

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 of previously mentioned infractions by contacting 365 Strong Federation President, Bill Clary.

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 head 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 the 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"**, acts used to psych-up an athlete, such as excessive hitting or swearing shall be limited and up to the referee's discretion. An initial warning shall be issued by the referee when necessary. If the offense act becomes flagrant and intentional the lifter and/or coach 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.

h. **Lifter Spotters:** Any touching of the bar, by the lifter's spotters once the lift has commenced and/or before the rack command is given. Regarding the bench press, it's forbidden to touch the bar or weight discs once the lifter has started their downward movement and prior to a rack command being given. Regarding the squat, it's forbidden to touch the bar or weight discs once the bar is removed from the rack by the lifter, throughout a completed attempt, and until the rack command being given.

i. **Staging Area:** Is a designated area located close to the platform that's solely used for competitor preparation prior to being called on to lift. Lifters may use alternative seating *outside* of the staging area to prepare. Anyone attempting to sit or prepare closer to the platform than the designated area provided will be asked to first move back to the appropriate staging area and second if this action persists then the referee or meet director have the authority to disallow the lifter next attempt or in cases where a lifter, coach, etc. isn't respectful of a referee/director decision the lifter, coach, etc. can be disqualified from the competition and risk possible suspension.

j. **Questioning a referee call:** When addressing a referee about a call on a lift that received a red light, speak in a tone that is respectful. Referees are instructed to share pertinent information on what they saw so a lifter can make the necessary adjustment on the next lift. Immediate video accounts of the lift are not permitted as it will delay the next lifter's attempt. If the head referee or leading federation authority figure chooses, they may review the lift in question for further consideration, in the presence of participating referees and without the presence of concerned parties (athlete, coach, etc.). Their decision is final.