



# 365 Strong World Powerlifting Federation

## Referee Exam

TODAYS DATE \_\_\_\_\_

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE (CELL): \_\_\_\_\_ (OTHER): \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ Years of Experience: \_\_\_\_\_

POWERLIFTING BACKGROUND \_\_\_\_\_

\_\_\_\_\_ Additional Experience: \_\_\_\_\_

Minimum qualification, all referee candidates must be a former or present powerlifting competitor or referee from another organization to qualify to take this exam. For the true-false questions, if any part of the statement is false, the entire question is false. After you've completed this written exam, an additional practical exam may be necessary to address any areas that require clarity or explanation.

Step by Step Review:

1. Complete this written exam (results sent within 48 hours), scan and email back to [info@365strong.org](mailto:info@365strong.org).
2. We will evaluate your answers and give you an outcome within 48 hours.
3. Upon approval for your judge's card:  
**Fee for the Judges Card and Brand Polo Shirt: \$50.00** - Shirt, Size \_\_\_\_\_.

Federation President: Bill Clary Direct Line: 704.236.1899 Mail: PO Box 253, Fort Mill, SC 29716

### ANSWER QUESTIONS AS COMPLETELY AS POSSIBLE:

1) List six causes for disqualification in the **Squat**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

2) List six causes for disqualification in the **Bench Press**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

3) List five causes for disqualification in the **Deadlift**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

4) Under what circumstances is it optional for a lifter to wear the suit shoulder straps over their shoulder on their lifting suit? \_\_\_\_\_

5) The length of the leg of the lifting suit may be how long at its maximum length? \_\_\_\_\_

6) As the side referee, you note that the lifter's feet contact the bench supports during the lift. What is the appropriate call? \_\_\_\_\_

7) As the head referee, you note that the lifter gets under the squat bar and their socks are in contact with the knee wraps. What is the appropriate call? \_\_\_\_\_

8) As the center/head referee, you note that the lifter has just completed a successful attempt, however the weight on the bar is five kilograms heavier than the lifter requested. What is the appropriate call? \_\_\_\_\_

9) A male lifter is successful with 100 kg. on his first attempt. He requests 102.5 kg. on his second attempt. As a referee, you note this. What is the appropriate call? \_\_\_\_\_

10) Under what circumstance may a lifter change a first attempt squat? \_\_\_\_\_

11) Under that circumstance may a lifter change a second attempt bench press? \_\_\_\_\_

12) Under what circumstance may a lifter change a third attempt on his or her deadlift? \_\_\_\_\_



13) Which of the competitive lifts require a referee's signal to start the lift? \_\_\_\_\_

14) Which of the competitive lifts require a referee's signal to terminate the lift? \_\_\_\_\_

15) How many spotters, maximum, may be used in the squat? \_\_\_\_\_

16) How many spotters, maximum, may be used in the bench press? \_\_\_\_\_

17) What is the time limit to begin the lift once the bar has been loaded and the lifters' name has called to the platform? \_\_\_\_\_

18) What is the maximum grip width in the bench press? \_\_\_\_\_

19) Where on the lifter, bar or apparel can any spray or powder be used? \_\_\_\_\_

20) If asked by a lifter, can any of the 3 referees call depth on a squat? \_\_\_\_\_

21) Where on the platform (rear, side for ex.) may coaches stand during the performance of the lift? \_\_\_\_\_

22) What may occur to the lifter who intentionally drops a squat or deadlift? \_\_\_\_\_

23) During the bench press, the bar contacts a bench upright. What is your ruling? \_\_\_\_\_

24) Prior to a squat attempt, the lifter's coach and training partner take the place of the official spotters on the platform. As the side judge, what is your ruling? \_\_\_\_\_

25) In the bench press, the lifter places only the balls of their feet on the platform but not the heel. During the performance of the lift the feet never shift from the same footprint. What is your ruling? \_\_\_\_\_

26) In the bench press, the lifter elects to raise his or her head during the performance of the lift. Could that act be ruled as an unfair advantage? \_\_\_\_\_

#### TRUE OR FALSE

27) The weight classes for women's competition may parallel the men's weight classes. \_\_\_\_\_

28) In the deadlift, the referee shall give a start command. \_\_\_\_\_



29) When loading the bar the first plate loaded faces in and the rest face out. \_\_\_\_\_

30) Apparel must always include a one-piece singlet or lifting suit. \_\_\_\_\_

31) All lifters representing a team must have matching apparel and display only the club/gym insignia or logo representative of their team name. \_\_\_\_\_

32) A lifter may have his or her personal spotter hand off in the bench press. \_\_\_\_\_

33) 365 SWPF records may be listed in pounds or kilograms. \_\_\_\_\_

34) In the squat, the lifter may back away from the racks, and then move forward or backward in order to establish his or her starting position. \_\_\_\_\_

35) Lifters weighing the same and choosing the same weight on the same attempt have their lifting order determined by which one attempted the heaviest first attempt. \_\_\_\_\_

**FILL IN THE BLANK**

36) What's the cosmetic difference between "Raw" and "Raw Classic"? \_\_\_\_\_  
\_\_\_\_\_

37) What happens when meet assigned spotters and loaders accidentally touch the lifter, bar or weights on the way to completing a squat attempt? \_\_\_\_\_

38) Can a lifter weigh-in fully dressed, under any circumstances? \_\_\_\_\_

39) Once a lifter weighs in and the weight is *officially recorded* can they come back and re-weigh if they choose? Why or why not? \_\_\_\_\_  
\_\_\_\_\_

40) What does the lifter need to provide meet officials at the time of weigh-ins? \_\_\_\_\_  
\_\_\_\_\_

41) At the present time how many weight classes are there for females in the 365 SWPF? \_\_\_\_\_

List all female weight classes (lb. or kg): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

42) How many males weight classes are there? \_\_\_\_\_



List all male weight classes (lb. or kg): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

43) List the age ranges for the following divisions:

Masters: \_\_\_\_\_

\_\_\_\_\_

Submasters: \_\_\_\_\_ Juniors: \_\_\_\_\_

Teenage: \_\_\_\_\_ Youth: \_\_\_\_\_ Kids Club: \_\_\_\_\_

44) Can a lifter's recorded bodyweight be made accessible to others prior the meet starting?

\_\_\_\_\_

**General Questions:**

1) In your opinion what makes a powerlifting judge a "good" judge or a "bad" judge? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2) What qualities or attributes do you possess that will make you well respected and a "good" powerlifting judge? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3) Do you have any physical limitations or restrictions we should be aware of? (Example: due to a back injury sitting for over 2-3 hours at a time would require occasional breaks to walk around and stretch.) Explain: \_\_\_\_\_

\_\_\_\_\_

1. Do you have dependable transportation? \_\_\_\_\_

2. Do you work well with others? Specifically, if another judge, lifter, coach, etc. questions a judges call you made how would you deal with confrontation? \_\_\_\_\_

\_\_\_\_\_

Applicant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

365 SWPF Official Signature: \_\_\_\_\_

Date \_\_\_\_\_

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