



USA POWERLIFTING (USAPL, formerly ADFPA)



MEMO SANIA IN CORPUS SANI
A SOUND MIND IN A SOUND BODY

LIFTER'S RULE BOOK

*Condensed version of the USA Powerlifting
(USAPL, formerly ADFPA) Referee's Rule Book
(Revised December 1997)*

Lifter's Rule Book is designed for use by coaches and lifters. It covers the basic rules currently used by the USA Powerlifting (USAPL, formerly ADFPA).

The complete *USAPL/ADFPA Referee's Rule Book* may be ordered from the National Office. Send to the National Office: your name and address along with a check or money order for \$10.00 (bound) or \$7.00 (unbound) payable to the USAPL/ADFPA.

Updates and rule changes along with minutes of the USAPL/ADFPA National meetings are published in **CLEAN POWER**. Each USAPL/ADFPA member receives 6 bi-monthly issues with their yearly membership.

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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 are 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 IPF (International Powerlifting Federation) non-IPF approved supportive shirts are NOT allowed and there is not a 145 or 145+ weight class for Men.

B. BODYWEIGHT CATEGORIES

MEN			WOMEN		
Class		Range (lb)	Class		Range (lb)
kg	lb		kg	lb	
52.0	114.50	up to 114.50	44.0	97.00	up to 97.00
56.0	123.50	114.51 – 123.50	48.0	105.75	97.01 – 105.75
60.0	132.25	123.51 – 132.25	52.0	114.75	105.76 – 114.75
67.5	148.75	132.26 – 148.75	56.0	123.50	114.76 – 123.50
75.0	165.25	148.76 – 165.25	60.0	132.25	123.51 – 132.25
82.5	181.75	165.26 – 181.75	67.5	148.75	132.26 – 148.75
90.0	198.25	181.76 – 198.25	75.0	165.25	148.76 – 165.25
100.0	220.25	198.26 – 220.25	82.5	181.75	165.26 – 181.75
110.0	242.50	220.26 – 242.50	90.0	198.25	181.76 – 198.25
125.0	275.50	242.51 – 275.50	90.0+	198.25+	198.26 – above
145.0	319.50	275.51 – 319.50			
145.0+	319.50+	319.51 – above			

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 pantyhose are NOT permitted.

E. KNEE WRAPS

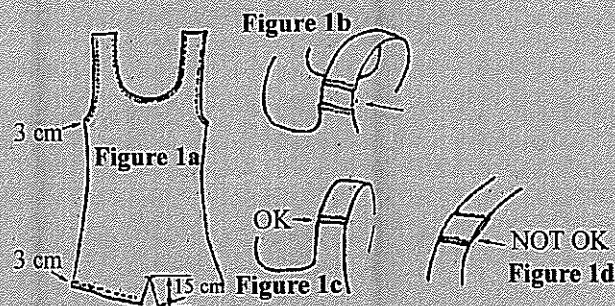
Wraps no more than 2 meters (6.56') in length and 8 cm (3.15") in width may be worn. A knee wrap may NOT extend beyond 15 cm (5.9") above and below the center of the knee joint for a total of 30 cm (11.81"). It is permitted to wear an elasticized knee supporter which may NOT exceed 20 cm (7.87") in length. A combination of the two is NOT permitted. Wraps may NOT touch the socks or the lifting suit. Knee wraps may NOT have any type of fastening device, e.g., Velcro, etc.

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 or patterns with insignificant contrasting edging.
2. Contain a one ply crotch panel.
3. A suit strap that has one piece of the same color and 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 (see Figs. 1c and 1d).
5. Seams and hems of the suit may **NOT** exceed 3 cm (1.18") in width and 0.5 cm (0.1968") in thickness.
6. Seams may be protected/strengthened by narrow gauge webbing or stretch material **NOT** exceeding 2 cm (0.78") in width or 0.5 cm (0.1968") in thickness.
7. The length of the leg measurement from the middle of the crotch must **NOT** exceed 15 cm (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 (see 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 USAPL/ADFPA registered club, their USAPL/ADFPA Region/State logo or the USAPL/ADFPA logo or approved manufacturer's logo.
10. You may only wear one suit at a time on the platform (2 suits are **NOT** allowed).



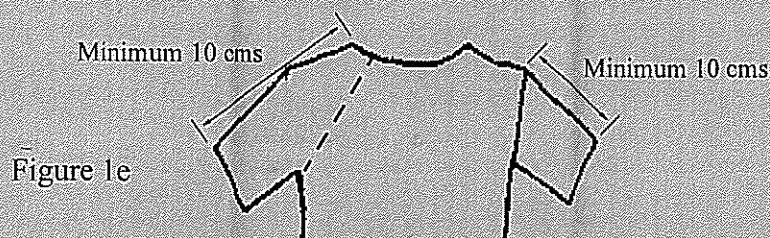
NON-SUPPORTIVE SUITS are also subject to the following requirements as previously listed: #3, #4, and #9. They may have legs longer than 15 cm, so long as they do not reach the knee and do not touch the knee wraps. Non-supportive suits may have a double-ply crotch panel. In high school **ONLY** meets, 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 bench press 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 cm (3.9") in length (see Fig. 1e).
2. When worn, the sleeve **MUST** remain at least 4 cm (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 rubberized or stretch material.
MULTIPLE-PLY SHIRTS (e.g., double canvas, double denim, etc.) are illegal.
5. Emblems may be worn on the t-shirt at all USAPL-sanctioned meets if they meet the following requirements:
 - a. They are USAPL/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 USAPL/ADFPA or IPF.
 - f. They may have an approved manufacturer's logo/emblem.
7. It may be of basic colors with insignificant edging.
8. It may **NOT** have any zippers, buttons, pockets, or a reinforced collar.
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 USAPL-sanctioned competitions.
10. Shirts must be long enough to be tucked into the lifting suit.

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 shall be leather, vinyl, or other similar non-stretch material in one or more laminations which may be glued or stitched together.
2. Additional padding, bracing, 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 cm (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 cm (3 15/16")
2. Thickness: 13 mm (1/2")
3. Inside width of buckle: 11 cm (4 1/3")
4. Outside width of buckle: 13 cm (5 1/8")
5. Tongue loop width: 5 cm (1.968")
6. Distance from belt end and end of tongue loop: 15 cm (5 7/8")

J. WRIST WRAPS

Wraps no more than 1 meter (3.2808') in length and 8 cm (3.15") in width may be worn. Wrist bands **NO MORE THAN** 10 cm (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 cm (3.937") above and 2 cm (7.874") below the center of the wrist joint and may **NOT** exceed a total of 12 cm (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. RULE 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 in a supportive suit, 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. USAPL/ADFPA BANNED SUBSTANCE RULES

The USAPL/ADFPA has a 3-year drug free period prior to the competition of individual members. All USAPL/ADFPA members are subject to out-of-contest testing without prior notice. Form of drug testing include the following and are up to the discretion of the Meet Director: Urinalysis and/or Blood Testing. If a lifter tests positive, there is a retest procedure which may be found in the USAPL/ADFPA Referee's Rulebook. The sanction placed against the lifter who tests positive in the drug testing procedure is: 3-year suspension for anabolic steroids and related compounds (a second offense draws a lifetime suspension), 2-year suspension for diuretics, and 3-months for stimulants. The suspension from competition begins on the date of when the test was taken. The USAPL/ADFPA has adopted the United States Olympic Committee (USOC) suspension guidelines which will be applied also in cases for substances not covered above.

Banned substances include: ANABOLIC STEROIDS and 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 must be declared by the lifter at the weigh-in. One change 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 THIRD ATTEMPT DEADLIFT which may be changed TWICE.
3. The lifter or coach has 1 minute between completing the last attempt and submitting to officials of the weight for their next attempt. If the lift is not turned in, the next attempt will be forfeited.
4. Increases between each attempt must be a minimum of 2.5 kg or 5 lb. 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. USAPL/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 at IPF-sanctioned meets.
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 "START" SIGNAL must be given within that 1 minute.

For the DEADLIFT, the lifter must ATTEMPT TO LIFT the bar from the platform within that 1 minute.

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, AND 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.

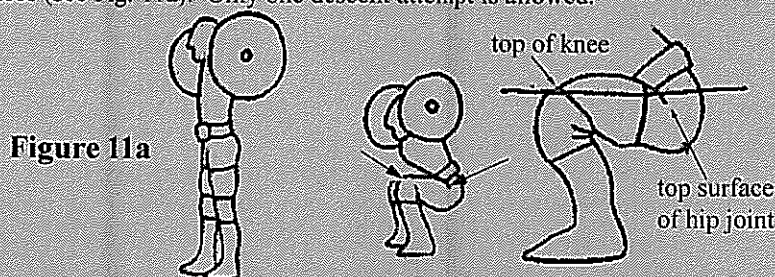
MISCELLANEOUS RULES RELATED TO PERFORMANCE:

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 prior to the competition.

B. SQUAT

Refer to Fig. 11a for this section.

1. The lifter will assume the upright position with the top of the bar NOT more than 3 cm (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 (see Fig. 11a). Only one descent attempt is allowed.



4. The lifter must recover at will from the deepest point of the squat to an upright position with the knees locked. Stopping is permitted but the bar must never descend during the uplift. 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. Double bouncing or more than one recovery attempt at the bottom of the lift.

3. Failure to assume an upright position with the knees locked at the COMMENCEMENT or COMPLETION of the lift.
4. Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.
5. 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 (see Figure 11a).
6. Changing the position of the bar across the shoulders after the commencement of the lift.
7. Contact of the bar, lifter, plates by the spotter/loaders between the Chief Referee's signals.
8. Contact of the elbows or upper arms with the legs.
9. Failure to make a *bona fide* attempt to return the bar to the racks.
10. ANY DROPPING OR DUMPING OF THE BAR AFTER COMPLETION OF THE LIFT.
11. Failure to comply with any of the requirements contained in the general description of the lift which precedes this list of disqualifications.
12. Striking the bar with the head.

C. BENCH PRESS

1. The head of the bench must be placed on the platform facing the Chief Referee.
2. The lifter must lie on their back with head, shoulders, and buttocks in contact with the flat bench surface. His hands must grip the bar with a "THUMBS AROUND" grip, thus locking the bar safely in the palms of the hands. His shoes must be flat on the floor. This position shall be maintained throughout the attempt.
3. If the lifter's costume and the bench surface are not of a sufficient colour contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing, the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45 cm x 45 cm.
5. Not more than four and not less than two spotter/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off, if assisted by the spotter/loaders, must be to arms length.
6. The spacing of the hands shall not exceed 81 cm measured between the forefingers. *The use of a reverse grip is forbidden.*
7. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.
8. The signal shall consist of a downward movement of the arm together with the audible command "START."
9. After receiving the signal, the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause and then press upwards with an even extension of the arms to arms length. When held motionless in this position the audible signal "RACK" shall be given.

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 original points of contact with the bench or the floor, or lateral movement of the hands from the bar.
3. Heaving, bouncing, or sinking the bar after it has been motionless on the chest.
4. Any uneven extension of the arms during the lift.
5. Any downward movement in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
10. Failure to comply with any of the requirements contained in the general description of the lift which precedes this list of disqualifications.

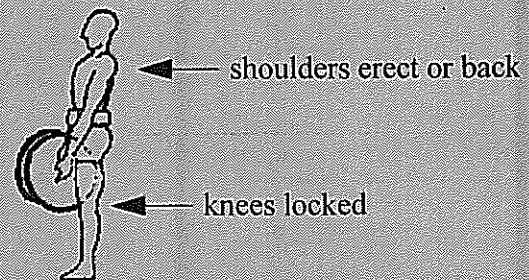
D. DEADLIFT

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without any downward movement until the lifter is standing erect.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be **LOCKED** in a straight position and the shoulders back.
4. 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.
5. Any raising of the bar 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 before it reaches the final position.
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. Supporting the bar on the thighs during the performance of the lift.
5. Stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted.

Figure 11b: CORRECT LOCKOUT POSITION



- feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
 7. ALLOWING THE BAR TO RETURN TO THE PLATFORM WITHOUT MAINTAINING CONTROL WITH BOTH HANDS.
 8. Failure to comply with any of the requirements contained in the general description of the lift which precedes this list of disqualifications.

Master's Age McCulloch Numbers (Revised)				Official Age Categories for Competition:*		
Age	Factor	Age	Factor		MEN	WOMEN
40	1.000	60	1.340	Open	O	OW
41	1.010	61	1.366	Teen	T	TW
42	1.020	62	1.393	(14-15)		
43	1.031	63	1.421	(16-17)		
44	1.043	64	1.450	(18-19)		
45	1.055	65	1.480	Junior	J	JW
46	1.068	66	1.511	(20-23)		
47	1.082	67	1.543	Masters	M	MW
48	1.097	68	1.578	(40-44)**		
49	1.113	69	1.610	(45-49)		
50	1.130	70	1.645	(etc.)		
51	1.147	71	1.681	*National Competition for all of the above (Open, Teen, Junior, and Master).		
52	1.165	72	1.718	**Women (39-44) in '97		
53	1.184	73	1.756	Examples of Other Optional Competition Categories:		
54	1.204	74	1.795	SubMaster	SubM	SubMW
55	1.225	75	1.835	Novice	N	NW
56	1.246	76	1.976	Lifetime Drug Free*	L	LW
57	1.258	77	1.918	Collegiate*	C	CW
58	1.292	78	1.961	Military*	Mil	MilW
59	1.315	79	2.005	Police & Fire*	P&F	P&FW
		80	2.050	Special Olympics	SO	SOW
				*These categories have National Competitions.		

Conversion Factor 1 lb = 2.2046 kg 0.4536 lb = 1 kg

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USAPL (formerly ADFPA) National Contest Qualifying Totals*

MEN	114	123	132	148	165	181	198	220	242	275	319	319 ⁺
Open	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760	1760
Lifetime	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585	1585
Teen (14-15)	585	680	730	825	875	925	950	975	1020	1045	1070	1070
Teen (16-17)	630	730	800	925	995	1035	1070	1135	1150	1190	1215	1215
Teen (18-19)	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315	1315
Junior (20-23)	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450	1450
Collegiate	655	760	875	1025	1075	1145	1250	1275	1290	1305	1325	1325
Master & High School	Must have a total in a sanctioned meet											
WOMEN	97	105	114	123	132	148	165	181	198	198 ⁺	198 ⁺	(in 1999)
Open	496	540	595	650	710	760	793	832	876	876	898	
Lifetime	496	540	595	650	710	760	793	832	876	876	898	
Teen (14-19)	335	358	385	407	435	479	518	562	610	610	625	
Junior (20-23)	360	385	413	440	462	512	551	600	655	655	672	
Collegiate	365	391	418	440	462	507	545	589	640	640	655	
Master (40&up)	Must have a total in a sanctioned meet											
High School	Must have a total in a sanctioned meet											

USAPL (formerly ADFPA) Classifications (kg)

MEN	52	56	60	67.5	75	82.5	90	100	110	125	125+
Elite	482.5	525	565	632.5	692.5	745	785	827.5	857	882.5	917.5
Master	445	482.5	520	580	635	582.5	722.5	760	787	810	842.5
Class I	400	432.5	465	522.5	570	612.5	645	682.5	705	725	757.5
Class II	352.5	380	410	457.5	500	540	570	600	620	640	667.5
Class III	305	332.5	357.5	402.5	437.5	470	497.5	525	542	557.5	580
Class IV	267.5	290	312.5	350	380	410	432.5	455	475	487.5	507.5
WOMEN**	44	48	52	56	60	67.5	75	82.5	90	90+	
Elite	290	310	332.5	355	375	412.5	445	477.5	512.5	540	
Master	262.5	282.5	302.5	322.5	340	375	405	435	465	490	
Class I	235	255	272.5	290	305	337.5	365	392.5	417.5	440	
Class II	210	225	242.5	257.5	272.5	300	325	347.5	372.5	392.5	
Class III	182.5	197.5	212.5	225	237.5	262.5	282.5	305	325	342.5	
Class IV	157.5	170	182.5	192.5	205	225	242.5	260	280	295	

*National Meet Qualification: Qualify ing total in USAPL-sanctioned mee on or after Jan. 1 of the year before th year in which the National meet is being held.

NOTE — USPF lifters should consul National Office about: 1) qualifyin totals from 1997 being used in 199 and 2) out-of-competition drug testin considerations.