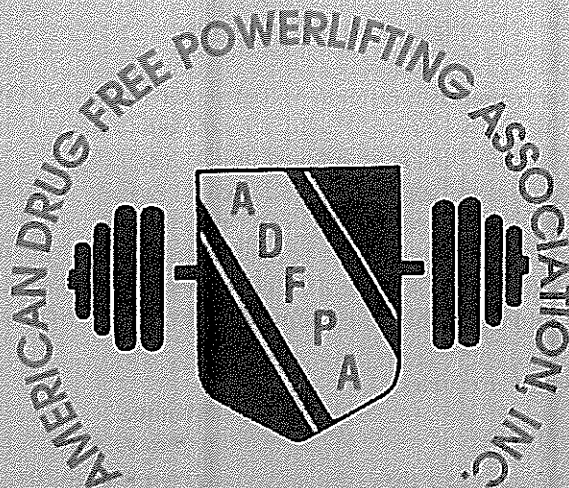




**MENS SANA IN CORPORE SANO
A SOUND MIND IN A SOUND BODY**

LIFTER'S RULEBOOK

(A CONDENSED VERSION OF THE ADFPA REFEREE'S RULE BOOK)
(AS OF SEPTEMBER 1994)

**NATIONAL OFFICE: 19 SUNRISE DRIVE
MOUNTAIN TOP, PA 18707**

PHONE NO: 717-474-2662

This is a condensed version of the A.D.F.P.A. Referee's Rulebook which can be ordered from the Secretary/Treasurer Office by sending a check/money order for \$10.00. Include your mailing address and name.

OFFICIAL A.D.F.P.A. NEWSLETTER: *POWERLIFTING NEWS*

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. Hats are **NOT** permitted on the platform; the lifter may wear professionally made headbands. During **INTERNATIONAL COMPETITION** sanctioned by the **W.D.F.P.F.** supportive shirts and supportive briefs are **NOT** allowed.

B. Bodyweight Categories:

Men:

Up to 114.5 lbs
From 114.51 to 123.5 lbs
From 123.51 to 132.5 lbs
From 132.51 to 148.75 lbs
From 148.76 to 165.25 lbs
From 165.26 to 181.75 lbs
From 181.76 to 198.25 lbs
From 198.26 to 220.25 lbs
From 220.26 to 242.5 lbs
From 242.51 to 275.5 lbs
From 275.51 to Unlimited lbs

Women:

Up to 97.0 lbs
From 97.1 to 104.75 lbs
From 104.76 to 111.25 lbs
From 111.26 to 116.75 lbs
From 116.76 to 122.25 lbs
From 122.26 to 129.0 lbs
From 129.01 to 139.0 lbs
From 139.01 to 154.25 lbs
From 154.26 to 176.25 lbs
From 176.26 to Unlimited lbs

C. Shoes:

Shoes **MUST** be worn on the platform. Shoes may include: boots, sports shoes, gymnastic 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 fig 1a)

1. Be of basic colors with insignificant contrasting edging.
2. Contain a one ply crotch panel.
3. A suit strap that has one piece of the same color & similar material added to lengthen the suit is a legal suit.
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. (fig 1c & 1d).
5. Seams and hems of the suit may NOT exceed 3 cms. (1.18") in width and 0.5 cms. (0.1968") in thickness.
6. Seams may be protected/strengthened by narrow gauge webbing or stretch material NOT exceeding 2 cms. (.78") in width or 0.5 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 the line while the suit is laying on the table. (fig 1a)
8. Any alterations that exceed the above widths, length, 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. In high school only meets, shorts and T-shirts may be worn.

G. Shirts:

Shirts MUST be worn under the lifting suit, worn by all lifters during the squat, and during all lifts by female lifters. Lifters may wear only one shirt at a time on the platform.

T-shirts are subject to the following requirements:

1. It must have short sleeves, a minimum of 10 cms. (3.9") in length. (fig 1e)
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 rubber 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 collars.
 9. Shirt may **NOT** be worn inside-out to hide inscriptions.
- Bench/supportive shirts with short sleeves meeting the above T-shirt requirements may be worn in ADFPA sanctioned competitions.

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.

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 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 the Belt:

1. Width: 10cms. (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 from belt end and end of tongue loop: 15cms. (5 7/8")

J. Wrist Wraps:

Wraps no more than 1 meter (3.2808 ft.) in length and in 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. (7.874") below the center of the wrist joint and may NOT exceed a total of 12 cms. (4.72") in both directions.

K. Powder, 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. An excess will result in a referee warning.
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 tests positive, there is a retest procedure which

be found in the ADFPA Rulebook. The sanction placed against the 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 goes first.
4. In the round 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 minute 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 minute 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.

3. Lifters attempting records at any level must weigh in 2 hours before the meet.

B. SQUAT (FIG 11a)

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 THE 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. (fig 11a) 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) 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.
12. Striking the bar with the head.

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 the 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 hand 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 fig 11b).
3. Failure to **LOCK** the knees at the completion of the lift.
4. Any 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.

Master's Age Equalization Formula for all Masters

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

ADFEPA NATIONAL QUALIFYING TOTALS

Men's Contest	114	123	132	148	165	181	198	220	242	275	UNL
Open National	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime National	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiates	655	760	875	1015	1065	1135	1240	1265	1280	1295	1315
Teenage 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
Teenage 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
Teenage 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
Juniors 20-23	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
Masters	Must have a total in a sanctioned meet.										
High School	Must have a total in a sanctioned meet.										
Women's Contest	97	104	111	116	122	129	139	154	176	191	UNL
Open & Lifetime Nationals	496	535	562	617	639	694	739	766	777	876	
Collegiates	365	385	410	420	435	455	485	520	575	640	
Teenage 14-19	335	355	380	390	405	425	455	490	545	610	
Juniors	358	373	407	417	433	455	487	424	583	653	
Masters 36-44	347	369	391	402	419	441	468	507	562	628	
Master 45 and above	Must have a total in a sanctioned meet										
High School	Must have a total in a sanctioned meet										

ADFEPA Classification Charts

Men's Classification Chart

Class	114	123	132	148	165	181	198	220	242	275	UNL
International Elite	1031	1119	1202	1345	1466	1582	1675	1758	1824	1874	1951
Elite	948	1025	1102	1229	1345	1450	1532	1615	1675	1714	1791
Master	860	931	1003	1119	1224	1317	1394	1466	1521	1560	1626
Class I	772	836	904	1009	1102	1185	1257	1317	1367	1405	1466
Class II	689	744	805	893	961	1053	1113	1174	1218	1246	1301
Class III	601	650	700	783	854	920	996	1025	1064	1091	1141
Class IV	518	567	601								
672	733	788	838	882	915	937	996				
Class	97	104	111	116	122	129	139	154	176	191	UNL
International Elite	694	739	783	805	836	882	931	1020	1124	1257	
Elite	639	676	717	739	772	805	854	931	1031	1152	
Master	579	617	650	672	700	733	777	849	937	1047	
Class I	518	557	584	606	626	661	700	766	843	942	
Class II	463	496	518	540	562	584	623	678	750	838	
Class III	402	430	457	468	491	513	546	595	656	733	
Class IV	347	369	391	402	419	441	468	507	562	628	

Women's Classification Chart

