365 STRONG WORLD POWERLIFTING FEDERATION

RULEBOOK

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365 STRONG WORLD
POWERLIFTING FEDERATION

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Part 1 - General Rules

365 Strong World Powerlifting Federation (365 Strong) as most powerlifting affiliated federations, recognize the following full power lifts. The lifts must be taken in the same sequence in all competitions conducted under 365 Strong rules: 1) squat 2) bench press 3) deadlift 4) total (addition of the best successful attempt of 1, 2, & 3.)

Our federation recognizes as valid only those lifts and/or totals performed in accordance with 365 Strong rules of powerlifting competition in which the meet director has secured an official 365 Strong sanction at least 60 days prior to the event.

1. 365 Strong recognizes the following lifts for **Powerlifting** (and Power Lift Competitions, ref. 3. l), which must be taken in the same sequence in all competitions conducted under international federation rules:
    a. Squat includes all Divisions
    b. Bench Press includes all Divisions
    c. Deadlifts include all Divisions
    d. Total sum (sum of the three best attempts) includes all Divisions
2. 365 Strong affiliates recognize the following lifts in Single or Combo Lift categories:
    a. Squat
    b. Bench Press
    c. Deadlift
    d. Push Pull (combination BP and DL)
    e. Strict and/or Cheat Curl (both standard comp and for rep comp)
3. Competition takes place between lifters in categories defined by:
    a. Athletes compete against like competition, by declaring their classification, **"Tested" or "Untested".** This applies to those in the **"Open, Novice, Juniors, Submasters, Masters & M/P/F, Teenage, Youth, Paralifter and Kids Club Divisions".** State, Regional, National and World Tested and Untested records are kept separately.
    b. Gender orientation
    c. Novice: Any athlete that has never competed in a sanctioned powerlifting meet or whose single lift or total indicates that the lifter is at Class II or Under level
    d. Weight Classes: Separated by actual body weight
    e. Age – Juniors (20-23), Youth (10-12), Teenage (13-19), Submasters (35-39) and Masters (40+, etc.), other divisions have no age limitations
    f. Raw (permits bare or knee sleeves) and Raw Classic (permits knee wraps), either may wear wrist wraps
    g. Equipped Single-ply Divisions
    h. Geared Multi-ply and Unlimited Divisions
    i. Paralifter (formerly Special Olympians): shares a common disability
    j. Military / Police (Law Enforcement) / Fire Fighters (M/P/F): Current or former
    k. Single-Lift or Combo Lift Competition: Push Pull (BP & DL) and Squat, Bench, Deadlift, and Standing Strict Curl only

Power Lift Challenger (for reps) Competition ***(New)***: This is separate from the usual powerlifting format, a true test of an athlete's muscle/strength endurance. Athletes and/or teams of athletes compete for reps in as few as one and as many all four lifting categories. The order being Bench Press, Deadlift, Strict Curl and Cheat Curl. The amount of weight on the bar is

determined by gender, age and/or division, lift and actual body weight x a predetermined percentage of body weight. Also, percentages may increase for national or international events. Remember, Power Lift Challenger events are rep contests, not to be mistaken for single lift Powerlifting competitions. Standard "Open" averages in weight percentages for each lift: Bench –

within 5 lb. of 100% for males, 60% for females; Deadlift – 125% for males and 100% females; Strict Curls – 50% for males and 25-33% females; Cheat Curls – 70% for males and 45% females. *More details on this competition are provided on page #19 of this rulebook.*

Rules that apply to all levels of powerlifting competition in any 365 SWPF powerlifting event.

- Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift is totaled together. 4th attempts for record setting purposes can only be conducted after the 3 preceding lifts are all judged as good lifts. A 4th attempt cannot be included in the lifters 3 attempt total, though a 4th successful attempt is counted as a new record breaker.
- The winner of a division Best Lifter award shall be the lifter who achieves the best formula rank. Each athlete shall be ranked based on their classification (tested or untested) and division. The variety of overall Division winners awarded Best Lifter or Lift is at the discretion of event director or highest-ranking official prior to each meet.
- Lifters failing to achieve a total are eliminated from the full power or push pull competition but can be approved, by the meet director, to continue in push pull or single lift competition (whatever is left).
- When two or more lifters achieve the same total, 1) the lighter lifter will place above the heavier lifter, or 2) if both lifters bodyweight was the same at weigh-ins, then the lifter that achieved the total first is declared the winner.

Age Category Factors:

Age categories apply to the Juniors, Youth, Teenage, Submasters and the Masters division. An exception to the rule, a Masters lifter may also crossover to compete in the Open division or in a lower masters age bracket if he/she wishes to compete against younger masters athlete's, all records count for their own age division. Juniors and Submasters athletes may choose to enter either of those divisions or open or both by crossing over into a second division.

365 Strong and any affiliate federation will recognize and register national/world records within the age categories described hereunder:

- "Open Division": Must be 13-80+ years of age and up have no restrictions. So, athletes of any age may compete in the Open competition (as well as Novice comp if the minimum lift or total level hasn't been surpassed).
- Juniors: Ages 20-23
- Military/Police/Firefighter – Current and former military, law enforcement, firefighters as well as various other first responders (refer any questions on eligibility to the 365 Strong)
- Youth – Age range is 10-12 years old
- Teenage Breakdown – Begins at Teenage: T1 - 13-15, T2 - 16-17 and T3 - 18-19
- Submasters: Age range 35-39
- Master Breakdown: M1 - 40-44; M2 - 45-49; M3 - 50-54; M4 - 55-59; M5 - 60-64; M6 - 65-69; M7 - 70-74; M8 - 75-79, M9 - 80 and upwards.

Officially Recognized Bodyweight Categories:
The following weight classes are recognized by the 365 SWPF.
Men's Weight Classes:
52.0 kg/114.6 lb class (up to 52.0 kg or 114.6 lb)
56.0 kg/123.5 lb class (52.1 kg to 56.0 kg or 114.7 lb to 123.5 lb)
60.0 kg/132.3 lb class (56.1 kg to 60.0 kg or 123.6 lb to 132.3 lb)
67.5 kg/148.8 lb class (60.1 kg to 67.5 kg or 132.4 lb to 148.8 lb)
75.0 kg/165.3 lb class (67.6 kg to 75.0 kg or 148.9 lb to 165.3 lb)
82.5 kg/181.8 lb class (75.1 kg to 82.5 kg or 165.3 lb to 181.8 lb)
90.0 kg/198.4 lb class (82.6 kg to 90.0 kg or 181.9 lb to 198.4 lb)
100.0 kg/220.4 lb class (90.1 kg to 100.0 kg or 198.5 lb to 220.4 lb)
110.0 kg/242.5 lb class (100.1 kg to 110.0 kg or 220.6 lb to 242.5 lb)
125.0 kg/275.5 lb class (110.1 kg to 125.0 kg or 242.6 lb to 275.5 lb)
140.0 kg/308.6 lb class (125.1 kg to 140.0 kg or 275.6 lb to 308.6 lb)
SHW Class (140.1+ kg or 308.7+ lb)
Women's Weight Classes:
44.0 kg/97.0 lb class (up to 44.0 kg/97.0 lb)
48.0 kg/105.8 lb class (44.1 kg to 48.0 kg or 97.1 lb to 105.8 lb)
52.0 kg/114.6 lb class (48.1 to 52.0 kg or 105.9 to 114.6 lb)
56.0 kg/123.5 lb class (52.1 kg to 56.0 kg or 114.7 lb to 123.5 lb)
60.0 kg/132.3 lb class (56.1 kg to 60.0 kg or 123.6 lb to 132.3 lb)
67.5 kg/148.8 lb class (60.1 kg to 67.5 kg or 132.4 lb to 148.8 lb)
75.0 kg/165.3 lb class (67.6 kg to 75.0 kg or 148.9 lb to 165.3 lb)
82.5 kg/181.8 lb class (75.1 kg to 82.5 kg or 165.4 lb to 181.8 lb)
90.0 kg/198.4 lb class (82.6 kg to 90.0 kg or 181.8 lb to 198.4 lb)
100.0 kg/220.4 lb class (90.1 kg to 100.0 kg or 198.5 lb to 220.4 lb)
110.0 kg/242.5 lb class (100.1 kg to 110.0 kg or 220.6 lb to 242.5 lb)
110.1+ kg/242.6+ lb class (any weight at this weight or above is a SHW)

When there's a lack of competitors within any division, meet director's, upon 365 SWPF pre-approval, may utilize a formula based on total, body weight and age to determine placement. In fairness to the athletes, such changes in the placement process must be announced up to one month prior to the meet. Record lifts or totals will still count in the division / weight class they qualify for. All meet results must be emailed immediately to the 365 SWPF office for data entry into the 365 SWPF and overall world database.

Transgender Athletes: We have a non-discrimination policy. Athletes that identify themselves, in advance, as transgender, may compete in their own division. For additional information contact 365 SWPF directly.

Team Composition: All team rosters of 4-11 competitors (plus 2 alternates) must be pre-approved by the leading federation representative in charge one week prior to meet date. Team points distribution: In case of an athlete crossover, only the athlete's best or highest score from one division can count toward the team's point total.

Team Point and Tiebreaker Determinations: Teams may have a total of two lifters in each weight class per team with female, male or open gender. Teams may have a maximum of 13 lifters

(counting two alternates or reserves) and a minimum of 4 lifters. Team points breakdown at all events: full power place and point 1st-7, 2nd-5, 3rd-3, 4th-2, 5th-1. The team with the highest point total wins. For team's entering a separate push-pull or single lift competition the point breakdown is the same as full power. If teams are not separated by how they compete, then seek clarity from the 365 SWPF office prior to the meet. The team with the highest accumulative point total wins.
Team ties are determined by, 1) total number of firsts, then seconds, then thirds, 2) the greater number of Full Power points (vs. combo or single lift competitors) and 3) average formula score.

Rounds system:
Only the round system shall be utilized. Each lifter takes his first attempt in the first round. The lifter takes his second and third attempt in the respective rounds even though any of these may have been unsuccessful in the previous rounds. If the lifter misses an attempt due to a misloaded bar or error of a spotter provided by the meet director, the lifter will be granted another attempt at the same weight at the end of the current round. The bar must be loaded on a progressive basis during a round from lightest to heaviest. The lifter is never allowed to take a lower attempt on his next lift in the following round. Lifting order is determined by the weight on the bar. Each lifter must give opening attempts for each of the three lifts at the weigh-in. The lifter is permitted to change, "but only once", the first attempt for each lift. If the athlete is in the first flight their weight may be changed up to 5 minutes prior to the beginning of the round. If he or she is lifting in the following flight, the weight may be changed up until the time when there's no less than 5 attempts remaining in the previous flight. An exception to this rule is the deadlift, whereby the lifter may change his attempt up to the point that the lifter's name is called to attempt their lift and the bar is not already loaded. All squat rack heights should be given at weigh-ins or prior to warm-ups. Calibrated weight, bars and collars are used in all competitions.

Special Reminder: All Athletes entering 365 Strong sanctioned meets must wear a standard lifting uniform or singlet.

Part 2 - Equipment and Specifications

The Platform: Must be large (8'x8' Minimum) and secure enough to assure safety for the lifter, spotters and loaders. Boundaries should be clearly marked for the knowledge of coaches and officials. This is the area in which there can be no coaches or spectators. No one is allowed on the platform except the lifters, designated spotters/loaders and referees. Coaches do NOT belong on the platform (unless they're pre-approved to assist with a spot or hand off on a BP attempt). Other officials are allowed in the platform area as designated, "as a need arises".

Bars and Discs: The 365 SWPF use designed squat and deadlift bars that must conform to an allowable range of dimensions listed in bar specifications. The bar shall be well knurled or grooved and conform to the following: for bench the bars length shall not exceed 7.75 feet with distance between collar faces not less than 4.27 feet or more than 4.76 feet. Bar Diameter shall not exceed 30mm. or be less than 27.5mm and weigh 20 to 30 kg. The use of a "squat bar" is highly recommended. It may be up to 8 feet in length and weigh either 25 kg or 30 kg. Bench bars weigh between 20-25 kg. Deadlift bar length is between 7.5-7.9 feet and weight is 20 kg. Strict or Cheat Curl bars (without collar), minimum weight 15 lb. and maximum weight 35 lb.

Discs, for pounds or kilos, must be calibrated and used in the standard range that's approved in advance by this federation. For record purposes lighter disc chips may be used on State, Regional,

National or World record attempts to achieve a weight of at least 1 pound more than the existing record. Discs must be available prior to the meet and included in the scorer's database as well as marked and loaded in the sequence of heavier discs innermost and smaller discs in descending weight arranged so the referees can read the numbers on each disc.
The first and heaviest disc on the bar must be loaded face in, with the rest of the discs loaded face out as the weight is loaded.

Collars: shall always be used and tightened snug to the discs. Collars shall be used on the outside of the plates only. They must weigh 5 lb. or 2.5 kg.

Squat racks: shall be adjustable to accommodate the lifters. The use of **Monolift Squat Racks** is standard at all 365 Strong events. If a meet has no access to a monolift, lifters will be notified in advance. Monolift alternatives must be preapproved by the 365 SWPF. All athletes use the same equipment.

Judging Lights: A system of lights, cards or flags shall be provided so all referee's decisions are made known. White represents a good lift and red represents a bad lift. 2 white lights, etc. are required for a "good lift"

Competition Bench: the bench shall be sturdy for maximum stability and conform to the dimensions specified below: Length not less than 4 feet and shall be flat and level Width between 29-32 cm. Height 16 to 19 inches measured from floor to top of padded surface without being compressed or compacted. Benches shall have uprights 32-39 inches from floor to bar rest position. Maximum width between insides of bar rests shall be 3ft 7 1/8 inches. Under no circumstances will a lifter be allowed to bring his or her personal bench, bar, or other lifting equipment for their lifts only. Any equipment to be utilized for the competition will be determined before the contest and it shall be the same equipment that all competitors use.

Part 3 - Lifting Attire and Equipment

The 365 Strong does not keep an approved gear list due to the constant introduction of new gear and the reluctance of most gear companies to even inform us when they have a new product on the market. Unfortunately, we see many of these products for the first time at a meet. We do not ban any gear companies from our organization, provided the product meets the legality issues clearly outlined in this section it shall be allowed.

1. **Push Pull or Single-lift competition:** One-piece lifting suit or wrestling singlet is mandatory.

2. **Full Power competition**: One-piece lifting suit or singlet as described shall be worn, with no exception.

3. **Power Lift Challenger competition**: One-piece lifting suit or wrestling singlet is mandatory.

General Rules:
1. T-Shirts: A tee shirt may be worn with short sleeves or no sleeves. Sleeves cannot cover the elbow. Following the rules of safety, a T-shirt MUST be worn while performing the squat and bench press. Women may wear protective briefs or panties as well as a sports bra provided it does not contain wire or support.

2. Bench press shirts and deadlift shirts: Are allowed when applicable. Most shirt brands are permitted in the "**unlimited** gear or **multi-ply** divisions". Lifting attire for the "Equipped **Single-Ply,**

Multi-ply and Unlimited Divisions" may consist of bench shirts made of an elastic base or core, polyester, denim or similar like materials but not a combination of two different types of material. Shirt sleeve length may not cover the elbow during the lift, as it could be used as an unfair advantage as well as creating a barrier on judging arm lockout.

New Option! **Bench shirts may be worn outside of the lifters singlet or suit to permit a proper fit which equates to a safer result. Open-back shirts must be bound to allow for a clear view of the lifters' backside for the referees to ensure that no lifting of the backside (butt) has occurred. When this rule is compromised by being worn loosely and/or a referee view is impeded in any way a referee may pause an attempt until they are satisfied or if necessary, insist that the shirt is put back inside the singlet.**

>Single-ply shirts are designed with one layer of material.
>Multi-ply shirts are designed with two layers of material.
>Unlimited shirts are designed with three or more layers of material.
General rule, all bench shirts must be preapproved during weigh-ins.

3. Multi-ply layer knee wraps or sleeves: are not allowed when a lifter is competing as single-ply. Lifting suits made of canvas is allowed only in the "unlimited gear division". Lifting suit straps must be worn over the shoulders while attempting a lift in competition. Length of the leg must not exceed 15cm from the middle of the crotch. Measurement is taken on a line from the top seam of the crotch down the inside of the leg. Lifting suits may be up to double layer thickness in standard divisions. Cover patches made from different material are not permitted to cover any seam area. A maximum of 2 cover patches is allowed. Cover patches may not exceed 4-inch length and 2-inch width. Cover patches may not be intertwined and may not overlap each other! Cover patches must be of the same material as the item they are repairing. Cover patches must only be used to repair torn material and not to provide extra reinforcement in any area.

4. **Socks:** During the execution of the deadlift, "Socks for the deadlift" are NOT mandatory in any division. (However, if a lifter chooses to wear socks, the socks cannot touch the knee).
(a) They can be of any color or colors and may feature the manufacturer's logos.
(b) They shall not contact the knee sleeves or wraps, if worn.
(c) Athletes are permitted to wear only socks while squatting and deadlifting (without shoes), lifting in bare feet is not permitted.
(d) Full length leg stockings, tights or hose are not permitted.
(e) Light protective guards (or sleeves) between sock and shin may also be worn.

5. **Hats:** hats and caps with visors are permitted. However, caps cannot extend onto the neck or obstruct the eyes, or they must be removed. Emblems and logos are permitted, provided they are not profane in any way and do not offend. Caps must be removed if the referee deems it a safety hazard.

6. **Belt**: a lifter may wear a belt provided it is no more than ***4 inches in width or a ½ inch thick*** and shall contain no additional padding, bracing or supports of any material, either on the surface or concealed within the laminations of the belt. The belt must be worn on the outside of the lifting suit. The main body shall be made of leather or vinyl in one or more laminations which may be glued and/or stitched together. It shall not have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt.

7. **Foot Attire:** socks or deadlift slippers may be worn only for the squat and deadlift. Sneakers or any shoe with souls must be worn for the bench press. Metal cleats or spikes are forbidden. Shin guards or knee sleeves are now allowed to be worn during the performance of the deadlift. However, they must be worn under a lifter's socks and no lubricant or foreign substance may be applied to them, baby powder is permitted. Squat shoe elevation up to 1" is allowable, .75" is typically the most used height.

8. **Knee Wraps:** Must not exceed 3.0 meters in length or 3 inches in width. Elasticized kneecap may be worn, a combination of the two is not allowed. When the knees are wrapped the wraps cannot extend beyond 5.9 inches above the center of the knee joint or 5.9 inches below the center of the knee joint for a total of 11.81 inches. The fabric material shall be an elastic weave primarily consisting of polyester, cotton, or medical crepe singly or in combination.

9. **Knee Sleeves:** Sleeves, being cylinders of neoprene, may be worn on the knees by the lifter in the performance of any lift in competition; sleeves may also be worn or used as shin guards during the deadlift. Knee sleeves cannot be worn where the lifter also wears knee wraps. Knee sleeves must conform to the following specifications: (a) The sleeves must be constructed entirely of a single ply of neoprene, or predominantly of a single ply of neoprene plus a non-supportive single layer of fabric over the neoprene. There may be stitched seams of the fabric and/or of the fabric onto the neoprene. (b) Knee sleeves shall be of a maximum thickness of 7 mm and a maximum length of 30 cm. (c) Knee sleeves shall not have any additional strapping, Velcro, padding or similar supportive devices in or on them. Knee sleeves must be continuous cylinders, without holes in the neoprene or in any covering material; (d) When worn by the lifter in competition, knee sleeves must not be in contact with the lifter's suit or socks; (e) No more than one pair of sleeves are permitted.

10. **Wrist wraps**: may be worn while performing all lifts in any division. wrap around style may contain a thumb loop. Wrist wraps cannot extend beyond 3 15/16 inches above and 3/4 inch below center of wrist joint. The thumb loop may be worn during the performance of the lift if the lifter so desires. The loop must be the standard loop that comes with the wraps and not an insert sewn on by the lifter. The loop may not in any way be utilized to wrap around the bar or otherwise used for the lifter to obtain leverage during the performance of a lift. Wrist wraps shall not exceed 3ft, 3in (1 meter) length and 3.3 inches (.084 meters) in width. Wraps are only allowed on the wrist or knees (for lifting support, see below for elbow exceptions). only wraps of one ply commercially woven elastic that is covered with polyester, cotton or a combination of the two, or medical crepe are permitted (in all lifting categories). Rubberized substitutes are not allowed.

11. **Elbow Sleeves:** Elbow sleeves must be pre-approved and may be worn only during the Squat and Deadlift competition *but not during the Bench Press*. They may cover the general elbow area but cannot extend to the wrist or shoulder. Supportive sleeves must be made from rubberized or like material.
Equipment containing Kevlar is only allowed in the Unlimited or Multi-ply Geared division!

12. **Plasters** (bandages): two layers of plasters, bandages or band aids may be worn over the thumbs but nowhere else without official permission of the referees. They may not be used as a strap to help the lifter hold the bar. No bandage can extend to the back portion of the hand on an injury to the inside of the hand. The referee may prohibit the lifter from any further lifting if they feel the lifter should not be lifting with any injury. If no medical personnel are present the referee has jurisdiction over the use of spot plasters.

13. **Permissible Equipment/Attire: It** is the lifters' duty to attend the pre-meet rules meeting. Though equipment checks are standard at weigh-in the meet director is under no obligation to ensure there's complete compliance. It is up to the lifter to attend the meeting and listen to the rules briefing which explains this. If the lifter has any further doubt as to the legality of his/her uniform or equipment the lifter shall produce the equipment at the rules briefing and confirm its legality with a referee. If the lifter appears on the platform with a major equipment violation that appears to be deliberate, he/she could be disqualified from the event. If a lifter bleeds on the platform or equipment, the meet shall be stopped until the area/equipment in question has been cleaned to the judges and meet director's satisfaction.

14. **Approved gear**: The 365 Strong does not keep an approved gear list due to the constant introduction of new gear and the reluctance of most gear companies to even inform us when they have a new product on the market. Unfortunately, we see many of these products for the first time at a meet. We do not ban any gear companies from our organization. Provided the product meets the legality issues clearly outlined in this section it shall be allowed.

15. **Shin guards** are approved to be worn during the performance of the deadlift; however, socks must be worn over the shin guards. Shin guards without socks are not allowed. Shin guards must not extend to a point higher than the lower border of the patella and not lower than the superior border of the ankle joint.

16. **Gear Material**: Lifting suits and bench press shirts and all platform attire may consist of only one material (depending on gear classification). Shirts and suits may not consist of a combination of two materials unless lifting in the single-ply, multi-ply or unlimited divisions, i.e. a bench press shirt, must consist of one layer or more of approved like material.

17. **Costume length:** leg stockings, tights, leggings of any sort or hose are strictly forbidden.

18. **Foreign substances**: Foreign substances cannot be applied to platform or equipment. Spray stick-um, and chalk may be applied to the lifter or his uniform only. Oil, grease, and other lubricants on the body, costume, or personal equipment is prohibited. Only powder is allowed. Powder includes chalk, talc, resin, magnesium carbonate, baby powder, or pool hall block chalk.

19. **Ammonia Capsules:** The use of ammonia capsules is permitted; however, use caution when throwing them near or on the lifting platform.

20. **Team Roster:** Team rosters and fees must be submitted to the lead meet official one week prior to the competition. Changes cannot be made once the list is submitted.

Part 4 - Undergarments

Standard Use: Boxer shorts are not allowed. Standard commercial athletic supporters or standard commercial under shorts of any mixture of cotton, nylon or polyester may be worn under the lifting suit. However, the garment cannot have legs and cannot extend down over the lifter's thighs. Standard length grooved briefs are allowed but must meet the specifications outlined in this paragraph and must be single ply thickness (raw and raw classic excluded). For **Single-ply competitors** squat briefs cannot add another ply under a squat suit nor may compression shirts be worn under a bench shirt. Squat briefs with single-ply material, is permissible when the suit or bench shirt has no like material. All equipment will be inspected and tagged at weigh-in and at the judge's discretion again on the platform. Custom made grooved briefs are not allowed.

Unlimited Gear Attire: Any material may be worn and longer than standard cut groove briefs are permitted such as power pants etc. A pair of briefs of any design may be worn, provided that the length of the legs does not exceed mid-thigh, and that the waist does not extend beyond the mid-torso area. The briefs must be an individual article of cloth fabric. The construction may consist of multiple plies to any thickness but must be of a singular component. Athletic supporters are permitted under the briefs.

Part 5 - Lifting Suits and Gear

I. Suit Stipulations:

Equipped Single-Ply Division: Single-ply material lifting suits are only allowed. The lifting attire for the "Equipped **Single-Ply** Division" Suits may be one layer of polyester, denim or preapproved like material, but not a combination of two different types. Standard commercial "athletic supporter" or standard commercial underwear of any mixture of cotton, nylon or polyester may be worn under the singlet or lifting costume while competing in either a raw, single-ply, or multi-ply competition. If a single-ply lifter chooses to wear squat briefs made of single-ply material, then their suit may not consist of like material. Keep in mind, lifters that choose to use a single-ply suit and squat briefs will be classified as a multi-ply lifter.

Unlimited or Multi-Ply Divisions: Canvas, polyester, denim, elastic base or other preapproved material of two (layers for multi-ply) or 3 or more (layers for Unlimited) is allowed. It must be an individual full-length articles of like fabric. Again, its construction may consist of multiple plies of any thickness but must be of a singular component. The suit straps must be worn over the shoulders while performing a competition lift. The length of the leg must not extend beyond mid-thigh (medial point between crotch and top of kneecap). Women may wear a one-piece suit of comparable design to the lifting suit. Leotards with sleeves or high cut leg lines are not permitted.

Raw & Raw Classic Divisions: Allows suits or singlets that offer no lifting advantage…at the discretion of the meet officials and referees.

II. Bench shirts Stipulations:

Equipped Single-Ply Division: Bench Shirts may be made from elastic (band), polyester, denim, etc. material but not a combination of the two. A tee shirt or undershirt cannot be worn under a bench shirt. Velcro/open back shirts are allowed. No combination of 2 shirts may be worn. Female lifters are permitted to wear a bra or sports bra under a bench shirt.
Unlimited or Multi-ply Divisions: Bench Shirts made of elastic (band), polyester, denim, canvas or preapproved like materials may be used as can a combination of the materials. Velcro/open back shirts are allowed. If the lifter is wearing an "open back" bench shirt the front and side deltoids must be covered, and the shirt may not be pulled down in front to expose pectorals within one inch of the nipple area of the chest.
Raw and Raw Classic Divisions: Only non-compression t-shirts are permitted.

Part 6 - Raw and Raw Classic Divisional Comparisons

I. Raw Division:

◊ Mandatory Singlet without any undergarments showing (with shoulder straps in place) ◊ Wrist wraps shall not exceed 3ft, 3in length and 3.3 inches width ◊ Belt ◊ *Optional Approved Knee Sleeves*

no more than 7mm in thickness ◊ Non-Compression T-Shirt ◊ No Compression Briefs (grooved briefs may not be worn under the singlet) ◊ Elbow Sleeves for Squat and Deadlift only is Permitted ◊ Shin Guards for the Deadlift are allowed but must be covered with Socks ◊ Shoes, with or without soles, are Mandatory for squat and bench ◊ Socks only may be worn for only the deadlift ◊ Denim or the like is not allowed ◊ Only one undergarment of non-supportive material maybe worn under singlet ◊ Females are permitted to wear sports bras.

II. Raw Classic Division:

◊ Mandatory Singlet without any undergarments showing (with shoulder straps in place) ◊ Wrist wraps shall not exceed 3ft, 3in length and 3.3 inches width ◊ Belt ◊ *Knee wraps must not exceed 3.0 meters in length or 3 inches in width* ◊ Elbow Sleeves/Wraps for the Squat and Deadlift Only is Permitted ◊ No Compression Briefs (grooved briefs may not be worn under the singlet) ◊ Shin Guards for the Deadlift are allowed but must be covered with Socks ◊ Shoes, with or without soles, are Mandatory for squat and bench ◊ Socks only may be worn for only the deadlift ◊ Denim or the like is not allowed ◊ Only one undergarment of non-supportive material maybe worn under singlet ◊ Females are permitted to wear sports bras.

Adaptive Para-lifter (Special Olympian) Division:

This division has had a name shift from merely Special Olympians to include Adaptive Para-lifter athletes sharing a physical handicap but still choosing to compete in an adaptive way.

III. Novice Division:

a. Includes any lifter that has not yet posted an official total of Class II or higher (unless stipulated differently in advance by meet officials) are urged to enter the Novice Division. Standards, by weight class and Divisional Classifications are listed on the 365 Strong website at 365strong.org.
b. Lifters that enter the Teenage and/or Novice competition may compete raw, raw classic, single-ply or multi-ply.
c. Novice competitors will not be tested…unless a lifter decides against competing as a Novice or enters an Open, Juniors, Submasters, Masters or M/P/F tested division as well.
d. All other “Raw” and “Raw Classic” standards and rules apply.

Part 7 - The Powerlifts and Rules of Performance

I. **Squat:** The lifter shall assume an upright position with the top of the bar not more than 1 inch below the top of the anterior deltoids. The bar should be held across the shoulders with the hands and/or fingers gripping the bar and the feet flat on the platform with the knees locked. After removing the bar from the racks, the lifter must move backwards to establish his position (unless using a mono-lift type device). Once their squat stance has been established the lifter waits in this position for the center referee's signal which is given as soon as the lifter demonstrates control with the bar properly positioned. The signal is a downward movement of the arm and the verbal command "squat". Upon receiving the signal, the lifter must bend the knees and lower the body until the top of the thigh at the hip (not the hip joint), is lower than the top of the knee (not kneecap) (picture). Locking and unlocking the knees after the signal is not defined as a descent, however, the knees must be locked at the start and completion of the lift. Only one attempt is allowed. The lifter must recover from the deepest point without double bouncing or any downward movement (stopping is allowed), to an upright position with the knees locked. When the lifter demonstrates control, the referee gives the command to "rack" (replace the bar). The signal to replace the bar is a backward motion of the hand and the verbal

command "rack". The lifter must make a dedicated effort to replace the bar. After the judge's command is given the lifter may receive aid in replacing the bar. An exception to this rule would be if a mono-lift is being used the lifter obviously wouldn't need to take a step towards the racks. If the lifter inadvertently drops the weight after trying to rack the bar he or she will be granted the attempt. However, if the lifter deliberately dumps the bar or walks out from under the bar leaving the spotters holding the bar, the lifter can be automatically disqualified for jeopardizing the safety of those on the platform. The lifter shall face the front of the platform. Not more than 5 or less than 2 spotters permitted on or near the platform. The head referee may make an exception, as it relates to the number of spotters, if they determine an additional spotter is needed to preserve the health of all parties involved. The lifter is allowed to enlist the aid of the spotters in removing the bar and walking out with the bar. However, when the lifter has established his starting position to perform the lift the spotters may not assist the lifter by holding the weight while foot positioning, bar positioning, etc. are being established. The use of a Mono-lift is standard federation equipment for squats. This is a federation choice made for the lifters' safety. If the lifter is using meet provided spotters and not his own, and an error is made by a spotter which causes failure of his lift, he will be given an additional attempt. The lifter may request that he or she be allowed to use his personal spotters rather than meet spotters if they wish, however, he or she will not be granted an additional attempt if their own spotters cause him to miss a lift! The lifter cannot hold the collars, sleeves, or plates during the performance of the lift. The edge of the hands gripping the bar may encounter the inner surface of the plate collar.

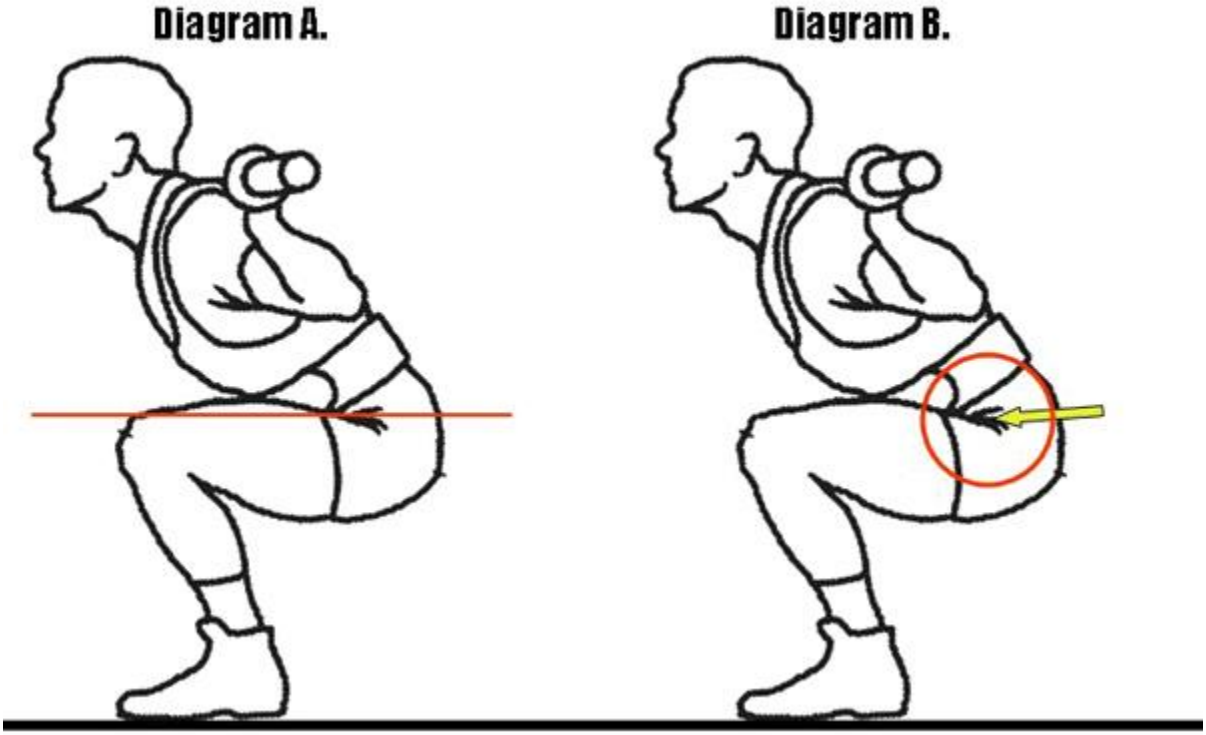
Causes for a disallowed squat attempt: Failure to observe referee commands at the commencement and completion of lift. Double bouncing or any change of direction throughout the lift. Failure to assume an upright position with knees locked at start and finish of the lift. Failure to obtain proper required depth in performance of the lift. Changing position of the bar on shoulders or back after the lift has begun. Shifting the feet forward, backward, or laterally during the performance of the lifts, apart from rocking of the feet between the ball and heel. Contact with the bar by spotters during the lift except during a safety act or accidental contact unless the referees felt it did not provide an unfair advantage. Contact of the elbows or upper arms with the legs. Failure to make a bona fide effort to return the bar to the racks Intentionally dropping/dumping bar or walking out from under bar when the Spotters grab the bar. Placing the hands over collars, sleeves or plates.

JUDGING SQUAT DEPTH

Reference Diagrams

The terms "convincingly deep" and "parallel" are used frequently for judging and arguing squat standards. To clarify and simplify what the rules state is a legal squat depth and therefore looked for and subsequently judged we use these basic diagrams.

Review Diagrams Below



Parallel (no lift) – or Breaks Parallel (good lift)

In the above Diagrams, we are attempting to illustrate a squat. Keep in mind, these are diagrams are subject to minor imperfections, the actual look of most squatters will vary greatly especially given the vast range of builds among the various weight classes, gender and lifting gear of Powerlifters (i.e. One example would be SHW lifters with large legs, the ~back~ of their thighs, due to their girth, will be much closer to the ground giving the appearance of greater depth). Given that, the above Diagrams illustrate the fundamental points for legal squat depth. In Diagram A the red line represents a guide between two main points that judges are looking at to gauge a lifters depth. As stated in the rulebook the top surface of the leg at the hip joint must descend until it is below the plain at the top of the knees. Diagram B illustrates where the top surface of the leg at the hip is located. It is not the hip joint itself which would have to be gauged as to its actual location.

Diagram A represents a very 'grey' area for judges. The time that a lifter will Judged is ultimately a subjective venture that is governed by objective standards. Given the visual representation of these diagrams the above squat would be +/-50% chance of passage. It is simply too close to call with utmost certainty given that there are no lines to use for reference in a meet and the time given to gauge the relation of both points is minimal.

For illustration it is a good tool to use to understand the basic depth required by the rules. This is the standard we use to judge the depth of a squat as stated by rule. It's important that the judge is consistent and fair with their calls and commits to what they saw…objectively.

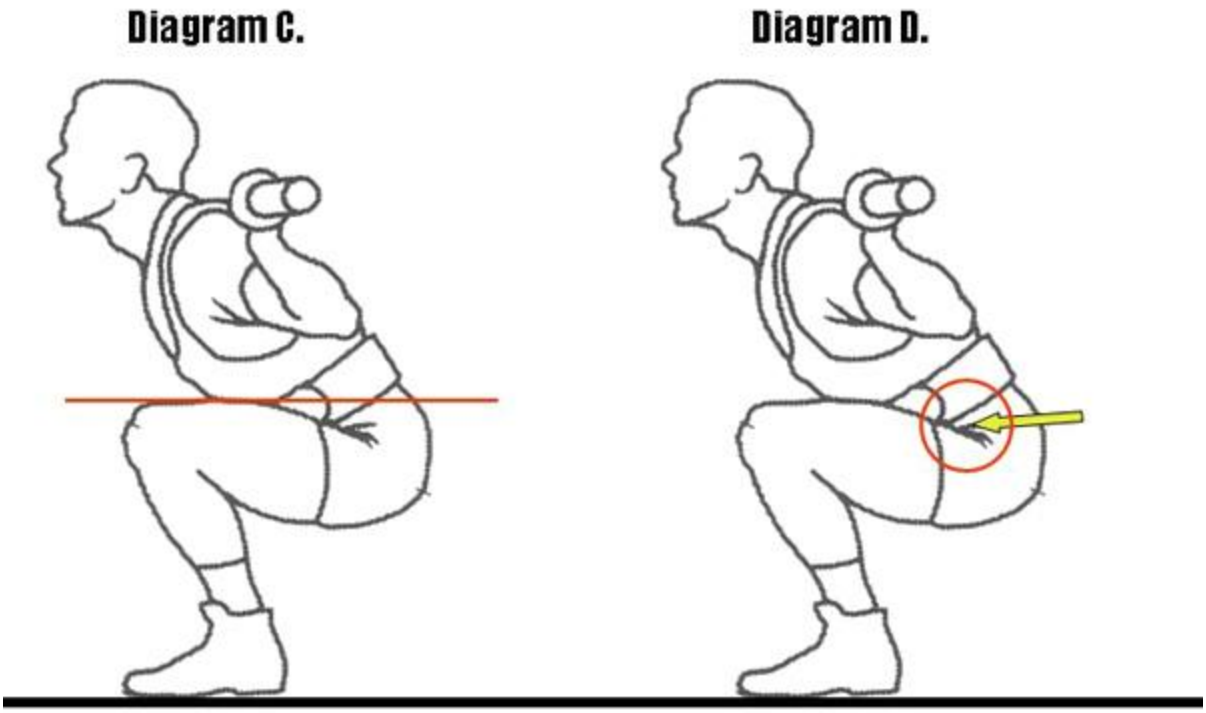


Diagram C represents a very legal squat. Diagram D again represents the top surface of the leg with which to gauge depth against the top of the knee. These diagrams represent an example of what you could call "convincingly deep." **This is by NO MEANS to be taken as A STANDARD FOR DEPTH.** The only meaning of the phrase "convincingly deep" is in the words of the phrase. "Convincingly" means just that...given the illustration, Diagram C versus the Illustration of Diagram A, we can easily see how a judge will be convinced of legal depth given the limitations of the subjective aspects of judging as outlined above. **Diagram C & D are NOT the standard for depth.** It is only included here to show ONE EXAMPLE of a squat that is easily going to convince a judge of depth.

To minimize human error as well as the limitations of perception something slightly past the point illustrated in Diagram A is a sound practice for lifters to use. This is simply a safeguard that lifters can take to minimize the risk of being subject to human perception.

II. **Bench Press:**

a) The front of the bench must be placed on the platform facing the center referee

b) Lifters starting position is with the back of his head, shoulders and buttocks in contact with the flat bench surface. His shoes must be on the floor…disabled lifters being the exception.

c) Plates or blocks not exceeding 18cms height may be used to build up the surface of the platform, but some part of the foot must remain in contact with the surface. If blocks are used, they shall not exceed 45cms by 45cms.

d) Not more than 4 or less than 2 spotters/loaders shall be in attendance. The head referee may make an exception, as it relates to the number of spotters, if they determine an additional spotter is needed to preserve the health of all parties involved. The lifter may obtain help from the spotters in removing the bar from the racks. The lift off must be to an arm's length and not down to the chest. The lifter may utilize his own spotters and hand off person if requested.

e) The spacing of the hands will not exceed 31 7/8 inches (81 cm) measured between the forefingers or in the case of a reverse grip lifter, the measurement is between the little fingers). After receiving the bar at arm's length, the lifter may immediately lower the bar to his or her chest and await the referee's signal which is a verbal command of "press". Adjustments can be made without penalty "before" the command.

f) Once a handoff is given it is NOT necessary to delay the lift by locking out your arms, proceed to lower the bar when ready to commence. The signal to press is given when the bar is motionless on the chest area (defined below) and under control. The bar must touch no lower than two inches below the base of the sternum/breastbone) after the press command is given the bar is pressed upward to straight arm's length and held motionless until the audible command "rack" is given. Please note that the 2 inches below base of sternum rule is at the referee's discretion. It is not expected that this distance be measured as it is understood that it is very hard to sometimes make an accurate determination when a lifter is wearing certain gear. The 2-inch below sternum definition is a general guideline and is basically a common-sense ruling. Obviously if the bar is down to the lifters belly it is farther than 2 inches below (in most cases 8-12 inches) and is a "safety issue".

g) The bar is permitted to stop, but no change of direction is permitted

h) Head movement is allowed. This includes turning or raising the head.

i) Foot movement is allowed within reason. This includes rising on toes or heals. The feet cannot leave the floor and must stay in the same footprint. Shuffling of the feet is not allowed.

j) Once the bar is removed from the rack and the lifter begins the downward descent the buttocks must remain in contact with the bench surface throughout. Some portion of the buttocks must remain in contact with the bench whereby a side referee cannot see space between their butt and bench the lift is permissible. If a referee can see under the buttocks, they shall disallow the lift.

k) The lifter is not required to start off at a straight or locked arm's length but may go straight down to the chest if they wish. The lifter may utilize a dedicated hand off person. However, he/she must inform their hand off person to clear the area in front of the head referee. The failure of a handoff person clearing the area in front of the referee can result in disallowing the lift.

l) There can be no downward motion of the bar after the press command has been given. Nor can there be a major change in the arch of the back (heaving). If the lifter has sunk the bar into his chest before the press command has been given it is permissible, however, further sinking into the chest after the command is given is not allowed.

m) Major uneven extension of the bar at the completion of the lift is not allowed (except in a proven, medically documented disability). The lift may be conducted with one arm elevating before the other, but lockout must be achieved simultaneously. In the case of medical disability, the lifter must furnish documentation signed by a medical doctor substantiating the disability.

n) Deliberate contact with the bar and the bar rest uprights is not allowed. If it is obvious that contact with the lifter was not deliberate and did not assist the lift, the attempt will be granted.

o) The sleeves on the lifter's t-shirt or bench shirt cannot cover the elbow during the performance of the bench press.

Causes for disallowed Bench Press attempt:

a) Failure to observe the "press" or "rack" command given by the head referee

b) Raising the buttocks off the bench surface once the bar has begun its descent

c) Heaving or bouncing the bar off the chest or a major change in the arch of the back for sinking the bar into the chest area after the press command

d) Major uneven extension of the bar at the completion of the lift or pronounced, exaggerated uneven extension during the lift.

e) Downward movement of either arm during the uplifting (change of direction)

f) Deliberate contact with the bar and bar rest upright during the performance of the lift

g) Contact of the feet with the upright supports of the bench

h) Contact of the bar by the spotters/loaders between the referee's signals. (If it involves the meet's spotters the lifter is permitted another attempt, if it involves the lifters spotters then the lift is disallowed, and no additional attempt is permitted.)

i) Raising the foot completely off the floor or changing from the original footprint once the bar has begun its descent is not permitted

j) It is the responsibility of the lifter to inform their hand-off person to clear the area in front of the head referee immediately after the lift off. As this is a major safety issue, the head referee may at his discretion tell the spotters to take the bar. If this occurs, the lift will be declared not good.

k) Spacing of the hands exceeding 31 7/8 inches.

III. Deadlift **Rules of Performance:**

a) The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted upward with one movement until the lifter is standing erect (shoulders square, normal standing position). Stopping the bar is allowed but no change of direction is allowed.

b) The lifter will face the front of the platform on completion of the lift, the knees shall be locked in a straight position and the lifter shall be standing erect. The shoulders will not be forward or rounded. It is not necessary that they be thrust back past the erect position, although it is permissible if they are as long as all other criteria are acceptable.

c) The center referee's signal gives a downward motion of the hand and the verbal command "down". The signal shall be given when the bar is motionless, and the lifter is in the apparent finished position. There is no signal to begin the lift. The lifter begins the lift on his own when he feels he is ready.

d) Any raising of the bar or deliberate attempt to do so counts as an attempt. The lifter is allowed one pull per attempt only!

Causes for a disallowed Deadlift attempt:

a) Downward movement (change of direction) of the bar during the uplifting

b) Failure to stand erect with shoulders in a normal erect position at the completion of lift

c) Failure to lock knees at completion of the lift

d) Stepping backward or forward during the performance of the lift

e) Lowering the bar before receiving center referee's "down" signal

f) Supporting the bar, during the lift, in a manner that the lifter can obtain leverage (hitching)

g) Returning the bar to the platform without maintaining control with both hands

IV. **Strict Standing Bicep Curl Rules of Performance**:

The uniform for the Strict Standing Bicep Curl competition shall not require a singlet. Wrist wraps are allowed however elbow sleeves are not.

1. The lifter shall face the front of the platform with their back half against the wall or immoveable barrier. The bar shall be held horizontally across the thighs with the hands palms of the hands facing outward and fingers gripping the bar. The use of an inside or outside grip on the ez-curl bar is permitted. The feet shall be flat on the platform with the

knees locked, slightly bent or staggered (one foot slightly ahead of the other) with the arms fully extended. Leg and foot position must remain set or motionless throughout the lift.
2. After he/she removes the bar from the racks, a handoff or from the floor the lifter must establish their starting position. The lifter shall wait in the starting position for the Head Referee's "curl" command. The command is given when the lifter is motionless, and the bar is properly positioned.
3. When the curl command is given the lifter must bring the bar up to the fully curled position (bar near chin or throat with palms facing backward). The knees shall remain motionless and the shoulders square or back throughout the entire lift.
4. At the completion phase of the lift, the knees shall remain motionless and the shoulders square or back.
5. The legs and hips may not be used in any way to generate momentum to complete the lift. Lifter may not lean back to assist in bringing the weight up. Any thrusting of the legs or hips is forbidden
6. When the lifter has reached the finished position the Head Referee's signal shall consist of a downward movement of the hand and the verbal command "down" is given. The signal will not be given until the bar is held motionless and the lifter is in the finished position.
7. When the bar is motionless, the Head Referee will give the signal to rack the bar. The signal to rack the bar will be a backward motion of the hand and the verbal command "rack." Where racks aren't available either hand the bar off to a spotter or simply return the bar to the floor.
8. The Lifter will be given an additional attempt at the same weight if failure in an attempt was due to an error if the bar has been misloaded.

Causes for disallowed Strict Standing Curl attempt:

a. Any downward movement of the bar before it reaches the final peak position.
b. Any bar change of direction throughout the lift.
c. Failure to stay erect with the shoulders square or back.
d. Knees must be straight or slightly bent or staggered but motionless throughout the lift.
e. Stepping backward or forward or rocking feet between ball and heel.
f. Lowering or racking the bar before receiving the Chief Referee's rack command.
g. Bouncing the bar off the thighs to start the upward motion
h. Using hips, thighs, or legs for momentum to complete the lift. Any raising of the bar or any deliberate attempt to do so without first receiving a referee's command will count as an attempt.
i. Any part of a lifter's back half (butt, back, shoulders, etc.) separates from the wall.

V. Cheat Bicep Curl Rules of Performance:

The uniform for the Cheat Standing Bicep Curl competition shall not require a singlet. Wrist wraps are allowed however elbow sleeves are not.

a. The bar begins on the platform, and at the lifter's discretion, is picked up with a grip that has the palms of the hands facing up or away from the lifter.
b. Feet placement and hand spacing are optional but must remain the same throughout the lift. The feet must be in line with the bar.
c. The heels may rise during the lift.

d. Once the lifter is upright in a standing position with the arms and legs straight, the bar on the thighs hanging at arms' length, an official will give a command to "curl".
e. The knees must remain locked and the legs straight during the lift.
f. The lifter is permitted to bend at the waist, sway the body, or drop the shoulders to gain momentum of the bar.
g. The bar must be curled from arms' length to touch the upper chest or neck in one motion.
h. Any downward movement of the bar during the curl is a disqualification.
i. Once the bar is motionless, and the lifter is upright, an official will give a command to lower the bar or "down".
j. The lift ends when the bar returns to the platform under control by the lifter.

Causes for disallowed Strict Standing Curl attempt:

a. Not adhering to each command.
b. Any downward movement of the bar before it reaches its final peak position.
c. Any bar change of direction throughout the lift.
d. Failure to stay erect with the shoulders square or back.
e. Feet must stay in the same footprint throughout the lift.
f. Bouncing the bar off the thighs to start the upward motion.

Part 8 - Weighing In

Early and late **weigh-in sessions** will be offered at all meets. Specific times will be posted for each meet. The early session will start no earlier than 24 hours prior to the scheduled meet starting time and late weigh-in sessions last for no longer than 1 hour and conclude at least one-hour before lifting starts. Lifters must be weighed in the nude or underwear or may opt to weigh in wearing spandex shorts or lifting/wrestling singlet as a substitute for underwear. Females must weigh the female lifters and a male must weigh the male lifters. Lifters may not wear shoes or sneakers during weigh-in. At National and International events meet directors have the option to extend weigh-ins but may not weigh-in competitors prior to 24 hours of the estimated starting time.

Illegal re-weigh: If a lifter enters a certain weight class, steps on the scales and officially makes weight within the upper and lower limits, he is not allowed to be re-weighed to make another weight class. No weight class becomes official until you actually weigh-in. At that point whatever weight class, you fall into is then recorded and becomes official. In case lifters tie: if two lifters weigh the same at weigh-in and eventually tie in their totals, they shall be re-weighed. The lighter lifter shall take first place and the heavier lifter second place. However, if they still weigh the same after the re-weigh, both lifters shall share first place and the person who would normally have placed third will still be ranked third and so on. If two lifters tie for first place team scoring will be conducted by adding first and second place points and dividing them equally.

Part 9 – Competition Protocol

I. Groups or flights are generally not more than 15-16 lifters in each flight. The biggest evaluator for determining flight size, is 1) the amount of time that's projected between each attempt and 2) the loading weight of each attempt. If you cannot divide the stream into flights of equal size, a larger number of participants should be transferred to the flight with the heaviest attempts. For the sake of maintaining transparent divisional competition, flights must be divided in a way that keeps

divisional competitors together in one flight. In the event of the bench, flights may reach up to 18 persons. All final flight decisions are made prior to the competition by the leading federation official onsite.

a) The organizer appoints the following officials: speaker/announcer, referees, expeditors, scorers, spotter/loaders, other positions as needed.

b) The speaker is responsible for the efficient running of the competition. He acts as master of ceremonies, announcing each attempt by lifter, the loading weight, the rack settings and the names of the lifters on-deck, in the hole and so on.

c) When the bar is loaded and the platform is cleared for lifting, the center referee will indicate the fact to the speaker who in turn will announce that the bar is loaded and call the lifter to the platform as well as tell the timer to start the one-minute clock.

d) Once a clock is running for the 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 center referee. It is of great importance that the lifter or coach check the height and width of the squat rack prior to the lifter addressing the bar to attempt a lift as once the bar is declared as ready, the clock is started and any further adjustments to the racks will be made within the lifters one minute time allowance. The lifter is allowed one minute in which to start his attempt after being called to the platform. If he does not start his attempt within the time allowance, the timekeeper will call time, the lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the time allowance, the clock will be stopped. If a lifter appears on the platform in violation of the uniform/equipment rules, the lifter shall be warned by a referee and will have whatever time is left on the clock to correct the violation and start his attempt. If this is not accomplished within the one-minute time allowance, the timekeeper will call time and the lift will be declared "no lift".

e) The lifter, coach or handler must inform the scorer's table or meet representative what weight is needed for their next attempt within one minute of completing their last attempt. In some cases, the meet representative or expediter will approach the lifter or his coach immediately after his attempt and request the weight required for his next attempt. If the lifter does not give his next attempt within one minute the speaker will be informed and the weight on the bar will be increased to the requirements of the next lifter in normal progression.

f) Scorers are responsible for accurately recording and entering all data that's competition related. Starting with all pre-meet front end data. Data should be then approved by the lead federation official to confirm accuracy.

g) Official score sheets, record certificates or any other documents which require signatures.

h) Spotters/loaders are given loading charts that break down the weight of each plate that is to be loaded on the bar. (Loading charts are also given to the 3 referees and platform expeditor.) Spotters/loaders are responsible for loading and unloading the bar, adjusting squat racks or benches as required, cleaning the bar or platform at the request of center referee, and in general assuring that the platform is always maintained and presents a neat and safe level of expectation. At no time shall there ever be less than two or more than five spotter/loaders on the platform. When the lifter prepares for an attempt, the spotter/loaders may assist in removing the bar from the racks as well as replacing the bar after the attempt. They shall not touch the lifter or the bar during the actual attempt. The only exception to this rule is if the lifter is in jeopardy and likely to result in injury, either at the request of the lifter, the center referee, or when it is obvious to the spotter/loaders that the lifter will most likely be injured if the lift is to continue. The lifter shall stay with the bar and aid in its replacement in the rack, unless the injury prohibits the lifter from assisting.

i) If the lifter is deprived of an attempt by an error of a spotter, and through no fault of his own, he will be granted another attempt if he wishes. The correction must be made at the end of the round. If the error occurs on the last lifter of the round the center referee shall assign a time for the lifter to retake his attempt. The lifter will be given ample time to recuperate before a retake of the attempt. Persons allowed on the platform: during the actual execution of a lift, only three referees and the spotter/loaders are permitted to be present on the platform. Coaches shall not be allowed at the back or sides of the platform during the lift. Coaches must remain outside of the designated lifting area.

II. Adjusting equipment while on the platform: A lifter shall not adjust his or her suit or wraps within the vicinity of the platform. The only exception to this rule is that he may adjust his belt.

III. Progressive loading of the bar: The bar shall be loaded progressively with the lifter requiring the lightest attempt being first. The bar, except in rare situations, cannot be reduced in weight once a lift has been performed with the weight announced. It is a necessity that the lifter or his coach observe the progressive loading of the bar and be ready for his attempt at the chosen weight.

IV. Attempt priority rule: A lifter taking his first attempt must precede lifters taking their second and third attempts with the same weight. Also, a lifter taking his second attempt must precede lifters taking their third attempts with the same weight. All first attempts must be taken in round one, all second attempts must be taken in round two, and all third attempts in round three. Fourth attempts may be taken at the end of the third round. Fourth attempts may be permitted for purposes of setting world, national, regional or state records. This lift will not be counted toward their competition total to improve placement. A lifter must have successfully completed all 3 of his/her competition lift attempts prior to being approved for a record fourth attempt.

V. Minimum weight increases between successful attempts: The weight of the barbell must always be a multiple of 5 lbs. (2.5 kg). The progression must be at least 10 lbs. (5 kg) between the first and second attempts. There is no weight increase limitation between the second and third attempts. Special plates 1¼, 1 lb., ½ pound plates may not be used for standard attempts. They are to be utilized for 4th or record-breaking attempts only. (Note: stipulations only apply to male athletes.)

VI. Exceptions to this rule:

a) A request by male lifters for only a 5 lb. (2.5 kg) increase between the first and second attempts indicates that the lifter does not want to take a third attempt.

b) Progression by 5 lbs. between the first and second attempts in the case of a female lifter during the bench press between her first and second attempt is permitted. Females must go by the standard weight increases for squats and deadlifts.

c) In record attempts made outside of the competition, the weight of the barbell must be at least one pound more than the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition and not at the completion of lifting.

VII. Attempt Changes:

a) Once the flight begins, the lifter may not make any changes to the **opening** attempt.

b) Exception: The lifter may change the **third** attempt of the deadlift twice for competition purposes. Changes must be finalized once the lifter is announced as “the next lifter”. Adjusted

attempts cannot fall below the weight that's presently loaded on the bar, but final attempts can be increased.

VIII. Loading or announcement error by event personnel:

a. 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 weight originally requested. If the attempt is to be re-taken at the originally requested weight, the lifter may take the attempt at the end of the round to allow him/her sufficient recovery time.

b. 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 by the other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight.

c. If the loading is not the same on each side of the bar, any change occurs on the bar or discs during the lift, or the platform is disarranged and the lift is not successful, the lifter will be granted another attempt.

d. If a loading error occurs during the second attempt of a lift and the progression, because of this error is only 5 lbs., the lifter may accept the successful attempt and go on to his third attempt if he wishes, with no penalty for only making a 5 lb. jump. The lifter shall not be penalized for an error of a meet official. If the lifter wishes to try the attempt again with the amount he specified, he will be granted an additional attempt. If the attempt with the amount, he originally specified, is unsuccessful he will be given credit for the successful lift with only a 5 lb. jump.

e. If the speaker fails to announce a lifter at the appropriate weight, then the weight on the bar shall be reduced as necessary and the lifter shall be allowed to take his attempt.

f. Three unsuccessful attempts in any lift will automatically eliminate a lifter from a full power competition. If prior to being eliminated, a lifter has set a record in one of the other lifts and the proper officials were present, the lifter will be granted the record in that lift. Upon meet director approval, the lifter can be allowed to continue the competition as a push pull or single lift competitor.

g. On completion of a lift, the lifter shall have 30 seconds to leave the platform. Failure to comply after being warned shall result in disqualification.

h. If a lifter suffers an injury and the referees or meet director feel the lifter should not continue lifting, he shall retire

IX. Time (Break) Protocol between Each Flight or Lift Change:

1) A minimum break of 5 minutes must take place between the completion of one lift (ex: squat) and the beginning of the next (ex: bench press). If more time is needed, it shall be given for warm-up, setting up the platform, etc. When the meet consists of only one flight, the maximum time shall be 35 minutes).

2) When a small number of lifters comprise a flight in the rounds system, it may be necessary to increase the time between rounds to allow adequate time for the lifters to prepare for their next attempts.

X. Power Lift Challenger (for reps) Competition Variances: *Variations from Powerlifting Protocol*

- ✓ There's a 2-minute time limit to achieve maximum rep results. Referees give a warning for any rep delays or pauses in between reps, then, if necessary, stop the lifter from continuing. In which case, the lifter gets credit for completed reps prior to the ruling to stop.

- ✓ Competitors with 2 missed rep attempts in a row must stop lifting and their rep total is counted following their last approved rep attempt. Rep counts may be done by the judge or a "counter". A counting device should be used.

This "raw" competition can include the following lift options: Bench Press, Deadlift, Strict Curl, and Cheat Curl. Each good rep is counted out loud for the lifters benefit.

Lift/Rep Protocol:

1) **Bench Press**: All federation standard rules for a "raw" bench apply accept one…this is a "touch and go". Whereby, after receiving the bar to begin the lift, the lifter must only touch the bar to the chest with the bar and then fully extend their arms to conclude each rep. Standard practice is to use referee(s) to approve each rep and a dedicated "counter" to count only reps judged as allowable lifts. Bouncing the bar off the chest to assist the lift is counted as no lift.

2) **Deadlift**: All federation standard rules apply. Referees determine reps that are counted good or not, the counter keeps track of allowable lifts. Area of emphasis…bar control to the platform is necessary with no bouncing once the weight hits the floor as it would provide momentum into the next rep. Wrist wraps, Knee and elbow sleeves are permitted, straps are not.

3) **Strict Curl**: All federation standard rules apply. One exception continue curling one rep at a time without racking until the lifter has reached their rep limit. Referees determine reps that are counted good or not, the counter keeps track of allowable lifts.

4) **Cheat Curl**: All federation standard rules apply. One exception, continuing curling one rep at a time with minimal delays until the lifter has reached their rep limit. Referees determine reps that are counted good or not, the counter keeps track of allowable lifts. Rep attempts, no unacceptable delays in between attempts. Referees determine reps that are counted good or not, the counter keeps track of allowable lifts. Elbow sleeves are permitted.

Part 10 – Code of Conduct

a. Any coach, teammate, etc. that is on or near the platform, *without the head referee's approval*, with the intent of spotting or aiding that lifter without cause shall receive one official warning for misconduct. If this misconduct continues the referees will disqualify the lifter and order the coach to leave the venue. This rule applies even if it is the lifter's last lift of the day at the competition.

b. Any lifter who strikes or threatens the well-being of an official or any other individual at a competition will be dismissed from the venue and suspended from future competitions until a federation ruling is conducted to review the extent of what further disciplinary action will be taken. Disciplinary action may be ruled a Level I Infraction is a 3-month suspension from attending or participating in any federation meet or activity, Level II Infraction is a 1–2-year suspension from attending or participating in any federation meet or activity and a Level III Infraction is a Lifetime ban from attending or participating any federation meet or activity. Also, any lifter who causes a disruption which seriously interferes with the efficient running of a competition, or intentionally interferes with lifters preparing for a lift, will be suspended from 365 Strong competitions for up to 3 years. Note: Lifter's may submit an appeal for previously mentioned infractions by contacting 365 Strong Federation President's office.

c. Any certified 365 Strong certified **referee** who through his actions is obviously showing **bias** towards a lifter or partiality is risking a permanent suspension from all future 365 Strong events in which case they will lose their referee certification. Under no circumstances will referees question judgment calls made by another referee while on the platform. Referees must never argue with

each other on the platform or in public. When record breaking attempts are in question only the federation president or the lead federation official can collaborate with the 3 referees to determine outcome.

d. If a **lifter assaults or is insubordinate with an official**, competitor, spectator or event host, the meet official shall notify 365 Strong offices immediately of the incident. Written or emailed complaints should include the name, contact info and address of the lifter involved. The meet official is required to report any assault to local law enforcement authorities immediately and obtain a copy of the law enforcement agencies police report. A copy of any police report shall be sent to 365 Strong offices within 24 hours of the reported incident. If found guilty, the lifter will be permanently suspended from the 365 Strong and will not be allowed to compete in any future event sanctioned by the 365 SWPF.

e. All articles of a lifter's attire or personal equipment shall be **inspected at weigh-in**. Any deviation from what's been approved is up to the discretion of the referee, a lifter will not continue in the competition if he/she does not conform to this standard.

f. **Excessive "emotional outbursts"** such as hitting and swearing shall be limited at the referee's discretion. A warning shall be issued if minor swearing was involved. If the offense becomes flagrant and intentional the lifter may be disqualified.

g. Generally, federation rules on the maximum **number of spotters permitted** on or near the platform are 5 for squats, 4 for bench and 1 back spotter for deadlift. However, it is up to the Head Referees' discretion to take additional precautionary measures when they determine the lifters or spotters' safety necessitates additional spotting personnel. When the referee does not see a need for additional spotters then complete compliance is expected. Any deviation from the referee's ruling or resistance to comply will be ruled as an insubordinate act. Possible disciplinary action in the form of lifter, coach and team disqualification and removal from the venue as well as further action such as suspension, etc. will be considered by federation officials.

Part 11 - Referees or Judge's

I. Basic Protocol: Meet referees shall be three in number (one center & 2 side referees). The head or center referee is responsible for giving the necessary signals for all three lifts. The three referees may sit themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. Referees should position themselves in the best viewing position, and may have to lean, shift, or leave their chair to do so.

A referee should not ask a spotter to move to get a better view of the lift -if by so doing it could in any way jeopardize the safety of the lifter. Lifter safety shall take priority over anything else. However, the hands of the rear spotter must not interfere with lift once the squat command or once a bench handoff is received unless it's a failed attempt or until the rack command has been given.

II. Specific **areas of responsibility for judging referees**: All three platform officials have the responsibility of judging all aspects of the lifters on the platform. It is obvious that the head referee, from his or her position at the front of the platform, has a vantage point that makes it more difficult to judge some aspects of a lift, as compared to the side referee's. However, they do have the responsibility to judge all such aspects and are neither prohibited nor excused from making a judgment on certain aspects of a lift only because their vantage point is not the same as side officials. Once the head referee has given the squat command, it is recommended that he or she not leave his chair, however he may do so if he so when a specific situation dictates that action.

III. Procedure when a referee is "blocked" out of viewing the lift in progress: If, during the lift a spotter unintentionally gets in the way of a referee's view of the lift so that he or she does not actually see the lift, the referee should give the lifter the benefit of the doubt, and the spotter made aware. The referee may leave the chair if he or she chooses to do so and thinks it will possibly improve their viewing of the lift. Though a rare occurrence, the head referee has the authority to call on a 4th certified referee to ensure lift integrity is maintained throughout the attempt.

IV. Duties of the referees: Prior to the contest referees should make sure the platform and equipment comply in all respects with the rules, the scales be working properly, assure that weigh-ins be conducted legally and proper, and assure a thorough rules briefing is conducted prior to the time that warm-ups for the first lift begins. During the contest referees and spotters should make sure that the weight on the bar matches the weight on the scoring program.

All three referees should be issued loading charts. During the meet if any referee has reason to doubt a lifter's integrity in respect to intentional use of invalid attire or equipment to give the lifter an unfair advantage over other competitors, the referee shall call this to the attention of the other referees and inspect the lifter. If the infraction is major the lifter shall be disqualified from the competition. If the infraction is minor the lifter should be warned.

V. Procedure of a referee seeing a fault of the lifter or lift: Referee's shall call attention to the fault. If the head referee and one of the side referees agree, this will constitute majority opinion, and the head referee will stop the lift at a discretionary safe point. They will then signal the lifter to "rack or down" ending the attempt with the appropriate hand signal. Or the referee will simply order the spotters to take the bar.

VI. Procedure for a lifter to be informed of infractions which cause him to receive a red light: A lifter receiving a red light on a lift may (if he/she desires) approach a referee after completion of the lift and not during the commencement of the next lift and ascertain why he/she received a red light. The referee shall inform the lifter as to why a red light was given. The lifter should not, however, approach and ask a referee why a red light was given, after several lifts have gone by following his/her own. Note: Lifters must show restraint and respect when engaging with a referee over their ruling.

VII. Non-influence of referees toward each other: Referees may not veto or overrule each other. A referee should not attempt to influence the decisions of another referee. There shall not be a ranking of referees. All referees are equal. If a referee is partial towards a certain lifter or bias in his opinion and feels it will interfere with his judgment, he will inform the other referees so he can be replaced while that lifter is lifting. *In certain rare cases when a lift or referee call is in question the highest ranking 365 SWPF official will interact with the referees before providing a final decision.*

VIII. Acceptable referee communication: Referee's may consult with each other or any other federation leading official to expedite the competition, correct a situation or judgement.

IX. Proper **Positioning of Side Referees during the Deadlift**: From the line perpendicular from each lifter's side, the side judge should be located approximately 15^ forward. This allows the best vantage point to assess downward movement at or between the hands, to assess leg assist (hitching), and to assess final position ensuring fully upright with knees locked. Under no circumstances should the judges' position be compromised.

X. Referee dress code: Referee's should dress neat and appropriately. They should not dress in a manner which will cause the public to view the sport or federation in an unfavorable manner.

XI. General duties & code of conduct for organization and meet officials

a) In the case of other persons directing a meet, the chairperson shall assist in choosing a proper venue or host, attend the meet to oversee the event and make sure it is properly conducted and shall provide the meet director with all necessary paperwork needed to get the event sanctioned and to run the event properly. The chairperson shall assist meet directors in obtaining certified referees to officiate at their event. If the chairperson cannot personally attend a meet in his/her jurisdiction the chairperson must inform the federation president of their absence and request assistance to identify another responsible person who is well versed in 365 SWPF policies and format utilized to run a legal competition.

XII. Flight **size**: the maximum number of lifters allowed in a flight is 15-17 lifters. Flights should be divided as evenly as possible. As an example, if 40 lifters are competing in an event each flight #1 could have 13 lifters, flight #2 could have 13 lifters and the 3rd flight could have 14 lifters, or a similar setup should be utilized. Flights may be composed of any combination of bodyweight categories at the discretion of the meet director or can be set up by starting attempts with lifters having lighter openers being placed in the first flights and subsequent flights being based on the same method. Athletes in like divisions/weight classes must be grouped together.

If a contest is small and a group (flight) of lifters is less than 7 lifters a compensatory time allowance will be added at the end of each round as follows: For 6 lifters add 2 minutes, for 5 lifters add 3 minutes, and for 4 or less lifters add 3 minutes. 3 minutes is the maximum allowance permitted at the end of a round. If a group (flight) has 7 or more lifters no compensatory time is necessary.

Part 12 - Records & Best Lifter Recognition

General conditions required for setting 365 Strong records at state, regional, national and international championships sanctioned by 365 SWPF, world records shall be accepted without weighing the barbell after the lift. At this level of competition, the barbell and discs must be weighed (calibrated) prior to the competition starting time of the competition. This will ensure that the meet is run smoothly and efficiently without unnecessary stops during the competition.

I. Requirements for world, national, regional and state records are as follows:

a) The competition must be held under the sanctioning authority of the 365 SWPF. All sanction request forms must be mailed to and approved by 365 Strong headquarters at least 90 days prior to the event.

b) All referees must hold a current 365 SWPF International referee's card. When 3 are unavailable it is permissible to use another card holding referee of national or international rank with any other federation upon approval of the 365 SWPF president.

c) When using referees from another federation they must be made aware of the minor rules differences that exist between the 365 Strong and their respective federations. This will be done via a referee clinic or conference call held before the competition.

d) All referee exams must be turned in and graded by 365 Strong headquarters.

e) The good faith and competence of referees of all members' nations is beyond dispute. Consequently, a world or continental record can be assured by referees of the same nation.

f) Duel sanctioned meets are not permitted.

g) If a lifter competing in a full power meet sets an individual lift record but is disqualified from the competition because he failed to make the three attempts at another lift, he will still retain the record he set for the individual lift provided the proper referees were present to validate that the lift was properly performed.

h) No fourth attempts for a record may be included in the total at a full meet or as an attempt within the competition at a single event meet. Fourth attempts are for 365 National, World, State and Regional record purposes only.

i) The barbell and discs must be calibrated and weigh within 1% of their face value.

j) World records will be registered only after they are published on the website of 365 Strong World Powerlifting Federation. All worldwide ranking (all federations) is updated after a meet result has been posted by *Open Powerlifting*.

k) If the athlete is performing in its primary age category (Juniors, Sub-Masters, Masters, Teens, Youth), did not take part in the Open, and the result exceeds the record in both age categories, i.e. Master-Open, Teen-Open, etc., the records are recorded automatically in both divisions

l) If two or more athletes in the same weight class finish with the same result with the same weigh-in weight, then the record is assigned as shared. If during the competition in different cities, states, regions, or countries on the same day, if two or more athletes in the same weight class finish with the same result, then the record is assigned to both the athletes from the different areas.

m) World records may be set at any 365 Strong sanctioned events…when all 3 referees are nationally or internationally certified or approved by the 365 SWPF.

II. Factors that determine "Best Lifter"

a) The initial factors are determined by the roster size, the breakdown of male and female competitors, those classified as tested or untested, divisional split or the number of lifters in each division, and the number of competitors wearing the same tyle of lifting apparel (Raw and Raw Classic are combined, Equipped and Geared are combined (using a formula that percentage increases to lifters competing with lesser layers of PLY.) unless the number of equipped or geared lifters warrants consideration.

b) All factors being equal, we use the DOTS formula in all cases except when age is factored into the formula, such as Masters, Teens/Youth, Juniors/Teens/Youth.

c) Lifters that fail to enter a division they could have entered but did not aren't eligible for best lifter honors in a division they never entered.

d) Divisional crossover entries must be done prior to the start of an event.

e) It is always at the discretion of the meet director and/or federation officials to determine if any other variables should be considered before a selection becomes final.

New: **Formula for selecting the Best Lifter or Pro-Elite Athlete when the Best Lifter or Payout is awarded no matter what gear is utilized. We begin by using the McCullough coefficient to account for age and bodyweight. Then, adjust each lifter's total by their equipment category using these standard multipliers: >Raw:** 1.00 (baseline) **>Raw Classic (Knee Wraps):** 0.98 **>Single-Ply:** 0.88 **>Multi-Ply:** 0.80 **>Unlimited:** 0.75

Adjusted Total = Total x Gear Multiplier

Score = McCullough (Adjusted Total, Bodyweight, Age)

Part 13 - Major Event Qualifications

1) Meet's that are designated as a 365 Strong National or World meet automatic qualifier will be pre-announced. Meaning all division weight class winners at these events will qualify to compete in a particular 365 Strong National or International competition.
2) Any lifter finishing with the designated Qualifying Total or Lift, or higher, within the designated time qualifies. Qualifying standards are listed on the event web page.
Note: For the 365 Strong National and International events we will consider any lifter from other nationally or internationally sanctioned federations that have achieved a qualifying lift or total during a designated period.
3) First place, in any Division / Weight Class at any 365 SWPF event that's been designated as an automatic qualifier.
4) Novice athletes are exempt from needing to qualify but may enter without limitations, unless noted otherwise.
5) Official meet **"invitations"** must be approved by 365 Strong. This is a provision saved for those lifters that have proven past accomplishments or request an invitation due to "special circumstance" that limited their recent participation. (Examples: Injury, Work, etc.)
6) Lifters entering push pull or single lift competitions are also required to qualify to participate.
7) Events and locations will vary as we will consider all serious bids to host. Send your bid to info@365strong.org.

Part 14 – Host Sanction Requests

a) In order to "host" a sanctioned 365 Strong competition a request must first be submitted to Federation President, Bill Clary, preferably 2-3 months prior to the date of the of the event. Your request will be quickly followed by host request form that the candidate must fill out in its entirety.
b) Once the request form has been received the 365 Strong will either approve as is, suggest the necessary adjustments to gain approval or deny the request (giving reason).
c) Once your request has been approved, as a host you will receive exclusive rights within your territorial area for the date of approval without the threat of a similar 365 Strong event within a 3-month window.

Part 15 - Formulas utilized in 365 Strong competitions

I. The officially recognized formula shall be the **"DOTS" formula for both men and women** or the **"Malone" formula for women**, and **"Foster" formula for masters or youth and teenage lifters** when age is a factor. The formula is utilized to determine the overall champion or placements in classes run by formula instead of weight classes.
II. Special rule for record setting at full power events: If a competitor competes in a full power meet with the intention of setting records at the event and bombs out at a particular lift in the event, they are no longer considered competing for full power placement. However, the lifter may continue to participate in the other lifts for the purpose of setting records in those lifts if the federation certified referees are judging the event and if the lifter has secured the permission of the event director. This is only permitted for the lifter that pays the appropriate crossover fee(s) for entering a single lift or combo lift competition.

III. Formula for selecting the Best Lifter or Pro-Elite Athlete when the Best Lifter or Payout is awarded no matter what gear is utilized. We begin by using the McCullough coefficient to account for age and bodyweight. Then, adjust each lifter's total by their equipment category using these standard multipliers: >Raw: 1.00 (baseline) **>Raw Classic (Knee Wraps):** 0.98 **>Single-Ply:** 0.88 **>Multi-Ply:** 0.80 **>Unlimited:** 0.75

Adjusted Total = Total x Gear Multiplier

Score = McCullough (Adjusted Total, Bodyweight, Age)

Part 16 - Scoreboard

A detailed scoreboard visual for the spectators, officials, and all concerned with the progress of the competition should be provided. The lifters' names should be arranged by lot numbers for each session. The current record must be displayed and updated as necessary.

Event Scoreboard: INCLUDE THE FOLLOWING INFO:

Group:	LOT	NAME	DIV	BD/ WT/Gear/T or U	
SQUAT:	RD1	RD2	RD3		
BENCH PRESS:	RD1	RD2	RD3	SUB TOT	
DEADLIFT:	RD1	RD2	RD3	TOT	PLACE

Single-Lift Categories: Please distinguish between lifters entering the "Full Power" or "SBD" (referring to squat, bench, deadlift) competition, "Push Pull" or "BD" (referring to bench and deadlift) and those falling into only a "Single-Lift" category such as "S" (squat), "B" (bench), "D" (deadlift) and/or "C" (strict curl).

Part 17 – World/International Events

365 Strong World Powerlifting Federation sanctions numerous state, regional, national and international competitions within the United States and throughout the world. Competitor eligibility is determined by head federation officials. If no eligibility requirements are announced, then it is open for any 365 SWPF athlete to participate.

Events' locations will vary as we will consider all serious bids to host. Send your bid to info@365strong.org.

Part 18 – Federation Records

1) WORLD, NATIONAL, REGIONAL and STATE federation records may only be made at events sanctioned by 365 Strong. 365 Strong World Powerlifting Federation (365-SWPF) will accept records without weighing the barbell or the lifter, provided that the lifter had weighed in correctly before the competition and that the referees or the Technical Committee had ensured the weight of the barbell and the discs before the competition were calibrated. Men's and Women's Master records will be separated by 5-year intervals 40-44, 45-49, 50-54, etc. Submasters are ages 35-39. Juniors are ages 20-23. Teenage records are broken into basic 3 age groups, 13-15, 16-17 and 18-19. Youth athletes are ages 10-12. Open records have no age requirement.

2) Requirements for recognition of any federation record are as follows:

(a) The Competition must be sanctioned by 365 SWPF.

(b) Each of the adjudicating referees must hold a current 365-SWPF National/International Referee's Card or be pre-approved by a leading 365 SWPF official.

(c) The good faith and competence of referees of all member nations is beyond dispute.

(d) Though as a federation we provide a preferred list of event equipment, such as bars and discs and racks. Any deviation from this policy must be pre-approved in advance so lifters can prepare or adjust accordingly, and the equipment still meets federation standards for setting records.
(e) All Records for individual lifts are counted and need not be accompanied by a total of the three lifts. (Example: Single lift Bench Press records made when entering a three lift (Full Power) event do not need to be accompanied by a total.)
(f) In the event two (2) lifters requesting the same weight for a new individual lift record (should be aware) that the heavier lifter at weigh-in must add 0.5 kg to his / her attempt to claim the record. In cases where both recorded the same record lift and weighed the same, they will each share the record. On the question of who claims the record when 2 lifters tie on total, the record holder is determined in accordance with the following: Records where each lifter totals the same weight, the athlete that weighed the least at weigh-in is declared the official record holder
(g) New Records, where one lifter outweighed the other, are only valid if the heavier lifter exceeds the record in question by at least 0.5 kg.
3) 365 SWPF World Records will count at any federation sanctioned meet if all 3 referees are certified and/or approved by 365 SWPF.
(a) Should a lifter exceed the single lift record while lifting in a three-lift powerlifting contest, he / she may claim that record without being required to take other token lifts.
(b) Any federation record can be attempted on a 4th attempt only after the first 3 attempt were declared as "good" lifts. However, 4th attempts do not count in the lifters total.

Part 19 – Drug Related Classifications

Untested Classification

Untested Classification: Includes lifters in all divisions that do not want to be drug tested or absorb the cost of submitting to a drug test.

Drug Tested Classification

Drug testing is administered, at random, to only those divisions that have a "Tested" Classification. They must be willing to pay for the cost of the test if results come back positive and follow through with their commitment to be tested at the Executive Committee's request.

I. Testing Procedures:

The lifters entering the Open, Submasters, Juniors, Masters, M/P/F and Paralifter division classifications will be randomly drug tested. The lifters will have the opportunity to change their classification at weigh-ins. After that point they will lift in the classification and division that they originally marked on their application. The number of lifters that will be tested will be on a sliding scale basis depending on the number of entries in those "Tested" Classified divisions mentioned above. Example: 1-10 - 1 lifter; 11-20 - 2 lifters; 21-30 - 3 lifters; 31-40 - 4 lifters; 41-50 - 5 lifters; and so on.
The normal method of choosing lifters that are given a drug tests, 1) "tested" lifters that achieve record lifts and 2) lifters who are randomly tested at the discretion of the meet promoter. The one thing that must be strictly adhered to is that we conduct the testing in a correct chain of order and that all specimens are handled as such. "Tested" lifters who are tested and are found to be using Anabolic Steroids will be banned from competing in a 365 Strong Tested Classification Competition for a minimum of one-year. While serving out their term, a banned athlete may appeal to the federation executive committee for approval to compete as a "untested" athlete.

II. Untested Classification: When an athlete is classified as "untested" they are not subject to any drug testing agenda. They will compete against like competition.

III. Banned Substance List:

Androstene and any Andro related product (includes norandro); Bolasterone (Metabolite); Boldenone (Equipose) (Metabolite); 4Chlorotestosterone (Clostebol) (Metabolite); Clenbuterol (Siropent); Danazol (Metabolite); Dihydrotestosterone (Stanolone); Dehydrochloromethyltestosterone (OralTurinabol); Dromostanolone (Masteron) (Metabolite); Epitestosterone (if above 200 ng/mL); Ethylestrenol/ Norethandrolone; Metabolite Formebolone (Esiclene) (Metabolite); Fluoxymesterone (Halotestin) (Metabolite); Furazabol Mesterolone (Proviron) (Metabolite); Methandrostenolone (Methandienone, Dianabol); Methandriol Methenolone (Primobolan); Methyltestosterone; Mibolerone; Nandrolone (Deca-Durabolin); Norandrostendione/Norandrostendiol Metabolite; Norethandrolone/Ethylestrenol Oxandrolone (Anavar); Oxymesterone Oxymetholone (Anadrol) (Metabolite); Probenecid (Masking agent); Stanozolol (Winstrol) (Metabolite); Stenbolone Testosterone (T/epiT ratio greater than 6); Testosterone/ Androstendione/Androstendiol/DHEA Trenbolone (Finajet, Parabolan) (Metabolite); ...and related compounds *specimen is considered positive when Testosterone/Epitestosterone ration is greater than 6

IV. Testing Instructions:

1. Follow the directions on the Drug Testing Protocol Form specified. Please put a lift's name on the seal of all urine samples.
2. You may have the donor handle the specimen. After collection and under your observation you can have the donor put the label on the bottle, then apply the recommended seal, put the specimen in the small plastic bag then in the large plastic bag.
3. Our 365 SWPF Office keeps a copy of the signed document and then we send the other copy with the lab with specimen; to the 365 SWPF Office, PO Box 253, Fort Mill, SC 29716.
4. The specimen is then shipped by 365 SWPF to Lab Corp for immediate testing.
5. Result will be kept confidential and shared with the appropriate party.

V. Drug Testing Policy

This is the current 365 SWPF Policy, on athletes competing in the "TESTED" DIVISION at any 365 SWPF sanctioned drug tested event! ("UNTESTED" DIVISION athletes DO NOT fall under this category.)

If someone is suspended from this or any other Federation for Testosterone Levels greater than 6:1 and /or the Lifter's refusal to take any In Meet (IM) or Out of Meet (OM) test, they will be suspended from entering 365 SWPF "TESTED" competition for 1 year from that date. (Second time offenders receive a 3-year suspension.)

Athletes may appeal a "failed" test result and suspension to our 365 SWPF Executive Committee. If requested, the committee must decide if the lifter knowingly competed in a 365 SWPF meet as a "TESTED" athlete while taking any substance unknowingly. In which case the committee rules against a lifters appeal then a suspension is withheld, they must adhere to the 1 or more-year ban without appeal. In addition, anyone who violates our drug testing policy will have any recent record removed from our record books (State/American/World) going back to day one of their 365 SWPF membership.

The Committee may consider sentence compromise. Such as, an unknowing athlete takes a substance whose generic name isn't on the above list of allowed substances. Then they have the authority to permit the athlete to enter only as an "UNTESTED" competitor until their suspension period expires. Therapeutic Use Exemptions Application Forms are available upon request.

VI. DRUG-TESTING CONSENT FORM STATES (Document is located on our website):

By signing this form, I affirm that I am aware of the 365 Strong World Powerlifting Federation drug testing program and have read the Adult Substance Abuse Program Summary.
I acknowledge that doping or the use of drugs before or during a competition I've registered as "Tested" athlete is prohibited and a violation of our federation divisional code.
I consent and agree to urine drug testing to participate in the "Tested" division of this 365 SWPF event.

I understand and agree that the collection process and testing procedures will be performed by a third party and in accordance with 365 SWPF Policy.
I acknowledge that 365 SWPF officials shall notify me of the results of the test immediately once the results are known.
I FURTHER ACKNOWLEDGE AND AGREE THAT SHOULD NOTICE OF A POSITIVE TEST BE RETURNED FOR ANY REASON TO THE 365 SWPF, THE 365 SWPF SHALL HAVE THE RIGHT TO POST MY NAME ON THE MANDATORY 1-YEAR SUSPENSION LIST LOCATED ON OUR WEBSITE.
I acknowledge that if I test positive, refuse to be tested, and/or fail to appear for testing, I will automatically be disqualified from any further "Tested" competition for the same 1-year period, on a first-time offense.
I acknowledge, I may request a hearing before the 365 SWPF Executive Committee to challenge my suspension from 365 SWPF for the period in question.
I acknowledge and agree that this Consent shall be in effect for one (1) year from the date of signing. The parties herein agree that if any part of this Consent shall be deemed invalid and/or unenforceable, the remaining terms and provisions of said Consent shall remain in full force and effect.
I acknowledge that I have read this Consent and fully understand and agree with its contents. I further acknowledge that if I am selected to be tested, I may be required to sign another Consent Form.

Dated this _____day of _____, 20_____

ATHLETE_____DATE OF BIRTH_____

ADDRESS_____

City _____ State _____ Zip Code _____

Country_____

PRIMARY PH _____ SECONDARY PH _____

EMAIL ADDRESS _____ MEMBERSHIP # _____

ATHLETE SIGNATURE _____

WITNESS (PRINT NAME) _____

SIGNATURE OF WITNESS_____

* All appeals must be submitted to the 365 SWPF Executive Committee.