

## 2017 Rulebook Change Summary (RED= 2017, Not all BLUE 2016 changes are listed here. Consult rulebook for 2016 changes in BLUE)

1.4.5 The USPA logo shall not be changed in anyway, and shall always be displayed with the “R” on the logo. Any deviation of the logo shall be cause to terminate the usage permission. Please direct any questions or inquiries regarding this policy to the USPA National office: [steve@uspa.net](mailto:steve@uspa.net).

1.5.7 Point scoring shall be according to the Wilks formula. No master’s formulas shall be used.

2.2.10 The correct bar for each lift shall be used in all competitions. For all women’s and light weight men’s squat flights, only the 20kg bar shall be used. For all other flights the 25kg long bar shall be optional. At the Meet Directors discretion, they do have the option of using either bar during all flights. In order to exercise this option, they must first announce their bar selection for each meet at the pre meet lifters brief, and accommodate their lifters requirements. During the deadlift, only a deadlift specific bar must be used.

2.5.7 Soft, expansive foam bench pads (aka – “pillow tops”), are not allowed.

2.5.8 All benches used on the platforms during a competition must (mandatory) have either a face saver, or body safety, that is adjustable for each lifters individual setting.

3.2.4 The lifting costume may bear the badge, emblem, and/or inscription of the lifter’s nation, national association, manufacturer’s logo or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed. No part of the lifters costume can bear the name, logo, or image of any other powerlifting Organization other than the USPA or IPL.

3.8.6 Duct tape may never be worn in place of a knee sock, but may be worn under the sock as a shin guard as long as all duct tape is covered by the sock

3.11.19 Elbow sleeves made from commercially available neoprene or woven elastic that is covered with polyester, cotton or combinations of either materials not exceeding 20cm in length and 7mm in thickness may only be worn in the squat and deadlift. Lifters may only use the optional single ply elbow sleeve during their lift, and it may not have any Velcro on it, must be both non-adjustable and non-fastening.

3.11.21 Elbow cuffs may only be worn directly centered on the lifters elbow when the arm is bent at a 90 degree angle. They may not be worn as tendonitis bands on the lifters forearm. All other specs found in sections 3.11.19 and 3.11.20 also apply.

3.13.1 Shin guards may only be used during the deadlift and must be worn under the socks. Items such as duct tape, plastic inserts, knee or elbow sleeves, or other materials no greater than 10mm in thickness, that will protect the lifters shin during the performance of the deadlift, without giving any unfair advantage, may be worn. All forms of a shin guard must be fully covered by the approved lifters deadlift sock. The only exception to 3.11.8 would be if a lifter elected to use a knee sleeve under their sock as a shin guard.

3.16.2 The use of any form of adhesive, or any other substance on the underside of shoes or boots is strictly forbidden. Lifters will be allowed to wipe their shoes off on a wet towel just prior to stepping on the platform.

- 4.1.10 For all women's and light weight men's flights, only the 20kg bar shall be used. For all other flights the 25kg long bar shall be optional. At the Meet Directors discretion, they do have the option of using either bar during all flights. In order to exercise this option, they must first announce their bar selection for each meet at the pre meet lifters brief, and accommodate their lifters requirements.
- 4.1.11 If a lifter inadvertently begins the lift prior to the Head Referee giving the "Squat" command, and the lifter has not continued the lift to the point they have hit the bottom of the lift and has begun the ascent of the bar, the lifter may return to the correct starting position with knees locked, or even re-rack the bar, and then begin the lift again once the Head Referee gives the "Squat" command, without penalty.
- 4.2.15 If a lifter inadvertently steps in any direction after the completion of the lift, and after the rack command has been given, it is not reason to red light the lift.
- 4.2.16 If immediately after receiving the start command, the lifter draws in a big breath to fill their lungs while still in the upright position prior to beginning their decent, and the bar rises as a result of this breath, this is not cause for disqualification. While still in the upright position, should the lifter unlock, and then relock their knees, or pump the bar up with body movement, this would be a violation.
- 4.3.12 If a lifter inadvertently begins the lift prior to the Head Referee giving the "Start" command, and the lifter has not continued the lift to the point the bar has made contact with the lifter's chest, the lifter may return to the correct starting position with elbows locked, or even re-rack the bar, and then begin the lift again once the Head Referee gives the "Start" command, without penalty.

## **Item 6. Causes for Disqualification of a Deadlift**

- 4.6.2** Failure to stand erect with the hips fully locked forward, and the shoulders in an upright, erect and locked position.
- 4.6.8 After the down command, the bar must be returned to the platform with both hands on the bar without any force or propelling of the bar downward.
- 4.6.12 Shaking of the body under maximum exertion during the deadlift is not necessarily a cause for disqualification

## **Item 8. Drug Testing**

- 1.8.1 At the discretion of the USPA National Office, Meet Directors will have the option to hold stand alone drug tested meets if they 1) apply for and pay the sanction fee to conduct a drug tested meet, and 2) follow all USPA testing guidelines.
- 1.8.2 The title or name of any drug-tested competition must be clearly distinguished from a non-tested meet. The contest name must be preceded by the phrase “Drug Tested.” For example, Drug Tested State Championships.
- 1.8.3 Drug tested and non-tested competitions cannot be held together and/or on the same day. If a tested and non-tested contest is held over a weekend, one day can be untested, and one day can be tested, each being a completely separate contest for all records, awards, and Best Lifters. Each contest may be performed under one sanction, but two separate entry registration forms are required.
- 1.8.4 It is the Meet Directors responsibility to order drug testing kits in a timely manner to ensure that all required testing materials and quantities are available the day of competition. Any Meet Director who conducts a drug-tested contest and fails to perform the required testing will be 1) ineligible to hold another drug tested contest for 12-months, and 2) must thereafter satisfy the USPA National Office that any administrative deficiencies have been corrected.
- 1.8.5 Testing must be performed on all lifters who achieve a Wilkes score within the top 10% of competitors on *each day* of competition. Example of 10% ratio: if the meet has 40-44 lifters, then it would be rounded down to mandatory lifters tested, if the meet has 45-50 lifters it will be rounded up to mandatory 5 lifters tested.
- 1.8.6 All tests must be administered immediately after lifting has been completed, conducted by a USPA official of the same gender. No out of meet testing will be performed.
- 1.8.7 Testing with minor lifters under the age of 18 will be performed with two USPA officials present, along with the lifters parent, guardian, or coach.
- 1.8.8 Testing is to be performed by urinalysis using the drug testing kits and laboratory approved as follows: Redwood Toxicology Laboratory, 3650 Westwind Blvd., Santa Rosa, CA 95403. No other testing laboratories are permitted.
- 1.8.9 If a lifter enters a drug tested meet and fails their test, or the appeal period expires or affirms the positive test results, the lifter will be banned for life from ever competing in a USPA/IPL tested meet.
- 1.8.10 Lifters can appeal a positive test and request that the sample B be used to retest at the lifters expense. The appeal, and all required fees, must be requested and paid in full within 30 days following a positive test. The right to appeal expires after 30 days.
- 1.8.11 If a lifter is successful in appealing a drug test, the lifter will be reinstated in good standing and all lifts and/or records will be reinstated.
- 1.8.12 A lifter that has failed a drug test will be allowed to continue to compete in the untested divisions after paying a \$500 fine for having falsely competed in a tested division.
- 1.8.13 The USPA/IPL does not allow any therapeutic use exemptions, meaning no lifter using even a prescription hormone replacement will be allowed to compete in the drug tested divisions.
- 1.8.14 The USPA/IPL will recognize drug tested suspension lists from other Organizations. Any lifter on a suspension or banned list from any other Organization will not be allowed to compete in any tested divisions, only the non-tested divisions.
- 1.8.15 The USPA will maintain a private list of everyone tested, including both positive and negative test results on our Meet Director portal in the USPA website. This list will be available to State Chairs and Meet Directors as a reference to screen lifters entered in drug tested meets.
- 1.8.16 Drug tested state records may be established in non-tested contests under the following conditions: 1) There are no drug tested meets being offered or scheduled in the applicable state within the next 12-months, and 2) The meet director, at his/her discretion, is willing to administer the test, and 3) the lifter pays the meet director all applicable testing fees and expenses at least 30 days before the scheduled competition.
- 1.8.17 Drug-tested American and World records may only be established in drug-tested competitions.

**See Section 14 for banned substance list**

5.1.6 Lifters will be weighed nude or in undershorts (bras allowed for female lifters) only, no exceptions. For sanitary reasons a lifter is allowed to leave their socks on during weigh-ins, or may place a small paper towel on the scale to protect the feet. **It is optional for all lifters to weigh in also wearing their singlet.**

5.1.8. Each lifter may only officially weigh-in once. Only those whose bodyweights are heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight **prior to the last official weigh in session closing.**

5.1.9 Lifters being weighed in for the first time take precedence over lifters being re-weighed. A lifter can only be reweighed after all other lifters have been called to the scales. Lifters trying to make weight may be weighed as often as time allows. A lifter may only be weighed outside the time limit of one and a half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees

5.1.10 A lifter will have the option of changing categories up or down one weight class from that in which he was originally entered. **The exception to this rule is at the US Nationals, Worlds, and all Expos, lifters may not go down a weight class from the class they qualified and entered the completion in. At these specific meets they may however go up one weight class.**

5.1.21 Only certified officials (both fully certified or apprentices) are allowed to perform all duties required at weigh in sessions, including, but not limited to - filling out the lifters cards, assisting lifters with rack heights, doing the actual weigh ins, and performing gear checks.

5.1.22 All weigh in officials are required to validate the specs of all lifters gear to be worn during the meet. This would include gear both on, and not on our approved list. If not certain an item is within the required specs found in the rule book, it may be necessary to use a calibration tool to determine the legality of the gear.

6.2.5 At all meets, regardless of the sanction level, any lift that will be either a State, American, or World record will be announced to the platform judges and audience prior to the lift. If the appropriate officials are not seated to validate a record, a reasonable amount of time will be allowed to fulfill the requirements necessary for that level record.

**Expeditors responsibilities are as follows:**

6.2.22 Expeditors are responsible for collecting the weight of required attempts from the lifters or their coaches and passing the information on without delay to the score keeper. The lifter is allowed one minute between completing his last attempt and informing the expeditor of their next attempt. All meets are required to use an expeditor for all flights. The expeditor must stand behind the exiting side judge, on the opposite side of the platform from the table in order to keep all lifters and coaches away from the table during the meet. The expeditor will have a clip board, kilo conversion chart, and a lifter flight sheet available. All expeditors must be certified officials. Having an expeditor is not an option, but is mandatory at every meet.

6.2.37 All spotters/loaders are official meet personal, and therefore cannot at any time, while working on the platform, make any comments of any type to a lifter, prior to, during, or after the lift.

6.3.27 Meet Directors are not allowed to compete in their own meet, coach any lifter before or during the meet, or perform any other duty outside of what is required to run that meet. Their entire focus should be to professionally run a successful meet, and to always make themselves available to their lifters, and staff at all times.

7.1.20 Men and Women: The official USPA referee's polo shirts (provided by the USPA, **and must be neatly tucked in at all times**) are as follows: red for **State** referees, blue for **National** referees, and **green** for **International** referees.

7.1.29 No USPA/IPL official may judge in any other Organizations competitions that has not previously taken, and passed their written/practical tests prior to the competition date. Simply “grandfathering in” without previous testing does not count. Failure to comply could be seen as a conflict of interest, and you could lose your USPA/IPL credentials.

7,1,30 Only certified National or International officials are allowed to conduct any practical exam for new judges. It is the responsibility of all Meet Directors that will have an applicant taking a test at their meet to validate the USPA web site prior, to confirm each official is both current in status, and approved to administer the test. Failure to follow all test procedures will invalidate the entire test.

**The Head Referee is responsible for giving the necessary signals for all three lifts. Signals required for the three lifts are as follows:**

### **Squat**

7.1.31 Commencement: A visual signal consisting of a downward movement of the **extended** arm, together with the audible command of "SQUAT". **The hand will start above the referee’s head, and move swiftly downward at the exact same time as the command is given. It will remain frozen in this position until the lifter completes the lift.**

7.1.32 Completion: A visual signal consisting of a **swift backward movement** of the hand being brought **past the referee’s ear**, together with the audible command of "RACK". **The arm may not move from the downward position until the lifter has shown complete control, then the verbal command and arm movement must be in complete unison.**

### **Bench press**

7.1.33 Commencement: A visual signal consisting of a downward movement of the arm together with the audible command of "START". **The hand will start above the referee’s head, and move swiftly downward at the exact same time as the command is given. It will remain frozen in this position until the lifter has demonstrated they are ready for the next command.**

7.1.34 Intermediate: A visual signal consisting of an upward movement of the arm together with the audible command of “PRESS”. **The arm must remain at full length above the referee’s ear, frozen without movement, until the lifter has demonstrated they are ready for the last command.**

7.1.35 Completion: A visual signal consisting of a backward movement of the arm together with the audible command of "RACK". **The fully extended arm will then swiftly be brought back behind the referee’s ear at the exact same time as the command is given.**

### **Deadlift**

7.1.36 Commencement: No signal required.

7.1.37 Completion: A visual signal consisting of a downward movement of the arm together with the audible command of "DOWN". **From the starting position above the referee’s head, the fully extended arm will be swiftly lowered until being pointed directly at the platform, at the exact same time as the command is being given.**

7.1.38 **During the deadlift the side judges may sit in the best viewing position, but never on the sides. They may be in the front corners which is preferred, or just slightly behind the lifter.**

### **All Lifts**

7.1.39 **In all three lifts, it is important that the arm is fully extended at all times, all movements are swift and coordinated at the exact same time as the verbal commands are loudly being given, that there is never any distracting, and never any un-necessary arm movement between commands that could distract or confuse the lifter during their lift. The first arm position for each lift will be in place prior to each lift beginning, and will not be done so that it could distract the lifter.**

7.1.40 **While not being required at all meets, any meet that due to a high noise level, the lifters may be having difficulty hearing the “Platform Ready” command, the Head Referee should use a hand command directed at the lifter consisting of a swift movement of the arm from the fully extended position pointing at the lifter, to bringing the hand behind the referee’s ear, so the lifter will know the platform is ready, and their clock is now running.**

## State Referees

**7.2.6** Must complete the practical examination within 90 days of taking and passing the written examination

## National Referees

7.2.13 Must be a member of the USPA.

7.2.14 Must be recommended by your State Chairman, and approved by either the USPA President or the Referee Chairman.

7.2.15 Must be a state level referee for a minimum of two years.

7.2.16 Within those two years, must have judged at a minimum of eight meets, with an average of four flights per meet.

7.2.17 Must take the level II written examination, administered by the Referee Chairman and must pass with a score of 90% or higher.

7.2.18 Must officiate in at least one USPA meets each year to keep their accreditation current.

7.2.19 Must stay current and updated on all USPA rule changes.

7.2.20 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.

7.2.21 Must re-register or renew their USPA membership annually in order to maintain their current qualifications.

7.2.22 A referee who has been inactive for a period of four years, or who fails to re-register or renew their USPA membership annually, will forfeit their credentials.

7.2.23 **Must have completed a minimum of 2 weigh-in sessions, 4 flights of working the lifters cards during the meet, 4 flights of running the meet computer during the meet, and 4 flights of expediting at a meet.**

## International Referees

7.2.24 Must be a member of the USPA.

7.2.25 Must be recommended by your State or the National Referee Chairman, and approved by the USPA President.

7.2.26 Must be a National level referee for a minimum of four years.

7.2.27 Within those four years, must have officiated in at least fifteen USPA sanctioned meets, **and judged a minimum of 75 flights.**

7.2.28 Within those four years, they must have judged a minimum of two state, two national and one world competition.

7.2.29 Must take the Level III written examination administered by the Referee Chairman and passed with a score of 95% or higher.

7.2.30 Must officiate in at least one USPA meets each year to keep their accreditation current.

7.2.31 Must stay current and updated on all USPA rule changes.

7.2.32 Are responsible to maintain a record book with the names and dates of all meets, along with the number of flights they officiated in.

7.2.33 Must re-register or renew their USPA membership annually in order to maintain their current qualifications.

7.2.34 A referee who has been inactive for a period of four years or who fails to re-register or renew their USPA membership annually will forfeit their credentials.

7.2.35 **Must have completed a minimum of 4 weigh-in sessions, 8 flights of working the lifters cards during the meet, 8 flights of running the meet computer during the meet, and 8 flights of expediting at a meet.**

### **Item 3. Early Advancement Program**

- 7.3.1 The USPA offers an Early Advancement Program (EAP) that could allow officials to advance to the next level at an accelerated pace. All applicants requesting the EAP must first have the prior approval of either the National Referee Chairman or the President. Having met these additional requirements does not mean someone will be guaranteed the opportunity to use the EAP.
- 7.3.2 State to National – minimum of 16 meets, 64 flights, 1 year: 4 weigh-in sessions (day of meet does not count, 24 hour is preferred), 8 flights working lifter cards, 8 flights running meet computer, 8 flights expediting
- 7.3.3 National to International – minimum of 30 meets, 150 flights, 2 years: 8 weigh-in sessions (day of meet does not count, 24 hour is preferred), 16 flights working lifter cards, 16 flights running meet computer, 16 flights expediting.
- 7.3.4 The “Apprentice Program” – This is for anyone that at this time does not plan to judge lifters during meets, but does want to assist Meet Directors by being allowed to help at weigh in sessions, work the table, and expedite during meets. The written test is still required, but no practical test is administered. Anyone that is currently an Apprentice, may change their status over the next 12 months and become a fully certified judge by requesting permission from the Referee Chairman, and then passing a practical test.

8,1,11 Videos will only be used to determine a bar misload.

## **Part 13. APPROVED EQUIPMENT LIST (USPA Rulebook)**

### **Item 1. Approved Equipment list**

13.1.1 The latest edition of the USPA Rule Book posted on uspa.net contains the final list of all lifting apparel/equipment approved for use at all USPA sanctioned competitions in the current calendar year. The next publication will be in January next year

13.1.2 No additional apparel/equipment will be reviewed or considered for approval until the next review period starting September 1<sup>st</sup> and ending December 1<sup>st</sup> of the current calendar year.

13.1.2 Manufacturers must submit samples with a \$100.00 non-refundable administrative fee to the USPA Technical Chairman during the review period to make sure their equipment complies with required specifications. If the submitted samples do not comply, the manufacturer will be notified of the specific deficiency so they can take corrective action if they choose. If the samples pass inspection, the items will be added to the Approved Equipment List. Any vendor that sends equipment to the USPA for inspection must pay all return shipping costs within 30 days if they want the item(s) returned, otherwise the items will be discarded.

13.1.3 All manufacturers who would like to remain on the Approved Equipment List for future editions of the USPA Rule Book will be subject to an annual fee of \$100.00, payable no later than December 1<sup>st</sup> of the year preceding publication.

<see rulebook for list>

## **Part 14: Banned Substance list: See full rulebook.**