shoulders in erect position not forward or rounded.



5 – Types of Competition

Equipped or Raw

5A. Equipped

Equipped competition is defined as allowing the lifter to wear any or all of the costume defined in and as permitted in Section three. “Costume and Personal Equipment”. Lifters of any age group may enter equipped competition. It is the responsibility of the parent/coach to ensure that a minor is properly coached when wearing equipment.

5B. Raw

Raw competition is defined as allowing the lifter only the following items as defined in and as permitted in Section three. “Costume and Personal Equipment”. These items are limited to:

- Single
- Biker shorts
- T-shirt.
- Shoes and socks.
- Belt.
- Headband.
- Athletic supporter.
- Women may wear a non-supportive bra.

Types of Competitions within a Meet

NorCal Powerlifting does not discriminate between either raw or equipped competitions. A lifter may enter either or both competitions. If the lifter enters both, he must lift as defined by raw competition.

Progression for Types of Competitions

The bar may progress by rounds system as defined in Section VIII. “Rules for Competition – Order of Competition” in the equipped competition

6 - Rules for Competition

General Rules:

6A. Persons allowed on the Platform during the Competition

- During competition, only the lifter, his/her coach, spotters, members of the Jury, and the officials will be allowed on the platform or stage. During the actual lift, only the lifter, the spotters, and the referees are allowed on the platform stage. A coach may give a hand-off in the bench but must leave the platform immediately. Coaches shall not be allowed at the back or sides of the platform area and must remain outside of the boundaries of the designated lifting area unless receiving permission from the Chief Referee.

Adjusting Equipment While on the Platform:

- A lifter may adjust only the belt while on the platform. No other preparations may be made on the platform including use of smelling salts, etc.

6B. Progressive Loading of the Bar:

- In power lifting meets, meet directors shall use the rounds system in all meets.
- If there are more than 60 lifters per platform in any one session of a three-lift meet or 100 lifters per platform in a single/specialty meet, it is recommended that the meet director take action to reduce the number of lifters on the platform for that session. The meet director may choose to add a platform or he/she may choose to add sessions.
- In all systems, the bar is loaded progressively for each attempt. The lifter calling for the lightest weight lifts first. When two or more lifters call for the same weight, the lowest lot number goes first. If lot numbers are not used, the lighter lifter goes first. The bar will not be reduced in weight once the lift has been performed with the announced weight unless there is an error on the part of the announcer. In this case, the bar will be reloaded to the correct weight and the meet shall continue.
- Meet Directors shall number entries in the order they are received. This number may then be used as the lot number that can be noted on the weigh-in cards and on the score sheet. This lot number may be used to establish the weigh-in and lifting order when lifters call for the same weight.

6C. Attempt Priority Rule:

- In the rounds system, all first attempts will be taken in round one, all second attempts will be taken in round two, and all third attempts will be taken in round three. Corrective attempts will be taken at the end of each round.
- Record attempts may be taken at any time, even if small plates are added.
- There are fourth attempts in NorCal Powerlifting competitions for records only. Permission must be received from the Chief Referee for a fourth attempt. The lifter may ask for a fourth attempt only if they were successful on the third attempt and that lift was within 5 percent of the existing record. The bar may not be lowered for a fourth attempt.

Minimum Amount of Weight Increase Between Successful Attempts

- The weight of the bar must always be in multiples of 2.5 kg (5.0 lbs in a pound meet). The progression of the bar between each lifter's successful attempts shall be a minimum of 2.5 kg (5.0 lbs in a pound meet).
- Records may be broken by an increase of a minimum of 500 grams in any round. The exact weight of the bar will be recorded on the records form. The meet results will show the weight to the nearest 2.5 kg (5 lbs in English) increment.

6D. Use of Small Discs for Setting Records

For the purposes of setting records in an NorCal Powerlifting sanctioned competition, lighter discs (less than 1.0 Kilo or 2.2 lbs) may be used to reach a weight at least 500 g (1.1 lbs) more than the current record.

Actions Required To Set Records

- When a record is going to be attempted, the lifter or the lifter's coach must inform the scorer's table and the platform of the attempt.
- To receive permission to try a fourth (4th) attempt the lifter must have successfully completed his/her third (3rd) Lift.
- The Chief Referee will ensure that referees with the correct qualifications are seated before the platform is declared ready.
- At the completion of the attempt, if the attempt is declared good, the referees on the platform will conduct a brief equipment check to ensure that the lifter has met all equipment requirements.

6E. Scoring

The scoring and determining of winners and places in conventional powerlifting is done by means of the lifted total. This is defined as the sum of the best lift in each event in the competition. Scoring in this way is done only within a weight class, age group and sex. To receive a score, a lifter must have a successful lift in each event in the competition.

6F. Fourth Attempts

Fourth attempts are given for record purposes only and are not considered for scoring purposes. Fourth attempts are only given if the lifter has successfully completed his/her third attempt.

6G. Breaking Ties between lifters

If 2 lifters make the same total at the same bodyweight, they shall be re-weighed. If they re-weigh the same, they shall both share the placing and no award shall be given to the next in line. Should they re-weigh at different body weights, the lighter lifter shall be awarded the higher place. at different body weights, the lighter lifter shall be awarded the higher place

6H. Loading Errors or Incorrect Announcements by the Announcer:

- The Chief Referee shall be solely responsible for corrective action in case of loading errors or incorrect announcements made by the announcer. This decision will be given to the announcer who will announce it.
- Examples of Loading Errors:
- If the bar is loaded lighter than called for and the attempt is successful, the lifter may accept the lift or he may choose to take the attempt over at the correct weight. If the misloaded attempt was not successful, the lifter will be granted another attempt at the correct weight at the end of the round. In Modified Conventional System, the lifter, if he follows himself, shall become the minimum of 5th lifter up.
- If the bar is loaded heavier than called for and the attempt is good, the lifter will be credited with that weight. The bar will be reduced in weight if required for other lifters. If the attempt is not successful, the lifter will be granted another attempt at the correct weight at the end of the round. In Modified Conventional System, the lifter, if he follows himself, shall become the minimum of 5th lifter up.

- If the weights are not the same on both sides of the bar, if any changes occur on the bar or discs during the lift, or if the platform is disarranged and the lift is successful, the lifter has the option to accept the lift or to take the attempt over. If the lift is not successful, the lifter will be granted another attempt at the end of the round.
- If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform to follow the progress of the meet or the lifter misses an attempt due to the announcer's failure to announce it, the bar shall be reduced and the lifter shall take the attempt without waiting until the end of the round.

6I. Disqualifications

- Disqualification of a lifter for failing to successfully make an attempt in any lift: A lifter must make at least one successful attempt in each lift to continue in the meet. Failure to do so will eliminate the lifter from further participation in the meet. For a lifter entered in two meets held concurrently (e.g. a power meet and a bench meet), this would apply separately to each meet. In this example, failing a successful squat would still permit the lifter to bench, but for the bench meet total only, and would eliminate the lifter from the deadlift.
- Spotter's aid to the Lifter: Other than initially aiding in the removal of the bar from the rack, the lifter shall not receive any further help in setting up/assuming the starting position. Such aid will disqualify the lift.
- Disqualification due to Platform Time Limits: On the completion of a lift, the lifter has 30 seconds to leave the platform. Failure to do so MAY result in disqualification of that attempt at the discretion of the Chief Referee.
- Disqualification due to Conduct: Any lifter or coach, who by reason of misconduct on or near the competition platform that is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury or Head Referee may disqualify the lifter and order the lifter and/or coach to leave the venue. The team manager or coach must be officially informed of both the warning and disqualification.

6J. Appeals, Protests or Complaint Procedures:

- All appeals against referee's decisions, complaints regarding the progress of the meet or against the behavior of anyone taking part in the meet will be made verbally or in writing to the Jury if requested. The team manager or coach must lodge the appeal or complaint with the Jury Chairman. This must be done immediately following the incident that is the cause of the appeal or complaint. If deemed necessary, the Jury may temporarily suspend the meet and retire to consider its decision. After discussion, the Jury shall make known the majority decision via the Chairman who will inform the complainant of the decision. The decision is final with no other appeal available.
- In the event that a jury is not seated, the head referee shall appoint a committee of three to decide the appeal. That committee shall consist of one senior referee, one senior lifter and the head referee. If deemed necessary, the committee may temporarily suspend the meet and retire to consider its decision. After discussion, the committee shall make known the majority decision via the head referee who will inform the complainant of the decision. The decision is final with no other appeal available.

Break Time between Each Contested Event:

- A compulsory break of 5 minutes must take place between the completion of one lift (ex: squat) and the beginning of the next (ex: bench press). If more time is needed, it shall be given for warm-up, setting up the platform, etc. When the meet consists of only one flight, the minimum time shall be 30 minutes.
- When a small number of lifters comprise a flight in the rounds system, it may be necessary to increase the time between rounds to allow adequate time for the lifters to prepare for their next attempts.

Prohibition of Attempt Changes:

- Once the flight begins, the lifter may not make any changes to their opening attempt. The lifter may change the third attempt of the deadlift twice for competition purposes.

6K. Recommended Flight Size

In the round system, it is recommended that flights contain at least 10 but no more than 15 lifters.

Flights are divided by weight classes. When grouping flights by weight classes, they should be divided so as to equalize the number of lifters in each flight or on each platform. Two or more weight classes may be joined in a flight. In any system, the meet may be broken up into two or more sessions as announced on the entry form. However, the meet director must organize the schedule so that the lifters in ALL sessions have weigh-ins within 24 hours of the start of their session.

When organizing flights, lifters competing against each other shall be placed in the same flight. In the interest of time, when organizing flights lifters competing against each other may be separated into different flights only if there is a vote taken and all lifters agree. A lifter may be placed in another flight if their lifts are of such difference that there is no real competition.

Communication of Decisions Concerning Special Problems

Any decisions concerning an attempt, the removal of a lifter or coach, or the granting of another attempt must be made known to the Announcer, Scorekeeper, coach and lifter as soon as the decision is made. Either the Chairman of the Jury or the Head Referee makes the communication in absence of a jury.

7 - Appointment of Personnel and Personnel Responsibilities

Officials to be Appointed by the Meet Director:

- Head Referee will be appointed by the Meet Director
- Speaker/Announcer
- Marshals/Expeditors
- Scorers
- Spotters/Loaders

- NorCal Powerlifting Substance Abuse Site Coordinator who may not be the meet director or the head Referee.
- Other positions as needed such as an additional set of expeditors or scorekeepers, etc.
- Additional officials may be appointed as required: doctors, paramedics, etc.

Officials to be Appointed by the Head Referee

- Referees for each session and event. On each platform a chief referee and two side referees shall be appointed.
- Platform Timekeepers.
- Record keepers (for National and World Championships only).
- Two Officials to be in charge of the weigh-in and one at the equipment check.
- Platform managers if needed.

Responsibilities of Officials Appointed by the Meet Director

Speaker/Announcer:

- This person is responsible for the efficient running of the meet. Acts as Master of Ceremonies and arranges the attempts in an orderly fashion dictated by weight, lot numbers, and attempts. He announces the weight for the next attempt, rack setting, name of lifter and names of the next 3-5 lifters. When the bar is loaded and ready for the lifter, the Chief Referee will indicate that fact to the announcer who will call the lifter to the platform. The timekeeper will begin the one-minute clock. Suggested minimum information when calling a lifter should include:
 - Attempted weight in kilos and/or pounds
 - Weight class of lifter
 - Attempt number
 - Lifter's name

Expeditors:

- These persons are responsible for accepting the next weight attempt from the lifters or their coaches and passing this information to the scorers. The lifter or coach shall seek out the Expeditors to provide this information within one minute of completing their last attempt. After five minutes have elapsed, the lifter will be warned. Then, if the lifter fails to provide the next attempt, that attempt will be forfeited. The Marshals/Expeditors shall keep time. The bar shall continue during this five-minute period. The lifter must be aware of the progression of the weight. Once a weight has been called for loading on the bar, the lifter must take that weight or a higher one. The weight shall not be lowered due to a miscalculation by the lifter.

Scorers:

- These officials are responsible for accurately recording the results and progress of the meet. Upon completion, the Meet Director shall authenticate the official score sheet.

Spotters/Loaders:

- These officials are responsible for the loading and unloading of the bar, adjustment of rack heights, cleaning of bar, and platform and generally ensuring that the platform is well maintained and neat. At no time shall there be less than 2 or more than 5 spotters. The spotters may assist the lifter in removing the bar from the racks and in replacing the bar to the racks. They may not touch the bar or the lifter during the lift, between signals, unless ordered to do so by the Chief Referee or the lifter. This action will result in NO lift. The lifter is encouraged to remain with the bar and aid in its placement in the racks. If a lifter is deprived of an otherwise successful attempt by an error on the part of the spotters and through no fault of the lifter, another attempt at the same weight may be granted at the discretion of the Chief Referee. This shall be granted at the end of the round in the Rounds System. If the lifter is the last lifter in the round, he will be allowed a three-minute wait with a warning given at the end of two minutes.
- The lifter's coaches, friends, companions, etc. only with permission of the chief referee on the platform may replace the spotter/loaders.
- NorCal Powerlifting Substance Abuse Site Coordinator: This official is the coordinator between the Outside Independent Collection agency and NorCal Powerlifting at the meet. This official is responsible for providing the agency team an overview and briefing of the meet and its activities. This official will also provide any information required by the agency as needed or the gathering of individuals as needed by the agency. This official may not be the meet director or the Head Referee of the meet.

Responsibilities of Officials Appointed by the Head Referee

Timekeeper:

- This official is responsible for assuring that the time lapse between announcing that the bar is ready and the start of the lift is within the given time 60 second time constraint. He is also responsible for timing all other activities such as the three-minute rest period for a lifter following himself, the 30-second period the lifter has to leave the platform following an attempt, and the time to declare the next attempt. The lifter has 60 seconds to start an attempt after he has been called to the platform. If the lift has not been started within this time, the timekeeper shall call "TIME" and the Chief Referee shall give the audible signal "RACK" or "DOWN" and NO LIFT declared. When the lifter starts the lift within the allotted time, the clock shall be stopped. Once the clock has been started for a lifter, it can be stopped only by completion of the time allowance, by the start of the lift, or at the discretion of the Chief Referee. Therefore, it is of great importance that the lifter or coach checks the rack height prior to being called. Once the clock is started, any adjustments must be made within the time allowance. The definition of the start of an attempt depends on the particular lift. In the squat and bench press, the start coincides with the Chief Referee's signal. Any attempt to perform the lift prior to receiving that signal will result in NO LIFT. In the dead lift, the start of the lift coincides with the lifter making an obvious attempt to raise the bar from the platform. In the power clean the start of the lift coincides with the lifter making an obvious attempt to raise the bar from the platform.

Record-Keeper:

- Referees in charge of the weigh-in: The two officials responsible for the weigh-in shall report to the weigh-in area 15 minutes prior to the beginning of the weigh-in. Officials for the weigh-in must be of the same sex as the lifters being weighed. If officials of the same sex are not available, knowledgeable people of the same sex shall be appointed to perform the duties of weighing in. One official shall call the next lifter and then shall conduct the weighing of the lifter. The second official shall record the information. These officials shall remain at the weigh-in site until the completion of the weigh-in.

Platform Managers:

- The platform manager shall call out the plates to be loaded onto the bar and the rack height for the next lifter. The platform manager shall then ensure the platform is in a state of readiness for the next lifter and shall then inform the chief referee when the platform is ready.

Responsibilities of the Head Referee

- The primary duties of the Head Referee will be to assign the chief referee and side referees for each platform, the time-keepers, record-keepers, jury, and weigh-in officials. Copies of these assignments will be posted and given to the Jury.
- Referees available for duties should make their availability known to the Head Referee.
- The Head Referee will handle all matters concerning assignments, conduct, disputes, rule infractions, and in general work with and assist the Meet Director.
- The Head Referee shall record the credited activities for each referee in each referee's record book. This information shall include the name and date of the competition including the duties performed. The duties receiving credit are:
 - ✓ Head Referee
 - ✓ Chief Referee
 - ✓ Expediter
 - ✓ Side Referee
 - ✓ Record-keeper
 - ✓ Speaker/Announcer
 - ✓ Timekeeper
 - ✓ Weigh-in Official
 - ✓ Jury Member
 - ✓ Scorekeeper
 - ✓ Spotters/Loaders
 - ✓ Platform Manager

Referees, Jury, Technical/Referee's Committee, and Testing

Referee Membership

- All NorCal Powerlifting referees must have current NorCal Powerlifting cards and be members in good standing to officiate at any NorCal Powerlifting sanctioned meets.

Designation of Platform Referees

- The head Referee shall appoint three (3) platform referees for each platform. They are the Chief Referee who sits in the center chair and 2 side referees.
- Platform referees duties may be rotated during the competition. A referee may serve as a chief referee during one flight and a side referee during another flight.
- Platform referees must maintain their assignment for the duration of the flight. The head Referee may change an assignment after receiving approval from the jury.

Duties of the Platform Referees

- The Chief Referee is responsible for giving the necessary signals for the 3 lifts, and is in charge of the platform and all decisions concerning loading errors. They are:
- **Lift Start Signal**
 - ✓ Squat Start - Downward Motion of the hand and audible "Squat".
 - ✓ Bench Press Start - Audible "Press". If lifter has a hearing defect, an alternate signal may be used.
 - ✓ Deadlift Start - None
- **Lift Completion Signal**
 - ✓ Squat Completion - Backward motion of the hand and audible "Rack".
 - ✓ Bench Press Completion - Audible "Rack".
 - ✓ Deadlift Completion - Downward motion of hand, and audible "Down".
- Once the bar has been replaced on the racks or on the platform at the completion of a lift, the referees will signal their decision by means of LIGHTS. A white light shall indicate the decision of the referee that the lift is good. A red light shall be used to indicate that the decision is to not grant the lift. A lifter must receive two white lights for the lift to be acceptable for scoring.

Positioning of the Platform Referees:

- The three referees may seat themselves in what they consider to be the best viewing position around the platform for each lift. The Chief Referee must always be easily visible to the lifter when performing the squat or deadlift.
- The referees may lean or shift to improve their view, but shall remain seated. The referee may ask the spotter to reposition themselves should they interfere with their view, and the spotter will, without jeopardizing the lifter's safety, make an adjustment in their position. If repositioning jeopardizes the lifter's safety, the side referees may at this time leave their seat to a position to best judge the lift. If the hands of the rear spotter interfere with the viewing of the hip joint, this should be corrected. In any lift, should the spotter block the referee's view of the lift, the referee shall give the lifter a white light.

- All three referees have the responsibility for judging all aspects of each lift, within reason. It is evident that the vantage point of the Chief Referee makes it more difficult to judge some aspects of a lift as compared to the side referees; however, he still has the responsibility to judge all aspects and is neither excused nor prohibited from doing so. Duties of Referees prior to the contest and weigh-in
- The platform referees shall assure that the platform and equipment comply in all aspects with the rules. Any equipment that does not shall be removed. If the weights are not exact, their true value shall be marked and noted for record keeping purposes.
- The head referee shall meet with the meet Director and assure that the scales used for weigh-in work correctly and have been certified within 12 months of the meet date.

Duties of Referees at Weigh-in

- Assure that the lifters weigh in within the proper time period and within class limits.
- Assure that the lifters are currently registered with NorCal Powerlifting. This should be done prior to any other activity involving the lifter.

Duties of Referees During the Meet

- Assure that the bar is loaded correctly. It is recommended that each referee be issued a loading chart.
- Assure that the lifter's equipment is correct while on the platform. If this is in doubt, after the lift, the Chief Referee should be informed of the item in question and the three referees shall examine it. If the lifter has worn an illegal item, he/she shall be warned, the lift voided, or disqualified.
- Judging all aspects of each lift, within reason. If doubt exists in a referees mind regarding the performance of the lift, judgment shall go in favor of the lifter.

Procedures for a Referee Observing Lifting Faults:

- Side Referee - When a side referee observes a fault, he shall raise his hand to indicate his intention not to pass the lift. If another referee is in agreement, he shall raise his hand. At this majority, the Chief Referee shall stop the lift with appropriate visual and audible signals.
- Chief Referee - The Chief Referee does not raise a hand when observing a fault, but shall note if a side referee is in agreement. If one is, the lift shall be stopped as previously described. Only a majority may stop a lift, unless the Chief Referee feels that the lifter's safety is at risk. Then he shall take the necessary action to protect the lifter.

Procedures for Incorrect Bar Placement in the Squat.

- Prior to the start of the lift, should any referee not accept the bar position, they will call attention to it. If a majority of referees agree, then the signal to squat shall not be given. While the Chief Referee is not required to explain the fault, it is suggested that he do so. The lifter must make a correction within the time allowed.

Referee's Commentary Following a Lift.

- After a lifter receives red light(s) for rules infractions, he or his coach may ask the Chief Referee why the red light(s) were given. The Chief Referee will inquire and inform the lifter/coach of the reason. Should further discussion be required, the lifter/coach shall immediately leave the platform and go to

the Head Referee or Chairman of the Jury for further clarification or ruling. Other than this procedure, referees shall abstain from commentary and shall not be given any document or verbal account concerning the progress of the meet.

Influencing Referee's decisions

- No referee or meet official shall attempt to influence the decisions of any referee.
- Referees may not veto or overrule one another.
- It is recommended that the scoring lights all come on at once.

Referee's Duties Following the Meet

- The three referees shall sign the official score sheets and record certificates or any other documents requiring a signature.

Referee's Uniforms

- NorCal officials must wear NorCal Powerlifting polo shirts at all times.

Jury

- When possible, this Jury shall consist of the NorCal Powerlifting National Chairperson and four (3) senior qualified referees one of whom should be the Chairman of the Referee's Committee.
- The Chairperson of the Jury shall be Norcal Powerlifting Chairman. In his absence, the Chairperson shall be appointed in the same manner as the Head Referee. The Head Referee makes appointments to the Jury.
- The function of the Jury is to see that the rules are correctly followed.
- Jury Replacement of a Referee.
 - ✓ During the competition, the Jury by majority vote may replace any referee whose decisions in its opinion are questionable or show incompetence. The referee in question shall first be warned and given an opportunity to correct the problem. If the problem remains, the Jury may then remove the referee.
 - ✓ The impartiality and decision making of a referee cannot be doubted. However, mistakes can be made in good faith. The referee shall be given an opportunity to explain any decision or action to which warning is given.
 - ✓ Should a member of the Jury wish to query a referee's decision or action, the Jury member shall make this known to the Chairperson of the Jury who shall then inform the remaining members of the jury. Appropriate action shall be based on the majority.
 - ✓ If a serious mistake occurs which is contrary to the rules, the Jury may take appropriate action to correct the mistake. The Jury may award additional attempts but may not overrule the decision of the referee.
- The Jury shall position itself in such a way to ensure an unimpeded view of the competition.
- Duties of the Chairperson of the Jury. Prior to the beginning of the competition, the Chairperson shall ensure that all members of the Jury have a thorough knowledge of their roles and of the rules and any changes that have been made.

- When practical, a jury shall be seated at all competitions. When not practical, the functions of the jury shall be made by a committee appointed by the Head Referee of the competition. There shall be three members of this committee one of whom is the Head Referee. The remaining two shall be a senior referee and a knowledgeable senior lifter. Any actions taken shall be based on majority.

Technical/Referee's Committee

- This committee shall consist of five (5) members appointed by the Executive Committee. The Executive Committee shall appoint the Chairman of this committee.
- Duties, The duties of the committee shall be to examine all requirements, procedures, and changes of a technical nature brought to NorCal Powerlifting. All proposed rule changes should be routed through this committee when practical.
- All decisions of this committee are subject to review of the Executive Committee.

Rules Briefings

- It is recommended that a rules briefing be given prior to any National or World Championship. This briefing should be conducted prior to the beginning of the competition when all lifters would be present. This briefing should be given by the senior-most knowledgeable official present.
- It is recommended that a rules briefing be given prior to any competition. This briefing should be conducted prior to the beginning of the competition when all lifters would be present. This briefing should be given by the senior-most knowledgeable official present.

Referee Testing

- General qualifications for taking of the referee's test:
- Candidates must be currently registered NorCal Powerlifting members in good standing. The membership card shall be presented to official giving tests.
- The candidate must have State/District Chairman's endorsement.
- Candidates must be active for a minimum of one (1) year involvement in powerlifting in at least one of the following categories:
 - ✓ Lifter
 - ✓ Coach/ trainer/ manager
 - ✓ Meet Director
 - ✓ Scoring table official/announcer
 - ✓ Candidates must attend a referees' rules clinic prior to taking test.
- General Guidelines for taking of the referee's test:
- All test copies shall be requested from the Chairman of the Referee Committee and issued by him.
- All test results shall be returned to the Chairman of the Referee Committee who shall officially inform the candidate of the results.
- A rules clinic should be given prior to the test. The state referee's test shall be given as open-book.
- Following the test a discussion of the answers should be conducted to ensure that all new referees understand the meaning of the rules.

Qualifications for the State Test

May be given by a NorCal Powerlifting Board Member at any NorCal Powerlifting sanctioned meet upon prior request.

- Candidate must be at least 18 years old.
- Candidate shall sit for two meets with experienced referees to get practice.
- Candidate shall take and pass a practical test at 80% and a written test and pass at 80%.
- Retesting of a failed test may be done after 6 weeks.

Grandfather Clause

- When beneficial to the growth and development of NorCal Powerlifting, referees as noted can be Grand fathered until such time as the Executive Committee determines otherwise. AAU, USPF, USAPL, NASA, and APF referees, upon submission of resume to chairman of Referee Committee, may request referee status in NorCal Powerlifting. The Chairman must sign resume as approval. To be grandfathered, a referee from another organization must become an NorCal Powerlifting member and must take the state referee test in open-book fashion.

Disabled Athletes

General Information

The rules for physically challenged (disabled) lifters shall be applied in the following order. The rules in this section shall govern first followed by the rules as set forth in the IPC, then lastly, the rules for conventional Powerlifting.

To be eligible for competition, a lifter must have:

- Amputation(s) of lower limb(s).
- Motor Paresis of lower extremity (certified major loss of muscle strength)
- Loss of joint mobility – hip, knee, ankle, or elbow. Note that a lifter must have the ability to fully extend arms with no more that 20-degree loss of full extension of either elbow.
- Shortening of one lower limb (at least 7 cm difference).
- Spinal chord injury.
- Maximum height of 4 feet 9 inches (DWARFS).
- Cerebral palsy.

Rules for Competition for disabled athletes

"Common sense" shall prevail at the weigh-in.

For more information, visit: NorcalPowerlifting.com.

