



AUSTRALIAN POWERLIFTING LEAGUE

2026 RULE BOOK

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PART I. *GENERAL RULES*

Item 1.1 General Rules

Australian Powerlifting League (APL) recognises the following:

- 1.1.1 All three-lift competitions must include and be performed in the sequence of the squat, then bench press, then the deadlift, producing a total.
- 1.1.2 Single-lift competitions can include bench press only (BP) and deadlift only (DL) and can be run within three-lift competitions or separately.
- 1.1.3 All competitions under APL must be conducted using kilograms.
- 1.1.4 Competition takes place between lifters in categories defined by gender, bodyweight, age and drug-tested/untested.
- 1.1.5 The stated rules apply to all levels of competition.
- 1.1.6 Each competitor is allowed three attempts on each lift. Any exceptions are explained in the appropriate section of the rulebook. The lifter's best valid attempt on each lift counts toward their competition total.
- 1.1.7 The winner of a category shall be the lifter who achieves the highest total. The remaining lifters shall be ranked in descending order based upon total.
- 1.1.8 If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter. If there is still a tie both lifters will be re-weighed immediately after the competition has ended and the lifter with the lighter body weight will be ranked above the heavier lifter. If they remain tied, the lifter who achieved the total first will be ranked above the other lifter.
- 1.1.9 As a guest lifter, you cannot place in the competition in which you are guest-lifting. However, your lifts may be used to qualify for future events and you can still set records.
- 1.1.10 If a lifter misses all three attempts of a lift and is disqualified from an event they have entered, they are still eligible to compete in other events in which they have registered. For example, a lifter who registers for powerlifting and bench press and fails to achieve a successful squat is disqualified from powerlifting but may still compete in bench press.

Item 1.2 Age Categories

- 1.2.1 The lifter must have attained minimum age on the day of the competition. The following age categories are recognized by APL for both men and women:

- Youth: Up to 15
- Teenage: 16-19
- Junior: 20-23
- Open: All Ages
- Master 1: 40 to 49
- Master 2: 50 to 59
- Master 3: 60 to 69
- Master 4: 70+ to 79

Item 1.3 Bodyweight Categories

The following weight classes are recognised by APL:

MEN:

- 52kg Class - up to 52.00kg
- 56kg Class - 52.01kg - 56.00kg
- 60kg Class - 56.01kg - 60.00kg
- 67.5kg Class - 60.01kg - 67.5kg
- 75.0kg Class - 67.6kg - 75.0kg
- 82.5kg Class - 75.01kg - 82.5kg
- 90.0kg - 82.6kg - 90.00kg
- 100.0kg - 90.01kg - 100.0kg
- 110.0kg - 100.01kg - 110.0kg
- 125.0kg - 110.01kg - 125.0kg
- 140.0kg - 125.01kg - 140.0kg
- 140kg+ - from 140.01kg upwards

WOMEN:

- 44.0kg - up to 44.00kg
- 48.0kg Class - 44.01kg - 48.00kg
- 52.0kg Class - 48.01kg - 52.00kg
- 56.0kg Class - 52.01kg - 56.00kg
- 60.0kg Class - 56.01kg - 60.00kg
- 67.5kg Class - 60.01kg - 67.5kg
- 75.0kg Class - 67.6kg - 75.00kg
- 82.5kg Class - 75.01kg - 82.5kg
- 90.0kg Class - 82.6kg - 90.00kg
- 100.0kg Class - 90.01kg - 100.00kg
- 110.0kg Class - 100.01kg - 110.00kg
- 110.0kg+ - from 110.01kg upwards

Item 1.4 APL Registration

- 1.4.1 Lifters participating in APL-sanctioned competitions must maintain current APL membership. Referees must maintain current APL referee registration.
- 1.4.2 Official competition is not restricted by age. However, lifters aged 14 years or younger must obtain approval, in writing, by their parent or guardian, who must remain present at the competition.
- 1.4.3 Annual APL membership registration will cover the period of 12 months from the date of issue.
- 1.4.4 For qualification and record purposes, the lifter will be recognised by their Country/Region of registration. For lifters who hold registrations in multiple Regions/Countries, they must nominate the Country/Region they are representing at any competition and may only qualify/set records for that Country/Region at that competition.
- 1.4.5 Lifters who move Country will need to register in the new Country's affiliate in order to compete in that Country. This is for insurance purposes.

Item 1.5 APL Divisions

- 1.5.1 The divisions offered by the APL are outlined in the table below. More specific ruling can be found throughout the rulebook.

DIVISION	PERSONAL EQUIPMENT KEY POINTS	LIFTING EQUIPMENT KEY POINTS	DRUG TESTING
Raw	Knee sleeves only	Squats walked out	Tested OR untested
Wraps	Knee wraps allowed	Squats walked out OR in a monolift	Tested OR untested
Single-ply	Single-ply equipment or less	Squats walked out OR in a monolift	Tested OR untested
Multi-ply	Multi-ply equipment or less	Squats walked out OR in a monolift	Untested only

Item 1.6 Team Competition

For local events, team structure can be determined by the meet director, but must be cleared with the APL. Teams for National events must be structured as follows:

- 1.6.1 Each team must submit a team roster giving the name of each lifter and their bodyweight category by the registration deadline of the competition. Changes to a team roster are not permitted after competition registrations close.
- 1.6.2 Each team is allowed a maximum of twelve competitors spread throughout the range of the twelve bodyweight categories for both men and women. There must not be more than two competitors of the same gender from any one team in the same bodyweight category.
- 1.6.3 Each team is allowed a maximum of two alternates or reserves. The names and weight classes of the alternates or reserves must be submitted at the time the original team roster is submitted. Alternate or reserve lifter Dots scores may only be used as a substitute for an original team member in the same weight class who bombs out of the competition.
- 1.6.4 Teams may be mixed with both men and women lifting on the same team, when there are not enough lifters to compile teams of the same gender. In the case where teams have mixed genders, teams must be at least 50% female. The maximum number of team members will then be determined by the meet director and cleared with the APL. This information must be communicated to all competitors and affiliates before the competition.
- 1.6.5 Point-scoring shall consist of the top six team member's Dots added together to create a team total. No Master's formula shall be used.

Item 1.7 Best Lifter/ Weight/Age Class Awards

- 1.7.1 At all competitions where Best Lifter awards are presented, placing will be established by the Dots formula. The only exception to this is for meets where Best Masters Lifter awards are presented, in which case the McCulloch formula shall be used.
- 1.7.2 For National competitions, Best Lifter awards must be given in each event (Powerlifting, Bench press only and Deadlift only) for both male and female competitors in Junior, Open, and Master classes in each division (Raw, Wraps, Single-Ply, and Multi-Ply) where five or more competitors in each category finish the meet with totals.
- 1.7.3 For National competitions, Weight Class awards must be given in the Powerlifting event for both male and female competitors in the open, overall masters and overall juniors/teenage classes.

- 1.7.4 For Local/State/Regional competitions, Best Lifter awards must be given in the Powerlifting event for both male and female competitors in any class (Raw, Wraps, Single-Ply and Multi-Ply) with 30 or more lifters in any given division.
- 1.7.5 Any additional awards beyond the above listed awards are optional and may be offered at the discretion of the meet director.

Item 1.8 Drug Testing

Please refer to the APL Drug-Testing Policy

- 1.8.1 At the discretion of the APL, Meet Directors will have the option to hold drug-tested meets, and they will follow all APL testing guidelines.
- 1.8.2 The title or name of any fully drug-tested National competition must be clearly distinguished from a untested meet. The contest name must be preceded by the term "Drug-Tested". For example, "Drug-Tested National Championships". For local meets, it must be made clear on the entry form if the meet is tested, untested or mixed.
- 1.8.3 Drug-tested, and untested competitions can be held together and/or on the same day. However, tested and untested competitors are to be separated into distinguished flights/sessions as much as possible. In competitions where there are 15 or more of both tested and untested lifters competing together, it must be treated as 2 separate competitions, with 2 separate sets of results and awards. When there are less than 15 lifters in one or both tested and untested divisions in the same competition, the separation of results and awards is at the discretion of the meet director and must be communicated in advance.
- 1.8.4 Mandatory testing must be performed on all lifters who achieve a Dots (or McCulloch for Masters), score within the top 10% of competitors in each session of the competition. The rounding of competitor numbers in factors of 10 to whole numbers shall be as follows:

1-4 = round down

5-9 = round up

 For example, if the meet has 40-44 lifters, then it would be rounded down to 4 lifters to be tested. If the meet has 45-49 lifters it will be rounded up to 5 lifters to be tested. A Meet Director also has the option of testing any athlete, at random, each day of competition, regardless of whether their Dots/McCulloch score is within the top 10%.
- 1.8.5 In competitions where there are both male and female participants, the top 10% of Dots scores (or McCulloch for Masters) that are targeted for testing must include both male and female lifters based on the percentage of participation of each gender.
- 1.8.6 All tests must be administered immediately after lifting in the given session has been completed, and conducted by a APL official of the same gender, following the guidelines outlined in the APL Drug-Testing Policy. Out-of-meet testing may be performed in extenuating circumstances.
- 1.8.7 Any Meet Director who conducts a drug-tested competition and fails to perform the required testing will be ineligible to hold another drug-tested competition for 12 months.
- 1.8.8 It is the responsibility of the lifter to remain at the competition venue following a drug-tested competition to determine if they have been selected for drug testing. If the athlete fails, refuses, or is not available when the testing occurs, their lack of testing will be treated as a drug test failure, with the maximum penalty being a lifetime ban without an opportunity to appeal.
- 1.8.9 Testing with minor lifters (under the age of 18) will be performed with a APL official of the same gender, as well as the minor's parent, guardian, or coach
- 1.8.10 Testing is to be performed by urinalysis using an approved APL lab.
- 1.8.11 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 APL tested meet.
- 1.8.12 Lifters can appeal a positive test and request that the sample B be used to retest at the lifter's expense. The appeal must be requested, and all required fees paid in full within 30 days following a positive test. The right to appeal expires after 30 days. 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.
- 1.8.13 A lifter that has failed a drug test for any substance in sections S1 and/ or S2 of the APL Banned Substance List will receive a lifetime ban and will be ineligible to compete in any division. A lifter that has failed a drug test for any substance in sections S0 and/or S3-S7 will be suspended from competitions immediately and reviewed on a case-by-case basis to determine if a sanction will be delivered.
- 1.8.14 The APL does not allow any therapeutic use exemptions (TUEs) for hormones (or any anabolic agents, including testosterone boosters, SARMs or any other substances that may result in a T/E ratio exceeding 4:1). This means no lifter using hormone replacements will be allowed to compete in the drug-tested division. TUEs for other medications can be applied for directly via the National affiliate.
- 1.8.15 The APL will recognise current drug-tested suspension lists from other

organisations if the suspension resulted from use of a substance prohibited by the APL. Any lifter on a suspension or banned list from any other organisation for use of a substance prohibited by the APL will not be allowed to compete in any tested divisions but may compete in the untested divisions if the substance was not a sex hormone (or a substance that directly influences sex hormones). If the lifter is on a suspension or banned list from another organisation for a substance that is sex hormone (or a substance that directly influences sex hormones), they will not be eligible to compete in any division in the APL.

1.8.16 Drug-tested records may only be established in drug-tested competitions.

1.8.17 Untested records can be broken in drug-tested meets.

PART 2. EQUIPMENT & SPECIFICATIONS

Item 2.1 Platform

- 2.1.1 All lifts shall be performed on a separately distinct platform, measuring between 2.5m x 2.5m minimum and 5.0m x 5.0m maximum. The surface of the platform must be flat, firm, non-slip and level (free from irregularities and projections). It must not exceed 10cm in height from the surrounding stage or floor.
- 2.1.2 The surface of the platform may be treated with an approved non-slip coating, grip tape with a grit rating of 100 or less, or a one-piece carpet constructed of a dense tight loop material or non-slip rubber matting/sheeting that's securely attached to the surface. The platform is subject to approval by the meet director prior to the commencement of the competition.
- 2.1.3 If a lifter cannot reach the squat racks, it is permissible to build up the height of the platform.
- 2.1.4 Warm-up area platforms will be stocked with an ample number of bars, plates and safety collars. There shall be a minimum of three warm-up platforms provided for each of the three lifts. The only exception is meets with 10 or less lifters in each flight, where a Meet Director can use two warm-up platforms.

Item 2.2 Bars and Plates

- 2.2.1 For all powerlifting competitions organised under the rules of APL, only calibrated steel plates and specified barbells are permitted. Only those bars and plates that meet all specifications may be used throughout the entire competition and for all lifts. The use of plates that do not

meet the current specifications will invalidate the competition and any records accomplished.

- 2.2.2 Barbells must be straight (not bent/damaged) and well-knurled. Barbells must conform to the following dimensions:

- Length of the barbell used for squats and deadlifts must not exceed 2.4m
- Length of the barbell used for bench press must not exceed 2.2m
- Distance between the collar faces is to be a minimum of 1.31m and a maximum of 1.48m
- Diameter of the barbell used for squats is to be a minimum of 29mm and a maximum of 35mm
- Diameter of the barbell used for bench press is to be 29mm
- Diameter of the barbell used for deadlifts is to be 27mm
- Weight of the barbell and collars used for bench press and deadlifts are not to exceed 25kg
- Weight of the specialised squat bar and collars are not to exceed 30kg
- Diameter of the sleeves not to exceed 53mm or be less than 50mm

- 2.2.3 There shall be a circumferential machine marking on the bar to measure 81cm between markings from the marking centre (40.5cm either side of the centre of the barbell).

- 2.2.4 The correct bar for each lift shall be used in all competitions. For squats, the bar used will be at the Meet Director's discretion and must be specified in advance, and with every announcement for the competition. The preferred bar will be a 20kg power bar for competitions where squats are walked out. For competitions where a monolift is used, a 25kg squat bar is the preferred bar. In the case of mixed-division competitions, the same squat bar can be used across all divisions, or, the Meet Director can arrange divisions into flights and switch the squat bar between flights. During the bench press, only a 20kg power bar must be used. During the deadlift, only a deadlift-specific 20kg bar must be used.

- 2.2.5 Plates must conform to the following specifications:

- All plates used in competition must weigh within 0.25% of their correct face value

- The bore-hole size in the middle of the plates may not exceed 53mm or be less than 51mm
- Plates must be kilogram plates and be within in following range: 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg and 25kg
- For record purposes, lighter plates of 0.25kg, 0.5kg and 1kg may be used to achieve a weight of at least 500g more than the existing record
- Plates weighing 20kg or more must not exceed 6cm in thickness. Plates weighing 15kg or less must not exceed 3cm in thickness
- Plates must conform to the following colour code:
 - 10kg and under - any colour
 - 15kg - yellow
 - 20kg - blue
 - 25kg - red
- The diameter of the largest plates shall not be more than 45cm

2.2.6 All plates must be clearly marked with their weight and loaded in the sequence of heavier plates innermost with the smaller plates in descending weight, with a collar following the smallest plate used.

2.2.7 Plates cannot be loaded outside of the collar.

2.2.8 The first and heaviest plate loaded on the bar must be loaded facing in, with the rest of the plates loaded facing out.

2.2.9 Any plate missing its calibration plug/screw cannot be used in the setting of any APL record.

Item 2.3 Collars

2.3.1 Collars must weigh 2.5kg each.

2.3.2 Collars must always be used in competition.

Item 2.4 Squat Racks

2.4.1 Squat racks/monolifts shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter/loaders.

2.4.2 The squat racks/monolifts shall be designed to adjust from a minimum height of 1.1m in the lowest position, to extend to a height of at least 1.70m, in increments not to exceed 2.5cm.

2.4.3 All hydraulic squat racks/monolifts must be capable of being secured at the required height by means of pins.

2.4.4 The squat rack used will be at the Meet Director's discretion and must be specified in advance, when the competition is announced, and on the entry form. The preferred rack will be a combo-rack for competitions that are drug-tested. There is no preferred rack for untested or mixed competitions.

2.4.5 Monolifts are permitted in all divisions (Raw, Wraps, Single-Ply, and Multi-Ply). The swing arm lever may be used in the Wraps, Single-Ply and Multi-Ply divisions at the lifter's request. However, the swing arm lever CANNOT be used for the Raw division.

2.4.6 Monolifts must have safety straps in use at all times, including those in the warm-up room. The safety straps must be adjustable and must have a suitable safety rating.

Item 2.5 Bench

2.5.1 The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:

- Length – a minimum of 1.21m and must be flat and level
- Width – not less than 28cm and not exceeding 32cm
- Height – not less than 42cm and not exceeding 45cm, measured from the floor to the top of the padded surface of the bench without it being depressed or compacted
- The height of the uprights shall be a minimum of 80cm to a maximum of 110cm measured from the floor to the bar rest position. The uprights must be adjustable
- The minimum width between the insides of bar rests shall be 110cm.
- The head of the bench shall extend 20cm beyond the centre of the uprights with a tolerance of 5cm either way
- The thickness of the pad on the bench press must not be more than 10cm
- All benches used on the platforms during a competition must have safety arms that are adjustable for each lifter's individual setting. The minimum height of the safety arms shall be 55cm from the floor to the bar rest position on the safety arm. The safety arms must be adjustable in increments of no more than 2.5cm

- 2.5.2 Safety arms must be adjusted to each individual's setting to effectively ensure the safety of the lifter. If any official observes that a safety rack is improperly adjusted, they may require a change in the setting before the lifter is permitted to commence a lift.

Item 2.6 Judging Lights

- 2.6.1 A system of lights shall be provided whereby the referees make their decisions known. Each referee will control a white ("good lift") and a red light ("no lift").
- 2.6.2 The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that all lights remain off until all three officials have made their decision and then all lights come on simultaneously.
- 2.6.3 For emergency purposes (such as a breakdown in the electrical system), the referees will be provided with small white and red flags or cards with which to make known their decisions on the Head Referee's audible command "flags".

Item 2.7 Timing Clocks

- 2.7.1 Timing clocks visible to all (spectators, platform and warm-up area) should be used. Timing clocks should be able to operate continuously up to a minimum of twenty minutes and display elapsed time. Additionally, a clock displaying time left in which to enter the next attempts should also be made visible to the coach or lifter.

PART 3. *COSTUME & PERSONAL EQUIPMENT*

Item 3.1 Soft-suit

- 3.1.1 A soft-suit (otherwise known as a singlet) must be worn for all lifts in competition, with the only exceptions being lifters wearing lifting suits in the Single-Ply or Multi-Ply divisions. The straps of the soft-suit must be worn over the lifter's shoulders for all lifts in the competition.
- 3.1.2 The soft-suit must be a non-supportive, one-piece full-length suit, made of a single layer of material, other than a second layer of material of 12cm x 24cm or smaller in the area of the crotch only. 'Supportive' is defined as either the type of material used in the construction of the garment, the excessive tightness of the garment when worn by the lifter, or a combination of the two.
- 3.1.3 The soft-suit must be form-fitting, without any looseness when worn.

- 3.1.4 Lifters may elect to wear a traditional powerlifting soft-suit or a long-legged soft-suit. Whichever style of soft-suit a lifter elects to wear, they must wear the same style for all lifts.
- 3.1.5 The legs of the traditional powerlifting soft-suit must extend a minimum of 3cm from the crotch and be no longer than the level of midway down the inside of the thigh. The legs of the long-legged soft-suit must extend to a maximum of 3cm above the ankle joint.
- 3.1.6 The soft-suit cannot have any added patches or padding, or any reinforcement or bracing in the seams or otherwise.
- 3.1.7 The soft-suit may bear the logos or emblems of the lifter's nation, national association, sponsor, or club. Language, images or otherwise deemed offensive or liable to bring the sport or APL and its affiliates into disrepute is not allowed. No part of the soft-suit can bear the logo, emblem, name or image of any powerlifting organisation/federation except for the APL and its affiliated countries.

Item 3.2 Lifting Suit (Equipped)

- 3.2.1 The lifting suit (commonly known as a squat suit or deadlift suit) shall consist of a one-piece, full-length costume. The construction of the suit must be without any patches or padding. The suit straps must be worn over the lifter's shoulders for all lifts in the competition.
- 3.2.2 The lifting suit must have legs, extending a minimum of 3cm and maximum of 15cm from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.
- 3.2.3 For Single-Ply, the maximum overall material thickness shall not exceed 1.3mm at any measured point, except at any seam. Any seams, false or otherwise, that, in the opinion of the referees, are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. Velcro straps are not approved.
- 3.2.4 For Multi-Ply, the suit must be an individual, full-length article of polyester or canvas. Multiple plies can be used. Velcro straps are approved.
- 3.2.5 Zips are not permitted on any part of the suit.
- 3.2.6 Only one lifting suit may be worn.
- 3.2.7 Suits may be of any colour or colours.
- 3.2.8 The suit may bear the logos or emblems of the lifter's nation, national association, sponsor, or club. Language, images or otherwise deemed offensive or liable to bring the sport or APL and its affiliates into disrepute is not allowed. No part of the suit can bear the logo, emblem, name or

image of any powerlifting organisation/federation except for the APL and its affiliated countries.

3.2.9 Seams and hems must not exceed 3cm in width and 0.5cm in thickness.

3.2.10 Alterations/pleats to form a tightening of the lifting suit must be made on the original seams. These pleats must be made on the inside of the lifting suit, with the only exception being the shoulder straps. Pleats may not be sewn back onto the body of the garment.

Item 3.3 Bench Shirt (Equipped)

3.3.1 The bench shirt must be an individual article of fabric or polyester. The shirt cannot contain any rubberised or similar stretch material or threading. The shirt must have sleeves that must be worn above the elbow.

3.3.2 For Single-Ply, the shirt must be constructed entirely of fabric or polyester and must be of single-material construction. The shirt cannot have an open back. Sleeves cannot be rolled up above the elbow.

3.3.3 For Multi-Ply, the bench shirt can be fabric, polyester or canvas, but must be of single-material construction. The Multi-Ply bench shirt can have an open back. In the case of open-back bench shirts, the skin of the back must be covered by an additional material sewn into the shirt and can be secured by Velcro straps.

3.3.4 T-shirts cannot be worn underneath bench shirts in any division.

3.3.5 These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only a t-shirt as defined in the rules shall be worn during the squat and, optionally, in the deadlift.

3.3.6 Patches or stitching may not be added anywhere on the lifter's shirt that may give the lifter an unfair advantage.

3.3.7 When worn by the lifter, the shoulders of the shirt must cover the deltoids, and the lowest point of the front neckline cannot be below the nipple line.

Item 3.4 T-Shirt

3.4.1 A t-shirt must be worn under a Raw/Wraps lifter's soft-suit, and a Single-Ply/Multi-Ply lifter's squat suit, during the performance of the squat. A t-shirt must be worn under a Raw/Wraps lifter's soft-suit during the bench press but is not allowed to be worn under a bench shirt. While performing the deadlift, a t-shirt is optional.

3.4.2 It can be of any colour or colours, but may not have any pockets, buttons, zippers or a reinforced collar or seams.

3.4.3 The t-shirt must have sleeves that extend at least to the base of the medial deltoids, and no further than the elbow joints.

3.4.4 The t-shirt must be made of 100% cotton or a cotton/polyester blend and cannot contain any rubberised or similar stretch material. The shirt cannot have any printing or material that aids in gripping to the barbell or bench.

3.4.5 The t-shirt may bear the logos or emblems of the lifter's nation, national association, sponsor, or club. Language, images or otherwise deemed offensive or liable to bring the sport or APL and its affiliates into disrepute is not allowed. No part of the t-shirt can bear the logo, emblem, name or image of any powerlifting organisation/federation except for the APL and its affiliated countries.

Item 3.5 Underwear

3.5.1 A standard commercial "athletic supporter" or standard commercial underwear of any mixture of cotton, nylon or polyester may be worn under the soft-suit or lifting suit. Women may also wear a commercial or sports bra.

3.5.2 The underwear may have legs. The legs of the underwear cannot extend beyond the length of the soft-suit.

3.5.3 It is optional that a lifter wear underwear during a competition.

3.5.4 Any type of supportive underwear, or under-garments consisting of rubberised or similar stretch material except in the elastic waist-band, shall not be worn.

Item 3.6 Briefs (Equipped)

3.6.1 Briefs may be worn in Multi-Ply competitions only. The briefs may not

3.6.2 extend beyond the lifter's mid-torso, nor extend beyond mid-thigh.

3.6.3 They may be of multiple plies to any thickness but must be a single component.

3.6.4 Only one pair of briefs may be worn under the lifting suit.

3.6.5 Briefs may be worn without a lifting suit. In the case where briefs are worn without a lifting suit, a soft-suit will be required to be worn over the briefs.

Item 3.7 Socks

3.7.1 Only one pair of socks may be worn at a time.

3.7.2 They may be of any colour or colours.

3.7.3 Socks must not cover the knee or come into contact with knee wraps or sleeves, except for during the deadlift, where socks can over/underlap the knee sleeves.

- 3.7.4 Full-length leg stockings, tights or hose are not permitted. The only acceptable full-length garment is a long-legged soft-suit.
- 3.7.5 During the execution of the deadlift, if a lifter is wearing a traditional powerlifting soft-suit, one pair of knee-length socks must be worn. They must cover to the top of the calf, ending just below the knee joint. If the lifter is wearing a long-legged soft suit, deadlift socks are not required but may be worn.
- 3.7.6 Tape can be worn under the sock as a shin guard, as long as all tape is covered by the sock. Tape can never be worn in place of a sock.

Item 3.8 Belt

- 3.8.1 Competitors may wear a belt. It must be worn on the outside of the lifting suit. The materials and construction of the belt are to be as follows:
- 3.8.2 The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations, which may be glued and/or stitched together.
- 3.8.3 The maximum width of the belt is 10cm.
- 3.8.4 The maximum thickness along the main length of the belt is 13mm, excluding any materials associated with the buckle.
- 3.8.5 It shall not have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.
- 3.8.6 A standard metal buckle, studs and stitching are the only non-leather components permitted, with the exception of the materials used in the “quick release” or ratchet-style mechanism. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- 3.8.7 The belt may have a buckle with one or two prongs, “quick release” type or ratchet style. Velcro is not allowed anywhere on the lifting belt.
- 3.8.8 A leather or vinyl tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- 3.8.9 The belt may be of any colour or colours.
- 3.8.10 The belt must not have any visible language, images or otherwise deemed offensive or liable to bring the sport or APL and its affiliates into disrepute.

Item 3.9 Shoes or Boots

- 3.9.1 Lifting shoes or boots must be worn. They may be of any colour or colours.
- 3.9.2 Shoes may include boots, sport shoes, or any foot covering that covers the entire foot and heel and has a clear, separate patterned moulding or outline on the sole of the shoe.

- 3.9.3 Shoes with any form of spikes or cleats are not permitted.
- 3.9.4 Socks with a material coating (rubber, polyurethane, or otherwise) are not considered shoes and are not permitted

Item 3.10 Wrist Wraps/Coverings

- 3.10.1 Wraps of single-ply commercially woven elastic that is covered with polyester, cotton or combinations of both materials are permitted.
- 3.10.2 Wrist wraps may not exceed 1m in length and 8cm in width. Any sleeves, and Velcro patches/tabs or other material for securing, must be incorporated within the 1m length. A loop may be attached as an aid to securing the wrap. The loop is not considered to be a part of the wrist wrap and may be left around the thumb while lifting.
- 3.10.3 A wrist wrap shall not extend beyond 10cm above and 2cm below the centre of the wrist joint and shall not exceed a covering width of 12cm when worn. No portion of the wrap may be in contact with the bar (except for the thumb loop).
- 3.10.4 Standard commercial sweat bands may be worn, not exceeding 12cm in width. A combination of wrist wraps and sweat bands is not allowed.

Item 3.11 Knee Wraps

- 3.11.1 Wraps of single-ply commercially woven elastic that is covered with polyester, cotton or combinations of both materials are permitted in the Wraps, Single-Ply and Multi-Ply divisions.
- 3.11.2 Only knee wraps of one ply not exceeding 2.5m in length and 8cm in width may be used.
- 3.11.3 Knee wraps may not have any Velcro patches/tabs or other materials/ loops for securing.
- 3.11.4 Knee wraps must be of one single length and cannot be multiple sections, even if joined by an end-to-end seam.
- 3.11.5 A knee wrap shall not extend beyond 15cm above and 15cm below the centre of the knee joint and shall not exceed a total covered length of 30cm. Knee wraps cannot come into contact with the socks.
- 3.11.6 A combination of knee wraps and knee sleeves is not permitted.
- 3.11.7 Knee wraps may be worn over a long-legged soft suit. They may not be worn underneath a long-legged soft-suit under any circumstance.

Item 3.12 Knee Sleeves

- 3.12.1 Single-ply knee sleeves made from commercially available neoprene that is covered with a single layer of non-supportive polyester, cotton or a combination of both materials may be worn in all divisions for all lifts.

There may be stitched seams of the fabric onto the neoprene. The sleeve cannot have any criss-cross seams that allow additional support.

- 3.12.2 The sleeve cannot contain any additional rubber or elastic material deemed to provide support or rebound to the lifter.
- 3.12.3 Knee sleeves shall have a maximum length of 30cm and a maximum thickness of 7mm.
- 3.12.4 Knee sleeves must be centred on the knee joint, not extending more than 15cm above or below the centre of the knee joint.
- 3.12.5 Knee sleeves must not have any additional strapping, Velcro, drawstrings, padding or similar supportive devices. The sleeves must be both non-adjustable and non-fastening.
- 3.12.6 Knee sleeves cannot be in contact with the socks, except for during the deadlift, where the socks can over/underlap the knee sleeves.
- 3.12.7 Knee sleeves may be worn over a long-legged soft-suit. They may not be worn underneath a long-legged soft-suit under any circumstance.

Item 3.13 Elbow Sleeves

- 3.13.1 Single-ply elbow sleeves made from commercially available neoprene that is covered with a single layer of non-supportive polyester, cotton or a combination of both materials may be worn in all divisions for squats and deadlifts. There may be stitched seams of the fabric onto the neoprene. The sleeve cannot contain any additional rubber or elastic material deemed to provide support or rebound to the lifter.
- 3.13.2 Elbow sleeves shall have a maximum length of 20cm and a maximum thickness of 7mm.
- 3.13.3 Elbow sleeves must be centred on the elbow joint, not extending more than 10cm above or below the centre of the elbow joint. The t-shirt can overlap the elbow sleeves, as long as it does not extend below the lifter's elbow.
- 3.13.4 Elbow cuffs may be worn directly centred over the lifter's elbow when the arm is bent during squats and deadlifts only in all divisions.
- 3.13.5 No elbow coverings may be worn during bench press in any division.

Item 3.14 Head Coverings

- 3.14.1 Hats, bandanas, durags, beanies, or any other covering cannot be worn on the lifting platform. The only exception to this is lifters with religious exemptions.
- 3.14.2 Head sweat bands are allowed with the maximum width of 10cm.

- 3.14.3 Any type of headphone, musical device or earplug is not permitted to be used while on the platform.

Item 3.15 Medical Tape/Bandages

- 3.15.1 Two layers of bandages or band-aids may be worn on the thumb ONLY without prior permission of the Head Referee or Meet Director.
- 3.15.2 Contingent upon prior approval by the Head Referee, the lifter or medical personnel may apply bandages or wraps to bodily injuries in a fashion that would not grant the lifter an undue advantage.
- 3.15.3 At all competitions where no medical personnel are on duty, the Head Referee shall have jurisdiction over the use of all medical tapes and bandages.
- 3.15.4 All medical letters in support of a lifter request to allow the use of medical tape or bandages during their lifts should be presented to the Head Referee prior to the start of the meet for their determination as to its legality under the rules.
- 3.15.5 The use of kinesiology tape (KT tape) or similar tapes is not allowed under any circumstances.

Item 3.16 Shin Guards

- 3.16.1 Shin guards may only be used during the deadlift and must be worn under the socks or long-legged soft-suit. Items such as duct tape, plastic inserts, knee or elbow sleeves, or other materials no greater than 10mm in thickness, that will protect the lifter's 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 lifter's deadlift sock or long-legged soft-suit.

Item 3.17 Inspection of Costume and Personal Equipment

- 3.17.1 Equipment inspections may be conducted in the case where an official suspects an item or items of equipment are illegal. It is the lifter's responsibility to present any item requested for inspection by an official. If during this inspection a referee cannot determine the legality of an item or believes the lifter to be in violation of one or more of the equipment rules, the lifter will be taken to a private area and thoroughly inspected by two meet officials of the same gender as the lifter to determine the legality of all equipment. If, after either inspection, a lifter appears on the platform wearing or using any illegal item or article that was not approved, the lifter may immediately be disqualified from the competition.

- 3.17.2 Knee wraps, wrist wraps, or the legs on underwear over permitted length shall be rejected but may be cut to correct length. It is the lifter's responsibility to cut any item not in compliance and bring them within proper specifications. The examining official is not permitted to perform this service.
- 3.17.3 Any item considered unclean or torn shall be rejected. Lifters may not appear on the platform while wearing unclean or torn apparel.
- 3.17.4 Items such as watches, costume jewellery, eyewear and feminine hygiene articles do not need to be inspected.

Item 3.18 General

- 3.18.1 The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- 3.18.2 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.
- 3.18.3 Magnesium carbonates, baby/talcum powder, liquid chalk and/or resin are the only substances that may be added to the body and attire. The Meet Director may limit its application to a designated area only.
- 3.18.4 No foreign substances may be applied to the equipment. Nothing may be purposely applied to the platform, bench, or bars. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of the bar, bench, or platform.

Item 3.19 Raw, Wraps, Single-Ply and Multi-Ply Equipment Definition

- 3.19.1 The approved costume and equipment allowed for the **Raw division** will be defined as a non-supportive, one-piece, single-layer soft-suit, a t-shirt, socks, shoes, and optional underwear, belt, wrist wraps, elbow sleeves, and knee sleeves.
- 3.19.2 The approved costume and equipment allowed for the **Wraps division** will be defined as a non-supportive, one-piece, single-layer soft-suit, a t-shirt, socks, shoes, and optional underwear, belt, wrist wraps, elbow sleeves, and knee wraps up to 2.5m.
- 3.19.3 The approved costume and equipment allowed for the **Single-Ply division** will be defined as a one-piece, single-ply squat, bench, and deadlift suit, a t-shirt, socks, shoes, and optional underwear, belt, single-ply wrist wraps, elbow sleeves, and knee wraps up to 2.5m.

- 3.19.4 The approved costume and equipment allowed for the **Multi-Ply division** will be defined as a one-piece, multi-ply squat, bench, and deadlift suit and/or briefs, a t-shirt, socks, shoes, and optional underwear, belt, single-ply wrist wraps, elbow sleeves, and knee wraps up to 2.5m.

PART 4. POWERLIFTS & RULES OF PERFORMANCE

Item 4.1 Squat

- 4.1.1 The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, not more than 3cm below the posterior deltoids. The hands shall be gripping the bar and may be positioned anywhere inside or in contact with the inner surface of the sleeves of the bar. The hands cannot be in contact with the plates at any time. A thumbless grip is permitted.
- 4.1.2 Not more than five and not less than three spotters/loaders shall be on the platform at any time (this does not include the monolift gate operator). A lifter may not use their own personal back spotter during the set-up or performance of the lift. However, a lifter can request that the back spotter lines them up under the bar.
- 4.1.3 The lifter may enlist the help of the spotter/loaders in removing the bar from the racks, however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further in setting up.
- 4.1.4 For the Raw division, after removing the bar from the squat racks, the lifter must move backwards by taking one or more steps to establish the proper starting position. The lifter shall assume an upright position (a slight lean forward is permitted) with the knees locked.
- 4.1.5 For the Wraps, Single-Ply and Multi-Ply divisions, after removing the bar from the monolift, the lifter may elect to walk backwards or to move their feet outwards or inwards to establish their starting position. The lifter may also elect to keep their feet set in the position they unrack in. The lifter shall assume an upright position (a slight lean forward is permitted) with the knees locked.
- 4.1.6 The lifter shall wait in this position for the Head Referee's signal. The signal shall be given as soon as the lifter is motionless with knees locked and the bar properly positioned. The Head Referee's signal shall consist of a downward movement of the arm and the audible command "SQUAT". For reasons of safety, the lifter will be requested to "REPLACE" the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.

- 4.1.7 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. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifter unlocks their knees.
- 4.1.8 The lifter must stand back up to an upright position with the knees locked, without double-bouncing at the bottom of the squat or any downward movement of the bar during the ascent. When the lifter is motionless, the Head Referee will give the signal to rack the bar.
- 4.1.9 The signal to replace the bar will consist of a backward motion of the arm and the audible command "RACK". The lifter must then make a true attempt to return the bar to the racks.

Item 4.2 Causes for Disqualification of a Squat:

- 4.2.1 Failure to observe the Head Referee's signals at the commencement or completion of a lift.
- 4.2.2 Double-bouncing or more than one descending or ascending motion throughout the lift. The only exception to this is that of a lifter setting their breath before commencing the descent. This inadvertent upward/downward movement of the bar shall not be reason to disqualify the lift.
- 4.2.3 Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- 4.2.4 Any shifting of the feet laterally, backwards or forwards, between the Head Referee's signals.
- 4.2.5 Failure to 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.
- 4.2.6 Contact with the bar by the spotter/loaders between the Head Referee's signals.
- 4.2.7 Contact of elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
- 4.2.8 Failure to make a true attempt to return the bar to the racks upon receiving the "RACK" command.
- 4.2.9 Any intentional dropping or dumping of the bar, or action that jeopardizes the safety of any personnel, will be deemed a serious infraction and may, at the discretion of the meet director in consultation with the referees, result in immediate disqualification from the competition or forfeiture of any subsequent attempts on the lift where the infraction occurs. There must be no fault of the spotters when imposing this discretion.
- 4.2.10 Failure to comply with any of the requirements outlined under Rules of Performance for the squat.
- 4.2.11 Failing to receive the "SQUAT" command before the one-minute clock expires.
- 4.2.12 Contact between the bar and the bar-rest supports during the lift that can be deemed to assist the lifter. However, unintentional contact that did not assist the lifter is not a reason to turn down the lift.
- 4.2.13 If a lifter steps in any direction after the completion of the lift, and after the "RACK" command has been given, it is not a reason to red light the lift unless the lifter has lost control and is unable to make a true attempt to rerack the weight.

Item 4.3 Bench Press:

- 4.3.1 The head of the bench must be placed on the platform facing the Head Referee.
- 4.3.2 The lifter must lie on their back with their shoulders and buttocks in contact with the flat bench surface. This position must be maintained throughout the lift. The head may remain flat or rise during the lift. Any part or all of the soles of the lifter's shoes must be in contact with the platform during the lift. The feet may move up and down during the lift and come into contact with each other, as long as they do not come in contact with the equipment.
- 4.3.3 The hands must grip the bar with all of the fingers and thumbs wrapped around the bar. A thumbless grip is not permitted. The spacing of the hands may not exceed 81cm, measured between the forefingers. The bar shall have circumferential machine markings or tape to indicate the maximum grip allowance. If a lifter must use an offset or unequal grip, whereby one hand is placed outside the marking, it is the lifter's responsibility to explain to the head referee and allow inspection of the intended grip prior to making the attempt. The maximum distance between the lifters index fingers using an offset grip may never exceed 81cm.
- 4.3.4 To achieve firm footing the lifter may use flat surfaced plates or blocks to build up the surface of the platform, not exceeding 30cm in total height, or 50cm x 50cm in length/width.
- 4.3.5 Not more than four, and not less than two spotter/loaders shall assist the lifter on the platform. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks.
- 4.3.6 The lifter may enlist a personal spotter to assist in removing the bar from the racks. If a centre spotter is used, they must move off the platform and to one side after the handoff prior to the commencement of the lift. For safety reasons they will be allowed to stay in close proximity (but not blocking the referees view) for any emergencies.

- 4.3.7 After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall show full lock-out of both elbows, along with complete control prior to the "START" command being given.
- 4.3.8 For reasons of safety, the lifter will be requested to "REPLACE" the bar, together with a backward motion of the arm, if after five seconds they are not in the correct position to begin the lift.
- 4.3.9 After receiving the "START" command, the lifter must lower the bar and touch the chest/abdominal area. At no time may the bar come in contact with the lifter's belt.
- 4.3.10 Once the bar is motionless on the chest/abdominal area, the audible command "PRESS" will be given. The bar must be pressed upwards until the elbows are fully locked.
- 4.3.11 Note: If a lifter has any physical abnormality, handicap or incapacity that prevents them from extending their arm or arms with elbows fully locked, they must inform and show physical, visual proof to the Head Referee prior to the start of their lift.
- 4.3.12 When the bar is held motionless at arm's length, with the elbows fully locked, the audible command "RACK" shall be given. The spotter/loaders may assist the lifter in returning the bar to the rack.

Item 4.4 Causes for Disqualification of a Bench Press

- 4.4.1 Failure to observe any of the Head Referee's signals for the lift.
- 4.4.2 Any change in the elected lifting position after the "START" command has been given (with the exception of the head) including any raising movement of the shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar.
Note: If the buttocks are not in contact with the bench when the "START" command is given, and the lifter lowers them to the bench while the arms are still locked out, this will not be cause for disqualification of the lift.
- 4.4.3 Any downward movement of the bar after the "PRESS" command has been given.
- 4.4.4 Failure to press the bar to full extension of the arms at the completion of the lift.
- 4.4.5 Intentional contact with the bar by spotter/loaders between the Head Referee's signals.
- 4.4.6 Any contact of the lifter's feet with the bench or its supports. Movement of the feet is permitted as long as part of the soles of both shoes remain in contact with the floor at all times.

- 4.4.7 Contact between the bar and the bar-rest supports during the lift that can be deemed to assist the lifter. However, unintentional contact that did not assist the lifter is not a reason to turn down the lift.
- 4.4.8 The bar coming into contact with the lifting belt.
- 4.4.9 Failure to comply with any of the requirements outlined under Rules of Performance for the bench.
- 4.4.10 Failing to receive the "START" command before the one-minute clock expires.
- 4.4.11 Receiving assistance on the platform (e.g. adjusting the shirt, belt, wraps, body position, etc.) from any person before or during the performance of the lift.
- 4.4.12 The bar coming into contact with the safety arms of the bench press.

Item 4.5 Deadlift

- 4.5.1 The lifter shall face the front of the platform.
- 4.5.2 The lifter has one attempt to complete the lift. Any movement that can be deemed a deliberate attempt will be counted as an attempt.
- 4.5.3 The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands. The lifter can start the lift at any time before the one-minute clock expires. Once started, it must be lifted without any downward movement until the lifter is standing erect, with the knees and shoulders locked out. If the bar settles as the lifter's shoulders come back (slight downward motion), this should not be a reason to disqualify the lift.
- 4.5.4 The Head Referee's signal shall consist of a downward movement of the arm and the audible command "DOWN". The signal will not be given until the bar is held motionless and the lifter is in the finished position.
- 4.5.5 The lifter will return the bar to the platform with both hands on the bar and under control. 'Control' means that the lifter must have both hands on the barbell until it returns to the platform and must maintain balance and control over their body.

Item 4.6 Causes for Disqualification of a Deadlift

- 4.6.1 Any downward movement of the bar before it reaches the final position before the "DOWN" command is given.
- 4.6.2 Failure to stand erect with the knees and shoulders in a locked position.
- 4.6.3 Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but cannot be deemed as being supported by the thighs, this is not a cause for disqualification of the lift.

- 4.6.4 Stepping backward or forward, or lateral movement of the foot, before the “DOWN” command is given. Rocking the foot between ball and heel is permitted. Foot movement after the “DOWN” command is permitted for safety reasons, however, if the foot movement is deemed as a lack of control, such as a stumble, the lift will be disqualified.
- 4.6.5 Lowering the bar before receiving the Head Referee’s signal.
- 4.6.6 Allowing the bar to return to the platform without maintaining control of both hands on the bar, i.e. releasing the bar from the hands before the plates contact the platform.
- 4.6.7 Failure to comply with any of the requirements outlined under Rules of Performance for the deadlift.
- 4.6.8 Failing to begin the lift prior to the one-minute time clock expiring. The lift will officially begin when the lifter makes a determined or deliberate attempt to raise the bar.
- 4.6.9 Shaking of the body under maximum exertion during the deadlift is not necessarily a cause for disqualification.

PART 5. *WEIGHING IN*

Item 5.1 Weigh-In of the Competitors

- 5.1.1 All lifters must attend a weigh-in session, which will be carried out in the presence of one to three appointed referees. Weigh-in sessions and locations must be communicated to competitors.
- 5.1.2 A weigh-in session must be offered 24 hours prior, but not earlier, to the beginning of each session of a competition.
- 5.1.3 An optional secondary weigh-in session on the same day as the competition may be established by the Meet Director and contest officials, and the lifters informed accordingly. Same-day weigh-ins must be conducted a minimum of 1 hour prior to commencement of the relevant session. Same-day weigh-in sessions can be on an appointment-only basis, at the discretion of the Meet Director, if it was made known to all competitors prior to the meet.
- 5.1.4 All weigh-in sessions will last a minimum of one hour, with the exception of the same-day weigh-in session, which can be as short as 30 minutes.
- 5.1.5 The weigh-in for each competitor will be carried out in a closed room, or behind a privacy partition, with only the competitor, their coach and/or manager, and the referees present. All lifters will be weighed in by an official of the same gender. If an official of the same gender is not available, one may be appointed for this purpose only.

- 5.1.6 The lifter’s agreed bodyweight must not be made public until all the lifters competing in the particular category have been weighed in.
- 5.1.7 Lifters will be weighed in undershorts (with bras allowed for female lifters), nude or in their soft-suit. 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 their feet.
- 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 they 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 reweighed. 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 the weigh-in session if they present themselves within the time limit, but, due to the number of lifters trying to make weight, they are denied the opportunity reweighing. They may then be allowed one reweigh at the discretion of the Meet Director/competition officials.
- 5.1.10 A lifter will have the option of moving up or down one weight class from that in which they were originally entered at Local/State-level competitions. At National-level competitions and above, lifters may not go down a weight class from the class they qualified and entered the competition in. They may, however, go up one weight class as long as they have met the qualifying total for the higher weight class and a vacancy is available on the roster that will allow the Meet Director to move the athlete to a new day or flight as necessitated by the change. If a vacancy is not available for the change in weight class, the lifter may remain on the originally scheduled roster and participate as a guest lifter.

IF, IN YOUR QUALIFYING MEET, YOU COMPETE IN THE DIVISION:	AND ACHIEVE A QUALIFYING TOTAL IN THE FOLLOWING DIVISION:	YOU MAY COMPETE IN ANY OF THE FOLLOWING DIVISIONS:
RAW	Raw	Raw
	Wraps	Raw or Wraps
	Single-Ply	Raw, Wraps or Single-Ply
WRAPS	Wraps	Wraps
	Single-Ply	Wraps or Single-Ply
	Multi-Ply	Wraps, Single-Ply or Multi-Ply
SINGLE-PLY	Single-Ply	Single-Ply
	Multi-Ply	Single-Ply or Multi-Ply

- 5.1.11 In any competition requiring a qualifying total, a lifter may elect to compete in a different division than what they qualified in, as long as they have achieved the qualifying total for that division see below.
- 5.1.12 Lifters are required to check squat and bench press rack heights and foot blocks prior to the start of the competition.
- 5.1.13 For any age-related class, proof of age must be provided in the form of identification with a photograph. Documents unsupported by photographic proof (i.e. birth certificates) are not acceptable. Only official documents giving photographic evidence with corresponding personal details will be acceptable (i.e. passport, driver license, Region/Country or Military ID, etc.). This shall also apply to master and junior lifters competing in the open class in support of any record attempts.
- 5.1.14 If any lifter fails to achieve a total and is eliminated from any competition, they may be able to pay to enter another division or weight class, at the Meet Director's discretion. In this case, the lifter will compete as a Guest Lifter and will be ineligible to place in the competition, however, their results will still count for the purposes of qualification and records.
- 5.1.15 At the Meet Director's discretion, a lifter that has been eliminated from the competition for failing to achieve a total in one of the lifts, may be allowed to complete the meet. The lifter will not be eligible for any awards or records.
- 5.1.16 All weigh-ins will be done on certified calibrated kilogram scales accurate to the tenth of a kilogram. All weights will be recorded on the lifter's official score card to the tenth of a kilogram and initialled by the lifter and official as accurate.
- 5.1.17 All minors younger than 18 years of age must be weighed in by an official of the same gender, with a parent, guardian, or parental-approved coach (parents must provide approval in writing) present in the room. No one other than the lifter, official, and a parent, guardian, or parental-approved coach, may be present in the room at the time of the weigh-in. Both the officials and parent, guardian, or parental-approved coach must sign the lifter's card, verifying they were both present at the time of the weigh-in.

lift, the lifter or their coach must decide upon the weight required for the second attempt within the one-minute allotted time. Responsibility for submitting attempts within the time limit rests solely with the lifter or their coach. The requested weight will be filled in on the lifter's official meet card by the appointed official. The same procedure is to be used for third attempts.

- 6.1.2 Subsequent attempts must be a minimum of 2.5kg greater than previous successful attempts and can be the same or a minimum of 2.5kg greater than previous missed attempts. Subsequent attempts can never be less than previous attempts.
- 6.1.3 Where 16 or more lifters are competing in a session, individual groups called 'flights' must be formed, consisting of approximately equal numbers of lifters per flight. A flight can have a maximum of 15 lifters. In competitions with multiple flights, a minimum of 8 lifters per flight is mandatory.
- 6.1.4 Flights shall be determined logically by any or all of the following; gender, bodyweight categories, age group categories, drug-tested/untested, and/or first attempts listed during the weigh-ins. Flights shall be arranged in order of first attempt numbers. The lifter grouping with the lowest average first attempt numbers will form the first flight (Flight A). The next lifter groupings will be with progressively higher first attempt numbers to form further flights (Flights B, Flight C, etc.) as necessary.
- 6.1.5 In days of competition with more than 45 lifters, the competition must be divided into sessions, with a minimum of two flights and a maximum of three flights.
- 6.1.6 Each lifter will take their first attempt in the first round, second attempt in the second round and third attempt in the third round.
- 6.1.7 When a flight consists of less than 10 lifters, compensatory time allowances shall be added at the end of each round as follows: for 9 lifters, add 1 minute; 8 lifters, add 2 minutes; 7 lifters, add 3 minutes. The maximum time allowance permitted at the end of a round is 3 minutes.
- 6.1.8 The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight of the bar be lowered within a round except for errors.
- 6.1.9 Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lower lot number will lift first.
- 6.1.10 If unsuccessful with an attempt, lifters must wait until the next round before they can make another attempt at the same weight or go up in weight. In a round where an attempt is unsuccessful due to a wrongly loaded bar

PART 6. *RULES OF COMPETITION*

Item 6.1 The Round System

- 6.1.1 At the weigh-in, the lifter or their coach must declare a starting weight for all three lifts in kilograms. These must be entered on the lifter's official meet card, initialled by the lifter or their coach, and retained by the official conducting the weigh-in. Having made or missed the first attempt at a

or spotter error, the lifter will be granted a further attempt at the correct weight. However, the extra attempt can only be taken at the end of the round in which the error occurred. If the lifter was the last lifter in the round, they shall be granted a three-minute rest prior to making their attempt; second-to-last lifter in the round, a two-minute rest period; and, third-to-last lifter in the round, a one-minute rest period.

- 6.1.11 A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will be changed accordingly. If the lifter is in the first group, this change may take place at any time up to within three minutes before the start of the first round of that lift. The following groups are given a similar privilege up to within three attempts from the end of the previous group's last round of that lift. Prior notice of these deadlines should be made by the announcer.
- 6.1.12 A lifter must submit their second and third attempts within one minute of completing their preceding attempt. If no weight is submitted within the one-minute time allowance and the lifter's preceding attempt was successful, they will automatically be given a 2.5kg increase. If the preceding attempt was not successful, they will be given the same attempt again.
- 6.1.13 Weights submitted for second-round attempts on all three lifts cannot be changed. Similarly, third round attempts on the squat and bench press cannot be changed.
- 6.1.14 In the third round of the deadlift, two weight changes are permitted. The change of weight may be higher or lower than the lifters previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to their previously submitted weight. The new weight cannot be less than the weight of the attempt completed by the lifter directly before them.
- 6.1.15 In single-lift bench press and deadlift competitions, the rules are the same as for three-lift competitions.
- 6.1.16 If a lifting session consists of a single flight, i.e. up to a maximum of 15 lifters, an interval of not less than 25 minutes shall be allowed between the squat, bench press and deadlift. This is to ensure adequate time for warm-ups and platform preparations.
- 6.1.17 When two or more flights take part in a session upon a single platform, breaks of a minimum of five minutes and a maximum of ten minutes must be taken between disciplines.

- 6.1.18 Lifters may not compete in multiple divisions unless they lift in a separate flight for each division.

Item 6.2 Appointed Officials

Announcer responsibilities

- 6.2.1 The announcer acts as Master of Ceremonies (MC) and is responsible for the efficient running of the competition. The MC announces the weight required for the next attempt and the name of the lifter.
- 6.2.2 When the bar is loaded, and the platform cleared for lifting, the Head Referee will indicate to the MC that the platform is ready, who will in turn announce "the platform is ready", and call the lifter by name to the platform.
- 6.2.3 The MC must abstain from announcing commentary about the prospective outcome of a lift until the referees have made their decisions and the lights have been shown. This is to avoid influencing the referees' decisions.
- 6.2.4 The MC will announce when a lift is a National record, so that the appropriate officials can be in place.

Technical Secretary responsibilities

- 6.2.5 The Technical Secretary will oversee all activity on and off the platform. The Technical Secretary may act alone in their authority to ensure all APL rules are being correctly implemented and interpreted. In the absence of a Technical Secretary at any meet, the Meet Director can fill their role, or designate it to the highest-ranking official present.
- 6.2.6 The Technical Secretary will work with all staff members, referees and lifters to resolve any disputes during the course of the meet, based on the APL rulebook.
- 6.2.7 The Technical Secretary will constantly evaluate and suggest additions or corrections to the APL rulebook.
- 6.2.8 The Technical Secretary will be entrusted with the examination of all requirements and proposals of a technical nature.
- 6.2.9 The Technical Secretary is responsible for the referees within their Region/ Country.
- 6.2.10 To write and administer all written exams for both new referees and for the advancement of current referees to the next level. When possible, they will oversee practical examination at meets, or ensure that a qualified National referee does so in their absence.
- 6.2.11 The Technical Secretary will constantly evaluate all referees' performances while on and off the platform, to ensure consistent fair judging, as well as professionalism.

Timekeeper responsibilities

- 6.2.12 Once the clock is running for a lifter, it can only be stopped by the completion of a time allowance, by the start of a lift, or at the discretion of the Head Referee. Once the platform is announced as being ready, the clock will be started. Any further adjustments to the racks must be made within the lifter's one-minute allowance, unless the lifter has nominated their rack height and it has been incorrectly set by the spotter/loaders.
- 6.2.13 The lifter is allowed one minute from the time of the announcement "the platform is ready" to begin the lift. If the lifter does not begin their attempt within the time allowed, the timekeeper will call "TIME". The lift will be disqualified and the attempt will be forfeited.

Expeditor responsibilities

- 6.2.14 Expeditors are responsible for receiving the weight of required attempts from the lifters or their coaches and passing the information on without delay to the scorekeeper. The lifter is allowed one minute between completing their last attempt and informing the expeditor of their next attempt. In the absence of a designated Expeditor, the Scorekeeper/s will fill their role.

Scorekeeper responsibilities

- 6.2.15 Scorekeepers, in conjunction with the Meet Director, are responsible for accurately recording the progress of the competition. One Score Keeper on the table must be a Local Referee at a minimum.
- 6.2.16 In conjunction with the scorekeeping software, the scorekeepers are responsible for the data input of all the lifters' personal information (weight class, bodyweight, age, category entered, etc.), the lifters' attempts, the structuring of the lifting flights and the completion and accuracy of the final scoresheet.

Spotter/Loader responsibilities

- 6.2.17 Spotter/loaders are responsible for loading and unloading the bar, adjusting squat racks, and/or benches as required, cleaning the bar or platform at the request of the Head Referee, and generally ensuring that the platform is well-maintained and stays neat and tidy at all times.
- 6.2.18 Except for the deadlift, which requires one back spotter, there shall be no less than two, nor more than five spotter/loaders on the platform.
- 6.2.19 When the lifter prepares for their attempt, the spotter/loaders may assist them in removing the bar from the racks. They may also assist 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 that elapses between the commencement and completion signals). The only exception

to this rule is that if the lift is failing and likely to result in injury to the lifter, the spotter/loaders may, at the request of the Head Referee or the lifter themselves, or when it is obvious to the spotter/loader that the lifter is in serious trouble and is at risk of possible injury, step in and relieve the lifter of the bar.

- 6.2.20 If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader and through no fault of their own, they may be awarded another attempt at the discretion of the Head Referee at the end of the round.
- 6.2.21 All spotter/loaders shall work together as a team and should be neatly dressed in clean, appropriate attire, including the official meet/federation t-shirt or the t-shirt of the gym/club hosting the meet.
- 6.2.22 All spotter/loaders must report any equipment malfunctions immediately upon noticing them to the Head Referee, so they may assess the problem and take any necessary action to rectify it.
- 6.2.23 During the performance of all three lifts there should never be any unnecessary movement around the bar or platform by any official or spotter/loader that could distract the lifter.

Item 6.3 Competition Rules

- 6.3.1 During any competition taking place, only the lifter and their coach, officiating referees and spotter/loaders will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter/loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Head Referee or Meet Director. The coaching area should be no more than 5m from the stage and should be made such that the coach can place themselves with a good view of the lifter and with the possibility to give verbal instructions to the lifter.
- 6.3.2 A lifter shall not wrap or adjust any part of their costume or equipment while on the platform. The only exception to this rule is that they may adjust their belt. At no time may any person step on the platform or lean in and assist the lifter in any way, with the exception of a designated spotter or coach/handler who may assist with the lift-out during the bench press.
- 6.3.3 In all APL recognized competitions, the weight of the barbell must always be a multiple of 2.5kg. The progression must be at least 2.5kg between all attempts. The weight shall always be announced in kilograms. Exceptions to this rule are as follows:
- 6.3.4 During the competition, a lifter may request a record attempt that is not a multiple of 2.5kg. In a record attempt, the weight of the barbell must be at

least 0.5kg in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition. Record attempts that are not a multiple of 2.5kg will be rounded down to the nearest 2.5kg for the purpose of the total. For example, if a lifter squats a record of 301.5kg, they will be credited with the record of 301.5kg, but have the weight rounded down to 300kg for the total.

- 6.3.5 Record attempts may be taken on any or all of a lifter's prescribed attempts provided that they maintain a minimum increase of 0.5kg. For example, if the current record is 100kg, then a lifter may take the following attempts: 1st - 100.0kg, 2nd - 101.0kg, 3rd - 101.5kg. If attempts 2 and 3 are successful, they will all be records irrespective of the fact that the lifter did not increase the weight the minimum of 2.5kg per attempt. In this case, the final successful attempt will still be rounded down to 100kg for the purpose of the total.
- 6.3.6 The Head Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the MC. Their decision will be given to the MC who will make the appropriate announcement.
- 6.3.7 If the bar is loaded to a lighter weight than originally requested and the attempt is successful, the lifter may accept the successful attempt 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. In both the above cases, further attempts may only be taken at the end of the round in which the error occurred.
- 6.3.8 If the bar is loaded to a heavier weight than originally requested and the attempt is successful, the lifter will be granted the attempt. However, the weight may be reduced again if required for other lifters in the flow of competition. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
- 6.3.9 If the loading is not the same on each end of the bar; or any change occurs to the bar or plates during the execution of the lift; or the platform is disarranged; and, despite these factors, the lift is successful, the lifter may accept the attempt or elect to take the attempt again. If the successful attempt is not a multiple of 2.5kg, then the lower closest multiple of 2.5kg will be recorded on the score sheet. If the attempt is unsuccessful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
- 6.3.10 Three unsuccessful attempts in any lift will automatically eliminate the lifter from the competition.
- 6.3.11 On the completion of an attempt, a 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.

- 6.3.12 If, during warm-up or competition, a lifter suffers an injury or in any other way exhibits signs of a condition which may unduly or significantly jeopardise the competitor's health and well-being, the official doctor, Meet Director, or Head Referee has the right to examine the lifter. If it is considered unsafe for the lifter to continue, the lifter and/or their coach will be notified of the decision and the lifter will be removed from the meet.
- 6.3.13 Misconduct by a lifter or coach that is deemed to discredit the APL or the sport of powerlifting will result in an official warning. Any subsequent misconduct will, at the discretion of the Head Referee or Meet director, result in the lifter being disqualified and the lifter and/or coach being ordered to leave the venue immediately.
- 6.3.14 At all competitions, complaints regarding the progress of the competition or against the behaviour of any person or persons taking part in the competition must be made to the Head Referee or Meet Director. If deemed necessary, they may temporarily suspend the progress of the competition to consider the complaint. After due consideration, and upon reaching a decision, they will return to inform the complainant of the decision. The decision will be considered final and there will be no right of appeal to any other body.
- 6.3.15 Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes before the platform is declared ready.
- 6.3.16 If a lifter is missing a minimum of 50% of their total fingers, including the thumb, in which that hand is responsible for gripping a bar in the deadlift, the use of a strap is permitted. However, this strap may be used only on that hand and attached at the wrist only.
- 6.3.17 Any physical abnormality, handicap, or incapacity of a lifter that may cause an inability to fully comply with the rules should be brought to the attention of, and explained to, the Head Referee or Meet Director. This should be in advance of the start of the lifter's Flight. The lifter, Head Referee and Meet Director for that 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.
- 6.3.18 Within a 30-day period of all APL sanctioned competitions, should clear and credible video of any record lift become available to the APL that demonstrates a lift was misloaded, it will be reviewed by the Technical Secretary and a ruling will be made within 14 days as to the validity of the amount of the lift. If the bar was determined to be under-loaded, the correct weight will be credited. If this amount is still a new record, the record will be

awarded at the new lower amount. If the bar was determined to be overloaded the correct weight will be credited and the new record will stand at the correct amount of weight.

- 6.3.19 The use of video review will only be used for the purpose of determining whether the incorrect weight was loaded on the bar. It will never be used to determine if an official's judgement was correct or incorrect.
- 6.3.20 If an official verbally warns a lifter, they must immediately inform all other officials on the platform that an official warning was given, and the reason for it. A repeated violation by a lifter will result in a mandatory red light by all officials.
- 6.3.21 A lifter who competes in a contest that requires a qualifying total, who is found to have not qualified, will be removed from the official contest results and any National record lifts will be disqualified.

Item 6.4 Blood Management

- 6.4.1 Blood or open wounds are not allowed on a lifter while on the platform. Any injuries must be treated and bandaged prior to a lifter's attempt. Should blood come into contact with the bar or equipment, the lifting shall be stopped, and the bar or equipment sterilised with a bleach solution, hydrogen peroxide, or isopropyl alcohol. It is the Meet Director's responsibility to have such a solution present at the competition.
- 6.4.2 If a lifter appears on the platform with any blood or open wounds showing, it will be their responsibility to correct the problem before being allowed to continue with their lift. The timer will remain running. Should they be unable to correct the problem before their time runs out, they will forfeit the attempt.

PART 7. REFEREES

Item 7.1 General Rules

- 7.1.1 There shall be three referees, being the Head Referee and two side referees.
- 7.1.2 The same referee must be seated in the same position throughout an entire flight once it starts. No referee changes can occur once a flight has begun. The only exception to this rule is if a record-breaking attempt is being made and the required referee classifications are not met by the existing seated referees.
- 7.1.3 The correct command used by the Head Referee to alert the Timekeeper, Announcer, and lifter that everything is correct and ready for the lift to begin is "Platform Ready".

- 7.1.4 Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights; White for a "good lift" and red for "no lift".
- 7.1.5 The referees may seat themselves in what they consider to be the best viewing positions around the platform provided the following:
- 7.1.5.1 The Head Referee is in clear view of the lifter during the squat and deadlift.
 - 7.1.5.2 During the squat and deadlift, the side referees are in line with the lifter, or slightly in front (the side referees must never be seated behind the lifter during the squat and deadlift).
 - 7.1.5.3 During the bench press, the side referees are in line with the lifter's hips or slightly behind (toward their legs. The side referees must never be seated in front of the lifters hips during the bench press.).
 - 7.1.5.4 They are in a range of not more than 4m away from the lifter for each of the three lifts.
- 7.1.6 Referees must stay seated in their chair when judging any lift. Referees should at no time kneel on the floor, instead, leaning forward or adjusting the position of their chair to attain a better view. The only exception to this rule is during the squat when there are two side spotters, the referee may leave their chair in order to see the lifter.
- 7.1.7 Before the contest, the three referees shall jointly ascertain that:
- 7.1.7.1 The platform and competition equipment comply in all respects with the rules. Bars and plates are checked for weight discrepancies and defective equipment discarded.
 - 7.1.7.2 The scales work correctly and are accurate (calibrated within the last 12 months).
- 7.1.8 During the contest the three referees must jointly ascertain that the weight of the loaded bar is correct. In the case of bar-loading software not being projected onto a clearly visible screen, Referees may be issued with bar loading charts.
- 7.1.9 Prior to the commencement of any lift, if any official observes a minor oversight after the lifter has been called to the platform by the Head Referee, the lifter will be allowed to complete their lift uninterrupted. After the lift, the official will call the lifter over and give a verbal warning, along with instructions on how the lifter must correct the issue before returning for their next attempt. Failure to correct the minor oversight on subsequent

attempts will result in it becoming an infraction that must be corrected before making an attempt.

7.1.10 Faults to be considered a minor oversight:

- Socks overlaid or touching the knee wraps or knee sleeves in the squat and bench press.
- The leg length of the traditional powerlifting soft-suit exceeds proper requirements.
- Deadlift socks not completely covering the top of the calves when worn with a traditional powerlifting soft-suit.
- Wrist wraps applied as to obviously exceed allowed dimensions.

7.1.11 Prior to the commencement of any lift, if any referee observes an infraction, they will call attention about the fault to the other referees. The lifter will then be inspected by any or all of the referees. If the fault is considered to be an infraction, the lifter will be required to make all necessary corrections prior to being allowed to lift while the time clock remains running.

- Infractions that must be corrected before the attempt:
- The lifter's soft-suit straps not being worn over their shoulders.
- Knee wraps obviously exceeding allowed dimensions.
- Items forgotten to be removed, such as hats, headphones, beanies, elbow sleeves, etc.
- Not wearing a t-shirt while squatting or benching (with the exception of equipped bench press).
- No socks, or ankle socks, being worn during the deadlift when wearing a traditional powerlifting soft-suit.

7.1.12 If the fault is considered a purposeful intent to cheat, the lifter shall be disqualified from the competition. If any referee has reason to doubt a lifter's integrity, they must, at the completion of the lift, inform the other referees of their suspicions. The lifter will then be inspected by any or all of the referees. If the lifter is found to be wearing or using any illegal item, the lifter will immediately be disqualified from the competition.

7.1.13 Examples of purposeful attempts to cheat:

- The use of more than one lifting suit or any suit that has been altered beyond the specifications within the rulebook (with the exception of the Multi-Ply Division).
- Wearing more than one pair of underwear or illegal

support briefs (with the exception of the Multi-Ply Division).

- The use of more than one shirt or an illegal supportive shirt or illegal undershirt.
- The use of more than one pair of wraps, more than one ply (wraps sewn together) or wraps over regulation length.
- Any additions such as body wraps, towel inserts, bracing, etc.
- Presence of oil, grease, liquids, or lubricants other than chalk or approved powder.

7.1.14 Referees must not engage in commentary of the performance of any lifter.

7.1.15 The lifter or their coach may request the reason for a red light from any of the Referees immediately following the attempt. Such request must be made before the next lifter's attempt begins, so as not to interfere with the progression of the competition.

7.1.16 A referee shall not attempt to influence the decisions of the other referees.

7.1.17 The Head Referee may consult with the side referees, or any other official as necessary in order to expedite the competition.

7.1.18 The Head Referee may order that the bar and or platform be cleaned at their discretion.

7.1.19 The selection of a referee to act as Head Referee in one category does not preclude their selection as a side referee in another category.

7.1.20 Referees will be uniformly dressed as follows:

7.1.20.1 Wearing the official APL Referee polo shirt (provided by the APL).

7.1.20.2 At Local/State/Regional meets, pants (dress pants or, for females, leggings), shorts (must cover to the mid-thigh or lower) or skirts (for females, must cover to the mid-thigh or lower) are permitted. An APL referee's polo shirt must be worn.

7.1.20.3 At National /International meets, black pants (dress slacks or, for females, leggings), black dress shorts (must cover to the knee or lower) or skirts (for females, must cover to the knee or lower) are permitted. A APL referee's polo shirt must be worn. Men's shirts must be tucked in. Women's shirts, which are shorter, may be left untucked.

7.1.20.4 Closed-toe shoes must be worn by referees at all meets. No sandals or open toed shoes allowed.

7.1.21 It is the Meet Director's responsibility that all referees are properly dressed. Any referee not properly dressed cannot judge but may be allowed to assist at the score table. Failure to comply with dress code may result in disciplinary action.

7.1.22 National referees are eligible to conduct practical examinations 1-year from the date they passed their national referee examination.

Signals required for the three lifts

7.1.23 The Head Referee is responsible for giving the necessary signals for all three lifts. It is important that all movements are swift and performed at the exact same time as the verbal commands are being given. There should never be any unnecessary arm movement between commands that could distract or confuse the lifter during their lift.

Squat

7.1.24 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.

7.1.25 Completion: A visual signal consisting of a swift backward movement of the hand being brought past the referee's ear, together at the exact same time with the audible command of "RACK".

Bench press

7.1.26 Commencement: A visual signal consisting of a downward movement of the arm

7.1.27 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.

7.1.28 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.

7.1.29 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

7.1.30 Commencement: No signal required.

7.1.31 Completion: A visual signal consisting of a downward movement of the arm at the exact same time as the audible command of "DOWN".

Item 7.2 Qualifications for a Referee

Local Referees

7.2.1 Must have completed the online APL referee course or refresher within the last 12 months.

7.2.2 Must take the Level I written examination and practical examination (2 flights of each discipline in a APL-sanctioned full-power meet) administered by the Technical Secretary (or designee).

7.2.3 Must achieve a passing score of 90 percent or better on both the written and practical examinations.

7.2.4 Must complete the practical examination within 90 days of taking and passing the written examination.

7.2.5 Must assist in at least one weigh-in session.

7.2.6 Must officiate in at least two APL-sanctioned meets each year to keep accreditation current. Any official that has not refereed at least two competitions within a 12-month period must re-take the written test based on their current level status to refresh them on all current rules.

7.2.7 All referees register or renew their APL referee registration annually in order to maintain their current qualification.

National Referees

7.2.8 Must have completed the online APL referee course or refresher within the last 12 months.

7.2.9 Must be a Local level referee for a minimum of one year.

7.2.10 Within that year, they must have judged at a minimum of four competitions, with an average of three flights per meet.

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

7.2.12 Must officiate in at least two APL or APL-affiliate sanctioned meets each year to keep their accreditation current.

7.2.13 Must register or renew their APL referee registration annually in order to maintain their current qualification.

7.2.14 Must have completed a minimum of 2 weigh-in sessions and 2 flights of running the meet computer/table during the meet.

PART 8. RECORDS

Item 8.1 How records are set

- 8.1.1 Region/Country and National records may be set at any APL-sanctioned meet provided that:
- 8.1.2 Any new records set must exceed the previous record amount by at least 0.5kg.
- 8.1.3 There must be at least two APL-certified National Referees judging any National records.
- 8.1.4 All APL rules were followed exactly as per the rule book.
- 8.1.5 If two lifters in the same flight both set the same new record, registering exactly the same weight lifted, the lifter that first set the record will be recognised as the official record holder.
- 8.1.6 Lifters may only set records in the division (or divisions) they have entered the meet in prior to the end of the last weigh-in session.
- 8.1.7 A Junior lifter may set Junior and/or Open records, an Open lifter may only set Open records, and a Master lifter may set either Master and/or Open records.
- 8.1.8 Lifters attempting to set a new National Record that was established with a minimum standard and is not an existing National Record with a name and date, may do so by either matching or breaking the minimum standard.
- 8.1.9 Before stepping on the platform, a lifter must first notify the score table that a new National record is being attempted to ensure that the correct referees are officiating the lift. Failure to notify the score table in advance can invalidate the record.

PART 9. DISABLED LIFTERS AND RELIGIOUS REQUIREMENTS

Item 9.1 Special Needs/Religious Requests

- 9.1.1 The APL's mission is to unite all lifters. This means the APL will always seek to attempt to accommodate any special needs or religious requests, within the rules of the sport outlined in this book and with the lifter's physical, psychological and social welfare as a priority. Special requests

can be made directly to the APL for waivers on the basis of disability or religion. Each request is addressed on a case-by-case basis.

Item 9.2 Weight Classes

- 9.2.1 All standard weight classes will be used for men and women as found in Section 1.3 of this rule book.

Item 9.3 Costume

- 9.3.1 A soft-suit is required where possible, as well as a t-shirt.
- 9.3.2 To ensure a lifter's religious needs are met, special considerations may be given to attire and coverings. The only acceptable leg covering is a long-legged soft-suit. Arm coverings of non-supportive material are acceptable and must be snug-fitting to the arms.
- 9.3.3 Lifting with prosthesis is allowed and orthotics with shoes is allowed. In the case where the lifter has an option to not use the prosthesis, it must be declared at weigh-in. This may include those missing limbs to use an approved strap, grip apparatus or alternative for the missing limb

Item 9.4 General

- 9.4.1 Disabled, handicapped, special needs, and adaptive athletes are allowed an additional one minute to position themselves on the platform prior to getting the appropriate command to begin the lift. If necessary, this may also include permitting the coach to be on the platform to assist with the lifter's set-up. A warning call and time signal will be given at the one-minute remaining stage. During that first minute, the coach may be on the platform assisting with preparing the lifter including any security strapping, wrist wraps tightening, or other adjustments to ensure the safety of the lifter and associated platform personnel.
- 9.4.2 If the lifter cannot fully stretch the arms and/or legs resulting from anatomical deformation of the joints or a neurological disease, they must report this fact to the three referees before the beginning of every attempt during the competition.
- 9.4.3 Any lifter is allowed to be strapped to the bench with their personal strapping belt.
- 9.4.4 Strapping is allowed on the legs from the ankles to the hips.
- 9.4.5 Strapping of the legs must be done by the lifter, the coach, or the loaders.
- 9.4.6 The coach is allowed to help the lifter on arrival to or upon leaving the platform.



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