



Lifter's Handbook

The Condensed version of the
USA Powerlifting Rulebook
(Revised June 2016)

Lifter's Handbook is designed for use by lifters and coaches.
It includes the basic rules currently used by *USA Powerlifting*.

USAPL is a proud Member Nation of the International Powerlifting Federation (IPF)
USAPL is a proud Affiliate of the International World Games Association (IWGA)

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ARTICLE 1: CODE OF CONDUCT

USA Powerlifting is committed to excellence and to the honor and integrity of competitive powerlifting. USA Powerlifting seeks to provide a fair platform for competition, and requires all who join its ranks and compete on its platform to do so with sportsmanship, honor, and respect.

All USA Powerlifting members agree to honor the following values and principles:

COMPETITION

All members are to abide by the bylaws, policies, rules and regulations of USA Powerlifting. No member shall use performance-enhancing drugs and/or other such drugs that are prohibited by the World Anti-Doping Agency, the United State Anti-doping Agency and USA Powerlifting.
www.usantidoping.org www.wada-ama.org

PROFESSIONALISM

All members shall be professional on and off the platform. The only acceptable standard is good sportsmanship. All members are to refrain from conduct that is disruptive and/or detracts or adversely affects competing athletes for purposes of gaining a competitive edge.

RESPECT

All members shall treat all others involved in the sport - other athletes, referees, officials, administrators, meet directors, spectators, sponsors, members of the media, venue employees - with respect, courtesy, and dignity. Rude, abusive, unprofessional language and/or conduct toward another member of USA Powerlifting or toward anyone affiliated with our sport will not be tolerated. Because petty criticism and complaints undermine the well-being of the organization, members should minimize complaints and pettiness, and should, instead, strive to take action where improvement is desired or needed and should accept and support the final decision of the majority.

ORGANIZATION

All members, officials, administrators, officers, and representatives shall focus on the best interests and goals of USA Powerlifting over and above individual desires. USA Powerlifting, through its members, is here to serve all members with quality competition.

NON-DISCRIMINATION AND NO SEXUAL HARASSMENT

USA Powerlifting maintains a no tolerance policy for discrimination based upon age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, and socioeconomic status. Moreover, USA Powerlifting does not permit any conduct that engages in sexual harassment, which is sexual solicitation, physical advances, or verbal or nonverbal conduct that is sexual in nature, that is either unwelcome, is offensive, or creates a hostile environment, and the offending party knows this or is told this and that is sufficiently severe or intense to be abusive to a reasonable person in the context.

Membership to USA Powerlifting is conditional upon abiding by and honoring this Code of Conduct and Principles. Violations of this Code subject the member to discipline pursuant to the USA Powerlifting By-Laws, Rules and Regulations and to the potential loss of membership in USA Powerlifting.

ARTICLE 2: PERSONAL EQUIPMENT

All items worn on the platform **MUST** be **CLEAN, UNTORN** and in a good state of repair or they will **NOT** pass the equipment check procedures. Support briefs or support underwear are **NOT** allowed. Obscenities or profanities are **NOT** allowed on any attire to be worn in the competitive area. Leotards are **NOT** permitted. Hats are **NOT** permitted on the platform. The lifter may wear professionally made headbands.

COSTUME

SUPPORTIVE

Only costumes officially registered and approved by the IPF Technical Committee shall be permitted for use in Powerlifting and Bench Press Competitions. Refer to the IPF website for a complete list of approved supportive costumes.

NON-SUPPORTIVE

Wrestling and weightlifting singlet suits are subject to the specifications itemized (c), (d) and (e). At local competitions, the suit does not require Technical Committee approval. For any contest that is a direct qualifier for international competition (with the exception of High School and Collegiate nationals) singlets from IPF approved manufacturers are required.

A lifting costume must be worn and shall be of a one-piece full length lifting suit of one-ply stretch material without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the Technical Committee, Jury, or in their absence 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.

The costume must be form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition. The lifting suit shall be subject to the following requirements:

- a) It may be of any color or colors
- b) The lifting suit may bear the badge, emblem, logo and/or inscription of the lifter's national or local level association, his/her USAPL registered club or sponsor, or his/her USAPL Regional / State logo. That which is offensive or liable to bring the sport into disrepute is not allowed. The lifter's name may be placed on the costume, or on any item of personal apparel.
- c) Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness. Only non-supportive singlet suits may have seams and hems exceeding 3 cm in width. The non-supportive singlet may also have a double thickness of the same material size 12 cm x 24 cm in the area of the crotch.
- d) Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness.

- e) It must have legs. The length of leg must be a minimum of 3 cm and maximum of 15 cm. Measurement is to be taken on a line from the top of the crotch down the inside of the leg. The leg of the suit needs not to be cut to form exactly a parallel around the leg. It may be cut higher on the outside of the leg. Non supportive costumes may have leg length to a maximum of 25 cm.
- f) Any alterations to the costume which exceed the established widths, lengths or thicknesses previously stated shall make the suit illegal for competition.
- g) Although alterations/pleats to form a tightening of the suits and supportive shirts do not make them illegal, these must be made on the original seams.
- h) Where a tightening has been made in the shoulder straps and the excess material is longer than 3cm's, this must then be turned inside the suit and not sewn back onto the straps. No more than 3 cm length may protrude outside the suit.
- i) In **High School-Only** meets, form fitting shorts and T-shirts may be worn as approved by the officials.

T SHIRT / SUPPORTIVE SHIRT

A T-Shirt or supportive shirt (the supportive shirt shall be of one-ply stretch material) of any color or colors must be worn under the lifting suit during the performance of the squat and bench press, but is optional for the men in the deadlift. A combination of the two is forbidden. Women must wear a T-Shirt or supportive shirt while competing on alllifts.

Supportive shirts as approved by the Technical Committee and noted in the list of approved equipment and clothing issued periodically by the committee may be worn for all lifts. Refer to the IPF website for a complete list of approved supportive shirts. All of the conditions as defined for the T-Shirt also apply to the supportive shirt. The supportive shirt cannot be so long as to cover the buttocks when tucked into the suit and therefore serve as extra support. In addition seams may only be placed in the positions indicated in the diagram.

The T Shirt is subject to the following conditions:

- a) It does not consist of any rubberized or similar stretch material.
- b) It does not have any pockets, buttons, zippers, collar or V-neck.
- c) It does not have reinforced seams.
- d) Is made of cotton or polyester or a mixture of cotton and polyester. Denim is not acceptable.
- e) It shall not have sleeves which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves of the T-Shirt up to the deltoid when competing in USAPL competition. T-Shirts must not be worn inside out. The "Support Shirt" as used in the squat and deadlift may be "sleeveless".
- f) Is plain, the official T-Shirt of the contest or bears the badge and/or inscription of the lifter's nation, national / regional federation or sponsor. Powerlifting federation references are limited to USA Powerlifting, NAPF or IPF. That which is offensive or likely to bring the sport into disrepute is not allowed.

BRIEFS

- a) A standard commercial “athletic supporter” or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester shall be worn under the lifting suit.
- b) Women may also wear a commercial or sports bra.
- c) Swimming trunks or any garment consisting of rubberized or similar stretch material except in the waistband, shall not be worn under the lifting costume.

SOCKS

- a) They may be of any color or colors and may have manufacturer’s logos.
- b) They shall not be of such length on the leg that they come into contact with the knee wraps or knee cap supporter.
- c) Full length leg stockings, tights or hose are strictly forbidden.
- d) Socks may be worn in the squat and bench press. Shin length socks must be worn to cover and protect the shins while performing the deadlift.
- e) Light protective guards between sock and shin may be worn.

BELT

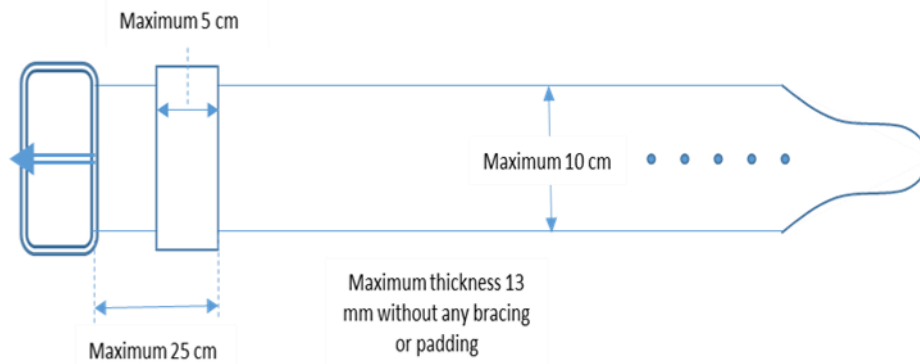
Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit. Materials and Construction of the belt are as follows:

- a) 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.
- b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- c) The buckle shall be attached at one end of the belt by means of studs and/or stitching.
- d) The belt may have a buckle with one or two prongs or “quick release” type (“quick release” referring to lever).
- e) A tongue loop shall be attached close to the buckle by means of studs and/or stitching.
- f) The name of the lifter, the lifter’s nation, state and club may appear on the outside of the belt.

DIMENSIONS:

1. Width of belt maximum 10 cm.
2. Thickness of belt maximum 13 mm along the main length.
3. Inside width of buckle maximum 11 cm.
4. Outside width of buckle maximum 13 cm.
5. Tongue loop maximum width 5 cm.
6. Distance between end of belt and far end of tongue loop maximum 25 cm.

Correct Points of Measurement:



SHOES OR BOOTS

Shoes or boots shall be worn.

- Shoes shall be taken to include only Sports Shoes /Sports Boots; W/L, P/L Boots or Deadlift Slippers. The above is referring to indoor sports, e.g. wrestling / basketball. Hiking boots and cleated shoes do not fall into this category.
- No part of the underside shall be higher than 5 cm.
- The underside must be uniform on both sides.
- Loose inner soles that are not part of the manufactured shoe shall be limited to one centimeter thickness.

WRAPS

Only wraps of one-ply commercially woven elastic that is covered with polyester, cotton or a combination of both materials or medical crepe are permitted.

SUPPORTIVE

Only wraps from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in powerlifting competitions. Refer to the IPF website for a complete list of approved wraps.

NON-SUPPORTIVE

Wraps made of medical crepe or bandage and sweatbands do not require Technical Committee approval.

- Two layers of medical tape may be worn on the thumbs. Medical tape or its like may not be worn anywhere else on the body without official permission of the Jury or Chief Referee. Medical tape may not be used as aids to the lifter in holding the bar.
- Contingent upon prior approval by the Jury, Official Doctor, Paramedic or Paramedical personnel on duty medical tape may be applied to bodily injuries in a fashion that would not grant the lifter an undue advantage.

- c) At all competitions where a jury may not be present and no medical personnel are on duty the Chief Referee shall have jurisdiction over the use of medical tape.

WRISTS

1. Wrists wraps shall not exceed 1 m. in length and 8 cm. in width. Any sleeves, and Velcro patches or tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.
2. Standard commercial sweat bands may be worn, not exceeding 12 cm in width. A combination of wrist wraps and sweat bands is not allowed.
3. A wrist covering shall not extend beyond 10 cm above and 2 cm below the center of the wrist joint and shall not exceed a covering width of 12 cm.

KNEES

1. Wraps not exceeding 2 m in length and 8 cm in width may be used. A knee wrap shall not extend beyond 15 cm above and 15 cm below the center of the knee joint and shall not exceed a total covering width of 30 cm. An elasticized knee cap supporter not exceeding 30 cm in length may be worn. Knee sleeves 30 cm in length are also legal and the medical/surgical sleeves are also an option. A combination of the two is strictly forbidden. Neoprene may be “synthetic” rubber but is only acceptable in the knee sleeve.
2. Wraps shall not be in contact with the socks or lifting suit.
3. Wraps shall not be used elsewhere on the body.

GENERAL

1. The use of oil, grease or other lubricants on the body, or personal equipment is strictly forbidden.
2. Baby powder, resin, talc or magnesium carbonates are the only substances that may be added to the body and attire. Not the wraps.
3. The use of any form of adhesive on the underside of footwear is strictly forbidden. This applies to any built in adhesive, e.g. glass paper, emery cloth, etc. and to include resin and magnesium carbonate. A spray of water is acceptable.
4. No foreign substances may be applied to the powerlifting equipment. 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.

RAW/UNEQUIPPED EQUIPMENT STANDARDS

Raw/Unequipped lifting is defined as using only the following gear and accessories as previously described above:

- a) non-supportive singlet and shirt
- b) briefs
- c) socks
- d) belt
- e) shoes
- f) commercial wrist wraps
- g) knee sleeves

RULE REGARDING EQUIPMENT INFRACTIONS OR REJECTIONS

1. Equipment which is rejected may be resubmitted within the specified inspection time after it has been altered to meet regulations.
2. The costume, with the exception of the belt, may **NOT** be adjusted on the lifting platform. The belt may be adjusted.
3. The lifter may be warned of minor attire infractions which could be cleared up before reaching the platform.
4. If after inspection, a lifter appears on the platform wearing or using any illegal items not marked at equipment check, the lifter will be immediately disqualified from the competition.

ARTICLE 3: USAPL BANNED SUBSTANCE RULE

The USAPL has a 3-year drug-free period prior to the competition of individual members. All USAPL members are subject to out-of-meet testing without prior notice. The sanction placed against the lifter who tests positive in the drug testing procedure is: 4 year suspension for anabolic steroids, diuretics and related compounds. A second offense draws a lifetime suspension. The suspension from lifting begins on the date the test is administered. USAPL doping policies are modeled after WADA guidelines, which will be applied also in cases for substances not covered above. Banned substances include, but are not limited to **Anabolic Steroids** and **Growth Hormones**. SPECIAL NOTE: **Prescription Diuretics** and **Psychomotor Stimulants** are not allowed and cannot be used for a 7 day period prior to the competition. A **Therapeutic Use Exemption (TUE)** should be applied for any and all prescription medications taken by an athlete. **Over-the-Counter (OTC)** medicines and supplements may violate doping regulations and result in a positive doping control test.

ARTICLE 4: RULES OF PERFORMANCE

ATTEMPTS

- a) Starting attempts for all three lifts must be declared by the lifter at the weigh-in. One change on the first attempt may occur up to 3 minutes prior to the starting time for each lift.
- b) No changes are permitted in the second and third attempts with the exception of the third attempt deadlift, which may be changed twice. During bench press only competitions the third

attempt may be changed twice, under the same conditions as the deadlift during 3 lift competitions.

- c) The lifter or coach has 1 minute between completing the last attempt and submitting to officials the weight for their next attempt. If the lift is not turned in within 1 minute, the next attempt will be raised 2.5kg or 5 lb but missed attempts will remain unchanged.
- d) Increases between each attempt must be a minimum of 2.5 kg or 5 lb. The exception is that if a lifter misses an attempt, that same weight may be repeated. An increase as small as 0.5 kg may be submitted to break an American Record at state, regional and national competitions.
- e) Three unsuccessful attempts in any lift will result in no total and eliminate the lifter from scoring, placing, setting records and best lifter awards. The lifter may, however, continue in the meet.
- f) Once the bar has been called loaded by the Chief Referee, the lifter has 1 minute to begin the lift (receiving the “Squat” or “Start” command, or initiating the pull on deadlift) or the attempt will be forfeited.

ORDER OF LIFTING

- a) USAPL competitions must use the rounds system.
- b) In the rounds system, the bar is loaded progressively for each attempt. The lifter requiring the lightest weight lifts first.
- c) When two or more lifters declare the same attempt, they lift in the order determined by Lot Numbers which were drawn assigned before weigh-in – the lifter with the lower lot number goes first.
- d) In the rounds system, all lifters in the first flight will complete their first attempt, then their 2nd attempt and then their 3rd attempt of the squat prior to the start of the squat event for the next flight. After all flights in the session complete the squat event, the first flight will return to begin the bench press, etc.
- e) (e) The squat is always done first, followed by the bench press and then by the deadlift.

TIME LIMITS

- a) When the announcement has been made that the bar is loaded/ready by the Chief Referee, the lifter has 1 minute to get the signal for that lift.
 - For the **SQUAT**, the referee’s signal is “Squat”
 - For the **BENCH PRESS**, the referee’s signal is “Start”
 - For the **DEADLIFT**, the lifter must make a determined effort to lift the bar from the platform. There is no referee’s signal to begin.
- b) If the lift does not begin within the time limit, the Chief Referee will give the audible command “Rack” or “Down” depending on the lift. The lift will be declared “No Lift” and the attempt is forfeited.
- c) If the lifter is in an apparent starting position, two or more referees may keep their hands raised, delaying the start, if they are not satisfied with the lifter’s starting position. After 5 seconds, if

the lifter is not making an attempt to adjust the starting position, the Chief Referee will give the signal to “Replace” the bar. The referees should tell the lifter what adjustment to the starting position is required. The lifter must replace the bar, but it is important to realize that the clock to receive the start signal is still running. The lifter must still receive the start command within the 1 minute time frame.

- d) The lifter must leave the platform within 30 seconds following their attempt. Failure to do so may result in disqualification of the attempt.

LOADING SPOTTING AND ANNOUNCING ERRORS

When errors are made which are not due to the fault of the lifter, that lifter may be given a repeat attempt at their called weight. This repeated attempt will be taken at the end of the round. If the error occurs with the last lifter of the flight, the lifter will be given a 3 minute rest before the repeated attempt, 2nd from the last in the flight will be given a 2 minute rest, 3rd from the last in the flight will be given a 1 minute rest. This rest time is compensatory time and is not part of the usual 1 minute that the lifter has to begin their attempt once the bar is announced ready/loaded by the Chief Referee.

MISCELLANEOUS RULES OF PERFORMANCE

- a) During the lift, coaches must remain outside the designated lifting area but within the coaches’ area, if one is so designated.
- b) Any lifter or coach, who by reason of misconduct upon or near the platform, which is deemed to discredit the sport, shall be officially warned. If the misconduct continues, the Jury (or referees in absence of a Jury), may disqualify the lifter or order the coach to leave the area or venue.
- c) All lifters must weigh-in within the 1½ hour period beginning 2 hours prior to the start of their session.

SQUAT

- a) The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar (a “thumbs around” grip is not required). The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
- b) After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotters/loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless and erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
- c) Upon receiving the Chief 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 descent

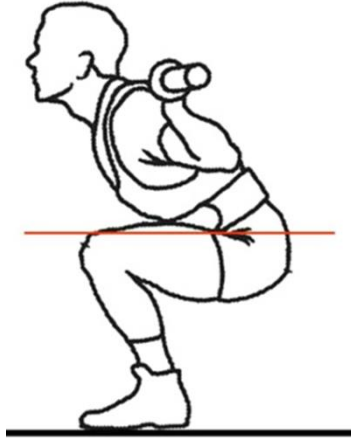
attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked.

- d) The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
- e) The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then return the bar to the racks. Foot movement after the rack signal will not be cause for failure. For reasons of safety the lifter may request the aid of the spotters/loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
- F) Not more than five and not less than two spotters/loaders shall be on the platform at any time. The Referees may decide to the number of spotters/loaders required on the platform at any time 2, 3, 4, or 5.

CAUSES FOR DISQUALIFICATION OF A SQUAT

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.
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, as in the diagram (see diagram on the following page).
6. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
7. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
8. Any dropping or dumping of the bar after completion of the lift.
9. Failure to comply with any items outlined under "Rules of Performance" for the squat.

THE DIAGRAM BELOW INDICATES THE REQUIRED DEPTH IN THE SQUAT:



BENCH PRESS

- a) The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
- b) The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a “thumbs around” grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. The hair of the athlete must not hide the back of the head when lying down on the bench (pony tail is preferred).
- c) To achieve firm footing the lifter may use flat surfaced plates, or blocks not exceeding 30cm in total height and a minimum dimension of 60cm x 40cm, to build up the surface of the platform. Blocks in the range of 5cm, 10cm, 20cm, and 30cm should be made available for foot placement at all international competitions.
- d) Not more than five and not less than two spotters/loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arms length.
- e) The spacing of the hands shall not exceed 81cm measured between the forefingers (both forefingers must be within the 81cm marks and the whole of the forefingers must be in contact with the 81cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.
- f) After removing the bar from the racks, with or without the help of the spotters/loaders, the lifter shall wait with [elbows locked into the starting position] for the Chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of

safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

- g) The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start”.
- h) After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless on the chest, after which the Chief referee will signal the audible command “Press” accompanied by an upward movement of the arm. The lifter must then return the bar to straight arms length elbows locked. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm. If the bar is lowered to the belt or does not touch the chest or abdominal area, the Chief Referee’s command is “Rack.”

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

1. Failure to observe the Chief Referee’s signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper (i.e., any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar).
3. Heaving or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.
4. Any downward movement of the whole of the bar in the course of being pressed out.
5. Bar is not lowered to the chest (i.e., not reaching the chest or abdominal area, or the bar is touching the belt).
6. Failure to press the bar to [arms length with elbows locked into the finished position] at the completion of the lift.
7. Contact with the bar or the lifter by the spotters/loaders between the Chief Referee’s signals in order to make the lift easier.
8. Any contact of the lifter’s feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the “Rules of Performance”.

RULES FOR THE DISABLED COMPETING IN USAPL SINGLE LIFT BENCH PRESS COMPETITIONS

Bench press competitions shall be organized without a special division for disabled lifters e.g. blind, sight impaired, mobility impaired. They may be assisted to, and from, the bench. Assisted to mean “with the help of the coach and/or with use of crutches, sticks / canes or wheelchair”. The rules of

competition apply equally to that of the able bodied. For lifters who have an amputated lower limb, a prosthetic device shall be considered the same as the natural limb. The lifter shall be weighed in without the device, with compensatory weight added according to the established fraction chart. For lifters with dysfunctional lower limbs that require leg braces or similar devices for walking, the device shall be considered as part of the natural limb and the lifter shall be weighed in wearing the device.

DEADLIFT

- a) The lifter shall face the front of the platform with the bar laid horizontally in front of the lifters feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
- b) On completion of the lift the knees shall be locked in a straight position and the shoulders back.
- c) The Chief 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 apparent finished position.
- d) Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

CAUSES FOR DISQUALIFICATION OF A DEADLIFT

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward or moving the feet laterally. Rocking of the feet between ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands (i.e., releasing the bar from the palms of the hand).
8. Failure to comply with any of the items outlined under "Rules of Performance".

The diagram below shows a description of supporting the bar on the thighs :



BODYWEIGHT CATEGORIES

Weight classes effective as of 1/1/2015 (all meets except High School only and High School Nationals)

Men	lb.	Range (kg)	Women	lb.	Range (kg.)
53.0	116.75	up to 53.0	43.0	94.75	up to 43.0
59.0	130.00	53.01 – 59.0	47.0	103.50	43.01 – 47.0
66.0	145.50	59.01 -66.0	52.0	114.50	47.01 – 52.0
74.0	163.00	66.01 – 74.0	57.0	125.50	52.01 – 57.0
83.0	182.75	74.01 – 83.0	63.0	138.75	57.01 – 63.0
93.0	205.00	83.01 – 93.0	72.0	158.50	63.01 – 72.0
105.0	231.25	93.01 – 105.0	84.0	185.00	72.01 – 84.0
120.0	264.50	105.01 – 120.0	84+	185.00+	84.01 and above
120+	264.50+	120.01 and above			

Men's 53.0 kg and Women's 43.0 kg weight classes are only contested for Teen and Junior athletes.

High School Competitions ONLY:

Men	lb.	Range (lb.)	Women	lb.	Range (lb.)
52.0	114.50	up to 114.50	44.0	97.00	up to 97.00
56.0	123.50	114.51 - 123.50	48.0	105.75	97.01 – 105.75
60.0	132.25	123.51 -132.25	52.0	114.50	105.76 – 114.50
67.5	148.75	132.26 – 148.75	56.0	123.50	114.51 – 123.50
75.0	165.25	148.76 – 165.25	60.0	132.25	123.51 – 132.25
82.5	181.75	165.26 – 181.75	67.5	148.75	132.26 – 148.75
90.0	198.25	181.76 – 198.25	75.0	165.25	148.76 – 165.25
100.0	220.25	198.26 – 220.25	82.5	181.75	165.26 – 181.75
110.0	242.5	220.26 – 242.50	90.0	198.25	181.76 – 198.25
125.0	275.50	242.51 – 275.50	90.0+	198.25+	198.25 and above
125.0+	275.50+	275.50 and above			

Men's 52.0 kg and Women's 44.0 kg weight classes are only contested for High School competitions.

See the USA Powerlifting rule book for Youth weight classes.

NATIONAL CONTEST QUALIFYING TOTALS

National Qualifying Totals can be found on the USAPL Website under: ATHLETES>LIFTERS CORNER> [qualifying-totals](#)

National Meet Qualification Total must be in a USAPL-sanctioned meet on or after Jan. 1 of the year before the year in which the National meet is being held.

AGE CATEGORIES

Open, Teen (W), Teen I (14-15), Teen II (15-16), Teen III (17-19), Sub-Junior (14-19), Junior (20-23), Master (40+ in 5 year increments: Men M1a, M1b, M2a, M2b, M3a, M3b, M4a, M4b, M4c, M4d / Women M1a, M1b, M2a, M2b, M3a, M3b, M3c, M3d.

Youth 1 (8-9), Youth 2 (10-11), Youth 3 (12-13)

COMPETITION CATEGORIES

Equipped - Collegiate, Military, Police & Fire, Special Olympics, High School JV, High School Varsity

Raw - Collegiate, Military, Police & Fire, Special Olympics, High School JV, High School Varsity, Youth

NATIONAL MEETS

- Men's/Women's Open Nationals (Teen / Junior / Open/Masters)
- High School
- Collegiate
- American Open
- Police & Fire
- Military, Bench
- Push / Pull
- Raw