

# **GPC RULEBOOK**

## **2024**



Updated January 2024

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# 01. GENERAL RULES

## a. GPC National Federations & Individual Subscription & Fees

- **Yearly contribution:**
  - 100 Euros European
  - 100 Euros World
  - European Countries will pay both the European and World Fee.
  
- **Small countries** who have on their national competition less than 11 participants will have their contribution fee confirmed by the GPC Treasurer.
  
- **Any National federation** who has not paid the necessary contribution fee shall automatically be suspended from memberships of the GPC until such time as the required fee is paid in full.
  
- **If** a contribution fee is not paid by the time of the Championship the lifters of the country in question shall not be allowed to participate in the contest.
  
- **All nations** that do not pay the GPC membership contribution in January shall be fined an additional amount of 10 € for each month in arrears.
  
- **Applicants for National affiliation must demonstrate their ability to run competitions on a national level. While this may not always be possible if a new federation is forming, affiliates' activity should be reviewed periodically to ensure that GPC is being actively represented at local levels.** National Federations without any national or international activity in two years must reapply as a new nation for GPC membership and a decision will be made by the GPC Board on whether to renew the membership or not. If granted a third year, they must send lifters in the third year, or they will not be awarded the licence in the future.
  
- **Lifters** from countries which are not affiliates of the GPC may join as Individual Members.
  
- **Individual Membership forms** are available on the GPC Website: [www.worldgpc.com](http://www.worldgpc.com) . Individual Membership if €20 per year.

### Championship Fees:

Nations must submit their team list along with the entry fee for the entire team by the closing date to avoid a late fee per lifter on the team. **A lifter must get their National Federation's permission for all additional entries/event changes not included on the original team list submitted prior to the closing date.**

- **Entry fees** for the athletes at World and European championships are:
  - **85 euro** for first event entered (Open & Masters) **(includes referees fee)**
  - **65 euro** for first event entered (Teen & Junior) **(includes referees fee)**
  - 35 euro for each additional event entered.
  - **30 euro late fee for entries received between the closing date and the commencement of the championships**
  - **50 euro late fee for all events paid for at the championships.**
  
- **Once the competitors list has been issued after the entry closing date, lifters wishing to enter additional events will be charged both the entry fee and the late entry fee per additional event.**

- **If a lifter wishes to change his/her original event after the competitors list has been issued, the original entry fee for the entered event will be forfeited (this fee may be waived at the discretion of the championships organizer in the case of injury or other exceptional circumstances) and the lifter charged both the entry fee and the late entry fee for the new event.**

When a Continental or World Championships are held in a country outside of the Euro Zone, a conversion to that currency, as per the GPC established price per entry, is decided upon prior to entries being accepted and Entry Fees are then paid in the currency of the country hosting the Championships.

Entry fees for Continental and World Championships are to be paid to the Championship's Organiser in one lump payment by the National Federation rather than by the lifters individually (except in the case of individual members of the GPC from nations without GPC affiliates or countries from which it is very difficult to transfer money to other countries).

Lifters or national federation representatives may require a receipt for their entry fee. The organizer should have copies of a master receipt available to add the specific details to, to supply on request to the lifter or the national federation for entry fees paid

- Nations not sending lifters to World/Continental Championships must inform the organiser and general secretary by the closing date of the championships.
- Lifters requiring Visa Support Letters for International championships (form available under downloads on the GPC website) must be members of a national affiliate of the GPC or an individual member of the GPC. Lifters requiring visa support letters (or their coaches) must be included on the team list for the championships in question which must be submitted to the organiser prior to visa support letter being issued. Individual lifters must also have entered the championships before the letter is issued. The entry fee must be submitted to the GPC account before the visa support letters will be issued. In the event that the visa is not granted, the entry fee will be refunded to the national federation (or individual lifter who has no national federation) by the GPC (on provision of proof of visa rejection). Where the visa application is successful or no proof of visa rejection is provided, the entry fee will be transferred to the account of the championship organiser.
- **Any nation or individual lifter requesting visa support letters which require a police stamp, must pay the organizer all costs associated with this stamp (in the currency of the host nation) including if required by the police, a deposit to ensure that all those issued with the stamp will return to their home country after the championships. The deposit is refundable to the nation in question, once confirmation has been received from the police that all athletes and those travelling with the team for whom visa letters have been supplied have returned home after the event. These fees can be very substantial.**

## **b. Annual General Meeting**

- The Annual General Meeting (AGM) will be arranged by the secretary and will be scheduled during the World Championships. All countries will be notified of the AGM and will be invited to forward items for inclusion on the agenda. These items for discussion must be sent to the secretary no later than four weeks before the competition.
- The term of Office for GPC Board Members is four years. Board members will be elected in rotation.
- Concerning elections every country has exactly one vote and each board member has exactly one vote.

- Nations which are not sending a representative to the AGM (European/World) or Board Members who are not in a position to attend the AGM, may submit their votes on agenda items electronically to the GPC secretary in advance of the AGM.
- Bids for World Championships must be forwarded to the Secretary in advance of the AGM.
- The European Annual General Meeting will be arranged by the secretary and will be scheduled during the European Championships. All European countries will be notified of the AGM and will be invited to forward items (pertinent to European Countries only) for the AGM and put forward bids for European Championships.
- In addition to the AGM, the Board members, Technical officers and all national federation Presidents may be required to make decisions during the year. In this instance, they all must be notified of the vote by the Secretary. To cast a valid vote, the decision of the national federations' Presidents must reach the secretary within 14 days.
- **Rule changes** brought in at an AGM and which come into effect on the 1<sup>st</sup> January of the following year will have a lifespan of three years before being eligible for change if required through voting at the AGM.

### **c. General contest rules**

- **The Global Powerlifting Committee (GPC) recognizes the following lifts which must be performed in the designated sequence in all applications conducted under GPC rules:**
  - Squat / Bench / Deadlift = Total
  - Single Lift Squat
  - Single Lift Benchpress
  - Single Lift F8 Benchpress
  - Single Lift Deadlift

**In addition to the above, organisers of international events have the option of offering the following lifts:**

- **Single Lift Bicep Curl**
- **Single Lift Soft Equipment Bench Press**

The GPC through its members and member Federations recognizes the following World and European Championships:

1. Men & Women Open World & Continental Championships.
2. Men & Women Masters World & Continental Championships.
3. Men & Women Junior World & Continental Championships.
4. Men & Women Teenage World & Continental Championships.
5. Men & Women Paralympic World & Continental Championships.

- **The GPC also recognizes National and International competitions of its member Federations.**
- **A nation will be allowed any number of competitors spread throughout the body weight categories. GPC Federations may impose qualifying standards for their individual team selection. The competition recordings must happen with the approval of the GPC officials of that country.**
- **A participant may represent the country in which they are resident for at least 12 months & who have fulfilled the qualifying criteria of the nation where they are resident & representing)**
- **Exceptions:**
  1. Athletes who have a dual nationality or a valid residence in a certain country.
  2. Athletes of a certain country where there is no GPC federation active.

- **D**ouble registrations are not permitted.
- **W**henever possible for all International Championships and competitions all intended competitors should be declared to the GPC General Secretary and the Championships Organizing Committee at least 21 days before the date of that particular competition.
- **T**he GPC World Championships are to be scheduled in October or November
- **A**ll competitions under GPC rules must be conducted in kilograms.
- **T**he GPC recognizes and registers World & Continental records in kilograms.
- **A**t world and Continental championships countries are invited to bring their national flags.
- **T**he Absolute lifter awards be determined by the coefficients only and not the placing within the categories.

- **B**est lifter awards to be awarded as follows:

Where there are 8 or more lifters in an age category by the closing date (Teen/junior/open/master) three prizes to be given, best lifter, 2<sup>nd</sup> best lifter 3<sup>rd</sup> best lifter)

Where there are between 1 and 7 lifters in an age category by the closing date (Teen/Junior/Open/Master) only 1 Best Lifter prize is awarded for that age category.

Teens and Juniors are not to be combined for best lifter, there should be a best lifter prize for both

- **A** "Winner of Winners" award for Males & Females is to be awarded in each event (eg Raw Powerlifting, Raw Benchpress etc) and this will be determined by the Reshel points (not including Foster points for age) amongst all winners in the event.

- **T**he highest total of the best attempts of each lift will result in a Total. Winner of the competition will be determined by highest Total, (no fourth attempts may be included in the total).

- **I**f two lifters register the same body weight at the weigh-in and eventually achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will share the placing, and each receives any award - that is being presented. In such circumstances, should two lifters be in first place, the next lifter shall be placed third and so forth.

- **I**n World/Continental Championships only six competitors from each nation shall score points towards the national team total. These six competitors will be selected after the competition is completed and shall be the six (6) best scores by the "Reshel" formula of the competitors from a particular nation. To determine the best team, 6 lifters will be considered to include the age points from a max of one master and one junior/teen lifter and the points from one female lifter.

#### **d. Body weight categories**

##### **Men:**

56.0 kg Class from 52.01 to 56.0 kg  
 60.0 kg Class from 56.01 to 60.0 kg  
 67.5 kg Class from 60.01 to 67.5 kg  
 75.0 kg Class from 67.51 to 75.0 kg  
 82.5 kg Class from 75.01 to 82.5 kg  
 90.0 kg Class from 82.51 to 90.0 kg  
 100.0 kg Class from 90.01 to 100.0 kg  
 110.0 kg Class from 100.01 to 110.0 kg  
 125.0 kg Class from 110.01 to 125.0 kg

##### **Women:**

44.0 kg Class up to 44.0kg  
 48.0 kg Class from 44.01 to 48.0 kg  
 52.0 kg Class from 48.01 to 52.0 kg  
 56.0 kg Class from 52.01 to 56.0 kg  
 60.0 kg Class from 56.01 to 60.0 kg  
 67.5 kg Class from 60.01 to 67.5 kg  
 75.0 kg Class from 67.51 to 75.0 kg  
 82.5 kg Class from 75.01 to 82.5 kg  
 90.0 kg Class from 82.51 to 90.0 kg  
 100.0 kg Class from 90.01 to 100.0 kg

140.0 kg Class from 125.01 to 140.0 kg  
140.0+ kg Class from 140.01 to Unlimited kg

110.0 kg Class from 100.01 to 110.0 kg  
110.0Kg Class from 110.01 to unlimited kg

### **e. Age categories**

- The Age category of a lifter is determined by his/her age on the first day of the championship they are competing in, rather than on the specific day on which they are lifting within that championship.
- Teen/Junior/Master lifters can opt to lift in their age category OR the Open. No double age registrations are permitted. Lifters competing in different events eg. Powerlifting & bench press can however opt to lift in their Age Category in some events and the Open in others.

#### **Open (Senior):**

From 24 years to and including 39 years of age

#### **Master:**

From 40 years to 80 and upward

From 40 years to and including 44 years of age

From 45 years to and including 49 years of age

From 50 years to and including 54 years of age

From 55 years to and including 59 years of age

From 60 years to and including 64 years of age

From 65 years to and including 69 years of age

From 70 years to and including 74 years of age

From 75 years to and including 79 years of age

From 80 years upward

#### **Sub Master:**

From 33 years to and including 39 years of age.

This division is for record purposes only. Sub masters shall lift in the open (senior) division.

#### **Junior:**

From 20 years to and including 23 years of age.

#### **Teenage:**

From 13 years to and including 19 years of age

From 13 years to and including 15 years of age

From 16 years to and including 17 years of age

From 18 years to and including 19 years of age

- **C**ompetitive lifting shall be restricted to competitors aged 13 years and over.

The lifter must have attained minimum age on day of the competition where age limits are imposed.

### **e. Paralympic Category**

- Lifters with disabilities can compete in each age/weight category under a Paralympic category. However, the GPC will not provide specialized equipment for such lifters so they must be in a position to use the standard equipment.

- Lifters with disabilities who can complete all the lifts as per the rules for that lift can opt to lift in the regular category or the Paralympic category. – For example, a lifter who can maintain the position of feet on the floor and body on the bench as per the rules can opt to lift as a Paralympian or not. However, lifters who cannot perform the lift as per the rules due to a physical ailment must compete as Paralympian's.
- Lifters with prosthetic limbs must wear the prosthetic limb(s) when weighing in if they are wearing the prosthetic limb(s) while performing the lift.

## **f. Transgender Athletes**

- A transgender male (FTM) athlete that has declared their identity as male may compete only in the men's division.
- A transgender female (MTF) athlete may compete in the men's division but may only compete in the women's division if being treated with \*testosterone suppression medication (estrogen) for a minimum of one calendar year before competition.

\*Research suggests that androgen deprivation through the use of hormone replacement therapy will reduce muscle mass accordingly. One year of hormone therapy is appropriate transitional time before a (MTF) athlete may compete in the women's division.

### **ADDITIONAL CONSIDERATIONS:**

- It is the athlete's responsibility to:
  - (i) In order to avoid challenges to transgender participation at competitions, the athlete who has completed, plans to initiate, or is in the process of taking hormones as part of a gender transition must submit notice to the GPC Board of their intent.
  - (ii) The notice must include a letter from the athlete's physician documenting the transition status along with any prescribed hormone treatment if applicable.
- It is the Board's responsibility to:

All discussions about an individual athlete's transgender identity and the physician's medical documentation provided in accordance to this policy, shall be maintained confidential unless the athlete makes a specific request otherwise.



## 02. CONTEST OFFICIALS

### a. Technical Committee

- **T**he Technical Committee is responsible for attending a technical meeting prior to the competition.
- **T**echnical Officers act under supervision of the Technical Director.
- **B**efore each competition the Technical Director must satisfy himself that the Technical Officers and Referees on duty have a complete knowledge of their role and any new rules or regulations.
- **A**ll Technical Officers at International Events must be a GPC International Referee category 1.
- **A** Technical Officer shall be competent in the English language which is the primary language of the GPC

Technical Officers will be responsible for:

1. Examinations of referees.
2. Appointing the Referees for International Competition.
3. Training Referees.

- **A**t World Championships and International competitions, Technical Officers will be appointed to preside over all aspects of the competition. They shall ensure that the technical rules are correctly applied, consider and rule upon any appeals, and generally oversee the competition and refereeing. A reserve officer will also be appointed to act in the case of absence.
- **T**he Technical Director may during the competition replace any referee whose decisions in their opinion prove the referee to be incompetent. The referee concerned will have received a warning prior to any action of dismissal.
- **I**f a serious mistake occurs in the refereeing which is contrary to the technical rules the Technical Officers may take appropriate action to correct the mistake. They cannot overrule or change the decisions of the referees but can grant an extra attempt to the lifter by authorization.
- **A**t least one, but preferably two, Technical Officers shall be present at all lifting sessions.
- **T**he platform and competition equipment comply in all respects with the rules.
- **B**ars and discs are checked for weight discrepancies and defective equipment discarded.
- **S**cales work correctly and are accurate.
- **T**he lifters weigh-in within the limits of the body weight categories and within the time frame of the posted weigh-in sessions.
- **A**ny lifter's costume or personal equipment if requested is inspected and approved or rejected.
- **T**hat speaker-announcer, timekeeper, marshals/expeditors, scorers, record processor and loaders/spotters understand their duties and the rules that may pertain to them.

## **b. Referees**

- Before a national Referee is nominated to sit the International Referees exam by their nation, they must have attended an International GPC event at least one year beforehand, either as a competitor or a spectator.
- National Referees nominated to take the test to become an International Referee must notify the Technical Director. They will be placed on a waiting list and notified of the next available opportunity for them to take the test.

**N**ational Referees who successfully pass the international written and practical test under the supervision of a Technical Officer will qualify to become a GPC International Referee. There are three categories of International Referee: 3, 2 and 1. Advancement from one category to the next will depend upon the performance of the referee at international level. Only when the Technical Director is satisfied that the referee is fully competent at level 2 will the referee be invited to sit the written examination for GPC International Category 1 referee.

- **G**PC referees may have their refereeing status revoked upon consideration of their performance and abilities by the Technical Director.
- All international referees, (cat 1, 2 or 3) who do not referee at an international event (an event at which a Category 1 Referee from the Board has been invited to officiate will be considered as an international event in relation to a referee's status) for three consecutive years will no longer retain the status of International Referee.
- **A**ny GPC referee whom, by his/her actions shows bias towards a lifter or partiality will be suspended.

AT ALL International GPC COMPETITIONS REFEREES SHALL BE UNIFORMLY DRESSED.

- Men: Dark Trousers with white shirt.
- Women: Dark Skirt or trousers, white blouse or top.
- GPC Referee Badges are available for international Referees
- Referees are not permitted to wear jeans, coloured shirts, hats or caps on the international platform.
- National federations may adopt their own style uniform for national competitions given the variances in climate worldwide.

### Referees on duty:

- **T**here will be three referees: the head referee and two side referees.
- **A**t World and International Competitions only International GPC Referees will adjudicate the lifting. Two referees of the same nationality or relatives cannot be selected to adjudicate on the same platform at one time.
- **T**he selection of a referee to act as head or side referee in one session does not preclude the selection of the same referee from being head or side referee in another session.
- **T**he head referee is responsible for giving the necessary signals for all three lifts for indicating to the speaker and timekeeper when the bar is ready, for communicating to the speaker the verification of world records and any special decisions upon performance decided by the referee.

**T**he head referee may consult with the side referees, the appointed GPC Contest Officials or other official as necessary in order to expedite or facilitate the running of the competition.

- **The head referee must bear in mind the need to be easily visible to the lifter performing the Squat and Dead lift and be positioned accordingly. To avoid any distractions to the lifter the head referee should remain motionless and seated between signals.**
- 
- **The head referee shall communicate all decisions taken in cases of loading errors, incorrect announcements, spotter errors, or other platform altercations to the speaker in order to make the appropriate announcement. Such decisions shall be first discussed with the other platform referees.**
- **The three referees may seat themselves in what they consider to be the best viewing positions around the platform and should remain seated during the execution of the lift; lifters safety shall take priority over anything else.**
- **The side referee should not impose upon the spotter's duties but should make adjustments to their own seating position and may lean sideways or forward during a lift to obtain the best viewing vantage.**
- **Side referees during the squat must be positioned to the side or front of the squatter and not to the rear. Spotters for the squat must provide a window for the side referee to view the Squat. Obstructions to viewing must be corrected before the lift begins.**
- **Side referees have the best view of depth but if its blatantly high the centre referee can red light it but if he has any doubt about it he/she must give white.**
- **The weight of the loaded bar agrees with the weight announced by the Speaker. Referees may be issued loading charts for this purpose.**
- **Lifts are credited as "good lift" or "no lift" and all other aspects of the competition run in accordance with the rules of performance.**
- **After the competition the three referees shall sign the official score sheets, record applications and any other documents requiring their signatures.**

**A referee observes a fault sufficient to give a cause for disqualification of the lift the procedure is as follows:**

- **The referees may stop the lift for discretionary safety. The head referee shall signal the lifter with a downward motion of the arm and the audible command of "Down" for the Dead Lift and shall instruct the spotters to take the bar on the Squat and Bench Press, only if safe and appropriate to do so.**
- **Prior to the commencement of the Squat or Bench Press, if any of the referees do not accept any aspect of the setup of the lifter, they will call attention to the fault as previously described. If there is a majority opinion among the referees that a fault exists, the head referee will not give the signal to commence the lift and will inform the lifter to "Rack" the bar. A head referee sees a fault that may not be visible to the side referees, e.g. hands holding the collars or discs on the Squat or a grip in excess of 81cm on the Bench Press, may act alone in informing the lifter to "Rack" the bar. If requested, it is required of the head referee to quickly confirm the nature of the fault and to explain this to the lifter or coach. The lifter will be reminded within his remaining time that he can repeat his attempt with the fault corrected. Note: for the above reasons it is important that the timekeeper stops timing the attempts on the Squat and Bench Press only when the lifter has received the commencement signal.**
- **Prior to the commencement of a lift if either of the side referees observes an obvious infraction of the rules regarding costume or personal equipment they will call attention to the fault to the head referee. The head referee observing an infraction may act alone. In either case the referees**

will be called together to inspect the lifter. If the fault is considered a purposeful intention to cheat, the lifter will be disqualified from the competition. If the fault is considered an oversight or genuine mistake, the lifter shall correct the fault before being permitted to proceed with the attempt. The lifter's time allowance will not be stopped to effectuate the correction. The way the fault is considered and the action taken will be at the discretion of the referees on duty.

- **P**rocedure when a referee is blocked out of viewing a lift in progress. If during the lift a spotter unintentionally gets in the way of a referee's view, so that he does not actually see the lift, the referee should give the lifter a white light, and the spotter is warned.

- **R**eferees shall, if requested, explain to a lifter or coach the reason or reasons why a lift was judged "no lift". All that is required of such an explanation is an accurate statement, debates will not be entered, and an explanation will not cause distraction of the referee from the attempt of the next lifter. Referees shall abstain from any other commentary and not receive any document or verbal or video account concerning the progress of the competition.

- **A** referee shall not attempt to influence the decision of other referees. Once any lift has begun, each referee will withhold his individual judgment until the completion of the lift, indicating such with a red or white light. Under no condition should a referee raise his hand after the lift has commenced unless to ensure the safety of the lifter.

- **I**f any of the referees suspect without certainty any infraction of the rules regarding costume and personal equipment they will not act until after the lift has been performed if the lift has already commenced. The lifter should then be inspected. For a fault deemed an oversight or genuine mistake the lifter's attention should be drawn to the fact and warned about repeating the infraction in any subsequent attempts. The attempt may be disqualified at the referee's discretion. Should the same infraction be repeated after a warning, the attempt shall be disqualified or infractions deemed as a purposeful intention to cheat, the lifter shall be disqualified from the competition.

## 03. TECHNICAL COMPETITION RULES

### a. Power lifts & Rules of Performance

Signals and implementation of the three lifts are as follows:

#### **1. SQUAT**

**Start:** A visual signal consisting of a downward movement of the arm, together with the audible command "Squat".

**Rack:** A visual signal consisting of a backward movement of the arm, together with the audible command "Rack".

- **After** removing the bar from the Monolift while facing the front of the platform, the lifter must not step either backwards or forwards, however the lifter may adjust their feet outwards or inwards to obtain their chosen stance .The top of the bar shall not be more that 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and/ or fingers gripping the bar, and the feet flat upon the platform with the knees locked
- **The** lifter shall wait in this position for the head referee's signal. The signal will be given as soon as the lifter is set and demonstrates control with the bar properly positioned. The head referee's signal shall consist of a downward movement of the arm and audible command "Squat".
- **Upon** receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
- **The** lifter must recover at will, without double bouncing, to an upright position with the knees locked. The bar may stop, but there must be no downward motion during recovery. As soon as the lifter has demonstrated a controlled final position, the head referee will give the rack signal after which the lifter must make a legitimate attempt to return the bar to the racks.
- **The** signal to replace the bar will consist of a backward motion of the arm and the audible command "Rack".
- 
- **The** lifter shall face the front of the platform, towards the head referee.
- 
- **The** lifter shall not hold the collars or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collar.
- **Not** more than six and not less than four loaders/spotters shall be on the platform at the same time during the squat.
- 
- **The** lifter may enlist the help of spotters in removing the bar from the racks; however, once the bar has cleared the racks, the spotters shall not physically assist the lifter with regards to actually getting into the proper set position. The spotters may assist the lifter to maintain control should the lifter stumble or demonstrate any evident instability. If the commencement signal "Squat" has not been called, the lifter may rereck and un-rack again, time permitting.
- **The** lifter will be allowed only one commencement signal per attempt.
- **The** lifter may be given an additional attempt at the same weight at the head referee's discretion if failure in an attempt was due to any error by one or more of the spotters.

- **O**nce the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".
- 

#### Causes for Disqualification of a Squat:

- **F**ailure to observe the head referee's signals at the commencement of the lift or to rack the bar.
- **D**ouble bouncing or more than one recovery attempt at the bottom of the lift.
- **F**ailure to assume an upright position with knees locked at the start and completion of the lift.
- **F**ailure to bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees.
- **A**ny forward or backward step after removing the bar from the Monolift
- **A**ny resetting of the feet after the squat signal.
- **C**ontact with the bar by the spotters between the referee's signals.
- **C**ontact of elbows or upper arms with the legs.
- **F**ailure to make a legitimate attempt to return the bar to the racks.
- **M**ovement of the feet laterally, backward or forward that would constitute a step or stumble; (rocking the feet between the ball and the heel is permitted).
- **A**ny intentional dropping or dumping of the bar.

## **2. BENCH PRESS**

**Start: An audible command of "start" is given as soon as the lifter receives the bar at arms' length at the commencement of the lift.**

An audible command of "Press" given AS SOON AS the bar is motionless on the lifters chest.

**Completion:** An audible command of "Rack" when the bar has been pressed to straight-arm's length with elbows locked

The lifter must lie backward with shoulders and buttocks in contact with the flat bench surface. The elected position of the buttocks shall be maintained throughout the attempt. The lifters shoes or toes must be in solid contact with the platform or surface. The position of the head is optional.

- **T**o achieve firm footing a lifter of any height may use discs or blocks to build up the surface of the platform. Whichever method is chosen, the shoes must be in a solid contact with the surface. If blocks are used, they shall not exceed 45cm x 45cm.
- **T**he lift off must be to arm's length and not down to the chest.
- **A**fter receiving the bar at arm's length, the lifter shall wait for the "start" signal and then lower the bar to the chest (not below the sternum) and await the head referee's Press signal.
- **N**ot more than four and not less than two loaders/spotters shall be in attendance. The lifter may enlist the help of one or more of the designated spotters or enlist personal spotters, in removing the bar from the racks.
- **A** designated spotter having provided a center lift off must immediately clear the area in front of the head referee and move to either side of the bar. If the personal spotter does not immediately leave the platform area and or in any way distracts or impedes the head referee's responsibilities, the referees may determine that the lift is unacceptable and be declared "no lift" by the referees and given three red lights. The failure of any personal spotters to leave the platform may cause disqualification of the lift.
- **The failure** of any personal spotters to leave the platform may cause disqualification of the lift.

- **T**he spacing of the hands shall not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape indicating this maximum grip allowance. If the lifter should use an offset or unequal grip on the bar, whereby one hand is placed outside the marking or tape, it is the lifter's responsibility to explain this to the head referee, and allow inspection of the intended grip prior to making an attempt. If this is not done until the lifter is on the platform for an official attempt, any necessary explanation and/or measurements will be done on the lifter's time for that attempt.
- The thumb must be wrapped around the bar. A thumbless grip is not permitted
- **T**he reverse or underhand grip is permitted.
- **T**he bar must be at straight arm's length and motionless before the lift is commenced.
- **T**he lifter will be allowed only one commencement signal per attempt.
- **A**fter the signal to commence the lift has been given, the bar is pressed upward. The bar shall not be allowed to sink into the chest or move downwards prior to the lifter's attempt to press upward. The lifter will press the bar to straight arm's length and hold motionless until the audible command "Rack" is given. Bar may move horizontally and may stop during the ascent, but may not move downward towards the chest.
- **O**nce the bar has been replaced in the racks at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".

#### Causes for Disqualification of a Bench Press:

- **F**ailure to observe the referee's signals of "Start", "Press" and "Rack"
- **W**hen arms are not straightened and motionless before the lift commenced.
- **A**ny change in the elected lifting position or the raising of the buttocks, (as long as some portion of the buttocks remains on the bench and a referee cannot see straight through the lift is permissible).
- **L**ateral movement of the hands during the lift (between the referee's signals).
- **A**ny excessive movement or change of the feet during the lift.
- **I**f the bar is resting on the stomach below the sternum.
- **B**ouncing the bar off the chest.
- **A**llowing the bar to sink into the chest after receiving the referee's signal.
- Excessive uneven extension of the bar during or at the completion of the lift as judged by the referees.
- **A**ny downward motion of the bar during the course of pressing out.
- **C**ontact with the bar by the spotters between the referee's signals.
- **A**ny contact of the lifter's shoes with the bench or its supports.
- **D**eliberate contact between the bar and the bar rest uprights during the lift to assist the completion of the press.

### **3. DEAD LIFT**

**Start:** No signal required.

**Completion:** A visual signal consisting of a downward movement of the arm together with the audible command "Down".

- **T**he bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted until the lifter is standing erect. The bar may stop but there must be no downward motion of the bar.

- **T**he lifter shall face the front of the platform.
- **O**n completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect, (the shoulder will not be forward or rounded. it is not necessary that they be back past the erect position.
- **T**he head referee's signal shall not be given until the bar is held motionless and the lifter is an apparent finished position.
- **A**ny rising of the bar or any deliberate attempt to do so will count as an attempt.
- **O**nce the bar has been replaced on the platform at the completion of the lift and the referees will announce their decisions by means of the lights, white for a "good lift" and red for a "no lift".

#### Causes of Disqualification of a Dead lift:

- **A**ny downward motion of the bar before it reaches the final position, (at the completion of the lift, if the bar settles as the shoulders come back this should not be reason to disqualify the lift).
- **F**ailure to stand erect, (the shoulders will not be forward or rounded. It is not necessary that they be back past the erect position. All be it is permissible).
- **F**ailure to lock the knees straight at the completion of the lift.
- **S**upporting the bar on the thighs in a manner that the lifter can obtain leverage or hitching.
- **M**ovement of the feet laterally, backward or forward that would constitute a step or stumble.
- **L**owering the bar before receiving the head referee's signal.
- **A**llowing the bar to return to the platform without maintaining control with both hands.

### **b. Intentional faults**

#### Faults that should be considered as a purposeful intention to cheat are:

- **T**he use of more than one lifting suit or illegal lifting suits.
- **T**he use of more than one supportive undershirt or illegal undershirt.
- **T**he use of more than one pair of briefs.
- **T**he use of more than one pair of wraps or wraps substantially over regulation length.
- **A**ny additions in excess of the prescribed costume and personal equipment.
- **P**resence of oil, grease, liquids or lubricants other than powder on the thighs for the Dead lift.
- **O**ther infractions of similar gravity.

#### Faults as oversight or genuine mistakes:

- **S**ocks overlaid by or touching knee wraps.
- **W**raps applied as to obviously exceed the width dimensions allowed for the wrist (12cm) or knee (30cm).
- **W**raps slightly in excess of the prescribed regulation.
- **I**tems forgotten to be removed that may have been worn for warm-ups or to maintain warmth, eg- hats, rubber elbow bands, etc.,
- **O**ther infractions of similar consequence.

### **c. General**

- **B**lood or other foreign substances appear on the bar or equipment must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried and verified as clean.



- **No** one is allowed on the platform during lifting sessions except the lifter, the designated loaders/spotters, the three referees on duty and any other meet officials as designated if the need arises. Solely these personnel will handle any cleaning, mopping, brushing or adjusting of the platform or equipment.
- **Personal non-designated spotters** are not permitted on the platform for the Squat or Dead lift. Personal non-designated spotters are permitted to lift-off on the Bench press; however, once the bar has been correctly positioned at the lifter's arm's length any personal spotter must quickly leave the platform area. Failure to do so will result in disqualification of the lift.
- **Coaches** shall remain back from the platform; the appointed GPC Contest Officials should define a coaching area.
- **When** the lifter prepares for an attempt, the loaders/spotters may assist in removing the bar from the racks. They may also assist in setting up for a squat should the lifter stumble or lack good control, and in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, i.e. during the period of time between commencement and completion signals from the head referee.

**Important exception:**

if the lifter has obviously failed with the attempt, is in jeopardy of injury, or the head referee or lifter has requested intervention then the spotters should assume control of the bar and weights and assist the lifter in replacing the bar back on the racks.

- **Other** than initial removal of the bar from the racks the lifter should not receive any additional help from the spotters in establishing position for an attempt. However, should a lifter stumble or become unstable in setting up for the Squat the spotters should assist in steadying the lifter until control has been regained.
- **After** the "Rack" command is given, the spotters may guide the bar back into the rack, (once the "Rack" command has been given, the lift is officially over).
- **Lifters** shall wrap and ready themselves for lifting off the platform. Only minor adjustments requiring no assistance may be made on the platform.
- **Removing** wraps, belts and costume shall be performed off the platform.
- **Nothing** may be purposely applied to the platform, bench or bars (oil, grease, other lubricants and liquids, rubs, oil, liquids, or sprays. Powder includes chalk, talc, resin, and magnesium carbonate.
- **Items** such as chalk, inhalants, talc, etc. should be utilized with propriety on and around the platform area.
- **In** competitions under GPC jurisdiction including any competitions where world records are set, the weights used must be in kilograms, and the barbell must always be a multiple of 2.5kg.

**Exceptions to this rule:**

A World / Continental record attempt (see WORLD, CONTINENTAL & NATIONAL RECORDS).

- **The** weights shall be announced in kilograms.
- **In** all competitions the weight of the barbell shall consist of the heaviest discs available that make up a particular weight.
- **The** minimum increase between all attempts shall be 2.5kg.

- A lifter is permitted one change of weight on the first attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round.
- **L**ifters must submit their second or third attempts within one minute of completing the preceding attempt. If no weight is submitted within the one-minute time allowance, the lifter will forfeit the next round attempt.
- **W**eights submitted for second and third attempts on the Squat and Bench Press could not be changed.
- **I**n the Dead lift, changes of weight are permitted. The lifter may not change an attempt if he or she has been called to lift and the bar has been called as "ready" or "loaded". On second attempts, the lifter shall be allowed one change in weight, and on third attempts, the lifter shall be allowed two changes in weight if he or she has been called to lift, but the bar has not been called as "ready" or "loaded".
- **I**n single lift meets, an opening attempt may be changed up to five minutes prior to the start of that lifter's flight. Third attempts may be changed as many times as the lifter desires as long as his or her name has not been called to lift.
- An experienced Expeditor must be used at competitions. The chosen weights for attempts are to be given in writing, in the form of attempt cards, to the expeditor. Different colored cards will be used for each lift, 3 of the same color for the Squat, 3 of another color for the Bench Press, and 3 of a third color for the Dead Lift. The lifter or the coach will complete the appropriate attempt cards with the weight requested and sign the card. For first attempts the attempt cards will only be used when the weight given at the weigh-in is changed.
- **O**n the completion of an attempt the lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt at the discretion of the referees.
- **A**ny physical abnormality, handicap, or incapacity of a lifter that may cause, or potentially cause, an inability to fully comply with the rules should be brought to the attention of, and explained to, the appointed GPC Contest Officials. This should be in advance of the start of the lifter's flight. The lifter, GPC Contest Officials and the platform referees for the particular lifter will then confer on the matter to best accommodate any special considerations for the lifter. Deafness, blindness, limb or joint abnormalities that prevent proper straightening or extension are examples for such special considerations.
- **I**f, by reason of misconduct upon or near the competition platform, any lifter or coach is considered to have discredited the sport, such person or persons shall officially be warned. If the misconduct continues the appointed GPC Contest Officials together with the referees on duty, have the authority to disqualify the lifter and order the coach and the lifter to leave the venue. The team manager must be officially informed of both warning and disqualification.
- **E**xcessive psyching up techniques (swearing, hitting) shall be limited at the referee's discretion.

**A**ny lifter or coach who strikes an Official or any other individual at a competition will be banned from all GPC competitions indefinitely.

- **A**ll appeals against referee's decisions or conduct, complaints regarding the progress of the competition or against the behavior of any person or persons taking part in the competition will be made to the appointed GPC Contest Officials. This must be done immediately following action of

which there is a complaint or appeal. The appeal must be backed by the team manager and/or coach and presented in the presence of either or both.

- **T**he appointed GPC Contest Officials will consider all such complaints. If deemed necessary, the appointed GPC Contest Officials may temporarily suspend the progress of the completion to consider the situation fully. After due consideration the complainant will be informed of any decision and any appropriate measures that may be taken. The verdict of the appointed GPC Contest Officials will be considered final and there will be no right or appeal to any other body.
- **W**hen athletes do three unsuccessful attempts in any lifts (squat, bench, dead lift) they will be allowed to finish the competition but they cannot claim a record or a place in the results.
- **T**he use of oil, grease or other lubricants and liquids on the body, costume or personal equipment to aid in the execution of a lift is not permitted. This does not preclude the advanced therapeutic use of liniments, or rubs. However, such items must not be in evidence during platform attempts. Only powder may be used. Powder includes chalk, talc, resin, and magnesium carbonate. Spray may be used, but only on the lifter, not on the weight equipment but may not be used on the hands to aid the grip on the bar. **Liquid chalk may be used on the hands but should be fully dried before the lifter approaches the platform.**

#### **d. Errors in Loading**

- **I**f the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt at the weight lifted, or elect to take the attempt again at the originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
- **I**f the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt at the weight lifted. The weight will be subsequently reduced if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.
- **I**f the weight is not the same on each side of the bar and the lift is successful, rules for overloaded and under loaded bars, as above apply. However, if the attempt is credited to the lifter, and the weight of the bar lifted is not a multiple of 2.5kg (I.e., a 1.25kg plate was on one side only) the weight will be recorded at the lower multiple of 2.5kg. If the lift was unsuccessful the lifter will be granted a further attempt at the weight originally requested.
- **I**f any change occurs with the bar and discs during the execution of the lift and the lift is successful, provided no weight fell off the bar, the attempt will be accepted. If the attempt is unsuccessful, or weights fell off, the lifter will be granted a further attempt at the same weight.
- **S**hould the platform or equipment become disarranged during an attempt and the attempt is successful, the attempt will be accepted. If the attempt is unsuccessful the lifter may be granted a further attempt at the same weight, at the discretion of the referees on duty.
- **I**f the speaker makes a mistake by announcing a weight heavier or lighter than that requested by the lifter, the referees will make the same decisions as for loading errors.
- **A**ll attempts that are repeated for the above reasons will be at the end of the round in which the error occurred.
- **I**f a lifter misses an attempt because the speaker failed to announce the lifter's name at the appropriate time or weight, the weight will then be reduced to allow the attempt within the round. Should this discovery disrupt the anticipation of any preparing lifters, such lifters may be granted extra time in which to prepare again, this shall be at the discretion of the referee on duty.

## 04. WEIGHING-IN

- **All** weigh-in sessions and their duration's must be posted and communicated to all lifters and coaches.
- **The** weigh-ins must be in a private area where only the competitor, the competitor's coach, coach appointee, or manager, and the referees or appointed officials are present. The lifter's recorded body weight must not be made public until all lifters competing in that particular category have been weighed.
- **There** must be at least 2 officials from different countries at the weigh-in at European or World Championships.
- Referees and officials are not permitted to weigh-in lifters whom they coach
- **There** will be only 1 weigh-in; this will be the day before the particular lifting day of those categories.
- **There** is no weigh-in on the day of the lifting classes.
- **The** weigh-in of the competitors shall be initiated 24 hours before the start of the competition for a particular day.
- **Additional** interim weigh-in sessions may be provided at the discretion and agreement of the competition Organization Committee and appointed GPC Contest Officials.
- **In** cases where inclement weather and/or hazardous conditions exist in the area of the venue, extension of weigh-in time shall be determined upon the discretion of the technical officer or appointed GPC contest official.
- **All** lifters in the category must weigh-in during one of the mandatory or additional (if provided) weigh-in sessions, which will be carried out in the presence or authority of at least one GPC referee.
- **It is the lifter's responsibility to ensure that they make travel arrangements which gives them sufficient time to be at weigh-in during the scheduled weigh-in sessions the day prior to lifting.**
- **In exceptional circumstances (eg flight delayed or cancelled/travel strikes etc) and at the discretion of the organizer, who must have been notified by the lifter before or during the scheduled weigh-in sessions, a lifter may be weighed in after the official weigh-in times the day before they are scheduled to lift. Their names are to be included in their flight lists published after the official weigh-in is over so lifters in that flight are aware that such lifters are also expected to compete.**
- **In exceptional circumstances, and at the discretion of the organizer and the GPC Board, lifters may weigh-in on the morning of their event only if they have proof that their travel plans have been disrupted (eg flight delayed or cancelled/travel strikes etc) and if it's possible that they can still be included in the daily lifting schedule in the same flight as the others in their category. They must have notified the organizer before or during the official weigh-in times the day prior that they could not make it to weigh-in that day and be included in the flight lists published after the official weigh-in is over so lifters in that flight are aware that such lifters are also expected to compete.**
- **At** Continental or World competitions no double registrations are allowed. Masters/Junior/Teen & Open.

- **All** non-open lifters must at the weigh in produce proof of birth ID passport, driving license. Non-open lifters who do not produce proof of age will not be allowed to weigh-in.
- **Lifters** must be weighed nude or in standard underwear (briefs for men, bra and briefs for women).
- **The** weigh-in procedure must ensure that lifters are weighed only in the presence of their own sex, additional officials may be appointed for this purpose.
- **During** the weigh-in session's lifters uncertain about items of costume or personal equipment that may be used should have items inspected and verified by the GPC referees.
- **Lots** will be drawn to establish the order of the initial weigh-in. The lots drawn also establish the order of the lifting throughout the competition when lifters require the same weights for their attempts, the lowest lot number drawn will lift first.
- **Each** lifter who successfully makes weight in the category entered may only record their official body weight once. Only those whose body weight is heavier or lighter than the category limits of the category entered are allowed to return to the scale. They must return to the scales and make weight during one of the official weigh-in sessions and before the end of the final weigh-in sessions, otherwise they will be eliminated from the competition for that body weight category.
- **Lifters** trying to make weight may be re-weighed as often as they wish within the allowances of time and the posted weigh-in schedule.  
**Exception:** If a lifter steps on the scale and officially enters a certain weight class, he is not allowed to be re-weighed to make another weight class.
- **A** lifter who is too heavy may move into the next higher category. The lifter must again be weighed during the weigh-in sessions scheduled for the new category. All qualifying standards must be met. Proof of qualifications resides with the lifter.
- **A** lifter who weighs lighter than the lower limit of the category may drop into the next lower category, provided it - has not already taken place. All qualifying standards must be met. Proof of qualification resides with the lifter.
- **Official** body weights shall be recorded to the nearest tenth of a kilogram.
- **At** the weigh-in, the lifter must declare a first attempt for all three lifts.
- The official GPC weigh in card (page 22) must be used at weigh in and include the lifter's & official's signature.
- **Weigh-in** record forms must be completed in full after every session and given to the Technical Director before lifting commences
- **Equipment** check will be carried out during the weigh-in period by appointed Technical Officers/Referees
- The proposed lifting schedule & flight breakdown must not be published before the completion of the weigh-in periods.
- The lifting schedule & flight breakdown must be published on the relevant social media sites and posted in the venue and main competition hotel as soon as possible after the completion of the final weigh-in session.

# GPC CHAMPIONSHIPS WEIGH IN CARD

Name	Nation	Event	Raw/Eq

Body Weight	Weight Class	Age Category	Age	Date of Birth

Squat Rack	In/out	Bench Rack	Safety

Squat Attempts			Benchpress Attempts			Deadlift Attempts		

I hereby acknowledge, agree and confirm the following:

1. I understand the rules promulgated in terms of the Constitution of the Global Powerlifting Committee.
2. There are inherent risks associated with participation in the Championships Name & Year which may result in personal injury (even of a serious nature) to me. I am aware of the risks and accept these risks
3. To the full extent permitted by law, I absolve, release, discharge and indemnify the GPC, its officers, employees, organisers, representatives, helpers/spotters/loaders and/or agents (“the Indemnities”) from any and all liability, mental anguish, loss or damage of any kind suffered by me, including, without limitation, where caused by any acts or omissions (intentional or negligent) of the Indemnities.
4. In the event of such injury, first aid/medical officials/practitioners may attend to me while injured. Should I have to receive treatment at a hospital or any medical institution due to any injury, I will be responsible to pay my own expenses.
5. I declare that I have read and understood the above and accept full responsibility for my safety during my participation in these Championships, and I waiver any claim I might have against the GPC and/or the Indemnities. I was not unduly influenced and sign this form freely and voluntarily.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Weigh-in Official:

\_\_\_\_\_

Note: In the case of a minor (any person under the age of 21 years of age) I confirm that my parent(s) or legal guardian who has been notified either personally, telephonically or electronically of my intended participation in the championships and has either personally, telephonically or electronically given their permission to do so

# Weigh-in Record GPC Championships

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Weigh in session number: \_\_\_\_\_

Tick as appropriate:

Powerlifting		Men		Raw	
Squat		Women		Equipped	
Benchpress		Paralympic			
F8 Benchpress					
Deadlift					

Age Category:  Teens       Juniors       Open       Master       All

Weight Class:

- |                                      |                               |  |                                      |
|--------------------------------------|-------------------------------|--|--------------------------------------|
| <input type="checkbox"/> 44 (female) | <input type="checkbox"/> 60   | <input type="checkbox"/> 90            | <input type="checkbox"/> 125 (male)  |
| <input type="checkbox"/> 48 (female) | <input type="checkbox"/> 67,5 | <input type="checkbox"/> 100           | <input type="checkbox"/> 140 (male)  |
| <input type="checkbox"/> 52 (female) | <input type="checkbox"/> 70   | <input type="checkbox"/> 110           | <input type="checkbox"/> 140+ (male) |
| <input type="checkbox"/> 56          | <input type="checkbox"/> 82,5 | <input type="checkbox"/> 110+ (female) | <input type="checkbox"/> All classes |

Referees conducting weigh in:

Name	Country	Signature

Weigh in start time: \_\_\_\_\_

Weigh in finish time: \_\_\_\_\_

Competition start time: \_\_\_\_\_

date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## 05. ORDER OF COMPETITION

- **T**he competition has to be organized in a manner of rise so that the competition starts with the light lifters and end with the heavy lifters.
- **L**ifters should if required check Squat and Bench Press rack heights and foot block requirements during these periods prior to the start of the competition.
- **10** or less lifters in a session must lift in one Flight. 10-15 lifters in a session may be divided into two flights though again one Flight if preferable.
- **O**ver 15 lifters must be split into appropriate Flights. The appointed GPC Contest Officials shall make decisions on such divisions, in conjunction with the competition Organizing Committee.
- In Bench Only events, a flight can consist of a maximum of 20 lifters.
- **W**herever possible lifters in the same body weight category should all compete in the same flight.
- **F**lights should be classified "A", "B", "C", etc. Flight "A" will normally consist of lifters in one body weight category, Flight "B" the next higher body weight category, and so on. Should the amount of lifters in any particular category necessitate that category being split into more than one Flight, and then the first Flight should consist of lifters with lower totals than the second Flight and so on, based on previous best total results.  
**Exception:** Competitions combining men and women lifters may make different determinations.
- **W**here there are multiple Flights, Flight "A" will complete all three rounds of the Squat (all three attempts), then Flight "B" will make all three rounds of the Squat, and so on, repeating the same process for the Bench press and Dead Lift.
- **W**hen there is more than one Flight in a session, the lifting will be organized on an alternating flight base. Consequently, a time interval between flights is not required other than the time necessary for arranging the platform. Lifters not in the first Flight will be able to warm-up while the first Flight is being conducted.
- **I**f a lifting session consists of a single Flight, at least 20 a 30-minute interval will be taken between lifts in order to ensure adequate warm-up time.
- **I**n the event that the number of lifters in a flight drops to ten or less, there will be an automatic 5 minute rest following the completion of all first attempts, then again after all record attempts.
- **A**ll lifters will take their first attempt in the first round, their second attempt in the second round and their third attempt in the third round.
- **T**he bar must be loaded progressively during a round on the principle of a raising bar. At no time will the bar be reduced within a round except for errors as described herein, and then only at the end of the round.
- **L**ifting order in each round will be determined by the lifter's choice of weight per attempt. When two lifters choose the same weight, the lifter with the lowest lot number drawn prior to weigh-in, will lift first.
- **A** lifter will not be allowed to call for a weight lower than the attempted in the previous round.



- **I**f unsuccessful with an attempt the lifter will wait until the end of the round before attempting that weight again.

- **A**ll attempts taken over due to a scorekeeper's error, loader's or spotter's error, or for any other reason, except failure for the lifter to be announced, will occur at the end of the round in which the error occurred, regardless of the progressive advancement of the bar. If such an error occurs to the last lifter in the round, the error will be corrected immediately and the lifter will be given the opportunity to take the attempt over within four minutes of the bar being loaded.

Also, if such an error occurs to the first lifter in a round, and the attempt is repeated at the end of the round with the lifter again the first lifter in the next round, then four minutes will be allowed between the repeated attempt at the end of the round and the next attempt by the same lifter at the beginning of the following round. These are two of the rare occasions when lifters will follow themselves.

- **A** lifter is permitted one change of weight on the first attempt of each lift. This change may take place at any time, up to five minutes before the start of the first round of that lift. Lifters in following Flights are accorded the same privilege up to five attempts from the end of the previous Flight's final round. The speaker will announce prior notice of these deadlines. Oversights in making these announcements should not be at the jeopardy of the lifter. The three platform referees or GPC Contest Officials shall rule on such discrepancies that arise.

## 06. COSTUME & PERSONAL EQUIPMENT

- **O**n the platform the lifter's costume and personal equipment visually meet acceptable standards and are within the rules.
- **S**hirts or suits shall not portray indecency or be offensive to the spirit of the competition.

### **Inspection of costume & personal equipment:**

- **A**t all competitions inspection of costume and personal equipment will take place prior to lifting & be conducted by a Technical Officer/Referee. This will be scheduled during weigh-in.
- Equipment may be stamped by the Technical Officer/Referee and the equipment may be checked for this stamp when a record is broken or if there is any query about the eligibility of a lifter's equipment post kit check.
- **I**t will be the lifter's responsibility to present the costume/equipment in accordance with the rules.
- **I**nspections may also be made at any time prior to lifting by one of the appointed GPC Contest Officials or GPC Referee. Any conjecture or doubt about the legality of any such items shall be referred to the appointed GPC Contest Officials.
- **I**tems of personal attire not covered in the rules governing costumes and personal equipment such as: headbands, mouthpieces, ribbons, watches, costume jewelry, eye wear and feminine hygiene articles are permitted.  
**Exception:** hats, bandanas or headbands worn as to cover the head as a hat are not permitted to be worn on the platform.
- **A**ny lifter performing on the platform may be inspected before or after a lift if any of the referees doubt the legality of the costume or personal equipment being used.
- It is the lifter's responsibility to be aware of the regulations regarding legal and illegal equipment. A lifter who is blatantly found to be cheating in relation to equipment will be disqualified from the competition.
- **F**urther inspection of Costume/Equipment will take place on the platform after a record is broken

### **Squat / lifting suit**

#### **EQUIPPED**

- **A** lifting suit (Squat/Deadlift suit) shall be worn. It must be an individual full-length article of cloth fabric. Its construction may consist of multiple plies to any thickness but must, as a whole, be a singular component. The straps must be worn over the shoulders at all times while lifting in competition. It may be of any colour or colours. The length of the leg, when worn must not exceed beyond mid-thigh (medial point between crotch and top of kneecap).
- **E**quipped suits with zips or which can be laced up or have Velcro on other places other than the straps are illegal
- **R**easonable patching to repair tears is permitted, but the number and placement of the patching shall not be designed to increase, enlarge or enhance the body's natural musculature, or to alter the design of the shirt.
- **O**nly one lifting suit may be worn.

- **One shirt** (of a design consistent with what is commonly called a T-shirt) with or without sleeves may be worn under the squat / lifting suit. (T-shirt is compulsory for female lifters)
- Lifters competing equipped may opt to wear a leotard (with or without briefs underneath) instead of a Squat/Deadlift Suit.
- The **Inzer Leviathan Ultra Pro Suit** which can be both zipped up and tied up is not permitted in the GPC. (2015 amendment)

### **Briefs**

- **A pair of briefs** of any design may be worn in the Equipped section provided that the length of the legs do not extend longer than mid thigh, (permitted length for suits). They may extend lower than the leg of the suit providing that neither exceed mid thigh. They be of any height on the torso under the suit.
- **The briefs** must be individual articles of a cloth fabric. The construction may consist of multiple plies to any thickness but must, as a whole be a singular component. Athletic supporters are permitted under the briefs.
- **Only one pair of briefs** may be worn under the squat / lifting suit.

### **RAW**

A leotard must be worn for all three lifts. It must be an individual full-length article of cloth fabric, single ply and must not be made of supportive material. The straps must be worn over the shoulders at all times when lifting in competition. It may be of any colour or colours. The length of the leg when worn must not exceed beyond mid-thigh (medial point between crotch and top of kneecap). A t-shirt may be worn underneath the leotard.

- No Squat Suits/Deadlift Suits may be worn when lifting Raw
- 
- No Briefs may be worn under the leotard when lifting Raw
- 
- Only one leotard may be worn
- 
- Leotards must not have sleeves or high cut leg lines
- 
- Leotards which contain zips are not permitted

### **EQUIPPED**

#### **Bench Shirt**

The bench shirt must be an individual article of fabric consisting of cloth or polyester, its construction may consist of multiple plies but as a whole be a singular component

- Reasonable patching to repair rips or tears is permitted but the number and placement shall not be designed to increase, enhance or alter the design of the shirt.
- The collar of the shirt may be open at the back , the back of the shirt may also be open but not excessively .In this case, the skin of the back must be covered by additional material sewn into the shirt and if need be secured by velcro straps or a shirt of a design consistent with what is commonly called a t-shirt with or without sleeves may be worn under the shirt to cover the skin of the back ,
- T-shirts may not be worn under closed back shirts.
- The sleeves of the bench shirt must remain above the elbow when worn and the shirt must cover the armpits fully at the front of the torso, the shirt may be any colour or colours.

- Lifters can opt to lift in the equipped section of the bench press wearing a t-shirt rather than a bench shirt.

### **F8 Category – Single Lift Bench only.**

(F8 is a new division and F8 shirts cannot be worn in equipped bench press or equipped powerlifting)

Shirt Description:

-Multi-Ply Bench Shirt, following specifications of the F-8 blueprint, front delt and top of shoulder must be covered , chest and abdominal area also covered, by said multi-ply Bench shirt, back can be Velcro or full back but must be covered, sleeves must be above the elbow after shirt is seated.

-

### **RAW**

- A –shirt, with or without sleeves of a non-supportive/stretchy material must be worn under the leotard.
- No Bench shirts of any description are to be worn in raw competitions.

### **EQUIPPED**

#### **Wraps**

- **T**he fabric nature shall be elastic weave primarily of polyester, cotton or medical crepe singly or in combination. Wraps of rubber or rubberized substitutes are not permitted except as noted for the elbows.
- **W**raps, maybe joined together, but the fabric may not overlap i.e. they must be join end to end only.

**Wrist:** Wraps not exceeding 1m in length and 8cm in width may be worn, they may have a thumb loop and Velcro patch for securing them the thumb loop must be removed before lifting A wrist wrap shall not exceed beyond 10cm above and 2cm below the center of the wrist joint, not exceeding a total of 12cm in both directions

**Knees:** Wraps not exceeding 2.5m in length and 8cm in width may be worn. Alternatively, elasticized knee supports not exceeding 30cm in length may be worn. A combination of the two is not permitted. A knee wrap shall not extend beyond 15cm above and 15cm below the center of the knee joint, not exceeding a total of 30cm in both directions. Knee wraps shall not touch the socks or lifting suits.

**Elbows:** Elbow sleeves or elbow wraps may not be used in equipped lifting

### **RAW**

- In raw competitions, wrist wraps may only be worn on bench press and squat
- No Elbow wraps to be worn in raw competitions
- Knee wraps or sleeves may be worn in the squat

### **RAW & EQUIPPED**

For Belt, Socks, Footwear & miscellaneous items, the same regulations apply for Raw & Equipped

### **Belt**

- All competitors may wear a belt. If worn, it shall be on the outside of the lifting suit/leotard
- **W**idth of belt to be a maximum of 10cm.
- **T**hickness of belt to be a maximum of 13mm, along the main length.

### **Materials and construction:**

- **T**he main body shall be made of leather in one or more laminates that which may be glued and/or stitched together, or of cloth, vinyl, or nylon with no metal materials allowed in belt except as noted below.
- **I**t shall not have any additional padding, bracing, or supports of any material either on the surface or concealed within the laminates of the belt.
- **A** metal buckle, studs and stitching are the only non-leather components permitted. The buckle shall be attached at one end of the belt by means of studs or stitching.
- **T**he belt shall not have any inflatable component on or within any of its surfaces.
- **A** leather, cloth, vinyl or nylon tongue hoop shall be attached close to the buckle by means of studs and/or stitching.
- **T**he lifter's name, the name of the nation, state or club may appear on the outside of the belt.
- **A** one or two prong buckle as well as the lever action-fastening device may be use

### **Socks**

- **S**ocks may be worn; when worn they may not extend over the knee or on the legs so that they touch any knee wrapping or kneecap supporter. Full-length leg stockings, tights, or hose are not permitted.
- **O**nly one pair of socks may be worn.

### **Footwear**

- **F**ootwear more substantial than basic socks must be worn. The only restrictions to such footwear are that no metal cleats or spikes are permitted.

### **Plasters**

- **T**wo layers of plasters, band-aids or tape may be worn on the thumbs, but nowhere else without official permission of the referees or appointed GPC Contest Officials. No plasters or tape may be utilized as a strap to help the lifters hold the bar.
- **W**ith the permission and supervision of the referees, the appointed GPC Contest Officials, the official doctor, or assigned paramedic, the lifter may apply spot plasters, bandages, tape or band aids to muscle injuries on the body. Similarly strip plasters, tape or band-aids may be applied to injuries on the inside of the hand but in no circumstances must these applications extend around the back of the hand.

## 07. WORLD, CONTINENTAL & NATIONAL RECORDS

At any World, International or National Championship recognized by the GPC, World records will be accepted provided that:

The Record Keeper or an Official will be appointed as the "Record Recorder" each day of International Competitions. Any lifter attempting to break a record must have the Record Recorder check the record sheets to ensure that it is indeed a record attempt and confirm on the attempt slip that the attempt is a record attempt prior to it being handed to the announcer/scorer. The Record Recorder will mark the attempt on a list and indicate whether the attempt was successful or not. The announcer will announce that the attempt is a record attempt, and the lifter will have his equipment checked on successful completion of the lift. The Record Recorder's list will be signed by the platform referees and the records will be updated by the Record Keeper using this list only

- **The competition must be conducted under GPC rules or a national variation or the rules accepted by the GPC.**
- **The World / Continental record applicant must be a current member of The National Federation affiliated to the GPC or a current GPC Affiliate Member from a country not organized with a National Federation affiliated to the GPC.**
- **For World / Continental records set at Continental/World Championships, at least two International GPC referees must adjudicate the lift and vouch that all conditions at the competition meet the technical standards and procedures required. The third referee must be at least a current National referee of a National Federation affiliated to the GPC approved to referee by the Technical Officer.**
- Nations intending to organize events at which they wish to break world/continental records must submit an application form to the GPC Board prior to organizing the championships to ensure they meet the referee requirements. Once it is sanctioned, the record keeper must be notified to have records updated prior to the event and to update them afterwards in advance of the next event. It must also be included in the calendar of events on the GPC website.
- All competition results must be submitted to the Records Keeper within one week of completion of the competition. Results are to be in Excel, in English, to clearly indicate what nation the competitor represents and what officials were present. **The list of records broken at the championships is also required.**
- **At events other than Continental/World Championships, in order to set Continental/World records, one of the International Referees present must be a GPC Category 1 Referee from the GPC Board, from a country other than that of the Host Nation. The onus is on the host national federation to invite the GPC Category 1 Referee from the Board and cover his/her expenses for attending that event.**
- **If a Category 1 Referee from the GPC Board is not available to attend a championship at which the host nation wishes to have World/Continental Records set, the Board can be requested to nominate an alternative Category 1 Referee from outside the Board but from a country other than that hosting the championships. Again, it is the host nation federation's responsibility to cover this nominated referee's expenses for attending the event.**
- That a Board Member who attends a competition abroad for the purpose of facilitating the setting of World/Continental records (outside of Continental Championships) be accommodated in a suitable hotel that has WIFI and have one meal a day provided during their stay in addition to the existing requirement of travel expenses paid.
- ALL lifters who are GPC members, competing at championships which meet the criteria for breaking world and continental records will have the world/continental record recognised if they

exceed the existing record or set one where none previously exists, if their personal equipment meets the necessary requirements.

- **C**ountries which have paid their European contribution fee but are in default paying the World contribution fee, the World records made by lifters of such a specific country will not be recognized for the records list.

- **T**he barbell and discs were weighed before the competition, all actual weights accurately recorded and able to be verified by the referees or appointed GPC Contest Officials or weighed immediately after the successful attempt by the referees.

- **T**he lifter weighed in correctly before the competition.

- **T**he scales were certified accurate by a recognized authority within the last 6 months, and a scale test slip prepared by the Municipal Sealer of Weights and Measures (or equivalent) or by an authorized scale company, whichever is available.

- **T**he lifter's costume and personal equipment was in accordance with the rules. Any lifter successful in a world record attempt must be inspected. Inspection may be solely visual when the legality of the lifters costume and personal equipment is obvious, or otherwise more thorough. Thorough inspections should be performed off the platform, preferably in a private area, either by the three referees, or officials delegated by the referees in cases where the lifter is of the opposite sex. In all cases the head referee shall make an announcement to the speaker and records processor that the record has been verified.

- **D**uplicate copies of fully completed World / Continental record applications signed by the three referees must be sent separately to the World / European Records Register and Technical Director (as indicated on the Record Application Form) within one calendar month of the date of the record being set. A copy of the official score sheet must also accompany both record applications.

- **F**or Teenage, Junior (under 24) and Master World / Continental records proof of age must be satisfactorily established and attested to by the adjudicating GPC referees. If such proof was not available when the record was established, it is the lifter's responsibility to furnish such proof (copy of birth certificate, passport, or driver's license) independently to both the World / European Records Registrar and the Technical Director before the record can be ratified.

- **I**f in any competition recognized by the GPC, a lifter is successful with an attempt that falls within 20kg of a current World / Continental record the lifter may request a fourth attempt that exceeds the record. Such an attempt will be registered outside the competition. Additional attempts will not be permitted.

- **O**nly lifters actually competing in a competition may attempt World / Continental records.

- **R**ecords are only valid for the body weight category of the lifter as determined at the official weigh-in.

- **M**aster, Junior or Teen lifters who exceed the existing Open record will be awarded the Open record in addition to the record in their age class. Current records will be adjusted to reflect this.

- **L**ifters competing in full powerlifting competitions may not break single lift bench press or Deadlift records.

- Lifters competing in single lift events may not break the bench press or deadlift records with the full powerlifting records.

- Lifters must make a total to have any records recognised within the full powerlifting records.

- **I**n the event of two lifters at the same competition breaking either a current individual or total record with the same weight the lighter lifter will be declared the new record holder. If both lifters weighed in at the same body weight they will be re-weighed. If they reweigh the same both will be record holders.

- **F**or a World / European record attempt the completion (4th attempt) weight of the barbell must be at least 500 grams in excess of the current record. Such record attempts will be made at the end of the third round of the lifting flight.

- **F**or a World /European record attempt made within the prescribed attempts of the competition, a lifter may request on any attempt a weight that exceeds the current record by at least 500 grams. If the lift is successful, only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will be recorded on the record application.

- **N**ew individual lift records are only valid if they exceed the previous record by at least 500 grams. Fractions of 500 grams must be ignored, eg- 87.7kg would be registered as 87.5kg.

**It will be recognized subject to the following additional stipulations:**

1. The record will only be the summation of the face value of the individual best lifts, and therefore must be a multiple of 2.5kg.
2. No fourth attempts may be included in the total. Records set on individual lifts will only be valid if the lifter makes a total in the competition.
3. Records set in competitions which contest one lift only shall not be considered as GPC World / European powerlifting records.

- **I**f a lifter attempting a fourth attempt World/ Continental record is one of the last four lifters of the flight in the third attempts, they will received up to 3 additional minutes rest prior to their fourth attempt.

- **T**he very last lifter of the flight requesting a fourth attempt will have 3 minutes because they are following themselves, plus the additional 3 minutes = a total of 6 minutes.

**To claim a record certificate**

**Athletes should complete the form:** <https://forms.gle/oSaTHk94mmDDuJYa7> and pay the fee for the certificate(s).

(A) Electronic certs will be issued at a cost of €5 per lifter.

(B) Hard copies of the record certs can be posted at a cost of €12 per lifter. An electronic version will also be included if requested where hard copies are ordered.



## 08. COMPETITION ORGANIZER

### a. Referees

Any nation, without prior experience at hosting international events within the GPC must have a Category 1 Referee from the Board present (at the host nation's expense) at a National/Continental Championships which they are hosting, prior to submitting a bid for a World Championships to ensure that they can host a championship of the standard required for World events.

Any organiser submitting a bid for a Continental/World Championships must have previously attended a GPC event of the same level which they are bidding for, to be aware of the standard expected and all the associated requirements.

The Organisers of World/Continental Championships must have a website on which the relevant championships information is available and/or it can be placed on the World GPC website. [www.worldgpc.com](http://www.worldgpc.com) Entry forms must not be available on the website as lifters must enter through their national federation. Individual lifters from non-affiliated countries can request the entry form from the Secretary on payment of the Individual Membership fee. The list of nominations must be available on the website but must not be added to the website until AFTER the closing date for entries.

- **Technical checklist:** A promoter must send back to the secretary the technical checklist signed for approval.

#### Compensation for referees and board members:

- **The Organiser** must pay 75% of the Referees fees to the GPC Treasurer after the closing date for entries but prior to the commencement of the Championships and the remaining 25% on completion of the Championships.
- **Accommodation** for board members must be provided free of charge for the duration of an international competition by the promoter. Board members must also be provided with transfers from airports to the championships at the expense of the organiser. Transfers from airports to the championships must also be organised for the record keeper if required at the expense of the organiser.
- At International competitions the GPC will make a budget for the payment of referees. Only referees with at least 5 hour work on a competition day will be qualified. This budget can never go up to more than 50% of the contribution fees from the year before and the standard compensation will be maximum 50€ a day. This payment is regulated by the treasurer.
- **Officials and Referees** on duty during the competition shall be granted that at least one free meal, and should also have the benefit of non-alcoholic drinks served each competition day in the competition area.
- Referees who are at the event for the primary purpose of refereeing over several days should be granted free entry to their first event if they also intend to compete.
- **For World championships** the medals need a quality standard, with a specific size of 7,5 cm (2.8 inch) diameter and 4mm (0,16 inches) thickness.

**All athletes** must get a certificate of their individual competition results at the end of their competition. **The name** of the athlete must be followed by the three most recent lifts and total. Also needed are their weight class, category and country.

## **b. Insurance**

The GPC and AFFILIATE FEDERATIONS DO NOT provide liability insurance for lifters or spectators at meets and organized training sessions. It is the responsibility of the Meet Director to Secure Insurance.

At least 6 weeks before all international championships, the person or organization that has been sanctioned to run the event will present to the Board, a copy of comprehensive insurance for the Championships which not only will cover the lifters but also has to provide third party cover for all spectators and any other individuals or property outside of the lifting platform but associated with the competition. Also that the sanction form includes a section that makes the person running the championships, fully responsible for providing insurance and they will accept all financial risks.

The GPC, AFFILIATE ORGANIZATIONS, SACTIONING OFFICIALS and CO-OPERATORS assume no liability for injury, damages, personal losses or death resulting at an event.

It is advisable that all Meet Directors have the lifter sign a waiver of liability form which clearly states that the Meet Director, Sanctioning Officials and co-operators will not be held liable for any injury etc., that occurs at an event, the release form should also state that the competitor acknowledges he/she is competing at his/her own risk.

Correct and legally worded signs in a number of languages must be placed in prominent positions outside all entrances to main halls and warm up areas throughout the venue resolving the GPC of all liability not only to lifters and officials but to the general public.

## **c. Competition Organization**

- The use of a uniform system (software) for leading the contest (more info at the secretariat).

Will appoint the following officials:

1. Speaker-Announcer
2. Time Keeper (Preferably a GPC referee)
3. Marshal/Expeditors
4. Record keeper
5. Loaders/Spotters
6. Expeditors
7. Additional officials

Responsibilities of these officials are:

### The speaker

Is responsible for the efficient running of the competition, and acts as Master of Ceremonies. The speaker arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight, and if necessary, lot number, and announces the weight required for the next attempt along with the name of the lifter. Additionally the speaker announces, in order, the three lifters succeeding the lifter on deck. When the bar is loaded and the platform cleared for lifting, the head referee will indicate the fact to the speaker, who will in turn announce that the bar is ready and call the lifter to the platform. Attempts announced by the speaker should ideally be displayed upon some type of scoreboard erected in a prominent position. The speaker is also responsible for announcing the deadlines that pertain to the Round System, the approach of the time limit for changing first attempts, 5 minutes before the commencement of a first Flight, 5 attempts before the commencement of a following Flight. Given that the language of the GPC is English, the announcer at international events should be proficient in English in order to make the announcements in English.

### The timekeeper

Is responsible for accurately recording the time laps between the announcement that the bar is ready and the referee's signal for the commencement of the attempt by the lifter. The timekeeper is also responsible for recording other time allowances whenever required, e.g. after an attempt the lifter shall leave the platform within 30 seconds. Once the clock is running for an attempt, it can only be

stopped by the completion of the time allowance, the start of the lift, or at the discretion of the head referee who shall inform the timekeeper immediately. Consequently, it is of great importance that the lifter or lifter's coach check the height of the squat racks and any bench pressing requirements, if details have not previously been collected, prior to being called, as once the bar is announced as being ready, the clock will be started. Any further adjustments to the equipment must be made within the lifter's one-minute allowance. The definition of the start of an attempt depends upon particular lift being performed. In the Squat and Bench Press, the start coincides with the referee's commencement signal. In the Dead lift, the start is when the lifter makes a determined attempt to raise the bar. It is the timekeeper's duty to stop the clock at these defined starts so that any buzzer that may be connected to the timing device will not distract the lifter.

### Marshals

**A**re responsible for collecting the weight required for next attempts from the lifters or their coaches and passing the information without delay to scorer's table and speaker preferably in the form of the suggested colored attempt cards. The lifter is allowed one minute between completion of one attempt and submitting to the marshal/expeditor the weight required for the next attempt. The timing of this operation is the responsibility of the marshal/expeditor, under the auspices of the head referee.

### Expeditors

Expeditors are required to take the attempt slips off the lifter/coach

### Loaders/Spotters

**A**re responsible for loading and unloading the bar, adjusting squat or bench rack requirements as necessary, cleaning the bar or platform upon request and agreement of the head referee, and generally ensuring that the platform is well maintained and of a neat and tidy appearance at all times. **A**t no time shall there be less than two or more than five loaders/spotters attending to the platform. **B**lood or other foreign substances appear on the bar or equipment must be rectified immediately using a solution of 1 part bleach with 1 part water. The bar or equipment must be dried & verified as clean.

### The record keeper

**I**s specifically accountable for all world records broken, for collecting the details and initiating the paperwork information, and is responsible for accurately recording the progress of the competition, and on completion, ensuring that the three referees sign the official score sheets. **If the records are Continental/World, the sheet containing the records which were broken must be submitted along with the full results in excel to the world recordkeeper within one week of the championships.**

### Additional officials

**W**ill be appointed as required, or by need Doctors, Paramedics, etc.

## **d. Technical Checklist**

### Livestream

Continental/World Championships must be livestreamed

### Lifting area

- B**oundaries of the lifting area must be marked clearly for the knowledge of the officials, lifters and spotters. It is recommended that this area will be at least 7m long x 5m broad (22ft x 16ft).
- C**oaches shall not be allowed at the back or sides of this area.
- A** scoreboard, preferably an overhead projector to replace the scoreboard.
- T**able and seats near the platform for, announcer, record and timekeeper, computer operator, etc...
- A** table and chairs for the Technical Officers.
- A** table for display of trophies

### Platform

- All** lifts shall be carried out on a platform not less than 2.46m x 2.46m (8ft x 8ft) and secure enough to ensure the safety of the lifter, spotters and loaders.
- The** surface of the platform must be firm, non-slip and level with no discernible seams in the vicinity of the general lifting area. Rubber mats or similar sheeting materials are permitted.
- Loose** mats or similar sheeting materials are not permitted.

### Platform equipment

- Take** into account the possibility that in today's competition that the bar can be loaded in the excess of 500kg.
- Mono-lift** with safety straps, adjustable bench with crash bars, and disc racks.
- Bars** (of which 1 35mm special squat bar), collars. Discs: 4 / 6 x 50kg, 8 /12 x 25, 2 x 20, 2x 15, 2 x 10, 2 x 5, 2 x 2,5, 2 x 1,25 and Record discs, 2 x 1 kg, 2 x 0,5, 2 x 0,25.
- Foot** blocks for benching.
- Winner's** podium, 1, 2 & 3rd place.
- Box** with adequate supply of chalk.
- Cleaning** materials, (broom, mop, vacuum cleaner, and towel).
- Scrubbing** brush for cleaning the barbell.
- A** disinfecting solution or similar for disinfecting the barbell.
- Seats** (3) for the referees.
- Seats** at the rear of platform for loaders.
- A** lighting system for scoring (white, red light).
- A** lifting attempt board, showing the actual weight on the bar.
- A** clock, visible for lifters, showing the remainder time.

### Warm up area

- The** warm up area should be at least 100 m2.
- A** minimum of four platforms.
- A** minimum of two Mono-lifts with safety straps and two adjustable benches.
- Each platform equipped with suitable Squat, Bench, and Deadlift bars.
- An adequate amount of discs and safety collars to accommodate the amount of lifters.

It is essential that large sign -written indemnity notices in English and all other European languages absolving the GPC and its staff of any responsibility for any form of injury to a competitor or helper are placed in prominent positions both on the platform, warm up area and in the weigh in room. No competition will be allowed to commence should these notices not be in place

### Weigh in room

- A** lockable and clean room
- A** certified weight scale, (preferable digital).
- A** second scale will be available for the lifters for the whole duration of weigh in days.
- Connectors** for charge batteries and laptops.
- Table** and chairs for referees.

### Dressing room

- Man** and Women separately.
- All** normal facilities.

## Official's room

- A** clean room (preferably locked).
- T**ables and chairs.
- F**acilities for the changing of clothes.
- C**onnectors for charging batteries and laptops.

## **e. Equipment & Specifications**

### Bars, discs & collars

- **F**or all power lifting competitions under the rules of the GPC, only disc barbells are permitted. Only bars and discs that meet all specifications can be used throughout the entire competition and for all lifts. The use of bars or discs that do not conform to specifications will invalidate any records that may have been accomplished.
- **D**ifferent bars suited to particular lifts may be utilized providing that they conform to the specifications.

### Specifications:

The bar must be straight, well knurled and grooved, and shall conform to the following dimensions:

1. Total overall length not to exceed 2.2m, except for specialized squat and deadlift bar.
2. Distance between the inside collar is not to exceed 1.32m or be less than 1.31m except for specialized squat bar and deadlift bar.
3. Diameter of the bar is not to exceed 29mm, except for specialized squat bar (35mm)
4. Diameter of specialized deadlift bar must be no thinner than 27mm.
5. Weight of the bar and collars are to be 25kg, except the specialized squat bar and collars which are to be 30kgs.
6. Specialized squat bar shall have a maximum diameter of 35mm; and a maximum overall length of 2400mm.
7. Specialised deadlift bar shall have a minimum diameter of 27mm; and a maximum overall length of 2400m.
8. Diameter of the sleeve 49.5 - 52mm.
9. There shall be circumference machine markings on the bar to measure 81cm between marking centers.

### Disc dimensions:

- **T**he diameter size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
- **A**ll discs used in competition must weigh within 0.25% of their correct face value.
- **D**iscs must be of the following range 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg, 45kg, and 50kg.
- **F**or record setting purposes discs of 0.5kg and 0.25kg should also be available.
- **F**or records, even lighter discs may be used to achieve a weight of at least 500 grams more than the existing record.
- **D**iscs must be clearly marked with their weight and loaded in the sequence of heavier disc innermost with the small discs in descending weight.
- **T**he first and heaviest discs loaded on the bar must be loaded faces in; with the rest of the discs loaded face out as weight is loaded.
- **T**he diameter of the largest disc shall be no more 45cm.
- **D**iscs conform to the following color-coding 10kg and below any color; 15kg yellow; 20kg blue; 25kg red; 45kg gold; 50kg green.

### Collars:

- **M**ust be used at every competition.
- **M**ust weigh 2.5kg each.

### Mono-lifts:

- **Mono-lifts** shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the loaders / spotters.
- **T**he design of the mono-lift shall allow adjustments that accommodate all lifters.
- **H**eight adjustments should be at incremental stages not exceeding 5cm.
- **F**or extra safety all mono-lifts should be capable of being secured at the required height by means of pins.
- **I**n all World / European competitions an adjustable Mono lift with a hydraulic mechanism must be used.
- **I**t is compulsory in all GPC competitions that safety straps are used for mono lifts on both the platform and warm up mono lifts. The safety straps must have a suitable safety rating. Safety straps must be adjustable

### Bench:

- **T**he bench shall be of sturdy construction and maximum stability, crash bars are compulsory in all GPC competitions. The bench must conform to the following dimensions.
  1. Length: not less than 1.22m and shall be flat and level.
  2. Width: 29-32cm.
  3. Height: 42-45cm measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- **T**he height of the uprights on adjustable benches should be from a minimum of 82cm to a maximum of 100cm measured from the floor to the bar rest position. On non-adjustable benches the height of the uprights must be between 87cm and 100cm from the floor to the bar rest position, all benches must be fitted with crash bars.
- **T**he minimum width between the insides of the bar rests shall be 1.10m.

### Lights:

- **A** system of lights shall be provided whereby the referees make known their decisions.
- **E**ach referee will control a white and red light, representing a "good lift" or "no lift" respectively.
- **T**he lights must be wired in such a way that they light up together and not separately when activated by the three referees.
- **I**t is preferable that the lights be arranged horizontally corresponding with the positions of the three referees.
- **F**or emergency purposes like a breakdown in the electrical system, the referees should also be provided with small white and red flags with which to make known their decisions, or using thumbs up or down.

**Scoreboard:**

- **A** proper detailed scoreboard visual to the spectators, officials, and all concerned with the progress of the competition must be provided.

Scoreboard															
Cat:				Squat			Bench Press			Sub Tot	Dead Lift			Total	Pl
	Name	Nation	Bwt	1	2	3	1	2	3		1	2	3		
1															
2															
3															



**Appendix 1**  
**Lbs to Kilos Conversion Chart**

**POUNDS (lbs) TO KILOS (kgs) CONVERSION CHART**

1 kg = 2.2 lbs.

1 lb = 0.453592 kgs

Kilos	Lbs.
25	55.1
27.5	60.6
30	66.1
32.5	71.6
35	77.2
37.5	82.7
40	88.2
42.5	93.7
45	99.2
47.5	104.7
50	110.2
52.5	115.7
55	121.3
57.5	126.8
60	132.3
62.5	137.8
65	143.3
67.5	148.8
70	154.3
72.5	159.8
75	165.3
77.5	170.9
80	176.4
82.5	181.9
85	187.4
87.5	192.9
90	198.4
92.5	203.9
95	209.4
97.5	214.9
100	220.5
102.5	226.0
105	231.5
107.5	237.0
110	242.5
112.5	248.0

Kilos	Lbs.
115	253.5
117.5	259.0
120	264.6
122.5	270.1
125	275.6
127.5	281.1
130	286.6
132.5	292.1
135	297.6
137.5	303.1
140	308.6
142.5	314.2
145	319.7
147.5	325.2
150	330.7
152.5	336.2
155	341.7
157.5	347.2
160	352.7
162.5	358.2
165	363.8
167.5	369.3
170	374.8
172.5	380.3
175	385.8
177.5	391.3
180	396.8
182.5	402.3
185	407.9
187.5	413.4
190	418.9
192.5	424.4
195	429.9
197.5	435.4
200	440.9
202.5	446.4

Kilos	Lbs.
205	451.9
207.5	457.5
210	463.0
212.5	468.5
215	474.0
217.5	479.5
220	485.0
222.5	490.5
225	496.0
227.5	501.5
230	507.1
232.5	512.6
235	518.1
237.5	523.6
240	529.1
242.5	534.6
245	540.1
247.5	545.6
250	551.2
252.5	556.7
255	562.2
257.5	567.7
260	573.2
262.5	578.7
265	584.2
267.5	589.7
270	595.2
272.5	600.8
275	606.3
277.5	611.8
280	617.3
282.5	622.8
285	628.3
287.5	633.8
290	639.3
292.5	644.8

Kilos	Lbs.
295	650.4
297.5	655.9
300	661.4
302.5	666.9
305	672.4
307.5	677.9
310	683.4
312.5	688.9
315	694.4
317.5	700.0
320	705.5
322.5	711.0
325	716.5
327.5	722.0
330	727.5
332.5	733.0
335	738.5
337.5	744.1
340	749.6
342.5	755.1
345	760.6
347.5	766.1
350	771.6
352.5	777.1
355	782.6
357.5	788.1
360	793.7
362.5	799.2
365	804.7
367.5	810.2
370	815.7
372.5	821.2
375	826.7
377.5	832.2
380	837.7
382.5	843.3

Kilos	Lbs.
385	848.8
387.5	854.3
390	859.8
392.5	865.3
395	870.8
397.5	876.3
400	881.8
402.5	887.4
405	892.9
407.5	898.4
410	903.9
412.5	909.4
415	914.9
417.5	920.4
420	925.9
422.5	931.4
425	937.0
427.5	942.5
430	948.0
432.5	953.5
435	959.0
437.5	964.5
440	970.0
442.5	975.5
445	981.0
447.5	986.6
450	992.1
452.5	997.6
455	1003.1
457.5	1008.6
460	1014.1
462.5	1019.6
465	1025.1
467.5	1030.7
470	1036.2
472.5	1041.7



## Appendix 2 – GPC Code of Conduct

### CODE OF CONDUCT

The GPC defines this as what is considered good and proper behavior.

It reflects the values held by a group. These values are organised into a series of core principles that contain standards of behavior expected of members while they perform their duties. It can also be used as a benchmark to assess whether certain behaviours are acceptable.

GPC Board Members must act with **integrity** and **honesty** and be **diligent** and **loyal** to the GPC.

The guide lays out parameters and members can't claim to be unclear about them because it is a term and condition of office.

We cannot expect others to adhere to high ethical standards if we do not do so ourselves.

We cannot expect proper conduct on social media or the platform if we do not have good governance within the board members of the GPC.

It is important to not act on impulse when you're about something that is bigger than yourself. Show leadership!

The GPC is committed to excellence and to the honour and integrity of competitive powerlifting.

We seek to provide a fair platform for competition that requires all members to hold **sportsmanship**, **honour** and **respect** to the highest regard.

#### **Zero Tolerance for Violence**

Regardless of conviction and/or date of occurrence, ANY ACT OF VIOLENCE OR ABUSE AGAINST HUMAN OR ANIMAL, will result in 1) recorded lifts removed from the GPC results and records, 2) barred from competing in any GPC competition forthwith, and/or 3) removal from any officiation or representation of the organization. GPC meet directors reserve the right to decline entry to an event to anyone, participant, coach or spectator, for any reason.

#### **Addressing Breaches of Conduct**

The GPC International Committee/Board reserves the right to revoke national affiliation or remove or suspend national committee members if it has become evident that the rules contained in this rule book have been broken, or if it becomes evident that the code of conduct has been breached.

## Appendix 3 – GPC Code of Ethics

### CODE OF ETHICS

All athletes, coaches, officials, organisers, volunteers, employees, directors and officers of the GPC have a responsibility to:

1. Take reasonable steps to manage the consumption of alcohol in social situations associated to GPC events.
2. Refrain from any behavior that constitutes harassment which is defined as cruel, humiliating, intimidating, offensive or physically harmful. This also includes rude and vulgar language which will not be tolerated.
3. Maintain no-tolerance policy on discrimination and sexual harassment.
4. Comply at all times with bylaws, policies, rules and regulations of the GPC as adopted and amended from time to time.
5. Maintain & enhance the dignity, self-esteem and wellbeing of members and athletes of the GPC
  - Focusing comments or criticism appropriately and avoiding public and social media criticism of athletes, coaches, officials, organisers and volunteers.
  - Ensuring that all meets provide for the safety and well being of all participants
6. Officials who are found to have breached these codes of conduct & ethics will be given a warning. Subsequent breaches may lead to suspension or dismissal from the GPC

***Notes: The purpose of expanding this policy is to clarify the scope, definitions, as well as procedures that must be followed to fully comply with the code of conduct and ethics. Called upon various sporting bodies and government publications to incorporate the best practices to these policies.***