

NATIONAL FEDERATION COMPARISONS

Federation	Squat				Bench Press				Deadlift	Protocols			Membership		Misc Fee
	SQ Bar	Monolift	Wraps	Sleeves	Head Up	Heels Up	Suicide	Reverse	DL Bar	Weigh-in	Tested	Untested	Yr/Fee	LT/Fee	Added Fees
365 SWPF	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$30-40	\$45-70	None
USAPL	✗	✗	2.5m	✓	✗	✗	✗	✗	✗	2 HR	✓	✗	\$65	\$1000-2400	Shirt/Cert
APF	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$30	n/a	Unknown
NASA	✗	✗	2.0m	✓	✓	✗	✓	✓	✓	24 HR	✓	✗	\$40	n/a	Unknown
SPF	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✗	✓	\$30	n/a	Certificate
USPA	✓	✗	2.5m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$75-95	\$2,500	Shirt/Cert
USPC	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$35	n/a	Shirt/Cert
IPA	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$32-37	n/a	Shirt/Cert
WNPF	✓	✓	2.5m	✓	✓	✓	✗	✓	✓	12 HR	✓	✗	\$31-52	n/a	Shirt/Cert
RPS	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✗	✓	n/a	n/a	\$25-Certs
WRPF	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$69.99	n/a	Unknown
RAW	✗	✗	✗	✗	✗	✗	✓	✗	✓	18 HR	✓	✗	\$40-60	\$175+	Certificate
XPS	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✓	✓	\$30	n/a	Shirt/Cert
AMP/IPF	✗	✗	3.0m	✓	✗	✗	✗	✗	✗	2 HR	✓	✗	\$65-95	n/a	Shirt/Cert
APA	✓	✓	3.0m	✗	✓	✓	✓	✓	✓	24 HR	✗	✓	\$25-50	n/a	Unknown
XPC	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 HR	✗	✓	\$30	n/a	Unknown
AAU	✗	✗	✗	✓	✗	✗	✗	✓	✗	24 HR	✓	✗	\$24	n/a	Unknown