

**MENS SANA IN CORPORE SANO
A SOUND MIND IN A SOUND BODY**

LIFTER'S RULEBOOK

(A SPECIAL CONDENSED VERSION OF THE A.D.F.P.A. REFEREE'S RULEBOOK)
(AS OF SEPTEMBER 1993)

NATIONAL OFFICE

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This rulebook has been designed for coaches and lifters and covers the rules currently used by the AMERICAN DRUG FREE POWERLIFTING ASSOCIATION. This is a condensed model of the A.D.F.P.A. Referee's Rulebook which can be ordered from the National Office by sending a check/money order for \$10.00. Include your mailing address and name.

Rule changes as well as minutes of the National meetings of the A.D.F.P.A. are published in POWERLIFTING TODAY. You will receive 6 issues per year as a registered member of the A.D.F.P.A.

I. EQUIPMENT SPECIFICATIONS

A. General:

All items worn on the platform MUST be CLEAN, UNTORN and in a good state of repair or they will NOT pass the equipment check procedures. Support briefs or support underwear is NOT allowed. Obscenities or profanities are NOT allowed on any attire to be worn in the competitive area. Leotards are NOT permitted on the platform; the lifter may wear professionally made headbands to keep the hair out of their eyes. During INTERNATIONAL COMPETITION sanctioned by the W.D.F.P.F. supportive shirts are NOT allowed NOR are supportive briefs.

B. Bodyweight Categories:

MEN:

- 52.0 kg. Class: Up to 52.0 kgs. (114.5 lbs.)
- 56.0 kg. Class: From 52.01 to 56.0 kgs. (114.51 to 123.5 lbs.)
- 60.0 kg. Class: From 56.01 to 60.0 kgs. (123.51 to 132.25 lbs.)
- 67.5 kg. Class: From 60.01 to 67.5 kgs. (132.26 to 148.75 lbs.)
- 75.0 kg. Class: From 67.51 to 75.0 kgs. (148.76 to 165.25 lbs.)
- 82.5 kg. Class: From 75.01 to 82.5 kgs. (165.26 to 181.75 lbs.)
- 90.0 kg. Class: From 82.51 to 90.0 kgs. (181.76 to 198.25 lbs.)
- 100.0 kg. Class: From 90.01 to 100.0 kgs. (198.26 to 220.25 lbs.)
- 110.0 kg. Class: From 100.01 to 110.0 kgs. (220.26 to 242.5 lbs.)
- 125.0 kg. Class: From 110.01 to 125.0 kgs. (242.51 to 275.5 lbs.)
- +125.0 kg. Class: From 125.01 to unlimited (275.51 to unlimited)

WOMEN:

- 44.0 kg. Class: Up to 44.0 kgs. (97.0 lbs.)
- 47.5 kg. Class: From 44.01 to 47.5 kgs. (97.01 to 104.75 lbs.)
- 50.5 kg. Class: From 47.51 to 50.5 kgs. (104.76 to 111.25 lbs.)
- 53.0 kg. Class: From 50.51 to 53.0 kgs. (111.26 to 116.75 lbs.)
- 55.5 kg. Class: From 53.01 to 55.5 kgs. (116.76 to 122.25 lbs.)
- 58.5 kg. Class: From 55.51 to 58.5 kgs. (122.26 to 129.0 lbs.)
- 63.0 kg. Class: From 58.51 to 63.0 kgs. (129.01 to 139.0 lbs.)
- 70.0 kg. Class: From 63.01 to 70.0 kgs. (139.01 to 154.25 lbs.)
- 80.0 kg. Class: From 70.01 to 80.0 kgs. (154.26 to 176.25 lbs.)
- +80.0 kg. Class: From 80.01 to unlimited (176.26 to unlimited)

C. Shoes:

Shoes MUST be worn on the platform. Shoes may include: boots, sports shoes, gymnastics slippers or any foot covering that has a patterned molding or foot type outline that includes a sole. It is NOT permitted to wear socks without shoes. Shoes with metal cleats or spikes are NOT permitted.

D. Socks:

Any type of socks or any color may be worn; more than one pair may be worn at a time. Socks may NOT touch the knee wrapping or the suit. Full length leg stockings, tights or panty hose are NOT permitted.

E. Knee Wraps:

Wraps no more than 2 meters (6.56 ft.) in length and 8 cms. (3.15 ") in width may be worn. A knee wrap may NOT extend beyond 15 cms. (5.9") above and below the center of the knee joint for a total of 30 cms. (11.81"). It is permitted to wear an elasticized knee supporter which may NOT exceed 20 cms. (7.87") in length. A combination of the 2 is NOT permitted. Wraps may NOT touch the socks or the lifting suit.

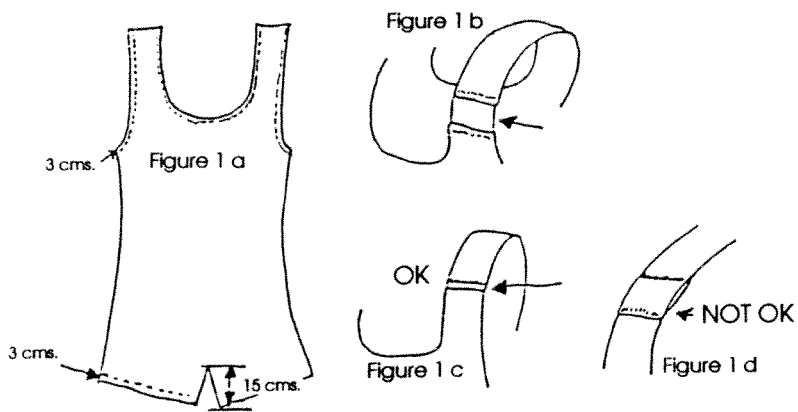
F. Suit:

The lifting suit shall consist of a one piece full length suit of one ply stretch material. It may NOT contain any patches or padding. The straps MUST be worn over the shoulders at all times during the lifts.

Supportive Suits must also meet the following requirements:

(See Figure 1 a)

1. Be of basic colors with insignificant contrasting edging.
2. Contain a one ply crotch panel.
3. A suit strap that has a piece of the same color & similar material added to lengthen the suit is a legal suit. (Figure 1 b)
4. A strap that has been folded and seamed to meet seam requirements is a legal suit. The folded strap may NOT be stitched down to the suit. (Figure 1 c & 1 d)
5. Seams and hems of the suit may NOT exceed 3 cms. (1.18") in width and .5 cms. (.1968") in thickness.
6. Seams may be protected/strengthened by narrow gauge webbing or stretch material NOT exceeding 2 cms. (.78") in width or .5 cms. (.1968") in thickness.
7. The length of the leg measurement from the middle of the crotch, must NOT exceed 15 cms. (5 7/8"). Take the measurement by making a line from the top seam of the crotch and measure down the leg from this line while the suit is laying on the table. (Figure 1 a)
8. Any alterations that exceed the above widths, lengths or thicknesses will make the suit illegal for competition.
9. One emblem may be worn on the suit in National or Local competition representing the lifter's ADFPA registered club, their ADFPA Region/State logo or the ADFPA logo.
10. You may only wear one suit at a time on the platform (2 suits are NOT allowed).



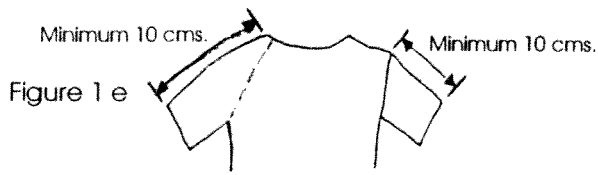
Non-supportive Suits are also subject to the following requirements as previously listed; #3, #4, #7, #9.

G. Shirts:

Shirts MAY be worn by male lifters under the lifting suit.
 Shirts MUST be worn by female lifters under the lifting suit.
 Lifters may wear only one shirt at a time on the platform (2 shirts are NOT allowed).

T-shirts are subject to the following requirements:

1. It must have short sleeves, a minimum of 10 cms. (3.9") in length. (Figure 1 e)
2. When worn, the sleeve must remain at least 4 cms. (1.5") above the elbow. It may NOT be rolled or pushed up to the deltoid.
3. It must be made of cotton, polyester and/or a combination of the two.
4. It may NOT be ribbed or consist of any rubberized or similar stretch material.
5. Emblems may be worn on the T-shirt at all ADFPA sanctioned meets if they meet the following requirements:
 - a. they are ADFPA related, or
 - b. they are powerlifting related, or
 - c. they are not obscene or degrading, or
 - d. they promote a DRUG-FREE attitude.
 - e. They may not have a logo/emblem from any powerlifting organization other than the ADFPA or WDFPF.
6. It may have a "U" or "V" shaped neck opening.
7. It may be of basic colors with insignificant edging.
8. It may NOT have any zippers, buttons, pockets or collar.
9. Shirts may NOT be worn inside-out to hide inscriptions.



Bench shirts/supportive shirts with short sleeves meeting the above requirements for the t-shirt may be worn in all A.D.F.P.A. sanctioned competition.

H. Undergarments:

Males must wear an athletic supporter or standard cotton or nylon briefs of a single ply under the lifting suit. Swimming trunks or boxer shorts or any other garment consisting of rubberized or similar stretch material is NOT permitted. The garment may NOT have legs. It may NOT act as a girdle and CANNOT be supportive or extend past the hips or navel. Power briefs/Grooved briefs are NOT permitted.

Females may wear protective briefs or panties as long as they are not deemed supportive in any way. Women may also wear a bra as long as the bra does not maintain its shape when placed upright on a flat surface and does not contain any wire or supportive devices.

I. Belts:

Competitors may wear a belt which MUST be worn on the outside of the lifting suit. Belts with velcro fasteners are NOT permitted.

Belts must meet the following requirements:

1. The main body should be of leather in one or more laminations which may be glued or stitched together.
2. Additional padding, bracing or supports or any material either on the surface or concealed within the laminations is NOT allowed.
3. Any type of buckle, including the quick release type, providing the underloop of the two ends of the belt does NOT exceed 10 cms. (3.9").
4. A leather tongue loop should be attached close to the buckle by means of studs and/or stitching.
5. The lifter's name, their nation, state or club may appear on the outside of the belt.
6. A one or two prong buckle may be used.

Maximum Dimensions of Belt:

1. Width: 10 cms. (3 15/16")
2. Thickness: 13 mms. (1/2")
3. Inside width of buckle: 11 cms. (4 1/3")
4. Outside width of buckle: 13 cms. (5 1/8")
5. Tongue loop width: 5 cms. (1.968")
6. Distance between end of belt and far end of tongue loop: 15 cms. (5 7/8")

J. Wrist Wraps:

Wraps no more than 1 meter (3.2808 ft.) in length and 8 cms. (3.15") in width may be worn. Wrist bands NO MORE THAN 10 cms. (3.937") wide may be worn. A combination of the two is NOT permitted. Wrist wraps must meet the following requirements:

1. If wrist wraps are a wrap-around style, they may have thumb loops and velcro patch for securing them; however the thumb loop may NOT be worn over the thumb during the lift and the velcro patch may NOT encircle the entire wrist.
2. Wrist wraps may NOT extend beyond 10 cms. (3.937") above and 2 cms. (0.7874") below the center of the wrist joint and may NOT exceed a total of 12 cms. (4.72") in both directions.

K. Powders, Sprays, etc.:

1. Use of oil, grease, water or other lubricants on the body, costume or personal equipment is strictly forbidden.
2. Only talcum or powder may be used. Powder includes chalk, talc, resin and magnesium carbonate.
3. No foreign substances may be applied to any wrapping material or equipment. This includes "stick-type" sprays.

L. Rules regarding equipment infractions or rejections:

1. Equipment which is rejected may be resubmitted within the specified inspection time after it has been altered to meet regulations. (If the knee wraps are too long, the lifter may trim them and then resubmit them to the equipment check area. If there is a double crotch, the lifter may resubmit the suit after removal of one crotch panel).
2. The costume, with the exception of the belt, may NOT be adjusted ON the lifting platform. The belt MAY be adjusted while on the platform.
3. The lifter will be warned of minor attire infractions which could be cleared up before reaching the platform.
4. If after inspection, a lifter appears on the platform wearing or using ANY illegal item NOT marked and/or recorded on the inspection sheet, the lifter will be immediately disqualified from the competition.

II. A.D.F.P.A. BANNED SUBSTANCE RULES

The ADFPA has a 3 year drug-free period prior to the competition of individual members. Drug Testing forms include the following and are up to the discretion of the Meet Director: Polygraph, Urinalysis, and/or Blood Testing. If a lifter would be positive, there is a retest procedure which can be found in the ADFPA Rulebook. The sanction placed against a lifter who tests positive in the drug testing procedure is a 3 year ban from competition beginning on the date of taking that test.

Banned substances include: ANABOLIC STEROIDS & GROWTH HORMONES. *SPECIAL NOTE:* PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS are not allowed and cannot be used for a 7 day period of time prior to the competition.

III. RULES FOR PERFORMANCE

A. General:

ATTEMPTS:

1. Starting attempts for all three lifts should be declared by the lifter at the weigh-in. Changes on first attempts may occur up to 5 minutes prior to the starting time for each flight.
2. NO changes are permitted in the second and third attempts WITH THE EXCEPTION of the 3rd ATTEMPT DEADLIFT which may be changed twice.
3. The lifter or coach has 1 minute between completing the last attempt and informing officials of the weight for their next attempt. After 1 minute has elapsed the lifter will be warned. If the lift is not turned in, the next attempt may be forfeited.
4. Increases between each attempt must be a minimum of 2.5 kgs. or 5 lbs. There is an exception to this rule: If the lifter misses an attempt, that same weight may be repeated for the next attempt.
5. Three unsuccessful attempts in any lift will eliminate the lifter from the competition and they are not allowed to "total" in the meet.
6. Once the bar has been loaded and the lifter called to the platform, the lifter has 1 minute to get the signal for that lift or the attempt will be forfeited.

ORDER OF LIFTING:

1. ADFPA 3 lift competitions MUST use the rounds system. Specialty meets have the option of using rounds or progressive weight system.

2. In the rounds system, the bar is loaded progressively for each attempt. (The lifter requiring the lightest weight lifts first).
3. When two or more lifters declare the same attempt, they lift in the order determined by Lot Numbers which were drawn during the weigh-in or equipment check. If Lot Numbers were not used, the lighter weight lifter would go first.
4. In the rounds system, all lifters in the first flight will complete their first attempt, then their 2nd attempt and then their 3rd attempt of the squat PRIOR to the start of the squat event for the next flight. As all flights in the session complete the squat event, the first flight will return to begin the bench press, etc.
5. Fourth attempts are allowed for World Records only and will follow the 3rd attempt of that flight.
6. The squat lift is always done first, followed by the bench press and then by the deadlift.

TIME LIMITS:

1. When the announcement is made that the bar is loaded, the lifter has 1 minute to get the signal for that lift. (For the squat, the referee's "Squat" signal must be given within that 1 minute. For the Bench Press, the "Press" signal must be given within that 1 min. time limit. For the Deadlift, the lifter must attempt to lift the bar from the platform within that time limit).
2. If the lift does not begin within the time limit, the Chief Referee will give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "No lift" and the attempt is forfeited.
3. Lifters must leave the platform within 30 seconds following their attempt. Failure to do so MAY result in disqualification of the attempt.

LOADING, SPOTTING, ANNOUNCING ERRORS:

When errors are made which are not due to the fault of the lifter, that lifter may be given a repeated attempt at their called weight. This repeated attempt will be taken at the end of that round. If the error occurs with the last lifter of the flight, the lifter will be given a 3 min. rest before the repeated attempt is taken.

MISCELLANEOUS RULES RELATED TO PERFORMANCE:

1. Coaches may NOT be on the platform, at the sides or back of the platform during the lift. Coaches must remain outside the designated lifting area.

2. Any lifter or coach, who by reason of misconduct upon or near the platform which is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury (or referees in the absence of a Jury), may disqualify the lifter or order the coach to leave the area.

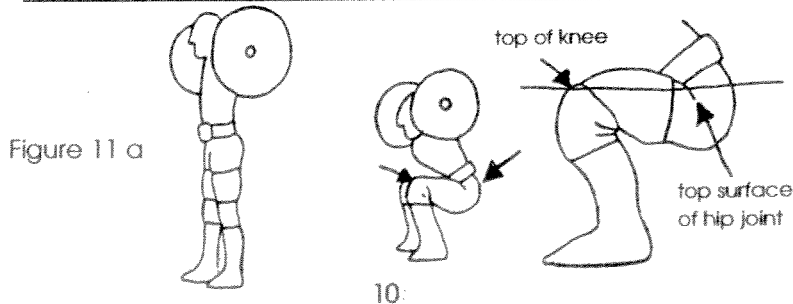
B. SQUAT (Figure 11 a):

1. The lifter will assume the upright position with the top of the bar NOT more than 3 cms. (1.18") below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands in contact with the bar and the feet flat on the platform with the knees LOCKED. The lifter's hands may be against the inside collars but not on the inside collars nor on the plates.
2. After removing the bar from the racks, the lifter must move backward to establish the starting position. The lifter will wait in this position for the Chief Referee's signal. The signal will be given as soon as the lifter is MOTIONLESS, ERECT WITH KNEES LOCKED, and the bar is PROPERLY POSITIONED. The signal will consist of a downward movement of the arm and the audible command "Squat". Before receiving the starting signal the lifter may make position adjustments within the rules without penalty. Once the lifter has received the starting signal, the feet may NOT move and the hands may NOT slide laterally on the bar.
3. Upon receiving the starting signal, the lifter must 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. (Figure 11 a) Only one descent attempt is allowed.
4. The lifter must recover at will from the deepest point of the squat, without double bouncing or any downward movement (stopping is permitted) once the upward motion has started, to an upright position with the knees locked. When the lifter is motionless, The Chief Referee will give the signal to replace the bar: "Rack". This signal will be given when the lifter is in the apparent final position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The "Rack" signal is given along with a backward movement of the hand.

5. Upon receiving the "Rack" signal, the lifter MUST make a bona fide attempt to return the bar to the racks. This is defined as one step towards the racks, the lifter may then request aid to rack the bar if necessary.
6. The lifter may enlist the aid of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders may NOT assist the lifter any further with regard to proper positioning, foot placement, bar position, etc.

CAUSES OF DISQUALIFICATION OF THE SQUAT:

1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
2. Laterally changing position of the hands on the bar after receiving the signal to begin the lift. Opening the hands and closing the fingers is allowed.
3. Double bouncing or more than one recovery attempt at the bottom of the lift.
4. Failure to assume an upright position with the knees locked at the COMMENCEMENT or COMPLETION of the lift.
5. Any shifting of the feet laterally or stepping forward or backward during the performance of the lift. The toes and/or heels may come up off the platform, but MUST return in the same position.
6. 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.
7. Changing the position of the bar across the shoulders after the commencement of the lift. This applies to intentional or unintentional rolling of the bar to aid the performance of the lift - NOT to a minute amount of position change which would not aid the lifter.
8. Contact of the bar, lifter, plates by the spotter/loaders between the referee's signals.
9. Contact of the elbows or upper arms with the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the racks.
11. Any intentional dropping or dumping of the bar.



C. BENCH PRESS:

1. The lifter must lie on their back with head, shoulders and buttocks in contact with the flat bench surface. Shoes MUST be FLAT on the floor/built up surface. This position MUST be maintained throughout the attempt once the "Press" signal has been given.
2. To achieve firm footing, the lifter may use plates/blocks, not exceeding 18 cms. (7") in height. The entire foot MUST be flat on the surface.
3. The lifter may have a lift-off from a spotter/coach which MUST BE TAKEN AT ARMS LENGTH NOT DOWN AT THE CHEST.
4. The spacing of the hands may NOT exceed 81 cms. (31 7/8") measured between the forefingers. A reverse grip is permitted provided that the distance between the little fingers does NOT exceed 81 cms.
5. After receiving the bar at arms length, the lifter shall lower the bar to the chest and await the signal. BEFORE receiving the signal, the lifter may make any position adjustments without penalty.
6. When the bar is motionless on the chest, the signal will be given. The signal will consist of the audible command "Press".
7. After the signal to commence the lift has been given, the bar is pressed upward to straight arms length and HELD MOTIONLESS until the audible command "Rack" is given.
8. The bar is allowed to stop during the upward motion but is NOT allowed any downward movement of either or both hands.

CAUSES OF DISQUALIFICATION OF THE BENCH PRESS:

1. Failure to observe the signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift, i.e., any raising movement of the head, shoulders, buttocks or feet from their points of contact with the bench or platform/blocks, or lateral movement of the body or of the hands on the bar ONCE the "Press" signal has been given.
3. Heaving or bouncing the bar off the chest (any downward movement of the bar after the "Press" signal has been given).
4. Any uneven extension of the arms at the completion of the lift.
5. Any downward movement of either hand taking place as the bar is being pressed upward (this includes downward movement of the bar).

6. The bar may stop; if in the opinion of the referee, the safety of the lifter is in jeopardy, the "Rack" signal will be given.
7. Contact with the bar by the spotter/loaders between the referee's signals.
8. Contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rest uprights during the lift which would aid the press.

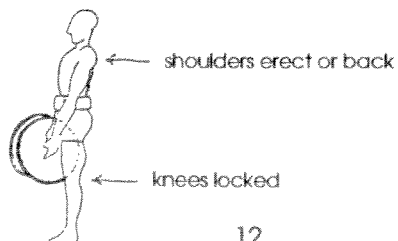
D. DEADLIFT:

1. The bar must be lifted upward until the lifter is standing erect with knees **LOCKED**. Stopping of the bar is allowed, but **NO** downward movement is permitted following a stop.
2. On completion of the lift, the knees are **LOCKED** and the shoulders held in an erect position (**NOT** forward or rounded).
3. The Chief Referee's signal shall consist of a downward movement of the hand 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.
4. Any raising of the bar from the platform or any deliberate attempt to do so will count as an attempt.

CAUSES FOR DISQUALIFICATION OF A DEADLIFT:

1. Any downward movement of the bar during the uplifting.
2. Failure to stand erect with shoulders held in an erect position (See Figure 11 b).
3. Failure to **LOCK** the knees at the completion of the lift.
4. Any attempt at secondary knee flexion; once the bar has started upward, the knees **MUST** continuously extend without additional bending taking place at the knees.
5. Supporting the bar on the thighs during the performance of the lift; the bar must continue to move upward on the thighs not rest on the thighs as the knees straighten.
6. Any lateral movement of the feet or stepping forward or backward.
7. Lowering the bar before receiving the referee's signal.
8. Allowing the bar to return to the platform without maintaining control with both hands.

Figure 11 b: CORRECT LOCKOUT POSITION



Open Men's Classifications

Class	114#	123#	132#	148#	165#	181#	198#	220#	242#	275#	SHVY
Class IV	518	557	601	672	733	788	838	882	915	937	996
Class III	601	650	700	783	854	920	996	1025	1064	1091	1141
Class II	689	744	805	893	981	1053	1113	1174	1218	1246	1301
Class I	772	838	904	1009	1102	1185	1257	1317	1367	1403	1466
Master	860	931	1003	1119	1224	1317	1394	1466	1521	1560	1626
Elite	948	1025	1102	1229	1345	1450	1532	1615	1675	1714	1791
Int Elite	1031	1119	1202	1345	1455	1582	1675	1758	1824	1874	1951

Open Women's Classifications

Class	97#	104#	111#	116#	122#	129#	139#	154#	176#	SHVY
Class IV	347	369	391	402	419	441	468	507	562	628
Class III	402	430	457	468	491	513	546	595	656	733
Class II	463	496	518	540	562	584	623	678	750	838
Class I	518	557	584	606	628	661	700	766	843	942
Master	579	617	650	672	700	733	777	894	937	1047
Elite	639	678	717	739	772	805	854	931	1031	1152
Int Elite	694	739	783	805	838	882	931	1020	1124	1257

1994 ADFPA NATIONAL QUALIFYING TOTALS

<u>MEN'S CONTESTS</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>HWT.</u>
NATIONAL'S	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
LIFETIME'S	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
COLLEGIATE'S	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
TEEN 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
TEEN 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
TEEN 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
MASTER'S	A TOTAL IN A SANCTIONED MEET.....										
HIGH SCHOOL	A TOTAL IN A SANCTIONED MEET.....										

<u>WOMEN'S CONTESTS</u>	<u>97</u>	<u>104</u>	<u>111</u>	<u>116</u>	<u>122</u>	<u>129</u>	<u>139</u>	<u>154</u>	<u>176</u>	<u>HWT.</u>
NATIONAL'S (OPEN & LIFE)	496	535	562	617	639	694	739	766	777	876
COLLEGIATE'S	415	445	465	485	505	525	560	610	675	755
MASTER 35-44	347	369	391	402	419	441	468	507	562	628
MASTER 45 OR OVER	A TOTAL IN A SANCTIONED MEET.....									
TEEN (14-19)	335	355	380	390	405	425	455	490	545	610
HIGH SCHOOL	A TOTAL IN A SANCTIONED MEET.....									

Qualifying totals for National Meets may be made in the prior calendar year.

Men's Master Classifications

118#	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 & UP
Class IV	515	486	448	412	373	336	303	271	245
Class III	600	566	522	480	435	391	353	316	286
Class II	685	646	596	548	496	447	403	360	326
Class I	770	726	669	616	558	502	453	405	367
Master	855	807	743	684	619	558	503	450	407
Elite	945	891	822	756	685	616	556	497	450
Int. Elite	1025	967	891	820	743	668	603	539	488
122#	Class IV	555	523	482	444	402	362	326	292
Class III	645	608	561	516	467	421	379	339	307
Class II	740	698	643	592	536	483	435	389	353
Class I	830	783	722	664	601	541	488	437	395
Master	930	877	809	744	674	607	547	489	443
Elite	1020	962	887	816	739	665	600	537	486
Int. Elite	1115	1052	969	892	808	727	656	587	531
132#	Class IV	595	561	517	476	431	388	350	313
Class III	695	656	604	556	503	453	409	366	331
Class II	800	755	696	640	580	522	470	421	381
Class I	900	849	782	720	652	587	529	474	428
Master	1000	943	869	800	724	652	588	526	476
Elite	1100	1038	956	880	797	717	647	579	524
Int. Elite	1200	1132	1043	960	869	783	706	631	571
145#	Class IV	670	632	582	536	485	437	394	352
Class III	780	735	678	624	565	509	459	410	371
Class II	890	839	773	712	645	580	523	468	424
Class I	1005	948	873	804	728	655	591	529	478
Master	1115	1051	969	892	808	727	656	589	531
Elite	1225	1155	1065	980	887	799	721	645	583
Int. Elite	1340	1264	1165	1072	971	874	788	705	638
155#	Class IV	730	689	635	584	529	476	429	384
Class III	850	802	739	680	616	554	500	447	405
Class II	975	920	848	780	706	636	573	513	464
Class I	1100	1038	956	880	797	717	674	579	524
Master	1220	1151	1060	976	884	796	718	642	581
Elite	1340	1264	1165	1072	971	874	788	705	638
Int. Elite	1460	1377	1270	1168	1058	952	859	768	695
181#	Class IV	785	740	682	628	569	512	462	413
Class III	915	863	796	732	663	597	538	481	436
Class II	1050	990	913	840	761	685	618	553	500
Class I	1180	1113	1026	944	855	770	694	621	562
Master	1315	1240	1143	1052	953	858	773	692	626
Elite	1445	1363	1256	1156	1047	943	850	760	688
Int. Elite	1580	1490	1374	1264	1145	1031	929	832	752

198#	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 & UP
Class IV	835	788	726	668	605	545	491	439	398
Class III	995	939	865	796	721	649	585	524	474
Class II	1110	1047	965	888	804	724	653	584	528
Class I	1255	1184	1091	1004	909	819	738	660	598
Master	1390	1311	1209	1112	1007	906	818	731	662
Elite	1530	1443	1330	1224	1109	998	900	805	725
Int. Elite	1670	1575	1452	1336	1210	1089	982	873	795
220#	Class IV	880	830	765	704	638	574	518	463
Class III	1020	962	887	816	739	665	600	537	485
Class II	1170	1104	1017	936	848	763	688	616	557
Class I	1315	1240	1143	1052	953	858	773	692	626
Master	1460	1377	1269	1168	1058	952	859	768	695
Elite	1610	1519	1400	1288	1167	1050	947	847	767
Int. Elite	1755	1656	1526	1404	1272	1145	1032	924	836
242#	Class IV	910	859	791	728	659	593	535	479
Class III	1060	1000	922	848	768	681	623	558	505
Class II	1215	1146	1056	972	880	792	715	639	578
Class I	1365	1288	1187	1092	989	890	803	718	650
Master	1520	1434	1322	1216	1101	991	894	800	724
Elite	1670	1575	1452	1336	1210	1089	982	879	795
Int. Elite	1820	1717	1582	1456	1319	1187	1070	968	867
275#	Class IV	935	882	813	748	677	610	550	492
Class III	1090	1028	948	872	790	711	641	574	519
Class II	1245	1174	1082	996	902	812	732	655	593
Class I	1400	1321	1217	1120	1014	913	823	737	667
Master	1555	1467	1352	1244	1127	1014	915	818	740
Elite	1710	1613	1487	1368	1239	1115	1006	900	814
Int. Elite	1870	1764	1626	1496	1355	1220	1100	984	890
SUPERHEAVY									
Class IV	995	939	865	796	721	649	585	524	474
Class III	1140	1075	991	912	826	744	671	600	543
Class II	1300	1226	1130	1040	942	848	763	684	619
Class I	1465	1382	1274	1172	1061	955	862	771	698
Master	1625	1533	1413	1300	1177	1060	956	855	774
Elite	1790	1689	1557	1432	1297	1168	1053	942	852
Int. Elite	1945	1835	1691	1556	1409	1269	1144	1024	926

Effective: January 23, 1993
 Corrected: August 21, 1993

Women's Header Classification

Class	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 & UP
Class IV	337	315	289	267	239	217	193	173	151
Class III	390	365	335	309	277	251	223	201	175
Class II	449	421	386	356	319	289	257	231	201
Class I	503	471	431	398	357	323	288	259	225
Header	562	526	482	445	399	362	321	289	252
Elite	620	581	532	491	440	399	355	319	278
Int Elite	674	631	578	534	478	434	387	347	302
1049									
Class IV	358	335	307	284	254	230	205	184	160
Class III	417	391	358	331	296	269	239	215	187
Class II	481	451	413	381	342	310	275	248	215
Class I	541	515	472	436	391	354	315	283	246
Header	599	561	514	474	425	385	343	308	268
Elite	658	616	565	521	467	424	376	339	295
Int Elite	717	672	616	568	510	462	410	369	321
1116									
Class IV	379	355	326	301	269	244	217	195	170
Class III	444	413	381	351	315	285	254	228	199
Class II	503	471	431	398	357	324	288	259	225
Class I	577	540	495	457	409	371	330	282	258
Header	631	591	542	500	448	406	361	325	282
Elite	696	652	597	551	494	448	398	358	312
Int Elite	760	712	652	602	540	489	435	391	340
1167									
Class IV	390	365	335	309	277	251	223	201	175
Class III	452	423	388	360	322	292	260	234	203
Class II	524	491	450	415	372	337	300	270	235
Class I	588	551	505	466	418	378	336	303	263
Header	652	611	560	517	463	420	373	336	292
Elite	717	672	616	568	509	462	410	369	321
Int Elite	781	732	671	619	555	503	447	402	350
1228									
Class IV	407	381	349	322	289	262	233	209	182
Class III	477	446	409	378	338	307	273	245	213
Class II	545	511	468	432	387	351	312	281	244
Class I	608	569	521	481	432	391	348	313	272
Header	679	636	583	538	483	437	389	350	304
Elite	749	702	643	592	542	492	439	386	335
Int Elite	813	762	698	644	578	524	465	419	364
1297									
Class IV	428	401	367	339	304	275	245	220	192
Class III	498	466	427	394	354	320	285	256	223
Class II	567	531	486	449	403	365	324	292	254
Class I	642	601	551	508	456	413	367	330	287
Header	711	666	611	564	505	458	407	366	319
Elite	781	732	671	619	555	503	447	402	350
Int Elite	837	783	718	663	594	539	479	431	375

40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80 & UP

Class	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80 & UP
Class IV	454	425	390	360	323	292	260	234	203
Class III	530	496	455	420	376	341	303	273	237
Class II	605	566	519	479	430	389	346	311	271
Class I	679	636	583	538	483	437	389	350	304
Header	754	706	647	598	536	485	431	386	338
Elite	829	776	711	657	589	534	474	427	371
Int Elite	904	846	776	716	642	582	517	465	405
1544									
Class IV	492	461	422	390	349	317	281	253	220
Class III	577	541	496	457	410	372	330	297	258
Class II	655	614	565	521	466	422	375	338	294
Class I	744	696	638	589	528	479	425	383	333
Header	824	772	707	653	585	530	471	424	369
Elite	904	846	776	716	642	582	517	465	405
Int Elite	990	927	841	784	703	637	566	510	443
1764									
Class IV	545	511	468	432	387	351	312	281	244
Class III	637	596	546	504	452	410	364	328	285
Class II	728	682	625	577	517	469	416	375	326
Class I	818	766	702	648	581	527	468	421	366
Header	910	852	781	721	646	585	520	468	407
Elite	1001	937	859	793	711	644	573	515	448
Int Elite	1091	1022	936	864	775	702	624	562	489
SUPERHEAVY									
Class IV	608	569	521	481	432	391	348	313	272
Class III	711	666	611	564	505	458	407	366	319
Class II	811	760	696	643	576	522	464	418	363
Class I	914	856	785	724	649	589	523	471	409
Header	1016	951	872	805	722	654	581	523	455
Elite	1118	1047	960	886	794	720	640	576	501
Int Elite	1220	1143	1047	967	867	785	698	628	546

Header's Age Equalization Formula for all Headers

40	1.000	50	1.150	60	1.380	70	1.700
41	1.005	51	1.168	61	1.410	71	1.740
42	1.014	52	1.187	62	1.440	72	1.780
43	1.028	53	1.207	63	1.470	73	1.820
44	1.044	54	1.228	64	1.501	74	1.860
45	1.060	55	1.250	65	1.533	75	1.900
46	1.078	56	1.273	66	1.565	76	1.940
47	1.096	57	1.297	67	1.597	77	1.980
48	1.114	58	1.322	68	1.630	78	2.020
49	1.132	59	1.350	69	1.664	79	2.060

Note: Both of the above items are effective as of July 12, 1993

OFFICIAL ADFPA SPORTSWEAR AND MORE

GYM BAGS 13" X 28" \$17.50

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White only, S, M, L, XL, XLL

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SHORTS \$12.00

Blue only, S, M, L, XL

CAPS \$8.00

Regular, Neon

WATER BOTTLES \$5.00

HOODED SWEAT SHIRTS \$17.50

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◆◆◆ *Sale* ◆◆◆

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Black & white, one size

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Black, Red, Royal, Navy
S, M, L, XL, XLL

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Assorted colors

TANK TOPS \$9.00

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S, M, L, XL

QUANTITY	DESCRIPTION	COLOR	SIZE	PRICE	TOTAL

Allow 4 to 6 weeks for delivery.

SHIPPING	\$3.00
TOTAL	

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