

The Official Handbook of the

B.D.F.P.A.

Dedicated to Drug Free Powerlifting



**Edition
2013**

**Including the B.D.F.P.A.
Constitution and By-Laws**

**The British Drug Free Powerlifting Association (B.D.F.P.A.)
is the only Powerlifting Association to be affiliated to the
World Drug Free Powerlifting Federation (W.D.F.P.F.)**

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INTRODUCTION TO THE BDFPA

The British Drug-Free Powerlifting Association was formed in 1989 with the express purpose of providing an alternative national platform for **drug-free** competition. In this connection all BDFPA events and activities take place against the background of the Association's total and unequivocal commitment to a policy of rigorous drug control.

The BDFPA (*British Drug Free Powerlifting Association*) is affiliated to the WDFPF (*World Drug-Free Powerlifting Federation*), and is the only UK Powerlifting organisation recognised by the international body.

The registered office of the Association is to be sited in England.

THE AIMS OF THE ASSOCIATION

1. To promote and encourage the art and science of Powerlifting as a means to the acquisition or improvement of physical health and development, and as a form of competitive sport.
2. To actively discourage and outlaw the use of drugs as an aid to competitive performance or as an aid to physical development or performance.
3. To promote Powerlifting competitions of all description and make awards as are customary in amateur sport for such competitions. To draw up rules (By-Laws) governing the performance of Powerlifting.
4. To train and instruct referees for Powerlifting competitions. To award diplomas and certificates to certify the proficiency of such referees and to maintain a register of such referees.
5. To train and instruct teachers, instructors and coaches in Powerlifting and weightlifting for physical training and competition. To award diplomas and certificates for the proficiency in teaching, instructing and coaching and to maintain a register of teachers, instructors and coaches who have been so qualified.
6. To conduct courses and classes of instruction in Powerlifting and all forms of weight training and to print, publish, issue and circulate such papers, periodicals, books, circulars and other literary undertakings for these or any other purposes as may seem conducive to any of the aims of the Association.
7. To purchase, manufacture, sell and otherwise deal in apparatus and appliances required for or suitable for use with the practice of weight lifting of every description.
8. The BDFPA's emblem and seal shall have inscribed thereon the name of the Association and shall be in any form as may be approved from time to time by the National Council.

THE NATIONAL COUNCIL

1. The BDFPA shall be managed by a democratically elected body of officers and divisional representatives.
2. The managing body shall be known as the National Council.
3. The National Council shall consist of one representative from each Division and the following officers: *President, General Secretary, Treasurer, Championship Secretary, Coaching Secretary, Technical Secretary, Drug Control Secretary, Membership Registrar, Records Registrar (s), Womens' Secretary, Services' Liaison Officer, Youth Development/Incentive Awards Registrar, Publicity Officer, Internet Webmaster, and Newsletter Editor*. More than one position may be held by the same person, but that person may only cast one vote.

The aforementioned officers will constitute the BDFPA Executive, and additional positions may be added subject to a majority vote by the National Council (1997 AGM).

THE ANNUAL GENERAL MEETINGS AND NATIONAL COUNCIL MEETINGS

1. For the purpose of conducting business at National Council meetings, a quorum shall consist of a majority of its elected officers.
2. All business will be conducted according to Robert's Rules of Order except where otherwise specified by this Constitution.
3. Together with the AGM the National Council has a duty to meet no less than twice every year.
4. Ideally the AGM should be held during the first three months of the year and must be advertised in the Association's newsletter or magazine at least 21 days prior to the meeting.
5. Special meetings of the National Council for any purpose may be called by the President (or a majority of the Executive Officers) upon notice of such time and place as may be stated in the notice. At least ten days notice shall be given prior to a special meeting, and such notice shall specify the purpose of the meeting. Where a majority of Executive Officers so agree, voting procedures may be by postal ballot. This may pertain to any issue, including the removal or election of Executive Officers. Where deemed appropriate, these procedures may include the use of Electronic Mail.
6. Items for discussion &/or voting by the National Council - either at an actual meeting or by E-Mail/postal ballot - shall be submitted to the President or General Secretary to be included on the agenda in the following ways: (a) via Divisional AGM's/other divisional meetings, if such matters relate to policy changes, alterations to the Association's rules or Constitution or (b) directly via divisional representatives, if such matters are strictly of a managerial nature. (NC Ballot - July 2002).

7. There shall be such other meetings of the National Council as are deemed necessary to conduct the day to day business of the BDFPA, and to hear any appeals by members who have been subject to disciplinary procedures. The date, time and place of such meetings will be decided by the President in consultation with members of the National Council by mail, telephone or meeting, and advertised in the BDFPA newsletter or magazine at least 21 days prior to such a meeting. The National Council has the authority to open all meetings by a majority vote of council members present, to any BDFPA member who, with the prior approval of the President, shall have voice during the Council Meeting but without the right to vote.
8. The President will act as Chairman at the AGM and National Council Meetings and will hold the casting vote only, on all matters to be decided. In the absence of the President the National Council may elect anyone present to take the chair, and such a person will have the casting vote only. Similarly in the absence of the General Secretary, the National Council may elect a person to act as Secretary for the duration of the meeting.
9. Only current BDFPA members may vote at a BDFPA meeting. Non-members may only attend BDFPA meetings with the prior consent of the President or chairman of such a meeting.
10. Any officer who ceases to be a member of the Association must tender his or her resignation.
11. The order of business at Annual General Meetings will be as follows:-
 - a. Roll Call
 - b. Apologies for Absence
 - c. Minutes of the Previous Meeting
 - d. Reports of Officers, Boards & Standing Committees (permanently established)
 - e. Reports of Special (Select or Ad Hoc) Committees (committees appointed to exist only until they have completed a specific task)
 - f. Special Orders (matters that have previously been assigned a type of special priority)
 - g. Unfinished business and General Orders (matters previously introduced which have come over from the preceding meeting)
 - h. New Business (matters initiated in the present meeting)
 - i. Election of Officers
 - j. Any Other Business
12. All BDFPA members are entitled to attend the AGM but only elected members and Divisional representatives may vote. Non-voting members may only contribute to the meeting with the Chairman's permission.
13. A Divisional representative may appoint a nominee if he/she is unable to attend a scheduled meeting of the National Council. The nominee should have written authority from the Divisional representative. (NC Ballot - July 2002).
14. Propositions to National Council or the AGM must be received by the General Secretary, at least 28 days prior to National Council meetings. Propositions received later than the 28 days will only be accepted at the Chairman's discretion.

CHANGE OF CONSTITUTION OR RULES

1. Alteration to the BDFPA Constitution may only be made at the AGM or at a special meeting called for that purpose.
2. Any change in the Constitution or amendment to rules will take effect 14 days after publication in the BDFPA newsletter or magazine.

NATIONAL COUNCIL OFFICERS AND DIVISIONAL REPRESENTATIVES

1. All officers with the exception of the President, will be appointed annually at the AGM. Nominations will be received from those present at the meeting.
2. The President shall be appointed for a term of office not exceeding three years.
3. The President may be appointed for successive terms of office.
4. The President may only be relieved of his or her position at a meeting by a voting ballot of no confidence, instigated in the light of extenuating circumstances. Under such circumstances the President will stand down from the Chair and his or her place will be taken by an officer elected by those present and entitled to vote, for the duration of the meeting.
5. The National Council is a self disciplining body. Where a duly appointed National Council member contravenes the disciplinary rules or code of conduct of the BDFPA or patently fails to meet obligations of his or her terms of reference, the President may instigate voting procedures within the National Council to facilitate his or her removal from that body.
6. There shall be no established order of succession to any office. Should any National officer cease, for any reason, to hold office, The President or National Council shall call a meeting and a successor shall be chosen to serve until the next AGM.
7. Any member of the National Council may resign at any time by giving notice in writing to the National Council, the President or General Secretary. Should any Divisional representative cease to hold office for any reason, the President or National Council may appoint a replacement to represent the Division until the Divisional AGM.
8. Divisional representatives may be selected by majority vote at Divisional AGMs. Should a Divisional representative be unable to attend a National Council Meeting, he/she may delegate his/her vote to a member of his or her choice. The President must be notified of such a delegation in writing or by telephone, prior to the National Council Meeting. If there is no Divisional Committee the President may appoint a representative from such a Division (see BDFPA Divisions and Leagues).

SUB COMMITTEES

1. The National Council may appoint sub-committees whose members need not be members of the National Council. Members of these committees may be invited to attend the National Council meetings to tender expert advice in a non-voting capacity.
2. The Drug Control Secretary also retains the right to appoint a sub-committee, and may enlist the involvement of clinical and other specialists in the field - who are not members of the Association - to serve as associate or advisory members of said sub-committee, provided that the appointment of these persons is with the express approval of the BDFPA National Council. Such persons may not exercise any voting rights on a Drug Control sub-committee, but may act in an advisory capacity only. The sub-committee will make recommendations on matters of policy to the BDFPA National Council where appropriate, via the National Drug Control Secretary (1996 AGM).

EXPENSES

1. The BDFPA does, wherever possible, undertake to repay expenses for duties carried out on behalf of the Association. However, claims to cover the actual amount expended on travelling, subsistence, hotels or other expenses actually or necessarily paid will depend on the financial position of the Association. Expenses over an agreed amount will only be paid on original invoices (1998 AGM).
2. The scale of expenses shall be prescribed by the National Council from time to time.
3. Any member who, because of specific circumstances, will need expenses guaranteed should, prior to the engagement, contact the General Secretary.

FINANCIAL OBLIGATIONS AND PURCHASE OF EQUIPMENT, SUPPLIES, AND PROPERTY OR PROPERTY RENTAL.

1. The National Council may elect to buy equipment, supplies or rent or buy property to facilitate the efficient running of the Association. It may also elect to pay a full-time officer or officers. All such expenditure will be subject to the financial position of the Association.
2. Subject to conditions previously set out, the Treasurer and one other Officer (Secretary or President) may authorise payment and/or assume financial obligations on behalf of the BDFPA. Whenever possible such authorisation should be from the Treasurer and General Secretary.
3. No BDFPA Officer or member may undertake to take over or meet financial obligations that are not of the Association's making or knowledge.
4. The BDFPA reserves the right to dissociate itself from any financial transaction taken without the prior knowledge of the General Secretary.
5. The General Secretary shall ensure that an annual audit of BDFPA finances is conducted and that a balance sheet be available for inspection at the AGM.

MEMBERSHIP OF THE BRITISH DRUG-FREE POWERLIFTING ASSOCIATION

1. Membership of the BDFPA is obtained by the submission of a completed application form. This will include the applicant's signature to a covenant of support for the Association's drug control/drug testing policies. Members must be normally resident in the United Kingdom, or hold UK or dual nationality.
2. Only current BDFPA members may participate in lifting events (at any level) sanctioned by the Association, and only current members may hold official positions within the BDFPA. This includes individuals who join on the day of the event, who will be classed as current members on submission of the membership form to the promoter or a BDFPA official.
3. All members of the BDFPA must be generally available for drug testing (including out-of-competition testing) as determined by the Association or its representatives.
4. The BDFPA will consider applications for membership from former drug users who have ceased the use of all drugs for a minimum of ten years and provided details of their test failure. In the first instance ex-drug users may compete in BDFPA competitions as guests only, with a proviso that they be classified as associate members without voting rights, for a trial period of one year.
5. The BDFPA shall not discriminate against any member on the ground of sex, race, colour or creed or involve itself with any organisation which discriminates against persons on the grounds of sex, race, colour or creed.
6. Inmates of HM Prisons may be accepted and accorded all BDFPA rights and status where practical to do so.

INDIVIDUALS INELIGIBLE FOR MEMBERSHIP

The BDFPA maintains the right if it so chooses, to refuse membership to individuals who:

- a. Are currently under suspension from the BDFPA.
- b. Have previously been expelled from the BDFPA.
- c. Are currently or have been previously suspended by other organisations for offences connected with drugs usage.
- d. Have a history of anti-social behaviour or drug abuse.
- e. Have been or who are involved with organisations or associations whose aims or stance is not considered compatible with the aims and/or stance of the BDFPA.
- f. Have in any way aided or abetted individuals to drug abuse.
- g. Have in any way helped or supported athletes/lifters or sports people to pursue their sporting endeavours when known to be abusing drugs, or those who have supported or participated with organisations whose stance or drug control is not considered by the BDFPA to be compatible with the aims and/or stance of the BDFPA.

- h. Have been or who are involved with organisations that accept as competitors, athletes/lifters under suspension or life ban for drug abuse or anti-social behaviour.
- i. It feels are in any way unsuitable, without giving a reason.
- j. Fails to declare membership of any other Powerlifting organisation on their membership application form.
- k. Have been or who are involved with organisations which have patently failed to do everything possible to stop drug abuse or have sought to bring drug control methods into disrepute.
- l. The BDFPA will deny membership to any individual who is a member of an organisation that conducts no testing procedures at all on its members until such time as the individual terminates their affiliation to said organisation.

CONDITIONS OF MEMBERSHIP

1. Membership of the BDFPA shall be by annual subscription. The annual subscription becoming due on the first day of January each year. The National Council may alter the rate of subscription as and when it may see fit to do so. Applicants must sign the BDFPA membership form, which includes a drug covenant and requires personal details.
2. No person may join the BDFPA under a pseudonym (fictitious name). No member may adopt a pseudonym within the BDFPA. Any person attempting to join the BDFPA under a pseudonym or providing false information on the membership application form, will have his or her membership declared null and void. Any monies paid will not be returned to the applicant.
3. The BDFPA will attempt to provide a newsletter free with the membership but may, if the National Council sees fit to do so, make a charge for such a newsletter and vary the charge as and when it sees fit to do so. The BDFPA will make a charge to non-members for the newsletter. A photocopy of the BDFPA magazine or newsletter will be sent to the President for vetting, prior to printing (1994 AGM).
4. With the exception of the Master of Ceremonies, Recorder, Timekeeper, Marshals and loaders, only BDFPA members may compete in or officiate at BDFPA proceedings.
5. Persons who are accepted as members will be issued with a membership card as a receipt for monies paid.
6. To enable out of competition drug testing to be done at short notice, any member who changes his or her address, must notify the Drug Control Secretary and Divisional and National Membership Secretary prior to such a change of address. If the date of the change is doubtful, an emergency telephone number should be supplied. (NB Failure to comply with these requirements could result in sanctions against the member concerned).
7. All members are expected to abide by the rules and regulations of the BDFPA and any failure to do so, including behaviour which would render a person ineligible for membership, will result in that member being subject to disciplinary procedures. This includes anti-social behaviour or any

behaviour which may be considered to be obstructive or detrimental to either the smooth running or image of the BDFPA.

DISCIPLINARY PROCEDURES

1. The BDFPA Disciplinary Committee shall consist of two Executive Officers, plus one divisional representative from a different division to the person facing charges. In the event of an Appeal to a second Disciplinary Committee, this shall consist of two Executive Officers other than the original two, and one divisional steroids for sale representative from a different area and also different from the original one. In the absence of the President, a chairperson may be proposed and elected by the remainder of the members of the Disciplinary Committee (1996 AGM).
2. Any complaint regarding undisciplined anti-social behaviour likely to bring the BDFPA into disrepute will, in the first instance, be brought to the attention of the President, whose prerogative it is to decide whether the offence is of a nature to warrant a Warning of Conduct and to request a written letter of apology from the offender. If a satisfactory letter of apology is forthcoming, the matter is ended. If no letter of apology is forthcoming within 14 days of the request being received by Registered Letter, or if the apology is deemed to be unsatisfactory, the President shall consult all available members of the Executive Council to determine whether or not it is the majority view that the subject of the complaint warrants further disciplinary action (1996 AGM). Where such action is considered by a majority of National Council members to be appropriate, the President may instruct the Disciplinary Committee to convene to consider the matter and take whatever steps it deems necessary. In the event of a tied vote, the President shall make the decision whether or not to proceed with further disciplinary action. For procedures following notification of a positive test by drug control agencies, see '*Drug Control Procedures*'.
3. The BDFPA Disciplinary Committee shall consist of two members of the National Council, plus one divisional representative from a different division to the person facing charges. In the event of an appeal the second Disciplinary Committee shall consist of two Executive Council members other than the original two, and one divisional representative from a different area and also different from the original one. In the absence of the President, a chairman may be proposed and elected by the remainder of the members of the Disciplinary Committee (1996 AGM).
4. The Disciplinary Committee shall discuss the known facts and details, and consider the implications. It shall be empowered to suspend for a period not exceeding one year, any member found guilty of behaviour which is not considered consistent with that required under the BDFPA Constitution. It is also empowered to ban for any period up to life, any member who commits a serious offence according to the BDFPA Constitution.
5. A suspended or banned member may be excluded from dressing rooms, warming-up areas and platform areas.
6. A suspended member remains within the body of the Association, but his or her involvement is deemed to be in limbo and he/she may not compete, referee or act in any official BDFPA capacity. A suspended or banned member may help or coach other lifters on a personal basis, but may only do so in official BDFPA warm up or lifting areas with the

permission of the Technical Officer for the event. The behaviour of any member suspended from BDFPA activities will be assessed and if not considered in keeping with the rules regarding acceptability for membership, he/she may be subject to further disciplinary procedures or refusal of membership at renewal date. A suspended member may attend all BDFPA competitions as a spectator and his or her activities within his or her own club or training environment are not subject to the BDFPA's jurisdiction.

7. The Disciplinary Committee Secretary shall inform the General Secretary of all decisions. The BDFPA National Council shall be informed by the General Secretary of all decisions of a disciplinary nature. Members of a Disciplinary Committee may convene at a specified location and at a specified date. (Such a meeting must be convened if specifically requested by a member accused of an offence). Alternatively, Disciplinary Committees may convene by other means of communication, such as electronic mail. Prior to a Disciplinary Committee convening, a member accused of an offence shall be required to either appear before that body or to submit their case in writing, having been given at least 14 days notice by Registered letter sent to the last known address. Failure on the part of the member to attend the hearing or submit their case in writing will not prejudice the Committee's deliberations and the matter will be considered in the absence of the member or the member's letter. If the member chooses to defend his/her actions by letter, this should be forwarded to the Disciplinary Committee Secretary, to arrive before the date of the hearing, or the start of the Committee's deliberations if by other means. If at a meeting, the member may choose to conduct his/her defence or be represented in his/her absence or presence, or to have with him/her a friend for moral support.
8. A member thus suspended by the Disciplinary Committee shall be informed by the General Secretary by registered letter of his/her right to appeal.
9. For subsequent action see '*Rights of Appeal*'.
10. All decisions of a disciplinary nature (but not letters of apology) shall be published in the "Official Notes" of the newsletter.
11. It must be noted and emphasised that, where a member is suspended or expelled from the BDFPA, this will in no way prejudice his affairs or dealing with the club or institution with which he/she may be connected by membership or ownership. Nor shall the BDFPA, by deed or implication, presume upon a suspended or expelled member's continued membership of his/her registered club or institution. However, where a suspended member's club or institution is promoting BDFPA proceedings, that same suspended or expelled BDFPA member may not enter into, take part in nor assist in any ancillary capacity in those same BDFPA proceedings (see paragraph 5).
12. A suspended or expelled member is free to comment upon or criticise any aspect of the BDFPA, his/her suspension or expulsion proceedings, the BDFPA members, the BDFPA officers - subject to and pursuant upon the constraints of good taste, decorum and the Laws of the Land. The suspended or expelled BDFPA member may not use the pages of the BDFPA newsletter to argue the rights and merits of his/her case.
13. The BDFPA and its Officers shall not harangue, criticise nor defame a suspended or expelled member by public pronouncement or writings.

Public pronouncement will only state the members punishment and for what reason. BDFPA Officials involved in disciplinary proceedings shall not publicly speculate further nor elaborate upon decisions made under their aegis.

RIGHTS OF APPEAL

1. Any member feeling aggrieved by the decisions or actions of the Disciplinary Committee, may appeal either to a second Disciplinary (Appeals) Committee (such a committee must be convened if specifically requested by the member concerned), or direct to the full National Council of the BDFPA – by lodging a letter of appeal with the General Secretary, not more than 14 days after notification of disciplinary action. The written appeal must be accompanied by a pledge of £20 which will be returned to the Appellant if the appeal is upheld and not considered to be of a frivolous nature. If no letter of appeal is received within 14 days of notification of disciplinary action, the decision of the Disciplinary Committee will be considered final and irrevocable.
2. The forwarding of an appeal letter and pledge does not confer any rights on the Appellant and he/she is deemed suspended from all BDFPA activities from the date of receiving notification of suspension or expulsion, until such time as his/her appeal is heard.
3. The second Disciplinary (Appeals) Committee or the National Council, are obliged to respond to the Appellant's grievance within 28 days of receiving his/her letter and financial pledge. If the Appellant has chosen to appeal to a second Disciplinary (Appeals) Committee, and if a specific meeting is to be convened, he/she shall be granted at least 14 days' notice of the precise date, time and venue of the hearing. The General Secretary shall discharge these details by Registered Letter. The BDFPA President will decide on the hearing date, time and venue. If the Appellant has chosen to appeal direct to the whole National Council, there will not normally be any meeting scheduled, but the Council will convene and deliberate by other means (such as electronic mail) to arrive at its decision.
4. The second Disciplinary (Appeals) Committee or the National Council, shall hear all the facts and evidence during which the Appellant is permitted to act as advocate in his/her own defence - or he/she may appoint any person to plead his/her defence on his/her behalf.
5. The decision of the second Disciplinary (Appeals) Committee or the National Council on Appeals shall be final and binding. The President shall instruct the National Council to act on the findings of the appeal and then instruct the General Secretary to inform the Appellant of the findings by Registered Letter.

DRUG CONTROL POLICY

The BDFPA is a governing body unequivocally committed to drug-free sport in general, and to drug-free powerlifting in particular. Accordingly, it is expected that all members, lifters and officials share these convictions, and that their total support for, and co-operation with, the drug control and testing policies of the Association can be relied upon.

DRUG ABUSE

1. Drug abuse is strictly forbidden and the BDFPA will ban for life any member found guilty of drug abuse, subject to a right of appeal as set out in the disciplinary rules.
2. Drug abuse is the use by, or distribution to, a sportsman or sportswoman (the competitor) of any substance defined as banned by the BDFPA (see paragraph 6). The identification of a substance and/or metabolites of a doping class in a competitor's urine or other sample will constitute an offence. Evidence of blood doping, pharmacological, chemical or physical manipulation may also be considered an offence which may be penalised.
3. Any member or potential member must, at any time if requested by the BDFPA Drug Control Secretary or other designated official, submit to a drug test at a moment's notice. Refusal to do so or indulging in any behaviour considered by the Disciplinary Committee to be obstructive or lacking in co-operation prior to, during or following the giving of a urine sample or any other form of drug testing, will be considered a positive test. The BDFPA membership form which must be completed and signed by all members, includes a drug covenant clearly stating that a member agrees to do everything in his or her power to enhance and ease the practical aspects of the testing procedure. As such, a member's responsibility to co-operate does not start and end with the giving of a urine sample.
4. Any member found guilty of advising athletes or lifters on how to abuse drugs will be banned for life.
5. If, on analysis by a reputable body, a urine sample is found to contain a substance banned by the BDFPA, or indicates the use of any agent which the BDFPA considers as constituting drug abuse, this will be regarded as a positive test and is grounds for a life ban. Under exceptional circumstances the taking of a banned drug may be considered by the Disciplinary Committee or National Council, following an appeal, not to constitute drug abuse.
6. Examples of Banned substances are as detailed on the International Olympic Committee (IOC)/WDFPF list of banned substances, contained in the BDFPA Handbook (see Contents Page). The BDFPA reserves the right to add to or subtract from this list any substance which it feels is relevant or irrelevant to what constitutes drug abuse. The BDFPA will notify the Sports Council Doping Control Unit of any such alterations.
7. In the case of out-of-competition drug testing, the Disciplinary Committee will decide what drugs or what dosage of any given drug, constitutes drug abuse, in consultation with an official IOC accredited drug control body. Similarly the Disciplinary Committee may decide that following an in or out-of-competition drug test, the taking of what may be considered an excessive amount of a non-banned substance, constitutes drug abuse.

8. It is incumbent on all BDFPA members to check with the BDFPA Drug Control Secretary or UK Sport's '*Drug Information Database*', whether any substance they may wish to ingest, is on the banned list. The use of products which can be legally purchased may in some cases, still lead to drug test failures (positive test results). Similarly, certain commercially available products described as 'nutritional supplements' may contain banned substances. Commercially available products are not exempt from the WDFPF list of banned substances (NC Ballot - July 2002). Members are considered personally responsible for ensuring that any medications or nutritional supplements which they use do not contain substances banned by the WDFPF and BDFPA. As a general rule, a claim by a member failing a drug test that he/she did not know that they had ingested a banned substance - will not be regarded as a valid defence. Ignorance of what constitutes a banned substance will not normally be considered grounds for an appeal against a ban for a positive drug test.
9. A list of suggested alternative medications (which do not contain banned substances) is maintained by the Sports Council. Copies may be obtained from the Drug Control Secretary on request.
10. Any lifter, official or coach found guilty of drug abuse and banned for life, will have all records, titles and performances removed retrospectively.
11. All diabetics must inform the Drug Control Secretary of their condition so the BDFPA can test for insulin abuse. If a positive test for insulin is then recorded and the member has not informed the Drug Control Secretary, that member may be banned from the BDFPA for life. The BDFPA may also test for stimulants (1998 AGM).

DRUG CONTROL PROCEDURES

1. Drug testing shall be by urinalysis or any other method approved by the BDFPA, and wherever appropriate shall be conducted according to WDFPF rules and procedure.
2. Drug testing **in competitions** will be conducted as required. The testing of a minimum of 10% of the total number of competitors is mandatory at National or International competitions staged by the BDFPA (NC Ballot - July 2002).
3. Drug testing **out of competition** will be conducted wherever and whenever this is considered necessary, and normally without any prior warning or notice to the individual concerned. Out of competition tests conducted at divisional level will be by arrangement with the Drug Control Secretary.
4. The BDFPA reserves the right to conduct as many tests - in or out of competition - on any particular individual - as it sees fit.

5. The Association may choose either to take into account - or to ignore - a member's drug testing history in other organisations.
6. **Negative Test.** Subsequent to negative test results, the President will be notified in the first instance. The Newsletter Editor will then be notified so that the result may be published at the earliest opportunity.
7. **Positive Test.** Following notification of a positive test the Drug Control Secretary will notify the President, who will instruct the General Secretary to notify the person concerned, by registered letter to his or her last known address, that a banned substance has been found in the "A" sample - and provide copies of laboratory data.
8. The competitor should be invited to provide an explanation of the findings and should also be advised of his/her right to have the "B" sample analysed and of his/her right to attend or be represented at this analysis. At this stage the competitor will also be advised of a disciplinary hearing (which must take place not less than 14 days after receipt of this letter), and of his/her rights of defence (see 'Disciplinary Procedures' - no. 7).
9. Members of the Disciplinary Committee may convene a hearing at a specified location and at a specified date. (Such a meeting must be convened if specifically requested by the competitor). Alternatively, the Disciplinary Committee may convene to consider the case by other means of communication, such as electronic mail.
10. Analysis of the "B" sample should normally take place within 7 days of notification of a positive "A" sample. The competitor will also be notified that a positive "A" sample renders a competitor suspended from BDFPA activities from the date of notification to the date of the Disciplinary Hearing. If "B" sample analysis is requested to confirm the "A" sample finding, arrangements for sample analysis should be made by the Drug Control Secretary with the relevant drug control agency. If analysis of the "B" sample is not requested it will be assumed that the competitor accepts the result of the "A" sample analysis and he/she will be judged accordingly.
11. The Disciplinary Committee shall convene to decide whether the result of the drug tests or tests, constitutes drug abuse and the General Secretary will be informed of their conclusions. If the Disciplinary Committee decide that the competitor is guilty of drug abuse, the General Secretary will inform the competitor by registered letter to the last known address that his/her membership is suspended for the remainder of the current year and that from then on a life ban is imposed. The competitor will also be informed of his/her right to appeal (see Appeal Procedures).
12. The results of a positive drug test and penalties imposed by the Disciplinary Committee shall be published in the BDFPA Newsletter at the earliest possible opportunity. Similarly the result of appeals will also be published at the earliest possible opportunity.

PENALTIES

1. Any member found guilty of drug abuse as detailed in the previous sections, shall receive a life ban from the BDFPA subject to the aforementioned procedures and rights of appeal.
2. The BDFPA regards Beta Blockers as acceptable medication. Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. The Disciplinary Committee will decide the penalty subject to the following criteria:
 - a. Up to 10ppm will result in a warning.
 - b. Over 10ppm will result in a two year ban (and the removal of any title, placing and records set, if the result of an In Competition Test).
 - c. A second positive Ephedrine test will result in a lifetime ban from all BDFPA involvement.
3. Under exceptional circumstances, a positive test for any substance on the BDFPA/WDFPF Banned List may not be regarded as drug abuse, subject to the Disciplinary Committee's decision.

DRUG CONTROL SECRETARY

1. The Drug Control Secretary is responsible to the National Council for the implementation of the BDFPA drug control and testing policy.
2. The Drug Control Secretary shall initiate all the testing procedures except where Divisional Sampling Officers, Government or other BDFPA approved agencies are in control. In this case the Drug Control Secretary will act as a liaison officer between such agencies and the BDFPA.
3. The Drug Control Secretary or an official designated by the Drug Control Secretary will ensure that everything possible is done to facilitate the sampling procedures. The Drug Control Secretary or an official appointed by the Drug Control Secretary, may carry out the urine sampling procedures but may not take samples from his/her own club members or members of his/her immediate family.
4. Other duties of the Drug Control Secretary include:
 - a. Obtaining drug testing kits and documentation for use as necessary.
 - b. Receiving all drug test results and related documentation.
 - c. Notification of drug test results to the President.
 - d. Where possible, the conduct &/or supervision of drug testing in national competition or at international events staged in the UK.
 - e. Registration and training of Divisional Sampling Officers.
 - f. Making such policy recommendations to the National Council as are appropriate in the light of updated knowledge and information on drug-related issues.
 - g. Liaising with approved laboratories as required.
 - h. Any relevant international contact on drug-related issues.

THERAPEUTIC USE EXEMPTIONS (TUEs)

If any BDFPA members have illnesses or conditions that require them to take particular medications that fall under the Prohibited List, a Therapeutic Use Exemption may give that member the authorisation to take the needed medicine. The World Anti-Doping Agency (WADA) has issued an International Standard for the granting of Therapeutic Use Exemptions. The criteria for granting TUEs are:

1. The athlete would experience significant health problems without taking the prohibited substance or method.
2. The therapeutic use of the substance would not produce significant enhancement of performance.
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

Any member wishing to apply for a TUE should contact the BDFPA Drug Control Secretary or President in the first instance.

Full details regarding the TUE scheme can be found on the WADA internet website www.wada-ama.org.

IOC/WDFPF LIST OF BANNED SUBSTANCES

A full list can also be viewed on the WADA internet website www.wada-ama.org.

Prohibited Classes of Substances and Prohibited Methods doping contravenes the ethics of both sport and medical science. Doping consists of:

1. The administration of substances belonging to prohibited classes of pharmacological agents, and/or.
2. The use of various prohibited methods.

The WDFPF regards Beta Blockers as acceptable medication.

ARTICLE I: PROHIBITED CLASSES OF SUBSTANCES

Prohibited substances fall into the following classes of substances:

- A. Stimulants
- B. Narcotics
- C. Anabolic Agents
- D. Diuretics
- E. Peptide and glycoprotein hormones and analogues

A. Stimulants

Prohibited substances in class (A) include the following examples:

- * amiphenazole
- * amphetamines
- * amineptine
- * bromantan
- * carphedon
- * cocaine
- * ephedrines
- * fencamfamine
- * mesocarb
- * pentylentetrazol
- * phentermine

- * phenylpropanolamine
- * pipradol
- * salbutamol**
- * salmeterol**
- * strychnine
- * terbutaline**

..... and related substances

** Permitted by inhaler only and must be declared in writing, prior to the competition, to the relevant medical authority.

NOTE: All imidazole preparations are acceptable for topical use, eg oxymetazoline. Vasoconstrictors (eg adrenaline) may be administered with local anaesthetic agents. Topical preparations (eg nasal, ophthalmological) of phenylephrine are permitted.

B. Narcotics

Prohibited substances in class (B) include the following examples:

- * dextromoramide
- * dextropropoxyphene
- * diamorphine (heroin)
- * methadone
- * morphine
- * pentazocine
- * pethidine

..... and related substances

NOTE: codeine, dextromethorphan, dihydrocodein, diphenoxylate and pholcodine are permitted.

C. Anabolic agents

The Anabolic class includes anabolic androgenic steroids (AAS) & Beta-2 agonists.

Prohibited substances in class (C) include the following examples:

1. Anabolic androgenic steroids
 - * androstenedione
 - * clostebol
 - * dehydroepiandrosterone (DHEA)
 - * fluoxymesterone
 - * methandienone
 - * boldenone
 - * metenolone
 - * nandrolone
 - * oxandrolone
 - * stanozolone
 - * testosterone*

..... and related substances

* The presence of a testosterone (T) to epitestosterone (E) ratio greater than six (6) to one (1) in the urine of a competitor constitutes an offence unless there is evidence that this ratio is due to a physiological or pathological condition, eg low epitestosterone excretion, androgene production of tumour, enzyme deficiencies.

In the case of T/E higher than 6, it is mandatory that relevant medical authority conduct an investigation before the sample is declared positive. A full report will be written and will include a review of previous, subsequent tests and any results of endocrine investigations. In the event that previous tests are not available, the athlete should be tested unannounced at least once per month for three months. The results of these investigations should be included in the report. Failure to co-operate in the investigations will

result in declaring the sample positive.

2. Beta-2 agonists

- * clenbuterol
- * salbutamol
- * terbutaline
- * salmeterol
- * fenoterol

..... and related substances

D. Diuretics

Prohibited substances in class (D) include the following examples:

- * acetazolamide
- * bumetanide
- * chlorthalidone
- * ethacrynic acid
- * furosemide
- * hydrochlorothiazide
- * mannitol
- * mersalyl
- * spironolactone
- * triamterene

..... and related substances

E. Peptide and glycoprotein hormones and analogues

Prohibited substances in class (E) include the following examples:

1. Chorionic Gonadotrophin (HCG - human chorionic gonadotrophin)
2. Corticotrophin (ACTH)
3. Growth hormone (HGH, somatotrophin) and all the respective releasing factors for such substances.
4. Erythropoietin (EPO)

ARTICLE II: PROHIBITED METHODS

The following procedures are prohibited:

A. Blood doping

Blood doping is the administration of blood, red blood cells and related blood products to an athlete. This procedure may be preceded by withdrawal of blood from the athlete who continues to train in this blood depleted state.

B. Pharmaceutical, chemical and physical manipulation

Pharmaceutical, chemical and physical manipulation is the use of substances and of methods which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of urine samples used in doping controls, including, without limitation, catheterisation, urine substitution and or tampering, inhibition of renal excretion such as by probenecid and related compounds and epitosterone application.

The success or failure of the use of a prohibited substance or method is not material. It is sufficient that the said substance or procedure was used or attempted for the infraction to be considered as consummated.

ARTICLE III: CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS

A. Alcohol

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for ethanol. The results may lead to sanctions.

B. Marijuana

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for cannabinoids (eg Marijuana, Hashish). The results may lead to sanctions.

C. Local Anaesthetics

Injectable local anaesthetics are permitted under the following conditions:

- a. That bupivacaine, lidocaine, mepivacaine, procaine, etc are used but not cocaine. Vasoconstrictor agents (eg adrenaline) may be used in conjunction with local anaesthetics.
- b. Only local or intra-articular injections may be administered.
- c. Only when medically justified (eg the details including diagnosis) dose and route of administration must be submitted prior to the competition or immediately, if administered during the competition, in writing to the relevant medical authority.

D. Corticosteroids

The use of corticosteroids is banned except:

- a. For topical use (aural, dermatological and ophthalmological) but not rectal.
- b. By inhalation.
- c. By intra-articular or local injection.

The WDFPF regards Beta Blockers as acceptable medication.

The IOC Medical Commission has introduced mandatory reporting of athletes requiring corticosteroids by inhalation during competitions. Any team doctor wishing to administer corticosteroids by local or intra-articular injection, or by inhalation, to a competitor must give written notification prior to the competition to the relevant medical authority.

ARTICLE IV:

Except as specifically otherwise provided in the IOC Medical Code, the detected presence of any amount of substances in classes (A), (B), (C), (D) and (E) in respect of a test conducted in connection with a competition shall constitute a definitive case of doping. The quantity of the substance detected is not material to a definitive case of doping.

ARTICLE V:

The detected presence of ephedrine, pseudoephedrine, phenylpropanolamine and cathine in respect of a test conducted in connection with a competition shall constitute a *prima facie* case of doping. The person affected shall have the opportunity to rebut the presumption of doping by providing evidence that the substance was present under circumstances which, on a balance of probabilities, including the quantity of substance detected, would support a conclusion that doping was neither intended, nor the result of gross negligence, wilful negligence nor imprudence. In all cases, the onus of rebutting the presumption of doping, when the substance has been detected, shall rest with the person affected.

NB Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. The WDFPF World Committee will decide the penalty subject to the following criteria:

1. Up to 10ppm will result in a warning.
2. Over 10ppm will result in a two year ban (and the removal of any title, placing and records set, if the result of an *In Competition* Test).
3. A second positive Ephedrine test will result in a lifetime ban from all WDFPF involvement.

ARTICLE VI:

Out-of-competition testing is directed solely at prohibited substances in Article I (A), (C), (D) and (E). The only positive results for purposes of out-of-competition testing and the application of the IOC Medical Code will be in respect of such classes of prohibited substances and pharmacological, chemical and physical manipulation (Article II (B)).

ARTICLE VII:

LIST OF EXAMPLES OF PROHIBITED SUBSTANCES

CAUTION: This is not an exhaustive list of prohibited substances. Many substances that do not appear on this list are prohibited under the term "and related substances".

STIMULANTS

amineptine
amfepramone
amphetamine
cathine
cocaine
cropropamide
crotethamide
ephedrine
etamivan
etilamphetamine
etilefrine
fencamfamine
fenetylline
fenfluramine
heptaminol
methylenedioxyamphetamine
mefenorexclotebol
mephentermine
mesocarb
methamphetamine
methoxyphenamine
methylephedrine
methylphenidate
nikethamide
metadienone
norphenfluramine
parahydroxyamphetamine
pemoline
phendimetrazine
phentermine
phenylpropanolamine
pholedrine
prolintane
propylhexedrine
pseudoephedrine
salbutamol
strychnine

NARCOTICS

ethylmorphine
hydrocodone
morphine
pentazocine
pethidine
propoxyphene

**ANABOLIC STEROIDS/
BETA2-AGONISTS**

androstenedione
boldenone
clenbuterol
clotebol
danazol
dehydrochlormethyltest
dihydrotestosterone
drostanolone
fluoxymesterone
formebolone
mesterolone
metenolone
methandriol
methyltestosterone
nandrolone
norethandrolone
oxandrolone
osymesterone
oxymetholone
stanozolol
testosterone
trenbolone
mibolerone

DIURETICS

acetazolamide
bendroflumethiazide
bumetanide
canrenone
chlortalidone
furosemide
hydrochlorothiazide
indapamide
spironolactone
triamterene

MASKING AGENTS

epitestosterone
probenecid

PEPTIDE HORMONES

hCG
hGH
erythropoietin
ACTH

BDFPA DIVISIONS AND LEAGUES

For purposes of promoting and administering local competitions, the BDFPA is currently divided into the following regions or divisions:

<u>NORTH-EAST:</u>	Yorkshire/N. Humberside/Cleveland/Durham/ Northumberland (incl. Tyne & Wear)
<u>NORTH-WEST:</u>	Lancashire/Cumberland/Westmoreland/Isle of Man
<u>NORTH MIDLANDS:</u>	Cheshire/Derbyshire/Nottinghamshire/Lincolnshire/ S. Humberside
<u>WEST MIDLANDS:</u>	Shropshire/Staffordshire/Worcestershire/Herefordshire/ Warwickshire/Gloucestershire/West Midlands
<u>EAST MIDLANDS:</u>	Hertfordshire/Buckinghamshire/Bedfordshire/Oxfordshire/ Northamptonshire/Leicestershire
<u>SOUTHERN:</u>	Berkshire/Wiltshire/Hampshire/Dorset/Isle of Wight/ Channel Islands
<u>EASTERN:</u>	Norfolk/Suffolk/Essex/Cambridgeshire/Huntingdon
<u>SOUTH-WEST:</u>	Cornwall/Devon/Somerset
<u>SOUTH-EAST</u>	Greater London/Surrey/Kent/Sussex

SCOTLAND

WALES

NORTHERN IRELAND

NB These boundaries are subject to change should the National Council deem it necessary. The Association may from time to time create or disband divisional associations, or re-define divisional boundaries at its discretion.

Members who are unclear as to the division in which they reside should contact a member of the BDFPA Executive for clarification.

1. Where possible each Division shall be constituted and its affairs carried out in accordance with By-Laws in that behalf to be made by the National Council, and shall have such powers and duties as the National Council may from time to time think fit.
2. A Divisional Council may be elected by members residing in the territorial area of such Division. The method of election and the respective number of the divisional councillors shall from time to time be laid down by the National Council.
3. The National Council may at any time form, reconstruct or disband any divisional Council, and either call a General Meeting of the division to elect a new Divisional Council or nominate such members from members of the Division as they deem sufficient, to act as the new Divisional Council.
4. Members who change their residential address from one Divisional area to another may only vote at one Divisional AGM per year, and may only compete in one county and/or divisional or group of Divisional Championships per year.

5. A Divisional Council may make Divisional By-Laws for the management of divisional business provided that such By-Laws shall not override, contravene or be inconsistent with any Article, By-Law, Standing Order or Rule governing performance of the Association. The National Council shall have the power at any time to vary or rescind any Divisional By-Laws.
6. The point at which divisional affairs cease to be administered by an appointed 'divisional representative' and are administered by a Divisional Council - and subject to the consultation of divisional members - shall be determined by the BDFPA Executive Council (1996 AGM).
7. No Division or Divisional Council shall have any power to pledge the credit of the Association, not incur any liability whatsoever on behalf of, or in the name of the Association without the consent in writing of the National Council first having been obtained.
8. Divisional Representatives to National Council: (See 'National Council Officers & Divisional Representatives' - no. 8).
9. Clubs or members may group themselves into a league for the purpose of holding powerlifting matches or competitions and other activities subject to compliance with the Constitution and By-Laws of the Association and approval by the National Council.

THE DIVISIONAL AGM

1. Divisional Associations are required to hold an Annual General Meeting. Ideally, this shall be held at some time during the three months prior to 31st December every year. All members residing in the territorial area of the Division shall be entitled to attend the General Meeting of that Division. Such meetings must be advertised to all current members within the division, giving at least 30 days' notice, and notification of a provisional agenda.
2. Each member attending shall produce his or her membership card and sign the attendance register before entering the meeting.
3. The business to be transacted at a General Meeting of a Division shall be:-
 - a. To receive the Secretary's Report.
 - b. To receive the Membership Registrar's Report.
 - c. To elect Divisional officers, including a Chairman for purposes of conducting the meeting.
 - d. To elect a member of the National Council.
 - e. To make recommendations to the Annual Meeting of the National Council to vary or add to the By-Laws, Standing Orders and rules governing performance of the Association.
 - f. To transact any other business.
4. All contested elections shall be by ballot.
5. A quorum for Divisional Meetings will be a majority of the elected officers.
6. Motions approved by simple majority at a Divisional AGM may be submitted to the BDFPA General Secretary for inclusion onto the agenda of the National AGM.

DIVISIONAL OFFICERS

Each Divisional Association will elect the following officers:

- i. Divisional Secretary
- ii. Divisional Membership Registrar
- iii. Divisional Records Registrar
- iv. Divisional Representative for the BDFPA National Council (this may be one of the above)

In addition, at least one Drug Control (Sampling) Officer must be nominated for the division, and names submitted to the National Drug Control Secretary for approval. Divisional Sampling Officers will be trained by arrangement with the National Drug Control Secretary or the National Executive Council.

DIVISIONAL ASSOCIATIONS - OBJECTIVES AND FUNCTIONS

1. To promote the sport of powerlifting, by organising at least one divisional competition each year. Additionally, other events such as county championships/inter-club leagues etc may be promoted as desired. Divisions are encouraged to regard such local competitions primarily as a means of recruiting new members to the BDFPA, and to give adequate publicity to such events as will ensure good and improving levels of participation.
2. To promote powerlifting and weight training as appropriate in Leisure Centres/Educational Establishments/Youth Clubs etc.
3. To encourage the training of coaches and instructors for this purpose.
4. To recruit divisional referees.
5. To encourage the involvement of members in the administration of their division.
6. To promote the use of the Association's Incentive Awards schemes.
7. Divisional Associations are encouraged to regularly produce and distribute their own bulletin or news-sheet to members in the division.
8. Divisional Associations may, at their own discretion, establish and maintain a bank account for the promotion of divisional activities, providing that no aspect of such arrangements conflicts with the rules and administration of the BDFPA as a whole. If a divisional bank account is set up, a Treasurer must be elected to administer the account, details of which must be made available to members at the Divisional AGM.
9. Divisional Associations may organise any competitive or other activities which do not conflict with the BDFPA Rules or Constitution, and are not held to be against the Association's interests in any way.

DIVISIONAL RECORDS

Divisions must maintain lists of records for all categories of lifting recognised and sanctioned by the BDFPA. The Divisional Association may, at its discretion, issue certificates to those who establish or exceed divisional records.

THE 'HOME COUNTRIES' POLICY

1. For purposes of international competition, the rules of the World Drug-Free Powerlifting Federation permit the separate participation as countries - of England, Scotland, Wales and Northern Ireland. Accordingly, although the latter three regions of the United Kingdom are required to be established and to function as Divisions of the BDFPA in the normal way, they may each seek affiliation to the WDFPF - either as (1) 'national' bodies in their own right, provided this process does not otherwise conflict with their BDFPA divisional status in any way, or (2) under the WDFPF 'single & below minimum' registration process by virtue of their status within the BDFPA.
2. BDFPA divisions operating under the 'Home Countries' policy may apply their own criteria for international team selection. Exceptions to this relate to the Association's general policy of permitting access to national or international competitions - only to lifters with a minimum three months' membership of the BDFPA, and a track record of at least ONE preliminary competition. In addition, lifters must participate in the British Championship in order to be invited to take part in a WDFPF international event. (NC Ballot Sept 2005). Under no circumstances may these criteria be set aside without the express permission of the BDFPA Executive Committee.
3. Divisions operating under this policy must also enforce minimum international standards when selecting their team members for the WDFPF platform.

CHAMPIONSHIPS, COMPETITIONS AND MATCHES

1. All championships, competitions and matches involving Powerlifting will be carried out under the By-Laws (rules and regulations concerning the sport of powerlifting) of the BDFPA.
2. No championship, competition or match will be planned or executed without the permission of the BDFPA Championships Secretary. A permit for any sanctioned event, including competitions on combined or individual lifts, must be obtained from the Championship Secretary. (NB Bids to organise British or WDFPF International Championships do not require a permit, but must be approved by a majority vote of the BDFPA National Council).
3. Competitors at all BDFPA events must produce proof of membership at the scales prior to being weighed in.
4. In all BDFPA powerlifting or single event competitions, all participants are designated in the 'OPEN' section, as well as 'age group' performances and records being recognised (NC Ballot Aug 2004).
5. The British Single Lift Championships are part of the BDFPA calendar, but should not be held in a period coinciding with other major competitions (1997 AGM).

INTERNATIONAL COMPETITIONS AND MATCHES

1. The National Council may align itself to any International Powerlifting organisation that it feels is compatible with the aims of the BDFPA, and will seek to ensure that the BDFPA's Rules and Regulations governing the sport of Powerlifting are kept the same as the rules governing Powerlifting performance in such an international body. The BDFPA, through its National Council, retains the right to withdraw from any international organisation which it is felt no longer performs in a manner compatible with the aims of the BDFPA.
2. The National Council does, however, retain the right to apply its own rules and regulations to competitive powerlifting at any level even if not consistent with international rules and regulations.
3. No member may compete in, organise or take part in any international competition without prior permission from the BDFPA Championships Secretary or the National Council.
4. Priority selection for the England anabolic steroids for sale team will be the highest placed available lifters in each weight class at the preceding British Championships. It is recommended that teams from Scotland, Wales and N. Ireland adopt the same procedures (1997 AGM) - See 'Selection and Qualification of Lifters'

AMATEUR AND PROFESSIONAL STATUS

The definition of an amateur is a person who has never received a money prize for a Powerlifting competition or sold for money any prize received for Powerlifting competition. Any person indulging in such a practice will be suspended from BDFPA competitions until such time as the National Council may see fit to reinstate such a member. It is however, recognised that amateur/professional status is rapidly becoming an outmoded concept and the BDFPA - through the National Council - may at any time it sees fit, cease to differentiate between amateurs and professionals.

MEDIA PUBLICITY

1. Only members of the BDFPA National Council may make public statements of policy via the press, television, radio or the internet. Public statements made by members who are not National Council Officials, are considered to be personal opinions and the BDFPA will not be held responsible for any legal repercussions resulting from such statements.
2. Members who make public statements which could in any way bring the BDFPA into disrepute will be liable to disciplinary action by the National Council.

DISTRIBUTION OF ASSETS UPON DISSOLUTION

In the event this Association dissolves and its assets are liquidated, after paying necessary winding up expenses, the remaining assets shall be distributed as determined by the National Council at that time.

SELECTION AND QUALIFICATION OF LIFTERS

All lifters participating in sanctioned events must be current members in good standing of the Association. The following levels and criteria apply:-

DIVISIONAL and Below - current BDFPA membership. Lifters participating in a divisional championship must have their permanent address in the division concerned, at the date of the event in which they compete - unless otherwise exempted under BDFPA rules.

NATIONAL - current BDFPA membership. (For new members – minimum 3 months and participation in at least one prior BDFPA competition). NB Those whose membership of the Association has lapsed for a full membership year or more - will also be classed as “new” members, and be subject to the 3 month minimum (NC Ballot Nov 2003).

In addition, qualification will be by achieving minimum standards as laid down by the Association. (The Championships Secretary may, under certain circumstances, exercise discretion in the application of these qualifying standards).

Lifters wishing to qualify for a British Championships must do so by lifting in a divisional championship in their own area, unless (1) the lifter is prevented by injury from complying with the above, in which case the lifter will be permitted to take part in a divisional competition in another area, subject to proof of injury being made available. (2) Other circumstances beyond the lifter's control prevent him/her from participating in his/her own divisional competition, in which case the same applies as for (1), subject to approval by the BDFPA Championship Secretary (1999 AGM). (3) other BDFPA rules apply, see the following:

OTHER CONDITIONS FOR NATIONAL QUALIFICATION - (NC Ballot June 2003)

- i. The totals of Master lifters who qualify at their divisionals in a given age group, but who will be in the next age group at the date of the British Championships, will be considered valid in the next age group. This also applies to OPEN lifters taking part in the M1 category.
- ii. Lifters who qualify at their divisionals in the Unequipped section – will automatically also be eligible for participation in the Equipped section of the Nationals – and vice versa.
- iii. Lifters who participate at their divisionals in an attempt to qualify for the British – but who are unsuccessful – may try again at another sanctioned event(s) elsewhere, without any restraints on the number of attempts allowed.
- iv. If a divisional qualifying event has already taken place – new members (ONLY) joining as members of that division after that date may qualify at any other divisional/qualifying event, subject to all other conditions of eligibility being complied with.
- v. A lifter whose own division is running a divisional championship may not qualify in another divisional event, unless exemptions covered by the current rules apply.
- vi. Where the number of members in a division (based on the previous end-of-year figures) is SEVEN or less, that division has the option to combine its divisional/qualifying championships with that of a neighbouring division.

- vii. Where the number of members in a division (based on the previous end-of-year figures) is THREE or less, lifters in that division have the option to qualify for the British Championship at any sanctioned qualifying event. [NB (vi) and (vii) are optional. They are NOT mandatory. There is nothing to stop a division with very few members from running their own competition and taking steps to attract new members by so doing].
- viii. Lifters who are temporarily based away from their usual division of residence (more than 3 months in each year), may qualify for British Championships at divisionals in the area where they are temporarily based.
- ix. RAF and other services championships to have divisional/qualifying status.

If a Division is **unable** to hold its own Divisional Championship, members of that Division may qualify for British Championships at another Division's Championships (2003 AGM).

NB 'unable' does not mean 'unwilling'. It is expected that divisions will make every effort to run their own qualifying event during the year.

The status of qualifying event may be conferred on competitions other than divisional championships, at the discretion of the National Council (NC Ballot January 2003). Service personnel may qualify for British Championships at any BDFPA sanctioned qualifying event (NC Ballot Aug 2004). Lifters qualifying in their divisionals in the following age groups, but who are in the next age group at the time of the British, should be required to have reached the necessary qualification standard in the next age category: (NC Ballot Sept 2005).

ALL TEEN CATEGORIES and JUNIOR

The selection of lifters for **National Single Lift Championships**, will be based on single lift performances registered at divisional championships, but will also take into account individual lifts registered as part of a 3-lift total (subject to the necessary BDFPA single lift qualifying standards being met) (NC Ballot Nov 2003). (NB In practice this means that whereas lifters qualifying for the British Single Event Championships by taking part in a divisional Single Lift section will normally automatically receive an invite - those who want to qualify for the British Singles by virtue of lifts registered as part of 3-lift totals - must apply to the Championships Secretary for an invite. It will not be issued automatically).

All members please note:- there are NO other ways of qualifying for entry to any British Championship.

No member will now be granted entry merely by virtue of "lifting in front of a referee", or be given permission to apply for a permit to run any "special" event other than a normal scheduled divisional or other recognised qualifier. Under no circumstances will totals/lifts registered in other organisations be accepted in lieu of normal qualification at BDFPA events.

Members should also note that there is no provision under the rules for performances done in WDFPF international events to count as qualifiers for the following British Championships.

*** * * N.B. Participation in any BDFPA sanctioned national event is strictly by invitation.**

INTERNATIONAL - current BDFPA membership (as conditions for national competition).

Lifters must participate in the British Championship in order to be invited to take part in a WDFPF international event (NC Ballot Sept 2005).

Class winners from national championships will automatically be invited, having met the qualifying standard, as members of an international team representing their country at World, European or other WDFPF Championships in their events - and in their relevant age & bodyweight classifications. At the discretion of the Championships Secretary, other lifters, including national finalists, may also be invited to be members of the international team - either as second and/or third entries in certain categories, or if class winners are unavailable for the event concerned.

In exceptional cases, lifters wishing to qualify for a WDFPF international event, who are unable for genuine reasons, to attend the qualifying British Championship event, may apply in writing** for an invitation to compete as a member of their national team. Permission to be granted subject to:

- i. A bona fide reason being accepted for the lifter's inability to qualify at the relevant scheduled BDFPA British Championships event.*
- ii. The lifter having attained the WDFPF qualifying standard at some other time during the year.*
- iii. The invitation complying with WDFPF rules of team composition and that priority for team places is given in all cases to lifters who have attended the relevant British Championships event.*
- iv. All normal conditions of membership being complied with.

** In writing to the President or Championships Secretary, who will put the matter for consideration to a 'Qualification Panel' (NC Ballot Sept 2005).

BDFPA members in **Scotland, Wales** or **N. Ireland** should contact their Divisional representative for details. Rules pertaining to eligibility, membership, and qualifying standards apply equally to 'home countries' lifters as to lifters in England.

***** NB Participation in any WDFPF sanctioned international event is strictly by invitation.**

Members who do not receive a formal invitation to lift in national or international events, but who believe that they may be so entitled - can apply for consideration to the Championships Secretary.

QUALIFYING TOTALS AND LIFTS

The following standards currently apply for qualification for entry to the British Championships:

MENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	345	327.5	310	295	280	265	237.5	215	192.5	172.5	155	310	280	252.5	227.5
56	377.5	357.5	340	322.5	307.5	292.5	262.5	237.5	215	192.5	172.5	340	305	275	247.5
60	407.5	387.5	367.5	350	332.5	315	282.5	255	230	207.5	187.5	367.5	330	297.5	267.5
67.5	457.5	435	412.5	392.5	372.5	355	320	287.5	260	235	212.5	412.5	372.5	335	302.5
75	502.5	477.5	452.5	430	407.5	387.5	350	315	282.5	255	230	452.5	407.5	367.5	330
82.5	540	512.5	487.5	462.5	440	417.5	375	337.5	305	275	247.5	485	437.5	395	355
90	572.5	545	517.5	492.5	467.5	445	400	360	325	292.5	262.5	515	462.5	417.5	375
100	607.5	577.5	547.5	520	495	470	422.5	380	342.5	307.5	277.5	547.5	492.5	442.5	397.5
110	627.5	595	565	537.5	510	485	437.5	395	355	320	287.5	565	507.5	457.5	412.5
125	645	612.5	582.5	552.5	525	500	450	405	365	327.5	295	580	522.5	470	422.5
145	677.5	642.5	610	580	550	522.5	470	422.5	380	342.5	307.5	610	550	495	445
145+	702.5	667.5	635	602.5	572.5	545	490	440	395	355	320	632.5	570	512.5	462.5

MENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	317.5	302.5	287.5	272.5	260	247.5	235	212.5	192.5	172.5	155	285	257.5	232.5	210
56	347.5	330	312.5	297.5	282.5	267.5	255	230	207.5	187.5	170	312.5	282.5	255	230
60	372.5	355	337.5	320	305	290	275	247.5	222.5	200	180	335	302.5	272.5	245
67.5	417.5	397.5	377.5	357.5	340	322.5	307.5	277.5	250	225	202.5	375	337.5	305	275
75	457.5	435	412.5	392.5	372.5	355	337.5	305	275	247.5	222.5	412.5	372.5	335	302.5
82.5	490	465	442.5	420	400	380	360	325	292.5	262.5	237.5	440	395	355	320
90	520	495	470	447.5	425	405	385	347.5	312.5	282.5	255	467.5	420	377.5	340
100	552.5	525	500	475	452.5	430	407.5	367.5	330	297.5	267.5	497.5	447.5	402.5	362.5
110	570	542.5	515	490	465	442.5	420	377.5	340	305	275	512.5	462.5	417.5	375
125	585	555	527.5	500	475	452.5	430	387.5	350	315	282.5	527.5	475	427.5	385
145	612.5	582.5	552.5	525	500	475	452.5	407.5	367.5	330	297.5	552.5	497.5	447.5	402.5
145+	635	602.5	572.5	545	517.5	492.5	467.5	420	377.5	340	305	572.5	515	462.5	417.5

MENS' SQUAT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	125	120	115	110	105	100	90	80	72.5	65	57.5	112.5	102.5	92.5	82.5
56	135	127.5	120	115	110	105	95	85	77.5	70	62.5	122.5	110	100	90
60	145	137.5	130	122.5	117.5	112.5	102.5	92.5	82.5	75	67.5	130	117.5	105	95
67.5	162.5	155	147.5	140	132.5	125	112.5	102.5	92.5	82.5	75	147.5	132.5	120	107.5
75	177.5	167.5	160	152.5	145	137.5	125	112.5	102.5	92.5	82.5	160	145	130	117.5
82.5	190	180	170	162.5	155	147.5	132.5	120	107.5	97.5	87.5	170	152.5	137.5	125
90	200	190	180	170	162.5	155	140	125	112.5	102.5	92.5	180	162.5	147.5	132.5
100	212.5	202.5	192.5	182.5	172.5	165	147.5	132.5	120	107.5	97.5	192.5	172.5	155	140
110	217.5	207.5	197.5	187.5	177.5	167.5	150	135	122.5	110	100	195	175	157.5	142.5
125	225	215	205	195	185	175	157.5	142.5	127.5	115	102.5	202.5	182.5	165	147.5
145	235	222.5	212.5	202.5	192.5	182.5	165	147.5	132.5	120	107.5	212.5	192.5	172.5	155
145+	245	232.5	220	210	200	190	170	152.5	137.5	125	112.5	220	197.5	177.5	160

MENS' SQUAT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	112.5	107.5	102.5	97.5	92.5	87.5	80	72.5	65	57.5	52.5	102.5	92.5	82.5	75
56	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80	72.5	65	57.5	110	100	90	80
60	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5
67.5	147.5	140	132.5	125	120	115	102.5	92.5	82.5	75	67.5	132.5	120	107.5	97.5
75	162.5	155	147.5	140	132.5	125	112.5	102.5	92.5	82.5	75	147.5	132.5	120	107.5
82.5	175	167.5	160	152.5	145	137.5	125	112.5	102.5	92.5	82.5	157.5	142.5	127.5	115
90	185	175	167.5	160	152.5	145	130	117.5	105	95	85	167.5	150	135	122.5
100	192.5	182.5	172.5	165	157.5	150	135	122.5	110	100	90	172.5	155	140	125
110	200	190	180	170	162.5	155	140	125	112.5	102.5	92.5	180	162.5	147.5	132.5
125	207.5	197.5	187.5	177.5	167.5	160	145	130	117.5	105	95	187.5	170	152.5	137.5
145	217.5	207.5	197.5	187.5	177.5	167.5	150	135	122.5	110	100	195	175	157.5	142.5
145+	225	215	205	195	185	175	157.5	142.5	127.5	115	102.5	202.5	182.5	165	147.5

MENS' BENCH PRESS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
56	92.5	87.5	82.5	77.5	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	75	67.5	60
60	100	95	90	85	80	75	67.5	60	55	50	45	90	80	72.5	65
67.5	112.5	107.5	102.5	97.5	92.5	87.5	80	72.5	65	57.5	52.5	102.5	92.5	82.5	75
75	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80	72.5	65	57.5	110	100	90	80
82.5	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5
90	140	132.5	125	120	115	110	100	90	80	72.5	65	125	112.5	102.5	92.5
100	147.5	140	132.5	125	120	115	102.5	92.5	82.5	75	67.5	132.5	120	107.5	97.5
110	152.5	145	137.5	130	122.5	117.5	105	95	85	77.5	70	137.5	125	112.5	102.5
125	157.5	150	142.5	135	127.5	120	107.5	97.5	87.5	80	72.5	142.5	127.5	115	102.5
145	165	157.5	150	142.5	135	127.5	115	102.5	92.5	82.5	75	147.5	132.5	120	107.5
145+	170	162.5	155	147.5	140	132.5	120	107.5	97.5	87.5	80	152.5	137.5	125	112.5

MENS' BENCH PRESS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	75	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60	55	50
56	82.5	77.5	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	75	67.5	60	55
60	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
67.5	100	95	90	85	80	75	67.5	60	55	50	45	90	80	72.5	65
75	112.5	107.5	102.5	97.5	92.5	87.5	80	72.5	65	57.5	52.5	102.5	92.5	82.5	75
82.5	120	115	110	105	100	95	85	77.5	70	62.5	57.5	107.5	97.5	87.5	80
90	127.5	120	115	110	105	100	90	80	72.5	65	57.5	115	102.5	92.5	82.5
100	135	127.5	120	115	110	105	95	85	77.5	70	62.5	122.5	110	100	90
110	140	132.5	125	120	115	110	100	90	80	72.5	65	125	112.5	102.5	92.5
125	142.5	135	127.5	120	115	110	100	90	80	72.5	65	127.5	115	102.5	92.5
145	150	142.5	135	127.5	120	115	102.5	92.5	82.5	75	67.5	135	122.5	110	100
145+	157.5	150	142.5	135	127.5	120	107.5	97.5	87.5	80	72.5	142.5	127.5	115	102.5

MENS' DEAD LIFT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5
56	142.5	135	127.5	120	115	110	100	90	80	72.5	65	127.5	115	102.5	92.5
60	152.5	145	137.5	130	122.5	117.5	105	95	85	77.5	70	137.5	125	112.5	102.5
67.5	172.5	165	157.5	150	142.5	135	122.5	110	100	90	80	155	140	125	112.5
75	187.5	177.5	167.5	160	152.5	145	130	117.5	105	95	85	170	152.5	137.5	125
82.5	202.5	192.5	182.5	172.5	165	157.5	142.5	127.5	115	102.5	92.5	182.5	165	147.5	132.5
90	215	205	195	185	175	167.5	150	135	122.5	110	100	192.5	172.5	155	140
100	225	215	205	195	185	175	157.5	142.5	127.5	115	102.5	202.5	182.5	165	147.5
110	232.5	220	210	200	190	180	162.5	147.5	132.5	120	107.5	210	190	170	152.5
125	242.5	230	217.5	207.5	197.5	187.5	170	152.5	137.5	125	112.5	217.5	195	175	157.5
145	252.5	240	227.5	215	205	195	175	157.5	142.5	127.5	115	227.5	205	185	167.5
145+	265	252.5	240	227.5	215	205	185	167.5	150	135	122.5	237.5	215	192.5	172.5

MENS' DEAD LIFT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
52	125	120	115	110	105	100	90	80	72.5	65	57.5	112.5	102.5	92.5	82.5
56	135	127.5	120	115	110	105	95	85	77.5	70	62.5	122.5	110	100	90
60	145	137.5	130	122.5	117.5	112.5	102.5	92.5	82.5	75	67.5	130	117.5	105	95
67.5	165	157.5	150	142.5	135	127.5	115	102.5	92.5	82.5	75	147.5	132.5	120	107.5
75	180	170	162.5	155	147.5	140	125	112.5	102.5	92.5	82.5	162.5	147.5	132.5	120
82.5	192.5	182.5	172.5	165	157.5	150	135	122.5	110	100	90	172.5	155	140	125
90	205	195	185	175	167.5	160	145	130	117.5	105	95	185	167.5	150	135
100	215	205	195	185	175	167.5	150	135	122.5	110	100	192.5	172.5	155	140
110	222.5	212.5	202.5	192.5	182.5	172.5	155	140	125	112.5	102.5	200	180	162.5	147.5
125	232.5	220	210	200	190	180	162.5	147.5	132.5	120	107.5	210	190	170	152.5
145	240	227.5	215	205	195	185	167.5	150	135	122.5	110	215	192.5	172.5	155
145+	250	237.5	225	215	205	195	175	157.5	142.5	127.5	115	225	202.5	182.5	165

WOMENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	197.5	187.5	177.5	167.5	160	152.5	137.5	125	112.5	102.5	92.5	177.5	160	145	130
47.5	210	200	190	180	170	162.5	147.5	132.5	120	107.5	97.5	190	170	152.5	137.5
50.5	220	210	200	190	180	170	152.5	137.5	125	112.5	102.5	197.5	177.5	160	145
53	230	217.5	207.5	197.5	187.5	177.5	160	145	130	117.5	105	207.5	187.5	170	152.5
55.5	240	227.5	215	205	195	185	167.5	150	135	122.5	110	215	192.5	172.5	155
58.5	250	237.5	225	215	205	195	175	157.5	142.5	127.5	115	225	202.5	182.5	165
63	267.5	255	242.5	230	217.5	207.5	187.5	170	152.5	137.5	125	240	215	192.5	172.5
70	292.5	277.5	262.5	250	237.5	225	202.5	182.5	165	147.5	132.5	262.5	237.5	215	192.5
80	322.5	307.5	292.5	277.5	262.5	250	225	202.5	182.5	165	147.5	290	260	235	212.5
90	347.5	330	312.5	297.5	282.5	267.5	240	215	192.5	172.5	155	312.5	282.5	255	230
90+	372.5	355	337.5	320	305	290	260	235	212.5	192.5	172.5	335	302.5	272.5	245

WOMENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	172.5	165	157.5	150	142.5	135	122.5	110	100	90	80	155	140	125	112.5
47.5	185	175	167.5	160	152.5	145	130	117.5	105	95	85	167.5	150	135	122.5
50.5	192.5	182.5	172.5	165	157.5	150	135	122.5	110	100	90	172.5	155	140	125
53	202.5	192.5	182.5	172.5	165	157.5	142.5	127.5	115	102.5	92.5	182.5	165	147.5	132.5
55.5	210	200	190	180	170	162.5	147.5	132.5	120	107.5	97.5	190	170	152.5	137.5
58.5	220	210	200	190	180	170	152.5	137.5	125	112.5	102.5	197.5	177.5	160	145
63	235	222.5	212.5	202.5	192.5	182.5	165	147.5	132.5	120	107.5	212.5	192.5	172.5	155
70	257.5	245	232.5	220	210	200	180	162.5	147.5	132.5	120	232.5	210	190	170
80	282.5	267.5	255	242.5	230	217.5	195	175	157.5	142.5	127.5	255	230	207.5	187.5
90	305	290	275	262.5	250	237.5	215	192.5	172.5	155	140	275	247.5	222.5	200
90+	327.5	310	295	280	265	252.5	227.5	205	185	167.5	150	295.0	265	237.5	215

WOMENS' SQUAT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	67.5	65	62.5	60	57.5	55	50	45	40	35	32.5	60	55	50	45
47.5	72.5	70	67.5	65	62.5	60	55	50	45	40	35	65	57.5	52.5	47.5
50.5	77.5	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	70	62.5	57.5	52.5
53	80	75	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	72.5	65	57.5	52.5
55.5	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
58.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
63	92.5	87.5	82.5	77.5	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	75	67.5	60
70	102.5	97.5	92.5	87.5	82.5	77.5	70	62.5	57.5	52.5	47.5	92.5	82.5	75	67.5
80	115	110	105	100	95	90	80	72.5	65	57.5	52.5	102.5	92.5	82.5	75
90	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80	72.5	65	57.5	110	100	90	80
90+	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5

WOMENS' SQUAT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30	55	50	45	40
47.5	65	62.5	60	57.5	55	52.5	47.5	42.5	37.5	35	32.5	57.5	52.5	47.5	42.5
50.5	67.5	65	62.5	60	57.5	55	50	45	40	35	32.5	60	55	50	45
53	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5
55.5	72.5	70	67.5	65	62.5	60	55	50	45	40	35	65	57.5	52.5	47.5
58.5	77.5	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	70	62.5	57.5	52.5
63	82.5	77.5	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	75	67.5	60	55
70	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
80	100	95	90	85	80	75	67.5	60	55	50	45	90	80	72.5	65
90	107.5	102.5	97.5	92.5	87.5	82.5	75	67.5	60	55	50	97.5	87.5	80	72.5
90+	117.5	112.5	107.5	102.5	97.5	92.5	82.5	75	67.5	60	55	105	95	85	77.5

WOMENS' BENCH PRESS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	40	37.5	35	32.5	30	27.5	25	25	25	25	25	35	32.5	30	27.5
47.5	42.5	40	37.5	35	32.5	30	27.5	25	25	25	25	37.5	35	32.5	30
50.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	25	40	35	32.5	30
53	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	42.5	37.5	35	32.5
55.5	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	45	40	35	32.5
58.5	52.5	50	47.5	45	42.5	40	35	32.5	30	27.5	25	47.5	42.5	37.5	35
63	57.5	55	52.5	50	47.5	45	40	35	32.5	30	27.5	52.5	47.5	42.5	37.5
70	62.5	60	57.5	55	52.5	50	45	40	35	32.5	30	57.5	52.5	47.5	42.5
80	70	67.5	65	62.5	60	57.5	52.5	47.5	42.5	37.5	35	62.5	57.5	52.5	47.5
90	75	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60	55	50
90+	80	75	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	72.5	65	57.5	52.5

WOMENS' BENCH PRESS – UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	32.5	30	27.5	25	25	25	25	25	25	25	25	30	27.5	25	25
47.5	35	32.5	30	27.5	25	25	25	25	25	25	25	32.5	30	27.5	25
50.5	37.5	35	32.5	30	27.5	25	25	25	25	25	25	35	32.5	30	27.5
53	40	37.5	35	32.5	30	27.5	25	25	25	25	25	35	32.5	30	27.5
55.5	42.5	40	37.5	35	32.5	30	27.5	25	25	25	25	37.5	35	32.5	30
58.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	25	40	35	32.5	30
63	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	25	42.5	37.5	35	32.5
70	50	47.5	45	42.5	40	37.5	35	32.5	30	27.5	25	45	40	35	32.5
80	57.5	55	52.5	50	47.5	45	40	35	32.5	30	27.5	52.5	47.5	42.5	37.5
90	60	57.5	55	52.5	50	47.5	42.5	37.5	35	32.5	30	55	50	45	40
90+	67.5	65	62.5	60	57.5	55	50	45	40	35	32.5	60	55	50	45

WOMENS' DEAD LIFT – EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	80	75	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	72.5	65	57.5	52.5
47.5	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
50.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
53	92.5	87.5	82.5	77.5	72.5	70	62.5	57.5	52.5	47.5	42.5	82.5	75	67.5	60
55.5	97.5	92.5	87.5	82.5	77.5	72.5	65	57.5	52.5	47.5	42.5	87.5	80	72.5	65
58.5	102.5	97.5	92.5	87.5	82.5	77.5	70	62.5	57.5	52.5	47.5	92.5	82.5	75	67.5
63	110	105	100	95	90	85	77.5	70	62.5	57.5	52.5	100	90	80	72.5
70	120	115	110	105	100	95	85	77.5	70	62.5	57.5	107.5	97.5	87.5	80
80	130	122.5	117.5	112.5	107.5	102.5	92.5	82.5	75	67.5	60	117.5	105	95	85
90	142.5	135	127.5	120	115	110	100	90	80	72.5	65	127.5	115	102.5	92.5
90+	150	142.5	135	127.5	120	115	102.5	92.5	82.5	75	67.5	135	122.5	110	100

WOMENS' DEAD LIFT – UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Jnr	T3	T2	T1
44	72.5	70	67.5	65	62.5	60	55	50	45	40	35	65	57.5	52.5	47.5
47.5	77.5	72.5	70	67.5	65	62.5	57.5	52.5	47.5	42.5	37.5	70	62.5	57.5	52.5
50.5	82.5	77.5	72.5	70	67.5	65	57.5	52.5	47.5	42.5	37.5	75	67.5	60	55
53	85	80	75	72.5	70	67.5	60	55	50	45	40	77.5	70	62.5	57.5
55.5	90	85	80	75	72.5	70	62.5	57.5	52.5	47.5	42.5	80	72.5	65	57.5
58.5	95	90	85	80	75	72.5	65	57.5	52.5	47.5	42.5	85	77.5	70	62.5
63	100	95	90	85	80	75	67.5	60	55	50	45	90	80	72.5	65
70	110	105	100	95	90	85	77.5	70	62.5	57.5	52.5	100	90	80	72.5
80	120	115	110	105	100	95	85	77.5	70	62.5	57.5	107.5	97.5	87.5	80
90	132.5	125	120	115	110	105	95	85	77.5	70	62.5	120	107.5	97.5	87.5
90+	140	132.5	125	120	115	110	100	90	80	72.5	65	125	112.5	102.5	92.5

EVENTS AND RECORDS

Records are recognised by the Association in the following events :-

	SQUAT BENCH PRESS DEAD LIFT POWERLIFTING TOTAL	}	As combined events
ALSO	SQUAT BENCH PRESS DEAD LIFT	}	As individual disciplines or 'Single Lift' events

Men & Women/All bodyweight classes/All age classes EQUIPPED AND UNEQUIPPED CATEGORIES

Registers of British Records for both Equipped and Unequipped categories of lifting are kept by the BDFPA National Records Registrar.

(See 'Costume and Personal Equipment' for technical specifications of both EQUIPPED & UNEQUIPPED categories).

Conditions for the Establishment or Breaking of Records

DIVISIONAL - General conditions apply as for 'Selection and Qualification of Lifters'. Divisional records may also be broken at national competitions, but in such cases lifters must claim formally by notifying their Divisional Records Registrar.

Lifters claiming divisional records must have their permanent address in the division concerned at the time of breaking the record.

NATIONAL - General conditions apply as for 'Selection and Qualification of Lifters'. National records may be broken at divisional competitions, provided that appropriate referees adjudicate, and that calibrated equipment is used. In this case lifters must claim formally by notifying the national records registrar.

National records may also be broken at international competitions (NC Ballot March 2004).

New British records setup in "blank spaces" must be at least equal to the figures set down as National qualifying standards (NC Ballot Nov 2004).

INTERNATIONAL - General conditions apply as for 'Selection and Qualification of Lifters'. International records may also be broken at national competitions, providing these are held strictly under WDFPF international rules (incl. minimum 10% testing requirement). International records may be broken at National Championships without a jury present.

Lifters must claim formally by notifying the WDFPF General Secretary.

Certificates

DIVISIONAL:	Certificates for divisional records are at the discretion of the division concerned.
NATIONAL:	Certificates may be obtained from the National Records Registrar.
INTERNATIONAL:	Certificates for international records will normally be forwarded on request and payment of the appropriate fee, by the WDFPF World/European Records Registrars.

General Conditions

1. All records and bodyweight must be registered in metric values.
2. Records may only be set at BDFPA sanctioned competitions.
3. The lifter must have fulfilled the weigh-in rules by establishing official bodyweight within the 2 hours prior to the start of the competition.
4. The referee(s) or the Technical Officer must have checked that the barbell and discs conform to BDFPA specifications, prior to the competition.
5. Following the successful record setting attempt, the lifter must be subject to inspection by the adjudicating referee(s). Refer to "Costume and Personal Equipment".
6. Each of the adjudicating referees must be a current BDFPA Referee.
7. The official BDFPA Score Sheet signed by the adjudicating Referee(s), a copy of the current scales certificate and age verification where necessary, must be submitted to the BDFPA General Secretary within one calendar month of the date of the record setting competition.
8. In a three-lift powerlifting competition, lifters who are not taking part in the full competition are not permitted to attempt to set records on individual lifts. Records set in individual lifts will only be valid if the lifter makes a total in the competition, which meets or exceeds the qualifying total for that event.
9. In the event that two lifters break either a current individual or total record with the same weight, the lighter lifter will be declared the new record holder. If bodyweights are identical, the lifters are to be re-weighed immediately following the competition. If during the re-weigh, both lifters weigh the same, both will be record holders.
10. New records are only valid if they exceed the previous record by a minimum of 500grammes. Fractions of 500grammes must be ignored; eg 87.700kg would be registered as 87.500kg.
11. The record will only be valid for the bodyweight category of the lifter as determined at the official weigh-in.

Requirements for setting a record on a fourth attempt:

1. Only lifters actually taking part in a competition may attempt records as fourth attempts outside the competition. At a national championships only national or international records may be broken on a fourth attempt.
2. A lifter may be granted a fourth attempt for purposes of setting a record, at the discretion of the Chief Referee, if the third attempt was successful and within 20kg of the current record. In no case will further additional attempts be granted.
3. No fourth attempts may be included in the total.

REFEREES

The BDFPA recognises the following grades of referees:

a. DIVISIONAL REFEREE (Minimum age 18 years)

Upon successfully passing the written examination (min. pass mark 80%).

b. NATIONAL REFEREE

On recommendation of the relevant Divisional Secretary, or a member of the BDFPA Executive Committee - and having officiated to a satisfactory standard in a minimum of three events (as Centre Referee).

c. WDFPF INTERNATIONAL REFEREE (CAT. 1)

On recommendation of the Technical Secretary, and on successfully completing all assessments under WDFPF international rules.

1. All matters relating to the recruitment, training and assessment of referees in the BDFPA are in the first instance the responsibility of the BDFPA Technical Secretary, who will maintain a register of divisional, national and international referees in the Association, and award certificates to those successfully attaining recognised referee status.
2. The Technical Secretary is responsible to the National Council for all matters concerning the provision of training, standards of adjudication, and conduct of referees.
3. Referees who remain inactive for more than one year may have their status annulled.
4. The Association may accord equivalent referee status to referees from other approved organisations, subject to review at the National Council's discretion (NC Ballot - July 2002).

Referees who may adjudicate in BDFPA events

DIVISIONAL OR BELOW - Minimum 1 divisional referee.

NATIONAL - Three referees, of whom at least ONE must be a fully qualified National Referee. The centre referee must at all times be of National grade or above. This also applies where national records are broken at divisional events.

INTERNATIONAL - Three fully qualified WDFPF International Referees. This also applies where international records are broken at national events.

Written Examinations

1. All candidates must be current members in good standing of the Association.
2. Examinations may be invigilated by the Technical Secretary, other National Council members, divisional officials, or other persons approved beforehand by the Technical Secretary.
3. Unless on an organised course, candidates must make their own arrangements as regards the date, time and venue for the examination, and for any costs to be incurred.
4. At the end of the allotted time for an examination, all papers must be placed by the invigilator in a sealed envelope, and sent directly to the Technical Secretary for marking. An examination fee of £10 must be sent to the Technical Secretary in respect of each completed examination paper.

DUTIES OF REFEREES

1. DESIGNATION OF PLATFORM REFEREES: The referees shall be three in number, the Chief or Centre Referee and two side referees (except possibly at Divisional competitions, where one referee alone may adjudicate). The selection of a referee to act as Chief Referee in one category does not preclude their selection as a side referee in another category.
2. DUTIES OF THE CHIEF REFEREE: The Chief (Centre) Referee is responsible for giving the necessary signals for all three lifts, and for any decisions regarding loading errors or incorrect announcements by the Speaker/Announcer.
3. SIGNALS REQUIRED FOR THE LIFTING EVENTS:
 - a. **The Squat:** At the commencement of the lift - a visual signal consisting of a downward movement of the arm together with the audible signal of the command "Squat". At the completion of the lift a visual signal consisting of a backward movement of the arm together with the audible signal of the command "Rack".
 - b. **The Bench Press:** At the commencement of the lift the Chief Referee will give the command "Start" at which the point the lifter lowers the bar to the chest. Once bar is motionless on the lifter's chest the word of command "Press" is given (a clapperboard may be used if preferred). If the lifter is hearing impaired, the Chief Referee may give a visual signal to the lifter. At the completion of the lift a visual

signal consisting of a backward movement of the arm together with the audible signal of the command "Rack".

- c. **The Deadlift:** At the commencement of the deadlift no signal is required. At the completion of the lift a visual signal consisting of a downward movement of the arm together with the audible signal of the command "Down".
4. **COMMUNICATION ANNOUNCING THE PLATFORM REFEREES' DECISION:** Once the bar has been replaced in the racks or on the platform at the completion of the lift, the referees will announce their decisions by means of the lights. White for a "good lift" and red for a "no lift". In the event that hand signals or flags have to be used instead of lights, such signals will be made immediately after the Chief Referee has called "show".
5. **POSITIONING OF THE REFEREES ON THE PLATFORM:** The referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts. However, the Chief (Centre) Referee must always bear in mind the need to be easily visible to the lifter performing the squat or deadlift.
6. **DUTIES OF THE REFEREES PRIOR TO THE COMPETITION:** Before the competition, the referees shall jointly ascertain that:
 - a. The platform and competition equipment comply in all respects with the rules. Bars and discs are checked for weight discrepancies, and defective equipment discarded.
 - b. The scales work correctly and are accurate. Certification of the scales must have been within 12 months previous to the championships date.
 - c. The lifters weigh-in within the limits of weight and time for their bodyweight category.
 - d. The lifters' costumes and personal equipment comply with the rules in all respects. The equipment should be checked, and recorded on the lifters' score (attempt) card, or on the official BDFPA kit check form issued for that competition.
7. **DUTIES OF THE REFEREES DURING THE COMPETITION:** During the competition the referees must jointly ascertain that:
 - a. The weight of the loaded bar agrees with that announced by the MC/Announcer (Referees may be issued with loading charts for this purpose).
 - b. On the platform the lifter's costume and personal equipment are exactly as declared, examined and marked at the equipment check. If any referee has reason to doubt a lifter's integrity in this respect, they must, after completion of the lift, inform the Chief Referee of their suspicions. The three referees may then re-examine the lifter's costume and personal equipment. If the lifter is found guilty of wearing anything illegal that was not checked in during the equipment check, the lifter will immediately be disqualified.
8. **PROCEDURE OF A REFEREE OBSERVING LIFTING FAULTS:** If during the execution of a lift, a referee observes a fault sufficient to give cause for disqualification of the lift, the procedure is as follows:

- a. If the observer is a side referee, they shall raise their arm to call attention to the fault. If the Chief Referee or the other side referee are in agreement, this constitutes a majority opinion and the Chief Referee shall stop the lift at a discretionary safe point. A visual signal and an audible command will be given to the lifter.
 - b. If the observer is the Chief Referee, the arm will not be raised. The Chief Referee must check to see if either of the side referees are in agreement. If one or both agree, the Chief Referee will stop the lift as previously described in (a).
9. PROCEDURES FOR INCORRECT STARTING POSITION OR BAR PLACEMENT DURING THE SQUAT: Prior to the commencement of the squat, if any of the referees do not accept the bar placement or the starting position of the lifter, they will call attention to the fault as previously described in 8(a). If there is a majority opinion among the referees that the fault exists, the Chief Referee will not give the signals to commence the lift. It is not required of the Chief Referee to explain the fault to the lifter. The lifter has the remainder of the unexpired time allowance in which to correct the position of the bar or the stance in order to receive the commencement signal.
10. REFEREE COMMENTARY FOLLOWING A LIFT: A lifter receiving a red light(s) for a lift may go to or send their coach to the Chief Referee, and request a rationale for the red light. The Chief Referee will investigate, determine, and inform the lifter or spokesman why a red light was given. A lifter requiring further debate or knowledge, must leave the lifting area immediately and if appropriate, go to the Head Referee in charge of the competition for further clarification or ruling. At Divisional events the appointed Technical Officer may be approached if this is appropriate. Referees may not receive any document or verbal account concerning the progress of the competition.
11. A referee shall not attempt to influence the decisions of the other referees.
12. The Chief Referee may consult with the side referees or any other official as necessary in order to expedite the competition.
13. DUTIES OF THE REFEREES AFTER THE COMPETITION: After the competition, the three referees shall sign the official score sheets, record certificates or any other documents requiring a signature.
14. REFEREES' DRESS CODES: Referees will be uniformly dressed as follows:

Men: Winter:-Dark blue blazer with appropriate BDFPA/WDFPF badge on left breast and grey trousers with a white shirt and tie. Summer:-White shirt and grey trousers, tie optional.

Women: Winter:-Dark blue blazer with appropriate BDFPA/WDFPF badge on left breast, grey skirt or trousers and a white blouse. Summer:-Grey skirt or trousers and a white blouse.

The Head Referee or Technical Officer shall determine whether winter or summer dress will be worn.

The above dress code is mandatory at National or International levels of competition. At Divisional competitions, the minimum dress code consists of:-Trousers or skirt, white shirt, tie (optional in summer).

WEIGHING - IN

1. All lifters are required to bring their BDFPA membership card to the weigh-in, as proof of entitlement to take part in sanctioned BDFPA events. Lifters who are contesting specific age-based categories (ie any other than the 'Open' category), must also bring proof of age to the weigh-in.
2. Weighing in of the competitors must take place no earlier than two hours before the start of the competition for a particular category. All lifters in the category must attend the weigh-in, which will be carried out in the presence of appointed referees for that category. ***(The 2 hour rule is under review by the WDFPF following a request from the BDFPA for clarification of whether the rule pertains to Full Power events only or all events)***
3. The weigh-in period will last one and a half hours. The remaining half (1/2) hour prior to the commencement of the lifting will be used for the purpose of final competition preparation.
4. The weigh-in for each competitor will be carried out in a locked room with only the competitor, his/her coach or manager and the referee(s) present. The lifter's agreed bodyweight must not be made public until all lifters competing in the particular category have been weighed in.
5. Lifters may be weighed nude or wearing underpants or briefs. Additionally athletes must appear at the weigh in with or wearing their competition underwear (WDFPF AGM 2012). In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials may be appointed for this purpose.
6. The lifters must be weighed in the priority of the previously determined order of lifting.
7. If not previously carried out, the inspection of costume and personal equipment will take place during the weigh-in period. The equipment will normally be checked after all lifters have made their first visit to the scales, unless otherwise decided by the Technical Officer or Head Referee. The technical officers or appointed referee(s) will be responsible for inspecting, measuring and recording on the inspection form, details of all items listed under Costume and Personal Equipment. The referees responsible for this inspection will also be responsible for ensuring that the details recorded correspond with the items worn and used by the lifter on the platform.
8. Lots will be drawn to establish the order of the weigh-in. In competitions with large numbers of lifters in each category, the drawing of lots and referees' inspection of costume and personal equipment, may commence one hour before the start of the weigh-in, although this may be varied as required by the Head Referee or Technical Officer. The lots drawn also establish the order of lifting throughout the competition when lifters require the same weights for their attempts. The drawing of lots is mandatory at national and international levels of competition. It is optional at divisional level, but its use is recommended.

9. Each lifter may only be weighed once. Only those whose bodyweight is heavier or lighter than the category limits of the category entered are allowed to return to the scales. They must return to the scales and make weight within the limits of the hour and one half allowed for the weigh-in, otherwise they will be eliminated from the competition for that bodyweight category. A lifter can only be re-weighed after all lifters in the same bodyweight category have been called to the scales. Lifters trying to make weight may be re-weighed as often as time and orderly progression allows. A lifter may only be weighed outside the time limit of one and one half hours if he presents himself within the time limit, but due to the number of lifters trying to make weight, he is denied the opportunity of mounting the scales. He may then be allowed one re-weigh at the discretion of the referees.
10. A lifter who is too heavy may move into the next higher category, provided that he/she has previously achieved the minimum qualifying total required for the higher bodyweight category if one has been set for the competition. The lifter must be present for the weigh-in at the time scheduled for his new category.
11. A lifter who weighs lighter than the lower limit for his category, may drop into the next lower category, provided (i) it has not already taken place (ii) that he/she has achieved the necessary qualifying total for the lighter category at the lower bodyweight.
12. At tournaments, galas, festivals or friendly internationals, the weigh-in may, by mutual consent, take place earlier than two hours before the start of the competition. However, if a lifter declares an intention to attempt a record, that lifter must re-weigh two hours before the start of the competition.
13. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total or lift at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person. However, if they still weigh the same after re-weighing, they will then share the placing, and each receive an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so on. In the event of a record being set in similar circumstances, the same procedure will be adopted to determine the record holder.
14. Starting weights for all lifts shall be declared by all lifters at the weigh-in. Changes on first attempts may occur before each flight of first attempts (see 'Order of Competition - The Rounds System' - [2]). There are **NO** changes permitted in the second and third attempts - with the exception made for the **third attempt deadlift** which may be changed twice.
15. Where applicable, lifters should check squat and bench press rack heights and foot blocks prior to the start of the competition.

ORDER OF COMPETITION - THE ROUNDS SYSTEM

1. The Rounds System is mandatory at all BDFPA Sanctioned Competitions.
2. Notification of attempts: At the weigh-in, the lifter or his/her coach must declare starting weights for all three events. The starting attempt is allowed to be changed **ONLY ONCE**. First flight lifters may change the opening lift up to five [5] minutes before the first round for that lift. Lifters in the following flights may change the opening lift up to the time when **NOT LESS** than five [5] attempts remain for the previous flight.

If applicable, opening attempts must be entered on the appropriate 'first attempt' card, signed by the lifter or coach and retained by the official conducting the weigh-in.

The lifter will then be given additional blank attempt cards for use during the competition. Three [3] each for the Squat and Bench Press (providing for the possibility of a record setting 4th attempt), and five [5] for the Deadlift (providing for the possibility of two [2] changes of the third attempt, and for the possibility of a record setting 4th attempt). The cards for each event should be distinguished by using different colours.

Following the first attempt in an event, the lifter or coach must decide upon the weight required for the second attempt. This weight must be recorded where indicated on the card, and submitted to the marshall or other appointed official within the one minute time allowance. The same procedure is to be used for third attempts in all three events; also for record setting fourth attempts. Responsibility for submitting attempts within the time limit rests solely with the lifter or coach. The attempt card must be handed directly to the designated marshall or official. (The official should have extra attempt cards available for emergency purposes) buying oral steroids. If no weight is submitted within the one minute time allowance, the lifter will be warned. After five [5] minutes have elapsed, if the lifter has failed to declare the next attempt, that attempt can be forfeited.

The use of attempt cards is mandatory at national and international levels of competition. It is optional at divisional level, but recommended as a means of avoiding confusion or error.

Examples of attempt cards:

Squat			Bench			Deadlift		
Name _____			Name _____			Name _____		
<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>	<div style="border: 1px solid black; width: 60px; height: 60px;"></div>
1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd

3. Each lifter in the assigned flight will take their first attempt in the first round of the event. Regardless of the success/failure of the first attempt, all lifters in the assigned flight will then take their second attempt in that event. Regardless of the success/failure of the second attempt, all lifters in that same flight will then take their third attempt in that event. Lifters who wish to take a fourth attempt for the purpose of setting international records, would follow the third attempt rotation. The flight would then vacate the platform, allowing the next flight of lifters to compete in that event. If there is only one flight of lifters in a session, that flight would move into a warm-up area to prepare for the next event. Each event would follow the format explained above.
3. The bar must be loaded on a progressive basis during a round, from lightest to heaviest. Lifters will not be allowed to take a lower weight in a following round for an attempt in any event.
The bar cannot be reduced in weight once a lift has been performed with the announced weight. The only exception to this would be due to an error on the part of the Speaker/Announcer who may have inadvertently missed a lifter's attempt. If this is the case, the Chief Referee will reduce the load on the bar and then continue with the progress of that flight.
4. Lifting order will be determined by the weight on the bar and Lot Numbers (if applicable). The lifter requiring the lightest weights lifts first; in the case of similar calls for weight, the lifter with the lowest Lot Number (drawn at the weigh-in) will lift first. The use of lot numbers to establish the order of lifting may be used at competitions below National level, but is not mandatory.
5. A lifter is permitted one change of weight on the first attempt of each lift. The change of weight may be higher or lower than that originally submitted, and the order of lifting in the first round will be changed accordingly. If the lifter is in the first flight, this change may take place at any time up to within five minutes before the start of the first attempt in that event. The following flights are accorded a similar privilege up to within five attempts from the end of the previous flight's last attempt in that event. Prior notice of these deadlines shall be announced by the Speaker/Announcer.
6. Weights submitted for second and third round attempts in the squat and bench press may not be changed.
7. If during a round, a lifter misses an attempt due to a misloaded bar or to a spotter error, the lifter will be granted another attempt at the same weight at the discretion of the Chief Referee or Technical Officer. The "repeated attempt" would be taken at the end of the current round. If the error occurs for the last lifter of a round, that lifter will be allowed a three (3) minute rest before repeating the attempt.
8. In the third round of the deadlift, two weight changes are permitted. The change of weight may be higher or lower than the lifter's previously submitted third attempt. However, these are only permitted provided that the lifter has not been called to the bar already loaded to the previously submitted weight. (NB These procedures also apply in the case of Single Lift events).

9. If a lifting session consists of a single group (flight) - ie: up to a maximum of 14 lifters, an interval of 30 minutes is suggested between the events. This is to ensure adequate time for warm-up and platform organisation.

10. Flight Formation:

- a. Where 10 or more lifters are competing in a session, groups/flights may be formed consisting of approximately equal numbers of lifters. (Flights MUST be formed when 15 or more lifters are competing in the same session). A session can be composed of a single bodyweight class or any combination of bodyweight classes at the discretion of the organiser for purposes of presentation.
- b. Grouping should be determined by examining the lifters' best totals achieved at national or international level during the previous 12 months. The lifters with the lowest totals will form the first group/flight to lift, with progressively higher totals forming further flights as necessary.
- c. If unsuccessful with an attempt, the lifter does not follow him/her, but must wait until the next round before he/she can attempt that weight again.
- d. When two or more groups take part in a session upon a single platform, lifting will be organised on a group repetition basis. No time interval will be allowed between rounds other than that necessary for preparing the platform for the next event.
- e. For example:-if there are two groups/flights taking part in a session, the first group will complete all three squat attempts. They will be followed immediately by the second group who will complete their three squat attempts. The platform will then be set for the bench press and the first group will complete their three bench press attempts, immediately followed by the second group who will similarly complete their three attempts on the bench press. The platform will then be set up for the deadlift and the first group will complete their three deadlift attempts.

CONDUCT OF COMPETITION

1. OFFICIALS TO BE APPOINTED:

- A. The HEAD REFEREE IN CHARGE: At National Championships the Head Referee in Charge is appointed by the BDFPA President on the advice of the Technical Secretary and the Championships director or promoter. At Divisional events the Referee in Charge is appointed by the Divisional Secretary on the advice of the Championships director or promoter.
- B. THE CHAMPIONSHIPS DIRECTOR OR PROMOTER APPOINTS THE FOLLOWING:
 1. Speaker/Announcer.
 2. Time Keeper (preferably a qualified referee).
 3. Marshalls.
 4. Spotter-loaders.
 5. Records keepers.
 6. Scorers (table/scoreboard).

7. Other positions such as an additional set of marshalls and scorekeepers at the overhead projectors, personnel to run the weight-on-the bar signs, platform managers etc.
8. Additional officials may be appointed as required, eg, doctors, paramedics, etc.

C. THE HEAD REFEREE IN CHARGE APPOINTS THE FOLLOWING:

1. Referees for each session and each event.
2. Officials in charge of the Equipment Check.
3. Officials in charge of the Weigh-in.

2. RESPONSIBILITIES OF APPOINTED OFFICIALS:

a. The **Speaker/Announcer** is responsible for the efficient running of the competition. The Speaker/Announcer acts as Master of Ceremonies and arranges the attempts chosen by the lifters in an orderly fashion, dictated by weight and if necessary, lot number. This official announces the weight (in kilograms) required for the next attempt and the name of the lifter.

When the bar is loaded and the platform cleared for lifting, the Chief Referee will indicate the fact to the Speaker/Announcer, who will in turn announce that the bar is ready and call the lifter to the platform.

Attempts announced by the speaker should then be displayed upon some type of scoreboard erected in a prominent position. Minimum information should include:

1. Lifter's name (lifter's division/club is optional)
2. Bodyweight class of the lifter
3. Attempt number
4. Attempt weight in kilos

b. The **Time Keeper** is responsible for accurately recording the time lapse between the announcement that the bar is ready, and the lifter starting the attempt. Other responsibilities include recording and announcing the three minute rest period [warning given with one (1) minute remaining]; noticing that the lifters leave the platform within 30 seconds following their attempt (failure of the lifter to comply with this rule may result in disqualification of the attempt at the discretion of the Chief Referee); and indication to the expeditor that one minute has elapsed following the attempt.

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 this time allowance, the timekeeper will call "time", and the Chief Referee shall give the audible command "Rack" or "Down" depending on the lift. The lift will be declared "no lift" and the attempt forfeited. When the lifter starts the lift within the prescribed time allowance, the clock will be stopped.

Once a clock is running for a 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 Chief Referee. Consequently, it is of great importance that the lifter or coach check the height of the squat racks prior to being called, as once the bar is announced as loaded, the clock will be started. Any further adjustments of the equipment must be made within the lifter's one minute allowance.

The definition of the start of an attempt depends upon the particular lift being performed. In the Squat and the Bench Press, the start is to coincide with

the referee's commencement signal. Refer to "Duties of Referees" - Item 3. In the Deadlift, the start is when the lifter makes a determined attempt to raise the bar from the platform.

c. The **Marshalls** are responsible for collecting each attempt weight from the lifter or coach and passing the information without delay to the Speaker/Announcer. The lifter is allowed one minute between completing the last attempt and informing the Speaker/Announcer, via the Marshall, of the weight required for the next attempt.* After the one minute has elapsed, the lifter will be warned. After five (5) minutes have elapsed, if the lifter has failed to declare the next attempt, that attempt can be forfeited.

*This time will be monitored by the Marshall.

d. The **Spotter-Loaders** are responsible for loading and unloading the bar, adjusting equipment as required, cleaning the bar or platform at the request of the Chief Referee, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times.

At no time shall there be less than two or more than five spotter-loaders on the platform. When the lifter prepares for the attempt, the Spotter-Loaders may assist in removing the bar from the racks. They may also assist in replacing the bar after the attempt. However, they shall not touch the lifter or the bar during the actual attempt, ie, during the period of time that elapses between commencement and completion signals. The only exception to this rule being that if the lift is in jeopardy and likely to result in injury to the lifter, the Spotter-Loaders may, either at the request of the Chief Referee or the lifter, step in and relieve the lifter of the bar. If the lifter is deprived of an otherwise successful attempt by the error of a Spotter-Loader and through no fault of their own, they may be awarded another attempt at the discretion of the referees at the end of the round.

e. The **Scorers** are responsible for accurately recording the progress of the competition, and on completion, ensuring that the referees for each event sign the official score sheets, record certificates or any other document requiring signatures.

f. The **Records Keeper** is appointed by the Championships director or Promoter. When a record attempt is announced, the Records Keeper should immediately confirm the weight loaded on the bar, and compare it with the existing record.

If the lift is successful, the Records Keeper should begin to fill out the record form or certificate for the lifter. Other information needed may be found on the lifter's card or may be taken from the lifter.

It is the responsibility of the Records Keeper to collect any birth certificates required in the claiming of age group records.

g. **Referees** for each session; for each event; for the Equipment Check and for the Weigh-In.

3. PERSONS ALLOWED ON THE PLATFORM: During any competition taking place on a platform or stage, only the lifter, coach, officiating referees, Technical Officer or spotter-loaders will be allowed around the platform or on the stage. During the execution of a lift, only the lifter, spotter-loaders and the referees are permitted to be present on the platform. Coaches shall remain within the designated coaching area as defined by the Technical Officer, or Referee in charge. The only exception to this rule is on the Bench Press event where the lifter may select anyone to assist with the lift-off of the bar from the rack.

4. ADJUSTING EQUIPMENT WHILE ON THE PLATFORM: A lifter shall not wrap or adjust his costume within the vicinity of the platform. The only exception to this rule is that the belt may be adjusted while on the platform.

5. LIFTING ORDER EXCEPTIONS: In International matches between two lifters or two nations contested in different bodyweight categories, the lifters may alternate irrespective of weight required for the attempts. The lifter requiring the lightest weight in the initial lift shall lift first and thereby set the order for the alternate attempts throughout that particular event.

6. MINIMUM AMOUNT OF WEIGHT INCREASE BETWEEN SUCCESSFUL ATTEMPTS: In BDFPA sanctioned competitions, the weight of the barbell must always be a multiple of 2.5kg. (The weight shall be announced in kilograms).

Exceptions to this rule:

- a. In a record attempt the weight of the barbell must be at least 500grams in excess of the current record. This record attempt must be taken in the normal sequence of increasing weight during the competition.
- b. During the course of the competition, if a record attempt is requested that is not a multiple of 2.5kg, and it is requested within prescribed attempts, and the lifter performs a "Good Lift", then only the lower closest multiple of 2.5kg will be recorded on the score sheet and the exact weight will appear on the record application; eg:- 233kg requested for a squat lift on the lifter's second attempt - the lift is a "Good Lift" - 232.5kg will be entered on the score sheet and 233kg will be entered on the record application.

7. LOADING ERRORS or INCORRECT ANNOUNCEMENTS BY THE SPEAKER/ANNOUNCER: The Chief Referee will be solely responsible for decisions taken in the case of loading errors or incorrect announcements by the speaker. This decision will be given to the speaker who will make the appropriate announcement.

Examples of Errors in Loading:

- 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 originally requested weight. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.

- 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. The weight may be reduced again if required for other lifters. If the attempt is not successful, the lifter will be granted a further attempt at the originally requested weight at the end of the round in which the error occurred.
- c. If by error the loading is not the same on each side of the bar; or if any change occurs on the bar or discs during the execution of the lift; or if the platform is disarranged - and the lift is successful, the lifter may accept the attempt or elect to take the attempt again at the end of the round. If the attempt is not successful, the lifter will be granted a further attempt, but only at the end of the round.
- d. If the speaker/announcer makes a mistake by announcing a weight lighter or heavier than that requested by the lifter, the Chief Referee will make the correction according to the procedures as for errors in loading.
- e. If for any reason it is not possible for the lifter or coach to remain in the vicinity of the platform in order to follow the progress of the competition and the lifter misses an attempt because the speaker omitted to announce that lifter's appropriate weight, then the weight will be reduced as necessary and the lifter allowed to take the attempt, but only at the end of the round.

8. DISQUALIFICATION: Three unsuccessful attempts in any event will automatically eliminate the lifter from the competition.

9. SPOTTER AID TO THE LIFTER: Other than initial removal of the bar from the racks, the lifter will not receive any help from the spotter-loaders in assuming the start position for an attempt.

10. DISQUALIFICATION OF THE LIFTER DUE TO PLATFORM TIME LIMITS: On completion of an attempt, a lifter shall leave the platform within thirty seconds. Failure to comply with this rule may result in disqualification of the attempt, at the discretion of the referees.

11. RULES CONCERNING INJURED LIFTERS: If during a competition a lifter suffers injury, the official doctor has the right of examination. If the doctor considers it inadvisable for the lifter to continue, the doctor may, in consultation with the Head Referee or Technical Officer, insist upon the lifter retiring from the competition. The lifter's coach must be officially informed of such a decision.

12. BLOOD BORNE PATHOGENS/INFECTIONS: In an effort to protect against the possibility of blood borne pathogens/infections, athletes will NOT be allowed to strike their heads on the bar during competition.

13. RULES CONCERNING DISQUALIFICATION DUE TO MISCONDUCT: Any lifter or coach, who by reason of misconduct on or near the competition platform which is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Head Referee or Technical Officer may disqualify the lifter and order the coach to leave the venue.

The lifter's coach must be officially informed of both warning and disqualification.

14. BREAK TIME BETWEEN EACH CONTESTED EVENT: Brief breaks between events are suggested for the convenience of the referees. If a single flight is lifting in a round, a break of 30 minutes is suggested for warm-up between events.

15. RECOMMENDED ALLOWANCE OF ADDITIONAL REST BETWEEN ATTEMPTS: When small numbers of lifters compose a flight, it may be necessary to increase the time between rounds in order for the lifters to adequately prepare for their next attempts. If less than 10 lifters compose a flight the additional rest period should be similar to the time which would be taken by 10 lifters competing.

16. COMMUNICATION OF DECISIONS CONCERNING SPECIAL PROBLEMS: Any decisions concerning an attempt, the removal of a lifter or coach, or the granting of another attempt must be made known to the speaker/announcer, scorekeeper, coach and lifter as soon as such a decision is reached. The communication is made by the Chief Referee.

EQUIPMENT AND SPECIFICATIONS

1. PLATFORM:

All lifts shall be carried out on a platform measuring between 2.5m x 2.5m (8ft x 8ft) minimum and 4.0m x 4.0m (13ft x 13ft) maximum. The surface of the platform must be flat, firm, non-slip and level, and must not exceed 10cms (3.95ins) in height from the surrounding stage or floor.

The surface of the platform may be treated with an approved non-slip coating. Loose rubber mats or similar sheeting materials are not permitted. No additives may be applied to or inserts incorporated in, either the platform or its surface.

2. BARS and DISCS:

For all Powerlifting contests organised under the rules of the BDFPA, only disc barbells are permitted and these must be calibrated in Kilograms. The use of discs that do not meet the correct specifications will invalidate the contest and any records accomplished.

Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. A different bar which need not have centre knurling, may be used for the Deadlift only. The bar or bars shall not be changed during the competition unless bent or damaged in some way as determined by the referees.

Bars used at national or international levels of competition shall not be chromed between the inside collars.

a. The bar shall be straight and well knurled and grooved, and shall conform to the following dimensions:

1. Total overall length not to exceed 2.2m (7ft 2.6ins).
2. Distance between the collar faces is not to exceed 1.32m or be less than 1.31m.

3. Diameter of the bar is not to exceed 29mm or be less than 28mm.
4. Weight of the bar and collars is to be 25kg, plus or minus 0.25% only (see b[1] below).
5. Diameter of the sleeve 50-52mm.
6. There shall be a diameter machine marking or the bar taped so as to measure 81cm between machining or tape.

b. Discs shall conform as follows:

1. All discs used at national or international levels of competition must weigh within 0.25 percent of their correct face value. Divisional competitions may be held with non-calibrated weights, but no records above divisional level can be claimed. In all cases scales must be calibrated. At Divisional competitions and below, it is permissible to claim records, up to and including Divisional records, on non-calibrated equipment, providing 1) All bars, weights and collars have been previously weighed on calibrated scales accurate to 0.25kg 2) That the total weight lifted is at least 0.5kg more than the current record. Where a complete set (bar, collars and additional discs) is pre-weighed at each denomination from 25kgs upwards, all discs comprising each weighed amount must be marked for purposes of identification, in addition to the bar and collars (1998 AGM).

2. The hole size in the middle of the disc may be a maximum of 53mm to 51mm minimum.

3. Discs must be in the following range:

1.25kg	=	from	1.24690	to	1.25310kg
2.50kg	=	from	2.49375	to	2.50625kg
5.00kg	=	from	4.98750	to	5.01250kg
10.00kg	=	from	9.97500	to	10.02500kg
15.00kg	=	from	14.96250	to	15.03750kg
20.00kg	=	from	19.95000	to	20.05000kg
25.00kg	=	from	24.93750	to	25.06250kg
45.00kg	=	from	44.88750	to	45.11250kg
50.00kg	=	from	49.87500	to	50.12500kg

4. For record purposes, lighter discs may be used to achieve a weight of at least 500grams more than the existing record. These should be in the following range:

0.25kg	=	from	0.249375	to	0.250625kg
0.50kg	=	from	0.498750	to	0.501250kg

5. Discs weighing 25kg and over must not exceed 6cm (2.36ins.) in thickness. Discs weighing 20kg and under which exceed 3cm (1.18ins) in thickness will be limited to one pair of each denomination on any given load. No disc will exceed 6cm. in thickness (2.36ins).

6. At national or international levels of competition discs (rubber or steel) must conform to the following colour coding:

10kg and below = any colour
 15kg = yellow, black or silver
 20kg = blue or black
 25kg = red
 45kg = gold
 50kg = green

7. All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the small discs in descending weight arranged so that the referees can read the weight on each disc.
8. The first and heaviest discs loaded on the bar must be loaded face in: with the rest of the discs loaded face out.
9. The diameter of the largest disc shall be no more than 45cm (17.9ins).

3. COLLARS:

- a. Shall always be used in competition.
- b. Must weigh 2.5kg each, plus or minus 0.25% (see 2[b]1 above).

4. SQUAT RACKS:

- a. Squat racks shall be of a sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter-loaders. It may consist of a one piece unit or two separate stands designed to hold the bar in a horizontal position.
- b. The squat racks shall be designed to adjust from a minimum height of 1.00m (3ft 3.4ins) in the lowest position - to extend to a height of at least 1.70m (5ft 6.93ins) in 5cm (1.98ins) increments.
- c. All hydraulic racks must be capable of being secured at the required height by means of pins.

5. BENCH:

The bench shall be of sturdy construction for maximum stability and conform to the following dimensions:-

- a. Length - not less than 1.22m (4ft 0.03ins) and shall be flat and level.
- b. Width - 29-32cm (11.4ins- 12.6ins)
- c. Height - 42-47.5cm (16.54ins-18.81ins) measured from the floor to the top of the padded surface of the bench without being depressed or compacted.
- d. Height of the uprights - on adjustable benches, compulsory at International events (WDFPF AGM 2011), shall be a minimum of 82cm (32.3ins) to a maximum of 100cm (39.38ins), measured from the floor to the bar rest position. On non-adjustable benches, the height of the

uprights must be between 87cm (34.25ins) and 100cm (39.38ins) from the floor to the bar rest position.

- e. Minimum width between insides of bar rests - 1.10m (43.3ins)

6. WARM-UP AREA:

All equipment provided for the warm-up area must be the same as or comparable to the platform equipment.

7. LIGHTS:

- a. A system of lights shall be provided whereby the referees make known their decisions. Each referee will control a white and red light, representing a "good lift" or "no lift" respectively.
- b. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the referees.
- c. For emergency purposes, ie a breakdown in the electrical system, the referees will be provided with small white and red flags with which to make known their decisions upon the Chief Referee's command: "show".

8. SCALES:

Any type of scale is acceptable as long as it can be calibrated to 0.1kg (100gms) and has been certified within the previous twelve months. Proof of certification must be available for inspection.

9. HEALTH AND SAFETY:

The provision and use of equipment and substances to protect against the possibility of blood-borne pathogens/infections, is mandatory.

COSTUME AND PERSONAL EQUIPMENT

1. COSTUME (SUIT):

- a. The lifting costume shall consist of a one-piece full length lifting suit of one-ply stretch material without any additional patches or padding. The straps must be worn over the shoulders at all times while lifting in competition. The supportive type lifting suit shall also be subject to the following requirements:
 - 1. It may be of any colour or colours.
 - 2. The crotch panel must be of one ply.
 - 3. The lifting suit may bear the badge, emblem, logo or inscription of the lifter's nation, national or divisional association, club, current championship or sponsor. That which is offensive or liable to bring the sport into disrepute is not allowed.

4. A suit that has a piece of the same colour and similar material added to the strap to lengthen the suit, is a legal suit.
5. Where a strap has been folded and seamed to meet seam requirements, the suit is legal. The folded strap may not be stitched down to the suit.
6. Seams and hems may not exceed 3cm (1.18ins) in width and 0.5cm (0.2ins) in thickness.
7. Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2cm in width or 0.5cm in thickness.
8. All items worn on the platform must be clean, untorn, and in a good state of repair.
9. Length of the leg of an equipped suit must not exceed 15cm (5.9ins) from the middle of the crotch. Unequipped suits must not exceed 30cm (10.8ins) from the middle of the crotch and must not touch the Patella (Knee)(WDFPF AGM 2012) Measurement is to be taken by making a line from the top seam of the crotch and measuring down the leg from this line. (See diagram below).



10. Only one suit may be worn at a time on the platform (2 suits are not allowed).
11. Any alterations to the costume which exceed the established widths, lengths or thicknesses previously mentioned shall make a suit illegal for competition.
 - a. Non-supportive type lifting suits shall be subject to the following as stated above: 1, 3, & 8.
 - b. Women may wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described above. Leotards with sleeves or high-cut leg lines are not permitted.
 - c. At Divisional levels of competition, it is permissible for lifters to wear loose-fitting PE shorts, together with a T-shirt which conforms to BDFPA regulations. In this case the shorts must not be of a type which obscures the referees' view.

2. SHIRT:

A T-Shirt with short sleeves a minimum of 10cm (3.9ins) in length, of any colour or colours, must be worn for the Squat & Bench Press events. The shirt is optional for men during the Deadlift event. The shirt must be worn under the lifting suit.

A shirt is legal provided that it:

- a. Is not ribbed.
- b. Does not consist of any rubberised or similar stretch materials.
- c. Does not have any pockets, buttons, zippers, or a reinforced collar.
- d. Does not have reinforced seams.
- e. Is not constructed so as to place seams at a position which, in the opinion of the BDFPA, might tend to assist the athlete in powerlifting competition.
- f. Is made either exclusively of cotton or of polyester, or a combination of cotton and polyester.
- g. Does not have sleeves which terminate either below the athlete's elbow or up at the athlete's deltoid. (Athletes may not push the sleeves of such an undershirt up the deltoid when competing in BDFPA competitions).
- h. Fits loosely enough on the body of the athlete to ensure that the garment does not give the athlete physical support.
- i. In an effort to protect against the possibility of blood-borne pathogens/infections, all athletes participating in BDFPA championships must wear T-Shirts with sleeves (as per Rulebook description) during competition on the Squat and Bench Press events.
- j. During the Dead Lift event only - women may wear a sleeveless T-shirt or singlet in line with all the preceding and following undershirt requirements.
- k. Shirts may not be turned inside-out to hide inscriptions.
- l. Emblems on shirts may include: the National or Divisional Association, the current championships, the lifter's club, or the name of the sponsor for the competition.

Bench Shirt

- a. Special bench shirts as approved by the WDFPF World Committee may be worn for the bench press ('Equipped' section only). These and similar shirts are not permitted to be worn for the execution of other lifts under any circumstances. Only an undershirt as defined in the rules may be worn during the squat and deadlift.
- b. Seams may only be placed in the positions indicated in the diagram on page 60.
- c. Conditions (a), (b), (c) and (g) as defined for "Shirt" (item 2 above), also apply to the bench shirt.
- d. In connection with (f) it is permissible for the bench shirt to be made of denim material.
- e. Bench shirts may be of one-ply only.

3. **ATHLETIC SUPPORTER:**

- a. A standard commercial "athletic supporter" or standard commercial under shorts of any combination of cotton, nylon or polyester (but not swimming trunks or any other garment consisting of rubberised or similar stretch material except in the waistband) shall be worn under the lifting suit. The garment shall not have legs; the garment may not act as a girdle and may not be supportive or extend past the hips or navel. Power briefs are not permitted.

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- b. Women may wear protective briefs or panties as long as they shall not be deemed supportive in any way. Women may also wear a bra as long as the bra cup does not maintain its shape when placed upright on a flat surface and does not contain any wire or supportive devices. The uses of tampons, sanitary napkins or related articles used for feminine hygiene protection are permitted.

4. **SOCKS:**

- a. They may be of any colour or colours.
- b. They shall not be of such length on the leg that they touch any knee wrapping or one piece knee cap supporter when in use or with the lifters suit.
- c. It is acceptable for lifters to wear more than one pair of socks at the same time.
- d. Full length leg stockings, tights or hose are strictly forbidden.
- e. All lifters must wear knee socks/soccer socks during the deadlift event.

5. **HEADBANDS:**

A professionally made elastic headband may be worn by the lifter to keep hair out of the eyes. No handkerchiefs, bandanas, hats or other head gear will be allowed on the platform.

6. **BELTS:**

A competitor may wear a belt. If worn, it shall be on the outside of the lifting suit.

a) Materials and Construction:

1. The main body shall be made of leather or vinyl in one or more laminations which may be glued and/or stitched together.
2. It shall not have any additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.

3. Any type of metal buckle or fastener is permitted including the quick release type, providing the under loop of the two ends of the belt does not exceed 10cms (3.95ins).
4. A Velcro fastener on a belt is not permitted.
5. The metal buckle may consist of one or two prongs.
6. The buckle and studs are the only non-leather/vinyl components permitted. The buckle shall be attached at one end of the belt by means of studs and/or stitching.
7. A leather tongue loop shall be attached close to the buckle by means of studs and/or stitching.
8. The name of the lifter, their nation, division or club may appear on the outside of the belt.

b) Dimensions:

1. Width of belt maximum of 10cm (3.95ins).
2. Thickness of belt maximum of 13mm (0.5ins) along the main length.
3. Inside width of buckle maximum of 11cm (4.35ins)
4. Outside width of buckle maximum of 13cm (5.13ins).
5. Tongue loop maximum width of 5cm (1.98ins).
6. Distance between end of belt and the far end of tongue loop 15cm maximum (5.9ins).

BELT: Correct Points of Measurement:



7. SHOES:

Lifting shoes or boots shall be worn by the lifter for each of the events.

- a. Shoes shall be taken to include boots, sport shoes, trainers, gymnastic slippers or any foot covering that has a patterned moulding or foot type outline that provides an inner sole.
- b. Shoes with metal cleats or spikes are not permitted.

8. WRAPS:

Only wraps or bandages of one-ply commercially woven elastic that is covered with polyester, cotton, a combination of both materials or medical crepe are permitted. Bandages of rubber or rubberised substitutes are strictly forbidden. Wraps may be used as follows:

- a. Wrists. Wraps not exceeding 1m (3ft 3.8ins) in length and 8cm (3.15ins) in width may be worn. Alternatively, wrist 'bands' not exceeding 10cm (3.937ins) in width may be worn. A combination of the two is forbidden.
 1. If wrist bands are 'wrap around' style, they may have a thumb loop and Velcro patch for securing them. However, the thumb loop shall not be over the thumb during the actual lift. The Velcro may not totally surround the wrist.
 2. A wrist wrap shall not extend beyond 10cm (3.937ins) above and 2cm (0.8ins) below the centre of the wrist joint, not exceeding a covered width of 12cm (4.72ins).
- b. Knees. Wraps not exceeding 2m (6ft 6.72ins) in length and 8cm (3.15ins) in width may be used. Alternatively, an elasticated knee cap supporter not exceeding 20cm (7.87ins) in length may be worn. A combination of the two is forbidden.
 1. A knee wrap shall not exceed beyond 15cm (5.9ins) above and 15cm (5.9ins) below the centre of the knee joint, and not to exceed a total covered width of 30cm (11.81ins).
 2. Wraps shall not touch the socks or lifting suit.
- c. Wraps shall not be used elsewhere on the body.

9. PLASTERS (BAND-AIDS):

- a. Two layers of plasters, bandages or Band-Aids may be worn on the thumbs, but nowhere else without official permission of the Chief Referee or Technical Officer. No plaster, bandage or Band-Aid may be used as a strap to help the lifter hold the bar.
- b. With permission of the Chief Referee or Technical Officer, the official doctor or paramedic on duty may apply spot plasters, bandages or Band-Aids to muscle injuries on the body. Similarly, he/she may apply strip plasters, bandages or Band-Aids to injuries on the inside of the hand, but in no circumstances may the plaster, bandage or Band-Aid continue around the back of the hand.
- c. The official doctor or paramedic on duty shall inform the Chief Referee (and Technical Officer if applicable) immediately after applying plasters, bandages or Band-Aids to injuries. He/she may also give advice regarding additional bandages, Band-Aids or plasters that he/she may consider necessary. However, these may only be applied with permission of the Chief Referee or Technical Officer.
- d. At all competitions where no medical personnel are on duty, the Chief Referee shall have jurisdiction over the use of spot plasters.

10. INSPECTION OF PERSONAL EQUIPMENT:

- a. In large competitions when the allotted weigh-in time is likely to be insufficient to allow for the inspection of costume and personal equipment, the Head Referee or Technical Officer may authorise a separate time for the inspection and drawing of lots (if applicable). In normal circumstances this should take place one hour before the official weigh-in, but may be varied as required.
- b. A minimum of two referees shall be appointed to fulfil this duty. All items shall be examined and approved before being officially stamped or marked.
- c. Wraps over length shall be rejected, but may be resubmitted within the specified inspection time after cutting to regulation length. It is the lifter's responsibility to cut wraps. The examining referee is not permitted to perform this service.
- d. Any item considered unclean or torn shall be rejected.
- e. The referees shall record each item on the official inspection sheet. The inspection sheet shall be handed to the Head Referee or Technical Officer at the end of the inspection period.
- f. If after the inspection, a lifter appears on the platform wearing or using any illegal item not recorded on the inspection sheet, the lifter shall immediately be disqualified from the competition.
- g. All items mentioned previously under Costume and Personal Equipment shall be inspected prior to the competition together with any other items to be worn on the platform by the lifter such as headbands, mouthpieces, ribbons, etc. Hats are strictly forbidden and may not be worn on the platform during lifting. Items such as watches, costume jewellery, eyewear and feminine hygiene articles need not be inspected.
- h. Any lifter successful in a record attempt must immediately present him/herself to the referee(s) for inspection in a place decided by the Chief Referee. If the lifter is found to be wearing illegal wraps or clothing, the lift shall be declared invalid and the lifter shall be disqualified from the competition.
- i. The lifter will be warned of minor attire infractions which must be cleared up before the lifter reaches the platform. Failure to do so will result in the loss of that specific attempt.

11. GENERAL:

- a. The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- b. Baby powder, pool hall chalk, liquid chalk, resin, talc, or magnesium carbonates are the only substances that may be added to the body and attire.
- c. No foreign substances may be applied to the equipment or wraps.
- d. The costume, with the exception of the belt, may not be adjusted on the lifting platform.
- e. Prosthetic devices are considered to be approved equipment providing that they are not performance enhancing.

Under conditions pertaining strictly to religious beliefs only, women competitors are permitted to wear additional items of dress whilst on the platform – specifically: (i) a head covering which will cover the hair only [ie a bandana, hat etc] (ii) a piece of cloth or wrap-around or even loose shorts, worn with the aim of covering the posterior and upper leg (above the knee) so as not to show the shape of the lower body in the mentioned area. (NB: any garment worn under this concession must not obscure the referees' view of body position or any other aspect of judging of a lift (NC Ballot - Jan 2004).

UNEQUIPPED ('RAW') COMPETITION

The following items of costume are permitted within this category of competition:

1. If a one-piece lifting suit is worn (mandatory at National level or above) it must be a leotard of the non-supportive type, as defined under 'Costume and Personal Equipment' - (Section 1[b]).
2. A belt, conforming to BDFPA specifications (Section 6).
3. Wrist wraps, as defined under 8(a).

NB Knee wraps of any description are not permitted.

All other conditions relating to costume and personal equipment apply in the case of Unequipped competition.

AGE CATEGORIES

OPEN: From 14 years upwards (No category restrictions need apply).
 TEENAGE: (T1) from 14-15 years, (T2) 16-17 years, (T3) 18-19 years.
 JUNIOR: From 20 years up to and including 23 years of age.
 MASTER: (Men and Women) (M1) from 40-44 years, (M2) 45-49 years and so on in five year increments, ad infinitum.

Competitive lifting shall be restricted to competitors aged 14 years and over. Lifters will be classified into age groups by their specific age on the day of the competition. (The lifter must have attained minimum age on the day of the competition where age limits are imposed).

BODYWEIGHT CATEGORIES

Men:	52.0kg	Class up to	52.0kg		
	56.0kg	Class from	52.01kg	to	56.0kg
	60.0kg	Class from	56.01kg	to	60.0kg
	67.5kg	Class from	60.01kg	to	67.5kg
	75.0kg	Class from	67.51kg	to	75.0kg
	82.5kg	Class from	75.01kg	to	82.5kg
	90.0kg	Class from	82.51kg	to	90.0kg
	100.0kg	Class from	90.01kg	to	100.0kg
	110.0kg	Class from	100.01kg	to	110.0kg
	125.0kg	Class from	110.01kg	to	125.0kg
	145.0kg	Class from	125.01kg	to	145.0kg
	+145.0kg	Class from	145.01kg	to	unlimited

Women:	44.0kg	Class up to	44.0kg		
	47.5kg	Class from	44.01kg	to	47.5kg
	50.5kg	Class from	47.51kg	to	50.5kg
	53.0kg	Class from	50.51kg	to	53.0kg
	55.5kg	Class from	53.01kg	to	55.5kg
	58.5kg	Class from	55.51kg	to	58.5kg
	63.0kg	Class from	58.51kg	to	63.0kg
	70.0kg	Class from	63.01kg	to	70.0kg
	80.0kg	Class from	70.01kg	to	80.0kg
	90.0kg	Class from	80.01kg	to	90.0kg
	+90.0kg	Class from	90.01kg	to	unlimited

COMPETITION PERMITS

1. For any competition to be recognised by the BDFPA, it must be sanctioned by the Association. This refers to events of any kind, including all championships, matches, leagues and demonstrations. Such sanctions are secured by applying for, and obtaining, an official permit from the Championships Secretary. The permit will normally be accompanied by various essential competition forms (see 'guidelines for promoters'). (NB Bids to organise British or WDFPF International Championships do not require a permit, but must be approved by a majority vote of the BDFPA National Council).
2. It must be clearly understood that no records may be claimed, or qualifying lifts or totals accepted, from events which have not been previously sanctioned by the issue of a championships permit in the manner described.

PROMOTERS' TERMS OF REFERENCE

Sanctioned BDFPA or international competitions may be organised under the following distinct terms of reference:

1. By the Association, or one of its Divisions or clubs etc, as a joint voluntary undertaking. A Championship Director may be appointed to oversee the planning and organisation of an event, though this is not mandatory.

In all such cases, the financial consequences of promotion will be borne entirely by the body concerned. That is: any profit after legitimate and agreed expenses have been met, will be for the benefit of the BDFPA (or one of its Divisions or Clubs etc, as appropriate). Similarly, the organising body will underwrite any losses incurred as a result of the promotion.

2. By an individual professional promoter(s) on the Association's behalf, having applied for, and been awarded, an official sanction by the BDFPA Championships Secretary. Where a private promoter applies to organise an international championship, a sanction must be applied for from the international governing body (WDFPF) - approval for the bid having first been obtained from the BDFPA Executive Council.

In such cases, expenses incurred in organisation will be borne by the private promoter, who will be entitled to any profits after statutory and other expenses have been met. Similarly, the private promoter will underwrite any losses incurred as a result of the promotion.

3. These terms will not be affected in any way by virtue of any voluntary donations, unless such arrangements are agreed and declared in advance.
4. Sponsorship may be sought for specific events, either by governing body or private promoters. However, no conditions should be accepted from sponsoring companies which might serve to undermine the integrity of the Association. (Example: sponsorship should not be accepted from a company retailing nutritional supplements if such sponsorship is conditional on the display and sale at the championship venue of products containing a banned substance).
5. The terms of reference of promotion of an event (see 1 & 2 above) must be clearly stated, understood and agreed - before a sanction or permit may be granted.

GUIDELINES FOR PROMOTERS (FOR BDFPA SANCTIONED COMPETITIONS)

1. PLATFORM EQUIPMENT (Refer to rulebook as required):

1. Certified scales
2. Competition platform with non-slip surface
3. Competition bar(s)
4. Approved weights (including record discs) and collars
5. Squat racks
6. Bench

Optional (essential for national/international events)

7. Weight racks (known as toast racks)
8. Bar levers for dead lift

OTHER EQUIPMENT:

9. Scoreboards with appropriate markers
10. Referees' lights or flags
11. Clapperboards for bench press
12. PA system (ensure system is adequate for size of hall)
13. Loading charts
14. Chalk & chalk box/bucket
15. Blood cleaning kit (see Tech Sec)
16. Wire brush
17. Broom
18. Mop & bucket
19. Pens for MC/kit check/weigh-in etc.
20. Stop-watch/clock for MC's table
21. Clock in main lifting hall

2. WARM-UP ROOM:

Normally at least two warm-up stations will be required, so 2 of each item listed below will be needed (three stations will need 3 of each and so on).

1. Platform or protective floor covering
2. Squat rack
3. Bench
4. Power bar (no centre knurling)
5. Weights - the total dependent on likely final lifts (calibrated weights are not essential in the warm-up room).

3. REFEREES'/OFFICERS' REQUIREMENTS:

1. Rule book
2. Competition forms:-Score sheets, weigh-in forms and kit check forms are normally provided by the Championships Secretary when a permit is obtained. (See Tech. Sec. for card system)
3. List of national qualifying totals (for use at divisional events)
4. Records pertaining to the competition. (NB British, European and World records to be posted at drug tested events [National or International])
5. Tape measure, stamp and pad for use at Kit Check
6. Tables for Kit Check, Drug Control and Weigh-in
7. Referees' chairs
8. Refreshments for officials
9. Chairs to 'corral' lifters selected for drug testing

4. VARIOUS REQUIREMENTS:

1. Toilet facilities
2. Male and female changing facilities and weighing-in room
3. If appropriate, toilet area where drug testing can take place (incl for women)

The following are not essential, but are recommended for major events (national or international):

1. Equipment for roping off competition area
2. Banners
3. Posters
4. Music
5. Water for lifters

5. OTHER HELPERS:

1. Spotter/loaders
2. Platform manager (can be one of the above)
3. Marshalls (not always essential, but useful)
4. MC
5. Recorder
6. Scoreboard personnel
7. Door control personnel (get your audience entry fees)
8. Kitchen staff if food is being organised in-house

6. THINGS TO DO:

1. Obtain a permit - the first and most important requirement.

2. Devise and print competitors' entry forms (stipulate closing date for entries).
3. Through the Divisional Association or the BDFPA Technical Secretary, arrange for referees to be present.
4. In the case of Divisional championships, publicise the event as widely as possible in the region concerned (gyms, leisure centres etc), as well as to existing members.
5. Obtain trophies, including 'best lifter' trophies as appropriate.
6. Send copies of results to BDFPA newsletter editor (preferably with a report and if possible one or two good quality photographs). Results should also be sent to the General Secretary for internal BDFPA circulation, and to the WDFPF for international publicity purposes.

7. ADDITIONAL THINGS TO DO FOR MAJOR COMPETITIONS:

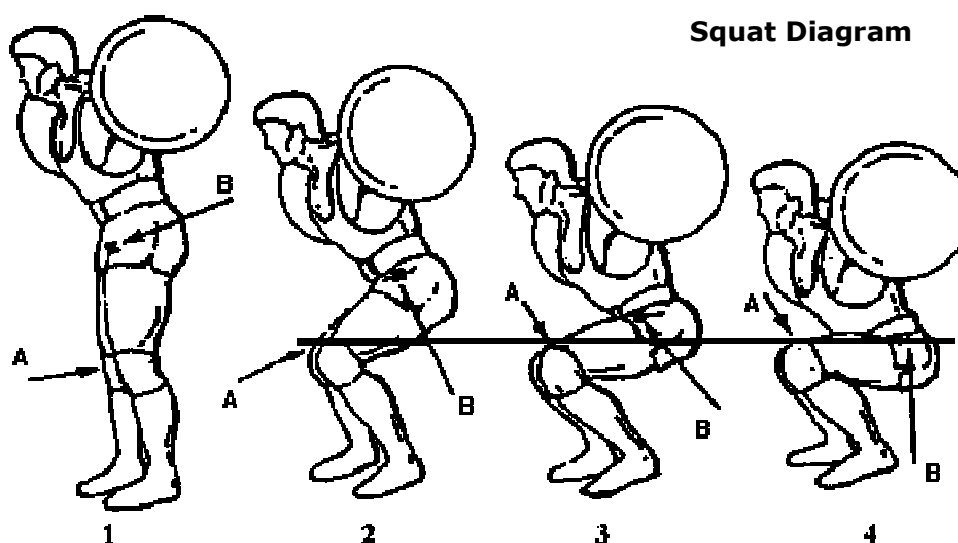
1. Compile entry forms, championships details & schedule, basic travel details and map for competitors. (NB Invitations to BDFPA lifters to take part in national or international competitions staged in the UK must come officially from the Championships Secretary. Promoters may not be involved in the selection and invitation of lifters to such events).
2. Check on competitor numbers with Championship Secretary for British Championships and with WDFPF General Secretary for teams taking part in international competitions.
3. Post BDFPA direction signs on roundabouts etc.
4. For events where people are likely to be attending from long distance and/or abroad, compile lists of hotels, guest houses or other accommodation.
5. If finances allow, provide transport for competitors to the venue on competition days to ensure they make weigh-in times.
6. Produce programmes (preferably containing some form of score sheets).
7. Print weight attempt cards or slips (ensure that spare pens are available).
8. Produce lot number slips for use at the weigh-in.
9. Invite Trade stands and arrange tables, spaces etc.
10. Advertise the event, and invite as necessary local newspapers, radio or TV etc. (Remember that TV companies require a lot of notice if they are to cover an event).

POWERLIFTS - RULES OF PERFORMANCE & CAUSES FOR FAILURE

1. THE SQUAT

a) Performance:

1. The lifter shall assume an upright position with the top of the bar not more than 3cm (1.8ins) below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (hands may also be in contact with the inside collars), and the feet flat on the platform with the knees locked (see Diagram 1).
2. After removing the bar from the racks, the lifter must move backwards to establish a starting position. The lifter shall wait in this position for the Chief Referee's signal. The signal will be given as soon as the lifter is motionless, erect with knees locked and the bar properly positioned. If mechanical racks that withdraw are used, the lifter must remove the weights from the racks before they are withdrawn and wait motionless for the Chief Referee's signal. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the starting signal the lifter may make position adjustments within the rules without penalty.
3. Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the TOP surface of the legs at the hip joint are lower than the top of the knees (see Diagrams 2, 3, & 4).



A: Top of the Knees.

B: The TOP surface of the legs at the hip joint.

Diagram 4 shows a lifter just below parallel. Point 'B' (the TOP surface of the legs at the hip joint) is below point 'A' (the top of the knees) a legal lift.

4. The lifter must recover at will, from the deepest point of the squat, without double bouncing or any downward movement once the upward motion has started (stopping is permitted) - to an upright position with the knees locked. When the lifter is motionless, the referee will give the signal to replace the bar. This signal will be given when the lifter is in the apparent final position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The signal to replace the bar will consist of a backward motion of the hand and the audible command "Rack".
5. Upon receiving the "Rack" signal, the lifter must make a bona fide attempt to return the bar to the racks. This attempt is indicated by a minimum of one step toward the racks, the lifter may then request aid to rack the bar if necessary.
6. The lifter shall face the front of the platform.
7. The lifter shall not hold the collars, sleeves or plates at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the inside collars.
8. Not more than five and not less than two spotter/loaders shall be on the platform at any time. Designated meet spotter/loaders may not be replaced unless approval is secured from the Chief Referee.
9. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. However, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter any further with regards to proper positioning, foot placement, bar positioning, etc.
10. The lifter may be given an additional attempt at the same weight at the Chief Referee's or the Technical Officer's discretion if failure in an attempt was due to an error by one or more of the spotter/loaders.

b) Causes for Disqualification of a Squat:

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Changing the position of the hands laterally in or out on the bar after receiving the signal to commence the lift. (Opening & closing of the fingers is allowed).
3. Double bouncing or more than one recovery attempt at the bottom of the lift.
4. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
5. Any shifting of the feet laterally, backward, or forward, during the performance of the lift. The toes and/or heels may come up off the platform, but must return to the same position.
6. Failure to bend the knees and lower the body until the TOP surface of the legs at the hip joint are lower than the tops of the knees. (Refer to Diagrams 2, 3, & 4).

7. Changing the position of the bar across the shoulders after the commencement of the lift. This applies to the intentional or unintentional rolling of the bar to aid the performance of the lift - not to a minute amount of position change which would not aid the lifter.
8. Contact with the bar, plates or lifter by the spotter/loaders between the referee's signals.
9. Contact of elbows or upper arms with the legs during the squat.
10. Failure to make a bona fide attempt to return the bar to the racks.
11. Any intentional dropping or 'dumping' of the bar.

2. THE BENCH PRESS

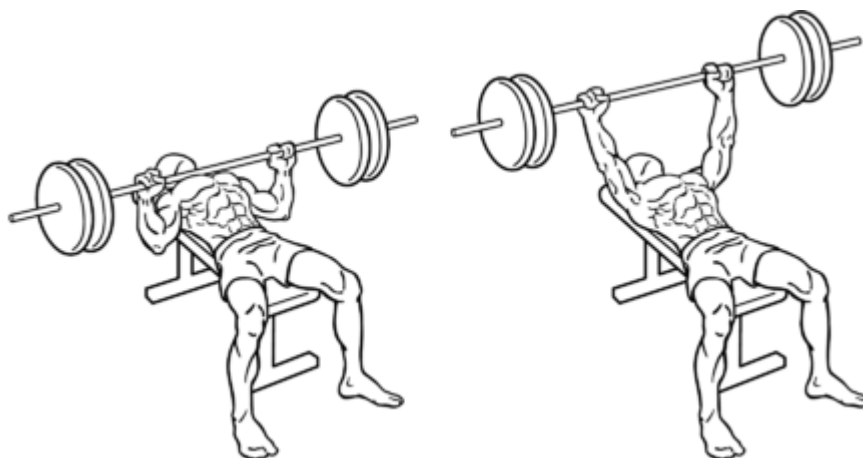
a) Performance:

1. The front of the bench must be placed on the platform facing the Chief Referee.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. The shoes must be flat on the floor, or flat on the built up surface. This position shall be maintained throughout the attempt.
3. If the lifter's costume and body oral steroids the bench surface are not of a sufficient colour contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing the lifter may use plates or blocks, not exceeding 30cm (11.81ins) in height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45cm x 45cm (17.7ins x 17.7ins.) in length and width.
5. Not more than four and not less than two spotter/loaders shall be in attendance. The lifter may lift to self, or enlist the help of either the spotter/loaders or the personal coach in removing the bar from the racks. The lift-off must be to arms' length and not down at the chest.
6. The spacing of the hands shall not exceed 81cm (31.9ins) measured between the forefingers. A reverse grip is permitted provided that the distance between the little fingers does not exceed 81cm.
7. After receiving the bar at arms' length, the lifter shall lower the bar on receipt of the "Start" command to the chest and await the referee's signal to press the bar back to the start position. Before receiving the starting signal, the lifter may make any position adjustments without penalty.

8. The signal to commence the lift shall be an audio "Start" from the Chief Referee. When the bar is motionless on the chest a clap of the hands, audible command of "Press" or clapper-boards will signal the lifter to press the bar back to the start position.
9. After the signal has been given, the bar is pressed upwards to straight arms' length and held motionless until the audible command "Rack" is given.
10. The bar is allowed to stop during the upward movement; the bar is not allowed any downward movement during this phase of the lift. Downward movement of the bar will be determined by downward movement of either or both hands.

b) Causes for Disqualification of a Bench Press:

1. Failure to observe the referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper (ie any movement of the head, shoulders, buttocks or feet from their original points of contact with the bench, floor or blocks, or lateral movement of the hands on the bar once the "Clap" signal has been given.
3. Heaving or bouncing the bar off the chest.
4. Allowing the bar to sink into the chest after receiving the referee's signal.
5. Any uneven extension of the arms at the completion of the lift.
6. Any downward movement of one or both hands during the upward movement.
7. Contact with the bar by spotter/loaders between the referee's signals.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rest uprights during the lift to make the press easier.



3. THE DEADLIFT

a) Performance:

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted upward until the lifter is standing erect with knees locked. The bar may stop, but may not go down during the upward movement.
2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders held in an erect position (not forward or rounded). Shoulders do not have to be thrust back past an erect position, but if they are thrust back in that manner and all other criteria have been satisfied, the lift is legal. Note: In each finished position the shoulders are in the erect position, not rounded or forward. The legs are straight, with the knees locked.
4. The Chief Referee's signal shall consist of a downward movement of the hand and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
5. Any raising of the bar from the platform - or any deliberate attempt to do so - will count as an attempt.

b) Causes for Disqualification of a Deadlift:

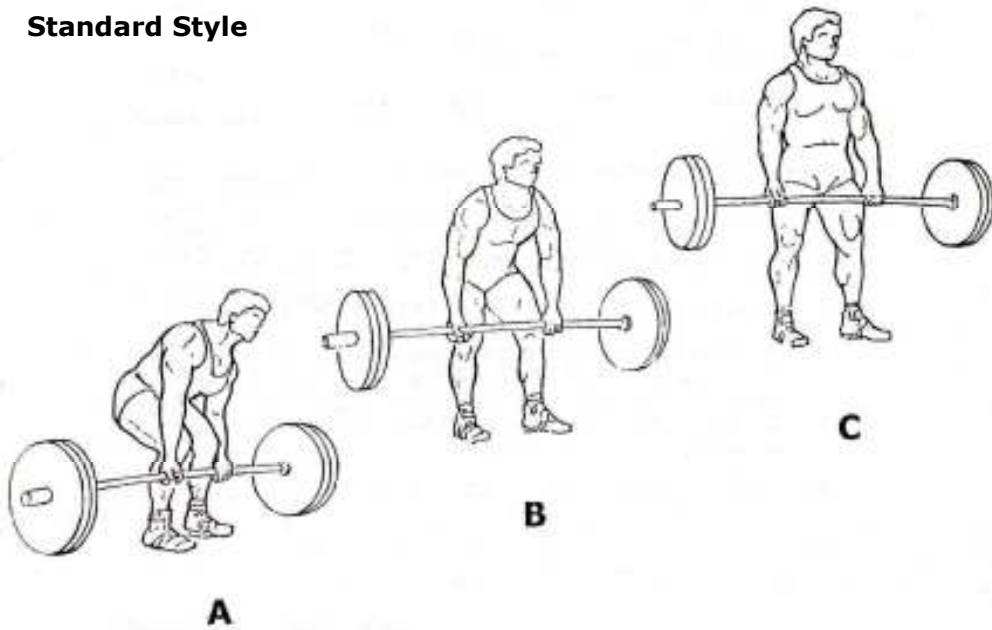
1. Any downward movement of the bar during the upward movement.
2. Failure to stand upright with the shoulders in an erect position.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. This will be determined by any attempt at secondary knee flexion. (As the bar is raised from the platform, the legs must extend without additional flexion taking place at the knees at any time during the upward movement of the bar.)
5. Any lateral movement of the feet, or stepping backward or forward.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.

Single Lift Championships

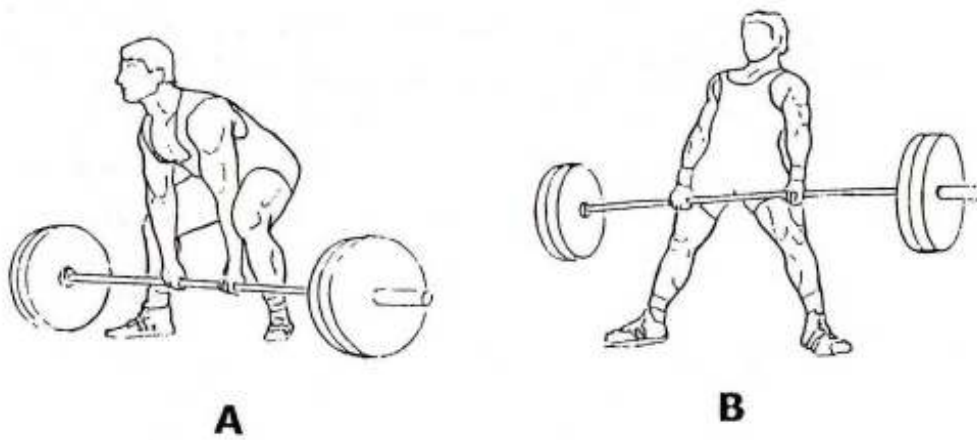
The preceding rules governing the Squat, Bench Press and Deadlift, remain the same for Single Lift events but two weight changes will be allowed on the final attempt as on the Deadlift in Powerlifting competitions.

Deadlift Diagrams

Standard Style



Sumo Style



BDFPA NATIONAL COACHING SCHEME

The Association seeks to encourage safe and effective participation in competitive powerlifting, as well as weight training. Accordingly the BDFPA sanctions the following awards as part of its coach education programme:-

POWERLIFTING COACH (Preliminary)

SYLLABUS: MECHANICS OF THE 3 LIFTS - kinetics & muscle function
 STRENGTH DEVELOPMENT - training principles & programming
 PERFORMANCE ELEMENTS - of the 3 lifts
 COMMON PROBLEMS - and how to overcome them
 PRE-CONTEST PREPARATION
 COMPETITION PROCEDURE - the 'rounds' system
 RULES OF PERFORMANCE - the 3 lifts
 CONTEST ORGANISATION - INCENTIVE SCHEMES

Qualification is by practical assessment and written examination. Overall pass mark 60%. Minimum age - 18 years.

POWERLIFTING COACH (Grade II)

Qualification is by case history assignment, and actual involvement in the coaching of competitor(s). This should include (i) overall strength training process and programming (ii) pre-contest preparation (iii) the coaching of lifters during a competitive event. Holders of this award should be holders of the Preliminary award, and additionally, must be registered BDFPA referees.

ASSISTANT STAFF COACH

Appointment is by recommendation to and approval by, the National Coaching Secretary. The Assistant Staff Coach can assist with the practical elements on a recognised BDFPA coaching course, or where appropriate, with the delivery of certain other aspects, including the organisational arrangements of a course. Appointees should be holders of the Powerlifting Coach (Level II) award.

STAFF COACH

Appointment is by application to the National Coaching Secretary, and approval by the National Council. Staff Coaches may promote and deliver BDFPA coaching courses, with the approval of the National Coaching Secretary for each event proposed. All courses must be organised in liaison with the National Coaching Secretary, and in full conformity to standards and methods as laid down on behalf of the Association. Appointees should have participated on previous courses and be holders of the Assistant Staff Coach award. The means of recruitment, training and validation of Staff Coaches shall be a matter for the National Coaching Secretary, but is subject to the ultimate approval of the National Council.

FEES: Staff Coaches may profit professionally from the organisation of recognised coaching courses, but in an endeavour to avoid wide discrepancies in student attendance fees, the level of fees demanded must be made known to the National Coaching Secretary, who may withhold official sanction or approval of a course if the fees are regarded as excessive or unreasonable.

It is expected that holders of the above qualifications will be actively involved in coaching, to the benefit of the Association and its members. Holders who remain inactive without explanation for prolonged periods of time may be removed from the Association's register of coaches. Similarly, any member of the BDFPA coaching staff propounding practices or policies which are in conflict with those of the Association, or who have engaged in conduct considered damaging to the Association, may be removed from the coaching register.

All holders of BDFPA coaching awards must be current members of the Association in order for their qualifications to be valid.

BDFPA NATIONAL COACHING SECRETARY - TERMS OF REFERENCE

1. The National Coaching Secretary shall be appointed from within the Association.
2. The appointment shall be of an executive nature with full voting powers on the National Council.
3. The appointment shall be on an annual basis, with continuity subject to a majority vote at the BDFPA Annual General Meeting.
4. The National Coaching Secretary shall be responsible for the coaching/coach education policy of the Association, subject to approval and ratification by the National Council. The NCS will:
 - i. Develop the Association's coaching format, including the structure and conduct of instructor and other courses.
 - ii. Produce, update and make available, all BDFPA teaching materials required for the conduct of courses - eg OHP transparencies, course notes and documentation etc.
 - iii. Provide guidelines as to the conduct of courses, and conditions which relate to course facilities, venues etc. Where necessary, the NCS will approve such facilities.
 - iv. Seek advice and input regarding the structure, content and conduct of the Association's Coach Education Programme, which will enhance the programme in a manner beneficial to the interests of the Association. This input may be sought from any quarter - within or outside the Association itself, which is considered as having a valuable contribution to make to the programme.
 - v. Recommend the appointment of BDFPA Staff Coaches, subject to the necessary conditions for these appointments having been met to the satisfaction of the NCS.
 - vi. Approve the appointment of BDFPA Assistant Staff Coaches, subject to appropriate recommendations having been received from Staff Coaches as to the suitability of ASCs.
 - vii. Represent the Association - and the Association's interests - in matters involving outside agencies, which concern BDFPA coaching policy or coaching staff.
 - viii. Set any examination papers used on instructor and other courses.

- ix. Mark examination papers and/or provide a structured marking scheme for use by other members of the Association's coaching staff.
 - x. Determine minimum standards required for purposes of qualification etc, in both written and practical assessments.
 - xi. Appoint and promote members through instructional grades.
 - xii. Maintain and update a register of BDFPA members qualifying at the various levels within the Association's coaching format.
5. The National Coaching Secretary is answerable to the National Council of the BDFPA for all aspects of the structure and conduct within the Association's coaching format.
 6. The National Coaching Secretary is responsible in the first instance, for any disciplinary matters arising from the coaching activities of the Association or its members, but such matters may be referred to the National Council if they are deemed to be of a sufficiently serious nature.
 7. The National Coaching Secretary may form a coaching sub-committee if not more than three in total, with himself as Secretary. This sub-committee is subject to the incumbent remaining in office, and a new National Coaching Secretary has the right to choose the composition of his own sub-committee. Other members of the coaching sub-committee will be non-executive members of the National Council.
 8. The National Coaching Secretary shall respond to the requirements of the BDFPA in organising coaching/instructor courses, seminars and other events.
 9. The National Coaching Secretary will constantly strive to stay abreast of new coaching trends and techniques, and will bring these developments to the attention of the National Council as is deemed appropriate.
 10. Neither the National Coaching Secretary - nor any member of the Association's coaching staff - shall introduce - or seek to introduce - new techniques, trends or skills which are in conflict with the Association's rules.
 11. The Association's coaching policy shall, in all matters, reflect its wider aims and ideals, and in particular, the principles of drug-free training and competition.

INCENTIVE AWARDS

INCENTIVE AWARD SCHEMES - GENERAL

1. The Association's incentive award schemes are designed to provide continuous or ongoing motivation to weight trainers of all levels of experience - from novice trainers to national calibre competitive powerlifters.
2. All attainment standards laid down in BDFPA schemes have been arrived at strictly in the context of drug-free performance.

- 3 At every stage in the Association's schemes, priority must be given to safety and the technical accuracy of exercise performance. Under no circumstances should quality be sacrificed for 'poundage' in the pursuit of awards. Referees and instructors who adjudicate and administer the schemes on their members' behalf - have a responsibility to ensure that this requirement is adhered to. They should also ensure that participants are in a good state of physical fitness, and do not have injuries or weaknesses which might be adversely affected by participation in the schemes.
- 4 In connection with (3) those responsible for instructing and/or adjudicating under the schemes should as far as possible ensure that all basic safety procedures are complied with, including the execution of an adequate amount of warming-up.
- 5 The following schemes are administered directly through the Incentive Awards Secretary of the BDFPA:-

POWERLIFTING GRADING AWARD SCHEME - TOTALS
(EQUIPPED & UNEQUIPPED)
POWERLIFTING SINGLES GRADING AWARD SCHEME
(UNEQUIPPED ONLY)

For details of standards/figures which apply, see pages 83 & 84

- 6 The Association welcomes the involvement of both juniors and masters in its schemes. The allowances which pertain to older and younger participants must be strictly and carefully applied when establishing 'target' levels or claiming awards - and the Association's guidelines regarding 'heavy' lifting by younger and older members should be scrupulously followed in the interests of safety.

RULES OF PARTICIPATION

- 1 The Scheme is open to current BDFPA members only.
- 2 All relevant BDFPA/WDFPF competitive rules must be strictly observed. This applies to the performance of the three lifts, costume, weigh-in, and all other related matters.
- 3 Powerlifting totals must be registered on one occasion, as per normal nine-lift competition procedure (SQUAT - BENCH PRESS - DEAD LIFT - in that order).
- 4 There are no limitations on the number of attempts which may be taken in the pursuit of Award lifts (Singles).
- 5 Power lifts may be adjudicated by registered BDFPA referees only. Persons wishing to qualify as referees should contact the Technical Secretary for further information.
- 6 In accordance with the Association's policy, only individuals with an adequate background of regular 'heavy' weight training - and the mature physical condition which results from it - should participate on the scheme.

- 7 Allowances for all teen, junior or master participants are deducted from senior figures. Examples: Boys (15 yrs of age) - 30% deducted, Girls (17 yrs of age) - 10% deducted, Masters [men & women] (55-59 yrs) - 20% deducted. Centres such as clubs or schools etc which are participating in the scheme, can obtain detailed complete sets of age-adjusted figures for easy reference, by applying to the Incentive Awards Secretary.
- 8 Claims must be submitted on the correct form, and forwarded to the Incentive Awards Secretary - together with the cost of postage, either for a certificate + badge, or for a certificate only. Forms may be obtained from the Incentive Awards Secretary.

SKILLS AWARDS

The following awards are sanctioned by the BDFPA for use in the Youth Development programme:

Certificate of Gym Proficiency (Grade 1) - Resistance machines and CV only

Leader Award (Grade 1) - Resistance machines and CV only

Certificate of Gym Proficiency (Grade 2) - Free weights

Leader Award (Grade 2) - Free weights

These awards are strictly steroid cycle for sale non-competitive in nature, being entirely concerned with the learning of correct exercise techniques, safety and gym procedure -

and are therefore also suitable for persons (such as younger students) who may be too physically immature to participate in the Association's figure-based schemes. The skills awards are ideal for use in 'centres' (such as schools, youth clubs etc) which have a comprehensive range of resistance and cardio-vascular machines, or free weights, or both. Schools etc may register as centres for purposes of administering the scheme, and full guidance is available from the Incentive Awards Secretary. There will be an annual registration fee for centres, determined from time to time by the National Council, and a quantity of appropriate certificates will be supplied to each centre upon receipt of the fee.

Teachers, leaders and other persons wishing to deliver/adjudicate the skills awards should be persons of significant experience in all aspects of weight training and fitness. Anyone wishing to enhance their knowledge and understanding of these techniques and their coaching (especially to young people) - may apply to the Incentive Awards Secretary for additional training.

AGE ALLOWANCES

When using the figures to assess the standard of Teenage, Junior and Master participants below the age of 24 years or above 39 years, the following percentage allowances should be taken into account:

Teen/Junior (Men)		Teen/Junior (Women)		Masters (Men & Women)	
20-23 yrs	Less 10%	20-23 yrs	Less 3%	40-44 yrs	Less 5%
19 yrs	Less 15%	19 yrs	Less 5%	45-49 yrs	Less 10%
18 yrs	Less 18%	18 yrs	Less 7%	50-54 yrs	Less 15%
17 yrs	Less 21%	17 yrs	Less 10%	55-59 yrs	Less 20%
16 yrs	Less 25%	16 yrs	Less 15%	60-64 yrs	Less 28%
15 yrs	Less 30%	15 yrs	Less 20%	65-69 yrs	Less 38%
14 yrs	Less 40%	14 yrs	Less 25%	70+ yrs	Less 50%

MASTERS' FORMULA

The formula is: (LT) x (SBC) x (MAM) = (PN)

LT = Lifter's Total

SBC = Schwartz Bodyweight Co-Efficient*

MAM = Masters Age Multiply [see opposite]

PN = Product Number

*For women, use Malone Bodyweight Co-Efficient (MBC)

EXAMPLES:

Lifter A (67.5kg class) - weighing 66.8 - age 64 - totals 380

Lifter B (82.5kg class) - weighing 81.3 - age 56 - totals 522.5

Lifter C (90kg class) - weighing 88.7 - age 48 - totals 605

Lifter D (100kg class) - weighing 99.4 - age 50 - totals 677.5

Lifter E (110kg class) - weighing 108.2 - age 42 - totals 765

	LT		SBC		MAM		PN
Lifter A	380	x	.7327	x	1.501	=	417.917
Lifter B	522.5	x	.6257	x	1.273	=	416.180
Lifter C	605	x	.5905	x	1.114	=	379.979
Lifter D	677.5	x	.5555	x	1.150	=	432.804
Lifter E	765	x	.5388	x	1.014	=	417.953

*It can be seen that lifter D has the highest product number and is the "Best Lifter".

Masters Age Multiples MAM (McCulloch Numbers)									
40	1.000	50	1.150	60	1.380	70	1.700	80	2.100
41	1.005	51	1.168	61	1.410	71	1.740		
42	1.014	52	1.187	62	1.440	72	1.780		
43	1.028	53	1.207	63	1.470	73	1.820		
44	1.044	54	1.228	64	1.501	74	1.860		
45	1.060	55	1.250	65	1.533	75	1.900		
46	1.078	56	1.273	66	1.565	76	1.940		
47	1.096	57	1.297	67	1.597	77	1.980		
48	1.114	58	1.322	68	1.630	78	2.020		
49	1.132	59	1.350	69	1.664	79	2.060		

BDFPA GRADINGS

Powerlifting Totals Grading - Unequipped Men												
Class	52	56	60	67.5	75	82.5	90	100	110	125	145	145+
Int Elite	367.5	400	432.5	480	525	562.5	597.5	630	655	670	702.5	730
Elite	345	375	405	450	495	530	560	595	615	630	660	685
Master	322.5	352.5	377.5	422.5	462.5	495	525	557.5	575	590	617.5	640
Class I	300	327.5	352.5	395	432.5	462.5	490	515	535	550	577.5	597.5
Class II	280	302.5	327.5	367.5	400	430	455	480	495	510	535	557.5
Class III	257.5	280	302.5	337.5	370	395	420	442.5	457.5	472.5	492.5	512.5
Class IV	235	255	275	310	337.5	362.5	385	405	417.5	432.5	452.5	470
Squat Singles Grading - Unequipped Men												
Grade	52	56	60	67.5	75	82.5	90	100	110	125	145	145+
GOLD	122.5	132.5	142.5	160	175	187.5	197.5	210	215	222.5	232.5	242.5
SILVER	112.5	122.5	132.5	147.5	162.5	175	185	192.5	200	207.5	217.5	225
BRONZE	105	112.5	122.5	140	150	160	172.5	180	187.5	192.5	200	207.5
BLACK	97.5	105	112.5	127.5	140	150	160	167.5	172.5	177.5	185	192.5
BLUE	90	95	105	117.5	127.5	137.5	145	152.5	157.5	162.5	170	175
BROWN	80	87.5	95	105	115	125	130	140	142.5	147.5	155	160
GREEN	72.5	77.5	85	95	105	110	117.5	125	127.5	132.5	140	142.5
Bench Press Grading - Unequipped Men												
Grade	52	56	60	67.5	75	82.5	90	100	110	125	145	145+
GOLD	87.5	95	102.5	115	125	135	142.5	150	155	160	167.5	172.5
SILVER	80	87.5	95	105	117.5	125	132.5	140	145	147.5	155	162.5
BRONZE	75	82.5	87.5	100	107.5	115	122.5	130	135	137.5	145	150
BLACK	70	75	82.5	90	100	107.5	112.5	120	122.5	127.5	132.5	137.5
BLUE	65	70	75	82.5	90	97.5	105	110	112.5	117.5	122.5	127.5
BROWN	57.5	62.5	67.5	75	82.5	90	95	100	102.5	105	110	115
GREEN	52.5	55	60	67.5	75	80	85	90	92.5	95	100	102.5
Deadlift Grading - Unequipped Men												
Grade	52	56	60	67.5	75	82.5	90	100	110	125	145	145+
GOLD	147.5	160	170	192.5	210	225	237.5	252.5	260	267.5	282.5	292.5
SILVER	137.5	147.5	160	180	195	210	222.5	235	242.5	250	262.5	272.5
BRONZE	127.5	137.5	147.5	167.5	182.5	195	207.5	217.5	225	235	242.5	252.5
BLACK	117.5	127.5	137.5	152.5	167.5	180	190	202.5	210	215	222.5	232.5
BLUE	107.5	117.5	125	142.5	152.5	165	175	185	190	195	205	212.5
BROWN	97.5	105	115	127.5	140	150	160	167.5	172.5	177.5	187.5	192.5
GREEN	87.5	95	102.5	115	125	135	142.5	150	155	160	167.5	172.5
Powerlifting Totals Grading - Equipped Men												
Class	52	56	60	67.5	75	82.5	90	100	110	125	145	145+
Int Elite	412.5	450	485	540	590	632.5	670	707.5	735	752.5	790	820
Elite	387.5	422.5	455	507.5	555	595	630	667.5	690	707.5	742.5	770
Master	362.5	395	425	475	520	557.5	590	625	645	662.5	695	720
Class I	337.5	367.5	395	442.5	485	520	550	580	600	617.5	647.5	672.5
Class II	315	340	367.5	412.5	450	482.5	510	540	557.5	572.5	600	625
Class III	290	315	340	380	415	445	472.5	497.5	515	530	552.5	575
Class IV	265	287.5	310	347.5	380	407.5	432.5	455	470	485	507.5	527.5

BDFPA GRADINGS

Powerlifting Totals Grading - Unequipped Women											
Class	44	47.5	50.5	53	55.5	58.5	63	70	80	90	90+
Int Elite	222.5	240	250	257.5	267.5	277.5	297.5	322.5	355	380	412.5
Elite	210	225	232.5	242.5	250	262.5	280	305	335	360	387.5
Master	195	210	217.5	225	235	245	262.5	285	315	337.5	362.5
Class I	182.5	192.5	202.5	210	220	230	245	267.5	292.5	315	337.5
Class II	170	180	190	195	205	212.5	227.5	247.5	272.5	292.5	312.5
Class III	155	165	172.5	180	185	195	210	225	250	270	290
Class IV	142.5	150	157.5	165	172.5	180	192.5	210	230	247.5	265
Squat Singles Grading - Unequipped Women											
Grade	44	47.5	50.5	53	55.5	58.5	63	70	80	90	90+
GOLD	75	80	85	87.5	92.5	97.5	100	110	122.5	130	140
SILVER	70	75	80	82.5	85	90	92.5	102.5	112.5	122.5	130
BRONZE	65	70	72.5	75	77.5	82.5	87.5	95	105	112.5	122.5
BLACK	60	62.5	67.5	70	72.5	75	80	87.5	97.5	105	112.5
BLUE	55	57.5	60	62.5	65	70	75	80	90	95	102.5
BROWN	50	52.5	55	57.5	60	62.5	67.5	75	80	87.5	92.5
GREEN	45	47.5	50	52.5	55	57.5	60	65	72.5	77.5	82.5
Bench Press Grading - Unequipped Women											
Grade	44	47.5	50.5	53	55.5	58.5	63	70	80	90	90+
GOLD	45	47.5	50	52.5	55	57.5	62.5	67.5	75	80	85
SILVER	42.5	45	47.5	50	52.5	55	57.5	62.5	70	75	80
BRONZE	40	42.5	45	47.5	50	52.5	55	57.5	65	67.5	75
BLACK	35	37.5	40	42.5	45	47.5	50	52.5	60	62.5	67.5
BLUE	32.5	35	37.5	40	42.5	45	47.5	50	55	57.5	62.5
BROWN	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	57.5
GREEN	27.5	30	32.5	35	37.5	40	42.5	45	47.5	50	55
Deadlift Grading - Unequipped Women											
Grade	44	47.5	50.5	53	55.5	58.5	63	70	80	90	90+
GOLD	92.5	100	102.5	107.5	112.5	117.5	125	135	150	160	172.5
SILVER	87.5	92.5	97.5	102.5	105	110	117.5	125	140	150	160
BRONZE	80	85	90	92.5	97.5	102.5	107.5	117.5	127.5	140	147.5
BLACK	75	77.5	82.5	85	87.5	92.5	100	107.5	120	127.5	137.5
BLUE	67.5	72.5	75	77.5	80	85	90	100	110	117.5	125
BROWN	60	65	70	72.5	75	77.5	82.5	90	100	105	115
GREEN	52.5	57.5	62.5	65	67.5	70	75	82.5	90	95	105
Powerlifting Totals Grading - Equipped Women											
Class	44	47.5	50.5	53	55.5	58.5	63	70	80	90	90+
Int Elite	250	270	280	290	300	312.5	335	362.5	400	427.5	462.5
Elite	235	252.5	262.5	272.5	282.5	295	315	342.5	377.5	405	435
Master	220	235	245	255	265	277.5	295	320	355	380	407.5
Class I	205	217.5	227.5	237.5	247.5	257.5	275	300	330	355	380
Class II	190	202.5	212.5	220	230	240	255	277.5	305	327.5	352.5
Class III	175	185	195	202.5	210	220	235	255	282.5	302.5	325
Class IV	160	170	177.5	185	192.5	202.5	215	235	257.5	277.5	297.5

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

The Schwartz formula (SF)* is presented as a table of co-efficients. Each lifter has a co-efficient determined by body weight (BW). Since the table is graduated in one-tenth kilogram intervals, it may be necessary to interpolate. For example, the co-efficient for lifters with body weights 74.5 and 74.6 are 0.6680 and 0.6673 from the table. Thus for a lifter with a body weight of 74.55 the co-efficient is interpolated as 0.66765.

1. To determine the "Best Lifter" multiply each lifters co-efficient by his total. The resulting factor is his Schwartz Formula total (SFT). The lifter with the highest SFT is considered the "Best Lifter".
2. To determine the winner in a contest between teams of unequal body weights: Determine the SFT for each member of each team. The team with the highest average SFT is the winner.
3. To determine the "Champion of Champions", calculate the SF on the winner of each weight class. The weight class winner with the highest SF is the "Champion of Champions".

*Revised October 1978 by Lyle Schwartz, Professor of Materials Science and Engineering, Northwestern University, USA. Earlier forms are obsolete after that date.

Formula = $(0.488) - ((0.0009) \times (\text{bodyweight} - 155))$

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.3133	1.3092	1.3052	1.3011	1.2971	1.2931	1.2891	1.2851	1.2812	1.2773
41	1.2734	1.2695	1.2656	1.2618	1.2580	1.2542	1.2504	1.2467	1.2429	1.2392
42	1.2355	1.2318	1.2282	1.2245	1.2209	1.2173	1.2138	1.2102	1.2067	1.2032
43	1.1997	1.1962	1.1927	1.1893	1.1858	1.1824	1.1791	1.1757	1.1723	1.1690
44	1.1657	1.1624	1.1591	1.1558	1.1526	1.1494	1.1462	1.1430	1.1398	1.1367
45	1.1335	1.1304	1.1273	1.1242	1.1211	1.1181	1.1150	1.1120	1.1090	1.1060
46	1.1031	1.1001	1.0972	1.0942	1.0913	1.0884	1.0856	1.0827	1.0799	1.0770
47	1.0742	1.0714	1.0686	1.0659	1.0631	1.0604	1.0577	1.0550	1.0523	1.0496
48	1.0469	1.0443	1.0416	1.0390	1.0364	1.0338	1.0312	1.0287	1.0261	1.0236
49	1.0211	1.0186	1.0161	1.0136	1.0111	1.0087	1.0062	1.0038	1.0014	1.9990
50	.9966	.9942	.9919	.9895	.9872	.9849	.9826	.9803	.9780	.9757
51	.9734	.9712	.9690	.9667	.9645	.9623	.9601	.9580	.9558	.9536
52	.9515	.9494	.9473	.9452	.9431	.9410	.9389	.9368	.9348	.9328
53	.9307	.9287	.9267	.9247	.9227	.9208	.9188	.9169	.9149	.9130
54	.9111	.9092	.9073	.9054	.9035	.9016	.8998	.8979	.8961	.8943
55	.8924	.8906	.8888	.8870	.8853	.8835	.8817	.8800	.8782	.8765
56	.8748	.8731	.8714	.8697	.8680	.8663	.8646	.8630	.8613	.8597
57	.8580	.8564	.8548	.8532	.8516	.8500	.8484	.8468	.8453	.8437
58	.8422	.8406	.8391	.8376	.8361	.8345	.8330	.8315	.8301	.8286
59	.8271	.8257	.8242	.8228	.8213	.8199	.8185	.8170	.9156	.8142
60	.8128	.8114	.8101	.8087	.8073	.8060	.8046	.8033	.8019	.8006
61	.7993	.7979	.7966	.7953	.7940	.7927	.7915	.7902	.7889	.7876
62	.7864	.7851	.7839	.7826	.7814	.7802	.7789	.7777	.7765	.7753
63	.7741	.7729	.7717	.7706	.7694	.7682	.7671	.7659	.7647	.7636
64	.7625	.7613	.7602	.7591	.7580	.7568	.7557	.7546	.7535	.7524

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
65	.7514	.7503	.7492	.7481	.7471	.7460	.7450	.7439	.7429	.7418
66	.7408	.7398	.7387	.7377	.7367	.7357	.7347	.7337	.7327	.7317
67	.7307	.7297	.7287	.7278	.7268	.7258	.7249	.7239	.7230	.7220
68	.7211	.7201	.7192	.7183	.7174	.7164	.7155	.7146	.7137	.7128
69	.7119	.7110	.7101	.7092	.7083	.7074	.7066	.7057	.7048	.7040
70	.7031	.7022	.7014	.7005	.6997	.6989	.6980	.6972	.6964	.6955
71	.6947	.6939	.6931	.6923	.6914	.6906	.6898	.6890	.6882	.6874
72	.6867	.6859	.6851	.6843	.6835	.6828	.6820	.6812	.6805	.6797
73	.6789	.6782	.6774	.6767	.6760	.6752	.6745	.6737	.6730	.6723
74	.6716	.6708	.6701	.6694	.6687	.6680	.6673	.6666	.6659	.6652
75	.6645	.6638	.6631	.6624	.6617	.6610	.6603	.6598	.6590	.6583
76	.6577	.6570	.6563	.6557	.6550	.6543	.6537	.6530	.6524	.6517
77	.6511	.6505	.6498	.6492	.6486	.6479	.6473	.6467	.6461	.6454
78	.6448	.6442	.6436	.6430	.6424	.6418	.6412	.6405	.6399	.6394
79	.6388	.6382	.6376	.6370	.6364	.6358	.6352	.6347	.6341	.6335
80	.6329	.6324	.6318	.6312	.6307	.6301	.6295	.6290	.6384	.6279
81	.6273	.6268	.6262	.6257	.6251	.6245	.6241	.6235	.6230	.6224
82	.6319	.6214	.6209	.6203	.6198	.6193	.6188	.6183	.6177	.6172
83	.6167	.6162	.6157	.6152	.6147	.6142	.6137	.6132	.6127	.6122
84	.6117	.6112	.6107	.6102	.6098	.6093	.6088	.6083	.6078	.6074
85	.6069	.6064	.6059	.6055	.6050	.6045	.6041	.6036	.6031	.6027
86	.6022	.6018	.6013	.6009	.6004	.6000	.5995	.5991	.5986	.5982
87	.5978	.5973	.5969	.5965	.5960	.5956	.5952	.5947	.5943	.5939
88	.5935	.5930	.5926	.5922	.5918	.5914	.5910	.5905	.5901	.5897
89	.5893	.5889	.5885	.5881	.5877	.5873	.5869	.5865	.5861	.5857
90	.5853	.5850	.5846	.5842	.5838	.5834	.5830	.5827	.5823	.5819
91	.5815	.5812	.5808	.5804	.5801	.5797	.5793	.5790	.5788	.5782
92	.5779	.5775	.5772	.5768	.5765	.5761	.5758	.5754	.5751	.5747
93	.5744	.5740	.5737	.5734	.5730	.5727	.5723	.5720	.5717	.5714
94	.5710	.5707	.5704	.5701	.5697	.5694	.5691	.5688	.5685	.5681
95	.5678	.5675	.5672	.5669	.5666	.5663	.5660	.5657	.5654	.5651
96	.5648	.5645	.5642	.5639	.5636	.5633	.5630	.5627	.5624	.5622
97	.5619	.5616	.5613	.5610	.5608	.5605	.5602	.5599	.5597	.6694
98	.5591	.5589	.5586	.5583	.5581	.5578	.5575	.5573	.5570	.5568
99	.5565	.5563	.5560	.5558	.5555	.5553	.5550	.5548	.5545	.5543
100	.5540	.5538	.5536	.5533	.5531	.5529	.5526	.5524	.5522	.5519
101	.5517	.5515	.5513	.5510	.5508	.5506	.5504	.5502	.5500	.5497
102	.5495	.5493	.5491	.5489	.5487	.5485	.5483	.5481	.5479	.5477
103	.5475	.5473	.5471	.5469	.5467	.5465	.5463	.5461	.5459	.5457
104	.5455	.5454	.5452	.5450	.5448	.5446	.5444	.5443	.5441	.5439
105	.5437	.5436	.5434	.5432	.5431	.5429	.5427	.5426	.5424	.5422
106	.5421	.5419	.5417	.5416	.5414	.5413	.5411	.5410	.5408	.5407
107	.5405	.5404	.5402	.5401	.5399	.5398	.5396	.5395	.5393	.5392
108	.5391	.5389	.5388	.5386	.5385	.5384	.5382	.5381	.5380	.5378
109	.5377	.5376	.5376	.5373	.5372	.5371	.5370	.5368	.5367	.5366

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
110	.5365	.5364	.5362	.5361	.5360	.5359	.5358	.5357	.5356	.5354
111	.5353	.5352	.5351	.5350	.5349	.5348	.5347	.5346	.5345	.5343
112	.5342	.5341	.5340	.5339	.5338	.5337	.5336	.5335	.5334	.5333
113	.5332	.5331	.5330	.5329	.5328	.5328	.5327	.5326	.5325	.5324
114	.5323	.5322	.5321	.5320	.5319	.5318	.5317	.5316	.5316	.5315
115	.5314	.5313	.5312	.5311	.5310	.5309	.5309	.5308	.5307	.5306
116	.5305	.5304	.5303	.5302	.5302	.5301	.5300	.5300	.5299	.5297
117	.5296	.5296	.5295	.5294	.5293	.5292	.5291	.5290	.5290	.5289
118	.5288	.5287	.5286	.5285	.5284	.5283	.5283	.5282	.5281	.5280
119	.5279	.5278	.5277	.5276	.5275	.5274	.5274	.5273	.5272	.5271
120	.5270	.5269	.5268	.5267	.5266	.5265	.5264	.5263	.5262	.5261
121	.5260	.5259	.5258	.5257	.5256	.5255	.5254	.5253	.5251	.5250
122	.5249	.5248	.5247	.5246	.5245	.5243	.5242	.5241	.5240	.5239
123	.5237	.5236	.5235	.5234	.5232	.5231	.5230	.5228	.5227	.5226
124	.5224	.5223	.5221	.5220	.5219	.5217	.5216	.5214	.5213	.5211
125	.5210	.5209	.5208	.5206	.5205	.5204	.5203	.5202	.5200	.5199
126	.5198	.5197	.5196	.5194	.5193	.5192	.5191	.5190	.5188	.5187
127	.5186	.5185	.5184	.5182	.5181	.5180	.5179	.5178	.5176	.5175
128	.5174	.5173	.5172	.5170	.5169	.5168	.5167	.5166	.5164	.5163
129	.5162	.5161	.5160	.5158	.5157	.5156	.5155	.5154	.5152	.5151
130	.5150	.5149	.5147	.5146	.5145	.5143	.5142	.5141	.5140	.5139
131	.5138	.5137	.5136	.5134	.5133	.5132	.5131	.5130	.5128	.5127
132	.5126	.5125	.5124	.5122	.5121	.5120	.5119	.5118	.5116	.5115
133	.5113	.5113	.5112	.5110	.5109	.5108	.5107	.5106	.5104	.5103
134	.5102	.5101	.5100	.5098	.5097	.5096	.5095	.5094	.5092	.5091
135	.5090	.5089	.5088	.5086	.5085	.5084	.5083	.5082	.5080	.5079
136	.5078	.5077	.5076	.5075	.5073	.5072	.5071	.5070	.5069	.5068
137	.5067	.5066	.5065	.5064	.5062	.5061	.5060	.5059	.5058	.5057
138	.5056	.5055	.5054	.5053	.5051	.5050	.5049	.5048	.5047	.5046
139	.5045	.5044	.5043	.5042	.5040	.5039	.5038	.5037	.5036	.5035
140	.5034	.5033	.5032	.5031	.5029	.5028	.5027	.5026	.5025	.5024
141	.5023	.5022	.5021	.5020	.5018	.5017	.5016	.5015	.5014	.5013
142	.5012	.5011	.5011	.5009	.5007	.5006	.5005	.5004	.5003	.5002
143	.5001	.5000	.4999	.4998	.4997	.4995	.4994	.4993	.4992	.4991
144	.4990	.4989	.4988	.4987	.4986	.4985	.4983	.4982	.4981	.4980
145	.4979	.4978	.4977	.4976	.4975	.4974	.4973	.4972	.4971	.4970
146	.4969	.4968	.4967	.4966	.4965	.4964	.4963	.4962	.4961	.4960
147	.4959	.4958	.4957	.4956	.4955	.4954	.4953	.4952	.4951	.4950
148	.4949	.4948	.4947	.4946	.4945	.4944	.4943	.4942	.4941	.4940
149	.4939	.4938	.4937	.4936	.4935	.4934	.4933	.4932	.4931	.4930
150	.4929	.4928	.4927	.4926	.4925	.4924	.4923	.4922	.4921	.4920
151	.4919	.4918	.4917	.4916	.4915	.4914	.4913	.4912	.4911	.4910
152	.4909	.4908	.4907	.4906	.4905	.4904	.4903	.4902	.4901	.4900
153	.4899	.4898	.4897	.4896	.4895	.4894	.4893	.4892	.4891	.4890
154	.4889	.4888	.4887	.4886	.4885	.4884	.4883	.4882	.4881	.4880

SCHWARTZ FORMULA TABLES IN KILOGRAMS (MEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
155	.4879	.4878	.4877	.4876	.4875	.4874	.4874	.4873	.4872	.4871
156	.4870	.4869	.4868	.4868	.4867	.4866	.4865	.4864	.4863	.4862
157	.4861	.4860	.4859	.4859	.4858	.4857	.4856	.4855	.4854	.4853
158	.4852	.4851	.4850	.4850	.4849	.4848	.4847	.4846	.4845	.4844
159	.4843	.4842	.4841	.4841	.4840	.4839	.4838	.4837	.4836	.4835
160	.4834	.4833	.4832	.4832	.4831	.4830	.4829	.4828	.4827	.4826
161	.4825	.4824	.4823	.4823	.4822	.4821	.4820	.4819	.4818	.4817
162	.4816	.4815	.4814	.4814	.4813	.4812	.4811	.4810	.4809	.4808
163	.4807	.4806	.4805	.4805	.4804	.4803	.4802	.4801	.4800	.4799
164	.4798	.4797	.4796	.4796	.4795	.4794	.4793	.4792	.4791	.4790
165	.47890	.47880	.47870	.47870	.47860	.47850	.47840	.47830	.47820	.47810
166	.47810	.47801	.47792	.47783	.47774	.47765	.47756	.47747	.47738	.47729
167	.47720	.47711	.47702	.47693	.47684	.47675	.47666	.47657	.47648	.47639
168	.47630	.47621	.47612	.47603	.47594	.47585	.47576	.47567	.47558	.47549
169	.47540	.47531	.47522	.47513	.47504	.47495	.47486	.47477	.47468	.47459
170	.47450	.47441	.47432	.47423	.47414	.47405	.47396	.47387	.47378	.47369
171	.47360	.47351	.47342	.47333	.47324	.47315	.47306	.47297	.47288	.47279
172	.47270	.47261	.47252	.47243	.47234	.47225	.47216	.47207	.47198	.47189
173	.47180	.47171	.47162	.47153	.47144	.47135	.47126	.47117	.47108	.47099
174	.47090	.47081	.47072	.47063	.47054	.47045	.47036	.47027	.47018	.47009
175	.47000	.46991	.46982	.46973	.46964	.46955	.46946	.46937	.46928	.46919
176	.46910	.46901	.46892	.46883	.46874	.46865	.46856	.46847	.46838	.46829
177	.46820	.46811	.46802	.46793	.46784	.46775	.46766	.46757	.46748	.46739
178	.46730	.46721	.46712	.46703	.46694	.46685	.46676	.46667	.46658	.46649
179	.46640	.46631	.46622	.46613	.46604	.46595	.46586	.46577	.46568	.46559
180	.46550	.46541	.46532	.46523	.46514	.46505	.46496	.46487	.46478	.46469
181	.46460	.46451	.46442	.46433	.46424	.46415	.46406	.46397	.46388	.46379
182	.46370	.46361	.46352	.46343	.46334	.46325	.46316	.46307	.46298	.46289
183	.46280	.46271	.46262	.46253	.46244	.46235	.46226	.46217	.46208	.46199
184	.46190	.46181	.46172	.46163	.46154	.46145	.46136	.46127	.46118	.46109
185	.46100	.46091	.46082	.46073	.46064	.46055	.46046	.46037	.46028	.46019
186	.46010	.46001	.45992	.45983	.45974	.45965	.45956	.45947	.45938	.45929
187	.45920	.45911	.45902	.45893	.45884	.45875	.45866	.45857	.45848	.45839
188	.45830	.45821	.45812	.45803	.45794	.45785	.45776	.45767	.45758	.45749
189	.45740	.45731	.45722	.45713	.45704	.45695	.45686	.45677	.45668	.45659
190	.45650	.45641	.45632	.45623	.45614	.45605	.45596	.45587	.45578	.45569
191	.45560	.45551	.45533	.45524	.45515	.45506	.45497	.45488	.45488	.45479
192	.45470	.45461	.45452	.45443	.45434	.45425	.45416	.45407	.45398	.45389
193	.45380	.45371	.45362	.45353	.45344	.45335	.45326	.45317	.45308	.45299
194	.45290	.45281	.45272	.45263	.45254	.45245	.45236	.45227	.45218	.45209
195	.45200	.45191	.45182	.45173	.45164	.45155	.45146	.45137	.45128	.45119
196	.45110	.45101	.45092	.45083	.45074	.45065	.45056	.45047	.45038	.45029
197	.45020	.45011	.45002	.44993	.44984	.44975	.44966	.44957	.44948	.44939
198	.44930	.44921	.44912	.44903	.44894	.44885	.44876	.44867	.44858	.44849
199	.44750	.44741	.44732	.44723	.44714	.44705	.44696	.44687	.44678	.44669
200	.44660	.44651	.44642	.44633	.44624	.44615	.44606	.44597	.44588	.44579
201	.44570	.44561	.44552	.44543	.44534	.44525	.44516	.44507	.44498	.44489
202	.44480	.44471	.44462	.44453	.44444	.44435	.44426	.44417	.44408	.44399

MALONE FORMULA TABLES IN KILOS (WOMEN)

The Malone formula is the official formula for use with female lifters and will be used at all contests with women's divisions for Best Lifter and "Champion of Champions".

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	1.1938	1.1915	1.1892	1.1869	1.1846	1.1823	1.1810	1.1778	1.1756	1.1733
41	1.1711	1.1689	1.1667	1.1645	1.1623	1.1601	1.1579	1.1557	1.1535	1.1514
42	1.1492	1.1471	1.1450	1.1428	1.1407	1.1386	1.1365	1.1344	1.1323	1.1303
43	1.1282	1.1261	1.1241	1.1220	1.1200	1.1180	1.1159	1.1139	1.1119	1.1099
44	1.1079	1.1059	1.1039	1.1020	1.1000	1.0980	1.0961	1.0941	1.0922	1.0903
45	1.0883	1.0864	1.0845	1.0826	1.0807	1.0788	1.0769	1.0750	1.0732	1.8713
46	1.0694	1.0676	1.0657	1.0639	1.0621	1.0602	1.0584	1.0566	1.0548	1.0530
47	1.0512	1.0494	1.0476	1.0458	1.0441	1.0423	1.0405	1.0388	1.0370	1.0353
48	1.0336	1.0318	1.0301	1.0284	1.0267	1.0250	1.0233	1.0216	1.0199	1.0182
49	1.0165	1.0148	1.0132	1.0115	1.0098	1.0082	1.0065	1.0049	1.0033	1.0016
50	1.0000	.9984	.9968	.9952	.9935	.9919	.9904	.9888	.9872	.9856
51	.9840	.9825	.9809	.9793	.9778	.9762	.9747	.9731	.9716	.9701
52	.9686	.9670	.9655	.9640	.9625	.9610	.9595	.9580	.9565	.9550
53	.9536	.9521	.9506	.9492	.9477	.9462	.9448	.9433	.9419	.9405
54	.9390	.9376	.9362	.9348	.9333	.9319	.9305	.9291	.9277	.9263
55	.9249	.9235	.9222	.9208	.9194	.9180	.9167	.9153	.9140	.9126
56	.9122	.9099	.9086	.9072	.9059	.9046	.9032	.9019	.9006	.8993
57	.8980	.8967	.8954	.8941	.8928	.8915	.8902	.8889	.8876	.8863
58	.8851	.8838	.8825	.8814	.8800	.8788	.8775	.8763	.8750	.8738
59	.8725	.8713	.8701	.8688	.8676	.8664	.8653	.8640	.8628	.8615
60	.8603	.8591	.8579	.8568	.8556	.8544	.8532	.8520	.8508	.8497
61	.8485	.8473	.8462	.8450	.8438	.8427	.8415	.8404	.8392	.8381
62	.8370	.8358	.8347	.8336	.8324	.8313	.8302	.8291	.8280	.8269
63	.8257	.8246	.8235	.8224	.8213	.8202	.8192	.8181	.8170	.8159
64	.8148	.8137	.8127	.8116	.8105	.8095	.8084	.8073	.8063	.8052
65	.8042	.8031	.8021	.8010	.8000	.7990	.7979	.7969	.7959	.7948
66	.7938	.7928	.7918	.7908	.7898	.7887	.7877	.7867	.7857	.7847
67	.7837	.7827	.7817	.7807	.7798	.7777	.7769	.7761	.7753	.7745
68	.7737	.7729	.7721	.7713	.7705	.7697	.7689	.7682	.7674	.7666
69	.7658	.7650	.7642	.7635	.7627	.7619	.7611	.7604	.7596	.7588
70	.7581	.7573	.7565	.7558	.7550	.7543	.7535	.7527	.7520	.7512
71	.7505	.7497	.7490	.7482	.7475	.7468	.7460	.7453	.7445	.7438
72	.7431	.7423	.7416	.7409	.7401	.7394	.7387	.7379	.7372	.7365
73	.7358	.7351	.7343	.7336	.7329	.7322	.7315	.7308	.7301	.7293
74	.7286	.7279	.7272	.7265	.7258	.7251	.7244	.7237	.7230	.7223
75	.7216	.7209	.7202	.7196	.7189	.7182	.7175	.7168	.7161	.7154
76	.7148	.7141	.7134	.7127	.7120	.7114	.7107	.7100	.7094	.7087
77	.7080	.7074	.7067	.7060	.7154	.7047	.7040	.7034	.7027	.7021
78	.7014	.7007	.7001	.6994	.6988	.6981	.6975	.6968	.6962	.6956
79	.6949	.6943	.6936	.6930	.6923	.6917	.6911	.6904	.6898	.6892

MALONE FORMULA TABLES IN KILOS (WOMEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
80	.6885	.6879	.6873	.6866	.6860	.6854	.6848	.6841	.6835	.6829
81	.6823	.6817	.6810	.6804	.6798	.6792	.6786	.6780	.6774	.6767
82	.6761	.6755	.6749	.6743	.6737	.6731	.6725	.6719	.6713	.6707
83	.6701	.6695	.6689	.6683	.6677	.6671	.6665	.6659	.6653	.6648
84	.6642	.6636	.6630	.6624	.6618	.6612	.6607	.6601	.6595	.6589
85	.6583	.6879	.6572	.6566	.6560	.6555	.6549	.6543	.6538	.6532
86	.6526	.6521	.6515	.6509	.6504	.6498	.6492	.6487	.6481	.6476
87	.6470	.6464	.6459	.6453	.6448	.6442	.6437	.6431	.6426	.6420
88	.6415	.6409	.6404	.6398	.6393	.6387	.6382	.6376	.6371	.6366
89	.6360	.6355	.6350	.6344	.6339	.6333	.6328	.6323	.6317	.6312
90	.6310	.6307	.6303	.6300	.6296	.6293	.6290	.6286	.6283	.6280
91	.6276	.6273	.6269	.6266	.6263	.6259	.6256	.6253	.6249	.6246
92	.6243	.6239	.6236	.6233	.6229	.6226	.6223	.6219	.6216	.6213
93	.6209	.6206	.6203	.6200	.6196	.6193	.6190	.6186	.6183	.6180
94	.6177	.6173	.6170	.6167	.6164	.6160	.6157	.6154	.6151	.6147
95	.6144	.6141	.6138	.6134	.6131	.6128	.6125	.6122	.6118	.6115
96	.6112	.6109	.6106	.6102	.6099	.6096	.6093	.6090	.6087	.6083
97	.6080	.6077	.6074	.6071	.6068	.6064	.6061	.6058	.6055	.6052
98	.6049	.6046	.6042	.6039	.6036	.6033	.6030	.6027	.6024	.6021
99	.6018	.6014	.6011	.6008	.6005	.6002	.5999	.5996	.5993	.5990
100	.5987	.5984	.5981	.5977	.5974	.5971	.5968	.5965	.5962	.5959
101	.5956	.5953	.5950	.5947	.5944	.5941	.5938	.5935	.5932	.5929
102	.5926	.5923	.5920	.5917	.5914	.5911	.5908	.5905	.5902	.5988
103	.5896	.5893	.5890	.5887	.5884	.5881	.5878	.5875	.5872	.5869
104	.5866	.5863	.5861	.5858	.5855	.5852	.5849	.5846	.5843	.5840
105	.5837	.6934	.5831	.5828	.5825	.5823	.5820	.5817	.5814	.5811
106	.5808	.5805	.5802	.5799	.5797	.5794	.5791	.5788	.5785	.5782
107	.5779	.5776	.5774	.5771	.5768	.5765	.5762	.5759	.5757	.5754
108	.5751	.5748	.5745	.5742	.5740	.5737	.5734	.5731	.5728	.5725
109	.5723	.5720	.5717	.5714	.5711	.5709	.5706	.5703	.5700	.5698
110	.5696	.5695	.5693	.5692	.5691	.5689	.5688	.5686	.5685	.5684
111	.5682	.5681	.5680	.5678	.5677	.5675	.5674	.5673	.5671	.5670
112	.5669	.5667	.5666	.5664	.5663	.5662	.5660	.5659	.5658	.5656
113	.5655	.5653	.5652	.5651	.5649	.5648	.5647	.5645	.5644	.5643
114	.5641	.5640	.5638	.5637	.5636	.5634	.5633	.5632	.5630	.5629
115	.5628	.5626	.5625	.5623	.5622	.5621	.5619	.5618	.5617	.5615
116	.5614	.5613	.5611	.5610	.5609	.5607	.5606	.5605	.5603	.5602
117	.5601	.5599	.5598	.5597	.5595	.5594	.5593	.5591	.5590	.5589
118	.5587	.5586	.5585	.5583	.5582	.5581	.5579	.5578	.5577	.5575
119	.5574	.5573	.5571	.5570	.5569	.5567	.5566	.5565	.5563	.5562
120	.5561	.5559	.5558	.5557	.5555	.5554	.5553	.5551	.5550	.5549
121	.5547	.5546	.5545	.5543	.5542	.5541	.5539	.5538	.5537	.5536
122	.5534	.5533	.5532	.5530	.5529	.5528	.5526	.5525	.5524	.5522
123	.5521	.5520	.5519	.5517	.5516	.5515	.5513	.5512	.5511	.5509
124	.5508	.5507	.5506	.5504	.5503	.5502	.5500	.5499	.5498	.5496

MALONE FORMULA TABLES IN KILOS (WOMEN)

BW	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
125	.5495	.5494	.5493	.5491	.5490	.5489	.5487	.5486	.5485	.5484
126	.5482	.5481	.5480	.5478	.5477	.5476	.5475	.5473	.5472	.5471
127	.5469	.5468	.5467	.5466	.5464	.5463	.5462	.5460	.5459	.5458
128	.5457	.5455	.5454	.5453	.5452	.5450	.5449	.5448	.5446	.5445
129	.5444	.5443	.5441	.5440	.5439	.5438	.5436	.5435	.5434	.5433
130	.5431	.5430	.5429	.5428	.5426	.5425	.5424	.5422	.5421	.5420
131	.5419	.5417	.5416	.5415	.5414	.5412	.5411	.5410	.5409	.5407
132	.5406	.5405	.5404	.5402	.5401	.5400	.5399	.5397	.5396	.5395
133	.5394	.5392	.5391	.5390	.5389	.5387	.5386	.5385	.5384	.5382
134	.5381	.5380	.5379	.5378	.5376	.5375	.5374	.5373	.5371	.5370
135	.5369	.5368	.5366	.5365	.5364	.5363	.5361	.5360	.5359	.5358
136	.5357	.5355	.5354	.5353	.5353	.5350	.5349	.5348	.5347	.5346
137	.5334	.5343	.5342	.5341	.5339	.5338	.5337	.5336	.5335	.5333
138	.5332	.5331	.5330	.5328	.5327	.5326	.5325	.5324	.5322	.5321
139	.5320	.5319	.5318	.5316	.5315	.5314	.5313	.5312	.5310	.5309

25 KILO LOADING CHARTS IN 2.5 KILO INCREMENTS

	25	20	15	10	5	2.5	1.25		25	20	15	10	5	2.5	1.25
25	bar & collars only							150	2			1		1	
27.5							1	152.5	2			1		1	1
30						1		155	2		1				
32.5						1	1	157.5	2		1				1
35					1			160	2		1			1	
37.5					1		1	162.5	2		1			1	1
40					1	1		165	2	1					
42.5					1	1	1	167.5	2	1					1
45				1				170	2	1				1	
47.5				1			1	172.5	2	1				1	1
50				1		1		175	3						
52.5				1		1	1	177.5	3						1
55			1					180	3					1	
57.5			1				1	182.5	3					1	1
60			1			1		185	3				1		
62.5			1			1	1	187.5	3				1		1
65		1						190	3				1	1	
67.5		1					1	192.5	3				1	1	1
70		1				1		195	3			1			
72.5		1				1	1	197.5	3			1			1
75	1							200	3			1		1	
77.5	1						1	202.5	3			1		1	1
80	1					1		205	3		1				
82.5	1					1	1	207.5	3		1				1
85	1				1			210	3		1			1	
87.5	1				1		1	212.5	3		1			1	1
90	1				1	1		215	3	1					
92.5	1				1	1	1	217.5	3	1					1
95	1			1				220	3	1				1	
97.5	1			1			1	222.5	3	1				1	1
100	1			1		1		225	4						
102.5	1			1		1	1	227.5	4						1
105	1		1					230	4					1	
107.5	1		1				1	232.5	4					1	1
110	1		1			1		235	4				1		
112.5	1		1			1	1	237.5	4				1		1
115	1	1						240	4				1	1	
117.5	1	1					1	242.5	4				1	1	1
120	1	1				1		245	4			1			
122.5	1	1				1	1	247.5	4			1			1
125	2							250	4			1		1	
127.5	2						1	252.5	4			1		1	1
130	2					1		255	4		1				
132.5	2					1	1	257.5	4		1				1
135	2				1			260	4		1			1	
137.5	2				1		1	262.5	4		1			1	1
140	2				1	1		265	4	1					
142.5	2				1	1	1	267.5	4	1					1
145	2			1				270	4	1				1	
147.5	2			1			1	272.5	4	1				1	1

25 KILO LOADING CHARTS IN 2.5 KILO INCREMENTS

	25	20	15	10	5	2.5	1.25
275	5						
277.5	5						1
280	5					1	
282.5	5					1	1
285	5				1		
287.5	5				1		1
290	5				1	1	
292.5	5				1	1	1
295	5			1			
297.5	5			1			1
300	5			1		1	
302.5	5			1		1	1
305	5		1				
307.5	5		1				1
310	5		1			1	
312.5	5		1			1	1
315	5	1					
317.5	5	1					1
320	5	1				1	
322.5	5	1				1	1
325	6						
327.5	6						1
330	6					1	
332.5	6					1	1
335	6				1		
337.5	6				1		1
340	6				1	1	
342.5	6				1	1	1
345	6			1			
347.5	6			1			1
350	6			1		1	
352.5	6			1		1	1
355	6		1				
357.5	6		1				1
360	6		1			1	
362.5	6		1			1	1
365	6	1					
367.5	6	1					1
370	6	1				1	
372.5	6	1				1	1
375	7						
377.5	7						1
380	7					1	
382.5	7					1	1
385	7				1		
387.5	7				1		1
390	7				1	1	
392.5	7				1	1	1
395	7			1			
397.5	7			1			1

KILOS TO POUNDS CONVERSION CHART

Kilos	Pounds	Kilos	Pounds	Kilos	Pounds	Kilos	Pounds
25 -----	55	142.5 ---	314	257.5 ---	567.50	375 -----	826.50
27.5 -----	60.50	145 -----	319.50	260 -----	573	377.5 ---	832
30 -----	66	147.5 ---	325	262.5 ---	578.50	380 -----	837.50
32.5 -----	71.50			265 -----	584	382.5 ---	843.25
35 -----	77	150 ----- 330.50		267.5 ---	589.50	385 -----	848.75
37.5 -----	82.50	152.5 ---	336	270 -----	595	387.5 ---	854.25
40 -----	88	155 -----	341.50	272.5 ---	600.75	390 -----	859.75
42.5 -----	93.50	157.5 ---	347	275 -----	606.25	392.5 ---	865.25
45 -----	99	160 -----	352.50	277.5 ---	611.75	395 -----	870.75
47.5 -----	104.50	162.5 ---	358	280 -----	617.25	397.5 ---	876.25
		165 -----	363.75	282.5 ---	622.75		
50 ----- 110		167.5 ---	369.25	285 -----	628.25	400 ----- 881.75	
52.5 -----	115.50	170 -----	374.75	287.5 ---	633.75	402 5 ---	887.25
55 -----	121.25	172.5 ---	380.25	290 -----	639.25	405 -----	892.75
57.5 -----	126.75	175 -----	385.75	292.5 ---	644.75	407.5 ---	898.25
60 -----	132.25	177.5 ---	391.25	295 -----	650.25	410 -----	903.75
62.5 -----	137.75	180 -----	396.75	297.5 ---	655.75	412.5 ---	909.25
65 -----	143.25	182.5 ---	402.25			415 -----	914.75
67.5 -----	148.75	185 -----	407.75	300 ----- 661.25		417.5 ---	920.25
70 -----	154.25	187.5 ---	413.25	302.5 ---	666.75	420 -----	925.75
72.5 -----	159.75	190 -----	418.75	305 -----	672.25	422.5 ---	931.25
75 -----	165.25	192.5 ---	424.25	307.5 ---	677.75	425 -----	936.75
77.5 -----	170.75	195 -----	429.75	310 -----	683.25	427.5 ---	942.25
80 -----	176.25	197.5 ---	435.25	312.5 ---	688.75	430 -----	947.75
82.5 -----	181.75			315 -----	694.25	432.5 ---	953.25
85 -----	187.25	200 ----- 440.75		317.5 ---	699.75	435 -----	959
87.5 -----	192.75	202.5 ---	446.25	320 -----	705.25	437.5 ---	964.50
90 -----	198.25	205 -----	451.75	322.5 ---	710.75	440 -----	970
92.5 -----	203.75	207.5 ---	457.25	325 -----	716.25	442.5 ---	975.50
95 -----	209.25	210 -----	462.75	327.5 ---	722	445 -----	981
97.5 -----	214.75	212.5 ---	468.25	330 -----	727.50	447.5 ---	986.50
		215 -----	473.75	332.5 ---	733		
100 ----- 220.25		217.5 ---	479.50	335 -----	738.50	450 ----- 992	
102.5 ---	225.75	220 -----	485	337.5 ---	744	452.5 ---	997.50
105 -----	231.25	222.5 ---	490.50	340 -----	749.50	455 -----	1003
107.5 ---	236.75	225 -----	496	342.5 ---	755	457.5 ---	1008.50
110 -----	242.50	227.5 ---	501.50	345 -----	760.50	460 -----	1014
112.5 ---	248	230 -----	507	347.5 ---	766	462.5 ---	1019.50
115 -----	253.50	232.5 ---	512.50			465 -----	1025
117.5 ---	259	235 -----	518	350 ----- 771.50		467.5 ---	1030.50
120 -----	264.50	237.5 ---	523.50	352.5 ---	777	470 -----	1036
122.5 ---	270	240 -----	529	355 -----	782.50	472.5 ---	1041.50
125 -----	275.50	242.5 ---	534.50	357.5 ---	788	475 -----	1047
127.5 ---	281	245 -----	540	360 -----	793.50	477.5 ---	1052.50
130 -----	286.50	247.5 ---	545.50	362.5 ---	799	480 -----	1058
132.5 ---	292			365 -----	804.50	482.5 ---	1063.50
135 -----	297.50	250 ----- 551		367.5 ---	810	485 -----	1069
137.5 ---	303	252.5 ---	556.50	370 -----	815.50	487.5 ---	1074.50
140 -----	308.50	255 -----	562	372.5 ---	821	490 -----	1080.25