

SOUTHERN POWERLIFTING FEDERATION



SPF OFFICIAL RULE BOOK

Effective 2024

Please note:

The rule book has been reformatted and reworded for better clarification. Changes in the rule book are noted in **RED** for quick identification.

This is a living document that will be updated as needed to ensure the integrity of the SPF.

SOUTHERN POWERLIFTING FEDERATION

General Rules

1. Meet directors may not compete in meets that they are Directing or Co-Directing. No exceptions to this rule. Also, the SPF does not allow Guest Lifting. Both cause the federation trouble and are not permitted.
2. The SPF/WBPLA recognizes the following lifts as part of a powerlifting event (IE: Powerlifting Meet or Meet), which must be performed in the designated sequence in all meets, conducted under the SPF/WBPLA rules.

- Squat
- Bench Press
- Deadlift

The sum of the most successful attempt of each lift will result in a total.

Total = Squat + Bench Press + Deadlift

3. Depending on the meet, lifters may also compete in a combination of these lifts, such as: Bench Press Only, Deadlift Only, or Push/Pull (Bench Press + Deadlift). However, a total will only be determined if a lifter participates in Full Power that includes all three lifts (Squat, Bench Press, and Deadlift)
 - If a lifter fails on all 3 squat attempts and wants to continue the meet, they may pay a crossover fee to then compete in Bench Press Only, Deadlift Only, or Push/Pull at the discretion of the meet director.
4. Lifters are allowed 3 attempts for each individual lift.
 - The lifters 1st attempts will be recorded at the time of weigh-in.
 - Lifters may change their 1st attempt at any time, until the beginning of their respective lifting flight.
 - No changes are allowed once the 1st attempted weight in any lift once a lifter's respective flight has begun.
 - Once a lifter has completed their attempt on the platform, they have 1-minute to provide the table staff with their weight for the next attempt.

- After an attempt is given and 1-minute has expired, lifters may not change their elected attempts.
 - If the lifter does not provide a weight for their next attempt within the 1-minute allotted time they will be passed over and their next attempt is scratched.
5. A lifter may elect to change their elected 3rd Deadlift attempt after the 1-minute allotted time to declare an attempt, but prior to the attempt being called on the platform if increasing the weight would lead to a higher total than other competitors in that flight.
6. Lifters may register for competition in multiple events within the same meet, Cross Over Registration, as long as the following criteria are met:
- Registration for multiple events is not allowed once the meet has begun.
 - The exception is if the lifter was registered for Full Power and failed their Squat attempts. The lifter may pay the crossover fee and finish competing.
 - The registration must be completed before the beginning of the first flight of Bench Press begins.
 - This will be at the discretion of the meet director and type of meet being held.
 - The lifter must pay all individual event fees and any additional fees, as required prior to the beginning of the meet.
 - The lifter must successfully complete the meet, (successfully complete an attempt in each individual lift at the meet), in order to receive credit for each additional event entered.
7. All competitions under SPF/WBPLA rules will be conducted in pounds or kilograms at the discretion of the meet director.
8. The SPF/WBPLA is composed of 2 divisions of lifters based upon the powerlifting equipment chosen to be used by the lifter.
- Amateur, which is further subdivided upon the lifting equipment used.
 - Raw
 - Raw with wraps
 - Professional: There are no restrictions on the number of layers of material for the supportive equipment used.
- RAW: Lifters may only use supportive equipment that consists of a belt, wrist, and knee wraps. Knee sleeves or patellar support wraps are allowed in place of knee wraps.
 - Squat suits, briefs, bench shirts, deadlift suits, or any other supportive equipment are NOT allowed.
 - Raw, no wraps, means belt only.

- SINGLE-PLY: Lifters may wear supportive equipment consisting of 1 layer of cotton/denim or polyester material in addition to the equipment used in the RAW division.
 - This includes squat suits, briefs, bench shirts, and deadlift suits.
 - All equipment must be one layer construction.
- MULTI-PLY: Lifters may wear supportive equipment consisting of no more than 3 layers of cotton/denim, polyester, canvas material, or a combination of these materials, in addition to the equipment used in the RAW division.
 - This includes squat suits, briefs, bench shirts, and dead lift suits.
 - No more than 3 layers are allowed per individual piece of equipment.
- Unlimited: Lifters may wear supportive equipment consisting of an unlimited amount of layers of cotton/denim, polyester, canvas material or a combination of these materials. Band shirts will be in this category as well.

Meets with Cash Payout/Monetary Awards

- Cash awards may be granted to lifters competing in certain Professional Division meets.
- The cash amount and specifics of award payout(s) are to be determined by the Meet Director and announced prior to the beginning of the meet.

The SPF/WBPLA, through its members recognizes the following Championships:

- Men's Open Championships
- Women's Open Championships
- Men's Masters Championships
- Women's Masters Championships
- Men's Junior (under 23 years of age) Championships
- Women's Junior (under 23 years of age) Championships
- Men's Teenage Championships
- Women's Teenage Championships
- Men's Sub Master Championships
- Women's Sub Master Championships
- Grand Masters (50 years and older)
- Men's Police and Fire Department Championships
- Women's Police and Fire Department Championships

The SPF/WBPLA recognizes and registers records (in pounds) for the Squat, Bench Press, and Deadlift in the age and bodyweight categories as follows:

Age Categories (Men and Women)

Pre-Teens 12 and under

Teenage from 13 years to and including 15 years of age

Teenage from 16 years to and including 17 years of age

Teenage from 18 years to and including 19 years of age

Junior from 20 years to and including 23 years of age

Open from 24 years of and including 32 years of age

Sub Master from 33 years to and including 39 years of age

Master from 40 years to and including 44 years of age (Master I)

Master from 45 years to and including 49 years of age (Master II)

Master from 50 years to and including 54 years of age (Master III)

Master from 55 years to and including 59 years of age (Master IV)

Master from 60 years to and including 64 years of age (Master V)

Master from 65 years to and including 69 years of age (Master VI)

Master from 70 years to and including 74 years of age (Master VII)

Master from 75 years to and including 79 years of age (Master VIII)

Grand Master from 80 years of age and up

Bodyweight Classes

*A lifter must lift in the age and weight group in which he or she is currently in until they reach the stated upper limit of that category.

*These weight class limits are to be followed precisely with no allowed variance for any reason. If someone misses the weight of one weight class, they must move to the next, higher weight class.

Men	Women
44 kg --- 97.0 pounds	44 kg --- 97.0 pounds
48 kg ---105.75 pounds	48 kg ---105.75 pounds
52 kg --- 114.5 pounds	52 kg --- 114.5 pounds
56 kg --- 123.25 pounds	56 kg --- 123.25 pounds
60 kg --- 132.25 pounds	60 kg --- 132.25 pounds
67.5 kg --- 148.75 pounds	67.5 kg --- 148.75 pounds

75 kg --- 165.25 pounds	75 kg --- 165.25 pounds
82.5 kg --- 181.75 pounds	82.5 kg --- 181.75 pounds
90 kg --- 198.25 pounds	90 kg --- 198.25 pounds
100 kg --- 220.25 pounds	100 kg --- 220.25 pounds
110 kg --- 242.5 pounds	110 kg --- 242.5 pounds
118 kg --- 259.5 pounds	118 kg --- 259.5 pounds
125 kg --- 275.5 pounds	125 kg --- 275.5 pounds
140 kg --- 308.5 pounds	140 kg --- 308.5 pounds

Early Weigh-In and Day of the Meet Weigh-In

- It is at the discretion of the Meet Director if there will be a 24-hour weigh-in. This will be announced with other pertinent information related to the meet a week prior to the meet.
- **Optional early weigh-in: If allowed, weigh-in may also be done 12 hours immediately prior to the meet or not until the day of the meet, depending on the decision of the meet director.**
- Early weigh-in cannot be done MORE than 24-hours prior to the start of the meet.
- Day of the meet, weigh-ins end 1 hour prior to the beginning of the meet.
- **Females will be weighed-in by another SPF official female, if available, or provided privacy if they have to get undressed (i.e. being behind a wall, or curtain to maintain privacy)**
- For any meet sanctioned or affiliated with the SPF/WBPLA, all competitors must have a SPF/WBPLA membership card that is current before they will be allowed to compete.
- If a lifter does not have proof of membership, they will be allowed to purchase a membership at the time of weigh-in.
- All proof of membership along with picture ID must be presented at the time of weigh-in.

Teams and Team Scoring

A team is defined as a minimum of five (5) but no more than eleven (11) lifters competing as a group at an individual powerlifting meet.

Point scoring in SPF/WBPLA for teams is based on the placing of individual lifters in their respective division/weight class.

Point scoring is tallied as follows:

- a) 3 points for all 1st place
- b) 2 points for all 2nd place
- c) 1 point for all 3rd place

***The SPF Official in Charge can use another point system, as long as it is explained to the lifters prior to the start of the meet.

No more than 2 people from the same team may be eligible for point scoring in a particular weight body weight category.

In the event of a tie in the points of teams, the team having the largest number of first places within the 11-point scoring competitors will be ranked first.

In the case of a tie between teams having the same number of first places, the one having the most second places will be ranked first, and so on.

At competitions where “**Best Lifter Awards**” are presented, placing will be established from the **Schwartz/Malone Formula**. Only winners will be eligible towards the “**Best Lifter**” designation.

At any SPF/WBPLA meet, excessive “psyching up” techniques (ie: loud swearing, head butting, screaming, etc) may be limited at the Judge’s and Meet Official’s discretion.

General Tournament Rules

1. Lifters are allowed three attempts per individual event.
2. Only the Lifter, Spotters/Loaders, and Judges are allowed on the platform during the execution of the lift. No more than 5 spotters/loaders are permitted on the platform at any given time.
3. After an attempt, a lifter may choose to attempt the same weight, attempt a heavier weight, or pass on their next attempt. A lifter may never request a lighter weight than that of their first attempt.
4. Token lifts are permitted.
5. Lifting order is broken into flights. Flights begin with the lightest attempts and end with the heaviest. The final lifting order is up to the discretion of the meet director.
6. A majority decision by three judges determines if the lift is “GOOD” or “BAD/NO LIFT”.
7. It is encouraged that lifters inquire as to why an attempt was deemed “BAD/NO LIFT”.
8. It is forbidden for a lifter or individuals accompanying a lifter to argue with or insult a judge.
9. The heaviest successful attempt will count toward the meet total.
10. If a competitor cannot fully extend their arm or has any other disability that may affect their performance, they **MUST** notify the judges **BEFORE THE BEGINNING OF THE MEET**, so that a ruling over the disability can be made.
11. A fourth attempt may be allowed to break National Records, but successful fourth attempts will not count toward the meet results or placing. A successful 3rd attempt must be completed in order for a lifter to make a 4th attempt.
12. World Record attempts must be by a weight increase of at least 2.5kg or 5lbs of the current World Record. Weight dependent upon the plates in use at the meet.
13. If two lifters in the same class tie, the lighter lifter automatically wins the higher placing.
14. Every effort must be made by spotters not to block the view of the judges. If a coach or personal spotter blocks the view of a judge, the judge must rule the lift as “BAD/NO LIFT” attempt because they were unable to see the lift. If there is any doubt to positioning, the judges should be questioned prior to beginning of the lift.
15. Baggy clothes are not permitted at any SPF meet. This includes oversized singlets used to obscure a lifter raising their posterior during bench press attempts.
16. All lifters must wear appropriate lifting attire (IE: squat or deadlift suit) or a singlet during all events. Lifters will not be allowed to compete without appropriate attire.

17. The meet director, vice president, or president of the SPF can overturn the judge's majority decision of a "BAD/NO LIFT" attempt if they feel the call was blown and goes against the rules and ideals of the SPF.
18. The meet director does have the right to turn down a lift that the judges have ruled "GOOD" if the meet director, vice president, or president believes that an attempt credited as "GOOD" goes against the rules and ideals of the federation. For example, a lifter displays unnecessary abuse of equipment, insults the judges, staff, or audience, or puts other participants at unnecessary risk. Also the vice president and president of the SPF reserves the right in rare occasions, such as World Record attempts and/or All Time Record attempts, to use all tools at their disposal to decide if a lift is to be overturned; even if the meet is over, regardless of time passed by, if they feel it goes against the rules and ideals of the federation. The vice president and president will have to agree on the decision before this rule can be applied, and it will be known in the SPF as the Good Faith Act. The rule will not be used for any other reason or time and is solely up to the vice president and president as to when it will be used. At this time, the two of them can use whatever tools they have or desire to make their decisions and do not have to disclose what tools they did or did not use to make their decisions.
19. The meet director or a majority vote between the judges may eject a lifter and anyone associated with that lifter from a meet or deny attempts based on the individuals' actions or statements.
20. The use of profanity or alcohol at a SPF/WBPLA event is grounds for immediate ejection and removal from the meet site.
21. All scales used for weighing-in contestants and/or weights for any SPF meet must be professional grade digital or balance beam scales. Specific brands or designs of scales used must be approved by the SPF officials prior to use. All scales should be calibrated and certified prior to use in any SPF competition.
22. All weight plates to be used in any SPF competition are to have weights verified on official competition scales.
23. The weight classes stated within the rule book are to be strictly enforced. At no time will variance in weight class be allowed.
24. Lifters must abide by restrictions of equipment based on their individual competition division, Amateur or Professional. Only one Bench Shirt or Squat/Deadlift Suit can be worn at a time in both the amateur and professional level of competition.
25. Equipment may be checked by the judges before a lift, after a lift, or at any time during the competition. If a lifter's equipment does not comply with the SPF/WBPLA rules, the lifter will not be allowed to compete until equipment complying with the rules is worn. If a lifter is found to be wearing equipment that does not comply with SPF/WBPLA rules during a meet, the judges can declare any successful lift a "BAD/NO LIFT" due to equipment violations and potential disqualification from the meet.
26. Lifters are expected to respect each other, and the equipment used. In other words, do not harm or destroy anything that is not your property. Lifters or individuals associated with lifters found to have intentionally damaged equipment, including the venue, will be held responsible and accountable for any damage. This includes monetary reimbursement to the owners for any and all damages they may have caused.

27. The meet director has the right to deny any applicant to lift in any SPF/WBPLA meet they are hosting if they have any reason to believe the applicant poses a risk to themselves or any individual around them.
28. The meet director has the right to deny entry into the place of venue where the SPF/WBPLA meet is being held to any person, including member of the SPF/WBPLA or spectator, if there is concern that the individual(s) will cause unnecessary disruption to the meet or for any reason that meet director sees fit based upon the situation at hand.
29. The meet director may request any lifter or individual(s) accompanying a lifter, including handlers, coaches, photographers, personal spotters, or members of the audience to leave at any time.
30. All lifters in Amateur events are required to wear some type of appropriate shin covering, such as socks, shin guards, etc., for deadlift. This rule will take effect 01/01/2011. This rule does not apply to any Pro Events, however Professional Lifters do have the option of wearing shin protection if desired.
31. **Token Lifts: Token lifts are reserved for opening lifts only. The table must be notified of the token lift before the start of the flight. Token lifts are used in circumstances of injuries, with the lifter changing openers to a lighter weight to finish the meet. After a token lift the lifter cannot move up in weight and next attempts are scratched.**
32. It is up to the discretion of the meet director and judges if the “One Minute Rule” will be enforced at individual meets. If this rule is enforced, lifters will be informed at the rules briefing prior to the beginning of the meet.

Enforcement of this rule shall consist of lifters having ONE MINUTE from the time the bar is loaded for a given lift, signaled by the head judge stating “BAR READY” or “BAR IS LOADED”, to take position on the platform and begin their attempt.

Time can be called by the announcer at 30, 15, and 5 seconds to allow the lifters to know how much time is remaining from the allotted one minute.

If possible, based on the meet venue, a visual countdown timer will be used so that the lifter can see the time remaining.

If the lifter has not taken position on the platform and began their attempt within the one minute time allotted, the head judge will signal “TIME HAS EXPIRED” when 0 seconds remain and the lift will be recorded as “NO LIFT”.

Once the next attempt is given to score keepers it cannot be changed by anyone. Only 3rd deadlift can be changed once, refer to General Rule #5.

Personal Attire

Lifting Costume and Personal Equipment

A. Lifting (Squat and Deadlift) Suit and Singlet

- a. The lifting suit must be an individual article of fabric. Lifters may only wear one suit at a time. Multiple suits worn at the same time are not allowed.
- b. The construction must be as a singular component, with the number of layers allowed determined by the division the lifter is competing in.

- RAW: a single layer of cotton or Lycra cloth fabric designed to not assist the lifter in any way and of a design commonly recognized as that of a “wrestling” or weightlifting singlet may be worn.
 - Single Ply: a suit composed of a single layer of cotton/denim or polyester material may be worn.
 - Multi-Ply: a suit composed of up to 3 layers of canvas, cotton/denim, or polyester material may be worn.
 - **Unlimited: a suit composed of more than 3 layers of canvas, cotton/denim, or polyester material may be worn.**
- c. The straps must always be worn over the shoulders while lifting in a competition.
 - d. The suit may be of any color or composed of multiple colors.
 - e. The length of the leg must not extend beyond mid-thigh (midpoint between crotch and top of kneecap).
 - f. Competitors, male or female, may not wear leotards with sleeves or high cut leg lines.

B. Bench Press Shirt

- a. The Bench Press Shirt must be an individual article of fabric. Lifters may only wear one Bench Press Shirt at a time. Multiple Bench Press Shirts worn at the same time are not allowed.
- b. The construction must be as a singular component with the number of layers allowed, determined by the division the lifter is competing in.
- c. Bench Press Shirts with an open or partially open back are allowed in all divisions, which allow a bench press shirt to be used.
 - RAW: bench press shirts are not allowed.
 - Single Ply: a bench press shirt composed of a single (1) layer of cotton/denim or polyester material may be worn.
 - Multi-Ply: a bench press shirt composed of up to (3) layers of canvas, cotton/denim, or polyester material may be worn, inserts are not allowed.
 - **Unlimited: a bench press shirt or band shirt composed of more than 3 layers of canvas, cotton/denim, or polyester material may be worn, inserts are not allowed.**
- d. The sleeve must not extend beyond the point of the elbow at any point during the execution of the lift.
- e. A “scooped” collar is allowed in all divisions that allow a Bench Press Shirt.

C. Undershirt

- a. One undershirt (of a design consistent with what is commonly called a T-shirt) with sleeves, must be worn under the lifting suit during the squat.
- b. It must be an individual article of cloth fabric that must be a singular component. The shirt’s construction must be of a singular component.

- c. The thickness or shape of the undershirt shall not be designed to increase, enlarge, or enhance the lifter's natural musculature or shape.
- d. Sleeves must be short and remain above the elbow when worn. Sleeveless undershirts are not allowed.
- e. It may be of any color or colors but shall not portray indecency or be offensive to the spirit of the competition.
- f. An undershirt must be worn when competing in bench press if the lifter is **NOT** wearing a Bench Press Shirt.
- g. An undershirt may be worn under an open backed Bench Press Shirt for personal hygiene.

D. Briefs

- a. Lifting briefs of any design may be worn in all equipped divisions, provided that the length of the legs does not exceed mid-thigh, and that the waist does not extend beyond approximately mid torso.
- b. Briefs of any design with shoulder straps are not allowed. Briefs with shoulder straps of any design will be considered a "suit".
- c. Multiple pairs of briefs worn at the same time are not allowed. The lifter may only wear a single pair of briefs at any given time.
- d. The briefs must be an individual article of clot fabric consisting of the same type of material throughout.
- e. The construction must be that of a singular component, with the number of layers allowed determined by the specific division the lifter is competing in.
 - Amateur RAW: briefs are not allowed.
 - Amateur Single Ply: only briefs made from a single (1) layer of cotton/denim or polyester material is allowed.
 - Amateur Multi-Ply: briefs composed of up to three (3) layers of cotton/denim or polyester material may be worn.
 - Professional: there are no limitations on the number of layers of cotton/denim, polyester, or canvas material used.
- f. Athletic supporters are permitted under briefs.

E. Footwear

- a. Socks and shoes of some form must be worn when performing all lifts. Only one pair of socks and one pair of shoes may be worn at any given time.

Deadlift: socks must come over the calves, tube socks also called deadlift socks or shin guards can be worn to protect the legs from the bar and to keep blood from the bar.
- b. Socks may not extend over the knee nor be positioned on the legs so as to touch any knee wrap or kneecap supporter (knee sleeve).
- c. Shoes must be of solid construction without holes or significant rips that may affect the lifter's footing.
- d. Shoes with metal cleats or spikes are not permitted.

- e. The use of special designed slip-on shoes for deadlift, deadlift slippers, is permitted in all divisions.
- f. The use of specially designed shoes with a raised heel for the squat, squat shoes, is permitted in all divisions.

F. Special Considerations

- a. Women may wear additional protective briefs or panties, including the use of feminine hygiene products.
- b. Women may wear a brassiere provided it contains no special support that may aid in the performance of a lift.
- c. Tape or plastic shin guards may be utilized to prevent bleeding during the deadlift. If used, these must not extend to a point higher than the lower border of the patella and may not extend lower than the upper border of the ankle joint.
- d. An SPF/WBPLA lifter may request special privileges for attire provided there is a legitimate reason as to why the lifter needs to wear the attire.
 - This must be discussed with all 3 judges before the meet starts.
 - The request will need to be made at each event to ensure that the judges are aware.
 - Such a special privilege attire cannot benefit in the lift in any way and cannot obstruct the judge's view in any way, or the lift will automatically be refused.
 - Examples of special privilege attire include ankle supports or prosthetic devices.

G. Belt

- a. A competitor may wear a lifting belt in all divisions if desired.
- b. If a lifting belt is worn, it shall be worn on the outside of the lifting suit.
- c. The lifter's name, the name of the lifter's nation, state, or club may appear on the outside of the belt.
 - Writing that can be interpreted as profane or obscene in any way is not allowed on a lifter's belt.
- d. Athletic supporters are permitted under briefs.
- e. Acceptable Materials and Construction:
 - The main body of the belt shall be made of either leather, or in the case of specialized bench press and deadlift belts, be made of cloth or nylon.
 - Cloth belts cannot have any metal materials in the belt except those as noted below.
 - Leather belts shall be composed of one or more laminations which may be glued and/or stitched together.
 - The belt shall not have any additional padding, bracing, or support of any material either on the surface or concealed within the laminations of the belt.
 - A metal buckle, studs, and stitching are the only metal components permitted on a belt. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
 - The belt shall not have any inflatable components in any form.
 - A leather, cloth, vinyl, or nylon tongue loop shall be attached close to the buckle by means of metal studs and/or stitching.

- f. Dimensions:
- Width of the belt may not exceed 4in (10.2cm)
 - Thickness of the belt should be a maximum of 0.5in (13mm) along the main length.

H. Plasters

- a. Two layers of plasters, band aids, or tape may be worn on the thumbs, but nowhere else on the body without official permission of the referees or appointed SPF/WBPLA meet officials.
- b. No plasters, band aids, or tape may be utilized as a strap to help the lifters hold the bar.
- c. With permission and supervision of the referees, the appointed SPF Meet Officials, the official meet doctor, or other assigned medical personnel, the lifter may apply spot plasters, bandages, tape, or band aids to muscle injuries on the body.
 - Strip plasters, tape, or band aids may be applied to injuries on the inside of the hand, but in no circumstances must these applications extend across the entire back of the hand without due medical cause and permission from Meet Officials.

I. Wraps

- a. Wraps shall be composed of an elastic weave primarily of polyester, cotton, or medical crepe.
- b. Wraps may be used as follows:

Wrists

- Wraps not exceeding 36 inches (1 meter) in length and 3.2 inches (8 centimeters) in width may be worn.
- Alternatively, elasticized wrist bands not exceeding 4 inches (10 centimeters) in width may be worn.
- A combination of the wrist wrap and elasticized wrist band is not permitted.
- If wrist bands are of the wrap-around style, they may have a thumb loop and Velcro patch for securing them.
- A wrist wrap shall not exceed beyond 3.9 inches (10 centimeters) above the wrist towards the elbow and 1 inch (2.5 centimeters) below the center of the wrist joint towards the palm. Wrist wraps may not exceed a total length of 6 inches (15 centimeters) along the wrist and forearm.

Knees

- Wraps not exceeding 118.11 inches (3 meters) in length and 3.2 inches (8 centimeters) in width may be worn.
- A knee wrap shall not extend beyond 6 inches (15 centimeters) above and 6 inches (15 centimeters) below the center of the knee joint. Knee wraps may not exceed a total of 12 inches (30 centimeters) in both directions above and below the knee.
- Knee sleeves (elasticized knee supports) not exceeding 8 inches (20 centimeters) in length may be worn.
- A combination of a knee wrap and a knee sleeve is not permitted.
- Knee wraps shall not touch the socks or the lifting suit.

Elbows

- Wraps may only be worn during the Squat and Deadlift.
- Elbow wraps are not allowed during the Bench Press.
- The wraps may cover the general elbow area but cannot extend to the wrist or to the shoulder.
- The wraps may be composed of an elastic weave primarily of polyester, cotton, or medical crepe or they may be supportive sleeves of rubberized material.
- The wrap must be composed of a single unit that is no longer than 3 feet (91.4 centimeters) in length.

J. Other General Attire Information

- a. A singlet (wrestling suit) must be worn in all 3 events if the lifter is not wearing a Squat Suit or a Deadlift Suit. This includes lifters lifting in a Bench Only competition.
 - Blue jeans, baggy pants, hoodies, or shorts are not allowed.
- b. The use of oil, grease, or other lubricants and liquids on the body, costume, or personal equipment to aid in the execution of a lift is not permitted.
 - This does not include the advanced therapeutic use of liniments, rubs, or water.
 - However, such items must not be evident during platform attempts.
- c. Only powder may be applied to the body, costume, or personal equipment. Powder includes chalk, talc, and magnesium carbonate.
- d. Spray adhesives may be used to secure attire, but may only be used on the lifter, not on any platform equipment.
- e. Spray adhesives may NOT be applied to the lifter's hands or shoes. The discovery of the use of spray adhesives on the hands will result in automatic ejection from the meet.
- f. Nothing may be purposely applied to the platform, bench, weights, or bars.
- g. All articles of the lifter's costume and personal equipment shall be clean, generally neat, and presentable. At the discretion of the judges or other meet officials, a lifter will not continue in the competition if this provision is not met.

Equipment and Specification

Platform

- All lifts shall be carried out on a platform not less than 6 ft long x 8 ft wide (1.82 meters x 2.44 meters) and secure enough to ensure the safety of the lifter, spotters, and loaders.
- The surface of the platform must be firm, non-slip, and level with no discernible seams in the vicinity of the general lifting area.
- Rubber mats or similar sheeting materials are permitted.
- No one is allowed on the platform during the lift except the lifter, the designated spotters for each lift, a handoff person for the bench press, the three judges on duty, and other meet officials as designated if the need arises.

- Any cleaning, mopping, brushing, or adjusting of the platform, or equipment will be handled solely by the meet personnel, including the judges, meet officials, designated spotters, or loaders.

Bars and Discs

- For all powerlifting competitions under the rules of the SPF/WBPLA, only “Olympic” 2-inch (50.8 mm) diameter hold disc barbells are permitted.
- Only bars and discs that meet all specifications may be used for all lifts throughout the entire competition.
- The use of bars or discs that do not conform to the SPF specifications will invalidate any records that may have been accomplished.
- Different bars suited to particular lifts may be utilized providing that they conform to the SPF/WBPLA specifications.
- Bar specifications are as follows:
 - The bar shall be straight, well knurled, and grooved.
 - Conform to the following dimensions:
 - **Specialized Squat Bar**
 - Total length shall not exceed 102.5 inches (2.60 meters)
 - The length between the inside collar is not to exceed 4.76 feet (1.45 meters) or be less than 4.73 feet (1.44 meters)
 - The diameter of the bar is not to exceed 1.38 inches (35 millimeters)
 - The weight of the bar and collars should not exceed 75.1 pounds (34.1 kilograms)
 - The diameter of the sleeve is to be between 1.95 inches (49.5 millimeters) and 2.05 inches (52 millimeters)
 - **Bench Press Bar**
 - Total length shall not exceed 87 inches (2.2 meters)
 - The distance between the inside collar is not exceed 4.33 feet (1.32 meters) or be less than 4.30 feet (1.31 meters)
 - The diameter of the bar is not to exceed 1.41 inches (35.8 millimeters)
 - The weight of the bar and collars should not exceed 65.1 pounds (29.6 kilograms)
 - The diameter of the sleeve is to be between 1.95 inches (49.5 millimeters) and 2.05 inches (52 millimeters)
 - The bar used for the bench press shall have a machined circumferential marking or the bar shall be taped so as to measure 31.88 inches (81 centimeters) between machining or tape across the center point of the bar so that there is an equal distance of 15.9 inches (40.5 centimeters) on either side of the center point of the bar.

- **Specialized Deadlift Bar**
 - The total length shall not exceed 90.5 inches (2.3 meters)
 - The distance between the inside collar is not to exceed 4.71 feet (1.44 meters) or be less than 4.69 feet (1.43 meters)
 - The diameter of the bar is not to exceed 1.06 inches (27 millimeters)
 - The weight of the bar and collars should not exceed 55.1 pounds (25 kilograms)
 - The diameter of the sleeve is to be between 1.95 inches (49.5 millimeters) and 2.05 inches (52 millimeters)
- Discs shall conform as follows:
 - All discs used in competition must weigh within 0.25% of their correct face value.
 - The hold size in the middle of the disc shall be such that the disc fits on the bar without excessive play.
 - Discs must be the following range: 2.5 lb, 5 lb, 10 lb, 25 lb, 35 lb, 45 lb, and 100 lb.

Monolift Squat Rack

- The SPF uses a Monolift Squat Rack for all powerlifting meets.
- The Monolift squat rack used shall conform to the following:
 - The Monolift squat rack shall be of sturdy metal construction and design to provide maximum stability.
 - The base of the Monolift squat rack shall be of such a design as not to impede the lifters, loaders, or spotters.
 - The Monolift squat rack shall be of one-piece construction and designed to hold the bar in a horizontal position.
 - The design of the Monolift squat rack shall allow adjustments to accommodate all lifters.
 - The design of the Monolift squat rack shall allow incremental height adjustments, not exceeding 2 inches (5 centimeters) per increment.
 - All Monolift squat racks shall have a means of the loaded bar being secured at the required height by means of a solid pin for lifter safety.
- Cloth safety straps or metal chains may be used with the Monolift squat rack at the discretion of the judges and the meet director.
- Lifters are not required to use the Monolift but may choose to walk the weight out.
- The lifter is expected to inform the judges, spotters, and loaders that they intend to walk the weight out of the Monolift squat rack prior to assuming the position to begin lifting.
- Lifter choosing to not use the Monolift squat rack acknowledge and accept the risk of personal injury as a result of walking the weight out of the Monolift squat rack.
- Lifters choosing to not use the Monolift also acknowledge that it may not be possible to use safety straps or chain for protection against injury in the event of a missed attempt.

Competition Bench

- The bench used for the Bench Press shall be of sturdy construction for maximum stability and conform to the following dimensions:
 - The bench shall be flat, level, and longer than 49 inches (1.25 meters)
 - The padded surface of the bench shall not be narrower than 11.2 inches (28.44 centimeters) and not wider than 14.5 inches (37 centimeters)
 - The height of the padded surfaces measured from the floor to the top of the pad without being depressed or compacted shall be no less than 15.5 inches (39.37 centimeters) and no more than 18.5 inches (46.99 centimeters)
 - The uprights of the bench shall be constructed to allow adjustment from a minimum of 32.3 inches (82 centimeters) to a maximum of 39.5 inches (100 centimeters) from the floor to the bar rest position.
 - The minimum width between the inside of the bar rests shall be 43.2 inches (1.10 meters)

Lights:

- A system of lights shall be provided whereby the referees can make known their decisions.
- Each referee will control a white and red light, representing a “GOOD LIFT” or “BAD/NO LIFT” respectively.
- The lights must be wired in such a way that they light up together and not separately when activated by the three referees.
- It is preferable that the lights be arranged horizontally corresponding with the positions of the three judges.

Rules for the Squat

1. A legal squat is performed when the top of the upper thigh at the hip, the “crease” of the hip, passes below the height of the knee.
2. There will be no “SQUAT COMMAND” from the head judge, also there will be no “UP” call from the head judge when the lifter is in the bottom of the squat. No pause at the bottom of the lift is necessary. When the proper weight is loaded, the lifter will face the front of the platform towards the head referee. The lifter will then take the weight onto their back or shoulders and prepare their proper stance. Proper stance is with the knees locked and the head up. The lifter may not hold the inside sleeves or discs at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the inside collar. When ready, the lifter will begin to squat without any squat command from the head judge.
3. Any downward motion made by the lifter will constitute the start of the lift and at the time there will not be any re-racks granted to the lifter.
4. If the lifter is having trouble coming out of the rack and getting set up, the spotters can help stabilize the weight. Spotters must not touch the bar or lifter once the lifter has started the lift. If the lifter needs to, he can call for a re-rack in order to get the bar set.

A lifter can have as many as two re-racks, after two re-racks the lift becomes void/NO LIFT.

5. The squatter should descend until they break parallel as indicated in rule #1 and then return immediately to the beginning stance, standing completely erect with the knees locked. There should be no bend to the knees.
6. Once the squat is completed the lifter must wait for the head judge to give the "RACK" command before returning the bar to the rack.
7. After the head judge gives the "RACK" command, the spotters may help the lifter in returning the weight to the rack.
8. During the squat, the lifters feet must remain stationary without moving and the bar must move up in one continual motion. Slowing of the bar is allowed, but any descent of the bar will result in an automatic determination of the lift as "BAD/NO LIFT".

Causes for Disqualification of a Squat

1. Failure to start the lift from an erect and stable position. (IE: the lifter in control of the weight)
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with knees locked at the commencement and completion of the lift.
4. Movement of the feet laterally, backward, or forward that would constitute a step any time during the attempt. This includes resetting of the feet after the "SQUAT" has been started.
5. Failure to squat to the sufficient depth described above, as to bend the knees and lower the body until the surface of the leg at the hip crease is lower than the top of the knee.
6. Contact with the bar by the spotters after the "SQUAT" has begun but prior to the head referee telling the spotters to take the bar.
7. Contact of elbows or upper arms with legs during any portion of the lift.
8. Failure to make a bona fide attempt to return the bar to the racks after the "RACK" command has been given by the head judge.
9. Any intentional dropping or dumping of the bar.
10. Intentional dropping/dumping of the bar and intentional running out from under the bar will result in the lifter being terminated from the contest and not ever being allowed to squat in another SPF event.

Rules for the Bench Press

1. All lifters must wear a wrestling singlet during the bench press. Long or baggy pants of any type are not allowed. Wrestling singlets may not be excessively large, allowing a bunching of material under the lifter's posterior during the lift.
2. There is no restriction to the position of a lifter's head during the completion of the bench press. A lifter may complete the lift with a head up or head down position.

3. A lifter may bench with feet in a tiptoe or flat-footed position. The foot cannot lose contact with the floor; however, the elevated portion of the foot can move or twist, but not move so much as to step. Once the "PRESS" command is given the foot cannot change from a heel down to a heel up position or vice versa from a heel up to a heel down position. At no time shall any part of the foot come in contact with any part of the bench during the completion of the lift.
4. The lifter's buttocks must remain in contact with the bench at all times during the completion of the lift.
5. A "START" command is not given in the SPF/WBPLA. A lifter may immediately begin the descent of the bar upon receiving the handout or taking the weight out of the rack.
6. The bar must pause on the chest of the lifter and the lifter must wait for the head judge to give the "PRESS" command before beginning moving the bar upwards towards the LOCKED-OUT position.
7. Once the lifter has received the "PRESS" command, a bar can only move upward. A lifter may not allow the bar to sink any deeper into the chest prior to beginning the bar's upward motion after receiving the "PRESS" command.
8. Once the bar has started in the upward motion, it may pause, but if it moves downward in any way the lift will be called "BAD/NO LIFT" and the head judge will instruct the spotters to take the bar.
9. The bar can travel slightly uneven on the way up, not excessively uneven, but both sides must be locked at the top of the lift at the same time.
10. The lifter must remain in the LOCKED-OUT position at the top of the lift until the head judge gives the "RACK" command.
11. If any spotter touches the bar for any reason during the lift before the head judge gives the "RACK" command, the lift will be determined "NO LIFT".
12. Once the lifter has received the "RACK" command, the spotters may help the lifter get the bar back into the rack.
13. A lifter's handout person may remain on the bench step and act as an additional spotter in the interest of the safety of the lifter but may be instructed to step back or to the side to allow the head judge to see the lifter. If there is any doubt to positioning of the handout person, the head judge should be questioned prior to the lifter taking position to begin the lift.
14. NO ONE is allowed on the platform or in the immediate lifting area, other than judges, spotters, handout person, loaders, meet officials, and the lifter after the lifter takes position to begin the lift.

Causes for Disqualification of a Bench Press:

1. Failure to observe the head judge's signals at the commencement or completion of the lift.
2. Any lateral movement of the hands on the bar between the head judge's "PRESS" and "RACK" signals.
3. Excessive movement or change of contact of feet during completion of the lift.

4. Failure to maintain the buttocks in contact with the bench at any point during the commencement of the lift.
5. Bouncing the bar off the chest.
6. Allowing the bar to sink into the chest after having receiving the head judge's signal to "PRESS".
7. Pronounced uneven extension of the arms during or at the completion of the lift.
8. Any downward motion of the bar during the completion of the lift after receiving the "PRESS" command from the head judge.
9. Contact with the bar by spotters between the head judge's "PRESS" and "RACK" commands.
10. Any contact of the lifter's shoes with the bench or its supports at any time during the completion of the lift.
11. Deliberate contact between the bar and the bar rest uprights during the lift to assist with the completion of the lift.

Rules for the Deadlift:

1. The bar must move upwards in one continuous motion.
2. Gloves or lifting straps may not be worn. Wrist wraps may be worn, but they may not touch the bar during the lift.
3. A hook grip or "hooking" is permitted during deadlift. Hooking is covering the last joint of the thumb with the other fingers of the same hand while gripping the bar.
4. "Hitching" or jerking the bar up the thighs is not allowed.
5. The lifter's feet must remain stationary throughout the lift.
6. The intentional release of the bar from above the knees may be interpreted as equipment abuse and could result in immediate ejection from the meet.
7. The lifter may begin the lift after assuming their position facing the front of the platform with the bar on the platform in front of them upon hearing the "BAR READY" command and the head judge giving the "LIFT" signal by raising their hand.
8. Any raising of the bar or any deliberate attempt to do so will count as an attempt.
9. Judges look for the lifter to be standing completely erect, shoulders back, chest out, and knees locked but not hyper-extended at completion of the lift.
10. The lifter may not lower the weight at the completion of the lift until the head judge gives the "DOWN" command by lowering their hand.
11. The bar must remain in the lifter's control during the descent. Any dropping or throwing the bar down will result in a "BAD/NO LIFT" call.

Causes of Disqualification of a Deadlift:

1. Any downward motion of the bar before it reaches the final position.
2. Failure to stand fully erect with knees locked at the completion of the lift.
3. "Hitching" or "Supporting" the bar by allowing it to rest of the thighs during the performance of the lift. "Supporting" is defined as a body position adopted by the lifter that could not be maintained without the counterbalance of the weight being lifted.

4. Movement of the feet laterally, backward, or forward that could constitute a step at any point during completion of the lift.
5. Lowering the bar before receiving the head judges "DOWN" signal.
6. "Dropping" the bar. "Dropping" is defined as allowing the bar to return to the platform without maintaining contact and control of the bar with both hands.