

National Federation Comparisons

| Feds | SQUAT | | | | BENCH PRESS | | | | DEADLIFT | | PROTOCOLS | | | |
|-----------------|--------|----------|------------|--------------|-------------|----------|--------------|--------------|----------|-----------|-----------|----------|-----------|-------------|
| | SQ Bar | Monolift | Knee Wraps | Knee Sleeves | Head Up | Heels Up | Suicide Grip | Reverse Grip | DL Bar | Weigh Ins | Tested | Untested | Annual \$ | Lifetime \$ |
| <i>365 SWPF</i> | ✓ | ✓ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$30 | \$55 |
| <i>USPA</i> | ✓ | ✗ | 2.5m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$65-95 | ✗ |
| <i>ADFPF</i> | ✗ | ✗ | 2m | ✗ | ✗ | ✗ | ✓ | ✓ | ✗ | 3 hr | ✓ | ✗ | \$30 | ✗ |
| <i>APF/AAPF</i> | ✓ | ✓ | 2.5m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$30 | ✗ |
| <i>SPF</i> | ✓ | ✓ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$30 | ✗ |
| <i>RPS</i> | ✓ | ✓ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | n/a | ✗ |
| <i>IBP</i> | ✗ | ✗ | 2.5m | ✓ | ✓ | ✓ | ✗ | ✓ | ✗ | 24 hr | ✓ | ✗ | \$30 | ✗ |
| <i>WNPF</i> | ✓ | ✓ | 2.5m | ✓ | ✓ | ✓ | ✗ | ✓ | ✓ | 12 hr | ✓ | ✗ | \$40 | ✗ |
| <i>100% Raw</i> | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ | ✓ | ✗ | ✓ | 18 hr | ✓ | ✗ | \$40 | \$175 |
| <i>IPA</i> | ✓ | ✓ | 2.5m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$30 | ✗ |
| <i>APA</i> | ✓ | ✓ | 2.5m | ✗ | ✓ | ✓ | ✓ | ✓ | ✓ | 2 hr | ✓ | ✓ | \$40 | ✗ |
| <i>NASA</i> | ✗ | ✗ | 2.5m | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✗ | \$40 | ✗ |
| <i>USAPL</i> | ✗ | ✗ | 2m | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ | 2 hr | ✓ | ✗ | \$65-150 | \$1,500 |
| <i>UPA</i> | ✓ | ✗ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$40 | ✗ |
| <i>AAU</i> | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | 24 hr | ✓ | ✗ | \$24 | ✗ |
| <i>USPC</i> | ✓ | ✗ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✓ | ✓ | \$50 | ✗ |
| <i>WLPF</i> | ✓ | ✓ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✗ | ✓ | \$35 | ✗ |
| <i>XPC</i> | ✓ | ✗ | 3.0m | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 24 hr | ✗ | ✓ | \$30 | ✗ |