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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 DECEMBER 1992)

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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

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. Hats 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.

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)

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.

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.

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.

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)

Be of basic colors with insignificant contrasting edging.

Contain a one ply crotch panel.

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)

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)

Seams and hems of the suit may NOT exceed 3 cms. (1.18") in width and .5 cms. (.1968") in thickness.

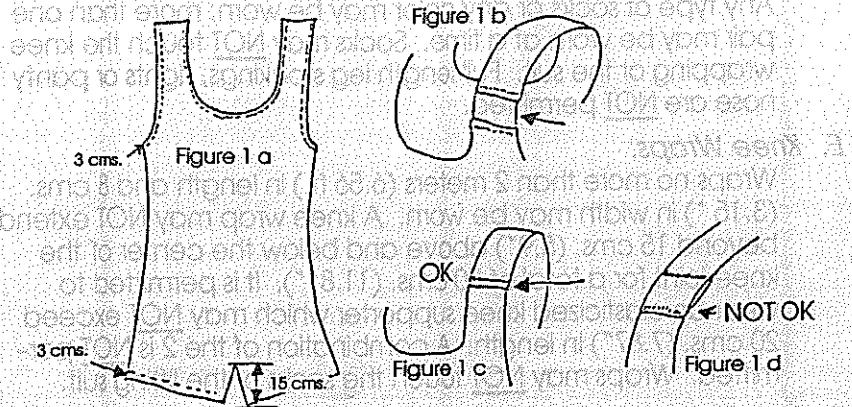
Seams may be protected/strengthened by narrow gauge webbing or stretch material NOT exceeding 2 cms. (.78") in width or .5 cms. (.1968") in thickness.

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)

Any alterations that exceed the above widths, lengths or thicknesses will make the suit illegal for competition.

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.

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.

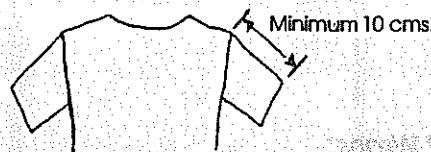
Shirts MUST be worn by female lifters under the lifting suit.

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.
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.

Figure 1 e



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.

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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.
5. 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.

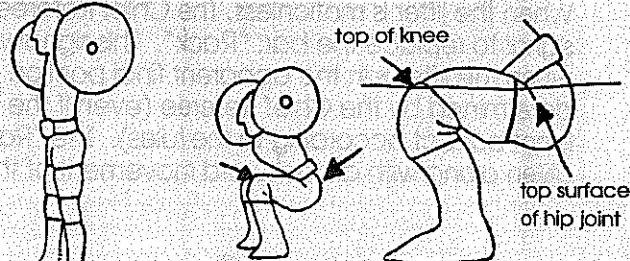


Figure 11 a

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, shoulder, 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

