

International 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
<i>365 SWPF</i>	✓	✓	3.0m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
<i>IPL</i>	✓	✗	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
<i>WDFPF</i>	✗	✗	2m	✗	✗	✗	✓	✓	✗	3 hr	✓	✗
<i>IPF</i>	✗	✗	2m	✓	✗	✗	✗	✗	✗	2 hr	✓	✗
<i>IPO</i>	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
<i>IPA</i>	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
<i>WPA</i>	✓	✓	3.5m	✗	✓	✓	✓	✓	✓	2 hr	✗	✓
<i>GPA</i>	✓	✓	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
<i>GPC</i>	✓	✗	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✗	✓
<i>WPC</i>	✓	✗	2.5m	✓	✓	✓	✓	✓	✓	24 hr	✓	✓
<i>WUAP</i>	✓	✓	2.5m	✓	✓	✓	✓	✓	✗	24 hr	✓	✓